



*“Sometimes
The Eyes
Say
It All”*

PIVOTAL CHOICES

KRIS E ROBERTS

“I never saw a wild thing feel sorry for itself. A small bird will drop frozen dead from a bough without ever having felt sorry for itself.” D. H. Lawrence

This book is for my three daughters; Janell, Sabryna, and Erin, my nine grandchildren; Kristain, Cole, Xavier, Rezin, Zoë Jane, Moses, Taylor, Jackson and Arrow and for all my great grandchildren to be born. It has often been said that one of the ways to judge if you have been a good father is by the amount of financial wealth one leaves for their children and grandchildren. If that is the standard there is a very good chance that I will have failed. While wealth can open doors, help you to impress others, attend a top-tier college or allow one to overcome lack of effort it can never buy you wisdom.



While wealth can open doors for you, if you want to be a success in life, if you want to become a better person, you need knowledge and you will need experience. Again you can buy knowledge, you can even buy experience but you can never buy wisdom. You have to create wisdom. Wisdom by itself is like the fool who horde as much gold as possible, locking it away from the world. The best wisdom in the world is a collective wisdom, a wisdom that is shared. To me this book is "Collective Wisdom" that I have been able to make, add too and make my own.

Always remember that no one ever makes it on his or her own. Always remember that God, has given you free will and talents, talents like seeds need to be cultivated, don't count on someone else to cultivate your garden, to clear your garden of life draining weeds, you should always take the opportunity to develop your talents and use them not only for yourself but for others.

This book speak some of our past, it speaks some of my life experiences, but most of all it is a collection of knowledge that combined with your life experiences will present you with the opportunity to create your own wisdom. Hopefully you will use this as a start and add to the collective wisdom of this book.

I wish you the best in life;

Love Dad / Love Papa

"I would advise you to read with a pen in your hand, and enter in a little book short hints of what you find that is curious, or that may be useful; for this will be the best method of imprinting such particulars on your memory, where they will be ready, either for practice on some future occasion, if they are matters of utility, or, at least, or adorn and improve your conversation, if they are, rather, points of curiosity; and, as many of the terms of science are such, as you cannot have met with your common reading, and may, therefore, be unacquainted with, I think it would be well for you to have a good dictionary at hand, to consult immediately when you met with a word you do not comprehend the precise meaning of." Benjamin Franklin

"What a great treasure can be hidden in a small, selected library! A company of the wisest and most deserving people from all the civilized countries of the world, for thousands of years, can make the results of their studies and their wisdom available to us; The thoughts which they might not even reveal to their best friends is written here in clear words for us, people from another century, yes, we should be grateful for the best books, for the best spiritual achievement in our lives." Ralph Waldo Emerson

Pivotal Choices

What would you do if you found out that that depending on whether the tumor was invasive; worst case you had a 12.5%; best case 48% of being alive in 15 years?

What would do if you found out that you had stage 3 Cancer with worst case 3-5 years?

What would do if you found out that you had 3rd degree heart block causing your heart to stop beating?

What would you do if you suffered two stokes?

What would you do if your home was destroyed by a major fire leaving you homeless?

What would do if the very person you trusted to protect you inflicted the greatest harm?

What would do if you suffered a number of serious head injuries (TBI's), resulting in seizures and other problems?

What would you do if you lost your job?

What would do if you were accused of raping someone you never met?

What would go if you were arrested have and had to stand trial?

What would you do if you had surgery and you almost didn't make?

The decisions you make will define you are a person

What would you do?

What Pivotal Choices would you make? How would you view the world? How would you plan your future? Would you get mad at the world? Would you been thankful for the opportunity know and learn what really matters? Countless people are confronted with such choices everyday; most in silence and under tremendous pressure and with overwhelming fear. The choices they make with not only impact them but the people around them.

We all have points in our life when we are confronted with pivotal choices, choices that will change the course of our lives. Like the ancient proverb, "no man can enter the same stream in the same place" since the stream is always moving, always changing; pivotal choices once made are final; we can never go back to the place and time we made the decision and ask for a do over, pivotal choices aren't like a video game where you can stop and restart the game every time you don't like the outcome.

In life many pivotal choices are made for us, do our parents get a divorce, do they move to a different city, do they change our school, do they protect us, do they damage us, do they build a future for us, do they destroy any hope for a future, etc.? Sometimes all we can do is to react in a positive manner, making the best of each situation.. Then there are numerous other pivotal changes we make for ourselves that also change the course of our lives. Do we go to college or do we join the military, do we marry young or older, do we marry this person rather than that person, do we have a baby now or later, which job to I take, do I leave my home town, do I get behind a wheel after six beers or do I call someone for a ride, do we take that first drug or steal that first thing? Every single one of these choices once made closed countless doors that we can never reopen, other choices create opportunities we never dreamed of.

Rarely if ever any of our choices work out the way we hoped or planned. We rarely get to live happy ever after. Some come pretty close, other are total disasters. For some a poor pivotal choice will change their life forever, freezing them in time, unwilling to risk making another major decision, leaving the decisions to others. Some react in a positive manner, take their lumps and head out in a direct direction, some will continue to get beating up, but they will continue to march ahead. Some will spend their whole adulthood believing that they are well on their way until they come face to face with cancer, heart attacks, brain tumor, or just as they are getting ready to retired they are told their services are no longer valued, pack your belonging and you will be escorted out by security. All the dreams that

they spend their whole lives working for are shattered by some random act which they had little to no control over. Still worst for others they will look at themselves in the mirror and ask where has my life gone, why am I a doctor, a lawyer, an accountant, why did I allow my parents to quilt me into doing something I never liked. Some but not many will make the pivotal choice and take control of their lives and head into another direction. Most will just suffer in silence.

No matter what pivotal choices we make or fail to make or who makes them for us, they will determined how we act, how we think, how we talk, how we see the world. These pivotal choices will mold our character.

To truly know a person one has to learn what pivotal choices he or she has made in his or her life and the reasons why.

Life really has very little to do with what you lose, what you had, or what has been taking from you, in life it is always about what you do with what you have left.

“The root of the word character is the Greek word for engraving. As applied to human beings, it refers to the enduring marks left by life that set one apart as an individual. Commonly, distinctive marks of character are carved in by parental and religious imprinting, by a child’s early interactions with siblings, peers at school, and authority figures. The manners of one’s social class and the soil in which one grows up often remain indelible, and certain teachers and coaches or books and ideas may leave a lasting impression. Character is also marked by where a person stood at great marking what has changed and what remains repetitive or inflexible about his responses. The object is to pull through the important threads of experience that form a pattern of behavior.” Gail Sheehy

“In times of disaster, of trouble, of any misfortune, the masses of people indulge so much sympathy for the suffering that they can do nothing else. All their strength goes to it. The number of those who can carry a cool head into places of distress and need, and patiently seek out the causes of misery, and apply remedy is exceeding small. This is not because of indifference. It is because sympathy has been rated too high a value in itself. To cultivate the emotion of sympathy without doing more, to read works that excite this emotion for the sake of itself, is dangerous.” Francis B. Palmer

“The greatest chance of non-success, where there are inborn qualities adapted to the attainment of it, arises from impatience and too hasty disappointment. Where there are talents, and especially genius, perseverance will succeed at last. No criticism, however severe, or however full of ridicule, will suppress strong powers if they are true to themselves; but if they shrink and give way, then they have no chance. We have many instances of these truths. But, innumerable has been those who have submitted to the blast of the first storm, and risen no more. They fondly put forth their bloom in the first days of spring, unconscious of the fickle weather, and unprepared for it. Thus they go from the extreme of hope to the extreme of despair, equally unjustified in either. Where nature has been bountiful in the gifts of the mind, there ought to be a proportionate and calm self-confidence; without which, no one exerts his strength to advantage, nor known how much he can do. Good poetry is not to be written when the spirits are low, and when one has no trust in his own capacity.” Sir Egerton Brydges

“From repeated failure in any undertaking few men learn their own incapacity; because success depends upon such a concurrence of circumstances, minute as they are numerous, that it is much easier to lament the blameless omission of something, which would have ensured success, than to look full in the face our own deficiencies. By frequently defending, also, the purity of our motives, we learn, at last, to believe that they are precisely what they ought to be; and mistake the eloquence of self-apology for the animation of conscious integrity. Another, and very essential cause of our ignorance of ourselves, is, that few men venture to inform us of our real character. We are flattered. We fondly imagine, that no one can know us as well as we know ourselves; hence, when reprove, we cannot admit, that we have acted amiss. It is much easier to conclude, that we have been misrepresented by envy, or misunderstanding by prejudice, than to believe in our ignorance, incapacity or guilt.” Francis W. Greenwood

“The chief means of attaining self-improvement are conversation, reading, and study; with at the last, nothing indeed can prove of any essential services; reading is such an inestimable benefit, that none but most frivolous can regard it as being merely the source of amusement, for when judiciously conducted it is the chief vehicle of information and instruction; it enables us to become acquainted with the most memorable transactions, in inventions, manners, &c, of

remotest ages, by reading we put in possession of the sentiments and experienced remarks of the wisest men of every civilized nation-all exhibited in the ablest manner and best dress; it equally instructs all-the statesmen and citizen, the scholar and the mechanic; it is, in a word, from the press, that invaluable school for all persons, that best of public monitors, (when properly restrained from overstepping the bounds of decorum). We derive so many inestimable benefits; and thanks to the present cheap mode of conferring its blessing, there is hardly now any one so poor who may not be enabled to reach some of the brightest gems of literature." D. Appleton 1842

"Since none of us can escape at least some pain I our lives, the question is not whether one is hurt, but what one does with the pain. Some people absorb it, understand it partially, and spend their lives a safe distance from others' suffering. Other bury it so deeply that they scarcely know it is there; so armored that they are unable to love well or make good friends. What we now know of post-traumatic stress attests to the power of trauma to disconnect and immobilize people. Unaddressed wounds can fester and become destructive; when this happens, there is a measure of truth in the old saying that, and you have to heal yourself before you can care for others. Some people somehow, allow the pain to touch them, but don't become loss in it. Rather, they heal in such a way that they become neither immobilized nor self-absorbed on the one hand nor anesthetized on the other. They are able to choose healing work rather than be merely driven to it, and thus served both others and themselves simultaneously." Gina O'Connell Higgins

"Reading is a ready accessible and never-failing source of knowledge; but its value to you will depend upon the character of the books you read, and upon the degree of attention and thought you bring to their perusal and bestow upon their subjects. Proper habits once gained, will place your mind in a condition to be enriched and strengthened by everything you read or study. No amount of reading or of study will much profit you if carried on with haste and carelessness. They will yield you only imperfect judgment and habits of mind unfavorable to its vigor and usefulness." William P. Pell

"I have learned to rely on the margins of the books I have read as being themselves my best note-books. Of course I am speaking now only of the volumes which are my own property. These I am, perhaps, scandalously free in marking, and so every ordinary volume I have in my library becomes a note-book. Let young men, and, we should add, young ladies, too-be taught to keep commonplace books, and especially to converse concerning what they read." Rev. Joseph Cook

"Whoever survives a test, whatever it may be must tell the story. That is his duty." Elie Wiesel

“It is important to learn early in life to rely upon yourself; for little has been done in the world by those who are always looking out for some one to help them. We must be on our guard not to confound self-reliance with self-conceit, yet the difference between the two cannot easily be defined in words. The difference is something like that between bravery and foolhardiness. The self-conceited person takes it for granted that he is superior to others. The self-conceited girl thinks that she is handsomer, more talented, or that her composition shows more genius. She thinks that she can do it better than another, and her way is always the best. The self-conceited boy looks upon himself and his exploits in the same way. It is hard to correct because all self-conceited persons do seem to them so nearly perfect that they are liable to grow more conceited. Self-reliance is very different from this. The self-reliant person is often very modest. He does not say about anything that is about to be done ‘I am so strong and wise that I can do it.’ He says ‘I will try, and if patience and hard work will do it, it shall be done.’ One way in which a person may become self-reliant is never to seek or accept help till he has fairly tried what can be done without it. Always try it yourself. Even if it is nothing more important than a conundrum. Do not wish somebody to tell you the answer till you have fairly tried to conquer it. It is a pleasant feeling that comes from having done a difficult thing one’s self, a feeling that those never have who are helped out every bad place. There is a healthy pride in conquering the difficulty; pleasant sensation when the mind has been exerted successfully in learning a difficult task or solving a hard problem. One who has overcome one difficult is ready to meet the next one with confidence that it too will yield to his attempt. See how much such a person has gained. In later life, while others are hesitating what to do, or whether to do anything, he goes forward and accomplishes what he undertakes. It is often better to do a thing in a way that is not the very best than not to do it at all. Self-reliance is an important in thought as it is in action. Some people find it hard to make up their minds. They run to get advice, often such people are worse off than before. No person knows better than the real value of advice than he who is self-reliant. He has measured his own powers so often that he knows where he needs help. When advice comes from those who have wisdom and experience, it is to be taken thankfully. Did you ever think why it is that so many of the greatest men of our country are found among those who began life in hardship and poverty? They have come such unpromising circumstance that seemed so discouraging to have become presidents, judges, generals, or millionaires. Many who were thus situated in their youth did not reach such prominent positions, they became often, however, enterprising and useful citizens. They lived no less successful. One reason why so many that had such an unpromising beginning have won such success is that because they had so few help, they were forced to help themselves. Thus they became self-reliant, when they went out into the world they went straight ahead. Without waiting for anyone to make a place for them, they make a place for themselves, without waiting for any one to do for them, they did for themselves without waiting for people waiting to advise them they trusted themselves. They were prompt, energetic and sensible. They solved their own problems, did their own tasks, and meet their own difficulties, and thus preparing themselves to do their own part in the world.” Charles Carroll Everett 1891

“What kept the bitterness from eat its way into your life, driving you to soothe the pain in violence? Hatred is just not an emotion that can’t be accepted, encouraged or tolerated. The one thing that we were told was those people couldn’t defeat us that it really wasn’t important to get even, that it is more important to understand that there will be those kinds of attacks and that kind of oppression in life, but that those people are not going to win in the end; never allow circumstances to define you or get you down.” Roy Matthews

“In order to succeed in life, it is just as necessary to have self-trust as to have ability; and, if you do not possess the former, one of the best means of acquiring it is to assume that you already have it. Carry yourself with a self-confident air, and you will not only inspire others with a belief in your ability, but you must believe in yourself. But self-confidence, however, must be accompanied by self-conquest, or our strong feeling may prove but runaway horses. He who would command others must first learn to obey, and he who would control his own powers must learn to be submissive to the still small voice within. Shame and its consequent degradation follow the loss of our own good opinion rather than the esteem of others.” Francis W. Greenwood

Life Events

I have always looked at my life as a collection of chapters in an Anthology or a book of short stories. Putting this expanded collection together has made me understand why heroes don't talk. If heroes do talk most people don't believe them. If heroes do talk some people will think the heroes are making light of their personal tragedies. If heroes do talk and if people believe them or if people are in awe of the hero's accomplishments people often do their best to destroy him or her. It is not that the hero doesn't want to talk it just that price of talking is way too high. There are many true heroes among us they are the people who understand doing what right because it is right is pretty heroic. I make no judgment either way concerning the listed events; they are just events that happened and each has had an impacted on my development as a person. Far too many people worry about the reason or cause behind the events in our lives but rarely concern themselves with the event's impact.

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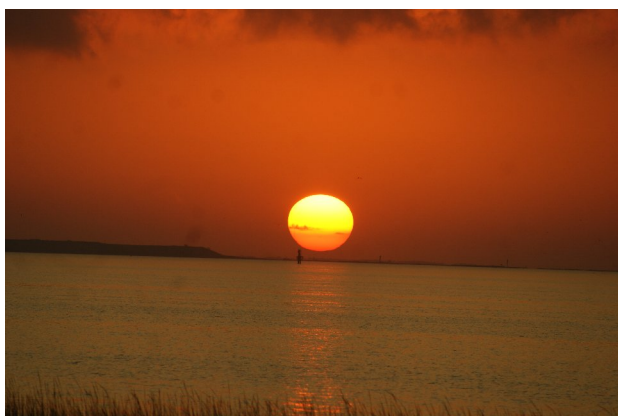
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"We know nothing of the trials, sorrows and temptations of those around us, of pillows wet with sobs, of the life-tragedies that may be hidden behind a smile, of the secrets, cares, struggles and worries of that shorten life and leave their marks in hair prematurely whitened, and in character changed and almost re-created in a few days. It may be that at this very moment the person is passing alone through some agony of sorrow, where the teeth seem almost to bite into the lips in attempt to keep feelings under control, when life seems a living death from which there is no relief. Let us not choose to add to the burden of another the pain of our judgment. We must stop this continued sitting judgment on the acts of others." William George Jordan

"To forgive others does not imply you condone their actions or that you need to continue a relationship with them. However, it does illustrate your willingness to relinquish any pain you may be harboring in your mind caused by their actions. To be unforgiving punishes you more than anyone. The ill effects of any toxic emotions will dissolve with forgiveness. You are only responsible for your own actions, responses and reactions. To forgive the past is to acknowledge the influence that events have upon your life. Find a gift or lesson in it, and then allow yourself to move on. There is no value in holding on to negativity from the past except to realize how much it limits." Lynne Lambert

“One must have suffered to feel for the suffering; one must have known defeat to feel for the defeated; one must have felt the vanity of riches, the fragility of friendship, and the uncertainty of life, to gain the wisdom what passeth understood. Would that a man could learn, while he has the health, strength, and lustiness of youth! Would that there was some less painful road to wisdom than that of experience! But one must learn either by one’s own experience or by that of others: by taking to heart the counsels and lessons that other have learned through suffering and sorrow; or by going through the same ordeals one’s self. There is no royal road to wisdom any more than knowledge.” Christian Garve

“When a child is obliged to keep some experience secret, he is automatically obliged, at a conscious level, not only to make sense of that experience as it exists externally but to make sense of the internal reaction to that secret. This mean the child has to undergo the psychological twisting and untwisting in order to decode the experience, his reaction to it, and finally the nature of the secret itself...To safeguard a message others are not meant to learn requires the child to put that message through some psychological scrambling device that makes it understandable only to those capable of unscrambling it.” Thomas J. Cottle



Be fore warned that this is not an easy book to read and there is a good chance that whether you like it or not reading this book will have an effort on you. The purpose of this book is not to make light of anyone’s personal experiences or traumas. No two people experience any event the same. For some people the smallest of events can cause lifelong trauma. For another the same event can go totally unknown. Just because it doesn’t fit your definition of trauma doesn’t mean it was not traumatic. For some of us serious, harmful and sometimes life altering or life threatening events are not traumatic but only serve as opportunities to learn and grow. This book is how I took events that happen to me and with the help of the sages

and a few people along the way I was able to endure and become a better person. Maybe the secret is that I found out what served me the best. So this book only shows how I dealt with my experiences and should not be used to deal with anyone else’s experiences. Every single one of us is different; we have different genes, personalities, skills and talents so there is no magic pill that works on everyone.

The reason I started this collection was because at a very young age I learned that if I was to have any chance in controlling the direction of my life, to create something different which would allow me to exceed others



expectations of me I would need a lot of help because I wasn’t going to get it from my family. So in many ways this collection became the advice one would hope to get from their parents, grandparents and others as one grew up. Instead of waiting for help to come along I went out and found the help I needed when I needed it. Originally this collection was for me. Whenever I found myself alone, out of place and finding myself confronting the question do I stop here or do I do what I need to do to move forward I knew that I could just disappear have numerous discussions with the sages of the ages. Then as I was getting older and facing more and more serious illnesses I not only improved on the quotes and bits of wisdom I started adding bit and pieces of my life for my

children.

Some people have called me heroic, some people have called me a survivor, some people have called me a victim, some people are amazed by how much I have endured, some people are amazed how far I have come; to myself I am none of these. I am just a lucky person. No better, no worse than anyone else. I had an imagination, I could go anywhere and be anyone I wanted to be or needed to be. I could very easily place myself in a middle of a story, in the middle of a photo, or alongside countless holders of wisdom. But most of all I created my own council of elders, many of who are in this book/photo essay. Whenever confronted by the harshness of the world I always had a place to retreat to my collection of timeless wisdom. I learned that who I was yesterday, who I am today and who I will be tomorrow is the result of decisions I and others have made in my past along with decisions I will make today. I have learned that there is a big difference between giving what is needed verse giving what others demand of you. I have learned that I am the true judge of my efforts. When I am honest with myself nothing can dampen my inner spirit. I know who I am, I know where I belong, and I know where I am going.

I would not wish my childhood on anyone. I would not wish my trials, tribulations, failures, illnesses, burdens or obstacles on my worst enemy. However, if given the chance to change one single moment, one single event, to meet one different person, I would quickly without any self-doubt refuse. I am the person that I am today as a direct result of everything that I have confronted, everything I have endured, every obstacles I successfully



overcame, every failure I have suffered and every person I have met. I am the total sum of all of these. I enjoy being the person I am and to change one single thing would rob me of being the person I am. I always remember the words from a Bruce Springsteen song, “it is a sad man who lives in his own skin and can’t stand the company.” I refuse to see any possibility in becoming a “Sad Man.”

There have been numerous occasions where I truly question if I would be alive at the end of the day. I asked myself was I like an old elephant who knew that it was time to go away and die? I truly knew that the only reason I am alive today was my will to live, my desire to be there for my children and grandchildren. Maybe I need for my children to understand why I am the person I am and how and why I never ever tried to steal any of their sunshine. Sometimes in doing so it may appear that I just don’t care or that I was not proud of their efforts. This book is an expansion of the book that I Finished; and named the “Human Spirit” and sent out for publishing about 12 hours before my surgery for cancer. I knew that this time it was very serious. The last time I had been on the operating table that long I had a stroke, so there were many more risks than just the cancer. However, in reality no matter what I named the book for my children and grandkids I had my own personal name for the book it was “The Death Book.” I may have been too late to say it in person but I didn’t want to take everything to the grave with me.

My family had seen me confronted with serious medical issues. They were there when I have suffered from strokes, numerous TIA’s, brain injury, memory lost issues, seizures, total heart block requiring two pacemakers, high blood pressure, growths on my lungs, thymus tumor, times of unbelievable pain in my leg which has turned out to be a bi-lateral fracture of the L5 joint and now prostate cancer. Somehow I had done my best to make their life as normal as possible. But my life was not normal; my medical issues were at the very least life altering and the worst life threatening. I never believed that life would grant me a future, so I tried my best to prepared them and hopefully have them developed the ability to stand on their own and not resided in a world of need. In reality I had been the selfish one, it wasn’t really my decision and my decision alone, my wife and children had every right to be part of any decision for if my time came they would have to live with the results of my decisions. All I know now is that in my desire to reduce the stress and concern on my family I was only increasing it.

Even with all medical issues I still at the age of 42 scored the maximum on the Marine Corps Fitness Test, a 300. I still spend 14-18 hour day’s weeks on end in the heat of the Southern California desert and I work almost six months in the heat, rain, and humidity of Panama as the senior engineer officer, operation officer and later Detachment commander. I was able to perform at a very high level (2 promotions, 3 awards for superior

performance and selected by the Marine Corps Command Screening Process) while serving as a logistics, engineer and or operations officer in one of the most demanding profession in the country. How I was able to do so I will never know.

If I had one secret to pass on to my children and grand children it is to replace these pictures with your own. To replace these writings with ones that help you over the barriers you confront and the ones that touch your soul and allow you to become the person that you were born to become. As many have stated in the past success is not dependant on where you finish in life but how far you have come. Success is not based on how much you have improved your life but how much you have improved the lives of others. Because regardless if you want to admit it every success you have in your life is the direct result of actions by countless other people both known and unknown.

Numerous people over the years after getting to know me have told me that I have a story that should be told, a story

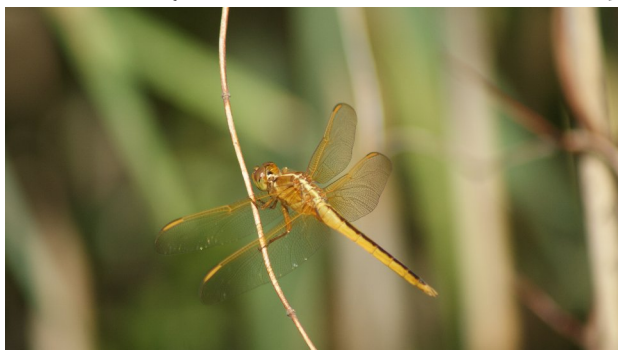


that would help and influence other people. I have always told everyone I would someday. While I was always collecting material for such a project and sometimes even started I refused to finish because I felt my story was just that my story. Additionally deep down I feared being labeled as a survivor, a victim, allowing others to pity me, or worst being called an expert. I just wanted to be known as Kris E. Roberts, that kid from a small town in Wyoming. No better, no worse than any other person. Just me I am now at a point in my life where I am fully aware that my welfare as a person is closely tied to me helping other people. "Pay It Forward."

I know that there are people who are so worried about perfection that if they pick up this book they would look for spelling and grammar errors. I have made hundreds of spelling and grammar corrections in this project and I know that are many more that may be needed. I know that this project has no set font, system, or format. Every time I read a section I see another mistake. But that really isn't the point, it is the confidence and tranquility that I get from this book. I know that there is always someone there to help me, to give me good advice.

However, I am a firm believer in the Marine Corps 70 % rule. That there is never a perfect time; there are no perfect answers, that there is no perfect anything. If something is perfect it is only perfect for a moment because the world is always changing. Waiting for perfect means never starting, the 70% rule mean I have done enough to have a good chance of success and that once started I will always have the ability to adapt to changes. I will have the ability to make course corrections and improvements as I gather more and better information.

They may even look to see if I copied others' works and words without giving them credit. I have tried my best to credit everyone. If I have failed it wasn't on purpose. I have been collecting wisdom for over 40 years. In



many cases I had left out passages that have inspired me because I never wrote the person's name down. However, along the way I learned something, people have been copying the works and words of others for years. John F Kennedy famous 'ask not" was taking almost word for word from the writings of Cicero. If given the chance I would steal both from John F. Kennedy and Cicero and say "ask not" what disadvantages one has but ask what strengths one has and then spent one's time, energy and resources to make oneself the best person possible based on those strengths. Every successful person in written history

is a success because of their ability to either overcome their shortcomings and or maximize their strengths. So never allow anyone to say you have a learning disability or a handicap. Just because you can't do something the

same way as others does not mean you are disabled or handicapped. There is no perfect person we all have flaws. Do not allow others to profit from your perceived flaws. The history books are filled with the accomplishments of disabled, disadvantaged, self-educated men and women.

“Some children refuse to allow themselves to become victims, while they may never understand why the very people that they should be able to count on to protect and nurture them are the most dangerous somehow these



children understand that there is a major difference between being a victim and being victimized. Adults tell people to stay in the moment, often victims stay in the moment and the effects can last a lifetime. Some victimized children never stay in the moment they always find a place to go, even if those places belong to someone else. This photo-essay now means those moments are no longer someone else's, they are mine, they no longer serve as protection but as pure moments of beauty and joy, moments that only belong to me. I have traveled to and experienced them through my own senses they are now part of me. “To declare victim status is to be innocent of misdeeds and entitled to special privilege. The mantle of the victim is the same, I

am not responsible; it's not my fault...unwilling to take responsibility for our actions or accept the whims of fate. Instead of helping real victims, victimhood trivializes them by making almost everyone a victim.” Charles Sykes

“Our lives may be determined less by our childhoods than by the way we have learned to imagine our childhoods. We are less damaged by the traumas of childhood than by the traumatic way we remember our childhood.” James Hillman

“Never value anything as profitable to thyself which no shall compel thee to break thy promise, to lose thy self-respect, to hate any man, to suspect, to curse, to act the hypocrite, to desire anything which needs walls and curtains; for he who preferred to everything else his intelligence and the worship of its excellence, acts no tragic part, does no groan, will not need either solitude or much company; and, what is chief of all, he will live without either pursuing or flying from life.” Marcus Aurelius

“We often fail to be true to ourselves. Some of us carry so much shame that we pretend even to ourselves that some of our memories don't exist. We put these memories in secret rooms and throw away the keys. There are things we don't want to see or know. Some of us feel as though we spend too much time playing roles, hiding ourselves behind the masks we put on in order to face the world. We wear special clothing to create an image; we create personalities to match the images we want to create. With the roles we play, we sometimes realize that we are not who we think we are. But then who are we really? In life we ask this question again and again in so many ways, looking for the right answer, seeking our true identity. Perhaps the correct answer is that there is no answer.” Lama Surya Das

“We are but grown-up children, and like children we learn by experience that certain ways are profitable and others to be avoided. Experience and philosophy are two roads to the same point. Experience is the long road of the ignorant; philosophy the short cut of the wise. A child does not reason about the fire, but burns himself and thenceforth avoids it. It is not necessary that we should always burn ourselves in order to discover the facts, for if we will but use our reasoning powers, we may often come directly at the truth without the intervening experience. As a rule, however, we listen too much to the world and give no heed to the inner voice. We are hypnotized by the world-thought, carried away in the tumultuous stream of consciousness and tossed into the rapids of false beliefs. But no matter how distant the goal, the first and chief consideration is; are we traveling in the right direction?” Stanton Davis Kirkham

What is a journey? A journey is not a trip. It's not a vacation. It's a process; A discovery. It's a process of self-discovery. A journey brings us face to face with ourselves. A journey shows not only the world but how we fit in. Does the person create the journey or does the journey create the journey? The journey is life itself. Where will life take you?"
Louis Vuitton

"Consider all that you've gone through, all that you've survived, and when the story of your life is done, your assignment complete. How many good things have you seen? How much pain and pleasure have you resisted? How many honors have you declined? How many unkind people have you been kind to?" Marcus Aurelius

There are no unbreakable people in this world; some just take longer to break. Every warrior has his scars.



"The things that you do today, the things that you do tomorrow, the things you do next week, have far greater significance than you will ever know. Through your actions today, vast worlds will be created and destroyed. Just as a telescope aimed at a distant star has only to move one single millimeter at the fulcrum in order to move many light years at the other end, so you too at a place of beginning, with many effects on future worlds yet unborn." Ken Carey

"It is impossible to succeed without suffering. Failure is the final test of persistence. He who has never failed has never succeeded. Success of any kind is like a universal

college degree. It can only be earned by following a certain course that exposes the achiever to life's adversities. It is impossible for success to be easy. Success is difficult' success is gut-wrenching, pain-inducing. Success is built upon inconvenience. Success is a marathon. Success seems to follow a kind of natural selection process. Only those individuals who are willing to rally again and again after each failure, those who refuse to let defeat keep them down, those who seem to know that success can be theirs if they just stay with it long enough; only those who hang in there long after the crowd has left drink from the victor's cup. Make your breaking point your turning point." Dennis Kimbro

"Heaven, when it is about to place a great responsibility on a man, always first tests his resolution, wears out his sinews and bones with toil, exposes his body to starvation, subjects him to extreme poverty, frustrates his efforts so as to stimulate his mind, toughen his nature and make good his deficiencies. Men for the most part can mend their ways only after they make a mistake. Only when they are frustrated in mind and in their deliberations can they stand up anew. Only when their intentions become visible on their countenances and audible in their voices can they be understood by others... Without the threat of external aggression, one will perish. Only then do we realize that anxiety and distress lead to life and that ease and comfort end in death." Mencius-Kao-Tzu

"When I stand before god at the end of my life I would hope that I would not have a single bit of talent left, and could say I used everything you gave me." Erma Bombeck

"In fighting and everyday life you should be determent through calm. Meet the situation without tenseness yet not recklessly your spirit settled yet unbiased. An elevated spirit is weak and a low spirit is weak. Do not let the enemy see your spirit." Miyamoto Musashi

"Within the wide arena of everyday life we see evil in all of its ugly dimensions. We see it expressed in tragic lust and inordinate selfishness. We see it in high places where men are willing to sacrifice truth on the altars of their self-interest. We see it in imperialistic nations crushing other people with the battering rams of social injustice. We see it clothed in the garments of calamitous wars which leave men and nations morally and physically bankrupt." Martin Luther King Jr.

“Some burdens are imposed on us by the outside world just because we live complicated lives. Most of what goes wrong in life really does feel like someone else’s fault. We become so preoccupied looking backwards at our parents and the burdens they have saddled us with, or looking around at some jealous colleague, the thoughtless room mate, the critical spouse, the neurotic friend, and seeing these as the forces in our lives that weight us down; when in fact the greatest weight in our life is the secrets we keep.” Judith Sills



“When face with the challenge of events, the man of character has recourse himself. His instinctive response is to leave his mark on action, to take responsibility for it, to make it his own business. Far from seeking shelter behind his professional superiors, taking refuge in textbooks, or making the regulations bears the responsibility for any decision he many make, he sets his shoulders, takes a firm stand, and looks the problem straight in the face. It is not that he wishes to turn a blind eye to orders, or to sweep aside advice, but only that he is passionately anxious to exert his own will, to make up his own mind. It is not that he is unaware of the risks involved, or careless of consequences, but that he takes their measure honestly, and frankly accepts them.” Charles de Gaulle

I must often ask myself am I really the person I think I am or am I really the person the world has made me? If I am the person the world has made me who then I turn too when I seek the truth? Who will show me the way when I am lost. Who will offer me a helping hand when I am tired and could use the help? If I am not the person I think I am but the person the world has made me can I seek the truth in myself if I am truly not myself?

“I have one outstanding trait in my character, which must strike anyone who knows me for any length of time, and that is my knowledge of myself. I can watch myself and my actions. Just like an outsider...I can fare entirely without prejudice, without making excuses, and watch what’s good and what’s bad. This ‘self-consciousness haunts me.’ ...I know exactly how I’d like to be, how I am too inside, but alas, I’m only like that



for myself. And perhaps that’s why, no. I’m sure it’s the reason why I say I’ve a happy nature within and others think, I’ve got happy nature without...I have cured myself, by seeing for myself what was wrong in my behavior and keeping it before my eyes...I have acted entirely according to my feelings but I have acted in the way that was best for my peace of mind. As I’ve already said, I never utter my real feelings about anything.” Anne Frank

“I am not bound to win, but I am bound to be true. I am not bound to succeed but I am bound to live the best life that I have. I must stand with anybody that stands right and part from him when he goes wrong.” Abraham

Lincoln

“Travel has a way of stretching the mind. The stretch comes not from travel’s immediate rewards, the inevitable myriad new sights, smells and sounds, but the experiencing first hand how to do differently what we believed to be the right and only way.” Ralph Crashaw

“Some people believe that if it comes easy, it’s meant to be. But that is just as pointless as investing in an idea that if you work ready hard you can overcome all obstacles and be rewarded for your dedication. The one and only time this will ever be true is in kindergarten, where the teacher gives out gold stars for effort...unfortunately, a more permanent and unsavory consequence of this fantasy is the notion that if you try

hard enough, people won't care much about your effectiveness. The bad news is that drudgery stinks. The good news is that if you succeed and are smart enough to keep your mouth closed about how easy it was for you, you'll be rewarded. If you blab about how little effort you had to expend, you'll get nailed by people who are envious or less talented. ..While it is important to work hard at our lives, if we have to bring our efforts to someone else's attention, we're likely in trouble." Joy Browne

"The river adapts itself to whatever route proves possible, but the river never forgets its one objective: the sea. So fragile at its source, it gradually gathers the strength of the other rivers it encounters." Paulo Coelho

"The real aim of life let me remind you, is not always the apparent aim; for men are often self-deceived as to their chief end, and often others deceived by them. But conduct in the long run, must be consistent with our ruling purpose, for it is this which qualifies and directs conduct. What you are supremely living for determines the course you are taking year in and year out. There may be confusing oscillations in a life's tendency; it may at some point describe a crooked and uncertain path: but as a whole it has a definite trend this way or that. The



definite trend of your life is to discover your real aim, you cannot disguise it except transiently. It is not something outside of you, compelling you this way or that: it is you; the complex of your generic choices and volitions. It is one of those trite yet tremendous truths which so many forget or ignore, and which has such vital consequence in the destiny of one's soul. Always you are moving, some whither, always you are becoming somewhat; and the direction which you are now taking, the character which you are now forming, becoming fixed. The success or failure of your life is unchangeable determined. That is the most critical moment in your experience when you consciously and

deliberately ask: 'whither am I going? What am I becoming in thought and feeling and character?' Then if ever, is the choice made, the purpose formed, which henceforth takes your life-story easy to read. Many young people step upon the threshold of responsible life and amid the multitude of eager self-questioning, that rise in their hearts the one chief question scarcely appears. They ask, 'how can I best earn a living? What trade or profession shall I learn? What business should I follow? How can I get an education? How can I secure pleasure? How can I make a fortune?' But deeper than all these is the one question that gives meaning to all the rest: what am I living for? What shall be the supreme purpose and result of my life? Every one ought consciously to have an aim in life. Whether he is conscious of it or not, every one has a ruling tendency; but everyone should have a controlling and persistent purpose in life. No one has the a right to live aimlessly, for no one has a right to abandon reason and self-control, and consent to be a mere waif drifting hither and thither like some plaything of the winds. We are endowed with the powers that make us capable of good and often great achievements. We are gifted with the reason and conscience and will, in order that we may both become and do which is noble and beneficent." Philip Stafford Moxom

Most children can cope with adversity and negative influences for more than most adults. Some children can confront adversity in his or her life and become stronger as a result. It is the rare child that successfully confronts repeated trauma while developing the strengths to endure farther trauma. However, even these special children have their limits. Each succeeding trauma extracts a cost while demanding more and more time to recover and adapt. There comes a point where even the strongest child cannot endure or overcome the simplest additional trauma or adversity. There is no bouncing back. They are like the metal in the hands of a master sword maker.

The master sword maker will heat and pound that piece of metal unmercifully almost to the point of worthlessness. Then at the critical moment he will plunge that red hot beaten metal into ice-cold water to shock it. If he repeats this over and over with exceptional skill he will create a sword of magnificent strength and rare beauty. However, if he does not provide proper recovery time or he traumatizes the metal too much or too often he risk breaking the sword into countless worthless pieces of metal.

Every day in the newspapers or magazines there are ad's for "life-coaches", "spiritual leaders, or "motivational speakers", etc. Many of these people are more than willing often at a very high cost to prove us with the necessary information to find the right path or the right direction to make us a success in life. One of the most common threads in each of these people road map is the road to riches; money, money and more money. With enough money you will achieve the power you desire and with that power you will achieve the love life you desire and deserve. The 7 figure salary, the big house, the expensive sport car and a black book of beautiful women just waiting for your call. One needs to ask themselves are these the tools of freedom or the trappings of expectations. Because in the end does anyone of us really need anyone else to prove us the roadmap for our life. Deep down inside of each of us there is a special plans where dreams are formed, where we really understand where we want to go in life. For most of us we place limitations on those plans and dreams because we believe that we are going fail. For most of us rarely do these plans or dreams revolve around, power, influence, money, sex, etc... In the end they revolve around what truly makes us happy, the freedom of choice and the ability to have wow moments when we want the moon rise, helped some child, see the glory of Mother Nature, the priceless things. These are things deep down in side of each of us, things that no one, no matter how much money and time we give them can ever chance. It is that longing in one's heart and feeling in one's gut, we all know it, we all feel it. It is up to each one of us to do what is necessary to allow those dreams to develop into plans and those plans to become reality. Most of all the purpose of any map is to get us started moving in the general direction. It is not the purpose of the map to tell when to start, how fast to drive, where to stop and what roads we must take. All those decisions should be ours and ours alone.



“There has been a great deal of talk about self-help, self-culture, self-discipline, and self-made men. The young have been addressed ingeniously written biographies, through anecdotes of humble men who have risen in the world, through proverbs, maxims, exhortations, and appeals in prose and verse, every imaginable thing, indeed, adapted to reach and rouse unlettered ambition. In all teachings on this subject there has been a measure of truth, and always so much falsehood which has led so many men into fatal mistakes. We have had, and we now have writers who avowed purpose it is to stimulate the humble to rise in the world, not to rise into manly excellence in their own sphere; but, irrespective of their tastes and talents, to rise out of their sphere. Biographies of men of genius are written so the lessons of the lives of these men are not left to be gathered by the common sense of their readers; but are written for the sake of the lesson, and of course, the lesson is pointedly shaped to its purpose. The idea kept prominently uppermost in these biographies , as in all the teachings of their writers, is, that a man may be anything, that he chooses to become; that will, determination,

purpose, labor, perseverance, will accomplish anything- all true with relation to some men, and all false with relation to the majority of men. “ J. G. Holland 1866

“High sentiment always wins in the end, the leaders who offer blood, toil tears, and sweat always gets more out of their followers than those who offer safety and a good time. When it comes to the pinch, human beings are heroic.” George Orwell

“If you do not believe in yourself, then don't blame others for their lack of faith in you.” Brendan Francis

“A gentleman, then, is one who knows, in any circumstances, just how to act. His, dress, his bearing, and his knowledge are worn lightly, never ostentatiously. A gentleman does not call attention to himself by flaunting his superiority. In conversation, for example, he will say something if he has something worthwhile to contribute; yet if he happens to be an expert on any given topic; he will never resort to showing off. Confidence, self-assurance, modesty, and consideration are equally apportioned in his character, and in the end his quiet, judicious contributions will leave his companions duly impressed...It is important to distinguish between the true gentleman and his counterfeit, the man of shallow charm or sophistication. The counterfeit gentleman is nothing but surfaces, while a true gentleman’s outward graciousness stems from inward virtues of mind and temperament.” Waller R. Newell

“Although human beings tend to be self-interested, they benefit from cooperative interaction to secure their individual and collective well-being. If we hope to enrich ourselves both economically and morally we must constantly be aware that we are rooted in communities.” Adam Smith

Life can be and often is unfair to most people, no matter how hard that they work, they could find themselves out of a job because of the misdeeds of a selfish greedy manager who decides to close down one place of work not because it is losing money but because it is not making enough money. No matter how healthy a life style one may live he or she could be stuck down by contaminated food robbing them of the ability to live an active life. Every single one of us, no matter how wealthy, how powerful, how beautiful, how intelligent, or how athletic we may be, we will become once was. We will all suffer loses. We will lose love ones, children may die before parents, homes may be destroyed by the actions of Mother Nature, lovers will leave one day to never return. For many of us the loses will pound on us over and over like the force of a heavy surf. For some of us it will feel as if the loses just keep coming one after another leaving us with the feeling that there will be no end that there will be no way out. For some there will come that moment when they believe that this is the time, I can’t take it anymore, maybe I will just quietly allow myself to be wash out to sea, to quietly flow away before slowly sinking beneath surface. This is time to tell yourself that no matter how over whelming your problems may seem to you, your loss will become someone’ else loss. You have value; you may require help to increase that value. You have to remember when you close the book on your life; you are also end the chapter in many other people’s book. Life is just too precious, don’t leave blank pages.



“The desire to gain wealth and the fear to lose it are our chief breeders of cowardice and propagators of corruption. There are thousands of conjunctures in which a wealth-bound man must be a slave, whilst a man for whom poverty has no terrors becomes a freeman. Think of the strength which personal indifference to poverty would give us if we were devoted to unpopular causes. We need no longer hold our tongues or fear to vote the revolutionary or reformatory ticket. Our stocks might fall, our hopes of promotion vanish, our salaries stop, our club doors close in our faces; yet, while we lived, we would imperturbably bear witness to the spirit, and our example would help to set free our generation.” William James

“He who wants to succeed should learn how to fight, to strive and to suffer. You can acquire a lot in life, if you are prepared to give up a lot to get it.” Bruce Lee

“Wisdom calls us all. And therefore it is fit that you should this day remember the wise; for they have labored, and you are entering into their labours. Every lesson which you have learn in school, all knowledge which raises you above the savage or the profligate (who is but a savage dressed in civilized garments), has been made possible to you by the wise. Every doctrine of theology, every maxim of morals, every rule of grammar, every process of mathematics, every law of physical science, every fact of history or of geography, which you are taught here, is a voice from beyond the tomb. Either the knowledge itself, or other knowledge which led to it, is an heirloom to you from men whose bodies are now mouldering in the dust but whose spirits live for ever and whose works follow them, going on generation after generation, upon the path which they trod while they were upon earth, the path of usefulness, as light to the steps of youth and ignorance. Not many noble, not many rich, not many mighty are called. Most of them were poor; many all but unknown in their own time; many died, and saw no fruit of their labours; some were persecuted, some were slain, of some, the very names are forgotten. But though their names be dead, their works live, and grow and spread, over every fresh generations of youth, showing them first steps toward that Temple of Wisdom, which is the knowledge of things as they are. They made their mistake; they had their sins; for they were men of like passions with ourselves. But this they did, they cried after wisdom, and lifted up their voice for understanding; they sought for her as silver, and searched for her as hid treasure: and not in vain. For them, as to every earnest seeker after wisdom each was given gifts according to his earnestness and power of sight.” Charles Kingsley



The next time you encounter fear, consider yourself lucky. This is where the courage comes in. Usually we think that brave people have no fear. When I was first married, my husband said I was one of the bravest people he knew. When I asked him why, he said because I was completely coward but went ahead and did things anyhow.” Pema Chodron

“Obviously it is impossible to follow a wrong road and reach the goal. Yet this is precisely what men try to do in the world and their lives end in disappointment at not reaching that destination which lay in the very opposite direction. Chief among these false roads, which lead to the

destruction of our hopes at least, is the highway of selfishness. Since happiness does not lie in this direction it is of little consequence how well we proceed on the road; we are going the wrong way and every step takes us further from the goal. Selfishness is based on a wrong ideal deal of life, the aide of acquiring and achieving at the expense of others, an idea as false as it is unprofitable; a road which leads to despair. Of false ideals, of wrong roads, there is no end. And the point is, that they are not snares to entrap the unwary, planned by some enemy of the world, but merely paths beaten by the feet of mankind in its errant search for happiness, and into which each succeeding generation heedlessly wanders. If you are weary of following the wrong road you can retrace your steps. If you have discovered the right road, lose no time in following it for in that direction alone is happiness. Remember that few if any have been born with their feet on the true path. Those who have found it have usually done so after many efforts in the wrong direction. Take heart then He is twice a man who is neither led or driven, but having suffered in the wilderness of his ignorance, turns at length to the light and of his own accord follows the true way.” Stanton Davis Kirkham

“There can be supreme moments in everyone’s life that can overwhelm the personality. It may come from as a result of being in love. It may descend upon us when a particular piece of music or a painting, or a piece of sculpture, any work of art, that really grips and stirs us. Or it may be the kind of intense rapture of which the mystic speak. It may be the oceanic sense of intensity that overtakes one when faced with a beautiful mountain landscape or a glorious sunset. Such moments are a very real part of the world of human experience. Most of us have such experiences, although we may not label them as such. Perhaps a few do not. Most people have undergone such experiences these are those high, exalted moments. These moments simply happen. We cannot command the. Often they come unbidden, gripping us almost from the outside. These moments come as gifts to remind us just how wondrously life could be lived.”
Author Unknown

“Personal integrity is about feeling good in your skin. It means that you have a moral center, that you know that right and wrong exist, and that you must have a sense of ethics even when you are alone. It means that you know there is value in who you are, and that you impart value to your name and your word through your actions. With that confidence in yourself, you’re able to believe others are of value, to, and you demonstrate that attitude through your deportment. You make choices based on your own needs and goals, not your peers, and define success as much on the planning and hard work as on any rewards. Personal integrity is what gets a person out of bed every morning, helps him, do his job all day and then come home and sleep well at night.”
Rudy Crew



“If we can be courageous one more time than we are fearful, trusting one more time than we are anxious, cooperative one more time than we are competitive, forgiving one more time that we are vindictive, loving one more time than we are hateful, we will have moved closer to the next breakthrough in our evolution.” Arianna Stasinopoulos

“Faith teaches us to use our talents to the fullest extent, however slight they may be. Through faith I created the world I gaze upon; I make my own day and night, tint the clouds with iridescent fires, and behold! A midnight is strewn with other stars. It is faith which lights us into sustaining realities beyond those perceived by the physical

senses.” Helen Keller

“It may well be that our means are fairly limited and our possibilities restricted when it comes to applying pressure on our government. But is this a reason to do nothing? Despair is nor an answer. Neither is resignation. Resignation only leads to indifference, which is not merely a sin but a punishment.” Elie Wiesel

“Be willing to listen to others. Everyone see through different eyes. They feel with different hearts. They hear through different ears. Someone knows something that you should know. You will not discover it until you take the time to stop ad hear them out. One piece of information can turn a failure into a success. Great decisions are products of great thoughts.” Author Unknown

“During periods of crisis, positions which are false or feigned are very common. Entire generations falsify themselves to themselves; that is to say, they wrap themselves up in artistic styles, in doctrines, in political



movements which are insincere and which fill the lack of genuine convictions. When they get to be about forty year old, those generations become null and void, because at that age one can no longer live on fictions.” Jose Ortega Y Gasset

“How unsound and insincere is he who says, I have determined to deal with thee in a fair way. There is no occasion to give this notice. It will soon show itself by acts. The voice ought to be plainly written on the forehead. Such as a man’s character is, he immediately shows it in his eyes, just as he who is beloved forthwith reads everything in the eyes of lovers. The man who is honest

and good ought to be exactly like a man who smells strong, so that the bystander as soon as he comes near him must smell whether he chose or not. But the affectation of simplicity is like a crooked stick. Nothing is more disgraceful than a false friendship. Avoid this most of all. The good and simple and benevolent show all these things in the eyes, and there is no mistaking.” Marcus Aurelius

“If a man has done something in ignorance either in the law or of the facts of the case, and would be sorry for it, were he to find out what he has done, that act is involuntary, so far as it is traceable to ignorance alone. Ignorance, sheer ignorance, takes whatever is done under it out of the region of volition. Nothing is willed but what is known. An ignorant man is as excusable as a drunken one, as such, no more and no less. The difference is that drunkenness generally is voluntary: ignorance often is not. But ignorance may be voluntary, quite as voluntary as drunkenness. It is a capital folly of our age to deny the possibility of voluntary intellectual error, and where the matter is one that the person officially or otherwise is required to know, immoral too. There is an ignorance that is sought on purpose, called affected ignorance, as when a man will not read begging letters that he may not give anything away. Such ignorance does not hinder voluntariness. It indicates a strong will of doing or omitting, come what may. There is yet another ignorance called crass, which is when a man, without absolutely declining knowledge, yet takes no pains to acquire it in a matter where he is aware that truth is important to him. Whatever election is made in consequence of such ignorance, is less voluntary, indeed, than

if it were made in the full light, still it is to some extent voluntary. It is voluntary in its cause, that is, in the voluntary ignorance that led to it.” Joseph Rickaby



Block Island, Mass



Lake Michigan



Hilton Head, Island



York Beach, Maine



Key West, Fla



Prince Edward Island

“Good communication requires willingness to listen and respond, to give and receive and to acknowledge what is being communicated without manipulating, limiting or denying reality. Good communication is the ability to openly express one’s own feelings and thoughts without judgment. Good communication is respectful of all concerned. Communication includes not only words, but also facial expression, intonation, volume, touch and body movement.” Deb Gebeke

“How a person attacks a problems or an opportunity is often more important than the conclusion he come to, because it tells you something about how this individual is going to face other situations.” Stanley O’Neal

“You do not become a "dissident" just because you decide one day to take up this most unusual career. You are thrown into it by your personal sense of responsibility, combined with a complex set of external circumstances. You are cast out of the existing structures and

placed in a position of conflict with them. It begins as an attempt to do your work well, and ends with being branded an enemy of society.” Vaclav Havel

“Here is one of the great ironies of life; those who are doing what they want to do and are consciously expanding their comfort zone at every opportunity experience no more fear than people who are passively trying to keep life as comfortable as possible. Fear is part of life. Some people feel fear when they press against their comfort zone and make it larger. Other people feel fear when they ever think they might do something that gets them close to the ever-shrinking comfort zone. Both feel the same fear.” John-Roger McWilliams

“What is the manager's job? It is to direct the resources and the efforts of the business toward opportunities for economically significant results. This sounds trite -- and it is. But every analysis of actual allocation of resources and efforts in business that I have ever seen or made showed clearly that the bulk of time, work, attention, and money first goes to problems rather than to opportunities, and, secondly, to areas where even extraordinarily successful performance will have minimal impact on results. What is the major problem? It is fundamentally the confusion between effectiveness and efficiency that stands between doing the right things and doing things right. There is surely nothing quite so useless as doing with great efficiency what should not be done at all. Yet our tools especially our accounting concepts and detail focus on efficiency. What we need is (1) a way to identify the areas of effectiveness (of possible significant results), and (2) a method for concentrating on them.” Peter Drucker

“We know people who beat their children, not for discipline, but to exorcise their own demons. In other words the child serves as a whipping object for adults. Some mothers and fathers beat their children regularly with an iron cord, belt or worse for the slightest transgression. Some of these beatings leave scars. However, the scars within, never heal. These beatings often produce angry children who treat others as violently as they have been treated. They may seem compliant to the person (s) that beat them but only because they have been scared into submission. Later they may become enraged and rebellious and more likely run away for hit back...In addition to creating an angry and possibly violent child, beatings cause symptoms of anxiety, depression and even PTSD. Of course, not all kids who get hit develop such symptoms. Not all children who suffer actual child abuse develop symptoms of PTSD or become violent. Kids can be pretty tough. They may have protective factors in their genes or in the environment that gives them the resilience to survive various traumas.” Bill Cosby

“This book is published for the purpose, mainly, of inducing men to open their eyes and see where they stand in their relations with their fellow men. Its object is to lead men to think. The author does not propose to tell men what they do not know, but what they do know, when they take the trouble to think. One man knows more than other ordinary men only so far as he thinks and inquires more than they do. The germ of all thought lies in every man's bosom, even in the bosom of every child. In too many cases this germ remains neglected, and so it continues to be undeveloped and unproductive; in others, it is carefully nursed and cultivated, till it grows and finally bears fruit. A man may have a thought for a lifetime and still not dream that he has such a possession. Thoughts neglected are as thoughts that do not exist. No thoughts thrive, no thought ever amounts to anything, unless it receives attention; it may come to the surefire to-day, and never appear afterward. An intelligent man not only thinks, but holds on to his thoughts; he treasures them up and puts them out at interest, and they sometimes produce ten and sometimes a hundredfold. “Jacob Wilson

“The empirical fact is that self-actualizing people, our best experiencers, are also our most compassionate, our great improvers and reformers of society, our most effective fighters against injustice, inequality, slavery, cruelty, exploitation while being our best fighters for excellence, effectiveness and competence. It has become clearer that the best helpers are the most fully human persons. The best way to become a better helper is to become a better person. But one necessary aspect of becoming a better person is by helping other people. So one must and can do both simultaneously.” Abraham Maslow

No matter how difficult it maybe or how harsh the react maybe it is important that you develop and maintain the courage to express yourself every day. Without question is do so people will abandon you for it, and some of the people that abandon you may be your closest and most trusted friends. But in the end it is far more important that to be yourself than changing yourself in hope of gaining acceptance from others. Without the courage to express yourself as you truly are you will develop a correct perception of reality for you must be hard on yourself, you must first look at yourself not other for the cause of your problem s. This will require discipline and intellectual honesty. It will mean no taking the easy way out and blaming others for what they have done to you no matter how harsh, no matter how unfair, no matter how undeserving, it means asking yourself was there any thing that I could have done differently that would have prevent the situation. Was there any reason I should have prevent the situation, was the punishment worth the long-term benefits. If I blame someone else for the whole situation it means that I am not only passing on responsibility I am saying

that I have no control over the situation. If you lose control of the situation you will allow yourself to settle for mediocrity. If you do there will be no going back.

Very few people understand that life is like a never ending cross country steeple chase. Every single lap has its own unique ups and downs, obstacles and hazards that must be navigated. There is no requirement at all to participate for one can always choose to be a spectator in the game of life. Even if one decides to participate, some due to the accident of their birth with start better prepared and some will be allowed to skip a head a few laps. There is no requirement whatsoever to complete any lap. Once you completed the lap you have a choice you can go immediately to the next lap which may be longer, it may be shorter but regardless of its length it will be tougher than the prior with its own unique ups and downs, obstacles and hazards one must navigate. One can be happy with his or her present accomplishments and remain at the level they are. One could even stop and rest for duration of one's choosing, but no matter what the decision you can never go back for you have been changed forever. Your happiness in this world we be totally dependence on whether the decision to

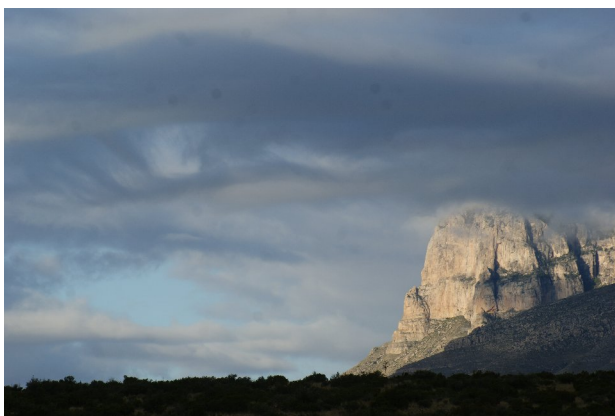


stop was your own or whether the decision to go on was your own. Since we all must run our own race at our own pace and no two people change the same at the same time, personal relationships no matter how close all also changed. For that is life.

“The great man is he who does not lose his child’s heart.”
Mencius

One of the important things that any person can ever remember is that there isn’t any circumstance which would ever justify you ever exaggerating your case. When you cross that line you will never ever recover for when you exaggerate you at some point destroy whatever creditability you may have. Always remember that there are people out there that will never believe a single word that you say or write and they will do everything in their power to prove that you haven’t been factual. You can successfully defend an honest mistake based on faulty memory but you can never defend an outright lie and that is what you do when you exaggerate your case. Plus remember not matter how serious, painful or harsh your circumstances may have been or still are and there will always be people far worse off.

“If you want to fool the world, just tell them the truth.” Otto von Bismarck



“Every single day each of will make a multitude of choices that will impact the rest of our lives. Some of these choices will be very minor having a very limited impact, maybe for only minutes, hours or days, while other choices may completely change the course of our lives. Some of these choices will be very easy to make while to varying degrees much more difficult. Some of our choices have the ability to lead us directly to success while others will bring us face to face with failure. Some of our choices will seems earthshakingly important while others will appear completely insignificant. However, no matter how small or large, easy or difficult each choice may be each in its own individually or collectively way

often unnoticed will alter the direction of our lives...everyone of our choices that we will make today will be based on the choices that we made yesterday or even years ago. That life altering choice that we must make today could be based on numerous insignificant decisions made in our past.” Debbie Ford

“These, then, are my last words to you: Be not afraid of life. Believe that life is worth living, and your belief will help create that fact.” William James

“Why does an abused child become an abusive parent? Why does one woman divorce an alcoholic only to marry another? Why does a person get fired from five successive jobs for insubordination? It’s as if our unconscious is saying, I am going to make you keep repeating this unhappy scenario until you wake up and pay attention to where it is coming from in yourself.” Elio Frattanoli

“People are often unreasonable, illogical, and self-centered; forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway. If you are successful, you will win some false friends and some true enemies; succeed anyway. If you are honest and frank, people may cheat you; be honest and frank anyway. What you spend years building, someone could destroy overnight; Build anyway. If you find serenity and happiness, they may be jealous; be happy anyway. The good you do today, people will often forget tomorrow; do good anyway. Give the world the best you have, and it may never be enough; Give the world the best you've got anyway. You see, in the final analysis, it is between you and God; It never was between you and them anyway.” Mother Teresa

“All truths are easy to understand once they are discovered; the point is to discover them.” Galileo

“As we, the leaders, deal with trauma, our task is not to try to make perfect plans. Our task is to create organization that are sufficiently flexible and versatile plans and make them work in execution. This is the essential character of the learning organization.” Michael V. Harper

“You can no longer deceive yourselves as you did before, now that you have gotten a taste of the truth.” Peter D. Ouspensky



“There is no such thing as a 'self-made' man. We are made up of thousands of others. Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts, as well as our success.” George Burton Adams

“Don’t worry about genius and don’t worry about not being clever. Trust rather to hard work, perseverance, and determination. The best motto for a long march is don’t grumble; plug on. You hold your future in your own hands. Never waver in this belief. It is the empty tin that rattles the most. Be honest, be loyal, be kind. Remember

that the hardest thing to acquire is the faculty of being unselfish. As a quality it is one of the finest attribute of manliness.” Sir Frederick Treves

“Most important, leaders can conceive and articulate goals that lift people out of their petty preoccupations and unite them in pursuit of objectives worthy of their best efforts.” John Gardner

“I never proposed any man for my enemy, but injustice, oppression, innovation, arbitrary power, and cruelty; where I found them, I ever opposed myself against them; but so, as to destroy the evil, but to preserve the person and therefore all the wars I have made hash been to get victory over the understanding of men, accounting it a more worthy and profitable a labour to beget friends to the cause rather than to molest men’s persons, or confiscate men’s estates.” William Walwyn

“Ethical leaders put their followers’ needs before their own. Unethical leaders do not. Ethical leaders exemplify private virtues such as courage and temperance. Unethical leaders do no not. Ethical leaders exercise leadership in the interest of the common good.” James MacGregor Burn

“Take it that you have died today, and your life's story is ended; and henceforward regard what future time may be given you as uncovenanted surplus, and live it out in harmony with nature.” Marcus Aurelius

“The world moves, and ideas that were once good are not always good.” Dwight D. Eisenhower

“There are only two ways to approach life-as a victim or as a gallant fighter-and you must decide if you want to act or react, deal your own cards or play with a stacked deck. And if you don't decide which way to play with life, life will always play for you.” Merle Shain

“Perhaps resilient children are the keepers of the dream.” Dr. Norman Garmezy



“A stone when struck resists. If its resistance is greater than the force of the blow struck, it remains outwardly unchanged. Otherwise, it is shattered. While the living thing may easily be crushed by a superior force, it none the less tries to turn the energies which acted upon it into means of its own further existence...It is the very nature of life to strive to continue in being. Since this continuance can be only secured by constant renewals, life is a self-renewing process.” John Dewey.

risked to do so, what we have felt, thought, feared, and discovered through the events of our lives. The real story is the story that belongs to us alone.” Rainer Mara

“So many of us do not know our own story, a story about who we are, not what we have done. About what we have faced to build what we have built what we have drawn upon and

“A competent leader can get efficient service form poor troops, while on the contrary an incapable leader can demoralize the best of troops.” General John J. Pershing



“Writing can change your life. It can help you deepen your understanding of yourself; as well as achieve the goals you have set for yourself. It can help you make sense of the information that assaults you every day and present ideas so others will take you seriously. And it can broaden your world by enabling you to communicate effectively with people you have never met.” Robert Miller

“I believe each of us has a built-in compass to direct us get to wherever he need to go. Never forget to trust your compass and refer to it often and you will never get led astray.” Donna Fargo

“Nothing happens to anyone that he can't endure. The same things happens to other people, and they weather it unharmed-out of sheer obliviousness or because they want to display 'character.' Is wisdom really so much weaker than ignorance and vanity?” Marcus Aurelius

will forget the pose, and then where will you be and who will you be?” Fanny Brice

“People take different roads seeking fulfillment and happiness. Just because they are not on your road does not mean they have gotten lost.” Jackson Browne

“Character is the diamond that scratches every other stone.” Cyrus A. Bartol

“When someone supports your efforts he or she does not have to act for you or instead of you. The best support comes from people who know who you are in your heart; they recognize that you are bigger than all your doubts and fears and they don’t let you forget it. They don’t collude with you in coming up with reasons why you did not keep your promises or why you can’t fully realize your greatest talents and strengths. They remind you of your greatest goals and dreams. In that way they feed you the energy to go way beyond where you would have normally have stop yourself.” Author Unknown

“When we live our lives unreflectively, simply reacting to life’s situations and not trying to explore its deeper meaning, then our lives have diminished value.” Socrates

“The honest man must be a perpetual renegade, the life of an honest man a perpetual infidelity. For the man who wishes to remind faithful to the truth must make himself perpetually unfaithful to all the continual, successive, indefatigable, renascent errors.” Charles Pierre

“Beware the Fury of a patient man.” John Dryden

“I have an idea that some men are born out of their due place. Accident has cast them amid strangers in their birthplace, and the leafy lanes they have known from childhood or the populous streets in which they have



played, remain but a place of passage. They must spend their whole lives aliens among their kindred and remain aloof among the only scenes they have ever known. Perhaps it is this sense of strangeness that sends men far and wide in search of something permanent, to which they must attach themselves. Perhaps some deep-rooted atavism urges the wanderer back to lands which his ancestors left in the dim beginnings of history. Sometimes a man hits upon a place to which he mysteriously feels that he belongs. Here is the home he sought and he will settle amid scenes that he has never seen before, amid men he has never known, as though they were familiar to him from his birth. Here at last he finds rest.” Somerset Maugham

“Reason often makes mistakes, but conscience never does.” Josh Billings

Beware that the world is full of vultures and these vultures are just waiting to eat every single one of your dreams. They just sit there waiting for the slightest hint of uncertainty on your part. The worst thing about these vultures is that for the most part they are in the forms of the people you love and trust the most; the very people that you have trusted with your inner most secrets and insecurities. Like vultures these people do not want to do any of the hard work, they do not want to take the risks necessary to make the kill (dreams). They take great pleasure in stealing the kills (dreams) of others or attacking the very weak (when dreams are just forming). Such people will never put forth the any effort to escape the trappings of their own comfort zones. So your dreams must be killed before they force such vultures to face themselves

When a rattlesnake bites you, you are left with really only three options. First you can condemn yourself to a painful death by encasing yourself in self-pity and just allow yourself to lie down and die. Second you can get very angry and seek out revenge by hunting down the rattlesnake in hope of killing it, or you can take the third option seek out immediate medical help so you can live and learn from the experience. Option one leave you dead and the rattlesnake alive. Option two could results in the death of both you and the rattlesnake. Option three results in a wiser you allowing yourself to wonder who fault was it that you got bite in the first place.

“Life is war. The war is to maintain personal integrity in a world that demands betrayal and corruption.” Frank Chin

While most adults study and talk some children have the ability to create worlds of their own; the ability to create worlds that are truly protective and nurturing. These worlds are like the holodecks with countless holographic programs on the Starship Enterprise. Everything necessary is there, if they need a parent one is created, if they need a friend, a teacher, someone just to talk to that person just appears. If they need to be somewhere, to do something, to see into the future, to develop and see possibilities it just happens. If one needs to create a holodeck within a holodeck it happens. If a child needs to be male it happens if the child needs to be female it happens. In the child’s mind everything that happens in these worlds is real. The child is never limited by society expectations. In these worlds there are just possibilities; never regrets never pain, and never loneliness, etc. In these worlds such children learn that one can be truly alone without ever feeling any sense of loneliness, something most adults will never achieve let alone understand. As the song goes, “some people will sell their soul just to run away from loneliness.”

In these worlds such children learn that they are fully responsible for everything in their life, they understand that they have the option of finding a way to successfully handle every difficulty that life may throw at them



or if they cannot handle the difficulty they can just change themselves or if that is not possible they change the situation. Sometimes when one’s very survival is on the line one must not only confront the situation head on, they must change themselves, even if it means the death of who they are. This gives them ability to give birth to a new them, no different than a forest fire. These children just seem to have the ability to recreate themselves depending on the obstacles. Such children understand that failure is an adult creation. What adults believe to be failure is just an opportunity to learn, to adapt, to move on, to

overcome, and to become a better person? In many ways this photo essay is a hologram. The people quoted here are the people and wisdom needed for a certain time, place and obstacle. Photos, movies, books, poems, or wisdom; contributes to the holograms and over the years I have taken the opportunity to replace the reality of the holograms with my own personal reality. The holograms show me the possibility, while most adults showed me only limitations.

People may question why I write in different persons. I often switch from 1st to 2nd back to 1st and maybe even to 3rd person. While such writing may not keep an English teacher happy it is very important to me. But most of all I think it is because there are different parts of me that is rally one writing to other parts of me. Why maybe in each part of me is the person I trust the most and I know will never do any harm to me. I have gone over this work a number of times trying to remove the different persons but it hasn’t always work.

“Parents can only give good advice or put them on the right path, but the final forming of a person’s character lies in their own hands.” Anne Frank

I have been told that I have angels watching over me. One lady even told me that “there are many people living on borrow time but you are one of the few that is living on given time.”

“One must choose whether to live one’s life or tell it.” Jean-Paul Sartre

“I have often wondered how it is that every man loves himself more than all the rest of men, but yet sets less value on his own opinion of himself than on the opinions of others. If then a god or a wise teacher should present himself to a man and bid him to think of nothing and to design nothing which he would not express as soon as he conceived it, he could not endure it even for a single day. So much more respect have we to what our neighbours shall think of us than to what we shall think of ourselves.” Marcus Aurelius

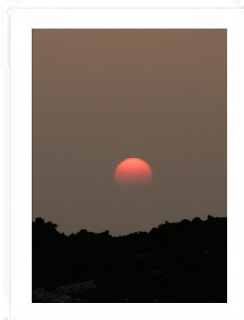
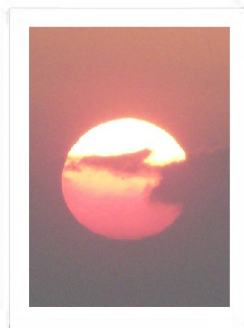
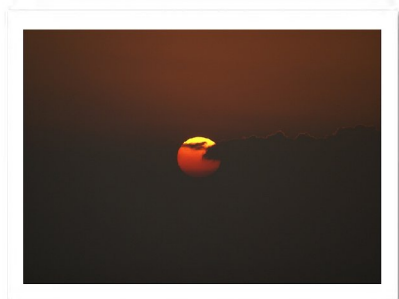
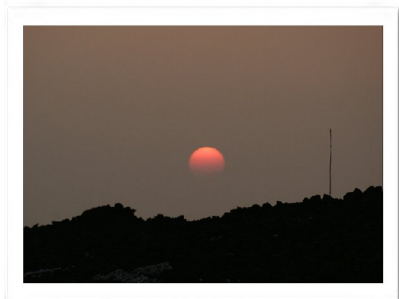
“If people bring so much courage to this world the world has to kill them to break them, so of course it kills them. The world breaks every one and afterward many are strong at the broken places. But those that will not break will be killed. The world kills the very good and the very gentle and the very brave impartially.” Ernest Hemingway

“One hour of life, crowded to the fullest with glorious action and filled with noble risks is worth whole years of those mean observances of paltry decorum, in which men steal through existence, like sluggish waters through a marsh, without either honor or observation.” Sir Walter Scott

“Approach each new problem not with a view of finding what you hope will be there, but to get the truth, the realities that must be grappled with. You may not like what you find. In that case you are entitled to try to change it. But do not deceive yourself as to what you do find to be the facts of the situation.” Bernard Baruch

This is the journey I must travel. It is my own personal journey which for the most part will be traveled alone. It often begins when you met a person who turn the light on for you, or when you were wandering aimlessly and an Angel appeared out of nowhere to provide you with the direction and courage you needed to overcome your fears. In order to start our journey we had to depart the predictabilities of our family, friends and home

and set out for unfamiliar lands with the knowledge that there are adverse winds on every journey. Sadly far too many people cannot escape the chains of predictabilities for the possibilities of the unknown. It is the rare dreamer that buys an open-ended ticket. We soon realized that we have to suffer certain losses in order to achieve our dreams. Along the way we often find ourselves in dark places littered with the bones of others. We came to understand that we must never look into the sad, hollow, lifeless eyes of others passing us in the opposite direction. We repeatedly find ourselves required to do tremendous battle with unseen forces for hidden treasure. It is our ability to translate our dreams into action and to overcome adversities that enables us to protect ourselves. It is out of these struggles we emerged with the Holy Grail and wisdom that we needed to shares with others. Each of us has our own unique talents, these talents are express in dreams and it is through sharing these talents and ourselves with others that we are truly human.



SunSet Over
Lava Fields

“There are times when we must sink to the bottom of our misery to understand truth, just as we must descend to the bottle of the

well to see the stars in board daylight.” Vaclav Havel

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction.... The chain reaction of evil - hate begetting hate, wars producing more wars - must be broken, or we shall be plunged into the dark abyss of annihilation.” Martin Luther King, Jr.

Never ever grow up. All your ages are still in you. The different ages we pass through do not drop off like snakeskin. We just add layers. We are everyone that we have ever been. The more years we have lived through, the more sights, sound, smells events, decisions, viewpoints, and feelings we carry around inside us. It is like visiting a lot of countries or reading a lot of books. Your inner theater holds a very large cast of characters, each one-stepping out on the stage to say her piece whenever it seems the correct thing to do We are all born with the ability to dream. Sooner or later consciously or unconsciously something seems to call us to a particular path. We may remember it as a single moment in childhood or in a moment of extra ordinary insight when an urge out of nowhere tells us, This is what I must do, this is who I am meant to be.



“You can’t spot integrity in a person until there is a major issue. You don’t know who has integrity until there is a crisis. There is value in a crisis because that is when you learn who is going to stand up and who is going to just point fingers at somebody else.” Peter Ueberroth

“Everybody admits that sacrifice of self is infinitely superior to sacrifice of others. Moreover, if this kind of force is used in a cause that is unjust, only the person using it suffers. He does not make others suffer for his mistakes. Men have before now done many things which were subsequently found to have been wrong. No man can

claim that he is absolutely in the right or that a particular thing is wrong because he thinks so, but it is wrong for him so long as that is his deliberate judgment. It is therefore meet that he should not do that which he knows to be wrong, and suffer the consequence whatever it may be.” Mohandas K. Gandhi

“During the first period of a man’s life the greatest danger is not taking the risk. When once the risk has really been taken, then the greatest danger is to risk too much. By not risking at first one turns aside and service trivialities; in the second case, by risking too much, one turns to the fantastic, and perhaps to presumption.” Soren Kierkegaard



“Life is a battle in which we fall from wounds we receive in running away.” William L. Sullivan

“Soldiers understand the different between being assigned to a leadership position and being a leader. No all leaders are in positions of authority and not all people in positions of authority are leaders. To Trust a leader a Marine must believe that his leader is his or her own person not a slave to personal myopia. He must believe that his leader would never use his position of power to exploit the system for personal gain. In combat, trust goes to the leaders who give critical obedience, rather than blind obedience, to their boss. A leader who gives blind obedience to an irrational or

illegal order is not only displaying a lack of character but is displaying an act of personal cowardice; such actions gets people killed without purpose; a needless waste of lives and resources. The leader understands the importance of truth-telling both up and down. Consistent, reliable truth telling is only possible when it is safe to tell the truth. The leader understand that truthfulness means eliminating all incentives for looking right at

the expense of being right. A leader understand that with trust, truth and the personal commitment to meet all challenges and make every required sacrifice that soldiers will be more than willing to pay any price necessary for the long-term benefits to the general good.“ USMC

“There is no such thing as perpetual tranquility of the mind, while we live here; because life is but motion, and can never be without desire, nor without fear, no more than without sense.” Thomas Hobbes

If you want to be a leader there will be times when you must make a decision that is not popular or seems unreasonable. However, as a leader you cannot and should not be pressured to change a decision you know to be correct. It is often stated that “The greatest form of cowardice is to know what is right and not do it.” As a leader you must always concern yourself with what is best for the people you are responsible for even if they haven’t yet.

“If you don’t like my book, write your own. If you don’t think you can write a novel that ought to tell you something. If you think you can, do. No excuses. If you still don’t like my novels, find a book you do like. Life is too short to be miserable.” Rita Mae Brown

“Never allow what you can’t do stop you from doing what you can do.” John Wooden

“I had once believed that we were all masters of our fate; that we could mold our lives into any form that we pleased for I had overcome deafness and blindness sufficiently to be happy, and I supposed that anyone could come out victorious if he threw himself valiantly into life’s struggle. But as I went more and more about the country I have learned that I had spoken with the assurance of a subject I knew little about. I had learned that the power to rise in the world is not within the reach of everyone.” Helen Keller

The ability to go from rags to riches, to overcome any obstacle just with study and hard work is for the most part a myth. I will be the first to tell anyone that I am one of the luckiest people I the world. I have been blessed with a combination of many god given talents that very few others have. Yes I chose to use those talents. Yes I chose to develop the skills to go along with those talents. But in the end much of what I have had the opportunity to accomplish is the direct result of many of the talents I was born with. To say otherwise would be a serious injustice to all those people that were born with far less talents and gifts than I was and have worked far harder than I have while accomplishing far less in their lives. For they have come far closer to using

100% of what they had than I have. Helen Keller is correct we have the ability to be the best that we can be as a person but that doesn’t mean anyone of us will be victorious in the end.



Always remember that some things once sold can’t ever be brought back regardless of the price that you are willing to pay. Once you have sold yourself the price never goes up so if you feel that you must sell out make sure it is price that you can live with for the rest of your life.

Far too often the greatest regret that most people have is avoiding regret at all cost only to find out that the choices that we made were based on fear and we often regrets

choices based on fear.

“I am a curious mixture with something feminine in me as well as being a man. I have committed all sorts of crimes in thought if not in action and don’t worry much about it, yet I hate to see a child suffer, or to be false in any way.” Sir Ernest Shackleton

“There is only you and your camera. The limitations in your photography are in yourself, for what we see is what we are.” Ernst Haas

“Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world, making the most of one’s best.” Harry Emerson Fosdick

“You can use all the quality data you can get, but you still have to distrust it and use your own intelligence and judgment.” Alvin Toffler

“We are constantly invited to be who we are.” Henry David Thoreau



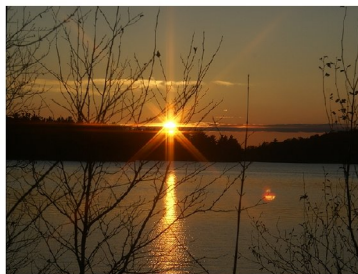
Canadian Sunset



Cornfield-Chesterfield, NH



Big Sky Country, Montana



Dublin Lake, New Hampshire



Grand Teton National Park, Wyoming



James Island, South Carolina

“Life is a continual process of letting go and moving forward. You cannot keep everything you want in life. There are times when your soul is set on fire and deeply cherished dreams must die and you are forced to create new dreams from the old. What once was will never be the same again. There is no forever. Everything must come to an end. You must learn to accept the changes not only in life but the changes in yourself and others. How you respond to these changes will teach you more about yourself than anything else. You can’t change the past, you can’t change what other people will do, and your chance for success will be measured by your belief in yourself.” Linda Wheeler

“Serving is different from helping. Helping is based on inequality: it is not a relationship between equals. When you help you are using your own strength to help those with lesser strength...When we help we may inadvertently take away from people more than we could ever give them: we may diminish their self-esteem, their sense of worth, integrity and whole mess. When we serve, we do so without strength, we serve with ourselves. We serve with our limitations, our wounds, even our darkness. That

wholeness in you is the same as the wholeness in others. Service is a relationship between equals.” Rachel N. Remen.

“It is the everyday contests that are heroic; the little battles we all fight to stay focused and do our best, to overcome our doubts and fears, to keep our cool when all about us may be losing theirs. Victory doesn’t mean power and plaudits but a sense of fulfillment and self-respect.” James Geary

Competition is very important however, any competition should always be between yourself and your potential. We do ourselves harm when we compare ourselves with other and our outcomes to theirs. None of us, not even identical twins have the same talents and skills so there are no way that we could ever have the same outcome. We are people we are not some process in some lab that produces the same outcome over and over again based on putting the same ingredients in the same order over and over. Our greatest strength, our

greatest gift is our uniqueness. Without our only goals, without our own values, without our own standards, we give up our self to become an unidentifiable ingredient in some mixture.

“If we are to survive, we must have ideas, vision, and courage. These things are rarely produced by committees. Everything that matters in our intellectual and moral life begins with an individual confronting his own mind and conscience in a room by himself.” Arthur Schlesinger Jr.

“We are born with faculties and powers capable almost of anything, such at least would carry us further than can be easily imagined; but it is only the exercise of these powers which gives us ability and skill in anything and leads toward perfection” John Locke

“Relationships -of all kinds- are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost.” Kaleel Jamison

“Still, if you will not fight for the right when you can easily win without bloodshed, if you will not fight when your victory will be sure and not so costly, you may come to the moment when you will have to fight with all the odds against you and only a precarious chance for survival. There may be a worse case. You may have to fight when there is no chance of victory, because it is better to perish than to live as slaves.” Winston Churchill

“The first notion one gets of a prince's intelligence comes from the men around him; when they are able and loyal, you may be sure he is wise, because he knew enough to recognize their ability and command their loyalty. When they are otherwise, you can always form a poor opinion of the prince, because he made an error in his very first choice.” Niccolo Machiavelli



“I know my weak points and am only thankful that I have managed to get along in spite of them! I think that is the policy of this world: Be glad of what you have got, and not miserable about what you would like to have had, and not over-anxious about what the future will bring.” Robert S. Baden-Powell

“Man cannot bear very much reality. One way people avoid it is to imagine a time when society was truly courtly, genteel, or comradely. If only we could, say, reinspire our children with noble ideas, they-never us parents- could build again a golden age and become its heroes, light-bringers.” T. S. Eliot

“The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man.” George Bernard Shaw

“I never had much faith in leaders. I am willing to be charged with almost anything, rather than to be charged with being a leader. I am suspicious of leaders, and especially of the intellectual variety. Give me the rank and file every day in the week. If you go to the city of Washington, and you examine the pages of the Congressional Directory, you will find that almost all of those corporation lawyers and cowardly politicians, members of Congress, and mis-representatives of the masses -- you will find that almost all of them claim, in glowing terms, that they have risen from the ranks to places of eminence and distinction. I am very glad I cannot make that claim for myself. I would be ashamed to admit that I had risen from the ranks. When I rise it will be with the ranks, and not from the ranks.” Eugene V. Debs

“If conflict cannot be avoided you must be ready to openly face anything that could come your way. Just like animals who attack when they perceive fear and weakness, people often unconsciously feel a person’s power and will probably avoid conflict with those who are animated by deep self-confidence. Without having a fighter’s inner strength, it is very hard to be able to stay calm enough to offer alternative options. The offerings of peace made by a person who is unafraid of conflict carry a weight that peace born out of fear will never have. If you don’t have credibility, even the best dialectical ability will not be successful. The power of the warrior to dominate conflict is the best guarantee of avoiding conflict. In order to live in peace, one needs the strength to win a war...It is what people see when they look into your eyes.” Daniele Bolelli

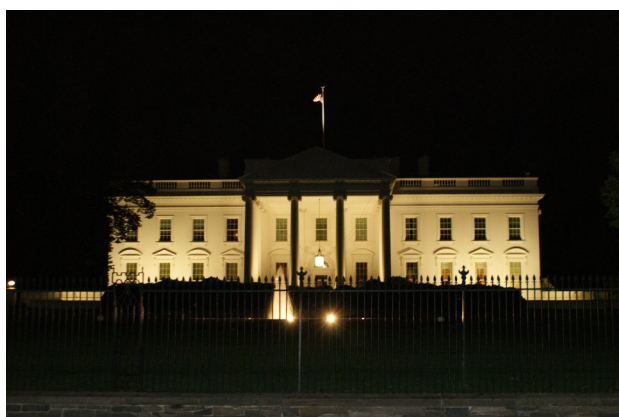


“Never hire or promote in your own image. It is foolish to replicate your strength and idiotic to replicate your weakness. It is essential to employ, trust, and reward those whose perspective, ability and judgment are radically different from yours. It is also rare, for it requires uncommon humility, tolerance, and wisdom.” Dee W. Hock

“Sometimes rule-following is part of paying your dues. You may know a better way of doing things-that is, you may have a new rule that’s better than the old one-but in order to implement the improved rule, you have to follow the old rule for awhile. In fact, once you master the old

rule, you are then the master-and masters get to change things. Once you are successful at something, to do it another way is considered innovative. If you’ve yet to master the old way, it’s often seen as rebellion...To change rules that are already in place takes time, energy, perseverance and a lot of hard work. You only have so many of these assets at your disposal, so choose with care the rules wants to change.” Peter McWilliams

“Vision is seeing something that may occur in the future, it’s a snapshot of somebody’s future or a clear picture of conditions that do not currently exist. A vision could be a mental picture of somebody’s destiny, or it could be the ability to see opportunities that other people don’t see in their current circumstances...A leader is one who guides by influences, one whom others want to follow, one who leads others to leadership, one who possesses both character and competence...The visions of leaders determine the influences they have on other people.” Lee H. Walker



“I would save the Union. I would save it in the shortest way under the Constitution. If there be those who would not save the Union unless they could at the same time save slavery, I do not agree with them. If there be those who would not save the Union unless they could, at the same time, destroy slavery, I do not agree with them. My paramount object in this struggle is to save the Union, and is not either to save or destroy slavery. If I could save the Union without freeing any slave, I would do it; and if I could do it by freeing all the slaves, I would do it; and if I could save it by freeing some and leaving others alone, I would also do that. What I do about slavery and the

colored race, I do because I believe helps to save the Union; and what I forbear, I forbear because I do not believe it would help to save the Union. I shall do less whatever I believed what I am doing hurts the cause, and I shall do more whatever I believe doing more will help the causes. I shall try to correct errors when shown to be errors, and I shall adopt new views as fast as they shall appear to be true views.” Abraham Lincoln

“Children who are protected from the sting of honest, constructive criticism can’t hope to compete with their counterparts around the world where educators are free to push kids to achieve their level base. Surely, kids can

meet the high expectations of their teachers without being coddled. We can protect them all we like from stressful situations, disappointments, and threats to their self-esteem, but in the long run is it really in their best interest to paint everything in such pleasant-feeling tones?" John Kasich

"Unless democracy is based on the principle of service by everybody who claims the enjoyment of any right, it is not true democracy at all. The man who refuses to render, or is ashamed to render, the necessary service is not fit to live in a democracy. And the man who demands from another a service which he himself would esteem it dishonorable or unbecoming to render is to that extent not a true democrat. No man has a right to demand a service which he does not regard as honorable to render; nor has he a right to demand it unless he pays for it in some way. Democracy must mean mutuality of service rendered, and respect for the service rendered." Theodore Roosevelt



Collins Royal Irish Reg.

"There are some alive at this moment who will not be alive shortly. Those who do not wish to go on that journey, we will not send. As for the others, I expect you to rock their world. Wipe them out if that is what they choose. But if you are ferocious in battle remember to be magnanimous in victory. ..you will see things that no man could pay to see...it is my foremost intention to being every single one of you out alive. But there may be people among us who will not see the end of this campaign. We will put them in their sleeping bags and sent them back. There will be no time for sorrow...If you harm the regiment or its history by over-enthusiasm killing or cowardice, know it is your family who will suffer for your deed will follow you down through history." LtCol Tim

"You inquire where I stand. This is a disputed point. I think I am a Whig; but others say there are no Whigs, and that I am an Abolitionist. When I was at Washington I voted for the Wilmot Proviso as good as forty times; and I never heard of any one attempting to unwhig me for that. I now do no more than oppose the extension of slavery. I am not a Know-Nothing that is certain. How could I be? How can anyone who abhors the oppression of Negroes be in favor of degrading classes of white people? Our progress in degeneracy appears to me to be pretty rapid. As a nation we began by declaring that all men are created equal. We now practically read it; all men are equal except Negroes. When the Know-Nothings get control it will read, all men are create equal except Negroes and foreigners and Catholics. When it comes to this I shall prefer emigrating to some country where they make no pretense of loving liberty." Abraham Lincoln

"The mere possession of a vision is not the same as living it, nor can we encourage others with it if we do not, ourselves, understand and follow its truths. The pattern of the Great Spirit is over us all, but if we follow our own spirits from within, our pattern becomes clearer. For centuries, others have sought their visions. They prepare themselves, so that if the Creator desires them to know their life's purpose, then a vision would be revealed. To be blessed with visions is not enough...we must live them!" High Eagle

"You may wonder, 'How can I leave it all behind if I am just coming back to it? How can I make a new beginning if I simply return to the old?' The answer lies in the return. You will not come back to the 'same old thing.' What you return to has changed because you have changed. Your perceptions will be altered. You will not incorporate into the same body, status, or world you left behind. The river has been flowing while you were gone. Now it does not look like the same river."Steven Foster

"Inventories can be managed, but people must be led." H. Ross Perot

“The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life and the procedure, the process its own reward.” Robyn Davidson

“In my life I’ve always wanted to get a group of men together, who have a common though, a common goal. I don’t care who they are. But if these men can come together, check their egos at the door and honestly care about each other far more than what they do on the field, I think something very special can be achieved.”
Mike Singletary

Always remember that as you make your way up in the world you will run into rude, critical and judgmental people. The more they think that they are better talented or just plain better than you the harsher and more jealous they will be. Such people will do their best to find ways to devalue your efforts and accomplishments. You should always listen to the criticism because there is usually some truth in every criticism but you should never listen to such people. If they have a problem with your achievements and how you are moving up in the world and if in fact they are better and more talented than you at the every minimum they have fault judgment. If their judgment wasn’t faulty they wouldn’t be wasting their times worrying about you.



“When a man spends his own money to buy something for himself, he is very careful about how much he spends and how he spends it. When a man spends his own money to buy something for someone else, he is still very careful about how much he spends, but somewhat less what he spends it on. When a man spends someone else's money to buy something for himself, he is very careful about what he buys, but doesn't care at all how much he spends. And when a man spends someone else's money on someone else, he doesn't care how much he spends or what he spends it on. And that's government for you.” Milton Friedman

“This art of seizing opportunities, and turning even accidents to account, bending them to some purpose, is a great secret to success. Dr. Johnson has defined genius to be ‘a mind of large general powers accidentally determined in some particular direction.’ Men who are resolved to find a way for themselves will always find opportunities enough; and, if they do not lie ready to their hand, they will make them. It is not those who have enjoyed the advantages of colleges, museums, and public galleries that have accomplished the most for science and art, nor have the greatest mechanics and inventors been trained in mechanics’ institutes. Necessity, oftener than facility, has been the mother of invention; and the most prolific school of all been the school of difficulty. Some of the very best workmen have had the most indifferent tools to work with. But it is not the tools that make the workman, but the trained skill and perseverance of the man himself.” Samuel Smiles

“When I began to talk to him, I could not help thinking that he was not really wise. Although he was thought wise by many, and wiser still by himself: and I went and tried to explain to him that he thought himself wise, but was not really wise: and the consequence was that he hated me, and his enmity was showed by several who were present and heard me. So I left him, saying to myself, as I went away. Well although I do not suppose that either of us knows anything really beautiful and good. I am better off than he is for he knows nothing, and thinks that he knows. I neither know nor thought I know. I found the men most in repulse were all but the most fooled; and that some inferior men were really wiser and better. This investigation has led to my having many enemies of the worst and most dangerous kind, and has given occasion also to many calumnies, and I am called wise, for my hearers always imagine that I myself posses the wisdom which I fixed wanting in others; So I go my way and make inquisition into the wisdom of anyone, whether citizen or stranger who appear to be wise.” Plato

“Social pressures are the enemy. I have seen it happen. How in heaven’s name are you going to find your own track if you are always doing what society tells you to do? I also spent a teaching in a busy prep school, and there was a crowd that was trying to make up their minds, you know? I have seen them since and those who followed their zeal, their bliss, they have led decent, wonderful lives; those that did what Dad said they should do because its safe fund out it’s not safe, it’s a disaster.” Joseph Campbell

The Greatest Weight

What, if some day or night a demon were to steal after you into your loneliest loneliness and say to you: This life as you now live it and have lived it, you will have to live once more and innumerable times more; and there will be nothing new in it, but every single pain and every joy and every thought and sigh and everything unutterably small or great in your life will have to return to you, all in the same small succession and sequence— even this spider and this moonlight between the trees, and even this moment and I myself. This external



hourglass of existence is turned upside down again and again, and you with it, specks of dust. Would you not throw yourself down and gnash your teeth and curse the demon who spoke this? Or have you experienced a tremendous moment when you would have answered him: “You are a god and never have I heard anything more divine.” If this though gained possession of you, it would change you as you are or perhaps crush you. The question in each and everything, “Do you want this once more and innumerable times more?” would you lie upon your actions as the greatest weight. Author Unknown

“There are times when fear is good. It must keep its watchful place at the heart’s controls. There is advantage in the wisdom won from pain. He who learns must suffer. And even in sleep pain that cannot forget falls drop by drop upon the heart, and in our despair, against our will, comes wisdom to us by the awful grace of God.” Aeschylus

“All life demands struggles, those everything given to them become lazy, selfish, and insensitive to the real values of life. The very striving and hard work that we so constantly try to

avoid is the major building block in the person we are today.” Ralph Ransom

“I have learned that you can lose everything in your life but what you should not lose is your dignity as a human being otherwise you have lost the battle of life.’ Farah Pah Laui

“”The most wonderful of all things in life, I believe, is the discovery of another human being with whom one’s relationship has a glowing depth, beauty, and joy as the years increase. This inner progressiveness of love between two human beings is a most marvelous thing, it cannot be found by looking for it or by passionately wishing for it. It is a sort of Divine accident.” Sir Hugh Walpole

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror.’ I can take the next thing that comes along you must do the things you think you can’t do.” Eleanor Roosevelt

“Time is the coin of your life. It is the only coin you have, and only you should determine how it should be spent. Be careful lest you allow other people spend it for you.” Carl Sandburg

“Those who never complain are never pitied.” Jane Austen

It is often stated that we can't choose our own parents we can't choose our own family. In the perfect world, which rarely exists even in our mind, most children, at least are greeted as wonderful and welcome additions to a near perfect family with numerous opportunities for greatness. However, we don't live in a perfect world, far from it, we live in a harsh and brutal world to believe otherwise, is not only foolish but can also be deadly.

"Leaders have a significant role in creating the state of mind for society. Leaders can serve as symbols of the moral unity of society. They can express the values that hold the society together. Most important, leaders can conceive and articulate the goals that lift people out of their petty preoccupations, and carry them above the



conflicts that can tear a society apart. Leaders can unite a society in the pursuit of objectives worthy of their best efforts." John W. Gardner

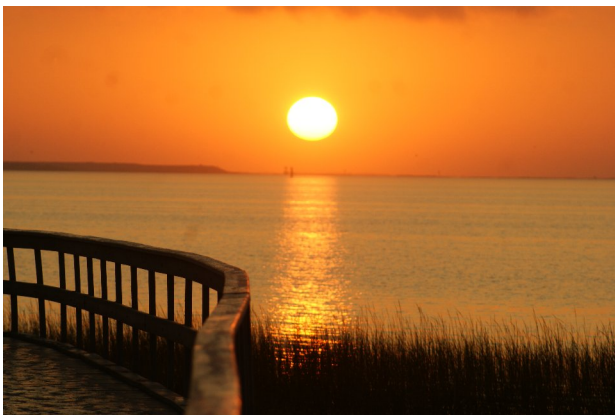
If you are breathing no matter how labored you still have opportunities, you still have the ability to make your own choices in life. You still have the ability to control the final outcome.

"The true price of greatness is responsibility." Winston Churchill

"Most wars are begun for reasons which have nothing to do with justice, have results quite different from those proclaimed as their objectives, if indeed they have any clear cut result at all, and visit during their course a great deal of suffering on the innocent." John Keegan

"What we do upon some great occasion will probably depend on what we already are; and what we already are will be the result of previous years of self-discipline." H. P. Viddon

"I am not going to sit on my ass as the events that affect me unfold to determine the course of my life. I'm going to take a stand and I'm going to defend it. Right or wrong I'm going to defend it." Cameron Frye



"Never chase a lie, Let it alone, and it will run itself to death. I can work out a good character much faster than anyone can lie me out of it." Lyman Beecher

"I want to keep my dreams, even the bad ones because without them. I might have nothing all night long." Joseph Heller

"I have dreamed in my life, dreams that have stayed with me ever after, and changed my ideas; they have gone through and through me, like wine through water, and altered the color of my mind." Emily Bronte

"Integrity has no need for rules." Albert Camus

"When countering a person's argument, don't get personal. Attack the position rather than the person. Require him to defend his position, produce evidence, verify facts and explain his reasoning. Always pay attention to what he says as well as how he says it...It is important to determine whether the person is trying to prove his point or is he trying to prove himself. In other words, does he really believe his is worth arguing for and his position worth defending, or is he simply saying hey look at me, I am smart! If so assure him that he is indeed smart by acknowledging his concerns while creating a way for him to safely withdraw from the conversation by creating in his mind an alternative to losing." Haha Lung

“We never keep to the present. We recall the past; we anticipate the future as if we found it too slow in coming and were trying to hurry it up, or we recall the past as if to say its rapid flight. We are so unwise that we wander about in times that don’t belong to us, and do not think of the only one that does.” Blaise Pascal

“It is another's fault if he be ungrateful, but it is mine if I do not give. To find one thankful man, I will oblige a great many that are not so.” Seneca



One Must Understand The Wisdom Of King Solomon-Your Value Has No Value To Other Its Their

Adults are very funny, they want children to go through life as pain and stress free as possible, but I really wonder if they profess this desire out of true and honest caring or do they say it because it is the right thing to say. One may wonder why I ask, well the reasoning being is that the greatest pains whether it be physical, emotional, psychological, verbal, sexual, financial, neglect, and or insecurity a child suffers is usually at worst the direct result, at best the unintentional result of actions of adults. In most of the cases where such pain is caused by or inflicted by peers it is the result of copying behavior. Often when such victimized children come to the attention of “caring adults”, whose job is to stop the inflictors of pain and unhealthy stress, the child is faced with a serious dilemma. Should I trust this stranger, someone that wants me to admit that the pain and stress I have been enduring is far worse than I believe. A total stranger that tells me to trust her because she knows what is in my best interest; someone that is very willing to overlook my coping abilities and will do everything possible to get me to admit I am a victim, someone who understands that the funding for his or her job, the job that puts food on her table, a job that pays the monthly mortgage, a total stranger who financial future could depend on the number of victims that are

successfully handled. Someone that believes that my future options are very limited, someone that believes that I have a very high risk of becoming depress, repeating the violence cycle, become a drug addict, having an alcohol problem, developing PTSD, having children out of wedlock, committing suicide, and or spending time in jail. How different is that from a parent telling you, “you are a worthless piece of shit, you won’t amount to anything and you were a mistake and I wish I never had you?” Children often live up or down to the expectations and limitations that adults place on them. So the question is as a child do I believe this stranger that talking about me with other strangers as if I am not even there, or do I do whatever is necessary to return to the battlefield of which I understand the dangers?

“Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it. The man who knows how will always have a job. The man who also knows why will always be his boss. As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.” Ralph Waldo Emerson

“I am myself plus my circumstances, and if I do not save it, I cannot save myself.” Jose Ortega Y Gasset

“A man that understands everybody is understood by nobody.” Daniel Defoe

“Many believe that self-help and self-improvement is about rags to riches, failure to success, and so forth, when indeed it is the beginning of a journey into self-discovery. Inside every human being is an eternal truth and a life purpose. Using our mind power is simply starting the engine on that journey of self-discovery and highest self-actualization.” Eldon Taylor

“The characteristic of genuine heroism is its persistency. All men have wandering impulses, fits and starts of generosity. But when you have resolved to be great, abide by yourself, and do not weakly try to reconcile yourself with the world. The heroic cannot be the common, nor the common the heroic.” Ralph Waldo Emerson

“It is a hard rule of life, and I believe a healthy one, that no great plan is ever carried out without meeting and overcoming endless obstacles that come up try the skill of a man’s hand, the quality of his courage, and the endurance of his faith.” Donald Douglas

“As much as people like to blame the political process for the problem, I think people need to step back and realize that politicians behave the way they do because of us, the voting public. The American public has shown time and time again that it doesn't have the stomach to do what is necessary to get hard things done that require any amount of persistence or stamina. Balancing the budget requires everyone to cut back. If you were a politician, try taking *that* back to your constituency. It may fly for a year or two at most, but soon people will complain and either force the legislator to "stop the pain" or vote them out. So, of course they go for "quickest" solutions because that is what the American public can deal with because that is what gets votes. The political system is a mirror of how the American public votes.” Ron Ih



“It is ever both interesting and instructive to trace the exercises of a human mind, through the trials and mysteries of life; and especially a naturally powerful mind, left as hers was almost entirely to its own workings, and the chance influences it met on its way...We see, as knowledge dawns upon it, truth and error strangely commingled; here, a bright spot illuminated by truth-and there, one darkened and distorted by error; and the state of such a soul may be compared to landscape at early dawn, where the sun is seen superbly gilding some objects, and causing others to send forth their lengthened, distorted, and sometimes hideous shadows.” Sojourner Truth

“There are things which are within our power, and there are things which are beyond our power. Within our power are opinion, aim, desire, aversion, and, in one word, whatever affairs are our own. Beyond our power are body, property, reputation, office, and, in one word, whatever are not properly our own affairs...Now things within our power use by nature free, unrestricted, unhindered, but those beyond our power are weak, dependent, restricted, alien. Remember then, that if you attribute freedom to things by nature dependant, and seek for your own that which is really controlled by others, you will be hindered, you will lament, you will be disturbed, you will find fault both with gods and men. But if you take for your own only that which is your own, and view what belongs to others just as it really is, then no one will ever compel you, no one will restrict you; you will find fault with no one. You will accuse no one, you will do nothing against your will; no one will hurt you, you will not have an enemy; nor will you suffer any harm.”



Epictetus

“Nothing can possibly be conceived in the world, or even out of it, which can be called good without qualification, except a Good Will. Intelligence, wit, judgment, and the other talents of the mind, however they may be named, or courage, resolution, perseverance, as quality of temperament, are undoubtedly, good and desirable in many respects; but the gifts of nature may also become extremely bad and mischievous if the will

which is to make use of them, and which, therefore, constitutes what is called character, is not good. It is the same with the gifts of fortune. Power, riches, honour, even health and the general well being and contentment with one's condition which is called happiness, inspires pride and often presumption, if there is not a good will to correct the influence of these on the mind." Immanuel Kant

"No one grows wise by another's thinking and surely there is no clearer indication of character than the persistent effort to think for oneself. For this purpose our minds, the highest centres at least, were provided us, that we do our own thinking. Only weak minds will be satisfied with ready-made thoughts. Strong minds ask 'Do I think or do others think for me?' Am I really the agent of my acts? This attitude of intellectual self-reliance will lead one to speedily dismiss some false beliefs long entertained because never examined. Furthermore, those true precepts which may have been instilled in one's mind by parents and teachers, shall now made one's own for the first time, and thus truly incorporate them into one's life by giving them the sanction of one's own reason. If this intellectual self-reliance and this recognition of cause and effect in our life



implies added responsibility, it also insures an increased sense of power. The natural result of a better understanding of oneself is the desire to utilize the power revealed and to overcome the obstacles which life may prevent, and this is to work for the efficiency and perfection of character. We acquire mental power by thinking for ourselves, as we gain muscular strength by the exercise of our muscles-not by reading about exercise. Only the truth which we have made our own sustains us in time of need." Stanton David Kirkham

accept its reality and then seek the ideas involved in it. Now, in this real world of humanity we find religion, not as an accident, exceptional and temporary, but as one of its universal and permanent principles. From the fetish worshipping savage to the Christian saint, however, sundered by impassable oceans or supposal diverse in origin, whether in Africa, or Asian, or Europe, or America or the South Sea Islands, all people have a religion which grows with their growth in civilization." William Turrey Harrell

"The world is, and is what it is whether right or wrong, good or bad, it at least is real, and philosophy must first



"A wise selfishness, a certain adherence to our own ego, would do us all good. Self-love, say Shakespeare, always wise and true, is not so vile a thing as self-neglecting; and many a fine fellow has utterly ruined himself by being profuse with his money, his time, his good name, and good nation; and all merely to please a set of lazy, careless fellows who want to make him as foolish as themselves! A wise selfishness is a great thing. Let us first know ourselves, and then be true to ourselves; and it must follow as the night the day, we cannot then be false to any man." James Hain Friswell

"No one wants to shoulder the responsibility of allocating pain, spreading the pain and cuts that no one will like but knowing that they are fair." Robert Samuelson

"Today the loss of truth in our public institutions does not stem from fear of corrupt actions by this or that dishonest official. Rather, the weariness arises from the deep conviction that we should worry about conscientious government officials who are on a fool's errand. The American Dream is under siege. This uneasiness about public trust wouldn't be news if it were confined to libertarians, but the public malaise runs far broader. The current unease is rising among people, who are comfortable with some substantial government role, subsidizing health care, financing education, or supporting agriculture etc. They have the visceral sense things have gone too far." Richard A. Epstein

My Conception

The moment of my conception was neither planned for nor desired. Nor was it the results of a private intimate moment between two loving people who had made a commitment to a future together. It was the result of a short and temporary union between a man in his mid-thirties with numerous children and a 17 year old girl. I could have spend my life cursing heaven and earth for allowing this to happen after all doesn't every child deserve a set of loving parents that not only desire their new child but want to do the best that they can to provide for that child? Without this connection no matter how brief, regardless of the lack of love I would never have been conceived. I would never have the opportunity to have been born. So I could either waste that opportunity or make the best of it.

I was born the second child to a teenage mother; a young girl with an 9th grade education who left her first child and travel out to a small town in Wyoming to tell a former sailor eight years her senior that he was an expecting father. How my mother made it from Massachusetts to Wyoming a distance of almost 2,000 miles while far along with her pregnancy is still a question I won't ask. After I was born it became very evident that I was not his but the child of a man more than twice the age of my teenage mother, a girl that became pregnant at 17; a man that would have been jailed in many parts of the country and lynched in others; possibility a man who had a Puerto Rican mother and a black father. By the time I was six weeks old I suffered a number of accidents, the worst being a near compound fracture of the upper leg bone, which required tractions, and over six weeks of hospitalization. I was given a name that was neither my mother's nor my father's. My mother told the hospital that she was married to William Lamar Roberts. I was giving a girl spelling of my name because the nurse had told my mother that it should have been spelled Chris or Christopher and my mother being just past her 18th birthday and having only a 9th grade education did not want the Nurse to think that she was stupid so she told the nurse that is the way she wanted it spelt. As I grew older I can to understand the how a name can help or destroy a person's opportunities, because people use names to prejudge a person that they have never met. My mother's last name was Sherman, often people would think my last name was Sherman and many people believed that I was Jewish because of my complex, hair and the Sherman name. Which wouldn't be out of the question my older brother was raised Jewish because my mother's sister's family was Jewish. If I had been given my father's last name I would have been name Mobley and I never meet a white person with name, every one always used to talk about Mom's Mobley the singer. When I was assigned to Charleston, SC, I had to go to the Pearl Harbor Survivors day on the USS Yorktown. I was in my Dress Blues with Captain Bars and my Roberts name tag. A gentleman and his wife walked up to me and looked me up and down, trying to figure out what I was. My hair was Marine Corps short, and I was quite pale as usually in December. Once he saw my name tag he said "Roberts that is a good name "and put out his hand to shake mine. Little did I know at that time Roberts was one of the "Good old Charleston Names."

It wasn't right but it was reality. If I had either the name of Sherman or Mobley I would never have been invited to many of the Blue Blooded events. I had the right last name, I had the right religion and I spoke with the Boston accent that the Blue Blood's in Charleston spoke, after all they didn't want to speak like the average South Carolinian.

We all have events in our lifetime that we have no control whatsoever over. However, never allow that lack of control over one event cause you to give up control over other events. I could not control my conception, I couldn't pick my parents, but that has not prevented me from conceiving the rest of my life. As it has been stated countless times in many different ways we are all actors on the stage we can play the part or we can write the play. We can be an actor in someone else play where we are told when and which marks to hit or we can be an actor in the play that tells the story of one's life. We can be an actor in a play that everyone knows the end even before they take their seats, or we can be a actor in a one person play that people are draw to because every night bring something new. It is our choice, it is my decision just who will control and conceive my future.

"In a perfect world, every parent would love, nurture, and protect his or her children. If anyone should be looking out for you, it is your mother and father. But as we know, there are no parental guarantees in this life. Most of us have unresolved problems with our parents. Some of these problems are trivial, some much more intense. For your own welfare it is important that you get to the root of the parental issue and ask this question; did your parents really look out for your? The question is a bear, frightening and unpredictable. It can be painful even thinking about it. If you truly believe that your parents failed you, you can resent them for the

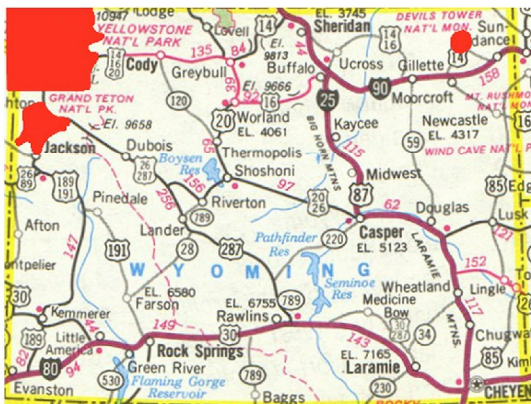
rest of your life, which is a colossal waste of time and energy. Or you can do nothing. You can't change anything, so drop it. Everybody has bad stuff happen to him or her in life. Sometimes your parents are the bad stuff. Let it go." Bill O'Reiley

"There are two kinds of conflict and adversity. The first kind is the conflict and adversity we create or contribute to. The second is conflict and adversity that is created by others or by circumstances outside of our influence or control." Steven K. Scott

"Cling tooth and nail to the following rule; never give in to adversity, never trust prosperity, and always take full note of fortune's habit of behaving just as she pleases, treating her as if she were actually going to do everything it is in her power to do. Whatever you have been expecting for some time comes as less of a shock. It is in no man's power to have whatever he wants; but he has it in his power not to wish for what he hasn't got, and cheerfully make the most of the things that do come his way." Seneca



The Place of My Birth Always Made Me Special



No One Ever Knew Anyone From Wyoming

"Whether you stay and raise a family and die here, whether you grow up and leave and never come back, whether you call it home or say it's just where you were born or don't say anything at all, not even to yourself, it doesn't really matter. It is where you are from. It is your hometown. It's you." Ray Robertson

"When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself." Issk Dinesen

"Of all the virtues we can learn, no trait is more useful, more essential for survival and more likely to improve the quality of life than the ability to transform adversity into an enjoyable challenge." Mihaly Csikzentminhaly

"Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life." Herbert Otto

"In taking revenge a man is but even with his enemy, but in passing it over he is superior, for it is a prince's part to pardon." Francis Bacon

"If you were all alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is other life, it is love, which gives your life meaning. This is harmony. We must discover the joy of each other, the joy of challenge, the joy of growth." Mitsugi Saotome

"Napoleon would deal with three or four alternatives at the same time and endeavor to conjure up every possible eventuality hopefully including the worst. This foresight generally enabled Napoleon to be ready for any setback; nothing took him by surprise. His vision was capable of both breadth and depth. Perhaps the most astonishing characteristic of his intellect was the combination of idealism and realisms which enabled him exalted visions at the same time as the most insignificant realities. He was in sense a visionary." Louis Madelin

“I am grateful for all my problems. As each of them was overcome I became stronger and more able to meet those yet to come. I grew on difficulties.” J. C. Penney

“Whatever life’s challenges you may face, remember always to look to the mountaintop, for in doing so you look to greatness. Remember this and let no problem, no matter how great it may seem, discourage you, nor let anything less than the mountaintop distract. This is the one thought I want to leave you with.” Alfonso Ortiz



“It is far better that you do something, even if it is wrong, than to do nothing. If your decision is based on the facts as you know them at the time and you have taken this information and used your judgment and knowledge to make the decision.” General W. H. Rice.

“Men do not attract that which they want, but that which they are. Their whims, fancies, and ambitions are thwarted at every step, but their innermost thoughts and desires are fed with their own food, be it foul or clean. The divinity that shapes our ends is in ourselves; it is our very self. Man is manacled only by himself; Thought and actions are the jailers of our Fate; they imprison being base; they are also the angels of Freedom—they liberate, being noble. Not what he wishes and prays for does a man get, but what he justly earns. His wishes and prayers are only gratified and answered when they harmonize with his own thoughts and actions.” James Allen

“We all have a shadow that follows us throughout life. Sometimes it grows bigger than life and at other times it shrinks until it disappears into the soles of our feet. Sometimes it walks tall before us and on

other occasions it lags behind us like a sulking friend. We may view it as a friend or as a foe or even a little of both. However, it surfaces when we least expect it and shows a better or worst side of our nature.” Theodora Lau

“Hope is a good breakfast, but it is a bad supper” Francis Bacon

“History has shown that it does not matter who is in power, those who have not learned to do for themselves and have to depend solely on others in the end never obtain any more rights or privileges.” Dr Carter G. Woodson

“Never punish a child if he or she has given his or her best, whether it is a task or in competition. If they lose, make sure that you talk with them. Find out what they have learned from the loss. Tell them that they can learn how to win tomorrow if they know why they lost today. It is the adult’s responsibility no matter how difficult it may be to strike the tough balance between making sure children are challenged and are put into positions where they have a chance to win. If not neither the adult nor the child will ever learn just how much they capable of doing, a child has to be challenged. There is no hope whatsoever of real or long lasting success unless the child has the freedom to fail.” Author Unknown



“What we lack are the statesmen who put the country first and the party second, leaders who stand on principle, who can reach agreement when possible and fight with dignity and compassion when necessary. And yet we’ve been reduced to thinking that everything the opposing party does is suspect and that everything our own party does is honorable, and we have lost the ability to build consensus or to seek the middle ground...There is little incentive for men and women of character to seek public office when doing so puts them in such a vitriolic line of fire.” John Kasich

“Expectations make or break a student’s experience...High expectations are critical because they deal with the one’s self in the moment, and learning is all about being in the moment where the tasks is yours, the victory is yours, the feat is yours, the effort is yours. You have to want to be smarter. You have to want to get better.” Rudy Crew

“Power cannot, strictly speaking, be given to another, for then the recipient stills owe it to the giver. It must in some sense be assumed, taken, asserted. For unless it can be held against opposition, it is not power and will never be experienced as real on the part of the recipient for whatever is given to us, however attractive it may seem, is almost always a trap.” Rollo May

“Your neighbor, even though he may look upon you as his natural ally against others which are feared by you both, is already, at the first opportunity, as soon as it can be done with safety, to better himself at your expense.” Heinrich von Treitschke



“Every soldier down to and including the last recruit will sooner or later become a leader in a smaller or greater sense. Small groups of men must accomplish objectives themselves; hence leadership must be assumed by some or all of these men. Any one of them may be placed in a position where he must act independently and make his own decision on his own responsibility, which requires thinking and acting on his own judgment. It requires leadership.” Major General Leonard Wood

“We may go farther than this, and analyze the power of leadership that great men have. It is three kinds. It may rest in either of three things: 1st, it may be in mere strength of personality, mere strong individuality showing itself in act of prowess, attract men and influences then in this case the leader is what we call a hero- a Charlemagne, or Napoleon, or Caesar. Or, 2nd, it may be in some thoughts that teach. The leader many lead men by the power of ideas, of superior knowledge. Then the leader is a teacher. Such leaders were Plato and Shakespeare. 3rd, and above all, it may be in certain things, what we call holiness, which we cannot define otherwise than that it, is a larger and more manifest presence of God in the life of one man than other men have, more sympathetic nearness to divinity. What makes men feel that he more than they embody the divine spirit. This is the leadership of the soul. There are the three, the hero, the teacher, the soul. These are the leaders, the inspirer of men to each, there we attach ourselves and draw out strength from them. Strength for action from the hero, strength from thought from the teacher, strength for piety and goodness from the soul.” Phillip Brooks

“If virtue be it own best recompense, so is the love of knowledge. The habit of diligent application, the habit of temperate living, the habit of high thinking, ever carries in itself a blessing. The cultivation of such habits is the secret of success: and it is a secret which lies within the breach of all of us, if we will but use our opportunities and our means right.” W. H. Davenport Adams

This has to be the greatest piece of advice that anyone can give to any child.

If
By Robert 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 imposters 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!

"Only the following items should be considered to be grave faults: not respecting another's rights: allowing oneself to be paralyzed by fear; feeling guilty; believing that one does not deserve the good or ill that happens in one's life; being a coward. We will love our enemies, but not make alliances with them. They were placed in our path in order to test our sword, and we should, out of respect for them, struggle against them. We will choose our enemies." Paulo Coelho

"I once complained to my father that I didn't seem to be able to do things the same way other people did. He told me don't be a sheep, people hate sheep, people eat sheep." Margo Kaufman

"I never blame fortune, there are just too any complicated situations in life. But, I am absolutely merciless toward the lack of effort." F. Scott Fitzgerald

"Any idiot can face a crisis, its day to day living that wears you out." Anton Chekhov

“A child is encouraged to be well-rounded, while adults are permitted, even required to commit to specialties. So long as grown-ups are effective within their chosen niches, the world will over-look or even fail to notice their gaping flaws elsewhere. Plans are prepackaged for a kid; expectations arrive explicit proclamations and are as predictable as they are specific. Parental pressure and support are supposed to keep a child on track. The educational system is set up to teach skills in a rigid sequence to ensure that a child is sufficiently competent in all areas. Are such versatile children at risk? Will they have trouble switching over to a specialty mode? Some may. A sizeable chunk of a child’s success is measured by her ability to comply, to learn what she is expected to learn, and to do what she is told to do. An adult must be able to chart her own road maps. The odyssey leading into adulthood can be a lonely and harsh voyage, especially is a startup adult is naive and uninformed, if he has never learned to be a mapmaker.” Mel Levine



“Being a leader is a very difficult job. A great deal of information must be gathered and processed. Followers have to be convinced to pursue specific courses of action. Setbacks have to be overcome. Competing interests have to be satisfied. Risks have to be taken in the face of uncertainty. Self-confidence plays an important role in decision-making and in gaining other’s trust. Not only is the leader’s self-confidence important but so is others perception of his. Often, leaders engage in impression management to bolster their image of competence; by projecting self-confidence they arouse followers’ self-confidence. Self-confident leaders are more likely to be

assertive and decisive, which gains others’ confidence in the decision. This is crucial for effective implementation of the decision. Even when the decision turns out to be a poor one the self-confident leader admits the mistake and uses it as a learning opportunity, often building trust in the process.” J. Thomas Wren

“Thus the policy and the will of one country are subjected to the policy and will of another. There is an opinion that parties in free countries are useful checks upon the administration of the government and serve to keep alive the spirit of liberty. This within certain limits is probably true; and in governments of a monarchical cast, patriotism may look with indulgence, if not with favor, upon the spirit of party. But in those of the popular character, in governments purely elective, it is a spirit not to be encouraged. From their natural tendency, it is certain there will always be enough of that spirit for every salutary purpose. And there being constant danger of excess, the effort ought to be by force of public opinion, to mitigate and assuage it. A fire not to be quenched, it demands a uniform vigilance to prevent its bursting into a flame, lest, instead of warming, it should consume.” George Washington

“The errors and disagreements people have in the process of seeking and finding truth result from lacking faith in reason. Reason is regarded as existing apart from all else and, as a result human life is being automatically governed by custom, traditions, the latest trends, superstitions, prejudices, force and whatever you please except reason. Often when thinking is used, it is not used to find and share the truth of the situation but to justify and maintain existing customs, traditions, trends, superstitions and prejudices. Errors and disagreements among people regarding the truth do not result because their manner of reasoning differs or because reason cannot show them the one truth, but because they do not believe in reason. If they believed in their own reasoning abilities, they would find a way to reconcile what their reason shows them is true with what the reason of other people shows is true. By using this approach of mutual verification, they would be convinced that reason is the same in everyone and they would subordinate themselves to its dictates.” Fedor Strakhov

“The faults that we find annoying and unbearable in others, we find easy to bear in ourselves. We do not even notice them. Usually people who harshly criticize others are oblivious to the fact that they are describing their own faults as well. Nothing would help us to improve faster than being able to see ourselves in others. If we could see our faults clearly in others, we would hate our faults as much as they deserve.” Jean La Bruyere

“Have patience young man take the time to look around you. Learn to understand who you are, where you come from, where you are going and the reasons why. Understand that time is on your side and just because some has invented a clock does not mean that you have to hurry through life. Clocks are for those who are going to be trained to do the bidding of the master. Understand that time is on your side. If you understand that time is on your side you will learn how to best utilize time; when you have done that life is no longer a problem. Today is no longer a problem. Nothing is a problem because you understand that there is no time.”
Russell Means



“When it comes time to die, be not like those whose hearts are filled with the fear of death, so when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song, and die like a hero going home.” Tecumseh

“If you lack the ability to think and choose freely, then your ability to think critically or creatively cannot save you from a life of disappointment. Critical thinkers have thoughtful and well-founded beliefs to guide their choices. Through you may be able to analyze clearly and understand you will lack the will to make the difficult choices and stay the course when you encounter obstacles

and adversities. Critical thinkers are people who have developed thoughtful and well-founded beliefs to guide their choices in every area of their lives. In order to develop the strongest and most accurate beliefs possible, you need to become aware of your own biases, explore situations from many different perspectives, and develop sound reasons to support your point of views. “John Chaffee

“We have to stop procrastinating, pretending that we have forever to do what we want to do and be what we long to be. If we think that we want to become better and more loving human beings, we had better start moving in that direction right now. A remembrance of death brings us face to face with the fact that life is like a waterfall rushing over a cliff; it can’t be postponed. Your life is here and now, in this very moment. What would do today if you knew you were going to die tomorrow or the next month? Whom would you talk to? What would want to do? What messages would you want to express? What unfinished heart-felt business remains to be completed? “Lama Surya Das



“Plato warned that the man who is devoted to the pursuit of pleasure, rather than virtue which includes acting on behalf of the state rather than on behalf of self will find himself searching, unceasingly, for new amusements. The very freedom on which democracies depend, the freedom of citizens to participate in their government ironically tends to produce a preoccupation with pleasure, rather than with civic duty; in America it is quite difficult to convince citizens to take part in their own assemblies. Constantly drawn by the pursuit of goods, feeling the pressure of others all around persuading the same goods, the weary citizen of the democratic society has little energy left for participation in government.” Alexis De Tocqueville

“Know the hidden flower. If it is hidden, it becomes a flower. If it is not hidden, it will likely never become a flower. Knowing one’s self is the essential flower. In all things, in all ways, the reason for keeping things secret is that great performance depends on this secret. The schemes, plans and unexpected methods of a great general will defeat even a strong enemy. This is because the losing side will be confused by rare principles and

be destroyed, is it not? In all things, in all ways there is a principle of victory in combat thus we must keep some things secret.” Fushikaden

“A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.” Alexander Pope

“If you’re not truly honest with yourself, you’ll spend the rest of your life trying to fix other people, but they are never the real problem.” Karen Berg

“There can be no set of high ideals to which we are all to aspire, but only the set that works for us, one by one, given who we are as individuals. We are to live by our own natural, personal set of imperatives--knowing all the while that others must live by their own natural sets of imperatives, which may or may not be like ours. We cannot judge others by our own norms. In fact we really cannot judge others at all--unless we do so entirely from a sympathetic viewpoint where we are able to evaluate things from their viewpoint. To hate someone else is the worst kind of breakdown in our moral thinking. To be able to identify with others is the highest moral achievement” Spinoza

“Hope is like a charming maiden but slips through the fingers, recollection is a beautiful old woman but of no use at the instant, repetition is a beloved wife of whom one never tires. For it is only if the new one grows tired. Of the old never tires when one possess that one is happy. Life is a repetition and this is the beauty of life.” Soren Kierkegaard



“Some people say it is wrong to regard life as a game; I don’t think so, life to me means the greatest of all games. The true danger lies in treating it as a trivial game, a game to be taken lightly, and a game in which the rules don’t matter much. The rules matter a great deal. The game has to be played fairly, or it is no game at all. And even to win the game is not the chief end. The chief end is to win it honorably and splendidly. To this chief end several things are necessary. Loyalty is one. Discipline is another. Intelligence is another. Courage is another. Unselfishness is another. Optimism is another. And Chivalry is another.” Sir Ernest Shackleton

“Love is not all you need. Love is just a beginning. Love without intelligence, love without precision, love without discrimination, love without an evolutionary sense, love that doesn't grow and change, that sort of love is the biggest addiction of all, like drugs and television or anything else a great ally but a terrible master to be enslaved to.” Timothy Leary

Despite what one would believe or would like to believe life just isn’t easy. Life has never been easy nor will it ever be easy. Growth is always painful. Growth is always going to be difficult. Nothing in

life worth having ever comes without pain, suffering and hard work.

Many of us often fool ourselves into believing that most people have a much easier path in this world than we do. Life has a funny way of remaining us that despite our wishes life will not always go the way that we desire or planned. Often this reminder comes when we seem least willing to accept it.

The worst of us falsely believe that life has hand picked us to suffer from life's cruelest trials and pains. We tell ourselves over and over again that life should be fair. We have been taught since earlier childhood to be fair and life will be fair to us. Well life is not fair, never has been and never will be. There will always be people due to the luck of birth that will start the game of life on third base with no outs a five run lead and the best hitter due up next. While others with start the game of life with little to no equipment and without any understand of the rules of the game.



No matter how unfair life may be we all have a choice. As John Milton started, "The mind is its own place, and in itself one can make a heaven of hell, or a hell of heaven." One can take control over his or her life and do what he or she has to, as Winston Churchill stated, "It is no use saying we are doing our best. You have got to succeed in doing what is necessary."

Each and every one of us has the ability to accept the role of the victim or deal with the harsh realities of life no matter how unfair they may be. The realities of life may not earn anyone of us even a footnote in the pages of history. But deep down each and everyone knows if we have exceeded the limitations that life placed on us.

That is what a successful life is all about, that is the foundation of true happiness. That is what allows each and every one of us to make this place a better world.

So whenever life is treating you unfairly use that as an opportunity to develop the skills necessary to accomplish whatever you require to overcome that hurdle by yourself. As you overcome more and more of life's obstacles not only will you have developed life skills you will attract other to help you. Right or wrong people always want to help a winner even if that help does not arrival until the last minutes in the game. Just accept it and move on.

When everything is done and over with always thank others for their help. You never know when you could use their help again. The most important thing to understand is because you dealt with life's unfairness and did it on your own; you now have a much better understanding of your own abilities.



Most important of all never ever feel sorry for yourself; self-pity means self-destruction, no matter how bad things may appear they are rarely as bad as they may appear. No matter how unlucky you may feel there are millions of people that would be willing to trade their situation in life for yours in a heartbeat.

Have you ever taken the time to notice that mankind is one of the few creatures on this Earth that rarely travel any meaningful distance from the place of his or her birth? It is often stated that most people die within 75 miles of their birth. For most Americans the only traveling they every do is a pre-planned vacation spot such as Disney World, Las Vegas, or Six Flag. If they leave the country

it is usually one of those everything included cruise or island get-a-way. There can only be discovery in the unknown.

“No matter how busy you may think you are, you must find time for reading, or surrender yourself to self-chosen ignorance.” Confucius

"Life presents us repeated opportunities to face what we fear, what we need to become conscious of, or what we need to master. Each time we cycle around the spiral path to the place that gives us difficulty, hopefully, we gain more consciousness and can respond more wisely the next time; until we can finally pass through that nemesis place at peace and in harmony with our deepest values, and not be negatively affected at all." Jean Shinoda Bolen



“Get rid of imagined guilt. You did the best you could at the time, all things considered. If you made mistakes, learn to accept that we are all imperfect. Only hindsight is 20-20. If you are convinced that you have real guilt, consider professional or spiritual counseling with a competent and trustworthy counselor. If you believe in God a pastor can help you believe also in God’s forgiveness.” Amy Hillyard Jensen

“Do not wish to be anything but what you are and try to be that perfectly.” St. Frances De Sales

“Where there’s a will there’s a way is one of the largest lies ever palmed off upon credulous humanity. Everyone has a will to be rich; but there is no way for everyone to be rich; there is no way for one man in ten to be rich. Labor conquers all things is another lie, as it is accepted and used. The power of the laborer must be equal to the power required by his task, or his labor will conquer nothing. Set an ass to carry an elephant’s burden, and his back will be broken. The man of few brains cannot do the work of the man of many brains. Labor may read many books, without conquering one of them. Labor may read Shakespeare; but labor alone did not write Shakespeare, and labor alone, without Shakespeare’s brain, can never equal him. It is under spurs like these that multitudes of men come up, and enter into walks of life for which they have no natural fitness. Victims of the false ideas promulgated upon them, disappointed men, unqualified for the posts they have patiently and faithfully labored to reach and fill, and spoiled for the range of life in which they naturally belonged.” J. G. Holland 1866



“Wisdom has will power sufficient to rectify all that does not deal death to the body; it will even at times invade the narrow domain of external fatality. Even when the deed has been done, the misfortune has happened; it still rests with ourselves to deny her the least influences on that which shall come to pass in our soul. She may strike at the heart that is eager for good, but still is she helpless to keep back the light that shall stream to this heart from the error acknowledge, the pain, undergone. It is not in her power to prevent the soul from transforming each single affliction into thoughts, into feelings and treasure she does not profane. Be her empire never so great over all things external, she always must halt when she finds on the

threshold a silent guardian of the inner life.” Maurice Maeterlinck

“There is no gathering the rose without being precked by the thorns.” Pilpay

Early Experiences, Early Lessons in Life

Shortly after I was released from the hospital my mother became pregnant for third time. While pregnant she left Wyoming and gave birth to a daughter in Nebraska. After giving birth she began a new relationship and drove back to Massachusetts. She would later joke and often repeat the story how the 15 month old baby boy spent the whole trip from Nebraska to Massachusetts over 1,500 miles out back in the rubble seat. I never was able learn who's car it was.

My mother quickly became pregnant again having her four child 13 months after the third. She had three children in a row One in August, the next year in September and the following year in October. My mother was sentenced to three years (spending about 18 months) in state prison for being a wanton woman which required her second and third children to be placed in a home for children of imprisoned mothers and then later with my great grandmother. No longer a teenager my mother became pregnant again this time by a married man. She would have five children by five different men before the age of 22. My mother would go on to have at least seven more children with the strong possibility that no two children had the same father.

My mother went on to have numerous very violent relationships with men. There would be times when she and the male would physically fight. Many of these males were very physical and abusive us children. My sister was always in danger because of the drunken boyfriends or husbands. My mother would away get very angry at my sister if the any of the men gave her too much attention as if it was my sister's fault. What appeal does a little girl have to grow men? Why do grown women blame little girls for the actions of drunken men? My mother first husband a man with seven children when she left his wife and family to married my mother. Another baby was either on its way or came very quickly after the marriage. Once I turned ten he forced me to work 5-6 days a week on the farms picking beans with the requirement that I bring home \$2.50 a day (five bushels of green beans at 50 cent every day.) if I failed I and lucky I would only get beaten if I was unlucky he would flush my head in the toilet a number of times.

My younger brother could do no wrong in my mother's eyes. It did not matter how many times he got in trouble with the police, how badly he did in school or how many times abuse drugs and alcohol. As I write this he is dying as the result of his drug used. He was very short; much like my mother's husband who was about only 5 feet tall. My mother never said one single word when they flushed my head in the toilet.

But the worst times with my brother were some of the most dangerous of my childhood. My brother would always pick fights with me. As I got taller he used kitchen knives often throwing them at me other times charging at me. No matter how much I wanted to hurt him I knew I would get into serious trouble with my mother. The best I could do is get him on the floor and pin him down with my knees and his arms take the knife out of his hand and hold him down while he kicked me over and over in the back until he got tired.

When I was in 4th grade I made my first real friend, a girl name Cheryl who lived next door and who sat across from me at school. We were always spending time together. Not only was I really happy it gave me a great reason not to go home until it was time to go to bed. I still reminder the day when it all crashed. We were standing outside her door when she told her mother that she loved me and her mother's reply was "you can love him because he was black." My mother had never used the word love. A few weeks later Cheryl did not show up for school, I was hurting because I knew that something was very wrong. After school I ask my 4th grade teacher where Cheryl was and she told me that she and her family had moved to New Bedford. I felt empty and alone for the first time I could remember. My teacher held me in her lap with her arms around me for about a half-hour as I cried. Something my mother never did.

On Saturdays and Sundays the family would go to the beach where I spent most of the time harvesting clam which he sold at the local bars, often earning about \$25 a day which I got nothing, this while everyone else were allowed to enjoy themselves at the beach. Unlike picking beans where I always picked at least six bushels often seven to earn and hide money for myself I got nothing out of harvesting the clams. As I got older I had to earn more money to allow my mother to rent a collage on the beach for the summer. When I turned 14, I was allowed to stop picking beans because I able to get one of those welfare/poor kids job at the park department. This is when my mother gave me her rules for any money I earned. My paycheck would be split into 1/3 where she would get a 1/3 to cover my cost of living at home. She would get the 2nd 1/3 so she could put it in a saving account for me which I never saw again and finally I could kept a 1/3 but it meant that she did not have to buy me clothes or shoes and the like anymore. In the end I always ended up with less than a third because it was always divided after taxes never on the gross amount.



My mother refused to allow me to bring lunch to school, even though we were always getting free day old bread and boxes and boxes of government surplus food. She did this because she knew that we could get free lunches at school. She was never the person to allow anything free from the government to get past her. At school there were three different colors of lunch tickets. If you paid full price you got a blue ticket, if you paid part of the price you got an orange ticket and if you got a free lunch you got a red ticket. Because my mother never made us breakfast and rarely made up supper I always made sure that I found some way to earn \$2.50 each week without my mother's knowledge so I would have to go without food because I was never going to use those red tickets.

I learned to earn money by doing a number of different things. I earned 10 cents as a pin boy at the local bowling alley for each game. I shovel snow and hide my money. I got up early and put out people's trash for 50 cents to a dollar each week. I worked at the local supermarkets pushing out people's food carts and loading the bags into their cars. I help a man who owned a small newsstand and had suffered from polo around his store.

My mother never brought us any new clothes. Every August she would get vouchers for two pairs of black, brown or navy blue pants, two

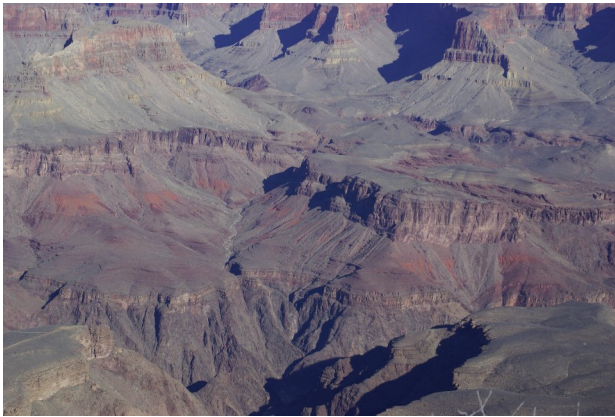
shirts, and a pair shoes to start school. During Christmas break the winter voucher was the same except you got winter clothes and a jacket. So it was always easy to see the welfare kids, they had the same dark clothes on every day. Usually from the same store usually Woolworth's.

I would suffer a number of accidents and illnesses to include having my nose and jaw packed and wired at least three times I can remember. I still remember when I was in Kindergarten and being left alone with a packed nose and wired mouth with enough room for a straw about a week with a very dry mouth and being hungry looking out the window hoping that I could go back to school. I went up to 3rd grade at that school so that timeframe was between my 5th and 8th birthday. Life included 'cat-of-nine tails, belts, pans and the most common words 'anywhere but the face. Often my mother's husband and my younger brother would get together and flush my head in the toilet. He would belittle me every chance he got. Whenever I earn something the others didn't I had he was required to give it up. My mother's husband wouldn't allow me to play Little League baseball because my brother failed to make one of teams. The next year I made the team again, but this time I didn't tell anyone. I would walk, run, and or hitch-hike the three miles to the ball field. I always hide my glove and uniform.

I soon learned to understand the look in a person's eyes to sense danger. I could see the tell tale signs of an adult get ready to swing. I developed the ability to completely shut down my nervous system to protect myself from all the pain. I learned how to be whatever was necessary, whatever people demand of him or her. I learned how. I learned very quickly how important it was to allow other people to think that they were smarter, better, etc than myself. I came to understand that that his or her spirit was his or her life-force and was the only thing we had control over so it had to be protected at all costs, to allow it to die would mean the child's death. Everything has a

cost, the ability to block out pain, to turn bad moments to black; to protect oneself from depression ensures that you will never have any moments of intense excitement or joy.

As a kid my best moments were always away from my family I would often get up very early in the morning and stay out until the street light came on. I always found ways to earn money, money that I always kept hidden from my mother and family. I collected soda bottles from the mill yard parking lots. I empty people's trash. I collected newspapers and rags turned them in at the local junk yards I shoveled snow, I washed windows. With the money I earned I could spend all day Saturday at the movies watching the same two movies over and over again often until one of my brothers came in for me. It would be nice to say that all the money earned was earned correctly and honestly but not every soda bottle was just lying there to be collected.

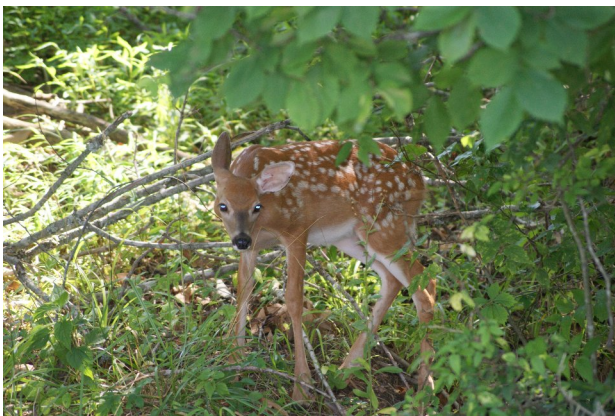


As a kid I would often just come home, get myself something to eat and just go to bed. It was easy feeding myself because the choices were pretty simple, Ketchup, mayonnaises or cheese sandwich. If I was lucky there would be the possibility of a tomato sandwich. It was the same thing every day during the summer. During school I would get up early iron my clothes and go to school. My mother rarely cooked for us except on special days such as Thanksgiving or Christmas. The standing rule was if you wanted to eat make it yourself, if you wanted you clothes iron do it yourself.

It was not unusual for me to spend most of Sunday at the laundry mat washing the family clothes. I hate spending all the time with the old lady, listening to their gossiping. They always had an opinion about everything and they always believed that their opinions were the only correct opinion. I would have to wash the clothes, dry the clothes and fold the clothes. I was the only little kid at the laundry mat washing and drying clothes. If there were other kids they were always allow to play. But in the end I learned to read in the laundry mat reading stories of people like Washington, Jefferson, Lincoln, Barton, Nightingale and others.

As a teenager I tried to play as many sports as possible because they gave me an excuse not to be home. I tried out for the Bath Ruth baseball league. It was pretty hard to make one of the teams as there were only eight 15 player teams in a city of 100,000. So everyone did make the team. I wanted to play 1st base or center field I wasn't very good at first base. I was fast enough for center field but I couldn't hit. Standing there I had no chance of being picked.

Standing in line I saw that very few people were trying out for catcher so I told the coach that I had played catcher before and asked if I could also try out there. I had never ever played catcher, I didn't know how to put the equipment on or how to position myself behind the plate. I was scared. But since there were less than eight guys trying out I made the team. I was scared and bad every time I got the chance to play one inning and one time at bat per games the league rules or your team lost. My biggest accomplishments was that by the end of the season I was keeping my eyes open and catching most of the pitches and I was hitting the ball more times than striking out but I never got a hit. The following year I tried out again and was selected as a catcher again, I was one of the last guys picked and prior to the first game I trade back to



my old team. I was trade because I was so bad and the team had the all-star catcher so the league required a balance.

When the season started I played my usual one inning one time at bat. But after a few games I was able to play more in practice and more in the games because the catcher was working out more and more with the all-star

team. The more I practiced the more I played the better I became. I got my first hit. Our team was really bad and finished in last place in the first half of the season. In the second half of the season I was able to start because the all-star catcher didn't really want to play on a last place team. Plus he knew that he could start whenever he wanted to. With each game I got better and better, I was throwing out runner, hitting more and catching better. We started winning games and pretty soon we were in first place and we won the second half title. We were beaten by the first half winners. The all-star catcher was mad because he was only playing one inning and getting one time at bat. By the time the season ended I was the starting catcher and was hitting over 330 and earned the most improved player award.

In the city playoff between the teams that lost in the championship round I finally was able to convince my mother and her live in boyfriend to attend the game. I able to get two hits in that game but we loss and the first words out of his mouth was I told you'; you were going to lose so there was no need for me to show up.

Three of the other male children grew up to become harden criminals. Spending time in maximum security



prisons for attempted murder, drug selling, armed robbery, bounced checks, etc. costing society hundreds of thousands of dollars. Three were thrown out of the military under less than honorable conditions. The girl is a very heavy drinker and is collecting social security. The VA has determined that she is 50% disable for PTSD. I believe that is very unlikely that she suffer any incident or series of incidents in her six years in the Air Force that would have resulted in her suffering from PTSD. I have a family of mental illness and addiction and the list goes on. Every one of the children have met or exceeded society's expectations of them. Society all agrees that they never had a chance.

The most important lessons that I learned was first to maintain the child like qualities that are so important and second no matter how bad, how mean, how evil people may be a good person never passes it on. I learned that is society is unwilling to protect you, you can't allow society to set standards for you, standards that society wants to use to define you as a person. You have to set your own standards with the understanding that while they must appear to others as non-threatening you know that they have to far exceed what society expects and demands of you as you will rarely get a second chance at anything and possibility never getting a chance at all. No matter what the cost, no matter the loss, no matter the pain you must absorb it. Be a destroyer not a multiplier

"The masses know you are here. They are watching you, waiting for you to come out into the open as leaders. So keen are men to be led that they are headstrong and silly and undiscerning, accepting any man who proclaims himself to be some one great, who professes to have a message, who moves towards a purpose, who unfolds before the public a plan. Men walk singly and alone only until the right voice calls them to follow. The world is greedy for leadership, so much as that it is easy to impose upon the credulity of the multitudes. But this makes it all the more necessary that your leadership should be the real thing, sound to the core, determined as fate, pure as the sea." Charles Henry Brent

"To be lucky always and pass through life without growing the mind is to be ignorant of the half of nature. You are a great man, but how can I know if fortune has never given you a chance to display your powers? You have entered the Olympics games but have no rival; you gain the crown but not the victory. I can say you have passed through life without adversary; no man can know your potential, not even you. For self-knowledge testing is necessary; no one can discover what he can do except by trying. The greater the torment the greater shall be the glory. Prosperity can come to the vulgar and to ordinary talent, but to triumph over disasters and terrors of moral life is the privilege of the great man. Hardship and suffering can be viewed as gifts, if we understand that the best teachers are strictest with those pupils to whom they see the most ability." Seneca

“Of all tyrannies, a tyranny exercised for the good of its victims may be the most oppressive. It may be better to live under robber barons than under omnipotent moral busybodies. The robber baron's cruelty may sometimes sleep, his cupidity may at some point be satiated; but those who torment us for our own good will torment us without end, for they do so with the approval of their own conscience.” C. S. Lewis

“There is no virtue in compulsory government charity, and there is no virtue in advocating it. A politician who portrays himself as "caring" and "sensitive" because he wants to expand the government's charitable programs is merely saying that he's willing to try to do good with other people's money. Well, who isn't? And a voter who takes pride in supporting such programs is telling us that he'll do good with his own money – if a gun is held to his head.” P J. O'Rourke

“Conviction makes convicts of those who are convinced. We ought to have some convictions but allow for flexibility, as there is nary a conviction which could not be superseded by a better one. A man or woman who at age sixty has the same convictions as at sixteen is probably stupid, insensitive, or insane. New facts and new circumstances will topple the deepest and most cherished convictions. We should stand up for what we believe is right, but we should also admit the possibility that our beliefs may be wrong.” “ Johannes A Gartner

“You know why I keep tomorrow sacred; he had the greatness what belongs to a life spent I struggling against powerful wrongs, and in trying to raise men to the highest deeds they are capable of and so, my Lillo, if you mean to act nobly and seek to know the best things which God has put within the reach of men, you must learn to fix your mind on that end, and not on what will happen to you because of it, and remember if you were to choose something it is only a poor sort of happiness that could ever come by caring very much about our own nervous pleasures. We can only have the highest happiness, such as goes with being a great man, by having wide thoughts and much feeling for the rest of the world as well as ourselves; and this sort of happiness



often brings so much pain with it, that we can only tell it from the pain by it being what we could choose before everything else, because our souls see it as good. There are so many things wrong and difficult in the world, that no man can be great, he can hardly keep himself from wickedness unless he gives up thinking much about pleasure or reward and gets strength to endure what is hard and painful.” George Elioti Romola

“Had she possessed less generous self-sacrifice, more knowledge of the world and of business matters in general, and had she failed to take for granted that others were like herself, and would, when her turn came to need, do as she had done, and find it more blessed to give than to receive, she might have laid by something for the future. For few, perhaps, have ever possessed the power and inclination, in the same degree, at one and the same time, to labor as she has done, both day and night, for so long a period of time. And had these energies been well-directed, and the proceeds well husbanded, since she has been her own mistress, they would have given her independence during her normal life.” Isabella Van Wagenen

“To me, it doesn't matter if your scapegoats are the Jews, the homosexuals, the male sex, the Masons, the Jesuits, the Welfare Parasites, the Power Elite, the female sex, the vegetarians, or the Communist Party. To the extent that you need a scapegoat, you simply have not got your brain programmed to work as an efficient problem-solving machine.” Robert A. Wilson

A demagogue is a very different person. He is a leader suffering from arrested development-which might be called a half-leader. He is of the crowd, it is true. But he never touches their highest desires, or awakens their dormant virtue. He sways them along the level of their lower passions, but, in that he has no lifting power, he never enables them to rise above themselves. When he becomes one with the crowd it called for no effort, for

he had not to stoop. With something of the meanness of a betrayer, who is one who uses for selfish ends, that is to say to the injury of his fellows-wedge gained by intimacy trustfully permitted by them, he makes his way by subtlety into the secret recesses of others' lives without allowing them to share in his life. He say to the crowd: 'What is mine is mine, and what is thine is also mine.'" Charles Henry Brent

"Is there anything unfinished I your life either personally or professionally, that you're willing to walk away from forever then Imagine yourself at the end of your life, filled with regret, and with a painful sense of having not lived the life you wanted to live. What is it that you most regret not doing?" Renee Peterson Trudeau

"The masterpieces of antiquity, as well in literature as in art, are known to have received their extreme finish from an almost incredible continuance of labor upon them. I do not remember a book in all the departments of learning, nor a scrap in literature, nor a work in all the schools of art, from which its author has derived a permanent renown, that is not known to have been long and patiently elaborated. Genius needs industry as much as industry needs genius. If only Milton's imagination could have conceived his visions, his consummate industry alone would have carved the immortal lines which enshrine them. If only Newton's mind could reach out to the secrets of nature, even his genius could do it only by the homeliest toil. The works of Bacon are not midsummer-night dreams, but, like coral islands, they have risen from the depths of truth, and formed their broad surfaces above the ocean by the minutest accretions of persevering labor. The conceptions of Michael Angelo would have perished like a night's phantasy, had not his industry given them permanence." Henry Ward Beecher

"Many young men have little to do with the choice of their profession in which they find themselves. Their parents or guardians choose for them; and these often choose, not so much with a view to their fitness for the profession, as to its profitableness or prospective advantages. This is, of course, a matter of prime importance; but if inward peace and true profit are looked to, it will be found that a modest income in a congenial profession is preferable by far to the most brilliant pecuniary success in one of a contrary nature. With those young men who have their professions thus chosen for them, one of two things happens: either they plod on for life in a mediocre way in the arena in which they are placed, or if they have talent, energy and character, they push forward to eminence in their profession, or in some other profession which they like better, and take their place among men of mark. A man of genius, no matter where placed, grows into fitness for his proper sphere. He cuts out a career for himself, in spite of all obstacles or opposition; while his companions jog on in the rut in which they were placed by others." Robert Waters

"Ordinary talent produces artificially something excellent, but can never attain to anything great nor produce an original work. Everything is still done with conscious choice; there is wanting the divine frenzy, the vivifying breath of the unconscious. Conscious combination may, in the course of time, be acquired by effort of the conscious will, by industry perseverance and practice. The creations of genius are unwilling, passive conceptions; they do not come with the word, but quite unexpectedly, as if fallen from heaven, on journeys, in the theatre, in conversation, everywhere when it is least expected, always suddenly and instantaneously." Edward Von Hartmann

"There is a difference between talents, which we are born with and which we choose to develop. We are more inspired by someone who overcomes a great obstacle to achieve something than by someone who does so become of simple natural ability. If will and determination are applied to talent, we have pride in our accomplishments in the same way that we feel proud if we are complimented on our honesty. Talents alone say something about our genes, but virtues and developed talents say something about us." Martin Seligman

"Where there is much desire to learn, there of necessity will be much arguing, much writing, many opinion; for opinions in good men is but knowing in the making." John Milton

"A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them." John C. Maxwell

“There is no despair so absolute as that which comes with the first moments of our first great sorrow, when we have not yet known what it is to have suffered and be healed, to have despaired and have recovered hope.”
Mary Ann Evans

“All taxes are unpopular; and necessarily so. None can be devised by the wit of man which does not press inconveniently, and often painfully, upon some classes, or upon all: abuse of any tax is, therefore, sure to meet without sympathy from millions. No tax can be discovered to which there may not be urgent some serious and valid objections; a severe exposure and hostile criticism of any tax, therefore, will find an echo in the reason, as well as the feeling, of all bearers. Taxes in their best estate are only necessary evils; they are all, more or less,



directly burdensome, and incidentally mischievous: if a proof of their objectionable nature were a sufficing argument for their removal, it would be impossible to raise revenue at all. But our popular financial reformers have been too much in the habit of representing the government as a body hostile to the people, and fond of bleeding them for some selfish purpose of its own” William R. Greg 1853

“Soldiers must always be guided by our values. The value system that we embrace is the toughest of any profession in our society and it is often not understood by the average American. It is our sense of duty, integrity, and honor that must guide every action and every decision we make as

leaders. There is no place in our warrior ethos for compromising our integrity. The soldier must always do what is right, knowing that many will question and second guess his actions. The soldier cannot afford to hide behind policies, nuances, or rhetoric. Regardless of personal attacks from the media, pundits, and others with their selfish agendas, a soldier must never leave the moral ground. He must never waver from the truth.” LtGen Ricardo S. Sanchez

“No great success is ever attained in this life without surmounting obstacles. In every life there are challenges. Challenges push us. They stretch us. They force us to develop our potential. ..Without an intensity of inner drive, without a deep emotional commitment, it is very difficult to persist in the pursuit of a dream. Without motivation we will never dig deep enough to discover and develop all the talents we have that can lead us to accomplishments we are ultimately capable of. Great success requires great risk. It doesn’t come cheap; sometimes, financial risk; often, social risk; occasionally, physical risk; and always emotional risk. We need to be willing to try things we’ve never tried before. Maybe even things nobody else has ever tried before. We can’t always play it safe if we want to play to win in life.” Tom Morris

“He serves his party best who serves the country best.” Rutherford B. Hayes

“Recipe For Greatness-To bear up under loss; to fight the bitterness of defeat and the weakness of grief; to be victor over anger; to smile when tears are close; to resist disease and evil men and base instincts; to hate hate and to love love; to go on when it seem good to die; to look up with unquenchable faith in something ever more about to be. That is what any man can do, and be great.” Zane Grey

“Any path is only a path. There is no affront to yourself or others in dropping off it if that is what your heart tells you to do. Whatever your decision to keep on the path or leave it must be free of fear and ambition. I warn you: look at every path closely and deliberately. Then ask yourself and yourself alone one question. Does this path have a heart? If it does, then the path is good. If it doesn’t, it is of no use.” Carlos Castaneda

“When you control a man’s thinking you don’t have to worry about his actions. You don’t have to tell not to stand here or go yonder. He will find his proper place and will stay in it. You do not need to send him to the back door. He will go without being told. In fact, if there is no back door, he will cut one for his special benefit. His education makes its necessary.” Dr. Carter G. Woodson

"You need to learn who you are on the inside. Then figure out what your real feelings are to do so is the key to self-knowledge. If you know who you are, then you will be grounded throughout your life. If everything is a mystery to you, then you are going to be in trouble." Mark Sherkow

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you." Jesus

"A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping we are becoming." Ralph Waldo Emerson

"I had seen how in an instant, those you called friends could suddenly become tormentors, sniffing out a weakness or a difference, turning their own fear of ostracism into a weapon with which they could beat the victim away, afraid that being an outsider, an individual even, was somehow infectious." Meera Syal

"Don't believe what your eyes are telling you. All they show is limitation. Look with your understanding, find out what you already know, and you'll see the way to fly." Jonathan Livingston Seagull



"I do my thing, and you do your thing. You are you and I am I. And if by chance we find each other, it's beautiful; if not, it can't be helped." Frederick Salomon Perls

"There is no such thing as a 'self-made' man. We are made up of thousands of others. Everyone who has ever done a kind deed for us or spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts, as well as our success." G. M. Adams

"It is one thing to decry the rat race...that is the good and honorable work of moralists. It is quite another thing to quit the rat race, to drop out, to refuse to run any further -- that is the work of the individualist. It is offensive because it is impolite; it makes the rebuke personal; the individualist calls not his or her behavior into question, but mine." Paul Gruchow

"We have made some little progress then if you are not disgusted with all of your lot in life. But what I cannot tolerate is your delight in complaining so mournfully, so fretfully, that something is missing from your happiness. I mean, what man was so possessed of a joy, so secure and settled as never to complain to some degree about the quality of his condition? For the condition of mortal goals is a fretful thing and by their nature they are neither completely beneficent nor perpetually present. One man's estate is more than ample, but his ignoble ancestors are a source of embarrassment; another's noble lineage makes him a celebrity, but because he is cramped by the severe limitations of his property he would prefer to remain anonymous. One man, luxuriating his wealth and pedigree, weeps for his unmarried life; another happily married, but childless, fatten his estate for some unrelated heir; a third blessed with children, still weeps in dejection for the failings of his son or daughter. And that is why no one is in simple harmony with the condition of his own fortune, for in every single fortune there is something present that an outsider has no knowledge of but, that the insider shrinks from in horror." Boethius

"Contentment is not happiness. A man is content with little, but it takes an immensity of good to satisfy all his desires, and render him perfectly happy. When we say we are content; we signify that we should naturally desire more, but acquiesce in our present position, seeing that more is not to be had. Content is not the natural frame of any mind, but is the result of compromise." Joseph Rickaby

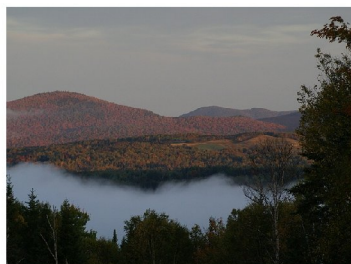
“An educated person is one who has learned that information almost always turns out to be at best incomplete and very often false, misleading, fictitious, mendacious and just dead wrong.” Russell Baker

“The Best moments usually occur when a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.” Mihaly Csikszentmihaly

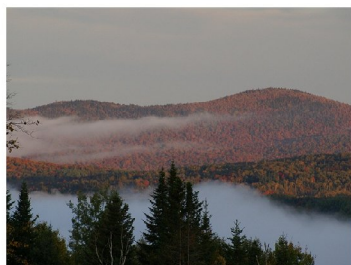
“Each man has his own code of good and bad. He defied others to prove him wrong or to justify their condemnation of him. Many representative Sophists taught morality was mere convention, habit. That actually there are no moral laws, no all-inclusive principle of right and wrong. These men sought to justify the principle that each man should live as de desired, get what he wanted by any means possible, and frame his own code of good and bad. The result of this position was moral anarchy, pure individualism, and the ultimate in selfishness. Nevertheless, a closer study of this position reveals a tendency which is rich in possibilities. The Sophists were making their appeal to the independent human mind. They were rebelling against arbitrary authority in matters of morals and were arguing that the human mind must think for itself and in thinking discover a code of right and wrong. The Sophists were champions of the individual and his independence.” S. E. Frost Jr.



Fire on The Lake



Late Fall Early Morning Fog, Maine



“The poorest man may, in his cottage, bid defiance to all the forces of the crown. It may be frail, its roof may shake, the wind may blow through it, the storm may enter, the rain may enter; but the king of England cannot enter! All his force dare not cross the threshold of the ruined tenement.” Sir Edward Coke

“Virtue suffers no vacancy in the place she inhabits; she fills the whole soul, takes away the sensibility of any loss, and is herself sufficient. As the stars hide their diminished heads before the brightness of the sun, so pains, afflictions, and injuries are all crushed and dissipated by the greatness of virtue; whenever she shines, everything but what borrows its splendor from her disappears, and all manner of annoyances have no more effect upon her than a shower of rain upon the sea. It does not matter what you bear, but how you bear it. Where a man can live at all, he can live well...Life itself is neither good nor evil, but only a place for good and evil...it is the edge and temper of the blade that makes a good sword, not the richness of the scabbard; and so it is not money and possessions that makes a man considerable, but his virtue.” Marcus Aurelius

“Whenever you look at a piece of work and you think the fellow was crazy, then you want to pay some attention to that. One of you is likely to be, and you had better find out which one it is. It makes an awful lot of differences.” Charles F. Kettering

“Without adventure all civilization is full of decay. Adventure rarely reaches its predetermined end. Columbus never reached China.” Alfred North Whitehead

“Always mistrust a subordinate who never finds fault with his superior.” John C. Collins

“Attachment is the great fabricator of illusions; reality can be attained only by someone who is detached.” Simon Weil

“The reality of the other person lies not in what he reveals to you, but what he cannot reveal to you. Therefore, if you would understand him, listen not to what he says, but rather to what he does not say.” Kahlil Gibran

“Credit is something that should be given to others. If you are in a position to give credit to yourself, then you don’t need it.” F. Scott Fitzgerald

Never ever confuse someone with their position in life. An important position is not always occupied with the wisest and most talented of individuals. Sometimes under close examination you may find that some people used the status of their position to cover-up their shortcomings and weaknesses.

“I have lived in this world just long enough to look carefully the second time into things that I am most certain of the first time.” Josh Billings

“The wisest man may always learn something from the humblest peasant.” John Petit-Senn

“In keeping silent about evil, in burying it so deep within us that no sign of it appears on the surface, we are implanting it, and it will rise up a thousandfold in the future. When we neither punish nor reproach evildoers we are ripping the foundations of justice from beneath new generations.” Alexander Solzhenitsyn

“Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much quieter. They are the inner tests, like remaining faithful when nobody's looking, like enduring pain when the room is empty, like standing alone when you're misunderstood.” Charles Swindoll

“You may search all the ages for a person who has no problems, you may look through the streets of heaven asking each one how he came there, and you will look in vain everywhere for a man morally and spiritually strong whose strength did not come to him in struggle. Do not suppose that there is a person who has never wrestled with his own success and happiness. There is no exception anywhere. Every true strength is gained in struggle.” Richard L. Evans



“There are some defeats more triumphant than victories.” Michele de Montaique

“Make it a rule of life to never to regret and to never look back. We all in live in suspense, from day to day, from hour to hour; in other words, we are the hero of our own stories.” Mary McCarthy

“The abundance of knowledge does not teach men to be wise.” Heraclitus

“A man’s obligation in life is to do the best that he can, to make the most of whatever combination of talents and intellect that he possesses, and that is an appealing prospect. Yet, a world characterized by universal pursuit of such an ideal is almost literally beyond

imagination, one scarcely daring to conceive what might then be accomplished by mankind; not all men are, or can be, inspired to follow such a course.” Lewis S. Sorley

“Provided that it is not accompanied by humiliation, discomfort can be endured for very long periods of time



without complaint. For proof of this, one has only to look to the example of the many soldiers and explorers who have over the centuries, willingly tolerated privations far exceeding those suffered by the poorest members of their societies, so long as they were sustained throughout their hardships by an awareness of the esteem in which they were held by others.” Alain de Botton

“Life is not easy for any of us. But what of that we must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained.” Marie Curie

“I would define true courage to be a perfect sensibility of the measure of danger and a mental willingness to endure it” General William T. Sherman

“Open your eyes and inspire yourself. Exit from the ordinary and create a new perspective of the world.” Morning Glory

“Mediocrity knows nothing higher than itself; but talent instantly recognizes genius.” Sir Arthur C. Doyle

“Patience serves as a protection against wrongs as clothes do against cold; for if you put on more clothes as the cold increases, it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs, and they will then be powerless to vex your mind.” Leonardo Da Vinci



“In every age ‘the good old days’ were a myth. No one ever thought they were good at the time; for every age has consisted of crises that seemed intolerable to the people who lived through them.” Brooks Atkinson

Every time each and every one of us gets hurt we build walls. None of us want to expose our self to pain and disappointments so to protect ourselves we build walls. The walls serve as our self-protection. If the pain and life’s disappointments; often the result of unrealistic expectations or abandon dreams, are painful enough or often enough we build our walls higher and thicker, over the years without realizing it the same walls that we build

to keep the enemies out, can become the same walls that closes us off to the outside world. Without realizing our protection walls soon become walls of bitterness.

“Do not depend on the hope of results. You may have to face the fact that your work will be apparently worthless and even achieve no result at all, if not perhaps results opposite to what you expect. As you get used to this idea, you start more and more to concentrate not on the results, but on the value, the rightness, the truth of the work itself. You gradually struggle less and less for an idea and more and more for specific people. In the end, it is the reality of personal relationship that saves everything.” Thomas Merton

“Take care to get what you like or you will be forced to like what you get.” George Bernard Shaw

“Always live your life with one dream to fulfill. No matter how many of your dreams you have realized in the past, always have a dream to go. Because when you stop dreaming, life becomes a mundane existence.” Sara Henderson

“Nations go to war over ideas and politics, but minds can change and politics can shift. By their very nature, matters of the state are fluid and inconstant. What is constant in war is the humanity of the warrior, and the pain of those left behind, who reach for the hands they can no longer touch and listen for voices they can no longer hear.” 1st Lt Kenneth Ballard



“The golden moments in the stream of life rush past us, and we see nothing but sand; the angels comes to visit us, and we only know them when we are gone.” George Eliot

“Why should we worry about what others think of us, do we not have more confidence in their opinions than we do in our own?” Brigham Young

“Travel is fatal to prejudice, bigotry and narrow-mindedness, all foes to real understanding. Likewise, tolerance or broad, wholesome charitable views of men

and things cannot be acquired by vegetating in our little corner of the earth all one’s lifetime.” Mark Twain

“The follies which a man regrets the most in his life are those which he didn’t commit when he had the opportunity.” Helen Rowland

“It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own. If a god appeared to us or a wise human being even and prohibited us from concerning our thoughts or imagining anything without immediately shouting it out, we would not make through a single day. That’s how much we value other people’s opinions instead of our own.” Marcus Aurelius

“The shell in my hand is deserted. It once housed a whelk, a snail-like creature, and then temporarily, after the death of the first occupant, a little hermit crab, who has run away, leaving his tracks behind him like a delicate vine on the sand. He ran away, and left me his shell. It was once a protection for him. I turn the shell in my hand, gazing into the wide open door from which he made his exit. Had it become an encumbrance? Why did he run away? Did he hope to find a better home, a better mode of living? I too have run away, I realize, I have shed the shell of my life, for these few weeks of vacation.” Ann Morrow Lindbergh

“Have you ever looked into a tiger’s eye? What immediately grips you is that the tiger is right there, all four hundred and fifty pounds focused with gleaming maximum attention on you. No distractions, no hesitations, just a calm powerful contemplation.” Mickey Hart

“A "No" uttered from deepest conviction is better and greater than a "Yes" merely uttered to please, or what is worse, to avoid trouble.” Mohandas K. Gandhi

“There is a kind of greatness which does not depend upon fortune; it is a certain manner that distinguishes us, and which seems to destine us for great things; it is the value we insensibly set upon ourselves; it is by this quality, that we gain the dereference of other men, and it is this which commonly raises us more above them, than birth, rank, or even merit itself.” Francis La Rochefoucauld

“Courage means admitting that you are afraid. It means being strong enough to ask for help when needed and humble enough to accept help when needed. Courage is being responsible for your own actions while admitting to your own mistakes.” Caroline Kent

"The leader is the person who climbs the tallest tree, surveys the entire situation and yells wrong jungle. The efficient producers and managers climb the tallest tree in the wrong jungle and say we are making progress. Most people are so busy cutting through the undergrowth they fail to realize that they are in the wrong jungle." Author Unknown



feels like a loser." Such a person will often have a victim mentality that will always be quick to place blame on others for their lack of success in life.

If you want to learn about other people never judge their behavior and conduct based on your own behavior or conduct because you will learn very little except that they are different from you.

It is very risky to judge success in life based on professional achievement or personal status. There is no hard and fast rating system. Just because two people have achieved the same level of success doesn't mean they view themselves as successes. If one person always dreamed of being a NASA astronaut but fail to make the cut and became a fighter pilot he could view life as a failure. If another person struggled and endured numerous obstacles to even make it to flight school then became a fighter pilot also he would view his life as a great success. The first could take on the role of a victim who would be very quick to blame others for him not becoming an astronaut. The other would view life as a success full of opportunities; the ultimate glass being half full or half empty. To the rest of the world the glass is 50% full to these two fighter pilots one views it as filling up while the other views it as draining out.

It is the rare person who truly understands that the death and suffering of war does not end when the peace treaty is signed and the victory parades have run their routes. We often weep for the youths that have had their lifeblood drained from them on the battlefields. We build statues to the ones that never returned. Leaders take photo ops with service members who have lost limbs. What about the ones that have returned to us only to depart before their time? The true heroes and warriors say little too nothing, they suffer a little each day in silent believing themselves to be the lucky ones; they made it home.



"Do not wait for extraordinary opportunities, but make use of common situations." Goethe

"Some people avoid seeking to be great because they fear being seen as grandiose, as wanting too much. Yet this can just become an excuse not to try. Instead, we adopt mock humility and set low aims for ourselves. The possibility of becoming remarkable shoots a thunderbolt of fear into many unremarkable people they suddenly realize that they will attract attention. It is the fear of losing control, of the possibility that we might undergo a total transformation from the old person we were. We need to balance grand aims with having our feet on the

ground. Most people have too much of one and not enough of the other. If you study successful and self-realized people, you find they have a blend of both; that is, they shoot for the sky, yet are also grounded in reality." Abraham Maslow

Death in the Family

I remember the day when I was about 4 when all the grownups were gone. My mother returned late in the afternoon. She was all dressed in black just like my Great Aunt Ida always was. She was crying and yelling. It wasn't until later in the day that I overheard my other Great Aunt Carrie talking to Aunt Ida about the funeral for my baby brother. Aunt Carrie was talking about how my mother threw herself on my Brother Shaun's casket while screaming and crying. Aunt Carrie told Aunt Ida that she never saw anything like that before from my mother and she wondered how much of it was real. I couldn't understand why my mother displayed so much emotional for my brother, emotions that I had never seen her show me. As a child I wondered if one had to die to get the attention and love most children desire.

The most overwhelming thing that I remember about that day even till today was the smells. Everyone had a sweet smell that made me feel very uncomfortable. It was not until I connected the smell with the adults all dress in black and dark clothes that to me it was the smell of death. At first as a little kid I didn't understand why adults worn the smell of death on them. I didn't understand why the sweet smell could make someone sick. There was just something about the smell that had made me avoid as many funerals as possible.

But what I hate the most about funerals are the people, so many of them say words that they should have spoken while the person was alive when they could have made a possible impact on that person's life and maybe if they had done so they person would still be alive. There is just something about funerals that bring out the liars in people if not liars then funerals display the selfishness in most people I never understood why people can speak ill of you while you are alive them talk as if you were god's gift to the world.



“What I must do is all that concerns me, not what people think. This rule, equally arduous in actual and intellectual life, may serve for the whole distinction between greatness and meanness. It is the harder, because you will always find those who think that they know what your duty is better than you know it. It is easy in the world to live after the world's opinion; it is easy in solitude to live after your own; but the great person is the one who in the midst of the crowd keeps with perfect sweetness the independence of solitude.” Ralph Waldo Emerson

“Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself.” William

Faulkner

“Sometimes being a friend means mastering the art of timing. There is a time for silence; A time to let go and allow people to hurl themselves into their own destiny, and a time to prepare to pick up the pieces when it's all over.” Octavia Butler

“If I had my life to live over, I'd try to make more mistakes next time. I would relax, I would limber up, and I would be crazier than I've been on this trip. I know very few things I'd take seriously any more. I'd certainly be less hygienic... I would take more chances, I would take more trips, I would scale more mountains, I would swim more rivers, and I would watch more sunsets. I would eat more ice cream and fewer beans. I would have more actual troubles and fewer imaginary ones. Oh, I've had my moments, and if I had to do it all over again, I'd have many more of them, in fact I'd try not to have anything else, just moments, one after another, instead of living so many years ahead of my day. If I had it to do all over again, I'd travel lighter, much lighter than I have. I would start barefoot earlier in the spring, and I'd stay that way later in the fall. And I would ride more merry-go-rounds, and catch more gold rings, and greet more people and pick more flowers and dance more often. If I had it to do all over again but you see, I don't.” Jorge Luis Borges

“There are no points of the compass on the chart of true patriotism.” Robert C. Winthrop

"Yes Virginia, There is a Santa Claus"



Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except what they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! How dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, and no romance to make tolerable exist. We should have no enjoyment, except in sense and sight. The external light with which childhood fills the world would be extinguished.

Not believing in Santa Claus! You might as well not believe in fairies. You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if you did not see Santa Claus coming down, what would that prove? Nobody sees

Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not even the strongest man, nor even the united strength of all the strongest men that ever lived could tear apart. Only faith, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in this entire world there is nothing else real and abiding.

No Santa Claus! Thank God! He lives and lives forever. A thousand years from now, Virginia, nay 10 times 10,000 years from now, he will continue to make glad the heart of childhood.

Francis P. Church The New York Sun (September 21, 1897)

"I would rather be ashes than dust; I would rather that my spark should burn out in a brilliant blaze than it should be stifled by dry rot; I would rather be a superb meteor, every atom of me in magnificent glow than in a sleepy and permanent planet; the proper function of man is to live, not to exist; I shall not waste my days in trying to prolong them I shall use my time." Jack London

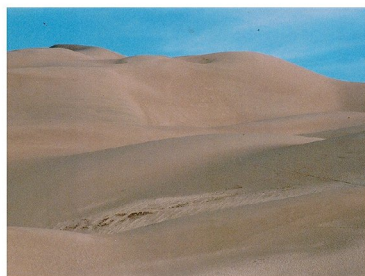
"If we are really honest with ourselves we must admit that our lives are all that really belong to us, so it is how we use our lives that determine what kind of persons we are. And it is my deepest beliefs that only by giving our lives do we find life. I am convinced that the truest art of courage, the strongest act of humanity is to sacrifice ourselves for something higher, that which we believe in and love deeply." Cesar Chavez

“A child cannot be taught by anyone who despises him, and a child cannot afford to be fooled.” James Baldwin

“Men nearly always follow the tracks made by others and proceed in their affairs by imitation, even though they cannot entirely keep to the tracks of others or emulate the prowess of their models. So a prudent man should always follow in the footsteps of great men and those who have been outstanding. It is our prowess fails to compare with their, at least it has an air of greatness about it. He should behave like those archers who, if they are skillful, when the target seems too distance, know the capabilities of the bow and aim a good deal higher the their objective, not in order to shoot high but so that by aiming high that they can reach the target.” Niccolo Machiavelli



Great Sand Dunes National Park



Death Valley National Park

“Great occasions do not make heroes or cowards; they simply unveil them to the eyes. Silently and imperceptibly, as we wake or sleep, we grow strong or we grow weak, and at last some crisis shows us what we have become.” Bishop Westcott

“The best way of travel, however, if you aren’t in any hurry at all, if you don’t care where you are going, if you don’t like to use your legs, if you don’t want to be annoyed at all by any choice of directions, is in a balloon. In a balloon, you can decide only when to start, and usually when to stop. The rest is left entirely to nature.” Pene du Bois

“Never forget that life can only be nobly inspired and rightly lived if you take it bravely and gallantly, as a splendid adventure in which you are setting out into an unknown country, to meet many a joy, to find many a comrade, to win and lose many a battle.” Annie Besant

“I was once a fortunate man but at some point fortune abandoned me. But true good fortune is what you make for yourself. Good fortune; good character, good intentions and good actions.” Marcus Aurelius

“I never think of a Marine, but what I think of is a man who wants to do more, not less, a man you have to hold back, not shove.” Lyndon B. Johnson

“A teacher, a good teacher that is, functions as a pointer to truth, but not a giver of truth...A good teacher protects his pupils from his own influences. It is easy to teach one to be skillful, but it is difficult to teach him his own attitude. Each moment during teaching requires a full alert and sensitive mind that is constantly adjusting and constantly changing...A teacher should merely be a signpost for the traveler who is lost. It is up to you decide on the direction. A teacher can offer an experience but never a conclusion. The ideal teacher does teach the pupil what to think but how to think.” Bruce Lee

“All the real heroes are not storybook combat fighters either. Every single man in the Army plays vital part. Every little job is essential to the whole scheme. What if every truck-driver suddenly decided that he didn’t like the whine of the shells and turned yellow and jumped headlong into a ditch? He could say to himself, ‘they won’t miss me-just one guy in a thousands.’ What if every man said that? Where the hell would we be now? No, thank God, Americans don’t say that. Every man does his job. Every man serves the whole. Every department, every unit, is important to the vast scheme of things. The Ordnance is needed to supply the guns, the Quartermaster is needed to bring up the food and clothes for us. Every last damn man in the mess hall, even the one who heats the water to keep us from getting diarrhea, has a job to do. Even the Chaplain is



important, for if we get killed and he is not there to bury us we would all go to hell. Each man must not only think of himself, but think of his buddy fighting alongside him...One of the bravest men I saw in the African campaign was the fellow I saw on a telegraph pole in the midst of furious fire...I stopped and asked him what the hell he was doing up there at that time. He answered, ‘fixing the wire, sir.’ ‘Isn’t it a little unhealthy up there right now?’ I asked. ‘Yes sir, but this goddamn wire has to be fixed.’” General George S. Patton

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“Live your life each day as you would climb a mountain, an occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily; enjoying each passing moment; and the view from the summit will serve as a fitting climax for the journey.” Harold V. Melchers



“It is impossible that laws should apply equally to all men. This moral medicine is no different from physical medicine: wouldn’t you laugh at a quack who, having only one remedy for all customers, would purge a stevedore the same way as a flighty spinster? Of course! Laws are made only for the common people: being both weaker and more numerous, they need restraints that have nothing to do with the powerful man and that do not concern him. In any government the essential thing is that the people never invade the authority of the powerful.” Noelle Chatelet

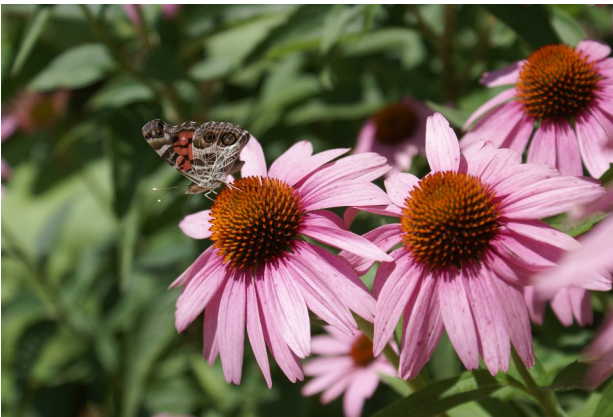
“To profit from that extraordinary vision...we do not have to subscribe to it. But if we ignore it, we do so at our own risk. For to ignore Sade is to choose not to know part of ourselves, that inviolable part which lurks within each of us and which, eluding the light of reason, can, we have learned in this century, establish absolute evil as a rule of conduct and threaten to destroy the world.” Barney Rosset

“All of us failed to make our dreams of perfection. So I judge us on the basis of our splendid failure to do the impossible.” William Faulkner

I Buried It!

One night early in the morning when I was about five years old my mother's boyfriend Nick a very mean and angry drunk of a man came back into the house and told my mother that she did have to worry anymore because he had buried it. My life changed forever, I did not know what or who he had buried but I knew that it was one of us. Even as a small kid I knew that babies came and went unexpectedly. A few years later I would wake up one morning to a new brother. Someone that my mother told me she was babysitting for. She kept saying that until the welfare woman told her that she could get more money so he was no longer someone my mother was babysitting for but my new brother.

I knew how my mother would often beat my sister, how my mother would exploded whenever my sister got so scared that she pee her pants. Chances are my mother beat me too because I could always remember clearly the clothes my sister was wearing, the cat of nine tails with the little leather knots on the end, I often remembered back to my mother in a moment of rage and so angry as I stood there inches away from my sister's side, my mother telling us not to move, not to cry watching her beat my sister sometimes hitting her on the head with a sauce pan or on the back with a cast iron firing pan. Scared that she would ask me a question and I would say I didn't know or would snuggle my shoulders, then everything going totally black as if there was a power failure. Even when you know and see everyone around you being abuse but you can't remember a single thing how can I say I was abused.



My sister got far worst that I could ever image that I did. To me today I see the result and if I was to back engineer I could get a high degree of probability of the events leading up to the final result. For example we had white mice and I was on my computer doing some work when I heard a female mouse yelling out as the male mouse try to force himself on her, without thinking I jumped up in a fit of rage, grasp that mouse dunk his head in the bucket of old rusty water from our boiler time after time until the point of almost death then threw him on the floor to allow him to recover then do it all over again. This happen a number of times sometimes resulting in the death of the mouse and I did not care for a single second.

There was no emotion I just finish and then went back to my computer as if nothing happen. I had to get rid of the mice. I had to change the environment.

Then end result of that night was that I would never ever be able to develop the ability to grasp the future for deep in the back of my mind I feared that I to could have been buried and who would have really cared?

The book lying idle on the shelf is like wasting ammunition. Like money books are of little value if not kept in constant circulation. Lend and borrow books and money to the max but especially books, for books represent infinitely more than money. A book is not only a friend, it makes friends for you. When you have possessed a book with mind and spirit, you are enriched, but when you pass it on you are enriched threefold." Henry Miller

"Not one of us knows what effects his life produces, and what he gives to others; that is hidden from us and must remain so ... None of us can truly assert that he really knows someone else, even if he has lived with him for years. Of that which constitutes our inner life we can impart even to those most intimate with us only fragments; the whole of it we cannot give, nor would they be able comprehend it. To this fact, that we are each a secret to the other, we have to reconcile ourselves." Albert Schweitzer

"Cast your vote never be afraid to stand with the minority when the minority is right, for the minority which is right will one day be the majority." William Jennings Bryan

“We are born into a vast room whose walls consist of a thousand doors of possibility. Each door is flung open to the world outside, and the room is filled with light and noise. We close some of the doors deliberately, sometimes with fear, sometimes with calm certainty. Others seem to close by themselves, some so quietly that we do not even notice.” Terry Treehouse

“You can always get someone to love you, even if you have to do it yourself.” Thomas Mason

“You can’t teach a man anything, you can only help him to discover it in himself.” Galileo



“With every deed you are sowing a seed, though the harvest you may not see.” Ella Wheeler Wilcox

“Life is constantly providing us with new funds, new resources, even when we are reduced to immobility. In life’s ledger there is no such thing as frozen assets.” Henry Miller

“No two snowflakes are alike, the odds of any two snowflakes being identical are enormous, when a snowflake melts that design is lost forever, without leaving any records of its being behind.” Wilson Bentley

“Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound. The man who does not shrink from self-crucifixion can never fail to accomplish the object upon which his heart is set. This is true of earthly as of heavenly things. Even the man whose object is to acquire wealth must be prepared to make great personal sacrifices before he can accomplish his object; and how much more so he who would realize a strong and well-poised life.” James Allen

“If you have reason to suspect what a person is telling you, look at though you believed every word he said. This will give him the courage to go on; he will become more vehement in his assertions, and in the end betray himself. Again, if you perceive that a person is trying to conceal something from you, but with only partial success, look as though you did not believe him. The opposition on your part will provoke him into leading out his reserve of truth and bringing the whole force of it to bear upon your incredulity.” Arthur Schopenhauer

“The books that help you the most are those which make you think the most. The hardest way of learning is that of easy reading; but a great book that comes from a great thinker is a ship of thought, deep freighted with truth and beauty.” Pablo Neruda

“Dead men have no opinions. Those combat veterans who do survive the rigors of battle are normally neither bookish nor scholarly by nature. Therefore, they are ignored by the higher level of command populated by intellectuals who run the service schools. Combat veterans are very often less than appreciated during peace time, often considered belligerent, troublesome, and lacking in the social graces valued by the politically oriented high command. Thus they are never considered politically qualified for higher rank.” General George S. Patton Jr.

“Pour your money into your brain, and you will never lose it at all. Education is such a gain, that it is worth all that it costs and more.” Swedish Proverb

“When you have a thing it can be taken from you but when you give it, no robber can take it from you.” James Joyce

“There is only one success and that is to be able to spend your life in your own way, and not to give others absurd maddening claims on it.” Christopher Morley

“By three methods we may learn wisdom, first by reflection which is the noblest, second by imitation which is the easiest, and third by experience which is the bitterest.” Confucius

“The best rules to form a young man are, to talk little, to hear much, to reflect alone upon what has passed in company, to distrust one’s own opinions, and value others that deserve it.” Sir William Temple



“Mothers are very important to children. They provide the lifeblood, the mind energy and the soul food that every child needs in order to nourish. Fathers show us how to survive. Mothers teach us how to blossom and flourish. The mother must teach nature, guide and provide the spiritual support system that the soul requires to unfold. When a child does not have a mother, some portion of the mind, the soul, the life of the child remains in a constant state of yearning and want. What the child wants is to be fed and loved in a way that only a mother can. Only a mother can bring forth the grace, mercy, beauty, and gentleness of the spirit. Whether she knows it or not, a woman is mother simply by virtue of the fact that she is a woman. Some fathers are able to mother, most cannot.” Lyanla VanZant

“The most fatal illusion is the settled point view. Since life is growth and motion, a fixed point of view kills anybody who has one.” Brooks Atkinson

Often people and events have helped me to understand that the purpose of my being is present in so many different places. Sometimes I find my purpose in a

song, sometimes a book, sometimes a movie, sometime watching, sometimes in a total stranger a person that comes into my life for just a few moments in time, sometimes in a sudden inspiration, sometimes I have learned from pain, sometimes from watching children, sometimes just feeling the emotions of watching a beautiful sunrise display with all its glory all the possibilities of a new day, and sometimes in the opportunity to do something for others just for the sake of assisting others in the achievement of their dreams. One of the greatest things any person can do is to help someone to help him or herself, without that person knowing that he or she has received any help while at the same time allowing such people to feel as if they accomplished their dreams with little help as possible. It is only when you take action, just for the sake of assisting others in the achievement of their dream, without expecting or demanding anything in return that you will grow as a person and that is the greatest reward that you will every receive.

Many people have moved, sometime quietly other times loudly, in and out of my life doing their best to help me become the person that I am today. Because of them I am a much better person than anyone ever dreamed possible or ever believed I deserved to be. I only hope that I have not wasted their efforts, trust and belief that they have placed in me.

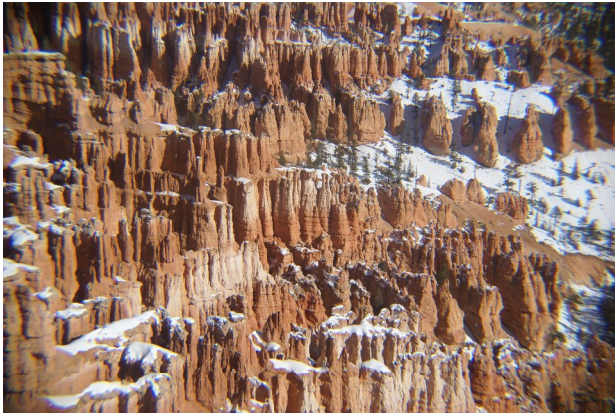
“Never mind who was your grandfather; what are you? The man, who has nothing to boast of but his good ancestors, is like a potato; all that is good of him is under the ground.” Irish Proverb

“God gives every bird his worm, but he does not throw it into the nest.” Swedish Proverb

“Discontentment and despair are signs of energy and hope not despair.” Cicely Veronica

“You will become as small as your controlling desire; as great as your dominate aspiration. Man is made so that whenever anything fires his soul, impossibilities vanish. Perseverance is a great element of success. It you only knock long enough at the gate, you are sure to wake somebody up.” Henry W. Longfellow

“Parents, teachers, preachers, and priests have unleashed immense pressure upon us. They have forced us to accept their ways, their religion, their philosophy, their values, their conventions, their politics, and their wisdom. They have been intolerant of change. They have molded us into walking; lumbering, laboring, mostly trouble free machinery. We have been assembled and fabricated into well-behaved students, predictable consumers and obedient citizens. We have learned at a very early age, that it is better to conform than be.”
Author Unknown



“Two qualities are indispensable first, an intellect that even in the darkest hour retains some glimmering of the inner light which leads to the truth; and second the courage to follow this faint light where ever it may lead.”
Karl von Clausewitz

“You do not have to treat people equally. You can't. Many times the people you mistreat the most are the people are the people who are the best, because you give them the tough jobs, the jobs that have the greatest danger in them, the jobs that required the greatest skill, and if they fail, then they will always have a mark of failure against them, and a man who has never had that responsibility will

never have that mark. So you mistreat your very good people by requiring higher performance from them. It's not fair to the individual, but it is sure fair to society. Such people understand that we must live by standards knowing when the nation, society or any organization lowers its standards or outputs, it eventually fails, because others can do it better or cheaper as a result of their maintaining their standards. It means not accepting the minimum.” Admiral Arleigh Burke

“There is always a choice. A lot of people don't want to say that we have a choice. But there is no life-style better or worse than another. There is no life more right or more wrong. All beings have a right to choose their



existence. Most of us don't realize that we have a choice. That's when poverty is a problem-when you don't know you have a choice. But when you know you have a choice, you are never poor.” Author Unknown

“The leaders who work most effectively, it seems to me, never say "I." And that's not because they have trained themselves not to say "I." They don't think "I." They think "we"; they think "team." They understand their job to be to make the team function. They accept responsibility and don't sidestep it, but "we" gets the credit.... This is what creates trust, what enables you to get the task done. Peter Drucker

“It is not my place in society that makes me well off, but my judgments, and these I can carry with me. These alone are my own and cannot be taken away.” Epictetus

“I don't believe that true optimism can come about except through tragedy.” Madeleine L'Engle

“Have more than thou showest, speak less than thou knowest, lend less than thou owest.” William Shakespeare

“We live in a world full of closed-minded and dogmatic people who are convinced that they are always right. Our society has become increasingly factionalized, often led by pandering politicians who magnify these divisions for their own personal benefit. Children are forced to endure an educational system that is often more concerned with the transfer of information than with genuine education, a system that emphasizes and rewarded conformity over personal development.” John Chaffee

“A man who knows that body and spirit are part of each other doesn’t need anyone to remind him that he is alive. His body is his only home. It is the only thing that will never abandon him, the only thing that truly belongs to him. Such an individual is a threat to every form of established authority; a wolf that can’t be tamed. He is not under anyone’s orders and doesn’t accept dogmas because he already has within himself everything he needs to face life.” Daniele Boelli



“I am a strange compound of weakness and resolution! However, if I must suffer, I will endeavor to suffer in silence. There is certainly a great defect in my mind - - my wayward heart creates its own misery -- Why I am mad thus I cannot tell; and till I can form some idea of the whole of my existence, I must be content to weep and dance like a child -- long for a toy, and be tire of it as soon as I get it” Mary Wollstonecraft

“The amount of aggression displayed by adult men toward women in the maintenance of dominance depends, in part, on the degree to which the social system gives women a “way out” in marriage. In

modern times, divorce is always an alternative, albeit not an attractive one in many cases. In some traditional societies, a woman can return to her parents’ home to escape the brutality of a mate, or she may claim the protection of her brothers...Social restraints on the expression of aggression by men toward women go a long way to create equality of bargaining power, but they do not necessarily equalize this power.” Eleanor E. Maccoby

“A man who is good for anything ought not to calculate the chance of living or dying, he ought only to consider whether in doing anything he is doing right or wrong-acting the part of a good man or a bad man. Whereas, according to your view, the heroes who fell at Troy were not good for much, and the son of Thetis above all who altogether despite the danger in comparison with disgrace.” Socrates

“And now the case is that of any man devoted to public ends who shattering his health by ceaseless application, fails to achieve all he might have achieved by a reasonable apportionment of his time between labours on behalf of others, and ministrations to his own needs. Every man in any position of responsibility and influence has the opportunity to do the work of twenty men. How many of us in such circumstances choose the one thing we can do best, and leave the other nineteen for other people to do, else to remain undone? How many of us have ever seriously stopped to think where the limit of healthful effort and endurance lies, unless insomnia or nervous prostration have laid their heavy hands upon us and compel us to pause. ” William Dewitt Hyde

“Make yourself familiar with the angels, and behold them frequently in spirit for without being seen, they are present with you.” Saint Francis de Sales

“When you get to the end of all the light you know and it’s time to step into the darkness of the unknown, faith is knowing that one of two things should happen; either you will be given something solid to stand on, or you will be taught how to fly.” Edward Teller

“The ultimate aim of human mind, in all its efforts, is to become acquainted with Truth.” Eliza Farnham

The Fire; the Lost of a Home, Homelessness



Key West, Fla



Southern Florida



Newport Beach, California



Hilton Head Island, South Carolina



Lake Michigan



Mid-West Sunset

We were living at 699 King Philip Street, in what was really two apartments until the landlord put in an arch way so we could have one large apartment. There were us seven kids, my mother and most of the time her boyfriend a man that was about 15 years older than her. For some reason I just could not sleep very well that night, I was usually a very sound sleeper. I always went to bed early so I could get up and leave before anyone got up. I tried over and over to go back to sleep but I could not. I just kept smelling smoke, at first it was no concern because my bedroom was over the 1st floor bar and often the smell of smoke would come upstairs. However, something just felt different so I got out of bed and went into the parlor. The parlor was filled with smoke. The ceiling was covered and I could not walk upright without sticking my head into a very thick mass of smoke. So I quickly went to the other side of the house to start waking everyone up. I woke up sister and all my brothers. I got them outside and went back for my mother and her boyfriend. I

was able to wake my mother up but her boyfriend refused to get up, but after a while I was able to convince them that the house was on fire.

After getting my family out of the house I went upstairs to the 3rd floor to see where the other people were because there were two apartments there. By that time the fire was going really strong, bright orange and red fire was coming out the door of the apartment on the left, the apartment where the woman my mother was always arguing with lived. The fire was way too hot, the windows were blowing out and the apartment door was gone with the flames rushing out. The other door was locked shut. The lower stairwell was filling with thick black smoke soon I was in the middle of hot flames and thick smoke. I quickly made my way down stairs keeping very close to the inside wall out into the street.

I remembered standing across the street on the corner of King Phillip and South Main in front of the drug store watching the flames shoot out the windows when the firemen arrived and started fighting the fire. I was there all alone; I did not know where my family was. Someone had come and took them and the woman from up stairs someplace. I knew that they were all safe because I had gone back and forth to get everyone out and I had counted everyone. But there I was standing there not knowing where they all went. I was feeling a little

numb; I really did not know what I was feeling. All I knew was that I had been forgotten. I know I had to have been out of it. It was not until this man, a man I had never met before came up to me with a pair of pants. It



was only then did I realize that all I had on was my underwear. I never even stopped to put my clothes or shoes on. I must have stood there for what seemed like hours just holding those black or navy blue pants up. They were way too big for me. It took me bunching up the wrist with my fist to keep them up.

Later someone from the Salvation Army came up to me and asked if I lived in the house. I told him yes and he asked me why I was just standing there getting wet from the water mist of the fire hose. I could not tell why but I knew for the first time in my life I did not know what was going to happen next. I did not have any clothes and all I could think about what I was going to wear for school that morning. I did not even know what bus I was going to need to take after school. There was no home to go to.

The Salvation Army got us a hotel room near South Park. It was about a mile away from the burnt out house. We stayed there for awhile until my mother told us there we would be moving into a housing project, Hillside Manor. I really hated those names that they give to housing projects. No matter the family situation I mother would always tell people that she was so much better off because she did not

live in the housing projects. She kept telling everyone that she would never live in the projects. I think it was because in the project people kept a close eye on all the families to make sure boyfriends were not living there, but that all came to a quick end. I asked why we were moving and I remained her that she always said that she would never move into the projects. I never got an answer but I knew to never bring the subject up again.

I visited our old home. The third floor was completely destroyed and the walls in our apartment and the hall ways were gone. The firemen had to break them down to get to the fire. Everyone said that the lady up stair fell asleep with a cigarette. But I felt deep down inside that the fire had been set. I had heard the owner of the bar who was the landlord complaining to my mother a number of times that he really wanted to sell the place but wasn't having much luck. There never were very many customers in his bar. The fire was way too hot and moving way to fast. Plus the fire was in the walls, it looked like it had started in the attic. When I asked questions I was told that the house had electrical problems. But either way the landlord got what he wanted. He got his insurance money, had the house and bar torn down and then sold the property to the owner of a small Chinese restaurant who built a brand new restaurant where our old apartment use to be.

My mother was able to buy herself a brand new complete bedroom set. She got herself a new kitchen set, a new pallor set and four sets of old military bunk beds for us kids.

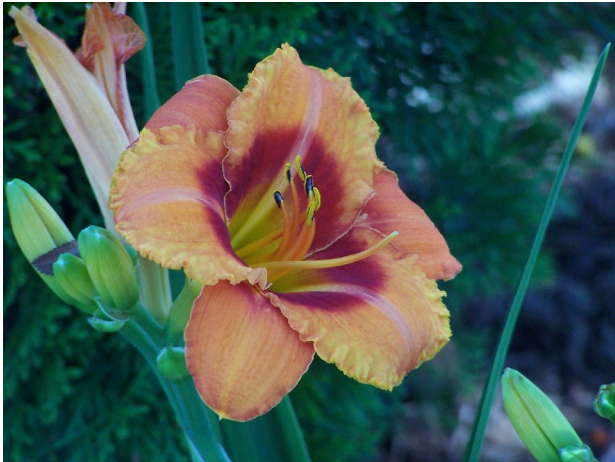
The end result was that we moved into a very small three bedroom apartment in the projects with only one bathroom that wasn't built for nine people. A place that would cost my mother far less in rent with no utilities cost. My world would soon change for the worst.

“Die when I may, I want it said by those who knew me best that I always plucked a thistle and planted a flower where I thought a flower would grow.” Abraham Lincoln

“Every now and then take a good look at something that has not been made by hands, a mountain, a star, the turn of a stream, a flower, a sunrise, a rainbow. There will come to you wisdom and patience and solace and above all the assurance that you are not alone in this world.” Sidney Lovett

“Nothing, indeed, but the possession of some power can with certainty discover what at the bottom is the true character of any man.” Edmund Burke

“If I had influence with the good fairy who is supposed to preside over the christening of all children, I should ask that her gift to each child in the world be a sense of wonder so indestructible that it would last throughout life, as an unfailing antidote against boredom and disenchantments of the later years, the sterile preoccupation with things that are artificial, the alienation from our sources of strength.” Rachel Carson



“The important thing is never to stop questioning. Curiosity has its own reasons for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity.” Albert Einstein.

“In every human being there is a striving to grow up, to improve, a striving for perfection. This is not limited to the characterization of certain individuals, nor is it brought to them from the outside; rather, it is given to every person, and must be understood to be innate. It is a healthy and necessary attribute as it manifests itself with the range of common sense and which social interest.

Unfortunately, due to physical or other handicaps, people often lose confidence in their capacities to reach the goal they have set for this striving. When this happens, people build up their own ‘private’ goal of self-esteem, and substitute fictional for real achievement, in order to keep up the illusion of fulfillment. One of these escapes is into perfectionism.” Sofie Lazarsfeld



“I believe not theoretically but from direct personal experience, that very few of the things that happen to us are purposeless or accidental and this includes suffering and grief—even that of others and that sometimes one catches a glimpse of the link between these happenings. I believe even when I am by myself and being blind and deaf, or even indifferent in the existence of a mystery. Iris Origo

“Life is not an easy matter. You cannot live through it without falling into frustration and cynicism unless you have before you a great idea which raises you above personal misery, above weakness, above all kinds of

perfidy and baseness.” Leon Trosky

“Men are so false, so insidious, so deceitful and cunning in their wiles, so avid in their own interest, and so oblivious to others’ interests, that you cannot go wrong if you believe little and trust less.” Francesco Guicciardini

“The best teacher is the one who suggests rather than dogmatizes, and inspires his listener with the wish to teach himself.” Edward Bulwer-Lytton



Isn't it strange how people are willing to destroy a thing of beauty in order to show others that they once possess it. In the end there the flower has no beauty, there is no perfume smell, just rot and a foul odor

"You must learn day by day, year by year to broaden your horizon. The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about, the more you have left when anything happens." Ethel Barrymore

"We trained hard, but it seemed that every time we were beginning to form up into teams, we would be reorganized. I was so to learn later in life that we tend to meet any new situation by reorganizing, and a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency and demoralization." Caius Petronius

Anyone who has begun to think places some portion of the world in jeopardy." John Dewey

Love just what is love; it is a word that is used every single day, a word that people demand others say. But when it comes down to it can anyone of us explain it in a manner that others would clearly understand.

There are all kinds of love. There is love for your country a type of love that is expected almost from birth a type of love that must change when to move and become a citizen of another country. There is required love when one is expected to love their parents or their siblings, you don't have to like them but you are required to love because of the DNA connection.



There is possessive love where people demand ownership of another, failing that they will damage the other person so no one else will want them. If that fails they will even kill them in order not to lose them; sometimes even killing themselves. Then there is the other side of the coin where people tell others if you leave me I will kill myself. This is truly a selfish guilt form of love. Some will even kill themselves in order to punish the object of their love. How can someone kill their children out of love? There are many other things that are called love for example, I love this game.

What is love to me, it is something that really never has to be said, and it is something that can't be explained because it is truly personal. True love is something that is a feeling that is only felt. To me true love is finding someone that you could live on the side of a mountain in a cabin along side of brook and you are always amazed every morning when you roll over and see your own reflection in the other person's eye and at that very moment you understand that there is no other place you would rather be.

"I judge people by what they might be, not are, nor will be." Robert Browning

You know and understand that you are not missing out on anything and that you know that the only way your lives could be any better is when you both witness the birth of your child. True love means that when the lines and gray appears you know that you are better people because of each other and you know that you have given your child the best of your wisdom, the best of your love, the best of your life, for you have truly prepared him or her for the world.

Without true love there can be not equals in the partnership. Without equals someone will always control the relationship more than the other. True means that no matter how much that it may hurt and it will; you would rather allow the other person to go than to destroy their inner spirit. Sometimes love is only a moment in time, other time is can last a lifetime. You can't make love last a moment longer than it is meant to be. Far too many people spend so much time worrying about losing love that it is usually gone before they realize they were loved.



If you fear losing love then what you have isn't really love. You must always give the person that you love wings to soar. Love can never be a possession. Love has to have the freedom to leave that way love is where it is because it wants to be rather than be forced or because it has to be.

People can grow out of love; that is the risk of life, a quality life requires constant growth and no two people grow at the same rate.

Just because you love someone doesn't mean that they will love you back. You can't make anyone love you. In many ways Love Is a Very Special Word, a word that should never be use unwisely. It is a word that should only be reserved for those special people in your life.

If you listen and use your inner self you will know when you have truly been loved.

Have you every stop to think about how dogs, birds and horses survived before we decided that they needed us to take care of them, to feed them, to protect them from the cold. Maybe there is a very heavy price to be paid for having someone taking care of all your needs. Remember that there is always

free cheese in most mouse traps. So maybe, just maybe the price for having someone else taking care of your needs is your freedom and your identity. So in the end if you allow someone to take care of all your needs then it is really up to them to decide what your wants should be.

"There are times when a person should be content with what he or she has, but never with what he or she is."
William George Jordon

"The shortest and surest way of arriving at real knowledge is to unlearn the lessons we have been taught, to mount the first principles, and to take no body's word about them." Henry Bolingbroke

"If anything goes bad, I did it. If anything does semi-good, then we did it. If anything goes really good, then you did it." Paul Bear Bryant

If you want to be a leader there will be times when you must make a decision that is not popular or seems unreasonable. However, as a leader you cannot and should not be pressured to change a decision you know to be correct. It is often stated that “The greatest form of cowardice is to know what is right and not do it.” As a leader you must always concern yourself with what is best for the people you are responsible for even if they haven’t yet.

“It is fatal to enter any war without the will to win it.” General Douglass MacArthur



“Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is.” Anne Frank

“Men are often capable of greater things than they perform. They are sent into the world with bills of credits, and seldom draw to their full extent.” Sir Hugh Walploe

“I admire people who out of their way to try and do something that they think is right while knowing that they are going to suffer for that decision.” Robert Fisk

Looking back almost every single course I took in college was never about getting a degree but about educating

myself; increasing my ability to interact with the world. To understand how and why people react in given situations. I have also learned about all the warning signs people look for in order to quicker evaluate a person. As a result I have developed the ability to react to numerous people at the same time. It did not matter what their background or area of expertise was I was always quickly mirror them. After I have taken the time to observe myself and just see how my mind works which is pretty often it seems I have the ability to almost stand apart and watch myself over and over again as different scenarios are played out I have often found it unbelievable how in matter of moments I can take a simple name, photo, noise, smell, piece of music and quickly related it to other things.

It is as if I was running computer simulations over and over trying to understand how everything was interconnected. Sometimes out of the clear blue something from my childhood would quickly pop into the simulation such as cutting onions over and over again until they never made me cry. As long as I some control of these simulations I could shut them down when they allowed too much emotion to escape. I learned that emotions such as fear, feeling, happiness, sorrow, excitement were all split from the event.

It was only when I loss control of the simulation when the emotions would come out but never in the right context, so they made any sense. So sometimes I ask myself if I have always quickly reviewed and evaluated every single situation in my mind and reacted based on what my mind determined to be the best course of act. If my mind made a decision based on what society would expect in that situation has Kris ever made a decision. If ever decision is a perfectly logical decision made to protect me from the harshness of the world.

I have serious doubts if I have ever expressed a true emotion in my life time. Maybe I have when I am alone someplace on top of a mountain, in the desert, in the middle of the redwood forest or sitting on a glacier where I laugh, cry, feel overwhelmed ups and down as if every emotion is saying it is my time, it is my turn, I need to get out to see the sun before the door is quickly closed. Almost like a bunch of children showing up at the zoo, where to go first, where to go next, do I have enough time to see everything. I have always been a collector of data. As I collect more and more data I am better able to correctly predict what a person is going to do in every single situation. Sometimes well more often than not people adults can become so predictable they are boring. I have developed a databank of reactions that I can just bring forth without even thinking for every situation.

Oh for the want of a true surprise. I often wonder what a birth of child or grandchild should feel like. I have great children and great grandchildren and would trade them or wish I never had them but I have never felt the emotions or excitement I see from others. I often wonder what a feeling of an accomplishment is, I have accomplished a great deal in my life but I always have it was expected so it is no big deal. I wonder what it is like to have a family, with brothers and sisters. I wonder what it would be like to have a mother and father. I can express every feeling and emotion the outside world expects on less than a moment's notice.

So maybe, just maybe that is the true cost of being a resilient child. You learn to protect yourself from the dangers of outside world which is in many cases displayed in false emotions by keeping your honest and true emotion hidden and protected deep inside you limited to very few while only providing manufacture emotions to the world. It is so strange to me that my manufacture emotions are so much more honest than the emotions I experience in the real world.

“The entire object of true education is to make people not merely to do the right things, but to enjoy them; not merely industrious, but to love industry; not merely learned, but to love knowledge; not merely pure, but to love purity; not merely just, but to hunger and thirst after justice.” John Ruskin



“Each player must accept the cards life deals him. But once they are in hand, he alone must decide how to play the cards in order to win the game.” Voltaire

“Great occasions do not make heroes or cowards; they simply unveil them to the eyes of men. Silently and imperceptibly, as we wake or sleep, we grow strong or weak; and at last some crisis shows what we have become.” Brooke Foss Westcott

“The duties of an officer are the safety, honor, and welfare of your country first; the honor, welfare and comfort of your men in your command second; and the

officer's own ease, comfort and safety last.” General George S. Patton Jr.

“The greatest thing in this world is not so much where we are but in what direction we are moving.” Oliver Wendell Holmes

“The longer I live the more beautiful life becomes. If you foolishly ignore beauty, you will soon find yourself impoverished. But if you invest in beauty, it will remain with you all the days of your life.” Frank Lloyd Wright

“I was never one to patiently pick up broken fragments and glue them together again and tell myself that the mended whole was as good as new. What is broken is broken and I'd rather remember it as it was at its best than mend it and see the broken places as long as I lived.” Margaret Mitchell

“I have learned in the great University of Hard Knocks a philosophy that no woman who has had an easy life ever acquires. I have learned to live each day as it comes, and not to borrow trouble by dreading tomorrow. It is the dark menace of the future that makes cowards of us.” Dorothy Dix

“When you see your way as the only way other ways of doing things go unobserved. When you see your cause as the only just cause the efforts of others become unjust. By defining victory we also define defeat. The difficult effort helps define the easy. Misfortune reveals opportunity. Your failures demonstrate the importance of your successes. Have but don't cling to anything. Take action but don't pre-determine the outcome. When you are finish forget your accomplishments, by doing so you will be remembered for them.” Lao Tzu

"Love is a noble act of self-giving, offering trust, faith, and loyalty. The more you love, the more you lose a part of yourself, yet you don't become less of who you are; you end up being complete with your loved ones."
Author Unknown

"There are admirable potentialities in every human being. Believe in your strength and your youth. Learn to repeat endlessly to yourself, 'It all depends on me.'" Andre Gide

"What we truly and earnestly aspire to be, that in some sense we are; the mere aspiration, by changing the frame of the mind, for the moment realizes itself." Anna Jameson

"Abraham Lincoln did not go to Gettysburg having commissioned a poll to find out what would sell in Gettysburg. There were no people with percentages for him, cautioning him about this group or that group or what they found in exit polls a year earlier. When will we have the courage of Lincoln?" Robert Coles



"One must be a good explorer and a good listener, be able to take in as much as possible while not swallowing anything uncritically. One must fully trust their own gut reactions. A value system is important if you want to know where you stand, but you must ensure that the system of beliefs you use are your own, not someone else's." Mathilde Krim

"No individual achievement can equal the pleasure of leading a group of people to achieve a worthy goal. When you cross the finish line together, there is a deep satisfaction that it was your leadership that made the difference. There is simply nothing that can compare with

that." Bill George

"When you realize that you can literally rise above whatever is bothering you, you can detach yourself from it so that you can observe or witness it happening to the physical you. As long as you are observing, you are not totally involved. This isn't to deny what is happen or to treat it lightly. Lot of happenings are pretty painful. When you are totally caught up in what's happening, so all of you is involved, you lose control of the situation.
H. Samm Coombs

"Present suffering is not enjoyable, but life would be worth little without it. The difference between iron and steel is fire, but steel is worth all it costs. Iron ore may think itself senselessly tortured in the furnace, but when the watch-spring looks back, it knows better. The time will come when we admit that pain and trouble had been good for us. Though the aspect of suffering is hard, the prospect is hopeful." Maltbie D. Babcock

"We must remember that the principal instrument of government is coercion and that our government officials are no more moral, omnipotent, nor omniscient than are any of the rest of us. Once we understand the basic principles which must be observed if freedom is to be safeguarded against government, we may become more hesitant in turning our personal problems and responsibilities over to that agency of coercion, with its insatiable appetite for power." W. C. Mullendore

The greatest threat to the future of our nation – to our freedom – is not foreign military aggression ... but the growing dependence of the people on a paternalistic government. A nation is no stronger than its people and the best measure of their strength is how they accept responsibility. There will never be a great society unless the materialism of the welfare state is replaced by individual initiative and responsibility." Charles B. Shuman

"What does it matter if the cat is black or white as long as it catches mice?" Chinese Proverb

“There is a time in every man’s education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for the better or worse as his position. It is harder because you will always find those who think they what is your duty better than you know yourself. It is easy to live by the world’s opinion; it is easy to keep your own in solitude; but the great man is the person who in the midst of the crowd keeps with perfect sweetness the independence of solitude.” Ralph Waldo Emerson



“The business of life is to go forward; he who sees evil in prospect meets it in his way, and he who catches it by retrospection turns back to find it. That which is feared may sometimes be avoided, but that which is regretted today may be regretted again tomorrow.” Samuel Johnson

“A man was walking in a wilderness. He was lost and was unable to find his way out. Another met him. ‘Sir, I am lost, can you show me the way out of this wilderness?’ ‘No,’ said the stranger, ‘I can’t show you the way out of the wilderness, but maybe if I walk with you, we can find the way together.’ Emery Nester

“Courage does not mean ignoring reality. Courage doesn’t mean taking stupid and foolish risks. Courage means taking carefully evaluated risks, facing fear and accepting the fact that obstacle and failure are a part of life. No quest is worth pursuing if it doesn’t require you to pass numerous tests or take numerous risks. In every adventure you take in life, you must be prepared to fail: Every major adventure that I have been on over the years has tested me severely. I have lived through countless storms at sea; winds over one hundred miles an hour, swells reaching fifty feet. And when I thought I could not last another minute, the winds dropped off, the seas flattened, and the blue sky appeared and my quest was reached.” Robert D. Ballard

“No man will make a great leader who wants to do it all himself, or to get all the credit for doing it.” Andrew Carnegie

“I’d rather be a could be if I cannot be an are because a could-be is a maybe who is reaching for a star. I’d rather be a has-been than a might-have-been, by far for a might have-been has never been, but a has been was once an are.” Milton Berle

“Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. What if they are a little course, and you may get your coat soiled or torn? What if you do fail, and get fairly rolled in the dirt once or twice. Up again, you shall never be so afraid of a tumble.” Ralph Waldo Emerson

“A wise ruler is the one who manages the process rather than the details of government. A leader who continuously pokes and prods into the minutiae of a big bureaucracy or a big business only stirs up trouble. He divides his attention in too many directions and so limits his effectiveness; he alienates his staff, who resent the micromanagement; and he encourages complacency by conditioning people to expect the boss’s divine intervention to solve every problem.” Lao-tzu

“The idea that you can merchandise candidates for high office like breakfast cereal — that you can gather votes like box tops — is, I think, the ultimate indignity to the democratic process.” Adlai Stevenson

“Life is filled with pain, both mental and physical. There is not a damn thing you can do about it. If you let your body rule your life, you will accomplish anything. When you are tired, when you are sore, when you are sick, when you think you can’t go one more step, that’s the time to let the mind take over. The body is merely a shell that must do what the mind orders.” General George S. Patton Jr.

“The most certain test by which we judge whether a country is really free is the amount of security enjoyed by minorities.” Lord Acton



“Morality as taught by way of rules is extremely powerful and valuable in the development of practice. It must be remembered that it, like all the techniques in meditation, is merely a tool to enable one to eventually get to that place of unselfishness where morality and wisdom flow naturally. In the West, there's a myth that freedom means free expression--that to follow all desires wherever they take one is true freedom. In fact, as one serves the mind, one sees that following desires, attractions, repulsions is not at all freedom, but is a kind of bondage. A mind filled with desires and grasping inevitably entails great suffering. Freedom is not to be gained through the ability

to perform certain external actions. True freedom is an inward state of being. Once it is attained, no situation in the world can bind one or limit one's freedom. It is in this context that we must understand moral precepts and moral rules.” Jack Kornfieldt

“If one wishes to know real power of the press, one should pay attention, not to what it says, but to the way in which it is listen to. There are times when its very heat is a symptom of weakness and prophesize its end. Its clamors and its fears often speak in the same voice. It only cries so loud because its audience is becoming deaf.” Alexis de Tocqueville

“Certain hurts and harms and shames can never be done being grieved. Although there will be scars and plenty of them, it is good to remember that in tensile strength and ability to absorb pressure, a scar is far stronger than skin. Tears are a river that can take you elsewhere.” Clarissa Pinkola Estes

You can learn a great deal about a person character when they are forced to make a tough decision. In many ways the decision will tell if they are making the decision based on self-interest, personal security, money, power or self-preservation. Maybe the decision is based on personal improvement or the betterment of the organization or others. If you listen and observe carefully you learn a great deal. No matter how much a person says or tries to display character true character is display in their decision making and their actions.

“Excellence is not an accomplishment; it is a spirit, a never ending process.” Lawrence M. Miller

“If your opponent does not strike, it is likely that you will be unable to defeat him. Deception is the wisdom of victory. Deception is strategy. By the false the truth is obtained. Deception is such that, even when your opponent is aware of it, he cannot help but be taken in. When you use deception and your opponent is taken in, you defeat him by causing him to be taken in. Deception is entirely in attacking with various feints, creating variations, and causing the opponent to make the first move. Even before the fight, you must be resolved that your opponent will attack and not be negligent. It is essential to maintain your concentration. If you do not think your opponent will attack, you will be set upon quickly and severely as soon as the fight begins, and all your training will be for naught.” Yagy Munenori

“You cannot avoid life, and the pursuit of wisdom avails not to close the final doorway. All wisdom, like all happiness, is relative. In life you must achieve your own happiness. Neither wisdom, nor virtue, nor wrongdoing, nor gain at the expense of others can help you. Alone and unaided you must pursue the way of your own happiness, a happiness that can be rarely communicated and still more rarely shared. The final solution of happiness must come through you. Let it suffice for you.” Yang Chu

“Transformation comes from looking deeply within, to a state that exists before fear and isolation arise, the same in which we are inviolably whole just as we are.” Sharon Salzberg

“Each of us needs to withdraw from the cares which will not withdraw from us. We need hours of aimless wandering, or spates of time sitting on parks benches, observing the mysterious world of ants and the canopy of treetops.” Maya Angelou



“If you have struck a blow, do not leave your mind in the place you struck. Rather, after you have made your strike, turn your mind back and observe your opponent. Having been struck, he will be mortified and insulted, and then become angry. If he gets angry, he will become relentless. Here, if you are negligent, you will be struck by your opponent. It is best to think of him as an angry boar. If you think, I struck him, your mind will stay with that thought and you will be negligent. Always stay mindful and suffer yourself no negligence by keeping your eyes fixed. This is of first importance. You had best be resolved that when your opponent has been struck, he will rally. Also, once struck, your opponent will quickly become

more cautious, and you will not be able to strike him with the same mind with which you struck him before. If you strike at him and miss, he will now take the initiative and strike you.” Tsuki

“The so-called traumatic experience is not an accident, but the opportunity for which the child has been patiently waiting, had it not occurred, it would have found another, equally trivial in order to find a necessity and direction for its existence, in order that its life may become a serious matter.” W. H. Auden



“How many people does one meet with everywhere, who with very moderate parts, and very little knowledge, push themselves pretty far, singly by being sanguine, enterprising and persevering? They will take no denial from man or woman; difficulties do not discourage them; repulsed twice or thrice, they rally, they charge again, and nine times in ten prevail at last. In life nothing is more effectual, or successful, than a good, though concealed, opinion of one’s self, a firm resolution, and an unwearied perseverance. None but madmen attempt impossibilities; and whatever possible, in one way or another to be brought about. If one method fails, try another, and suit your

methods to the characters you have to do with.” Lord Chesterfield

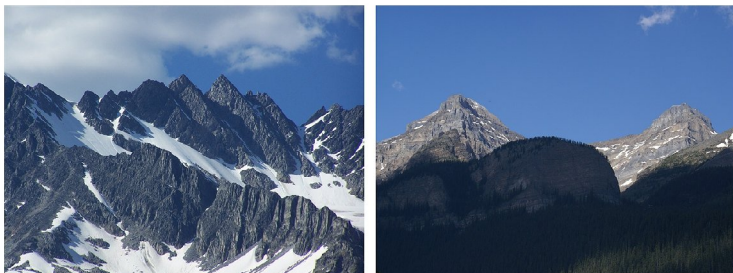
“How do you know you have won? When the energy is coming the other way and when your people are visibly growing individually and as a group.” Sir John Harvey Jones

“There are persons who shape their lives by the fear of death, and persons who shape their lives by the joy and satisfaction of life. The former live dying; the latter die living. I know that fate may stop me tomorrow, but death is an irrelevant contingency. Whatever it comes, I intend to die living.” Horace Kallen

“A story that was the subject of every variety of misrepresentation, not only by those who then lived but likewise in succeeding times: so true is it that all transactions of preeminent importance are wrap in doubt and obscurity; while some hold for certain facts the most precarious hearsays, others turn facts into falsehood; and both are exaggerated by posterity.” Tacitus

“You cannot be a leader and ask other people to follow you, unless you know how to follow too.” Sam Rayburn

“Experience keeps a dear school, but fools will learn in no other, and scarcely in that; for it is true, we may give advice, but we cannot give conduct. Remember this; they that will not be counseled cannot be helped. If you do not hear reason she will rap you over your knuckles.” Benjamin Franklin



Canadian Rockies

Baniff National Park

“A virtuous man can never be wretched; because he will never render himself an object either of hatred or contempt. Of the circumstances in which he is placed, he will always make the best and most honorable use; as a good general, and a good artist, employs the forces, and the materials, with which they are respectively entrusted, always to the best advantage. Happiness, founded on such a basis, can never sink into misery; although it must be shaken by tragic misfortunes, from which it will not soon recover its natural state. Yet, in consequences of virtuous exertions, continued through a sufficient length of time, a good man, competently furnished with the accommodations of life, will resume his wonted serenity; and may pronounced happy, notwithstanding the vicissitudes to which he is still exposed; at least possessed of such happiness as is consistent with the condition of humanity.” Aristotle

“I firmly believe that any man’s finest hour, the greatest fulfillment of all that he holds dear, is in that moment when he has worked his heart out in a good cause and lies exhausted on the field of battles-victorious.” Vince Lombardi

“No one I know of has ever experienced one success after another without defeats, failures, and disappointments, ad frustrations galore along the way. Learning to overcome these times of agony is what separates the winners from the losers.” G. Kingsley Ward

“Crafty men condemn studies, simple men admire them, and wise men use them; for they teach not their own use; but that is wisdom without them, and above them, won by observation. Read not to contradict and confute; nor to believe and take for granted; nor to find talk and discourse; but to weight and consider. Some books are to be tasted, others to be swallowed, and a few to be chewed and digested; this is, some books are to be read only in parts; others to read, but not curiously, and some to be read wholly, and with diligence and attention...Reading maketh a full man; conference a ready man; writing an exact man, and therefore, if a man write little, he had need have a great memory; if he confer little, he had need have a present wit: and if he read little, he had need have much cunning, to see to know, that he doth not.” Francis Bacon

“Growth begins when we begin to accept our own weaknesses.’ Jean Vanier

“Promise yourself to live your life as a revolution and not just a process of evolution.” Anthony J. D’Angelo

“Fortune is a great deceiver. She sells very dear the things she seems to give us.” Vincent Voiture

“Sometimes we get so caught up looking for the big example; we lose sight of the people who, in their daily lives, stand up for what they believe.” Alan C. Page



Mother Nature may make things very difficult but she never makes them impossible. Only we have the ability to make the easy hard and the difficult impossible. Mother Nature has locked the solution key deep with each of us. It is our responsibility to find that key. We can only use our own key.

“There will come a time in each of lives when three paths lie ahead. To the left, we can follow the lead of others mindlessly practicing discrimination or injustice or abusing their fellows. This is the path of perpetrators of evil. To the right, we can follow the leads of those who smilingly look the other way. This is the path of the evil of inaction. Straight ahead, we make up our minds to act responsibly as individuals standing up for what we believe in, to do the right thing when it is easier to do the wrong thing or nothing at all.” Philip G. Zimbardo

“Never let your sense of morals keep you from doing what is right.” Isaac Asimov

“I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, for I shall not pass this way again.” William Penn

“Of any stopping place in life, it is good to ask whether it will be a good place from which to go on as well as a good place to remain.” Mary Catherine Bateson

“If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live.” Lin Yutang

“You get to the point where your demons, which are terrifying, get smaller and smaller, and you get bigger and bigger.” August Wilson

“Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.” Ralph Waldo Emerson

“Leaders must be prepared for pain—the pain of loneliness, the hardest of all disciplines to a social nature, of visions ridiculed, enthusiasm misunderstood, plans rejected by those in whose interest they were formulated. You cannot have the joy of leadership without its discipline, or at times its anguish.” Charles Henry Brent

“Truth is always consistent with itself, and needs nothing to help it out; it is always near at hand, sits upon our lips, and is ready to drop out before we are aware; a lie is troublesome, and sets a man’s invention upon the rack, and one trick needs a great many more to make it good. It is like building upon a false foundation which continually stands in need of props to shore it up, and proves at last more chargeable than to have raised a substantial building at first upon a true and solid foundation.” Joseph Addison

“I am inspired when I walk down the street and still see people trying. A lot of them look as if they are on their last leg, but they are still getting up somehow.” Faith Ringgold

“We know when it thunders that lightening has already struck and that thunder cannot kill us. Nevertheless, a clap of thunder always makes us tremble. Death is similar. A person who has not figured out the purpose of life thinks death destroys everything, so he is afraid and tries to hide from death, like an ignorant person tries to hide from a clap of thunder, when the sound cannot possible harm him.” Leo Tolstoy

“Everything on earth has its limits and the mightiest and most fortunate perish and turn to dust. The whole planet is a huge graveyard and nothing on its surface escapes entombment. Rivers and streams flow to their end point and never return to their happy sources but rush forward to be buried into the depths of the endless ocean. What existed yesterday is already gone today; and what exist today will be gone tomorrow. The cemetery is full of the dust of those who formerly throbbed with life, who were kings ruling nations, who led armies, who conquered new lands, who demanded subservience, who were fully of vanity, grandeur, and power. But their fame evaporated like black smoke from a volcano and nothing was left but a few lines on the pages of chronicles. The great, the wise, the brave, the beautiful; alas! Where are they now? They are all mixed with clay, and what happened to them will happen to us and to those who come after us.” Tetzkuo Nezagual Copotl

“In conversation even with folks of the lowest ranks, Hadrian maintained the utmost of civility. He hated people of the type who begrudged him this national pleasure under the guise of protecting the emperor’s dignity. His memory was superb and there was no end to his eloquence; for he personally composed his own speeches and all responses to petitions. He called by name all the old veterans whom he had discharged at one time or another. Simultaneously, he wrote, dictated, listened to others; and chit-chatted with friends.” Agricola



“Survival with honor, that outmoded and all-Important word, is as difficult as ever and as all-important to a writer. Those who do not last are always more beloved since no one has to see them in their long, dull, unrelenting, no-quarter-given-no-quarter-received, flights that they make to do something as they believe it should be done before they die. Those who die or quit early and easy and with every good reason are preferred because they are understandable and human. Failure and well-disguised cowardice are more human and more beloved.” Ernest Hemingway

“How a man, of some wide things that he has witnesses, will construct a narrative, what kind of picture and delineation he will give of it, is the best measure you could get of what intellect is in the man. Which circumstances is vital and shall stand prominent; which unessential, fit to be suppressed; where is the true beginning, the true sequence and ending? To find out this you task the whole force of insight that is in the man. He must understand the thing; according to the depth of his understanding, will the fitness of his answer be. You will try him so. Does like join itself to be like; does the spirit of method stir in that confusion, so that its embroilment becomes order? Can man say, finally let there be light; and out of chaos make a world? Precisely as there is light in himself, will he accomplish this?” Thomas Carlyle

“If honesty be true policy with regard to the transient interest of individuals, it is much more certainty so with regard to the permanent interests of communities. I know that it is but too natural for us to see our own certain ruin in the possible prosperity of other people. It is hard to persuade us that everything which is got by another is not taken from ourselves. But it is felt that we should get the better of these suggestions, which come from what is not the best and soundest part of our nature and we should form to ourselves a way of thinking, more rational, more just, and more religious. Trade is not a limited thing; as if the objects of mutual demand and consumption could not stretch beyond the bounds of our jealousies.” Edmund Burke

Unanswered Prays:

For some reason my mother was very protective to a point of being very controlling when it came to girls and women. It always seemed strange that I could get up every morning before my mother leave the house without speaking to anyone and not come home until the street lights came on and my mother wouldn't ask a single word about where I had been all day.

On a number of occasions my mother would be very angry and ask me all kinds of questions about which lady had talked to me and what did she say, did I go anywhere with her, or did she give me something. When I said no to her questions she just got angrier. Whenever she caught e talking to some neighbor woman she got very mad and would ask all kinds of questions.

Starting around 10-11 years old I would have to baby-sit for one my mother's female friends' kids every Friday and Saturday night. Sometimes I would earn 50 cents an hour for up to 4 or 5 kids, Sometimes I did not get paid because the women were too drunk and I was afraid to ask them for the money. I always had to be awake when they came home because they wouldn't pay me for the hours I slept. They and my mother would go out around 9-10 PM and not get home until about 2 AM sometimes as late as 4 AM. Often they would bring some guy home with them. If that happen I would have to leave and walk home. It was over a mile from their apartments to my house. No matter how scared I was walking home; that late at night or that early in the morning it was better than sleeping over one of my mother's friend's apartment. The choice was dealing with

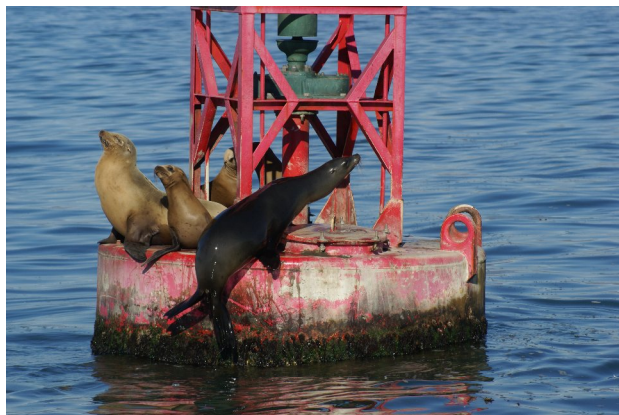


the guy the woman came home with because it always seemed these guys wanted to show off for some reason, dealing with all my mother's questions or just making it home and going to bed. When I got home my mother was always at the kitchen table smoking with her friends. This went on for a number of years. The only differences was has I got older was the walks was longer and the quickest way to get my mother angry was not to get home before she went to bed. These women were my mother's good friends but she always talked about them as whores.

As I got older whenever I became interested in a girl it wasn't long before my mother would begin saying that she was a whore, slut or a pig. With my younger brother it was a complete 180 it was as if every ever girl he had sex with made him more and more of a man. It seemed that my mother was becoming very concern because I wasn't having all kinds of girls like by brother. A number of her lady friends were outwardly questioning if I was "queer". I did not want to be like the others in the projects I had no desire to be a father by 16. I would spend time working, holding up in the library doing my homework because it was death to bring homework and books home to the projects. So it was if you were smart and studied you were 'queer'

It became a running joke between the mother and her smoking and gossiping buddies what type of girl I would marry and what color would she be. I told them that girl I would marry not only had to be either half Japanese or half Indian or both to improve on my mixture but she had to be born on August 9th also. Later I would fixture out that there would only be 4931 girls in the world that would qualify. However, I kept saying it because it would set my mother off. For some reason she hated Japanese people especially girls, and when her friends would say that is why he wants to join the Marines because they had all kinds of bases in Japan it would set her off. She did not have much regard for Indians either. Every time I was asked and I replied I felt in complete control because for the first time I felt that I had at least some power no matter how small but I had some over my mother and it felt real good. Sometimes when I came home from work I was just hoping one of them would ask.

While I was always telling my mother and her friends of the August 9th girl, I was very attached to a girl that sat in front of me in 10th grade. I said little to nothing to her all year. In 11th grade I would walk by her every single day on the way to school and again I said little to nothing. She was a majorette and in our school you have to be part of the varsity club which was made of lettermen, letterwomen and cheer leaders and majorettes. I wanted to ask her for a date but I believed that I had little to no chance of her ever saying yes if I did not have a letterman's jacket.



So as a senior I decided to go out for the x-country team even though I had never ran in my life. I did it for two reasons the first was that the runners didn't seem to be going that fast or working very hard and secondly it was the quickest way to earn a letter. Also the school's sport policy insured that every senior was given a letter even if he or she earned it or no.

On the first day of practice was very cold and windy. Coach Wilcox told us that we all had to run a mile on an old 5 and 1/2 half lap cinder track. The other guys on the team told that it was important that I did not run very fast because if I did I would be sorry as Coach Wilcox based

the training schedule on one's time in the mile. He started us off and headed to the club house. After the first lap I was way out in front of everyone so I started slowing down then I saw Coach Wilcox jumping up and down so I ran faster then I got too out ahead so I slowed down again. This went back and forth slowing down speeding up back and forth. When I finished I asked the other guys if I had ran slow enough and they were very cold to me. Then Coach Wilcox came running all excited and yelling I thought he knew I hadn't ran as fast as I could have.

Little did I know that he was excited because of how fast I had run the mile. I had ran my first mile in a time of 5:07 and less than two week later I ran my first high school x-country race at New Bedford which I finished as the number 1 runner for my team. By my third race I had won my first high school x-country race. By that time I had earned enough points to earn my first letter out-right. I would go on to win two more x-country races. In the spring I would win six 2-mile track races and qualify to run in the state meet in Boston.

I never asked the majorette out for a date, let alone the prom. I listen to the guy that I believed to be a close friend. He lied to me about the majorette; it seemed we could be good friends as long as nothing changed. I became a very good runner even to the point of running a 10:08 two mile which changed everything.

I ran and prayed to earn a letter so I could ask the girl of my dreams out for a date a date that never happened but numerous other doors were opened and numerous opportunities were created by lacing up my old Converse Basketball Shoes and running a 5:07 mile. Something that would never had happened if I hadn't acted on my desire to work up the courage to ask. It opened the door to college and everything else that was the direct result of attending college. The direction of my life was changed forever once I won my first high school x-country race.

In many ways I learned that as long as you have some type of direction and head out you have a good chance of getting where you need to, not always where you want to be, but where you need to be. Life is funny about that; Life has a way of rewarding the traveler and punishing the spectator. There isn't just one road from here to there, There are often countless roads, some easy, some hard, some boring, some exciting and even some unknown.

"The wrong doer is often the person that has left something undone, rather than the person who has done something." Marcus Aurelius

“While watching what your opponent is doing, you should look when you do not seem to be doing so. And not to look when you seem to be looking. Do not be negligent at any moment, and do not set your eyes on any one place but keep them moving steadily and quickly. With a pilfered glance, the dragonfly evades the shrike. In order to avoid being caught the dragonfly looks stealthily in the direction of the shrike and leaps into flight.” Yagyu Munenori



“No matter how insignificant the thing you have to do is do it as well as you can, give it as much of your care and attention as you would give to the thing you regard as the most important. For it will be by those small things that you shall be judged.” Mahatma Gandhi

“Gentlemen at least we’ve all have been blooded now. I don’t want you to be mooning over the losses and feeling sorry for yourselves or taking all the blame on your shoulders. We’ve all got to leave this world one day; we’re all in the same pickle. And there are worse things than dying for your country. Some things about our action in the last four days, I want you to remember forever. There are some we would like to forget-but they will be in your mind’s eye as long as you live. I hope we’ve all learned something. Now take care of your men and make yourselves ready. We haven’t seen anything yet...I want to see my officers leading. I want you to know that you’re leaders, not simply commanders. You can’t operate a military forces in the field under these conditions with commanders alone. Civilians wouldn’t know what I was talking about...There are many qualities in one man, but one that is absolutely necessary is stark courage. Give that idea to your men in your own way.” LtCol Chesty Puller USMC

“A leader is one who goes before, who keeps in advance of the crowd without detaching himself from the crowd, but so influencing them to attach them to his ideal selfhood. Obviously and of necessity he is a social personage who has the power of enabling other people to see what he sees, to feel what he feels, to desire what he desires. He contracts the crowd into the span of his own personality. He converts them into a composite second self. He gets to understand their limitations, their antagonisms, their passions, their virtues, by drawing them with magnetic force into his own soul to occupy his very experience, until they are himself and he is they in no unreal or forced sense. It is only by this process by which the Leader becomes the crowd and makes a crowd become himself, that talent or genius of the one is passed on for universal use and perpetual endowment. Not only does a Leader contract the crowd himself, but he expands himself into the crowd until they feel him entering their being at every opening. He seeks out their undeveloped capacity and makes it hungry for self-expression; he is the centripetal force; that focuses in a common purpose their energies. He is like the leader of an orchestra who gets harmonious and melodious cooperation from all his musicians. He does not hesitate to say Follow Me, nor does he lose in humility in the invitation.” Charles Henry Brent

“Fate brings its own clock.” Pearl Bailey

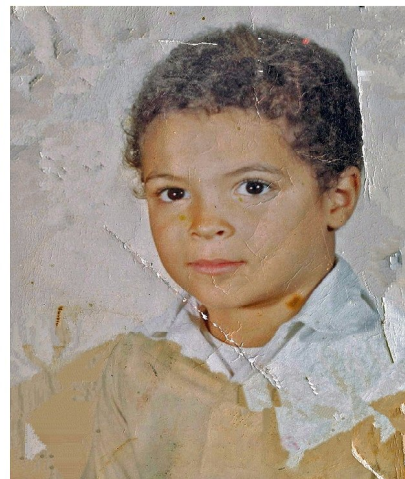
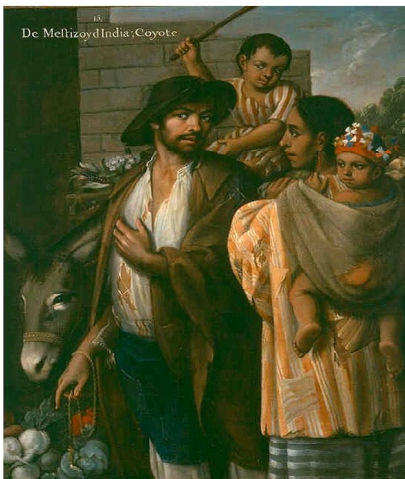
“If you are master of yourself you will generally be master of any situation in which you may be placed. To remain calm and unmoved under severe provocation: to resist every irritable impulse, every inclination to say harsh, unkind things, even when one’s most vulnerable point has been assailed, requires spiritual stamina and a force of character for greater than that demanded of the hero in a merely physical contest. Some people are weak enough to think that a quick, ungovernable temper is an indication of a lofty spirit. This is the very opposite of the truth. As a rule, a fiery temper, or, rather, the giving way to it, shows lack of mental balance. Truly great characters are nearly always serene and not easily moved from their balance.” George R. Devitt

“It’s not really about winning. It is about standing up for what you believe in. When we didn’t win, I was replaced. Someone has to accept that responsibly.” Heath Shuler

“Our first identity as a Marine is to be a Marine. All of us are warriors. We salute the past while carrying a sense of responsibility for those who went before us. The Marine Corps makes the most detailed and significant demands on its people in terms of iron discipline and precise standards. Yet of all the services, we



most likely have the greatest tolerance for mavericks and out-side the box thinkers. In other military services, if you don't fit the usual pattern, you rarely succeed. If you punch all the right tickets you move up. In the Marines, you are more likely to find people who succeed who don't fit the usual pattern. This means Marines are encourage to speak out... let it all hang out, no matter whose ox's get gored. Within the Marine Corps being outspoken is the expectation. This also means that we are an institution where people are judged on their performance and not their opinions.” General Tony Zinni USMC (Ret)



“If you are neutral in situations of injustice, you have choosing the side of the oppressor. If an elephant has its foot on the tail of the mouse and you say you are neutral, the mouse will not appreciate your neutrality.” Desmond Tutu

the mouse will not appreciate your neutrality.” Desmond Tutu

“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.” Oprah Winfrey

“The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightening. But no price is too high to pay for the privilege of owning yourself.” Friedrich Nietzsche

“Often it is not so much the kind of person a man is as the kind of situation in which he finds himself that will determine how he will act.” Stanley Milgram

Never allow someone else to set the boundaries in your life or allow anyone to place limits on your ability to experience the wonders and possibilities that exist in this world. We are all born with the desire and ability to explore.

“Men make history and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when the courageous, skillful leaders seize the opportunity to change things for the better.”
Harry S. Truman

“Because your own strength is not equal to the task, do not assume that its beyond the powers of man; but if anything is within the province of man, believe that it is within your own compass also.” Marcus Aurelius

“All leaders, regardless of their fields or styles of leadership, share one characteristic—confidence, in themselves and in their cause. A person gains confidence in himself as he surmounts difficulties by reason of his intelligence and judgment. That confidence transmits itself to others and is a source of inspiration to Marines serving under that individual. The leader also understands that it is his obligation to look after those whom he has command. The more arduous their situation, the more intensely subordinates must feel their commanders, their leaders, are vigilant on their behalf. Again, this relates to the feeling of comradeship that should pervade a unit; holding true up, and down and across the ranks.” LtCol Kenneth W. Estes



“We pay a very heavy price for the fear of failure. It is a powerful obstacle to growth. It assures the progressive narrowing of the personality and prevents exploitation and experimentation. There is no learning without some difficulty and fumbling, if you want to keep on learning, you must keep on risking failure, all your life.” John W. Gardner

“Courage is not the absence of fear, but rather the judgment that something else is more important than one’s fears. The timid presume it is the lack of fear that allows the brave to act when the timid choose to do not. But to take action when one is not afraid is very easy. To refrain when afraid is also easy. To take action regardless of fear is bravery.” Ambrose Redmoon

“Where the individual has not measured up, it is because he or she has generally failed fortune’s bid for fame. Such incidents most frequently are found in war where the career of the leader is at stake, and where his actions or decisions will determine the saving or slaughter of many of his men. History is filled of such cases. The lure of glory, the fear of being thought afraid, of losing personal power or prestige, the mistaken idea that blind obedience to orders has no alternative, all have been followed by tragic losses of lives with little or no gain. History often glosses over the countless thousands of lives, which have been fruitlessly sacrificed to the pull of power, prestige, and publicity.” Author Unknown

Far too often people make the mistake of believing that in order to be competitive you need to be very aggressive sometimes to the point of being very combative. That is a no win game, it is as if you need to destroy your competition in order to prove you are number one. When in fact you improve only with competition, destroy all your competition and you destroy yourself. You really only improve yourself when you improve your competition.

“I desire so to conduct the affairs of this administration that if at the end, when I come to lay down the reins of power, I have lost every other friend on earth, I shall at least have one friend left, and that friend shall be down inside me.” A. A. Milne

“The winning of honor is but the revealing of a man’s virtue and worth without disadvantage. For some in their actions do woo and affect honor and reputation, which sort of man are commonly much talked about, but inwardly little admired. And some, contrariwise, darken their virtue in shrew of it, so as they be undervalued in opinion. If a man performs that which hath not been attempted before, or attempted and given over, or hath

been achieved, but not with good circumstance, he shall purchase more honor than by effecting a matter greater difficulty or virtue, wherein he is but a follower.” Francis Bacon

“What you have become is the price you paid to get what you used to want.” Mignon McLaughlin

“Faced with the choice between changing one’s mind and proving there is no need to do so, almost everyone gets busy on the proof.” John K. Galbraith

“In his DNA are the genes of the genius as well as those of the beast. The chaos of his spirit is the sun illuminating his life as well as the curse that can ruin him. Chance plays dice with his destiny. It is impossible to predict what his next move will be. The only certain thing is that one never gets bored staying around him...he doesn’t have history or parents, and was never schooled by anyone. Saying he is independent is a mild



euphemism. He created himself. He lives in the world, in the midst of action, but he is more lonesome than the loneliest hermit on the mountains. His heart doesn’t belong to anyone and he is far too weird for anyone to follow him. He doesn’t stop to reflect, doesn’t ponder, and make no plans. Without thoughts or fear, he dances just a step away from the abyss.” Author Unknown

“If you take too long in deciding what to do with your life, you will find you’ve have done it.” Pam Shaw

“Just because you have self-confidence that doesn’t mean you’ll beat your opponent. Your opponent’s self-confidence might be as high, if not higher, than yours. It

takes confidence, skills and understanding of your opponent.” Sam Lau

When it comes time to die, be not like those whose hearts are filled with the fear of death, so when their time comes they weep and pray or a little more time to live their lives over again in a different way. Sing your death song, and die like a hero going home.” Chief Aupumut

“About all you do in life is be who you are. Some people will love you for you. Most will love you for what you can do for them, and some won’t like you at all.” Rita Mae Brown



“What is important to understand is that anyone who learns that he has a terminal illness is never the same. More, the lives of his family and his associates are forever changed. I don’t know how many sincere, intelligent, well-meaning people have advised me that because I don’t know precisely when I’m going to die, I should simply think the way I did before I found out that I had cancer. This is well-intentioned support, but it is meaningless to the person with a terminal disease. I cannot pretend I have

cancer. Understand that a terminally ill person, no matter how many friends and loved ones surround him, is alone. Death is personal.” Admiral Elmo Zumwalt

“Don’t fall into the trap of claiming credit for successes that have occurred by chance. When you succeed at something , honestly consider which of your actions seem to have contributed to your success and which probably didn’t. Ask others to help you in your evaluation.” Paul J. H. Schoemaker

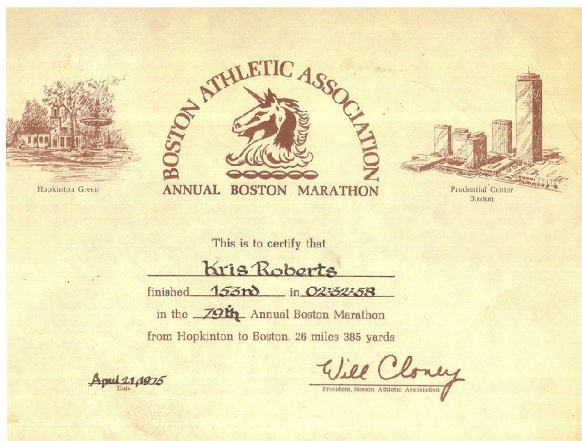
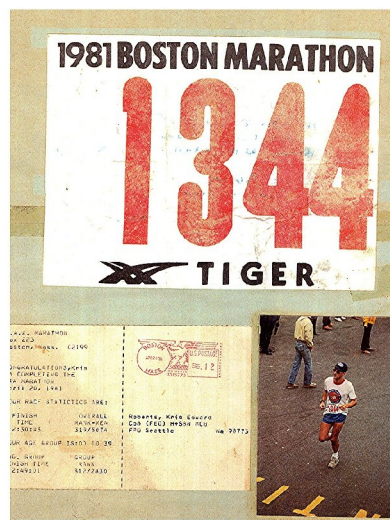
You Are Not Talented Enough To Take the Risk

It has been a rough period of time. I had missed my freshman track season due to a major knee injury that would require 10 days in the hospital. I then missed my sophomore year x-country season due to a second major knee operation. In my opinion I had recovered enough to be a member of the spring track team. It was rough but I was more than willing. However, my opinion was quickly overruled. The track coach called me over to the center of the track and told me that he didn't believe I was talented enough to risk farther damage to my twice operated on knee. So like in Jr. High I found myself running home by myself.

A few weeks later the coach who full-time job was the college's financial aid director called me to his office and told me that there would be very limited financial aid available for me next year. I did not like it but it wasn't unexpected for he had recruited numerous runners, runners who had been state champs and New England Champions, and I only had one year of high school running and no championships. Of the 45 runners that were on the time during my period I think only 9 finished college within five years. I believed that he expected me to disappear, either drop-out or transfer to another college maybe closer to home.

"If a man has talent and he can't use it, he has failed. If he uses only half of it, he has partially failed. If he uses the whole of it, he has succeeded, and won a satisfaction and triumph few men ever know."
Thomas Wolfe

There must be a valid reason or purpose for every battle. When nothing can be gained even by winning it is a total waste of resource and time.



I went back home and knew that I needed to make money if I wanted to go back to school so I reapplied for my former job of making suitcases which I was rehired. I then applied for a night shift job at McDonald's which I got. My day job was from 7:30 AM to 4:30 PM Monday thru Friday and my night job was from 5 PM to 2 AM five nights a week with usually a Friday and Saturday night. I would run about two miles from my house in the morning to get work then run about 1.5 miles from my day job to McDonald's then about 1.5 miles to home and do it all over again in the morning.

Even thou I was in college my mother stated I was living in her house so I still had to live by the 1/3-1/3-1/3 rule or find another place to live. I only worked 40 hours the first week at the factory so I showed my mother that check and gave her the room and board 1/3 and my college fund 1/3 which I knew I would never see. After that first week pay check I started showing up about 20-30 minutes early at the factory and I often worked through lunch and that was all over time. I

never told my mother about McDonald's. It was easy because she spend a great deal of time out at the rental beach house. In many ways I had to find a way to hide the amount of money I was making from my mother without outright lying to her. I wanted to complete college and I wanted to run x-country but there was only

some much time and energy that I had. I knew I had to get away. I knew that Fall River held no future for me and without a college degree I would most likely end up back in Fall River.

Even working two jobs and earning overtime I was not going to make enough money to cover the cost of school so I applied for a student loan on my own from the local bank. I got the loan but I made the mistake of letting my mother know and I was required to give her \$600 which she used to buy a new camper which she later used to camp in Maine.



Between the money I made during the summer, the bank loan, the National Defense loan, and the scholarship from the state of Massachusetts I had enough money to pay for my tuition, fees and books. I got a job at McDonald's and was given some work-study work for extra income. McDonald's, work-study and left over money from the summer help pay my weekly rent in a two room apartment. But most of all I became a member of the x-country team again. I wasn't doing great but I was making improvement.

By the time winter semester rolled around I had to move out of my small apartment because I was behind in my rent. I had enough money to cover college costs but little to nothing else. The only place I could afford was a small one light-bulb, heatless, window-less plywood frame room in the cellar of a house owned by some college professors. They required me to pay the cost of the semester up front. It got unbelievable cold; many nights I went to sleep fully clothed to include my shoes and hat. I didn't know what was worst the cold or knowing that the students upstairs had food, heat, TV and showers. I was limited to using the bathroom but it was almost always too cold to get out of bed. I had very little money for food. I worked for the basketball team so I got fed on road trips, I would often seek into the college dining facility a few times a week to get something to eat. The morning was always the easiest so I would put as much fruit, cookies and cereal boxes in my backpack as possible. I worked the night shift at McDonald's and they had a policy of throwing out food after a certain amount of time. I would always offer to brave the cold and take out the trash. At the trash bin I would remove the ¼ pounder sandwiches, the fish filet and the pie and set them aside. Because it was always cold at night I hadn't anything to worry about, and since it was cold in my little room I knew that they wouldn't be rotten by morning and I would have food for breakfast.

I learned to take showers at the dorm or at the gym. Even thou I had a old beat up car people would see me running all over town from place to place. On the weekend's I would drive my car to road races and soon I was finishing up in the top ten and then I started winning races. I finished 153rd in the Boston Marathon, I won the New England AAU Marathon Championship, I won the New England AAU Silver 15K Championship and finished 8th in the NEAAU 30k Championship. I still had to work during the summer, but the financial aid director was able to find money for me to start the next school year or my senior year.

When I started my senior year or 3rd x-country season I was more than compleitive with my teammates and with our competition. But most of all I made it over the hump, I was more than talented enough to risk further injury. I learned there is a big different between needs and wants. Taking care of one's needs often lays the foundation for future growth while taking care of one's wants is like building a house without a foundation. But most of all if you have something that is of use to someone else they will find a way to help you. On the opposite side of that coin if you have little to no benefit there is a good chance they will display indifference.

I often wonder without the pains of rejection and physical hardships would I have accomplished what I did. The importance of running the Boston Marathon and winning the NEAAU Marathon would show their unexpected value over two years later.

“Success is dangerous. One begins to copy oneself, and to copy oneself is more dangerous than to copy others. It leads to sterility.” Pablo Picasso



“Look at everything as though you were seeing it either for the first or last time. Then your life on earth will be filled with glory.” Betty Smith

“If I always appear prepared it is because before entering on an undertaking, I have meditated for a long time and have foreseen what may occur. It is not genius which reveals to me suddenly and secretly what I should do in circumstances unexpected by others, it is thought and preparations” Napoleon

“A true measure of your worth includes all the benefits others have gained from your success.” Cullen Hightower

“Those who value life do not destroy themselves for material gain. Those who are firm in ethics do not try to spare themselves when they see difficulty. Those greedy for money disregard their health when they see a profit to be made. Those who want a good name will not try to get it unjustly.” Lao-Tzu

“To live fully is to let go and die with each passing moment, and to be reborn in each new one.” Jack Kornfield

“Cultivated people have nine thoughts. When they look, they think of how to see clearly. When they listen, they think of how to hear keenly. In regard to their appearance, they think of how to be warm. In their demeanor, they think how to be respectful. In their speech, they think how to be truthful. In their work, they think of how to be serious. When in doubt, they think of how to pose questions. When angry, they think of trouble. When they see gain to be had, they think of justice.” Confucius



“Be generous as long as you live. What goes into the storehouse should come out. For bread is made to be shared. Those who bellies are empty turn into accusers and those who show it, are deprived become opponents. See that none such as these are your neighbors. Generosity is a memorial for those who show it, after they have departed.” Ancient Egyptian Wisdom

“Character is something each one of us must build for himself, out of the laws of God and nature, the examples of others, and most of all out of the trails and errors of daily life. Character is the total of thousands of small daily

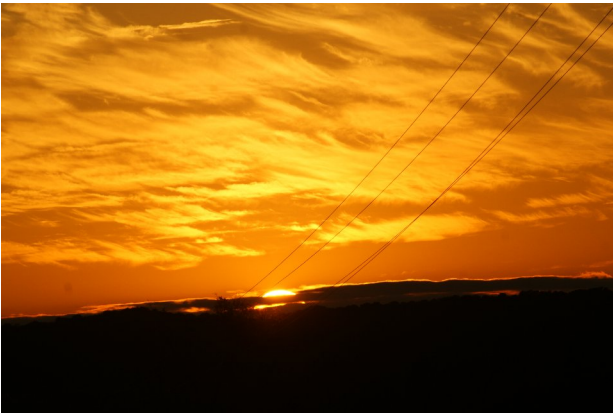
strivings to live up to the best that is in us. Character is the final decision to reject whatever is demeaning to oneself or to others and with confidence and honesty to choose the right.” General Arthur Trudeau

“The harder the conflict, the more glorious the triumph; what we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. I love the man that can smile in trouble that can gather strength from distress and grow brave by reflection. 'Tis the business of little minds to shrink; but he whose heart is firm, and whose conscience approves his conduct, will pursue his principles unto death. Thomas Paine

“He that never changes his opinions, never corrects his mistakes, and will never be wiser on the morrow than he is today.” Tryon Edwards

“The real leader has no need to lead; he is content to point the way.” Henry Miller

“If you want to be a winning team then it is very important to lose an occasional battle so that you can win the war. We all like to win. We all like to prove our superiority. But if you ever tried to evaluation what you actually gained when you win a battle and what you forfeited when you lost, you will be surprised to discover that often the losses are wins and the wins were really losses.” Henry C. Rogers



“Be yourself; no base imitator of another, but your best self. There is something which you can do better than another. Listen to the inward voice and bravely obey that. Do the things at which you are great, not what you were never made for.” Ralph Waldo Emerson

“I've always been amazed that the very people forced to live in the worst parts of town, go to the worst schools, and who have it the hardest are always the first to step up, to defend us. They serve so that we don't have to. They offer to give up their lives so that we can be free. It is, remarkably their gift to us. And all they ask for in return is that we never send them into harm's way unless it is absolutely necessary. Will they ever trust us again?” Michael Moore

“I have to deal with a man of depraved and murderous disposition. How is one to deal with a man of this sort? The first thing you must do is not to improve him, but to improve yourself.” Yen Ho

“What about renouncing my own experience, needs and knowledge? But how could I? I could renounce needs perhaps, but experience and knowledge, how? There seems to way I can become like others except by faking. What I know, I know for good or ill. So for good or ill I shall remain myself.” Chinua Achebe



“Some information is simply not safe for us-not because there is something wrong with its possession in the abstract, but because it is the sort of thing we humans are not well suited to cope with. There are various things we simply ought not to know. If we did not have to live our lives amidst a fog of uncertainty about a whole range of matters that are actually of fundamental interest and importance to us, it would no longer be a human mode of existence that we would live. Instead we would become a being of another sort, perhaps angelic, perhaps machine-like, but certainly not human.” Nicholas Rescher

“Self-knowledge is the greatest source of personal power on this earth. When we begin to know ourselves, to aim our lives and target our energies appropriately, we dramatically empower ourselves. When we start to define clear goals, we begin the exciting task of discovering and defining ourselves. It is certainly not a once-and-for-all event. Like everything else, our goals may change or evolve over time. But we must begin the process of setting targets right away and shooting for those targets or we are wasting some of the opportunities that each day brings.” Norman Lear

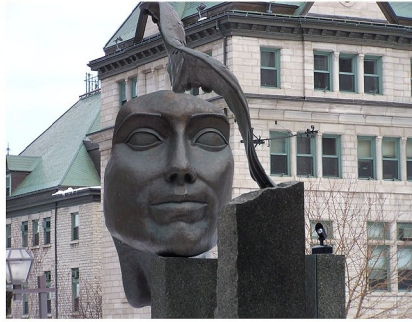
“It is what a man is that counts, not what he know. Character comes from habits; habits come from acts; acts come from thoughts; thoughts come from the heart and mind. Keep thy heart with all diligence. For out of it are the issues of life. As a man thinketh in his heart, so is he.” Marcus Antoninus

“Many people don't actually lie, they merely present the truth in such a way that nobody recognizes it.” Eleanor Holmes Norton

The Keene Sentinel Saturday,
 April 12, 1975 Keene, New
 Hampshire
 Monadnock Profile
 Runner Roberts Nears His
 Dream
 By Pete Hanrahan; Sentinel
 Special Writer



Gettysbury, National Park



Montreal, Quebec, Canada



Hilton Head, South Carolina



New Orleans, Louisiana



Puerto Rico



Gettysbury, National Park

The Road to the Boston Marathon April 21st has been a long one for Keene State College Junior Kris Roberts. Participating in the Bean town classic will be the culmination of a dream for Roberts, who has not always found the going easy, either as a runner or as a human being.

Roberts, a native of Fall River, Mass., is the son of a Puerto Rican father and an English mother. After Kris was born, his mother married a white man, and Kris grew up with white parents and white brothers and sisters. He grew up a mulatto, neither black nor white, often scorned by both the black and white kids.

To make matters worse, Roberts remembers, “I was only four-feet-nine when I started eighth grade, (*actually 7th grade*) and I got kicked around pretty good.” “I had to

do something,” he says, “and sports gave me a chance to prove myself to the other kids.”

Roberts tried a number of sports, but finally settled on running late in high school years. By the time he was a senior (*senior year was first year running cross-country or track*) at Fall River’s Durfee High, Roberts was the top runner on the school’s cross-country team.

“The thing about running,” Roberts said, “is that you are alone. What you do is up to you and you alone.” So, as a distance runner, Kris found a place where he was finally equal to others. Roberts was recommended to Keene State cross-country coach Bob Taft, and Taft lured Kris to KSC, where he began classes in the fall of 1972.

Kris was moderately successful during his first cross-country season that fall, but was noticeably over weight, and at season’s end was disappointed in his performance for the year. (*The top .05 % of all marathoner runners weighting less 150 pounds was 2:28 the equivalent time for someone weighting 170 pounds was 2:47. 71% of all male runners*

under the age of 35 who ran the Boston marathon weighted less than 164 pounds; I was seriously overweight in relationship to my fellow runners.)

So Roberts began to train intensively for the 1973 Boston Marathon, determined to prove that he was a better runner than he had shown in the fall. During the first winter at Keene State, Kris kept statistics for the basketball team while training for what he hoped to be his first marathon. At midyear he moved into a house on Davis Street, where most of the other tenants were black basketball players.

Recalling his half-year on Davis Street, Roberts recalls, “the other blacks expected me to act like a black person, but I couldn’t. I had grown up more like a white person. It was not a happy time.”

Then Roberts tore the cartilage in his knee, had a series of operations, and could not run for the next year and a half. “I got so frustrated one day,” he smiles, “that I took a shower with my cast on, cut it off, and went out and ran.” This past fall, Roberts was finally ready to go again.

But after some fine early-season performances, he tailed off badly at season’s end. It seemed like all I was doing was running, going to class, sleeping and working,” he said. “I had cut myself off from everyone, and all of a sudden I just didn’t care anymore.

Then, suddenly, it all came together for Kris last month. He ran an outstanding race at Silver Lake near Boston, turning in a fine 2:39 marathon time, his first attempt at the 26-mile, 385 yard distance. He finished sixth in a 127 runner field.

He is easier to talk to now, more relaxed, more open. Now a marathoner, Roberts would like to go into restaurant management later in life. For now, though, he is just enjoying what it took so long to find.



“We have to steer our true life’s course. Whatever your calling is in life. The whole purpose of being here is to figure out what it is as soon as possible in order for you to go about your business of being on track, of not being owned by what your mother said, what society said, whatever people think a person is supposed to be. You can exceed other people’s expectations and defined yourself by your own.” Oprah Winfrey

“Leadership should be born out of the understanding of the needs of those who would be affected by it.” Marian Anderson

“Marine human material was not one whit better than that of the human society from which it came. But it had been hammered into form in a different forge, hardened with a different fire. The marines were the closest things to legions that the nation had. They would follow their colors from the shores of home to the seacoast of Bohemia, and fight well at either place.” T. R. Fehrenbach

“The person determined to achieve maximum success learns the principle that progress is made one step at a time. A house is built one brick at a time. Football games are won a play at a time. A department store grows bigger one customer at a time. Every big accomplishment is a series of little accomplishments.” David J. Schwartz

“In one respect man is the nearest thing to me, so far as I must do good to men and endure them. But so far as some men make themselves obstacles to my proper acts, man becomes to me some of the things which are indifferent, no less than the sun or the wind or a wild beast. Now it is true that these may impede my action, but they are no impediments to my affects and disposition, which have the power to acting conditionally and

changing; for the mind converts and changes every hindrance to its activity into an aid; and so that which is a hindrance made a furtherance to an act; and that which is an obstacle on the road helps us on this road.”
Marcus Aurelius

“Make no mistake about it: There are people out there who like to hurt others, physically or mentally, who like to torture or otherwise crush others, who want to destroy anything that is good, who delight in lying and see it as a sport, and who are actually prideful of their capacity for deception. Deny this reality at your own peril.”
M. Scott Peck

“The wisdom of the wise and the experience of the ages may be preserved by quotations.” Benjamin Disraeli



“Ask yourself whether you are happy, and you cease to be so. The only chance is to treat, not happiness, but some end external to it, as the purpose of life. Let your-self-consciousness, your scrutiny, your self interrogation, exhaust themselves on that; and if otherwise fortunately circumstanced, you will inhale happiness with the air you breathe, without dwelling on it or thinking about it, without either forestalling it in imagination, or putting it to flight by fatal questioning.” John Stuart Mills

“Things don’t just happen. You have to make them happen and you can count on nothing working out exactly as planned. By working hard and creatively looking for solutions, you will find your way around all of life’s obstacles.” Eula Hall

“Our lives would be better if we realized that it’s not the circumstances of our lives that make us happy or unhappy, it’s the stories we tell ourselves about those circumstances. Our happiness can be independent of whatever blessings or catastrophes that have gone on in our lives because happiness is an inner state, not an outer one. Once we realize that fact then we don’t need an excuse to be happy or unhappy. You can be happy no matter what is happening to you or going on around you.” Luke Barber



“A person can have a great deal talent but talent requires a positive mental attitude, determination and a strong sense of direction before it can succeed. There are many advantages to having a powerful determination and a strong sense of direction. The sense of direction urges action. The sense of direction shapes the action. The sense of direction allows the value of the action to be assessed: has it got me nearer to my goal? The sense of direction allows all judgment and decisions to be made more easily: does this helps me toward my goal or hinders me? Most people in their ordinary lives lack such a strong sense of value when making a decision. Most people often take into account the opinions of their

family, health, enjoyment, career, friends, financial situation, etc when making a decision. The person with a powerful determination and strong sense of direction only takes one thing into account: does this help me reach my goal? One can have powerful determination without being ruthless.” Edward de Bono

“The world is a dangerous place to live, not because of the people who are evil, but because of the people who don’t do anything about it.” Albert Einstein

Always remember there is always someone who is watching you.

“In revolutions men fall and rise. Long before this war is over, much as you hear me praised now, you may hear me cursed and insulted, read your history, read Coriolanus and you will see the true measure of popular applause. Grant, Sheridan and I are now the popular favorites, but neither of us will survive this war. Some other must rise greater than either of us, and he has not yet manifested himself.” General William T. Sherman



“Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known.” Garrison Keillor

“Whatever my life has been it has been single in purpose, single in design and constantly directed to the one end of discovery, if possible, of some purpose for being alive.” William Carlos Williams

“I am glad that I paid so little attention to good advice; had I abided by it I might have been saved from some of my most valuable mistakes.” Edna St. Vincent Millay

“One can, even without particular gifts, overcome obstacles that seem insurmountable if one is willing to face the fact that they must be overcome; that, in spite of timidity and fear, in spite of a lack of special talents one can find a way to live widely and fully.” Eleanor Roosevelt

“If our status depends on our achievements, then what we may need most in order to succeed is talent and, where peace of mind is a priority, reliable control over it. In most activities, however, talent is impossible to direct as we please. It can make an appearance for a time and then unapologetically vanish, leaving our career in pieces. We cannot call the best of ourselves to the fore at will...It may be merely good luck that places us in the right occupation, with the right skills, at the right time.” Alain de Botton



“Even when seated in a room to which you have been invited, you first look up and then to the right and then to the left to be aware of anything that might fall on you accidentally. When seated by a door or screen, you bear in mind that they may fall down. Or, when in close attendance upon a member of the nobility or a person of high rank, you remain aware that something unexpected may occur. Even in entering or existing through a gate, you do not fall into inattention. Constantly keeping these things in mind is Potential. Because this Potential is always within, in case of an emergency you will be capable of some commendable quick action. This is called Great

Function.” Yagyu Munenori

“Insisting on respect from others, demanding it, in the name of justice, in the name of what is right, saying we ought to be respected-of course, everyone ought to be respected-ultimately is not a satisfactory strategy. Respectability is not something that you can demand from people. It’s something that has to be earned on the basis of what you do with your life.” Glenn C. Loury

“It is far better to be prepared for an opportunity and not have it come, than to have an opportunity and not be prepared.” Whitney Young

“Without a worldly opponent a man cannot grow stronger.” Mao Tse Tung

“Avoid outshining your superiors. All victories breed hate, and that over your superior is foolish or fatal. Pre-eminence is always detested, especially over those in high positions. Caution can gloss over common advantages. For example, good looks may be cloaked by careless attire. There are some that will grant you superiority in good luck or good temper, but none in good sense, least of all a prince-for good sense is a royal prerogative and any claim of superiority in that is a crime against majesty. They are princes, and wish to be so in that most princely of qualities. They will allow someone to help them but not to surpass them. So make any advice given to them appear like a recollection of something they have only forgotten rather than as a guide to something they cannot find. The stars teach us this finesse with happy tact: though they are his children and brilliant like him, they never rival the brilliance of the sun” Baltzar Gracian



“In life, what more can you ask for but to be real? To fulfill one’s potential instead of wasting energy on actualizing one’s dissipating image, which is not real and is the expenditure of one’s vital energy...Most people only live is or that, dedicating their live themselves at this or that, dedicating their live to actualize a concept of what they should be like rather than to actualize their ever-growing potentiality as a human being.” Bruce Lee

“In a globalized economy, two classes can be expected to fare well and one poorly. Owners of financial and human capital, the wealthy and the educated, will do well because

the things they offer on the global market-money, knowledge, and skills- are in short supply. Owners of labor-workers-will not do well because what they offer-physical work effort-is cheap, plentiful, and over-supplied on a global scale.” Douglass Massey

“Politics is not an end, but a means. It is not a product, but a process. It is the art of government. Like other values it has its counterfeits. So much emphasis has been placed upon the false that the significance of the true has been obscured and politics has come to convey the meaning of crafty and cunning selfishness, instead of candid and sincere service.” Calvin Coolidge

“Most of the major ills of the world have been caused by well-meaning people who ignored the principle of individual freedom, except as applied to themselves, and who were obsessed with fanatical zeal to improve the lot of mankind-in-the-mass through some pet formula of their own.” Henry Grady Weaver

“In an age overwhelmed by information; we are told, for example, that all available information doubles every two to three years, we should view this as a crisis, because the ability to read, comprehend, and write-in other words, to organize information into knowledge-can be viewed as tantamount to a survival skill.” Vartan Gregorian

“An idea must not be condemned for being a little shy and incoherent; all new ideas are shy when introduced first among our old ones. W should have patience and see whether the incoherency is likely to wear off or to wear on, in which the latter case the sooner we get rid of them the better.” Samuel Butler

“Prior to undertaking adventure, you had best make a careful survey of who will be on your side and who won’t. If you plan requires he support of allies, you better know what they are willing to do when push comes to shove, otherwise surprises can be devastating. Allies can be unpredictable, all sorts of people may be willing to hold your coat as you carry their spears, but when the fight begins, they are nowhere to be found. Some of the cheeky ones will show up after the fight to minister to your wounds and tell you lies about your bravery and wisdom. ..Traditionally, allies share in the spoils of victory, but if there aren’t likely to be any spoils, then what? Allies don’t stay around long enough if they don’t benefit from the relationship, or if they fear the consequences of not being your ally. “Richard H. Buskirk

New Hampshire Sunday News, Manchester (N.H.)-Sunday, July 11, 1976
Kris Roberts Sees 1984 as His Year
Runner a Student at Keene State

By Burt Latamore

Keene, July 10-Kris Roberts, up and coming marathon runner and Keene State College student, 1984 may be the year.

Roberts, who is from Fall River, Mass., but who is living and training in Keene this summer, says he's looking forward to the 1980 Olympics but really expects to hit his top form in 1984.

At 20 (*less than one month from 22nd birthday*) and more miles a day, that's a long run away, but Roberts, who was fifth on the college cross country team last year and expects to be first or second this year, doesn't mind that at all.

"Running is fun," he said. "Sometimes I go out in 30 below....You tell yourself if you can run 20 miles at 30 below a race is nothing."

Roberts, who runs along the roads all over the city, said he goes out nearly every day, no matter what the weather. The real hot and real cold weather doesn't bother him, he said, but mild days give him trouble and "the humidity gives me headaches."

Roberts, who said he sometimes sets challenges for himself such as running 50 miles a day or 200 in a week, regards cross-country as a short race and said there's a big difference between the one and two-mile runners and the man who goes 26 miles in a marathon.

"With the milers and two milers, a lot them have natural speed, but with marathon you can take a guy without natural talent and if he's willing to work at it he can make something of himself," he said.

He said he really didn't have confidence as a runner until he started on marathon distances. He said he is different from many marathon runners in that he started young. Many of them, he said, turn to marathon when they start to lose their speed in the mile and two mile events.

Roberts has only run the Boston Marathon once, several years ago, and he came in 153rd, but this spring he won the New England AAU marathon championship.

He runs in the national AAU race later this year. "I know that I don't have a chance of winning it, but it gives me a chance to run against the top runners and to get experiences," Roberts said.

Experience is the important thing for Roberts right now. He said that if he develops like most marathoners, he will hit his peak when he's about 26, just in time for the 1984 Olympics, and he expects to compete (*Olympics trials 1972 qualifying standard 2:30-1975- Silver Lake 2:39*) in both contests.

"I think I have a realistic chance at it, he said. "As long as I keep working at it I don't have much to worry about."

But more than that, Roberts said, winning is not the most important thing for a marathon runner.

"As you lead up to a race, you wonder how long you're going to feel, but once you finish you feel good. You know you've accomplished something." He said.

“As long as I try my hardest, if I can’t make it it won’t kill me,” he said. “I want to say I’ve given my hardest.



“There are some men who a staggering emotional shock, so far from making them mental invalids for life, seems, on the other hand, to awaken, to galvanize, to arouse into almost incredible activity.” William McFee

“You can think about your problems or you can worry about them there is a vast difference between the two. Worry is thinking that has turned toxic. It is the jarring music that goes round and round and never comes to either a climax or conclusion. Thinking works its way through problems to conclusions and decisions, worry leaves one in a state of tensely suspended animation.

When you worry, you go over the same ground endlessly and come out the same place you started. Thinking makes progress from one place to another; worry remains static. The problem of life is to change worry into thinking and anxiety into creative action.” Harold B. Walker

“When the Gods are angry with a man, they give him everything that he asked for.” Greek Proverb

“Pleasure is shadows, wealth is vanity, and power a pageant; but knowledge is ecstatic in enjoyment, perennial in frame, unlimited in space and indefinite in duration.” De Witt Clinton

“The fear of being alone with ourselves, a feeling of embarrassment, bordering sometimes on terror as seeing the person we once knew looking so strange; we are afraid and run away. We thus miss the chance of listening to ourselves, and we continue to ignore our conscience.” Erich Fromm

“You will never get promoted when no one else knows your current job. The best basis for being advanced is to organize yourself out of every job you are put in. Most people are advanced because they are pushed up by the people underneath them rather than pulled up by the top.” Donald David

When you wake up in the morning and go to the bathroom and look at yourself in the mirror, who do you see?



Do you see someone that you want to be, someone that your family wants you to be, do you see someone that the world expects you to be or do you see someone you hate? Hopefully the answer to this question is none of the above. The only person that you should see when you look in the mirror should be yourself. If you don’t see yourself, then you have little to no control of the rest of your day. If I can’t be me how in the world would I have any hope of becoming the person I want to be? Like it or not I have to recognize when I am right now; any map or GPS system no matter how good it maybe is worthless if it doesn’t know where you are right now.

“A great leader never set himself above his followers except in carrying responsibilities.” Jules Ormonr

“There is no such thing as a perfect leader either in the present or the past. If there is one, he is only pretending like a pig inserting scallions into his nose in an attempt to look like an elephant.” Liu Shao-Ch’l

Every once in a while, you will meet someone that has the ability to change your entire life.

“If you get rid of the pain before you have answered its questions, you get rid of the self along with it.” Carl Jung



“The people have always some champion whom they set over them and nurse into greatness...this and no other is the root from which a tyrant springs when he first appears he is a protector.” Plato

“A man must stand erect, not be kept by others. True strength is the inner strength of self-mastery. A man who knows this will neither be intoxicated by his early authority nor overwhelmed by its frustrations and failures. Begin every morning by saying to thyself; I shall meet with the busybody, the ungrateful, arrogant, deceitful, envious, and unsocial. All these things happen to them by reason of their ignorance of what is good and evil. But I who have

seen the nature of the good that it is beautiful, and of the bad that is ugly, and the nature of him who does wrong, that it is akin to me, not only of the same blood or seed, but that it participates in the same intelligence and the same portion of the divinity, I can neither be injured by any of them, for no one can fix on me what is ugly.” Marcus Aurelius

“Death is not to be feared, nor should we wail when it comes to others, unless it is a foul death. The happiest man is not the one who has lived the longest, but the one who has made the most of his life. The span of life should be measured not by years but by our deeds well performed. Length of life has no bearing on a man’s happiness. It is how well he lived that counts. Surely virtue is its own reward. It is the duty of a good prince to consider the welfare of his people, even at the cost of his own life if need be. But that prince does not really die who loses his life in such a cause. All those things which the common people cherish as delightful, or revere as excellent, or adopt as useful, are to be measured by just one standard-worth.” Erasmus of Rotterdam



“Life has many vagaries; vagaries for every opportunity lost or missed there are a dozen more awaiting in disguise. If you watch carefully, pay full attention to the details of life around you, and stay open to the new and unexpected, then you will be able to recognize and act on them as they arise.” Marcus Antonius

“We are learning again what the founders of this commonwealth meant when they declared that one purpose of education is to make every man, regardless of birth or wealth, an acting member of government. Moreover, we are learning anew that the strategic points

of the nation are not in its capabilities over its large cities, but in the smaller communities; that the center of the community is the school; and that the voluntary cooperation of all the communities determines not only the strength of the nation, but the heights to which it may attain. We should not forget again that a nation has a soul and that, like individuals, it may save it or lose it.” Theodor Second

“Sometimes folks ask us how we put up with racism and sexism to get our advanced college degrees. How could we stand it? Well, what choice did we have? What choice does anyone have? Life is not easy for anyone, despite how it may look. Sometimes you just have to put up with a lot to get the little bit you need. Now, it’s true that you hear of basketball stars and entertainers making it big with no education. But that’s only a tiny, tiny number of people. If you are not educated, if you can’t write clearly, speak articulately, think logically, you have lost control of your own life.” Sarah Delany

To work ourselves into depression, disease, and pain for no better reason than to get high marks in some rank book or to gratify somebody's false vanity, to get together a little more gold than we can spend wisely or our children can inherit without conservation, to have a bigger house than our neighbors has or we can afford to take care of to work for such ends as there beyond the point where work, health and happiness is to commit assignation which nature will never forgive." Dewitt Clinton

"It was, or course, a terrible disappointment to the president and his family and friends. But he handled it with his usual equanimity and self-effacing modesty. He never considered himself indispensable to his country, and he knew it would get along well enough without him. He left office with no betterment, a little regret, but mostly gratitude for the great privilege that had come so unexpectedly to him...He had risen to the challenges of his office and the times with courage and confidence and had acquitted himself admirably. The surprise of the wisdom of the accidental president was that it was no surprise. As expected by those who knew him best. Jerry Ford had simply remained himself." John McCain

"I certainly have many enemies; and this is what will be my destruction if I am destroyed; of that I am certain; but the envy and detraction of the world, which has been the death of many great men, and will probably be the death of many more; there is no danger of my being the last of them." Plato



"If it took the courage of the moment leadership might be comparatively easy. One may summon courage to face a task or an issue which in a brief span of time must be settled one way or another, but with the deeper courage essential to true leadership time does not enter in, it must be until the task is done. If the leader fails to complete it, then, with one supreme effort, he pulls together all that he is and has and setting it on fire with the last breath of his own spirit he throw himself to the ...It is the courage that

must stand the test, not only of great moments but also the demands of plodding days, months, even years. Such courage faces fear. It confronts the cold, indisputable fact that history has destroyed the dreams of men of courage." Author Unknown

"We are all looking for fast answers to our problems, easy solutions, quick fixes, free lunches and elevators to success and this futile search for a philosopher's stone that will somehow magically transform our daily efforts into trucks of gold has blinded us to the old laws that have always worked and always will work. Even though they're still right under our noses, we no longer recognize them and so they have become secrets, how sad." Og Mandino

"I fear for our nation. Nearly half of our people receive some kind of government subsidy. We have grown weak from too much affluence and too little adversity. I fear that soon we will not be able to defend our country from our sure and certain enemies. We have debased our currency to the point that even the most loyal citizen no longer trusts it." Roman Senator about 63 AD

"Few of us seem to want to keep government out of our personal affairs and responsibilities. Many of us seem to favor various types of government guaranteed and compulsory "security." We say that we want personal freedom, but we demand government housing, government price controls, government-guaranteed jobs and wages. We boast that we are responsible persons, but we vote for candidates who promise us special privileges, government pensions, government subsidies, and government electricity." Dean Russell

"To accomplish great things we must first dream, then visualize, then plan, believe then act." Alfred Montapert

“If I were to asked to give what I consider the single most useful bit of advice for all humanity it would be this; expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye: and say, I will be bigger than you. You cannot defeat me.” Ann Landers

“Many a man or women might be a real leader and alive to signs of leadership in others if self-interest could be removed. There is a kind of self-interest which is normal, sane and right. But the self-interest which causes complete loss of the hearing ear is very prevalent in individuals. It means death to leadership. Those afflicted with it hear nothing which might turn them aside from the quest for more and more and more. Until some operation removes this type of self-interest we shall be seeking in vain for real leadership. No one can learn to hear in a moment. It takes years of listening” Margaret Slattery



“Suspicion is ruinous to peace. Those who are most quick to excite it are generally persons who deserve no confidence. It is far better to see a thing through to the end, than to be tortured with continual suspicion. In the darkness of ignorance the vampires of suspicion fly abroad. Let in the light upon them, and they will no longer be seen. Butter trust too much, and suffer the consequences, than pine under the withering blast of perpetual mistrust.” Stephen Salt

“Long before he can take a hand in his career, Fate has apparently chosen for him. Inheritance compels him to suffer for the sins of his parents. He is born into a world of misery, for which he vanity tries to escape. Life is a conflict at its best; and, even though he was free from the pains of sorrow and suffering, there is a stern necessity which apparently carries him forward to a destiny not of his own choosing. One fact, however of fundamental importance qualifies all that we know about the world of necessity. That the world resistlessly makes itself know in a certain manner.” Horatio W. Dresser

“The essential thing is action. Action has three stages: the decision of thought, the order or preparation for execution, and the execution itself. All three stages are governed by the will. The will is rooted in character, and for the man of action character is of more critical importance than intellect. Intellect without will is worthless, will without intellect is dangerous.” Hans von Seeki

“There is no road too long to the man who advances deliberately and without undue haste; there are no honors too distant to the man who prepares himself for them with patience.” Jean de la Bruyere

“The dreamer looks in the mirror and is shocked! He discovers that he has been changed, shaped, carved, and molded by the dream! He has become as great as and no greater than the dream that has driven him, consumed him, and become incarnate in his very personality. He understands that they are no great people, just ordinary people. Just that some people have bigger dreams than others. The pain they have encountered along the way has given them more compassion for the hurts of others. The unexpected support from unforeseen sources has caused them to grow in their faith of their fellow human beings. The tenacity that sustained them through the tough and terrible times has left them with far greater patience and tolerance. Their deepest motive to help people who are hurting has etched gentleness and tenderness on their well-traveled faces. Living their dream has changed them.” Robert H. Schuller

“It is a secret known to but a few, yet of no small use in the conduct of life, that when you fall into a man’s conversation, the first thing you should consider is, whether he has a greater inclination to hear you, or that you should hear him” John Steele

“No really great man ever thought himself so.” William Hazlitt

The Keene Shopper News Wednesday, September 8, 1976

The lot of a cross-country runner is a lonely one: The hours and hours of trudging across pavement, though woods, over hills, past sometimes menacing obstacles (such as dogs and briar patches), during hot and cold weather, over flat land and some not so flat. The potential boredom of training, often by oneself, has discouraged more than a few men! All of the strenuous training is put to the test when one enters a scheduled meet.

Local marathon runner Kris Roberts has entered a total of ten races since last February. Four times he has come home with gold ribbons; three times he has placed second, and twice finished eighth. Roberts has won distance events at Norfolk, Duxbury, and Wales Mass., and Providence, R. I. The Providence event was the New England AAU 15 Kilometer Silver Championship. By winning this race, Kris automatically moved into the senior division of amateur running. Second-places came in the New England Marathon Championship at Holyoke, Mass., and races at Cambridge, Mass., and West Warwick, R.I., Roberts was declared the New



England champion in the Holyoke affair, as the winner hailed from New York state. Eighth places came in the New England 30 Kilometer at Marlboro, Mass. And a 10 mile encounter at Worcester, Mass. The latter event was especially impressive in view of the fact the first five finishers were all Olympic qualifiers!

How does Kris Roberts prepare for such grueling events? Well, Kris merely runs about 100 miles per week. He figures that this amount consumes approximately twelve hours of his time. Since there are no monetary rewards for distance runners, Kris has to work in order to support his love for running. This past summer, Roberts held down a 40-hour job with the Keene Parks and Recreation Dept., was employed for 25-hours at a local restaurant, and also had a 12-hour painting job. All of this on a weekly basis! The work load slow somewhat with the advent of fall semester at KSC, where Kris is a key performer for Bob Taft's cross country squad.

At age 22, Kris Roberts seems to have his best years ahead of him.

It is generally considered that a marathon runner reaches his peak at age 26. Considering the fact that this is only Kris' fourth year of running, (he didn't partake in this sport until his senior year in high school at Fall River, Mass.), his potential is unlimited!

The average person might be left wondering why someone like Kris Roberts would exert himself in such a manner in a sport which rarely gains headlines. Certainly other sports might require lesser effort and reap tons and tons of ink for the result! But Kris has a goal! It may seem distant now, but it is definitely attainable. The 1980 Olympics will be here before we know it. At his current pace, and given Kris' proven will to work and improve, we don't think too many people would wager against his chances of representing this county at that time!

"You don't always win your battles, but it's good to know you fought." Marjorie Holmes

"Wherever you go you will find people lying to you... Don't expect people to tell you the truth because they also lie to themselves. You have to trust yourself and choose to believe or not to believe what someone says to you. When you really see other people as they are without taking it personally, you can never be hurt by what they say or do. They are lying to you because they are afraid." Don Miguel Ruiz

“Failure, then failure! So the world stamps us at every turn. We strew it with our blunders, our misdeeds, our lost opportunities, with all the memorials of our inadequacy to our vocation. And with what a damning emphasis does it then blot us out! No easy fine, no mere apology or formal expiation, will satisfy the world’s demands, but every pound of flesh exacted is soaked with all its blood. The subtlest forms of suffering known to man are connected with the poisonous humiliations incidental to these results. And they are pivotal human experiences. A process so ubiquitous and everlasting is evidently an integral part of life.” William James

“Once you have flown you will walk the earth with your eyes turned skyward; for there is where you long to return.” Leonardo Da Vinci



“One way to look at American history over the past century or so is to suggest that in the late 19th century the United States became the world’s farm, the source of cheap food that fed its own swelling population and much of the rest of the world. In the first two-thirds of the 20th century, it became the world’s workshop, the source of industrial innovations and goods, and, when in needed, of munitions. Over the past generation, as European, Japanese, and Chinese manufacturers began challenging American dominance, the United States became the world’s graduate school.” Martin Walker

“Nurture an appetite for being puzzled, for being confused, indeed for being openly stupid, and that despite what you may think-that is the very difficult- we all know the cliché that a little knowledge can be a dangerous thing!

It is also true that a lot of knowledge can, be dangerous as well...use your ignorance as well as your knowledge for creative means. Lee C. Bollinger



“You can search throughout the entire universe for someone who is more deserving of your love and affection than yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.” Buddha

“We define our children’s educations not in terms of quality but I terms of winners and losers and whatever it takes to get ours. That’s because knowledge is power. An

increasingly, what matters even more than actual knowledge is where we got it. Not so much what you learn but where you learn it has become the object of education for many, twisting education from the process of creating rounded humans into a set of assumptions and exclusive credentials that the owners wave around like any other brand name...My kid’s diploma from a plush suburban high school is more valuable because one from an inner-city high school is worthless. Our charter school is better because it doesn’t take just anyone off the street. Your diploma from Yale is worth more because of all the thousands who didn’t get in and the millions more who didn’t even ream of applying...If you find the value of your education is in its exclusivity, if you tell me where you went before you tell me what you have learned, then you are missing the point.” Rudy Crew

“Men judge generally more by the eye than by the hand, for everyone can see ad few can feel. Everyone sees what you appear to be, few really know what they are.” Niccolo Machiavelli

“A life of meaning is achieved not by a few great, immortal deeds but by a lot of little ones. The challenge is not to rise above the level of everyday life by some super human effort. The challenge is to find something

truly human to do every day of our lives. When you realize that you do not have time for everything, when you find out that trying to cram everything into a twenty-four hour day leaves you tired, leaves the things you do incomplete and half-baked, and leaves the people you share life; with the feeling that you never stop moving long enough for them to get to know you, what are the nonnegotiable elements in your life? What are the things you absolutely must have and do so that you can feel that you have lived your life and not wasted it.” Senator Paul Tsongas

“You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.” Albert Camus

“Let no man imagine that he has no influence. Whoever he may be, and whatever he may be placed, the man who thinks becomes a light and a power.” Henry George



“There is a point at which everything becomes simple and there is no longer any question of choice, because all you have staked will be lost if you look back; Life’s point of no return.” Dag Hammarskjöld

“We don’t need more strength or more ability or greater opportunity. What we need is to use what we have.” Basil S. Walsh

“In politics and in war, truth can be elusive; often all we can do is muddle through, trying to make the best of things.” Jon Meacham

“Let us try to express as explicitly as possible just what a leader is, He is, I think, simply a high type of man- the most thoroughly human in sight is the most representative leader. The qualities found in him are those which you find in every good man, only in a leader they exist in a marked degree. He may or may not have conspicuous talent or high genius, but if he has exceptional endowment that is to be a factor in Leadership, he can use it, never in lieu of, but only and always in conjunction with, those fundamental characteristics which make him one of the crowd. Y themselves unique gifts separate men from the fellows. They become social instruments only when placed in the hands of the common but most potent qualities of manhood at its best.” Charles Henry Brent

“Marines believe that to be a Marine is special; that those good enough to become Marines are special; and that the institution in which they are bonded is special. Marine, far flung, performing dangerous; sometimes apparently meaningless, and often overlooked mission they find strength and sense of purpose simply knowing that they are marines. More than anything else Marines have fought and won because of a commitment to a leader and to a small brotherhood where ties that bind are mutual respect and confidence, shared privation, shared hazard, shared triumph.” FMFM 1-0.

“The hardest type of slander is swallow is the outright lie. It’s like being shocked with a cattle prod. When it strikes, it throws you off balance, often leaving you undecided as to your best course of action. What’s hardest about an out-and-out lie is the horrible reality that there will always be some people who will believe it and others who will at least partially believe it. There lies its effectiveness as a weapon. But the potency of the lie is considerably diminished if you refuse to take the bait. The effects of a lie are temporary, unless you cooperate by keeping it in the spotlight.” Robert J. Ringer

“Courage doesn’t always roar, sometimes courage is that little voice at the end of the day that says; ‘I will try again tomorrow.’” Anne Hunninghake

Officer Candidate School, Quantico, Virginia.

On the night of Feb 16th in Keene, NH, I was given the oath of office from 1stLt Ingram with GySgt Fox as the witness and signed up for the Marine officer program for the second time. While I was hoping for the best I knew from my first experience that getting by the physical at Quantico would be very hard. Because of that I did not allow Lt Ingram to convince me of the importance of starting OCS during September. In hind sight with much smaller numbers it would have been much easier. I wanted to go to OCS in June because I was in great physical shape and did not want to risk hurting my knee over the summer and secondly my chances of finding a full time job to go along with my college education would be much less starting in September than June.

By the end of April I had not received any orders from the Marine Corps directing me when to report to OCS so I called GySgt Fox down in his Boston office. He told me that I could expect my orders by mid-June for the September class. I told him that I did not sign up for the September class and if I was not going to the June class I would use my option and quit. He then told me that 1stLt Ingram would get back to me.

A few days later 1stLt Ingram called me and told me to come down to Boston to sign additional paperwork so I could attend OCS in June. He told me to meet him at his office on the May 14th a Saturday afternoon so I took the bus from Keene to Boston. When I got to his office the building was dark, there was no one in the building and he was in civilian clothes wearing a light blue shirt and jeans. He took me into the large conference room. There was a large oval shape table that looked a lot like the same table that Major Climo has given me my oath that March 3rd over 4 years earlier. 1stLt Ingram had me sign and dated the paperwork using the May 12th date. He told me that all the paperwork had to have a workday date on it. So I signed the paper, wasn't given a new oath and left to catch the bus back to Keene.



All Life Has Its High Moments



All Life Has Its Low Moments

After signing the new paperwork I had only 2 weeks before I graduated from college. Graduation came and went and I still had not received my orders. I was concerned because OCS was due to start on June 12th. So I called 1stLt Ingram and asked where my orders were he told me that they would be coming soon and not to worry. On the afternoon of June 9th he called me and total me to me him at Logan Airport that Saturday morning.

When I arrived at Logan Airport I met Lt Ingram and four other people going to OCS. One had also just finish college, one was a former Navy enlisted, another was a GySgt in the USMCR had earned a master degree from Harvard and was

going into the Marines because he wanted to fly jets. Another would become an LtCol and I would work with him my last day on active duty.

The flight from Logan wasn't long and when it arrived at Washington National Airport we were met by hundreds of young men arriving for OCS. At the staging area there was an SSgt calling out people's names as their collected their luggage. After the people collected their luggage they were required to turn it over to other Marines that quickly tag it with the owner's name, told them that they would get their luggage back when the finish or left Quantico whatever came first. The SSgt called everyone name but mine. He looked and double checked but couldn't find mine. He asked for my orders and I told him that I had none. I told him that my OCO told me that he would handle everything and I should him my government paid plane ticket and pointed

to the other four guys that I had flown from Boston with. So he told me to get on the bus. When we got to Quantico the same thing happen over again, the same thing that would happen over and over again the next few days. Names were called out and again my name was not called. Again I was asked for my orders and the



The Last Works of a 17th Century Pirate Waiting to Hang

only thing I had was my one-way Government Issue plane ticket. So I was told to fall in behind a group of almost 200 other guys and march with them over to Charlie Company. A place I hope to call home for the next ten weeks if I could get past the physical and survive the training.

The next morning we got up early had breakfast and spend most of the day complete more and more paperwork. Then we went down to get our physicals that part I feared most about OCS. It would only take one doctor to say that my knee could not handle the work load and I was gone. No questions, no appeal, I would be on a plane back to Boston within days. I would have to face all those I told you so people. The physical went very well until I was asked if I had suffered any joint injuries. When I showed the corpsman my knee with its two long surgery scars his reaction gave me little hope of making it past the day. He then called in two doctors and their reaction was much the same. I didn't think I had much of a chance left so I asked to talk to one of the doctors and showed him a number of newspaper articles which told of me finishing 152nd in the Boston Marathon with a time of 2:32 and winning the New England AAU Marathon on the 2nd hardest course in the

United States and winning the New England AAU Silver division 15K Championship in less than 49 minutes. The senior doctor was a runner and told the doctor who was looking at my knee that the demands of running a 2:30 marathon far exceed the physical demands of OCS. So I made it past what I believed at that time to be my most serious hurdle.

After getting the OK on the physical we got our haircuts, our uniforms and then to the PX to pick up items such as soap, wash cloths, folding chair, etc. Everything was placed on an account to be taken out of our pay checks later. Again my name showed up no way.



There wasn't really anything unexpected at OCS. The food was plain and limited because we rarely had time to finish what we were given so that left no time for additional food. The bug juice or cool-aide had bugs floating around in it some dead other alive. So I didn't drink very much of it. The only other option was milk which wasn't very appealing in 90 degree heat and high humidity. I had a little less than a \$100 when I left Boston. I started using that money to buy junk food such as tootsies rolls and soda to make up for my lack of food.

the endurance run I did not get low enough when getting up to run from a culvert pipe and ripped about a four inch gush on my upper back from rusty old barbwire. By the time I finished the last 1.5 miles the wound was

The first week at OCS was full on inventory type test in order to gage everyone starting point. One such event call

pretty bad. I was quickly taken up stairs where the sergeant cleaned out the wound, bandages it and had me see him for the next 4-5 days to get the wound treated and bandage changed.

Over the next few weeks my name was repeatedly added to list after list. When payday finally arrived there was no check for me. I became very concerned because I was running out of money; I had been using my money for weekly haircuts, but worst of all my bill at PX was getting higher and higher. With little money I had less and less opportunity to cover my shortage of kcal's with junk food and soda. My body had come off a marathon training season and now was faced with the demands of OCS where most days were near 100 degrees with high humidity or black flag; little to no exercise. I knew I was getting weaker and weaker every day. When I asked for more food at the mess hall I was always given some angry or wiseass remark by the enlisted personnel food servers; they knew that some of us would outrank them in a matter of weeks.

The next payday came and no check. The disbursing clerk checked with the finance office and he told me that there was no record of me. By that time I was completely out of money. The lack of food and the low quality food with only bug juice and little of that at best finally caught up with me and I suffered by first heat injury. I was sent to sickbay after I started complaining of serious headaches. It was determined that I was suffering from low blood sugar and was to be placed on double rations and to be allow to eat as much as I felt I needed.



When I returned to the barracks I was told to report to the 1st Sgt when I told him that I was suffering from low blood sugar to order me to get upstairs and find 50 cent. I quickly ran upstairs to borrow the money and on my way down stair to the 1stSgt office I blacked out and fell down two flights of stairs. The next thing I knew the 1stSgt all 6'4" of him was pouring water out of a 5 gallon can on me. The first words I heard or remembered was him saying, "candidate it is a good thing you are not a recruit because if you were we would all be pissing on you." I was then told to get upstairs and get into dry clothes.

Later that day while in formation an LtCol the school XO came up to me in front of all the members of Charlie Company and asked me if I thought I was special and deserved better treatment then the other candidates. No matter how I tried to answer him my answers were not good enough, all I wanted to tell him was that I was hungry and needed extra food nothing else. The only answer he wanted from me was NO!

Having no money and no place to go I called home that weekend and that is when my mother told me that I had received orders from HQMC directing me to report to OCS no later than 2400 on June 11th. On the bottom of the orders was the statement that your orders of 22 June are hereby cancelled. That was important because July 1st was the end of the fiscal year. 1stLt Ingram had sent me to OCS without any orders I had spent the first half of OCS without really being in the Marine Corps. But the best part was I was now in the system and now I could get paid.

My luck did not change much for the better; I was still weak from the tear in my back, the heat injury and the head injury when I suffered a serious injury on the confidence course. I was jumping from one log bar to a much higher one, an event called the 'ball-buster' when I jumped too far and had to lock my arms together to keep from falling. This resulted in my left shoulder and arm taking all my falling body weight. I didn't prevent my fall but slowed it down. When I got off the ground my shoulder area was on fire and I could hardly move my arm. I went to sickbay was given some pain killer and muscle relaxers along with some whirlpool treatments. Because light duty meant failure, I continued to do and pass all my physical requirements. As I completed it the pain got worst. It got so bad that I could no longer sleep so I just lay on my bed at night. Sometimes hiding in the bathroom stalls and lay against the wall because it would lower the pain somewhat. It

soon got to the point where I could no longer move my arm for more than a few minutes, I had to tuck it close to my ribs, and I had to use my right arm to move the left damaged arm.

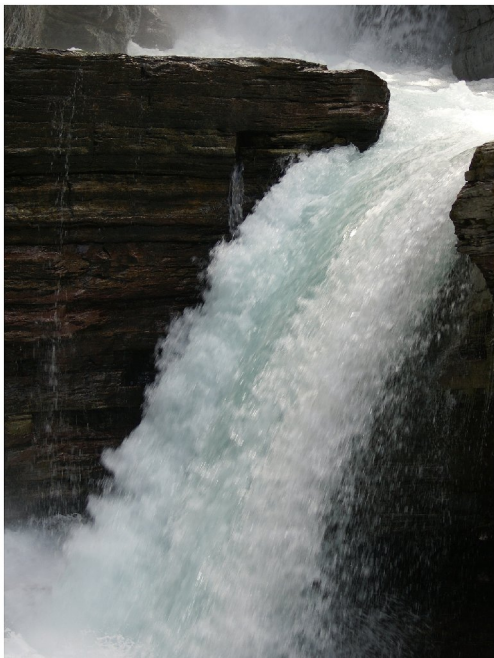
I had made it through all the physical requirements with only the obstacle course left. I knew that I had to complete the course at all cost. I pull myself over the first bar and the burning in my arm until it went weak and numb. I made it over all the obstacles until the last, the rope climb. I started climbing the rope; I started



seeing stars and then moments of blackness as the pain returned worst than ever. It was worst that when my arm was broken, it was worst than when I torn my knee apart. For the first time in my life I knew I had reached my physical and pain limit. I climbed down the rope and the Royal Marine Colour Sergeant and the platoon sergeant were on both sides of me yelling at calling me a total loser. To put an end to the yelling I started back up the rope. I made it about $\frac{3}{4}$ of the when I blacked out landing on my shoulder. When I came too I had tears in my eyes. The Platoon Sergeant told me that I was lucky because the course was only 10 weeks long, if it was the 12 week course I would have been throw out as a failure and then he told me to get out of his sight. I then went to sickbay where I

was given more painkillers; I was now on M&M peanut size painkiller. As I walked back to the barracks, I was numb, something had happen somehow I was at a different level, it was almost as if I went into a cocoon and came out someone different.

When I got back to the barracks I was called into the Captain Goulding's office where he told me that I would be going in front of the 9 week board. The CO, XO, the Platoon Commanders and 1stSgt would now determine my future with the Marine Corps only 5 day left. As I waited outside for my turn I watch a number of candidates go in and come out some looking as if their whole life had been ripped from them. I knew that I did not have a prayer in the world. So when I was called in and told to report to the Commanding Officer I



went knowing that I had did everything possible, I had did my best under the circumstances. If I was told to leave I could deal with that, if I was told that I would be recycle and have to start all over I would think about it but most likely had said no, and if they told me I could stay I would have do whatever was required to make it through the next 120 hours.

The questions concerned why there had been a drop off in my physical fitness tests. I was one of the few candidates that had a drop off while most candidates had shown constant improvement. I found this strange because for most of events I was still in the top 10%. I left the room not knowing what my future held. About an hour later I was called into Captain Goulding's office again where I was told my whole future come down to successfully completing the endurance run.

The endurance run was a brutal test a five mile run in cartridge belt with only two canteens of water over roads, trails, rope climb, under barbwire, through culvert pipes, across fallen trees and other obstacles with a time limit of 40 minute for a 100 and a limit of 70 minutes for failure. I had blocked all my pain because my survival was on the line and

I was one of only two candidates that earned a 100 with a large number of candidates failing due to the high heat and humidity. As a result the grading was changed from 40-70 to 50-80. We all started and completed under the same rules and conditions. Candidate Smith the other person to score an 100 walked into the XO office and told him that he could remain in an organization that changed the rules to make the numbers look better than they should and refuse to accept his commission.

The strange part of the whole ordeal was that for the first 6-7 weeks I saw candidate after candidate being sent home because they suffered injuries as simple as an ankle or knee sprain or had suffered head injuries. Some



young men's dreams were destroyed by something as simple as bad sunburn. This while I had suffered two heat injuries, lost conciseness on at least two occasions, suffered two serious head injuries and at least two serious injuries to my shoulder area. I barely made it through finishing near the bottom of my class but I did earn my commission as a 2nd Lt in the USMCR.

“Everyone is trying to accomplish something big, not realizing that life is made up of little things.” Frank A. Clark

“The journey is difficult and immense. We will travel as far as we can, but we cannot in one lifetime see all that we would like to see or to learn all that we hunger to know.” Loren Eiseley

“The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not caring, not healing, and face us with the reality of our powerlessness. That is the friend who cares.” Henri Nouwen

“A timid person is frightened before a danger, a coward during the time, and a courageous person afterward.” Jean Paul Richter

“Don't be dismayed at goodbyes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.” Richard Bach

“The seat of knowledge is in the head; of wisdom, in the heart. We are sure to judge wrong if we do not feel right.” William Hazlitt

“The opportunities that come our way, the privileges we enjoy, the very direction that our lives often take are shaped by men and women, who came before us, and who toiled to make the path a little clearer.” General Colin L. Powell USA (Ret)

“Pride is certainly something that every person should have, however in every person's lifetime, there are innumerable occasions when one has to swallow that pride to do what one thinks he needs to do and has to do if he is going to really accomplish anything in life.” George C. Cooper

“I do the best I know how, the very best I can; and I mean to keep on doing it to the end. If the end brings me out all right, what is said about men will not amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference.” Abraham Lincoln

“Before my accident, there were ten thousand things I could do. I could spend the rest of my life dwelling on the things that I have lost, but instead I chose to focus on the nine thousand I still have left.” W. Mitchell

“The perfect no-stress environment is the grave. When we change our perception we gain control. The stress becomes a challenge, not a threat. When we commit to action, to actually doing something rather than feeling trapped by events, the stress in our life becomes manageable.” Greg Anderson



“There are many teachers who can ruin you. Before you know it you could become a pale copy of this teacher or that teacher. You have to evolve on your own.” Berenice Abbott

“The difficulty lies in not so much in developing new ideas as in escaping from the old ones.” John Maynard Keynes

“Whosoever wishes to know about the world must learn about it in its particular details. Knowledge is not intelligence. In searching for the truth be ready for the unexpected. Change alone is unchanging. The same road

goes both up and down. The beginning of a circle is also its end. Not I, but the world says it: all is one. And yet everything comes in season.” Heraklitos

“Welcome, disappointment. Thy hand is cold and hard, but it is the hand of a friend. Thy voice is stern and harsh, but it is the voice of a friend. Oh, there is something sublime in calm endurance, something sublime in the resolute, fixed purpose of suffering without complaining, what makes disappointment often times better success.” Henry Wadsworth Longfellow

“Life is never fair, and it never turns out exactly according to your plans. During everyone’s lifetime there will be no way to avoid problems, mishaps or failure. Everyone experiences personal and professional setbacks, difficulties and obstacles. What is import is how you react to them; if you want to feel sorry for yourself and give up, that s your prerogative. You always have the option to become a failure. If you want to be successful



you must accept such difficulties, learn from them, put the past behind you and get on with your life. It takes personal strength of character and resilience to focus yourself and continue forward.” General George S. Patton Jr.

“You go in knowing everything is not going to work, and if you think of things that can go wrong you can think ahead.” James Lovell Jr.

“If you haven't the strength to impose your own terms upon life, you must accept the terms it offers you.” T. S. Eliot

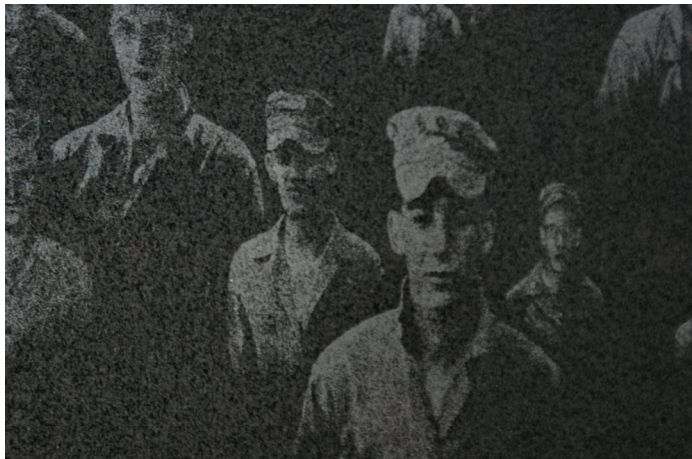
“It is impossible to calculate the moral mischief, if I may so express it, that mental lying has produced in society. When a man has so far corrupted and prostituted the chastity of his mind as to subscribe his professional belief to things he does not believe he has prepared himself for the commission of every other crime.” Thomas Paine

“Fail to honor people. They fail to honor you; but of a good leader, who talks little, when his work is done, his aim fulfilled, they will all say, ‘We did this ourselves.’” Lao Tzu

“Hold fast to your dreams, for if your dreams die, life is like a broken-winged bird that can’t fly.” Langston Hughes

“The Soldier”

A story is told about a soldier who was finally coming home after having fought in Vietnam. He called his parents from San Francisco. "Mom and Dad, I'm coming home, but I've got a favor to ask. I have a friend I'd like to bring with me." "Sure," they replied, "we'd love to meet him."



"There's something you should know," the son continued, "he was hurt pretty badly in the fighting. He stepped on a land mine and lost an arm and leg. He has nowhere else to go, and I want him to come live with us." "I'm sorry to hear that, son. Maybe we can help him find somewhere to live." No, Mom and Dad, I want him to live with us.

"Son," said the father, "you don't know what you're asking. Someone with such a handicap would be a terrible burden on us. We have our own lives to live, and we can't let something like this interfere

with our lives. I think you should just come home and forget about this guy. He'll find a way to live on his own." At that point, the son hung up the phone. The parents heard nothing more from him.

A few days later, however, they received a call from the San Francisco police. Their son had died after falling from a building, they were told. The police believed it was suicide. The grief-stricken parents flew to San Francisco and were taken to the city morgue to identify the body of their son. They recognized him, but to their horror they also discovered something they didn't know, their son had only one arm and one leg.



The parents in this story are like many of us. We find it easy to love those who are good-looking or fun to have around, but we don't like people who inconvenience us or make us feel uncomfortable. We would rather stay away from people who aren't as healthy, beautiful, or smart as we are.

Thankfully, there's someone who won't treat us that way. Someone who loves us with an unconditional love that welcomes us into the forever family, regardless of how messed up we are. Tonight, before you tuck yourself in for the night, say a little prayer that God will give you the strength you need to accept

people as they are, and to help us all be more understanding of those who are different from us!!! Author Unknown

“Contemplate the workings of this world, listen to the words of the wise, and take all that is good as your own. With this as your base, open your own doors to truth. Do not overlook the truth that is right before you. Study how water flows in a valley stream, smoothly and freely between the rocks. Also learn from the holy books and wise people. Everything even mountains, rivers, plants, and trees should be your teacher.” Morihei Veshiba

“Marines are special. Marines are expected to succeed where others fail, regardless of the circumstances. This is why Marines are different from the rest. Once you have accomplished tasks that initially seemed impossible, you will be forever changed. Self-doubt will have become a thing of the past, and a new found courage will allow you to face fear with a confidence and poise.” USMC

“First say to yourself what you would be; and then do what you have to do.” Epictetus“

“The purpose of life, after all, is to live it, to taste and experienced to the utmost, to reach out eagerly and without fear for newer and richer experiences.” Eleanor Roosevelt



Some People Give Far More Than Others

Helen Keller

“When we do not find peace within ourselves, it is vain to seek for it elsewhere.” Duc De La Rochefoucauld



looking back to what it was, nor forward to what it might be, but living in the present and accepting it as it is now. For relationships, too, must be like islands. One must accept them for what they are here and now, within their limits islands surrounded and interrupted by the sea, continuously visited and abandoned by the tides. One must accept the serenity of the winged life, of ebb and flow, of intermittency.” Anne Morrow Lindbergh

“In whatever arena of life one may meet the challenge of courage, whatever may be the sacrifices he faces if he follows his conscience, the loss of his friends, his fortune, his contentment, even the esteem of his fellow men, each man must decide for himself the course he will follow. The stories of past courage can define that ingredient, they can teach, they can offer hope, they can provide inspiration. But they cannot supply courage itself. For this, each man must look into his own soul.” John F. Kennedy

“The highest activity a human being can attain is learning, or understanding. To understand is to be free. Those who respond to failure of others with anger are themselves slaves to passion had have learned nothing.” Spinoza

“Do not compromise yourself. You are all you have got.” Janis Joplin

“Success is a ruthless competitor, for it flatters and nourishes our weaknesses and lulls us into complacency. We bask in accomplishment and lose the spirit of humility, which helps us visualize all the factors that contributed to our success. We are apt to forget we are part of a team.” Samuel Tilden

“There is nothing noble in being superior to some other man. The true nobility is in being superior to your previous self.” Hindi Proverb

“Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.” William Shakespeare

“Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing.”



at yourself when you finally realized the only losers are the children. The man will find someone else to donate his money for the tax write off. Plus history has shown that the heart, warmest and tenderness of children have melted the coldest of hearts

“The cure for all the illness of life is stored in the inner depths of life itself. The access to which becomes possible when we are alone. The solitude is a world in itself, full of wonder and resources unthought-of. It is absurdly new yet so unapproachably distant.” R. Tagore



In a perfect world everyone should do the right thing at the right time for all the right reasons. However, that is rarely going to happen. It is very important that we never allow any opportunity to do well, or fail to allow something good to happen because someone is going to do the right thing for the wrong reason. Sometimes you just have to accept the fact that bad people get rewarded for doing something that they wouldn't have done if it was not in their best interest. It sucks, but that life at times. If a man who is a racist wants to donate land and money to minority children to build a school just for image and tax purposes you could always take the high road and tell him his money is no good and is unwelcome. But how do look

“We are largely the people we expect to be, because that identity shapes the way we sort through the thousand of life choices with which we are confronted with daily. Our identity defines how you think, change your identity and you will change how you think, change how you think and you will change your life.” Judith Sills

“One of the greatest advantages of reading fiction or history is that it gives us the opportunity to understand the world from the different vantage points and different time periods and under different psychologies.” Richard Danzig

“We must not promise what we ought not, lest we be called on to perform what we cannot.” Abraham Lincoln

“In the truest sense, freedom cannot be bestowed; it must be achieved.” Franklin D. Roosevelt

“While it is important that in order to be effective a leader accept some outward symbols of authority with leadership a garland of humility should be the most prized crown as humility is a sign of strength, not weakness. Humility is above all, and quite simply, truthfulness and self-honesty. Humility means seeing everything as it is not the way we want to see it.” J. Donald Walters

“Fame is like a shaved pig with a greased tail, and it is only after it has slipped through the hands of some thousands, that some fellow, by mere chance holds on to it.” David Crockett

Never put in sixteen hours, six day a week effort for any job that could be done in 40 hours. Working longer hours and more days won't make you indispensable, just the person others can count on to fill in when they need time off for vacation. An important fact to remember is unless you are getting overtime is that you are getting paid to complete your work in 40 hours which means all that extra time that you spend at work is just a donation. If you are going to donate your time ask yourself is donating your time to your employer the best place to donate your time.

“Goethe said, 'Talent is developed in privacy, ' you know? And it's really true. There is a need for aloneness which I don't think most people realize for an actor. It's almost having certain kinds of secrets for yourself that you'll let the whole world in on only for a moment, when you're acting.” Marilyn Monroe



“This force, which is the best thing in you, your highest self, will never respond to any ordinary half-hearted call, or any milk-and-water endeavor, It can only be reached by your supremest call, your supremest effort. It will respond only to the call that is backed up by the whole of you, not part of you; you must be all there in what you are trying to do. You must bring every particle of your energy, unanswerable resolution, your best efforts, your persistent industry to your task or the best will not come out of you. You must back up your ambition by your whole nature, by unbounded enthusiasm and a determination to win which knows no failure... Only a masterly call, a masterly will, a supreme effort, intense and persistent application, can unlock the door to your inner treasure and release your highest powers.” Orison Swett Marden

“The whole gospel of Karl Marx can be summed up in a single sentence: Hate the man who is better off than you are. Never under any circumstances admit that his success may be due to his own efforts, to the productive contribution he has made to the whole community. Always attribute his success to the exploitation, the cheating, the more or less open robbery of others. Never under any circumstances admit that your own failure may be owing to your own weakness, or that the failure of anyone else may be due to his own defects – his laziness, incompetence, improvidence, or stupidity.” Henry Hazlitt

“In a world too often cold and unresponsive, spirit-lifting words and notes are the springs of warmth and reassurance. We all need a boost from time to time, a few words or a few lines of praise have been known to turn around a day, sometimes even a life.” Fred Bauer

“There are times when it may be the highest duty of the citizen to stand alone, or practically alone. But if this is a man's normal attitude, if normally he is unable to work in combination with a considerable body of his fellows, it is safe to set him down as unfit for useful service in a democracy. In popular government results worth having can only be achieved by men who combined worthy ideals with practical good sense; who are resolute to accomplish good purposes, but who can accommodate themselves to the give and take necessary where work has to be done, by combination.” Theodore Roosevelt



“A successful writer or speaker wisely and freely falls back on the good things that have been written or said by others. Users of such quotations are as wise as If they had originated them; for they could never originate even one-tenth of the material that they can borrow.” Author

Unknown

“To know what is right and not do it is the worst cowardice.” Confucius

“Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go do that. Because what the world needs are people who have come alive.” Harold Whitman

Good Words

“Good words do not last long unless they amount to something. Words do not pay for my dead people. They do not pay for my country now overrun by white men. They do not protect my father's grave. They do not pay for my horses and cattle. Good words do not give me back my children. Good words will not make good the promise of your war chief, General Miles. Good words will not give my people a home where they can live in peace and take care of themselves. I am tired of talk that comes to nothing. It makes my heart sick when I remember all the good words and all the broken promises. There has been too much talking by men who had no right to talk. Too many misinterpretations have been made; too many misunderstandings have come up between the white men and the Indians. If the white man wants to live in peace with the Indian he can live in peace. There need be no trouble. Treat all men alike. Give them the same laws. Give them all an even chance to live and grow. All men were made by the same Great Spirit Chief. They are all brothers. The earth is the mother of all people, and all people should have equal rights upon it. You might as well expect all rivers to run backward as that any man who was born a free man should be contented penned up and denied liberty to go where he pleases. If you tie a horse to a stake, do you expect he will grow fat? If you pen an Indian up on a small spot of earth and compel him to stay there, he will not be contented nor will he grow and prosper. I have asked some of the Great White Chiefs where they get their authority to say to the Indian that he shall stay in one place, while he sees white men going where they please. They cannot tell me.

I only ask of the Government to be treated as all other men are treated. If I cannot go to my own home, let me have a



home in a country where my people will not die so fast. I would like to go to Bitter Root Valley. There my people would be happy; where they are now they are dying. Three have died since I left my camp to come to Washington.

When I think of our condition, my heart is heavy. I see men of my own race treated as outlaws and driven from country to country, or shot down like animals.

I know that my race must change. We cannot hold our own with the white men as we are. We only ask an even chance to live as other men live. We ask to be recognized as men. We ask that the same law shall work alike on all men. If an Indian breaks the law, punish him by the law. If a white man breaks the law, punish him also.

Let me be a free man, free to travel, free to stop, free to work, free to trade where I choose, free to choose my own teachers, free to follow the religion of my fathers, free to talk, think and act for myself -- and I will obey every law or submit to the penalty.

Whenever the white man treats the Indian as they treat each other then we shall have no more wars. We shall be all alike -- brothers of one father and mother, with one sky above us and one country around us and one government for all. Then the Great Spirit Chief who rules above will smile upon this land and send rain to wash out the bloody spots made by brothers' hands upon the face of the earth. For this time the Indian race is waiting and praying. I hope no more groans of wounded men and women will ever go to the ear of the Great Spirit Chief above, and that all people may be one people.” Chief Joseph

“The great skill of a teacher is to get and keep the attention of his scholar; whilst he has that, he is sure to advance as fast as the learner's abilities will carry him; and without that, all his bustle and pudden will be to little or no purpose. To attain this, he should make the child comprehend as much as may be the usefulness of what he teaches him and let him see, by what he has learned, that he can do something which he could not before; something which gives him some power and real advantage above others who are ignorant of it.” John Locke

“We, as young children, decide how to live. The whiny, sickly child gets attention; the mean, strong-willed, rebellious kid gets his way; the conforming, quiet child is appreciated; the good kid is loved. We learn to expect to be winners and losers. These are all preschool choices and they influence us for an entire lifetime.” Clay Trucker-Ladd

We will all die, most likely before we are truly ready so the most important thing that we can do with our time is to be the person that we were meant to be, but most important is that when we are called upon to take our last breathe it will be with the understanding that we being here really did matter, knowing that we did make a difference in someone's life. Every day we meet new people or experience something for the very first time; most of the time these new experiences are over looked in the haste of our daily life. Most of the time the



people that come in and out of our lives every day if viewed at all are deemed to have little to no effect on our life. However, every new experience, person you meet, book or magazine you read, movie or show that you watch, every new opinion or new song that you hear, and many other things changes us. Sometimes in little unnoticed ways, other times in life altering ways. Sometimes change for the good; sometimes we change for the worst. But either way when I go to sleep at night we are not the same person that we were when you woke up every day we gain new things and we lose old things. Hopefully we gain what we need and lose things we don't need.

“Permanence, perseverance and persistence in spite of all obstacles, discouragement and impossibilities: It is this that in all things distinguishes the strong soul from the weak.” Thomas Carlyle

“Nobody is indispensable; however important you are replacing you is at worst a question of inconvenience, expense and time. People who attempt to prove their indispensability are obliged to expand at a geometric rate to establish their indispensability to themselves...However, most people who think themselves indispensable get fired...no organization can afford to believe that their existence is dependent on a single person.” Author Unknown

“When I just wrote this is the end of Norma Jean, I blushed as if I had been caught in a lie; because this sad, bitter child who grew up too fast is hardly ever out of my heart. With success all around me, I can still feel her frightened eyes looking out at mine, and often I get confused and think it's I who am saying it.” Marilyn Monroe

“Only the curious will learn and only the resolute overcome the obstacles to learning.” Eugene S. Wilson

“There is no man who can avoid being born average. But there is no reason why a man has to be common.” Leroy Satchel Paige

“Anyone who purposes to do good must not expect people to roll stones out of his way, but must accept his lot calmly if they even roll a few more upon it.” Albert Schweitzer

“Let us not be content to sit and wait to see what will happen, but give us the determination to make the right things happen.” Peter Marshall

“Nothing is so easy as to deceive one's self for what we wish we really believe.” Demosthenes

“A good man would prefer to be defeated than to defeat injustice by evil means.” Salush

Never allow yourself to be in the position where you find yourself saying that I would have won, I would have accomplished the mission if only the referee didn't make a bad call, if only the other person didn't cheat, if only, if only. The world is not perfect, people aren't perfect, people make mistakes, people lie, people cheat, all kinds of unexpected things can and will happen at the last moment, it is your responsibility to take that fact into consideration and prepare yourself for it.

"When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful." Barbara Bloom

"Do not judge my intelligence by the answers I give, but instead by the questions I ask." Mark McGranaghan



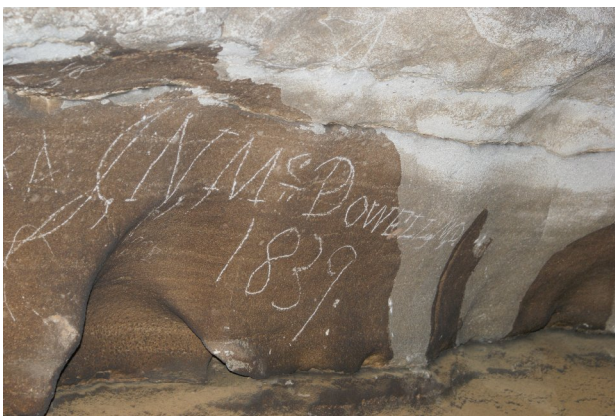
"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." Vince Lombardi

"There are two kinds of fools, one says, this is old, therefore it is good, the other says this is new therefore it is better." William Inge

"Ultimately, a genuine leader is not a searcher for consensus, but a molder of consensus. I would rather be a man of conviction than a man of conformity." Martin Luther King Jr.

"Be ashamed to die till you have won some victory for humanity." Horace Mann

"You converse with books, not men, and books especially human; and have no excellent choice with men who are the best books: for a man of action and employment you seldom converse with, and then but with your underlings; not freely, but as schoolmasters with his scholars, even to teach, never to learn. You will jest at any man in public, without respect of the person's dignity or your own: this disgraced your gravity more than it can advance the opinion of your wit. You make the law to lean too much to your opinion, whereby you show yourself to be a legal tyrant, striking with that weapon where you please, since you are able to turn the edge any way." Francis Bacon



"If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in." Rachel Carson

"Destiny is not a matter of chance, it is a matter of choice; as it is not something to be waited for, it is something to be achieved." William Jennings Bryan

"I do not wish to impose my personality upon nature or any of life's manifestations, but without prejudice or falsification to become identified with nature, to know things in their very essence, so that what I record is not my idea of what nature should be, but a revelation, a piercing of the smoke screen artificially casted over life by irrelevant, humanly limited exigencies, into an absolute, impersonal recognition." Edward Weston

"Men use thought only as authority for their injustices, and employ speech only to conceal their thoughts." LeChapon et la Poularde

“Bitterness is more devastation than betrayal. Betrayal is external. Bitterness is internal. Betrayal is something that others do to you. Bitterness is something you do to yourself. Thousands survive betrayal easily. Very few can survive the currents of bitterness. Disloyalty is a product of an unthankful heart. Betrayal usually is the child of jealousy.” Author Unknown



“Boys may find that sports provide them with a chance to apply skills that comes easy to them, receive praise and attention they don’t get elsewhere, and thus significantly increase their feelings of self-worth. Sport also transform boys by teaching them emotional resilience; how to overcome the fear of being shamed, a fear that can cause boys to toughen themselves up, especially when they become adolescents. Sports teach this capacity for resilience, a healthy ability to cope with shameful feelings openly and flexibly through the inevitable experience of losing. Sports bring boys face to face with loss and allow them to express disappointment and grief they probably would not otherwise experience. To learn how to deal with

defeat is also to come to terms with shame. Unfortunately, parents and mentors may often fail to teach sons about bearing such loss so that it then becomes something feared and is seen as catastrophic.” William Pollack

“If you take responsibility for yourself you will develop a hunger to accomplish your dreams.” Les Brown

“We must never forget that character development, leadership education, and technical training, however useful, are no substitutes for the real experience of leading. They will never by themselves create a leader who can make the hard choices in tough, changing or surprising conditions.” General Tony Zinni

“Somehow, the fact that more poor people are on welfare, receiving more generous payments, does not seem to have made this country a nice place to live – not even for the poor on welfare, whose condition seems not noticeably better than when they were poor and off welfare. Something appears to have gone wrong; a liberal and compassionate social policy has bred all sorts of unanticipated and perverse consequences.” Irving Kristol

Everyone carries a part of society on his shoulders; no one is relieved of his share of responsibility by others. And no one can find a safe way out for himself if society is sweeping towards destruction. Therefore, everyone, in his own interests, must thrust himself vigorously into the intellectual battle. None can stand aside with unconcern; the interests of everyone hangs on the results. Whether he chooses or not, every man is drawn into the greatest historical struggle, the decisive battle into which our epoch has plunged us.” Ludwig von Mises

“Consider you who are about to undergo trial, what you wish to preserve, and in what to succeed, for if you wish to preserve a mind in harmony with nature, you are entirely safe; everything goes well; you have no trouble on your hands. While you wish to preserve that freedom which belongs to you, and are contented with that, for which have you longer to be anxious? For who is the master of things like there? Who can take them away? If you wish to be a man of modesty and fidelity; who shall prevent you? If you wish not to be restrained or compelled, who shall compel you to desires contrary to your principles? To aversions contrary to your opinions?” Epictetus

“Skepticism is the chastity of the intellect, and it is shameful to surrender it too soon or to the first comer; there is nobility in preserving it coolly and proudly through long youth. until at last , in the ripeness of instinct and discretion, it can be safely exchanged for fidelity and happiness.” George Santayana

“It never pays to respect a man who does not respect yourself.” Latin Proverb

The Rape

My worst day at OCS was when a runner showed up and told me that I had to see the XO right away. I had no idea what I needed to see the XO for, but I was concerned because he always handled the bad news. When I reported into his office he stood up and told me to follow him. I knew something was seriously wrong because as we left the building, walked down the road across the railroad tracks and then up the walkway to the red brick building and into a large empty room overlooking the river, he did not say a single word.

Under the two large windows as a bench like where one could sit down and watch the boats as they went up and down the river. He quickly sat down on the bench and told me to stand at attention. I was scared; I did not have any idea what was going to happen next. I was too scared to look at the XO so I just stared over his head looking out across the water.



Then after what seemed forever, while at the same time it seemed that time stop, until I heard him giving me “My rights” and asking if I understood them. The XO asked me where I went that weekend and what I did. I told him that I still hadn’t gotten paid yet, and the furthest I had gone was to walk down to the town of Quantico. I asked him why he had given me my right and he told me that I match the description of a man that had committed a rape out at the lake over the weekend. He told me that the woman had been raped by a light skinned black man and that I fit the description. I just couldn’t understand how I fit that description because I was one of the lightest skin

guys at OCS. We all had little to no hair; the top of my head without hair is whiter than most people, plus I turn red and yellow during the summer. Many people were surprised when they found out that I was bi-racial even the point that my Marine Corps records listed me as white.

I became very numb, I know I zoned out. I don’t know how long the XO talked for because I did hear or remember a single word. Somehow it just wasn’t worth listening. The only words I remember from the XO were to return to my unit. The walk back down the road and across the railroad track seemed so much longer. I was just plain scared I knew I hadn’t done anything wrong but now I was in a situation of not my own making and had no control over my future.

Every single time when I saw an MP car or an MP coming toward me, my whole system shut down wondering if this was the time that they were coming for me. I had no one to talk to, I just laid awake and night just waiting for the worst. I knew I hadn’t been at the lake and that I had not raped anyone but that didn’t really matter.

I just couldn’t understand that if I was going to be a Marine Officer that I could be so easily questioned and accused of raping someone. I quickly learned it doesn’t take much for even the people who you regard highly based on their positions for them to turn on you.

They finally caught the rapist but the XO never once came to me to tell me that, he never told me that he was sorry but he was just doing his job. I just happen to read about it in the local paper. He never asked me how the ordeal affected me. To him it was just like it never happened.

My lesson learned here is be very carefully before and what you accuse someone of because it is like a shell from a very large cannon; you have no control over where it will land once you fire it. You may have a very good idea where it will land and you hope for a certain outcome, but often times the results are nowhere near what you expected and there are unexpected casualties.

"Look around you, said the citizen. 'This is the largest market in the world.' 'Oh surely not,' said the traveler. 'Well perhaps not the largest,' said the citizen, 'but much the best.' 'You are certainly wrong there,' said the traveler. 'I can tell you...' They buried the stranger in the dark." Robert Louis Stevenson

"I have learned silence from the talkative; tolerance from the intolerant and kindness from the unkind. I should not be ungrateful to those teachers." Kahlil Gibran



"Sometimes life may seem difficult and you get wounded in ways invisible to the naked eye. These emotional wounds are often the most painful wounds of all. The defense mechanisms, with which you choose to shield and protect yourself from painful experiences, may be unconscious. Now is the time to let go of the fear that has kept you padded and stagnant. The true protection in life will be your willingness to let go and move forward with life. Trust yourself to handle situations, to choose wisely, and to invent yourself as you choose to be. Your past experiences can be used as helpful references to guide your actions today. You have grown emotionally, gained

wisdom, and are now capable of claiming the highest good in your life. Decide what that good is focus on it, and direct yourself toward it with gratitude. You are in charge, don't let fear paralyze and rob you. Let go of fear and realize that if your coat of armor weights you down think of it as obsolete. "Lynne Lambert

We live in a world where we usually believe it is more important to trust the wisdom of experts than our own personal experiences. We have created a world where we have people who tell us how and what to eat, which movies to watch, what music to listen to, what school to go to, how to get and stay physically fit, how and what type of clothes to wear, how to plan our weddings, how to plan our future, how to invest our money, how to raise our children how to vote, how and who to trust, how to be happy and the list of how to's goes on and on.



The strange but really sad thing about all these experts is that very few of them have ever been able to use their own advice with a high degree of success. Shouldn't a financial expert make his or her money from his or her own advice instead of the fees that they charge for that advice? Shouldn't a movie or book critic have directed or written their own movie or book prior to being label an expert?

For example there are numerous books and research papers on attachment disorders in children. For the most part they all say the same thing. If a child has a poorly educated teenage mother with little to no parenting skills that child has little chance of bonding. If the child suffers physical or emotional abuse, if the child is separated from its mother, if the child is hospitalized for an extended period of time, if the child frequently moved from place to place, if the child is place in orphan home or foster care, if the child is neglected by its mother, or if the child is sexually abused any one of these events the experts would say placed the child in a very high risk of developing an attachment disorder. It is said such children rarely develop a conscience, display unacceptable behavior and become the future sociopaths and maximum-security inmates. I often wonder if such children grow up and develop into such bad people because the experts allow us to look the other way because the outcome is expected and it just isn't worth the time, effort and resources or is it because people just don't want to help?

“Joe, tell me who the students are who seem to fall apart mentally in college. How would characterize them? “They are not at all who you think they are. They are not the kids who grew up deprived or in dysfunctional families or with lives littered with stress. Most students who crumble during their undergraduate years are the ones who never before had to struggle, the superstars of their prep schools or high schools. Many were hometown heroes, the worshipped jocks, the well-rounded types, the ones who always seemed to do everything right and were revered by throngs of admirers. They were the golden boys and girls. And you know, in reality, those kids grew up deprived. They never learned how to deal with feelings of inadequacy. It is a little late to have to do that for the first time when you’re twenty years old.” Mel Levine

“This is why the wise man ought not to chafe whenever he is locked in conflict with fortune, just as it is unfitting for the courageous man to be resentful when the din of battle resounds for each of them the difficulty offers the cap: for the courageous magnify the chance of extending his fame and for the wise man the chance of lending substance to his wisdom.” Tom Bulter-Bowdon

“School boards seemed a especially ripe target. Eli Broad began training efforts to get them away from what he saw as mind-numbing minutiae, like choosing paint colors for buildings or fixing stadium lights. The effort proved frustrating. Board members themselves, as he saw it, were often problematic; too many were well-meaning but nor especially savvy parents, micromanagers, or excessively political.” Rita Humphreys

“You have to be tough and aggressive towards commanders and staff if the results are not satisfactory. Do not wait to the end of the exercise if a cardinal mistake took place. Stop the maneuver, explain the basic solution and give them the opportunity to start again in the same phase. If a member of your senior staff has not the



ability to follow your quick decisions and he does not read your thoughts- get rid of him. War is not a normal situation; you have the responsibility for the results and always remember: prevention is better than the cure.” Colonel I. Biran Israeli Defense Forces

“A person who did not know that eyes could see and therefore never opened his eyes would be pathetic. Even more pathetic is a person who does not understand that he has been given reason so that he can bear calmly all life’s

troubles. By using reason humans can cope with any manner of unpleasantness. A ratiion person does not encounter unbearable troubles. Troubles do not exist for him. Despite this, instead of looking at anything unpleasant in the eye, we act cowardly and try to turn our backs on it. Wouldn’t it be better to rejoice that God has given us the power not to be upset at things that happen to us against our will and to thank God for subjugating our soul only to what depends on us? He did not subjugate our soul to our parents, our brothers, our wealth, our bodies, or our death. In his mercy, he subjugated our souls to the one thing we have control over; our ability to reason.” Epictetus

“You don’t have to fight every battle in order to be successful. Fighting a strong competitor head on, on the basis of their strength is not a wise battle; Figure out a way to outsmart them. You can be successful by making their weakness your strength. There are also times that will require you to retreat, to concede a losing battle, in order to fight a stronger, more successful one later. To become and remain successful you have to recognize what it working and feed it resources and you have to cut off what is not working. Sometimes it is better to cut a losing battle short rather than continuing on expending valuable resources or missing other opportunities. So if you find yourself continuing to fight what you know to be a losing battle, don’t be foolish, retreat, regroup, and prepare to take the enemy in an unexpected time, when they are not prepared. You are much more likely to be successful when you chose the time and terms of the battle.” Mike Ognak

“Human beings who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so.” Douglass Adams

“A man’s mind may be likened to a garden, which may be intelligently cultivated or be allowed to run wild; cultivated or not, it must and will bring forth. If no useful seeds are put into it, then an abundance of useless weeds see will fall in.” James Allen

“The art of being wise is the art of knowing what to overlook.” William James



“He is a fool that cannot conceal his wisdom.” Benjamin Franklin

“The pleasures of the world are deceitful; they promise more than they give. They trouble us in seeking them, they do not satisfy us when possessing them and they make us despair in losing them.” Madame de Lambert

“If there is one thing above all others a successful man should know, it is when to stop. Assuredly for a commander like yourself, with an army like ours, there is nothing to fear from any enemy; but luck, remember, is an

unpredictable thing, and against what it may bring no man has any defense.” Coenus

“Contradiction and contention irritate a man into exaggerating his statement. By contradicting your opponent you may drive him into extending beyond its proper limits a statement which, at all events within those limits and in itself, is true; and when you refute this exaggerated form of it, you look as though you had also refuted his original statement. Contrarily, you must take care not to allow yourself to be misled by contradictions into exaggerating or extending a statement of your own. It will often happen that your opponent will himself directly try to extent your statement further than you meant it; here you must at once stop him, and bring him back to the limits which you set up; that is what I said, and no more.” Arthur Schopenhauer

“None of us know what the next change is going to be, what unexpected opportunity is just around the corner, waiting a few months or a few years to change all the tenor of our lives.” Kathleen Norris



“It is bad to be oppressed by a minority but it is worse to be oppressed by a majority for there is a reserve of latent power in the masses which, if it is called into play, the minority can seldom resist, but from the absolute will of an entire people there is no appeal, no redemption, no refuge but treason.” Lord Action

“Leadership is the ability to recognize the special abilities and limitation of others combined with the capacity to fit each one into the job where he will do his best.” Oswald Sanders

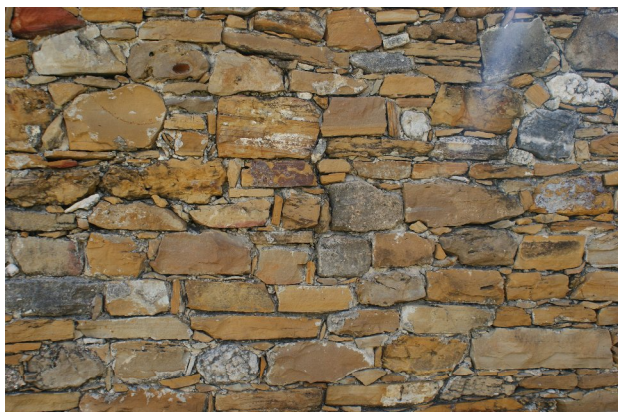
“This noble rage is not so easily repressed. Penury alone will never extinguish the celestial fire of genius. An unhappy stroke of fate may kill it; disease and death may annihilate it; but poverty, never. No man of genius, born a clod-hopper, ever passed seventy years hopping over clods. In whatever rank or station born, he is bound, if he lives, to leave his mark on his age or country. Those who have genius do always care to study, do always care to learn; and they generally succeed in making themselves known even under the most adverse circumstances. Overcoming difficulties is the distinguishing mark of his character. If he has the celestial fire in his he is bound to make it blaze and shed light and warmth on those around him.” Robert Waters

“We will either find a way or we make one.” Hannibal

The Basic School

I was commissioned a 2nd Lt in the USMCR on Friday August 19th and started The Basic School on August 22nd. I was assigned to 5th Platoon, Hotel Company. My Platoon Commander was 1stLt Eaton the only Lt Platoon commander in the company.

I asked Lt Eaton if I could see a doctor because of the problems with my shoulder. His reply was that he knew about me and I would have to wait until all the testing was completed before being allowed to go to sickbay. On August 25th I was allowed to go to sickbay where the doctor stated that I was not physically ready to handle the demands that TBS would be placing on my injuries over the next six months. He sent to the hospital where I was given my first x-rays. I knew something was serious when the x-ray tech asked me when I hurt my shoulder, when I told he looked at me as if I was a fool.



In the doctor's office he showed me the x-ray he told me that I had suffered muscle and nerve damage along with fracturing my shoulder blade. He gave me the option of surgery or no duty for two months to recover from and rebuild my strength. I told him I would take the two months over surgery more for the fact that I was wasted from the mental and emotional ordeal of OCS. On August 26th he wrote in my health record that I was not to start TBS until October. Then the doctor sent me downstairs to see Navy Chief. He told me that if he did not make it as clear as day for the people out at TBS they would overlook his report. So he had the chief put a paperclip to the page of doctors' notes. The Chief wrote a statement and paperclip that to the cover of my medical record.

On my way back to TBS I did not know if I should be happy or should I be angry. I did not know how I should be reacting to my serious injuries. I was happy because the pain was not an attempt to get out of something, an excuse or be angry because I had suffered serious and unnecessary injuries. My head keep telling me that I had every right to be angry, but my other side keep telling me that if anyone one person had did the right thing at the right time I wouldn't be wearing the bars of a 2nd Lt. I just kept trying to make myself believe that everything would be working for the best, after all there would be no doubt. At OCS no one knew the extend of my injuries because the tests were never conducted. A perfect example of if you are afraid of the answer never ask the question. So now my commanding officer would do the right thing, the Marine Corps way of taking care of our own.

When I returned to TBS I gave Lt Eaton my medical record as I stood at parade rest in front of his desk. In less than 30 seconds my body was being overwhelmed. I soon was in a total daze and felt like I was in a hot sauna with little to no oxygen. I felt as if every part of my body was being held down by large block of granite. It was as if my mind and body were working at two different levels, my mind did not want to deal with my body anymore. It was it my mind was going on its own, it had enough. I learned very quickly that I would pay a very heavy price for not listening to my gut.

When Lt Eaton asked what the doctor said and I replied I had a separated should, nerve damage, and a fracture scapula and that I was being placed on no duty for the next 6-8 weeks be exploded into angry, yelled at me and told me to follow him to Captain Converse's the XO. Then he had me repeat everything for the captain. Captain Converse's reaction was much more controlled but I could see his angry. It became very clear to me that my best interest was no in his best interest. He called the Commanding Officer, Major Hooton who ordered me into his office and had me repeat my story a third time. The Major told me to return to my platoon and he would get back to me.

The next morning Lt Eaton told me that I would not be placed in a “No Duty Status” but rather a “Limited-Duty Status’. Under the terms of my limited-duty I would do everything except push-up, chin-up, jumping jacks and other upper body calisthenics. Whenever the company was performing such calisthenics I would just step aside and watch. After about two weeks Major Hooton took me aside away from everyone else and he told me, “Lt Roberts I have reviewed your medical records and you need to understand that there is no way that I can bring this matter up to a full bird colonel based on something signed by a navy chief.” What bother me the most was how his voice became louder and more forceful as he spoke. I knew that there would be no discussion again on this matter.

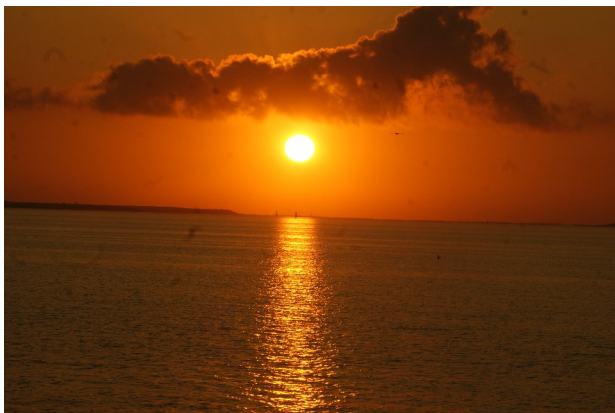


No Matter How Dark and Cold The World Maybe We Have A Place Of Our Own

Somehow I had learned to manage the pain and weakness and still pass everything, nothing great but I was passing. Then on a formation run a Marine behind me tripped and felt forward knocking me down the hill where I rolled head of head about 3 or 4 times. When I got up my shoulder area was burning and painful. The next morning I had very limited range of motion and a very large red spot in the middle of my collarbone. After a few days of no improvement I was told that I had suffered nerve damage. I was also told that there would be no need for me to return to see a doctor.

I was given a failing leadership grade by my peers and Lt Eaton was very upset that he could not fail me with his grade. He told me that I deserved a much lower grade than the 70 he was given me. He said he hands were tired because LtCol Sherry the head of the Tactics Department had given me a very high score on my tactics tests and had highlighted by leadership ability. He had been very surprise that I had no military or ROTC training. LtCol Sherry was a highly regarded war hero from Vietnam.

Everything went downhill after that I failed to qualify with both the rifle and pistol until a Black Marine GySgt took me aside and helped me try to qualify. He had notices that every time right before the shot I always rolled forward. So he had me shoot at 9 o'clock and I quickly qualified. At the pistol range he noticed that after about 2 seconds my arm just dropped so he had me wait to the last second pick up the pistol and shoot again I quickly qualified, but my failing grade went into my record book.



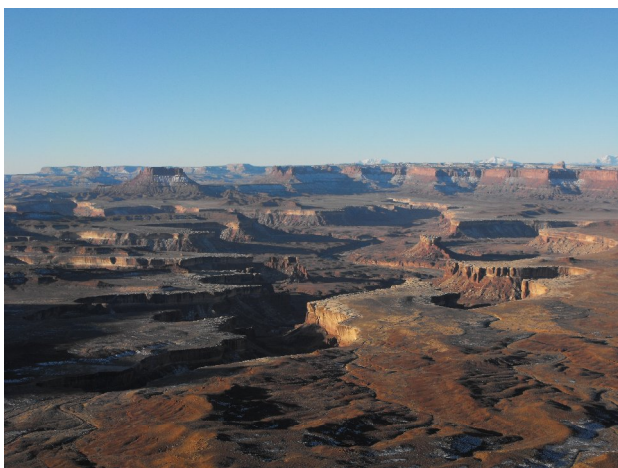
About 6-7 weeks before gradation I was called into Lt Eaton’s office. He ordered me to wear my Charlie Uniform in morning and report directly to LtCol Hewes’ office. He was the school’s XO or 2nd in command. Then Lt Eaton said that he had recommended to Major Hooton and that Major Hooton had agree that my commission was to be taking away due to unsuitable for military service.

It was a very cold and damp day, but in spite of the cold I could not stop sweating as I sat in the XO’s outer office. My appointment time with LtCol Hewes came and went. I sat there for hours but for the first time I felt very different when I was called into his office I was more than ready. I told myself that I refuse to give up my commission and that they would have to fight me for it. He told me that he was the first step and after he

informed me of the process I would then see Colonel Murphy. He went through the required list of things that an XO was required to do and then asked me if I had anything to say.

I told him, yes sir, I do. I told him of my medical findings, my no duty status, I told him of the untreated broken collarbone and how it affected my marksmanship scores. I told him that I firmly believed based on what I learned from my leadership classes that both Lt Eaton and Major Hooton had violated Marine Corps orders concerning the treatment of injuries. But most of all I told him that unlike the others I would not sign or accept a good of the service discharged, if they believed I wasn't good enough to be a Marine Officer, if they wanted to get rid of me that it would have to be in front of a full board of officers.

Two days later LtCol Hewes offered me a deal, if I accepted a good of a service discharge due to unsuitability he would ensure that I get proper medical treatment otherwise I could remain on active duty but I would not be allowed seek anymore medical treatment. I refused his offer and told him I was staying. Lt Eaton was very upset that I was not being discharged because as long as I was around his platoon had very little change of being number one with my grades. I made it through to the end graduating 232nd out of 238 on 12 Feb. He told me that he couldn't understand how I was able to convince the XO not to discharge me, but that it didn't matter because in about two years I would no longer be in his Marine Corps.



1st Lt Eaton couldn't have been in more error for in a little over 2 years later on 13 Mar I was informed that I was 1 of only 44 USMCR officers selected to become a career USMC officer.

“When all prerogatives of birth and fortune have been abolished, when every profession is open to everyone an ambitious man may think it is easy to launch himself on a great career and feel that he has been called to no common destiny. But this is a delusion which experience quickly corrects. When inequality is the general rule in society, the greatest inequalities attract no attention. But when everything is more or less level, the slightest variation is noticed.” Alexis de Tocqueville

“The reward for conformity is everyone likes you but yourself.” Rita Mae Brown

“Everyone should carefully observe which way his heart draws him, and then choose that way with all his strength.” Martin Buber

“Nothing strengthens the judgment and quickens the conscience like individual responsibility.” Elizabeth C. Stanton

“Great emergencies call forth the great soul. War in the twinkling of an eye turns village drunkards and pettifogging lawyers into generals and statesmen. Love transforms Cymon from a brute into a man necessity made Shakespeare a dramatist; accident reveals to Scott his true power.” William S. Walsh

“Though our character is formed by circumstances, our own desires can do much to shape those circumstances; and what is really inspiring and ennobling is the conviction that we have real power over the formation of our own character; our will by influencing some of our circumstances, being able to modify our future habits if willing.” John Stuart Mills

“In doing good, in building up, aim to promote the good of yourselves and of society. No one can do much good without doing some harm, but you will do less harm by striving to do good. Be industrious and be honest.” Gideon Lee

Painful Lessons:

I had seen a flyer on base looking for runners to try out for the Marine Corps X-Country team. I felt it would be a great way to escape the crap that I was going through every day at TBS. I applied for a spot on the team and I was selected. It was almost like playing Little League baseball again. If I wanted to play I had to make sure that no one found out that I was on the team. Since the races were on Saturday I didn't think that it would be too hard. It was good to be able to escape and running races at colleges such as William & Mary and the Navy Academy. While I wasn't able to run as well as I would have liked due to not having the time or strength to train properly it was still a well needed boost for my self-esteem. But then again I didn't embarrass myself either. It was funny while I was wearing that All-Marine Cross Country uniform regardless of what the pain level should have been there just wasn't any pain.

On Monday morning I was told by Lt Eaton to report to the Commanding Officer. I had no idea what forever why I had to report to his office. The CO ordered me into his office, told me to close the door and then he quickly jumped in front of my face and told me never to embarrass him again. I didn't even know what he was talking about. After about five minutes of dressing down, he told me that I was the cause of his embarrassment because I had ran a race a road race over the weekend and had finished in 3rd place. I didn't tell anyone because I didn't think anyone cared. However, the Commanding Officer of TBS had found out and told my CO that he was impressed. My crime was simple because I never told Lt Easton who would have told the CO who then in turn would have used my effort to make himself look good, I had to be punished. It was a crime that I was to unknowingly commit over and over again both inside and outside the Marine Corps. I failed to realize that it is very important for many bosses that they have the ability to tell their boss how well their subordinates are doing regardless of the time and effort they put forth. I never felt that it was important that I highlight my talents or how I was studying or training for the future. I just wanted to be prepared for when the future happens and then accomplish what needed to be done and move on. I failed to understand that far more people worry about location than direction. I always ask myself if I am going in the right direction, if I am I will get where I need to be when I need to be there. Then again how many people would have been willing to help if I told them where I was going, I think far more than not most would do what believed to be in my best interest by doing their best to convince not to start.

A worst crime than not letting my seniors know what I was accomplishing was exceeding their expectations; On project after project I would often wonder why my seniors rarely seemed pleased with the final outcome when their superiors seemed really excited. It took me almost 30 years to understand, when many of your seniors expect you to perform poorly instead of helping you they lay the ground work and expectations of failure for their superiors. When the final project's result far exceed expectations your boss who expected poor or even failing results suffered in the eyes of his superior. So the question is how do you exceed the acceptable standards while allowing your senior to claim far more credit than he or she earned or deserves. The answer is simple, be your own judge of what you were capable of and use that to grade your performance. Don't waste time and efforts fighting for Fame and credit. The people that count know.

A person has to test him or herself. He has to put himself or herself out there fully knowing that you are at risk of a major failure. That is the only way that you can grow. If you fail you will have grown but not as much as you like. If you succeed two things will happen, the first will be that you will develop skills and insights that will serve you well in the future but most of all you will create a number of enemies. The greater the success the more people you leave behind. That is simple but harsh reality.

Often the real test will be are you doing it for public glory or for personal growth and for the benefit of others. If you are doing for public glory you may get it but it may only be short-term. If you are doing it for personal growth and for the benefit of others you must understand that you will get little to no support, peers and superiors will keep their distance from you because they "know that you will fail" and there want no part of it. So when you succeed you will be a fool to believe that they will continue to keep their distance, no they will

show up in the 9th inning, the last two minutes of the games to take as much credit as possible. If that is too much for you, if that makes you angry don't step into the arena.

When in Charleston I replaced a captain that had doctored report after report and as a result had been named the best unit in the 4th FSSG, 4th Marine Division. Many people have benefited from his actions. I was faced with do I tell my new boss, despite the fact that he had signed off on the reports and award recommendation? Do I tell the IG? Who do I tell? In the end the only people I would hurt would have been the troops that did nothing wrong, they would be forever chained with the rope of cheaters. Even if I told my superiors I could be faced with the fact that they would self-protect and throw me to the wolves.

In the end I didn't have to tell my boss, because I came to believe that he knew that I knew and he was looking for a way to get me out of there. He even told me, that he had misgivings about me and that he didn't think I was up to the task and believed that I should be relieved. He even told me that if I got one Below Average or Unsat on the upcoming IG inspection I would be fired. I got very high results on the IG far better than he did on his IG, if I remember correctly he had a number of Below Averages and Unsat's.

After that conversation I got my people together and told them the situation, to included the facts that we weren't as good as we were believed to be. That my goal was to make us better than what we were on paper; that no matter what happen that we would be the judge of our success. That if anyone had a problem they could leave, I didn't need them.



No One Know What Good We Are Capable Of

In the end we never won another reward but we were well respected, we were one of the few units that achieved a Level I readiness rating. The boss than wanted to get rid of me had my staff and I go down to another center for an extended period of time

Over the course of a three day drill weekend we were able to conduct the largest reserve amphibious exercise ever. I got no support whatsoever from my boss, or many of my peers. I was told over and over that it wouldn't work. I was given no additional funding except for what I had in my budget. I had to get very creative to the helicopters to Charleston, using my funds to cover their hotels and meals cost. I had to visit Little Creek, Virginia to talk to the ship's captain, the Air Force Base, the Coast Guard Base, the local communities. I had to get cooks to feed everyone, equipment and supplies, had to find a way to pay for the fuel, had to find someone to control all the aircraft. Somehow with the help of a number of people I was able to pull it off.

After it became very clear that it was going to work, that it was going to be a success, some of my superiors, those had stayed away for the months and months of planning

showed up. My reward for everything was CG 4th FSSG Certificate of Commendation: stating "During this period Captain Roberts coordinated a Marine Corps Reserve sponsored exercise involving over 1,000 Marines Corps, Navy, Army and Air Force Personnel. Demonstrating a continuous display of professionalism resourcefulness Roberts was instrumental in the highly successful planning and execution of missions throughout the exercise. The complex movement of 2,500 PAX and 50 tons of supplies from ship to shore and from island to coastal objectives were successful.

I didn't do it for the award, I did it because I that it possible. Captains don't get Certificate of Commendation. I accomplished what takes dozens of people to do. I really had to accept the piece of paper else wise my people would have suffered. I made sure my people and everyone involved got the credit they deserved and I told myself always respect the position, but reserve you respect for a person based on their actions. Respect the position; be in awe of no man.

There is always a painful lesson, there is always a price to pay when you dare to attempt what others can't or won't see, and there will an even greater price to price if you succeed. Somehow no matter how painful, no matter how harsh the price, I believe one can endure and get over it, on the other hand I believe the price of regret for doing less than you are capable of, for failing to act out of fear, is a debt that you will never be able to paid, but the price was way too high.



"We grow great by dreams. All big men are dreamers. They see things in the soft haze of a spring day or in the red fire of a long winter's evening. Some of us let these great dreams die, but others nourish and protect them; nurse them through bad days till they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true." Woodrow Wilson

"If you were born without wings, do nothing to prevent them from growing." Coco Chanel

Life is not a static thing. The only people who do not change their minds are incompetents in asylums who can't and those in cemeteries." Everett Dirkins

"More Men are guilty of treachery through weakness than through any studied design to betray." Francis La Rochefoucauld

"The thing that got you into this classroom today is belief in the future; a belief that the future can be better than the present and that people will and should sacrifice in the present to get to that better future. That belief has taken man out of chaos and deprivation that most human beings toiled in for most of history to the point where we are today. One thing will kill our civilization and way of life-when people no longer have the will to undergo the pain required to prefer the future to the present. That is what got your parents to pay this expensive tuition. That is what got us through two wars and the Depression. Future preference, don't ever forget that." Carroll Quigley

"Avoid destructive thinking. Improper negative thoughts sink people. A ship can sail around the world many, many times, but just let enough water get into the ship and it will sink. Just so with the human mind. Let enough negative thoughts or improper thoughts get into the human mind and the person sinks just like a ship." Alfred Montapert

"Knowledge is the only instrument of production that is not subject to the laws of diminishing return." John Maurice Cleal

"Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled can be translated into the benefit for everyone and greater strength for our nation." John F. Kennedy

"When you argue with your inferiors you convince them only one thing they are as clever as you." Irving Layton

600 Military Reservists Set To Hold Exercises At 3 Area Beaches
by Frederick Horlberk
The News & Courier, Charleston, S.C. April 9, 1987

About 600 military reservists will conduct a three-day amphibious and helicopter assault exercise at three local beaches this weekend.

With five-ton trucks, 10 helicopters, tents, and jeeps, the Marine Corps reservists and members of the Georgia Air National Guard will set up camps at the northeastern end of Folly Beach, the southern end of Sullivan's Island near the island's lighthouse and on the beach of uninhabited Morris Island.



The exercise will begin late Friday, said Capt Kris E. Roberts, an active-duty instructor and inspector at the Marine Corps reserve Training Center at Charleston naval base. It is scheduled to end Sunday at noon.

The purpose of the exercise is to train the reservists in supplying fighting forces, said Roberts, who is the exercise coordinator. The scenario calls for reservists to set up supply camps and depots on the beaches after amphibious assault forces have moved off the beach and have taken the battle further inland, Roberts said. The reservists must supply the inland troops with food, gasoline, medicines, fresh troops and equipment.

About 600 military reservists will conduct a three-day amphibious and helicopter assault exercise at three local beaches this weekend. Helicopter landing areas will be set up on each island, and helicopters will transport equipment and reservists among the three islands. About 75 reservists will be on Folly beach, and from 75 to 100 will be on Sullivan's Island. About 200 will be on Morris Island.

A Little Creek, VA-based naval amphibious landing ship, the Saginaw, will cruise off Charleston, carrying 270 Marine reservists until Sunday, when the helicopters for flights to Morris Island, Sullivan's Island and Charleston Air Force Base. The flights will simulate the arrival of reinforcements, Roberts said. Roberts said the camps will be in out-of-the-way locations, but said that beachgoers, although welcome to take pictures, should avoid approaching helicopter landing areas.

The reservists are stationed in Charleston, Greenville, Savannah, Charlotte, N.C., Wilmington, N.C., and Rome, Ga.

"Some young officers can expect to encounter seniors and peers who are violating some of the principles of leadership by doing things they should not be. The newly commissioned officer who observes such behavior by his fellow officers may become disillusioned, he may feel as if someone has let him down because not everyone in the military is behaving as he thought they would. What should the young officer who is confronted with this situation do? He may, as a new officer, have to bide his time and try not to become too disillusioned over the actions of a very few. I tell them all the time, if you don't like it, stick around and change it. That is a simple cryptic way of saying you will get to be senior and then you can change it. I have done that." General Robert Barrows USMC

"If you're going to play the game properly you'd better know every rule." Barbara C. Jordan

Reservists, guardsmen hit the beach
by Frederick Horlberk
The News & Courier, Charleston, S.C. April 12, 1987

Dressed as if for battle, 600 Marine Corps reservists and Georgia army National Guardsmen camped Saturday at three local beaches, conducting a three-day amphibious assault exercise that is the largest ever held in Charleston.

Carrying packs and wearing camouflaged uniforms, Marines set up supply camps and helicopter landing sights on Folly Beach, Sullivan's Island and uninhabited Morris Island learning the nuts and bolts of beachside military supply operations.



Meanwhile five helicopters piloted by National Guardsmen ferried troops and heavy equipment among the islands. Two Marine helicopters later joined them. With jeeps, 8,000 pound forklifts, power generators, and other equipment slung under them, the helicopters descended to the beaches. Marines took charge of the equipment, and the pilots throttled up the choppers' engines and lifted into the skies for more trips. It went on all day, a simulated of a battle situation in which the reservists would have to send supplies and reinforcement to troops fighting inland. The reservists, assigned to amphibious landing

support units, kept busy.

"We're a little behind schedule, but it's going good." Marine Capt. Kris E. Roberts, exercise coordinator, said at noon, "We're meeting all our major objectives." The exercise started late Friday as reservists from Charleston, Greenville, Savannah, Charlotte, N.C., Wilmington, N.C., and Rome, Ga, gathered in Charleston, Roberts said. They set up at Folly Beach and Sullivan's Island early Saturday and then started landing by helicopter at Morris Island. The exercise is scheduled to end by noon today.



Many Marines were stationed noon Saturday at the northeastern end of Folly Beach, the southern end of Morris Island or near the Sullivan's Island lighthouse. Another 240 were aboard the Naval amphibious assault ship Saginaw, which was at the Charleston Naval Base. Delays resulted when three of the 10 helicopters originally scheduled to participate were ground due to bad weather in Virginia and Pennsylvania, said Roberts, who is an active-duty instructor and inspector at the Marine Corps Reserve Training Center at Charleston Naval

Base.

With only seven choppers, the reservists had to wait until Saturday afternoon to add an ammunition dump and supply camp, to the post on Sullivan's Island. The delay was an example of how unforeseen circumstances can affect a military operation, Roberts said, and it was good experience for the reservists.

Aboard the Saginaw, Marines learned how to conduct themselves aboard a ship, said Cmdr. Temolio E. Hugatim; commanding officer of the Little Creek, VA based ship. "I understand some of these Marines have never been in the ship that they're supposed to operate off of," he said, in a wartime amphibious assault, the Marines would debark from such ships, using either helicopters or boats to get to an enemy-held beach, he said. The ship was scheduled to move off-shore for a practice assault early today, Roberts said. Helicopters will ferry about 250 Marines from the ship to shore.

"I think it's really good training," said Marine Staff Sgt. J. B. Valentine of Greenville. "A lot of these young Marines hadn't been on a ship before." It something were to come up, they wouldn't be scared to death of the choppers," said Maj. Vincent Mannella, commanding officer of the 4th Marine Corps Reserve Landing Support Battalion.

All of the reservists will spend time on the beaches and aboard the ship. While ashore, they will receive instruction in amphibious assault tactics, support of helicopter landings, loading, and unloading, and marking off military work zones on the beaches.

"The person who boasts about being a leader isn't one. The true leader doesn't boast about it. He has no ego investment in being a leader; he just is. He knows that his power comes not from authority but from his people, so he uses his position to assure that they have resources and support they need to do their work. Thus, people give him power, because they know he will use it to benefit everyone and not just himself. This is true power . . . The wise leader has no ego investment in doing things he sees clearly what needs to be done, then applies his intelligence and talent so effectively that it seems things just get done through him. He doesn't make a big deal out of what he is doing at any time." Stephen Mitchell

"Be courteous to all, be intimate with few, and let those few be well tied before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it's entitled to the appellation." George Washington

"Even the avoidance of disaster doesn't constitute winning, even if luck, and luck alone, spares us the worst, life nonetheless wears so many of us down. Every life, like every snowflake, seemed to me unique in the shape of its miseries, and in the rarity and mildness of its pleasures." Scott Turow

"Friendships that are bought at a price, and not with greatness and nobility of soul, may be paid for but they are not acquired, and they cannot be used in time of need. People are less concerned with offending a man who makes himself loved than one who makes himself feared: the reason is that love is a link of obligation which men, because they are rotten, will break any time they think doing so serves their advantage; but fear involves dread of punishment, from which they can never escape. Thus the Romans, who could see troubles at a distance, always found remedies for them. They never allowed a trouble spot to remain simply to avoid going to war over it, because they knew that wars don't just go away, they are only postponed to someone else's advantage." Niccolo Machiavelli

"We judge ourselves by what we feel capable of doing; while others judge us by what we have already done." Henry Wadsworth Longfellow

"What greater thing is there for two human souls than to feel that they are joined together to strengthen each other in all labour, to minister to each other in all sorrow, to share with each other in all gladness, to be one with each other in the silent unspoken memories?" George Elliot

"Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them." Ralph Waldo Emerson.

“There is no worst mistake in public leadership than to hold out false hopes soon to be swept away...people can face peril or misfortune with fortitude and buoyancy, but they resent being deceived or finding out that those responsible for their affairs are themselves dwelling in fool’s paradise.” Winston Churchill



There are many inequalities into which a child can be born. This means that for some children the world is very secure, stable and predictable; such children are born into acceptance, concern and care; they were planned for, hoped for and welcomed. For others whether intended or accidental the reverse is sadly true. Life for them is often short, sharp and brutish. They often have at least one parent that has hated them from birth, batter them as infants, neglect them as toddlers and used them for their own selfish needs and desires. Nevertheless, two children from the same womb growing up in the same environment confronting the same daily traumatic circumstances such as extreme poverty, drug use, sexual

abuse, lack of education opportunities, physical abuse or even homelessness enduring countless stressful disadvantages may end up quite differently; one suffering severe mental and or emotional disorders while the other matures into what appears to be a normal successful adult.

Myths, ever since we were little children we have either read or have been told of myths and legends. Myths and legends are very important because they help to create dreams in the mind of a child. However, as we grow up and develop our own self-image we come to understand that the truth meaning behind myths and legends is based more in ideals than in facts. However, some learn that the most effective way to control people is to convince them that a myth is indeed a fact. No matter how much we want it to be, no matter how much we believe it to be so, a myth is still a myth.

It is simple to get people to believe that a myth is factual. As long as each statement contains a truth, is stated over and over again and it appeals to people self-interest and self-benefit it is well on its way. When something benefits someone then the person can cherry pick the truth by hearing only what they want to hear then they will do everything in their power to convince themselves that it is complete true. Even to the point of refusing to accept any other possibilities.

That is where the problem comes in, the person take this myth turn truth to defend themselves again a faceless organization. They feel completely confident because they have truth on their side. The first question they are asked is prove your truth show me in writing. They can’t do that because it is myth containing partial truths.

For example people say that anyone who served twenty or more years on active duty would be guarantee life time free health care when in the fact the law states that such veterans would have access to free military health (not even free due to food costs) on a space and doctor availability. There is nothing that states that the military can’t closed down military bases and hospitals. There is nothing that states that the military must have the same type of doctor a civilian hospital has. The great majority of the military’s medical case load is highly trained, highly fit 18-35 years old that suffer more broken bones than suffer heart conditions. It serves no military necessities to have doctors on staff to treat retirees over the age of 70 because it only takes away from military readiness. When a older retiree faced with the rising cost of everything hear politicians say over and over you were guarantee life long medical treatment the retiree takes that partial truth, remembers back to when there were hundreds and hundreds military bases and turns it into fact, because he has too.

“A high degree of moral principle is in itself a necessary qualification in a post of trust and responsibility, and it is usually associated with a cultivated and improved state of the intellectual faculties.” Sir Henry Taylor

If they are lucky they are told to return when they get their fact right if they are unlucky there are cast a side and just another person that tried to cheat the system with incorrect information. When in fact if that had only done their homework, separated the truth from fiction they would have confronted a powerful face

organization that itself was unprepared to handle the truth. You can only win by playing by the rules. You must know fiction from non-fiction or your creditability will be shot.



“Life goes through changes so fast, you think your life is great, than one of your best friends dies. Then you think you found someone you truly love, only to figure out, she doesn't love you back. You cry and cry and cry, but nothing changes. You realize, that you must accept things for what they are, and what they have made you become. Everything in life changes you in some way; even the smallest of things. If you do not accept these changes, you do not accept yourself. For through these changes brings new and greater things to you, making you wiser, as time

progresses. To avoid these changes is a loss. You only live your life once. Do not waste a minute of it avoiding things. Let them come to you, and learn from them. There's always tomorrow.” Adam R. Gwizdala

“Integrity is honesty carried through the fibers of the being and the whole mind, into thought as well as action so that the person is complete in honesty. That kind of integrity I put above all else as an essential to leadership.” Pearl S. Buck

“Who knows his manhood's strength, yet still his female feebleness maintains; as to one channel flow the many drains, all come to him, yea, all beneath the sky. Thus he the constant excellence retains; the simple child again, free from all stains.” Tao Teh King

“Freedom is useless if we don't exercise it as characters making choices. We are free to change the stories by which we live. Because we are genuine characters, and not mere puppets, we can choose our own defining stories. We can do so because we actively participate in the creation of our stories. We are co-authors as well as characters. Few things are as encouraging as the realization that things can be different and that we have a role in making them so.” Daniel Taylor

“Self-care is never a selfish act, it is simply good stewardship of the only gift I have, the gift I was put on Earth to offer to others. Anytime we can listen to the true-self and give it the care it requires we do so not only for ourselves, but for the many others whose lives we touch.” Parker Paloner

It is strange, it is the rarest of people that demands or accepts respect from others for if I give you respect and you depend on my respect to make you happy, then I alone control your life because I can pull that respect from you anytime I so chose, even for the fun of it, or even to feel powerful and controlling. I don't even need a reason. That is why people get so upset when someone does not play by the rules all the time. For most people it is usually rule that they don't even understand the reason for but are too afraid to question. It is as if people believe that if I follow the rules others will respect me even if everything goes wrong. Many believe that if they follow the rules and everything goes wrong they can become a victim worthy of even greater respect.

I know a great deal about other people without having to expose too much of myself. But in reality I always expose myself to everyone I meet. It is just that I expose myself far more than people would of themselves or expect from me. Then they often fail to believe or understand me. The benefit of exposing myself is not having to build my self-image based on other's expectations. In many ways it is like lying by telling someone the truth fully knowing that they won't believe me. However, it always leaves me with the opportunity to tell the person that I already told them.

No one no matter how much we would like to believe it to be so grows up in a vacuum. The person we are today is the direct result of every single relationship no matter how long or how brief that we have experienced during our lifetime. It does not matter if the relationship was good, bad or indifferent each had an effect on us



in each own way and often in a manner, which we don't understand. We would like to believe that it is our relationships with our parents, our brothers and sisters, our husband or our wife, our closest friends, our co-workers and even our prior lovers have had the greatest effect on our development as a person. However, often it is the passing or momentary relationship with a total strangers or a casual acquaintance that can have the biggest impact on which direction our life goes.

It is not the length of the relationship but the planting of a seed for change that can have the most impact on one's future. It is like the farmer who understands that in order

to have a successful crop he has to plants a lot of seeds that just won't grow, or will just stop growing. So in many ways the farmer is doing a great deal of work that will produce little to no positive outcome but that does not stop him if he wants a productive harvest. The seeds the farmer plants are just like ideas. If you restrict your life to a small circle of family members, friends, co-workers and experts you will find that your world will be limited to self-imposed limitations and group misconceptions. You need to be open to the offerings of strangers if only to validate or invalidate your own thoughts and ideas. The more seeds you plant in your brain the more options in life you create. The more options you create the greater the opportunity for you to grow as a person. The person that you are capable of being is not the person that is confined by family's and society's expectations of you.

Learned to live in a world of metaphors there is far more knowledge there. Often the truth we need to hear is just too painful to hear so instead of turning a deaf ear learn to receive and process the truth in a different



manner. Just because the truth is uncomfortable doesn't mean it will stop being the truth.

“Beware of undertaking too much at the start. Be content with quite a little. Allow for accidents. Allow for human nature, especially your own. A failure or so, in itself, would not matter, if it did not incur a loss of self-esteem and of self-confidence. But just as nothing succeeds like success, so nothing fails like failure. Most people who are ruined are ruined by attempting too much.” Arnold Bennett

“Once you accept your own death all of a sudden you're free to live. You no longer care about your reputation. You no longer care except so far as your life can be use tactically to promote a cause you believe in.” Saul Alinsky

“All combat is exploratory. When in the cause of operations the true situation is mad clear, the commander who therefore holds rigidly to his original plan, whether because he is too dull to appreciate what has happened or too indifferent to change over, must be regarded as having failed his troops in the most vital particular. It is failure without an excuse. Be prepared to improvise, reject preconceived ideas, anticipate change and be willing to rule by action instead of acting by rules.” S. L. A. Marshall

“Treat your friend as if you know that he will one day become your enemy.” Laberius

“At the day of judgment, we will not be asked what we have read, but what we have done.” Thomas A Kempis

“To be prosperous is not to be superior, and should form no barrier between men. Wealth ought not secure the prosperous the slightest consideration. The only distinction which should be recognized are those of the soul, of strong principle, of incorruptible integrity, of usefulness, of cultivated intellect, of fidelity in seeking the truth.” William E. Channey

“The secret is to find your desires, know yourself, and succeed. With desire comes self-motivation, with self-



motivation comes hard work, and with hard work comes success. The ultimate goal in life is to unleash the passion within. The passion will motivate you. When you that you are willing to accept defeats in life because they are not failures; for while you are accepting defeats you are pursuing excellence. It is the pursuit of excellences that takes you to a higher plateau.” Billy Mills

“Grave threats to liberty often come in times of urgency, when constitutional rights seem too extravagant to endure.” Thurgood Marshall

“True leaders of society make progress when the time is right, accomplishing it justly, so they are not especially happy about it. When the time is not right, they withdrew, deferring justly, so they are not unhappy about it.” Lao-Tzu

“There are many truths of which the full meaning cannot be realized until personal experience has brought it home.” John Stuart Mills

“The only antidote to a shallow knowledge of history is a deeper knowledge, the knowledge which produces not dogmatic certitude, but diagnostic skill, not clairvoyance, but insight.” Arthur Schlesinger Jr.

“The people who live their dreams are those who stop considering all the angles, weighing the pros and cons, and just do it. They have come to realize that it is time to stop talking to family, and friends and start living. There can be not change without action.” Michele Wiener-Davis



“Every man has in himself a continent of undiscovered character. Happy is he who acts the Columbus to his own soul.” Sir James Stevens

“A sudden crushing defeat is apt to stimulate the defeated party to set its house in order and prepare to make a victorious response.” Arnold J. Toynbee

“The men that have made our nation great are those who faced danger and overcame it, which met difficulties and surmounted them, not those whose lines were cast in such pleasant places that toil and dread were ever far from them.” Theodore Roosevelt

“If you don’t want to be criticized don’t say anything, do anything, or be anything.” Author Unknown

“Leadership is not a basket of tricks or skills. It is the quality, character, and courage of the person who is the leader. It’s a matter of ethics and moral compass, the willingness to remain highly vulnerable.” Frances Hasselbern

“Socialism, or the reliance of the state for help, stands in antagonism to self-help, or the activity of the individual. That body of people certainly is the strongest and happiest in which each person is thinking for himself, is independent, self-respecting, self-confident, self-controlled, self-mastered. Whenever a man does a thing for him, he values it infinitely more than if it is done for him, and he is a better man for having done it. The man who hoes out his own path gains the power so doing, and become self-reliant, sagacious, fore-sighted, and ready for further advance. Such a man knows he can get nothing except by his own exertions, and as a consequence he exerts all his energies to accomplish his aim. He knows two plus two makes four. He does not wait supinely for something to turn up, but puts himself in a position where he needs no help. If, on the other hand, men constantly hear it said that they are oppressed and down-trodden, deprived of their own, grind down by the rich, and that the state will set all things right for them in due time, what other effect can that teaching have on the character and energy of the ignorant than the complete destruction of all self-help? They begin to think that they can have commodities which they have not helped to produce. They begin to believe that two and two makes five. It is for this reason that socialistic teachings, strikes at the root of individuality and independent character, and lowers the self-respect of men who ought to be taught self-reliance. It is from such teaching that men have been led into the delusion of believing that by printing unlimited paper money or by coining millions of cheap silver dollars they shall somehow become rich. They do not realize that every commodity requires labor and capital for its production, and that there is no other way to acquire wealth except by theft or robbery. Self-help leads to activity in product and healthy exertion; state-help tends to make all individual energy weak and flaky, because it teaches one to reply on an outside power. When men are left to themselves, it is astonishing how much they can accomplish.” James Laurence Laughin 1887

“There is a voice inside that calls to you; a voice that asks you to take up the challenge. Follow it and it will push further than you’ve ever been. It will inspire you to accomplish what you once through impossible. It will carry you to a place where the mind is sharpened and the body if forged. A place where you learn what it means to walk on sacred ground. There is a voice inside that calls to you. It cannot be stilled. It cannot be pushed aside and forgotten. It is asking you to take that step; to make a difference in your life. To light a fire inside yourself; to lead instead of follow. To take that first step down the path few have the courage to take.”
USMC



“True independence rules out the idea that another person can award it; if someone slows you your independence, you are no longer independent.” Isabel Archer

“Don’t believe in a thing because you have read about it in a book. Don’t believe in something because another man has said that it was true. Don’t believe in words because they are hallowed by tradition find out the truth for yourself.” Swami Vivekananda

“Some people mistake weakness for tact. If they are silent when they ought to speak and so feign an agreement they do not fell, they call it being tactful. Cowardice would be a much better name. Tact is an active quality that is not

exercised by merely making a dash for cover. Be sure, when you think you are being extremely tactful, that you are not in reality running away from something that you ought to face.” Sir Frank Medilcott

“He who fights with monsters might take care lest he thereby becomes a monster.” Friedrich Wilhelm Nietzsche

“Those who know how to win are much more numerous than those who know how to make proper use of their victories.” Polybius

The Obstacle in Our Path

In ancient times, a king had a boulder placed in the middle of the roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Many of the king's wealthiest merchants and courtiers came up to the boulder, complained loudly and blamed the king for not keeping the road clear as they walked around the rock, but not one did anything about moving the stone out of the way. One day a peasant carrying a large load of vegetables came down the road and stopped by the boulder. Placing his burden on the ground the peasant tried his best to move the stone to the side of the road. After much pushing and straining, he finally succeeded. When the peasant bent over to pick up his load of vegetables he noticed a purse lying where the boulder had been. Inside the purse there were many gold coins and a note from the king stating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many others never understand or desired to understand that every obstacle presents an opportunity to improve one's condition. Author Unknown



“It might almost be said that there happens to men only what they desire. It is true that on certain external events our influence is of the feeblest, but we have all-powerful action on that which these events shall become in ourselves. The life of most men will be saddened or lightened by the thing that may chance to befall them, in the men who I speak of, whatever may happen is lit up by their inward life. If you have been deceived it is not the deception that matters but the forgivingness where to it gave birth in your soul, and the loftiness, wisdom, completeness of this forgiveness, by there shall your eyes see more clearly than if all men have ever been faithful. But if, by this act of deceit, there have come not more simpleness, loftier faith, wider range to your love, then

have you been deceived in vain, and may truly say nothing has happened.” Maurice Maeterlinck

“The fundamental thing to do for every man is to give him a chance to reach a place in which he will make the greatest possible contribution to the public welfare.” Theodore Roosevelt

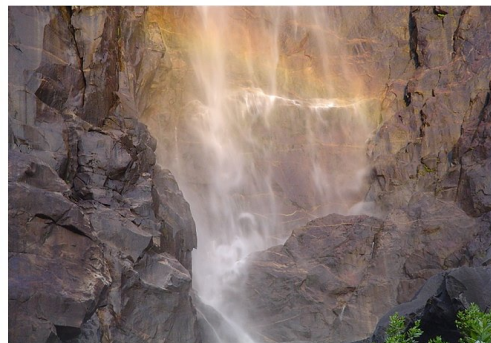
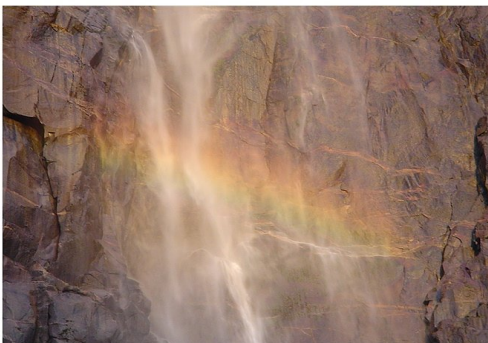
“America, today, in common with all the world, has many would be leaders, some have abuse their inherent qualities of leadership and become tyrants-they drive. Some have a wrong purpose-self-serving-and they have become false guides, many have lost sight of the goal and, serving the moment, have lost power. That is why the world faces crisis. Great problems with but limited leadership mean slow progress to victory. Because we face the crisis, we must find leaders from the days ahead.” Author Unknown

“Good intentions will always be pleaded for every assumption of authority. It is hardly too strong to say that the Constitution was made to guard the people against the dangers of good intentions. There are men in all ages who mean to govern well, but they mean to govern. They promise to be good masters, but they mean to be masters” Daniel Webster

“Our government has kept us in a perpetual state of fear – kept us in a continuous stampede of patriotic fervor – with the cry of grave national emergency. Always there has been some terrible evil at home or some monstrous foreign power that was going to gobble us up if we did not blindly rally behind it.” General Douglas MacArthur

“Most men are so thoroughly subjective that nothing really interests them but themselves. They always think of their own case as soon as ever any remark is made, and their whole attention is engrossed and absorbed by the merest chance reference to anything which affects them personally, be it never so remote.” Arthur Schopenhauer

“Be wiser than other people, if you can, but do not tell them so.” Lord Chesterfield



“In order to be a leader a man must have followers. And to have followers, a man must have their confidence. Hence, the supreme quality for a leader is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office. If a man's associates find him guilty of being phony, if they find that he lacks forthright integrity, he will fail. His teachings and actions must square with each other. The first great need therefore is integrity and high purpose.” General Dwight D. Eisenhower

Desiderata-- written by Max Ehrmann

Sung by Les Crane

Go placidly amid the noise and the haste,
and remember what peace there may be in silence.

As far as possible, without surrender,
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even to the dull and the ignorant;
they too have their story.
Avoid loud and aggressive persons;
they are vexatious to the spirit.

If you compare yourself with others,
you may become vain or bitter,
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.
Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs,
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals,
and everywhere life is full of heroism.
Be yourself. Especially do not feign affection.
Neither be cynical about love,
for in the face of all aridity and disenchantment,
it is as perennial as the grass.

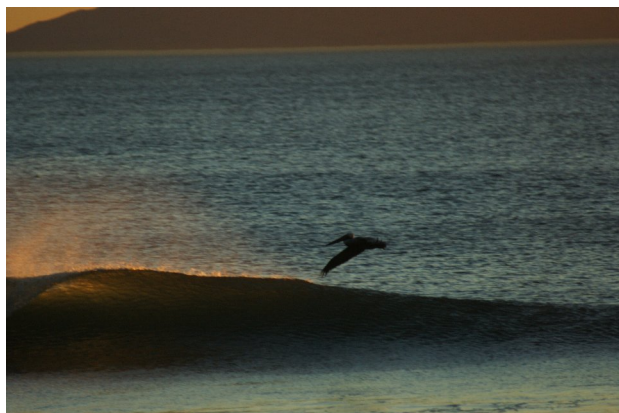
Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline,
be gentle with yourself.
You are a child of the universe
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be.
And whatever your labors and aspirations,
in the noisy confusion of life,
keep peace in your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful. Strive to be happy.

“Whatever the value system and whatever the goals, if they are consistent and pursued with commitment, they are likely to be achieved. Unfortunately, there are people, not a few, who claim one set of values while adhering to another, and who profess one set of goals while pursuing another. This often tends to confuse some and causes them to misjudge the values and the goals that will best serve themselves. By this means, many are led to follow paths inconsistent with their true interests and to end up in places and circumstances different than they wanted to be. There are still others, again not a few, whose values ebb and flow with the tide of popular opinion. With no set course of their own, their happiness and well-being must ever be subject, with all the uncertainties this entails, to the whims of the crowd.” Benjamin Franklin



“No matter who you are or what your age may be, if you want to achieve permanent, sustaining success, the motivation that will drive you toward that goal must come from within.” Paul J. Meyer

“After you have attained your purpose, you must not parade your success, you must not boast of your ability, you must not feel proud; you must rather regret that you had not been able to prevent war. You must never think of conquering others by force.” Lao-Tzu

“The person who think tomorrow is going to be problem-free is going to be let down, disappointed. Burdens become unbearable when you expect to get them off your backs. If you are always thinking you are going to be unburdened tomorrow you have no incentive to learn how to carry a load of problems through life without it distorting you.” H. Samm Coombs

“Go on, however, and never be discouraged. Others have met with the same treatment before you, and will after you. And, whatever some may think and say, it is worthwhile to do men good, for the self-satisfaction one has in the reflection.” Benjamin Franklin

“When my strength is gone when I lie down worn out others will stand, young and fresh by the stairs I have built, they will mount. They will never know the name of the person who built them.” Olive Shreiner

“Without destination there is no purpose for the trip. Life has been aptly likened to a journey and for all of us it will end, either at a point of our own choosing or one determined by chance. Unfortunately, all too many of us only dimly perceive even where we want to go with our lives, much less how to get there. In the ocean of life there many vessels just simply drifting wherever the winds and currents take them, others pressing for forbidden ports, lured by tales of wealth and adventure, unaware of the pending disasters, others push on to ports that they will never reach, others sailing for ports that offer much but give little; only a few vessels, rarely the best, largest, strongest head toward the port that offers satisfaction to the weary traveler. The wisest captains understand exactly where they are going and why. They understand the need for great preparation. They understand the need for long years of apprenticeship, training and experience before taking command. Such captains master the art of learning from the experience of others. They understand that mistakes can be costly and sometimes even deadly. They understand how to compensate for weaknesses in themselves and others around them. They even understand that they may be violent storms, unexpected obstacles, and unforeseen enemies while being fully aware that only through careful preparation is there any hope in reaching their destination” George L. Rogers

“A revolution is coming, a revolution which will be peaceful if we are wise enough; compassionate if we care enough; successful if we are fortunate enough, but a revolution is coming whether we will it or not. We can affect its character; we cannot alter its inevitability.” Senator Robert F. Kennedy

While I disagree with the common saying that anyone of us can be anything we want to be if only we work hard enough I firmly believe that each and every one of us has the ability to make life better not just for ourselves but for others by simply treating each person we meet just as well as we would like to be treated if we were in their situation. Just because others may not feel, think, and act the same way; don't allow them to pull you down to their level. You can be and should be a better person than that.

“In history a great volume is unrolled for our instruction, drawing the materials of the future wisdom from the past errors and infirmities of mankind.” Edmund Burke



“A little sparrow tries to drink the ocean dry with her beak, because the ocean has taken her eggs and refuses to return them. Other birds look on in amazement at such an impossible task which the little sparrow has set herself. Finally Garuda, the giant eagle devotee who carries Lord Vishnu on his back, arrives on the scene feeling great compassion towards his little sister-bird. With the divine authority of Lord Vishnu Himself, Garuda commands the ocean to return the eggs and, in fear and trembling, the ocean obliges immediately. But it would not have happened if the little sparrow had not tried to do the impossible.” Trevor Stephens

“I have always seen myself as a winner, even as a kid. If I hadn't, I just might have gone down the drain more than a few times. I have got something inside of me, peasant like and stubborn, and I am in it till the race is over.” Truman Capote

“When you understand the world, there is no hope. For, there only understands. Hope is an answer to miscomprehension. And so, hoping is belief in the positive outcome. And lack of hope is believing in the Negative outcome. In essence, they are exactly the same. And so one can attain perfect happiness with both views.” Frederik Kerling

“There will be moments in your life when you must act even though you cannot carry your best friends with you. The still small voice within you must always be the final arbiter when there is a conflict of duty.” Mahatma Gandhi

“If wisdom were offered to me with the proviso that I should keep it shut up and refrain from declaring it, I should refuse. There is no delight in owning anything unshared.” Seneca

“True grounds for a relationship are that we choose to live our lives together. Each accepts that he does not need the other. Each must be willing to give up the relationship, if giving up truly supports the other. That doesn't mean that either one is actually going to leave, but each other is willing to let go. Freedom begets freedom. Both must be willing to acknowledge that they can handle their lives comfortably and successfully without the other. But both acknowledge that they are in the relationship because they choose to be, because each believes that he is receiving value from the relationship. Each must be willing for the other to express his or her own personality and uniqueness” Author Unknown

“Every struggle, whether won or lost, strengthens us for what is to come next. It is no good for people to have an easy life. They become weak and inefficient when they cease to struggle. Some need a series of defeats before developing the strength and courage to win a victory.” Victorio

The Man Who Thinks He Can
Walter Wintle

If you think you are beaten, you are;
If you think you dare not, you don't.
If you'd like to win, but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the world we find
Success begins with a fellow's will;
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man;
But soon or late the man who wins
Is the one who thinks he can.

“There is nothing so well known as that we should not expect something for nothing but we all do and we call it Hope.” Edgar Watson Howe

“First you have to figure out where you want to go. Then you have to devise a mode of transportation. If no one has done it before, you may have to make it up. You have to maintain a certain amount of flexibility in organizing people to help you. You have to know from the beginning how much baggage you have to carry or how light you need to travel. It requires a combination of historical perspective, vision and institutional appreciation, what its texture is, what its possibilities are.” Shirley Hufstедler

“All knowledge is valuable; but knowledge of self. Knowledge of our heart is the highest possession. When we consider that duty to ourselves is the first of duties; that the highest learning is to be wise; that self-government is alone and always freedom and power.” A. E. Pollard

“When the 75 members of Stanford Graduate School of Business's Advisory Council were asked to recommend the most important capacity for leaders to develop, their answer was nearly unanimous: self-awareness. Yet many leaders, especially those early in their careers, are trying so hard to establish themselves in the world that they leave very little time for self-exploration. They strive to achieve success in tangible ways that are recognized in the external world; money, fame, power, or status. Often their drive enables them to be professionally successful for a while, but they are unable to sustain that success. As they age, they may find something is missing in their lives and realize they are holding back from being the person that they want to be. Knowing their authentic selves requires the courage and honesty to open up and examine their experiences. As they do so, leaders become more humane and willing to be vulnerable.” Diana Mayer

“Self-applause is more tolerable than the hypocritical boastfulness of those who speak of themselves as poor when they abound with wealth, as obscure when they are of high rank, as weak when they have great influence, as ignorant and incapable of speaking when they are possessed of great eloquence. It is an ostentatious kind of vanity to speak thus ironically of ourselves. Let us be content to be praised by others, for it becomes us to blush even when we hear other men's commendations of ourselves.” Quintilian

“Not to know is bad, not to wish to know is worse.” African Proverb

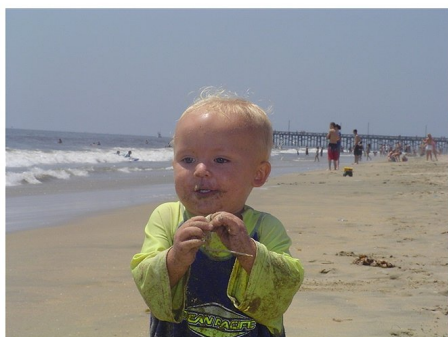
“Men, in active status, especially, ought to consider, that, at their first entrance into life, they will have the ill-will and envy of many rivals and competitors to encounter; and ought to remember, that it will require no ordinary degree of sagacity to defeat the designs of those who think themselves interested to make a bad use of every miscarriage. To this end there is nothing as indispensably necessary as prudence, or a turn of mind which puts a person upon looking forward, and enables him to judge rightly the consequences of his behavior. So as to avoid the misfortunes into which rashness precipitates many and to gain the ends which are wise and a virtuous man ought to pursue.” Author Unknown

“No one feels another’s grief; no one can understand another’s joy. People imagine that they can reach one another, in reality, they only pass each other by.” Franz Schubert



“Don’t spoil what you have by desiring what you have not; remember that what you have now was once among the things that you only hoped for.” Epicurus

Excellence is never granted to man, but as a reward of labor. It argues, indeed, no small strength of mind to persevere in the habits of industry, without the pleasure of perceiving those advantages which, like the hands of a clock, whilst they make hourly approaches to their point, yet proceed so slowly as to escape observation.” Sir Josiah Reynolds



“He’d encouraged the very poor to give him a pie or cake or mow his lawn for his services. He made the poor see it as an exchange of necessary services, so their never lost their pride; never allowed to feel they were getting something for free,

something they had not earned. When he received a cake, he showed such excitement and appreciation; you’d think it was the greatest cake ever made.” Michael O’Shea

Losing my Home

When I was about five years old my mother had a lot of male friends. They would often come over during the day. When they came over I was usually told to go outside and play. After awhile I would either get hungry or needed to go to the bathroom, sometimes both, but every time the door was locked. As a little kid I could not understand how someone's home could be locked. A place can't be a home if it locks out a hungry child.

I always hated when the men left because they always had a smile and grin on their face as if I did not really matter and that they had greater access to my home than I. So my goal was one day to have a home of my own, which would never be locked. Until then everything else would just be a shelter. Or as the song goes "wherever I laid my hat was my home."

When I was a 1stLt and was being transferred to Japan I needed to find a safe home for my wife, daughter and my daughter to be. I brought s brand new townhouse for \$37,900. The house was important because I was secured in the fact that if I died (I had a dangerous job as a Combat Engineer) my family would have a home. They wouldn't be thrown out of military housing within 30 days of death. The house was my home for the first time I had an anchor. The law stated that it was my house and home as long as I was in the military, it was my home of record. When my family was not in the house we rented it out at the lowest possible rent, just enough to cover the cost of the mortgage and housing fees. The bank that was holding the mortgage stopped being a co-operative bank and became a stock bank. After a two-year battle with the bank, and with no help from elected public officials and family members even to the point of doing another mortgage. However, the bank wanted to charge me all the fees over again. I offer to turn over all the value in the house to a family member if he would take over the mortgage and allow me to continue paying the note. In the end I was forced to sell my house. After all the expenses I had less than \$4,000. Which meant when I left for Operation Desert Shield and possible combat in August 1990 I did not have the peace of mind that my family would have someplace to go if I was to die as my family was living in military quarters, if something had happen to me they would have had between 30-90 days to just pack up and leave. They still would have had to pay rent to the government and the length of their stay would have been control by the length of the waiting list to move on base.

The man at the bank, the realtor, and a few others had that same look on their faces when I signed the paperwork selling the house. I have learned that a house is just a building and a home can be anywhere I chose to me when I chose. I have lost more from behind lock doors than I have from unlocked doors. Life seems very funny it appears that the more security one places on something the greater the possibility of someone taking it.

In my world there are bad people that serve a good purpose. In the story about Jason and the Golden Fleece there is a gatekeeper that has a bag of dragon teeth. Every time the gatekeeper throws dome teeth on the grow defenders of the fleece rise up to fight off the attackers. Countless defenders are destroyed but their deaths are no big deal because there always seems to be enough dragon teeth in the gatekeeper's bag to fight off the attacks protecting the gatekeeper from death and the stealing of the Golden Fleece. Many times the gatekeeper suffers serious injuries and wounds requiring him to withdraw to recover only to come back stronger than ever. It is as if I am the gatekeeper and the Golden Fleece is my spirit. While others often turn to drugs and alcohol or both if the injuries are serious enough the gatekeeper has the ability to release his own painkillers.

"I have never tried to imitate anyone. I have certainty tried to learn from them, but I've never tried to be like them." Jack Anderson

"Skillful pilots gain their reputations from storms and tempests." Epicurus

"Man may remove all obstacles through quiet perseverance." Chinese Proverb

"A community that allows a large number of men to grow up in broken families dominated by women, never acquiring any stable relationship to male authority, never acquiring rational expectations about the future; the community asks for and gets chaos." Patrick Moynihan

“Acting morally is not a question of obedience to something external to ourselves, an act is morally worthy only when it is done purely for its own sake, and not if it done out of habit, out of deference to religion or political author or as a means to satisfy some further end, such as desire for happiness.” Immanuel Kant



Northern Pacific Coastline

“Individuals are responsible for their own integrity. Many people and events will influence them, but in the end, integrity is their own making. People are responsible for establishing their own standards and their choices determine the kinds of actions they will take in life. Ultimately, that defines their character.” Perry Martini

“Individuals are responsible for their own integrity. They will be influenced by many people and events, but in the end, their integrity quotient is of their own making. People are responsible for establishing their own standards, and their choices determine the kind of person they will be.” Admiral Arleigh Burke

“All men and women are born, live suffer and die; what distinguishes us one from another is our dreams, whether they be dreams about worldly or unworldly things and what we do to make them come about... We do not choose to be born. We do not choose our parents. We do not choose our historical epoch, the country of our birth, or the immediate circumstances of our upbringing. We do not, most of us, choose to die; nor do we choose the

time and conditions of our death. But within this realm of choicelessness, we do choose how we live.” Joseph Epstein

“Slander, false accusation, and malice cannot affect a man of integrity, nor call from him a bitter response, nor does he need to go about defending himself to prove his innocence. His integrity alone is a sufficient answer to all the hatred attempted toward him. Nor will he ever be subdued by the forces of darkness because he has subdued such forces within himself.” James Allen

“Perseverance is more prevailing than violence and many things which cannot be overcome when they are together yield themselves up when taken little by little. Assiduity and persistence are irresistible and in time overthrow and destroy the greatest powers whatsoever. Time is the favorable friend and is an assistant of those who have the judgment to wait for the right occasion.” Plutarch

“It is not talent that men lack, it is the will to labor; it is purpose, not the power to produce. Those who fail are mere wishers; those who succeed are willers.” Bulwer Lytton

“The courage of life is often a less dramatic spectacle than the courage of a final moment, but it is no less a magnificent mixture of triumph and tragedy. A man does what he must in spite of personal consequences, in spite of obstacles and danger, and pressures and that is the basis of all human morality.” John Fitzgerald Kennedy

“I have no desire to move mountains, construct monuments’, or leave behind in my wake material evidence of my existence, but in the final recollection if the essence of my being has caused a smile to have appeared upon your face or a touch of joy within your heart. Then in living I have made my mark on this world.” Thomas L. Odem Jr.

“A good leader takes every opportunity to train his people. One way is allowing them to take charge when top-notch performance is not required. This provides them with the opportunity to grow. At the same time your people gain confidence in your leadership abilities. If everything is so critical it requires your personal intervention you are destined to fail. No one can maintain a pace where everything is of equal importance. Plus things simply are not of equal value.” Rear Admiral Dave Oliver Jr.

“The greatest achievement of the human spirit is to live up to one’s opportunities and make the most of one’s resources” Vauvenargues



Time is What One Makes of It

“So other people have hurt me that’s their problem Their character and their actions are not mine. What is done to me is ordained by nature, what I do is my own.” Marcus Aurelius

“The mediocre teacher tells, the good teacher explains, the superior teacher demonstrates and the great teacher inspires.” William Arthur Ward

“Great opportunities come to all, but many do not know they have met them. The only preparation to take advantage of them is simply fidelity to what each day brings.” A. W. Dunning

“Always hold yourself responsible to a higher standard than anyone else expects of you. Never make excuses for yourself.” Henry Ward Beecher

“When the cards are dealt and you pick up your hand there is nothing that you can do except to play it out for whatever it may be worth. And the way you play your hand is free will.”

Jawaharlal Nehru

Every single decision that you will make will have a certain element of risk that is to be expected however, there is never any good reason for making a reckless decision. No matter how important and how quickly a decision must be made there is no reason for making a reckless decision because more often than not such decisions are just dumb and often dangerous. In many cases you can never recover from a reckless decision.

"In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing." Theodore Roosevelt

“Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant.” Horace Mann

“The getting out of doors is the greatest part of the journey with some it seem the hardest thing to start. Once off, they go well enough. It is a task indeed to get them into going order. Nothing will ever be attempted if all possible objections have first to be overcome and with many tomorrow people this is very much the case. They will get on if they get off. Stephens Salt

“Always be truthful with me, your contemporaries, and those whom you lead. Never violate your personal integrity for the sake of career enhancement. No matter how embarrassing or humiliating a professional situation may be, do not complicate it with deceit.” Major K. L. Christy Jr.



“Many ideas grow better when transplanted into another’s mind than in the one where they sprang up.” Oliver Wendell Holmes

“When Dr. Johnson remarked that patriotism is the last refuge of a scoundrel, he was not belittling the value of love of country as a force in the lives of men, but, to the contrary, was pointing out that a profession of patriotism unaccompanied by good works was the mark of a man not to be trusted. In no other institution in the land will flag-waving fall as flat as in the Armed Services when the ranks know that it is just an act.” NAVMC 2563

“The way you activate the seeds of your creation is by making choices about the results you want to create. When you make a choice, you mobilize vast human energies and resources which otherwise go untapped. All too often people fail to focus their choices upon results and therefore their choices are ineffective. If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise.” Robert Fritz

“My definition of leader is a man who can persuade people to do what they don’t want to, do what they’re too lazy to do and like it.” Harry S. Truman

“When you have to make a choice and don’t make it, that is in itself a choice.” William James

“Children are enormously resilient; a child’s capacity to survive extraordinary circumstances can seem, at times, nothing short of miraculous. Some children will get by, but at what cost? Research has shown that childhood trauma has the possibility of permanently affecting the development of the brain resulting in lifelong psychobiological consequences and long lasting physiological changes. With each triggering of the fight or flight response the body releases endorphins the body’s opioids and adrenal secretions, the body’s natural stimulants resulting in self-medicate for the pain and hyperarousal causing changes in blood cortisol levels, heart rate, body temperature and sleep.” Bessel van der Kolk

“Every man is the architect of his own fortune.” Claudius Caecus

“There are two ways of living; a man may be causal and simply exist, or constructive and deliberately try to do something with his life. The constructive idea implies constructiveness not only about one’s life, but about that of society, and the future possibilities of humanity.” Julian Huxley

“Our greatest pretenses are built up not to hide the evil and the ugly in us, but our emptiness. The hardest thing to hide is something that is not there.” Eric Hoffer

“There are two things to aim for in life; first to get what you want and after that to enjoy it. Only the wisest of mankind achieve the second.” Logan Pearsall Smith

“The wise and moral man shines like a fire on the hilltop, making money like the bee, which does not hurt the flower when making honey.” Paul Canon



“Make your own Bible, select and collect all the words and sentences that in all your readings have been to you like the blast of triumph out of Shakespeare, Seneca, Moses, John and Paul.” Ralph Waldo Emerson

“The broad masses of a nation are always more easily corrupted in the deeper strata of their emotional nature than consciously or voluntarily; and thus in the primitive simplicity of their minds they more readily fall victims to the big lie than the small lie, since they themselves often tell small lies in little matters but would be ashamed to resort to large-scale falsehoods.” Adolf Hitler

“It is a sad moment when you find out that it was not an accident or time or fortune but just yourself that kept things from you.” Lillian Hellman

“Anyone who conducts an argument by appealing to authority is not using his Intelligence; he is just doing his memory.” Leonardo da Vinci

“Our lives are made up of a million moments, spent in a million different ways. Some are searching for love, peace, and harmonies while others are spent surviving the day.” Regina Hill

“The greatest way to live with honor in this world is to be what we pretend to be.” Socrates

“I have had dreams and I have had nightmares, but I have conquered my nightmares because of my dreams.” Jonas Salk

“I didn't pay much attention to the whistles and whoops, in fact, I didn't quite hear them. I was full of a strange feeling, as if I were two people. One of them was Norma Jean from the orphanage who belonged to nobody; the other was someone whose name I didn't know. But I knew where she belonged; she belonged to the ocean and to the sky and to the whole world.” Marilyn Monroe



“The most important function of education at any level is to develop the personality of the individual and the significance of his or her life to himself and others. This is the basic architecture of a life; the rest is ornamentation and decorations of the structure.” Grayson Kirk

“Understand that most children grow up to be failures because of some adult, usually a parent or teacher told them over and over again that they would never amount to anything. Once this terrible predication of failure has been

imprinted on young, impressionable minds, these unfortunate kids unconsciously spend all their lives trying to fulfill the negative prophecies made about them, and they never know why they keep failing at everything that they try.” Author Unknown

imprinted on young, impressionable minds, these unfortunate kids unconsciously spend all their lives trying to fulfill the negative prophecies made about them, and they never know why they keep failing at everything that they try.” Author Unknown

“The winner knows who he is and knows what he has. He also knows that to jump blindly at an opportunity is to risk throwing away everything he has worked for. He knows that he is human and that to be human means to be capable of making mistakes. But instead of waiting for others to point out those mistakes he looks for them himself. Because he is aware that he can misjudge events, he is cautious and always questions himself; how a decision can harm him? Only then does he consider the good side. Pessimistic? Hardly. It’s just one of a winner’s realistic ways.” Author Unknown



“People who believe that they control their rewards and punishments are less likely to be depressed and more likely to take action to improve a bad situation.” Julian Rotter

“Never allow yourself to be bullied into silence. Never allow yourself to be made a victim. Accept no one definition of your life; define yourself.” Harvey Fierstein

“Considerable amounts of the people we meet on the street are people who are empty inside, that is, they are actually already dead. It is fortunate for us that we do not see and do not know it. If we knew that a number of people are actually dead and that a number of these dead people

govern our lives, we should go mad with horror.” George Gurdjieff

“I may not have gone where I intended to go, but I think I have ended up where I intended to be.” Douglass Adams

“It is painful admit, unless something drastic happens to you, you probably won’t find yourself in the winner’s circle. You’ll keep on making the same old mistakes and miss your best opportunities while others capitalize on theirs. You’ll still be afraid to assert your rights, you’ll let people take advantage of you, and you will find plenty of excuses for not winning. The excuses may get you off the hook but they won’t get you what you want. You’ll still believe that it was bum luck.” Author Unknown

“Statesmanship can be reduced to these principles; first to maintain your power, and according to circumstances, to extend it; second, to form an alliance only for your own advantage; third, to command fear and respect even in the most disastrous times.” Frederick II of Prussia

“We all have opponents, competitors, or even enemies at some point in our lives. Can you transform these relationships into something more positive? Sometimes our harshest opponents can become our greatest lies if only we are willing to look for ways of working together and reconciling our differences and even just a small rapprochement can make a world of difference to our outlook and mood. To be disappointed is simply a result of having, wanting, or expecting something that was not to be-that was beyond our ability to fully control and you can also see that despite any disappointment, you are personally undiminished in any way? If anything, you are a deeper human being than before, who is learning that to be disappointed is merely a passing phase, a brief eddy in the waters, in the river of life.” George Bernard Shaw

“The manager can control what he wants to done in an organization by the people he selects to do it. If he really wants something accomplished, he must assign the work to a proven performer. If he wants to go through the motions for appearances, then he places the responsibility on someone who is absolutely confident will cause nothing to happen. ..It is not too unreasonable to assume that when something exists over which the boss has control, the conditions must not be altogether unwanted. Look at it another way: by bogging down the various power seekers in a morass of organizational committee structure, the top power structure can go its merry way, relatively unmolested. “Author Unknown

One should rarely bluff because there is always a high probability that your bluff will be called. You must always be ready; you must always expect your bluff to be called. If your bluff is called you must be prepared to deal with the results. Regardless if you chose to bluff or play it straight it is very important that you always have trump cards. Only play the cards as necessary. It may be in your best interest to hold all your trump cards. Sometimes no matter how tempting it may be there will be no positive outcome or advantage gain by playing your trump cards. By not bluffing, people will quickly learn that not only that you don't bluff but that you always hold trump cards. It leaves them wondering how many and how high and when.



“Forgiveness does not mean ignoring what has been done or putting a false label on an evil act. It means, rather, that the evil act no longer remains as a barrier to the relationship. We must recognize that the evil deed of the neighbor, the thing that hurts, never quite expresses all that he is. An element of goodness may be found even in our worst enemy. It is almost impossible to like some people. How can we be affectionate toward a person whose avowed aim is to crush our very being and place innumerable stumbling blocks in our path? That is impossible.” Martin Luther King Jr.

“you were born into this world for a reason. You are here for a nobler purpose than just to eat, sleep, produce offspring and die. You are here to make a difference. You are here to shine your light and leave the world in better shape than when you entered it. You are here to use those gifts to make a contribution and create significance.” Azim Jamal

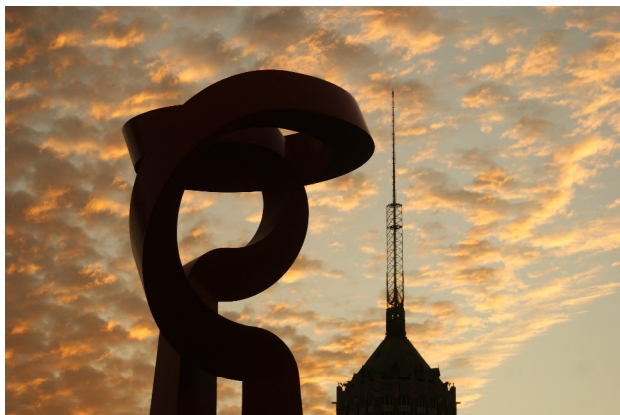
“The two rules always to be kept in view by society and by loyal men, are, first, that no one, let his own merit be what it may, should be allowed to take his own rewards; and second is, that he should have no more than honestly come to his share. Those who are kept within due bonds seem to us by far the greater men.” James Hain Friswell

It is life that develops the mental power; it is life that develops genius and character; it is life that develops heroism, and all great qualities. Many a man, who has turned out a hero, would, but for the accidental circumstances which gave a turn to his youth, and many a robber would but for certain unlucky circumstances of early youth, would have turned out a hero. Circumstances are constantly molding and making men; and circumstances are constantly bringing to light those that are molded and made. Scarcely a week passes without some instance, in the storms and calamities of life of plain humble men and women acting the part of heroes and heroines. Scarcely a moment passes without some example of a lowly person rising to station of command and performing feats which do honor to human nature. You may be sure that among your daily companions, among those whom you meet in the ordinary affairs of everyday life, of genius and of heroism in their heart; many who need nothing but the call of duty or danger, of necessity or adversity, to make it burst forth into flames, and shed a halo of glory around their name. Thousands, unknown to the world, are at this moment living heroic lives; carrying herculean burdens, bearing up under crushing calamities; fighting manfully and hopefully against dire misfortune; and suffering in silence the most intolerable grievance.

“As long as our goal remains a private dream, we can safely indulge in our own fantasies where the outcome is assured. But as soon as we begin to turn our dreams into reality, we must confront the possibility of failure or disappointment. Some of us are thrown off course at the first setback. We assume that if we can't do it all. But as we learned Expecting too much of oneself can be more damaging than when we expect too little of yourself. This doesn't mean we shouldn't strive to be as good as we can, it only means that we shouldn't cripple ourselves by setting impossibly high standards. And we should all expect to have our share of failures as well as successes.” Author Unknown

“Decision of character is one of the most important of human qualities, philosophically considered. Speculation, knowledge, is not the chief end of man; it is action. ‘Give us the man,’ shout the multitude, ‘who will step forward and take the responsibility.’ He is instantly the idol, the lord, and the king among men. He, then, who would command among his fellows, must excel them more in energy of will than in power of intellect.” George W. Burnap

“Although he insisted on strict discipline, the captain was a quiet man who gave orders without shouting. He had a rare combination of intelligence, courage, self-confidence, and compassion that commanded our respect and admiration. While some officers thought it necessary to strut or order us around to impress us with their status. He quietly, told us what to do. We loved him for it and did the best job we know how.” E. B. Sledge



“There is no knowledge for which so great a price is paid as knowledge of the world and no one ever becomes an adept at it except at the expense of a hardened or wounded heart.” Lady Blessington

“A child should not be discouraged from reading anything that he takes a liking to, from a notion that it is above his reach. If that is the case, the child will soon find it out,

and desist. Samuel Arthur Bent

“We are all agreed as to our own liberty: we will have as much of it as we can get: but we are not agreed as to the liberty of others; for, in proportion as we take, others must lose.” James Boswell

“The morality of an action depends upon the motive upon which we act. If I fling half a crown to a beggar, with the intention to break his head, and he picks it up, and buys victuals with it, the physical effort is good; but, with respect to me, the action is wrong.” James Boswell

“A slave has but one master; the ambitious man has as many masters as there are persons whose aid may contribute to the advancement of his fortune.” Jean de La Bruyere

“The most agreeable of all companions is a simple, frank man, without any high pretensions to an oppressive greatness; one who loves life, and understands the use of it; obliging, alike at all hours; above all, of a golden temper, and steadfast as an anchor. For such as one we gladly exchange the great genius, the most brilliant wit, the profoundest thinker.” Doris Lessing

“Human beings have been infused by fire and fire formed by fire.” Hildegard of Bingen

“Leaders fail or fall short of their potential because they have an undiscovered and or unhealed Achilles heel, a weakness serious enough to negate all of the many positive attribute they may be blessed with. One of the most important actions a leader can take is to find and rectify whatever hidden flaw that threatens his or her future. This is unpleasant, painful, and arduous work: thus most people never do it. Unless we face our flaws, we gamble that one day they will face us, often at a moment when a simple, unaddressed issue jeopardizes everything we have achieved, and one big Oh, no, upends a career overflowing with attaboys.” John C Kunich

“You should never have people around you who are anxious to tell you how they someone they know failed at just the thing you are trying to do. If you want to know how to fail at something find someone who failed and they will teach you their ‘success.’ If you want to learn success, Find someone who is successful and they will share their knowledge and experience with you” Barry J Farker

Southwest Asia; you are Fired, War Zone, Health Issues

By the mid 80's the Marine Corps promotion system was caught up with the latest management craze to come out of the leading business schools and Wall Street; "Zero Defects." The goal of "Zero Defects" which for some was modeled on the NASA model is that while highly improbable was that the most successful managers and leaders strived for "Zero Defects". No longer would errors be considered the cost of doing business, no longer would risk taking be rewarded; Perfection would be acceptable model. However, this business model ran counter to the Marine Corps tradition where many of its greatest officers came from modest family and educational backgrounds, where calculated risks were often rewarded. The new mindset called for risk avoidances.

I had taken a number of demanding and risky assignments, I had been an Engineer Platoon Commander, I had three tours on Air Alert, I had completed a number of important projects, I completed a Six-month Mediterranean Sea deployment, I had a tour in Okinawa, and I had completed Advance Engineer School, and completed a highly successful independent duty tour. While serving on independent duty we were one of the top 5 units out of almost 200. We were always conducting demanding training even to the point of planning and conducting the largest reserve amphibious operation ever conducted over the weekend. We had a Navy Ship, various helicopters, landing crafts and over 600 service members from four states.

Desert
Rain
Storms



Desert
Thunder
&
Lightening
Storms



Desert
Dust Storms



I was serving as the Engineer Operations Officer and was deployed to the Marine Corps Mountain Warfare Center repairing the airfield and completing a number of military and civil actions projects when I got the phone call from my lieutenant who told me sir you have been passed over. He rather enjoyed it because he had planned on doing the project himself. He had gotten very upset because I told him that I would only allow less than 50% of the resources that had been used in the past because that was all I believed was needed. Now he felt vindicated. His phone call was totally out of place because it was the responsibility of the squadron commanding officer, if not him the executive officer to make that phone if a face to face close door was not possible.

Without question I was dazed, I was upset, I felt let down, It just wasn't fair, It just wasn't right that many of my peers that hadn't taken the demanding assignments were selected and I was not. But with the Zero Defect mentality it wasn't unexpected. I had finished near the bottom of my Office Candidate Class. I had finish 232nd out of 238 at my Basic School Class and since I had very little math and engineering background I finished 13th out of 15 at my Combat

Engineer Officer Class. When the selection group faced with over a thousand records to review it was a no brainier, in all probability there was not one single officer that had finished below me in any of those school was still in the Marine Corps.

While it was always in the back of my mind it still didn't feel very good. Now I was faced with how in the world I would react. When HQMC sends out the selection messages the last words on the message was that anyone whose name has not appeared in the message should consider themselves as failed selection. Those words are very cold and harsh. No longer was I part of the success team I was a loser, someone that could disappear very soon. Somehow you just weren't that knowledgeable or important any more. I now had only about 10 months and a 10% chance of proving that I was deserving of promotion if I failed I would be fired.

I promised myself that I would act no different than I had at OCS and TBS I would do the best I could and let the chips fall where they may. So I made sure that there was no let down on the deployment and we finished every job early, below cost and better than expected while also doing numerous civil action projects in our spare time. The troops never abandoned me or let me down.

That was far different from the reaction I got from my fellow officers. Some junior officers started overstepping their bounds. Some senior officers stopped asking for my opinion on important matters. Others told me that I should resign my regular commission and get a reserve commission because at least I could save my retirement. If I failed selection a second time I was done with the Marine Corps I would get about \$30,000 severance and sent packing.

After I returned from my deployment I was reassigned as the Operations/Training/NBC officer. The unit had failed its NBC inspection so I was sent off to NBC in order to be trained to correct the fail. While serving as the operations and training officer we were able to improve on a number of important areas. I started to believe that I maybe just maybe I would have a chance of getting selected for Major my second time around.

However, I had one serious problem as the operations officer I was responsible for preparing the daily unit readiness report. The maintenance officer a limited duty officer was fixing the stats. I was talked to the squadron XO a number of times concerning the matter. The XO just happened to be the training officer for my TBS class 11 years earlier. He repeatedly refused to take action to correct the problem always asking me if I was correct. We were reporting over 80% availability to Wing HQ when in fact we were down in the 20% range. A number of times I was able to meet commitments by calling in favors from other units. I even went to our Group Operations Officer to tell him I needed help. The LtCol didn't do anything.

Then everything crashed when I was unable to meet a Wing commitment. I knew I was in trouble I saw a Major someone who wasn't even an Engineer but someone that I had worked with years earlier talking with the Squadron CO. No one told me about what was about to happen I had to ask. I was told that I would be replaced by the Major and I would become his assistance because the position called for a Major. I went to the Group XO and asked what I had done wrong. I had done everything demanded of me and more. I gave everyone warning that we had serious problems. He told me the Maintenance officer a major would be allowed to retire. The XO would be moved up to the Wing Engineer office. I would help out the new major and then I would be transferred to the group S-3. He told me that my failure was that I never protected the squadron commanding officer; it was my responsibility to protect him at all cost.

Before I was transferred I was given a Navy-Marine Corps Achievement medal for superior performance for my work up at the Mountain Warfare Center, and the work I accomplished as the operations officer. I did my best to keep my spirits up because I knew that my chances of getting selected for major were almost gone. When I was transferred to another squadron I was assigned as the Assistance Operations Officer. I knew that going from Squadron Operations Officer to Squadron Assistant Operations Officer to Group Asst Operations Officer and then Squadron Assistance Operations Officer in less than 3 months would have the selection board asking all types of questions, this when I needed to be exceptional.

When I was transferred to MWSS-374 I was told that I would be deployed to the Marine Corps Combat Warfare Center located at 29 Palms, California. I would be the engineer officer and would be responsible for repairing an airfield and building the base camp for the exercises. While I was assigned to the Combined Arms

Exercises at 29 Palms I received a phone call from my new squadron CO that I had failed selection for promotion for the second time. My Marine Corp career was over. I now had less than 7 months left.

I finished up my seven week deployment and returned back home. I was home for a short period of time when I was called into the Group CO's office where I was met by the Group CO, XO, Operations Officer, my Squadron CO and the Wing EAF officer. I was told that I was being assigned to a special project called EAF 2000. It was an experimental project to change the way the Marine built airfields in a combat zone. I asked why I was being assigned to the project if I had very little time left in the Marine Corps. I was told that I had enough time to get the project done. I told them that the only way that I would do the project was if I was given the ability to examine the site by myself. The Wing EAF officer told the Group CO that his office

would funds the TAD. I told him that I would need 4 Marines to survey and graph out the project site and he said ok.

**Shortage
of
Equipment
Broken
Equipment
Old
Fashion
Manpower**



**Mother Nature
June
At
6,800 Feet
The Mission
Goes
On**



**The Rules Say
Could Not Build a
New Building
Could Only
Repair. Solution
Build Roof, Build
Walls, Lift off
Roof Replace
Walls, Put on New
Roof, Pour
Concrete Floor
through Window;
Replace Windows.**



When I got out to the project site I knew something was very serious wrong. I went over the drawings at least 3-4 times before I asked for the person that had drawn up the project plans. He told me that he hadn't really survey the site he just eye-balled it. When we surveyed the site it became very clear that as drawn we would have to relocate drainage, we would get to close to the water lines and would have to relocate a road. Not only would this require more personal and equipment it would have seriously delayed the project because it would now have to have environmental impact studies.

I sent the surveyors and draftsmen home and locked myself in my room with my footlocker of engineering books and manuals. After about five days I had drawn up three separate plans each with its own time schedule, personal and equipment requirements and daily work schedules. I returned back to El Toro and told the Wing EAF officer that I was ready to brief. Everyone from the first meeting was there. I told them that the

plans that they had provided me just wasn't workable and I gave the reasons why. The Group CO thanked me for my time and effort and got up to leave, but he quickly stop and gave me an angry look when I stated that the concept was workable and that I had three proposals to make it work. When I finished the three proposals the Wing EAF told everyone that he was very confidence that the Commanding General would buy off on my proposals.

I was a fool I didn't realize that I was being used by all sides in this matter. The EAF officer (who liked the work I had done on Mountain Warfare Center Project and the CG who was a fix wing jet pilot wanted the project undertaken. The Group CO and the Asst Wing Commander (a harrier pilot) didn't want the project done. I was a twice past over Captain with less than six months left in the Marine Corps and I was caught in

the middle of one of the largest peace-time engineer projects in recent history. If everything went perfectly I wouldn't get any credit as I would be gone. If anything went wrong I would be the fall guy the failure, the failed project was just prove that the Marine Corps was correct in not promoting me to Major.

So I was at the crossroads again what would I do. I was beaten and tired from seven weeks living and working long hours in the desert, I had just finish planning for a very large engineer project a project was require cut exceed 20 feet in depth and removing over 300,000 cubic yards of soil while working in temperatures regularly exceeding 115 degrees.

Night Operations

Where there is a Requirement

There is a Will

Where there is Will

There is always a Way



Dust and Rain Storm with very strong winds



Young men (Sergeants and below) with very little experience in equipment and no experience on projects this large working under some of the harshest conditions possible producing impossible results.



I decided that I would do the best job possible and let the cards fall where they may. I would leave the Marine Corps knowing I had done the best job possible, that I had met or exceeded my own high standards. Little did I know how hard that would be.

I was not provided with the right types and amount of equipment needed most of the equipment needed repairs. I was not provided with a single engineer officer. I was given four sergeants and the only SNCO was a GySgt that had no engineer background and no one wanted. I was given less than 45 people. I had little to no control of the people as their commands were allowed to send them to the rifle-range and on leave. In comparison an earlier airfield project scheduled for six months at the same site had 204 enlisted Marines, 57 pieces of engineer equipment, along with 29 pieces of motor transportation equipment months and 200 plus Marines to complete their project. The soil stabilization part of the project would have had 135 Marines Sergeants and below alone.

Furthermore that project was

assigned 11 officers to include 7 combat engineer officers, 1 engineer equipment officer and 1 motor transportation officer.

Since failure is never an option we developed a work schedule to get around all our shortages. The first team worked from 6 AM to 2 PM. Monday through Saturday. The Maintenance crew worked on the equipment as needed and had from 2 PM to 4 PM to get the equipment for the night shift which worked from 4 PM to 10 PM Monday to Friday. Each work crew work flip work schedules each week. I went to other engineer units on base and asked if they wanted to give their operators training, and in some cases I told them if they were willing I would pay for the fuel and repairs out of my budget if they were willing to provide operators and equipment. When the reserve units came in during the summer I offered them the same deal. There was no way engineers

would turn down the opportunity to operate earth-movers, dozers, compactors and graders. I then had all the operators do a weekly inspection on their equipment every day and do a monthly on their equipment each week which resulted in very low down time.

Using this schedule we were able to get way ahead of schedule. On one occasion a Captain and some senior SNCO's came out to the project site and started chewing out my people for how they were dress and how they were talking and acting on the job site. It was often over 120 degrees in the equipment cabin so I was loose with the dress code. I didn't require any saluting on the job site, and I had the surveyors take hourly reading and had the draftsman post a new cut and fill chart every four hours. Any operator had the ability to call everything a sudden stop if something seemed out of place. The SNCO's did not feel that I had a professional work site. Not one of these people had spent a single day out at the project, not one had gotten inside the cab of a piece of

equipment. They even drove up in an air-condition car. So I told them if they had any problems with my people they had to talk to me, not to my people. The rule was simple they were not to take any directions concerning the project whatsoever from anyone except me. Needless to say they were very upset.

They went back to the rear and told everyone that the project was in total disarray and would never be finish on time let alone right. This resulted in a visit by the squadron CO, the SgtMajor, The Operations Officer and a few others. I talked to them all, I told them what was going on and what the plans were calling for and I exampled to the CO what on any engineer project we do what we can when we can in order to save time and resources in the end. He was happy with what he saw. However, now the group wanted control over my budget. They started denying my request for equipment such as laser equipment for final grade, new cutting blades for the earth-movers. I had to go to the Wing EAF officer because it was the Wing's money.

**Perfect
Conditions**



**EAF 2000
New Concept**



**29 Palms
California**



I was pissed because the Group was trying to use my cost center and my funds to order repair parts for broken equipment back in the rear. On a number of occasions the Group HQ tried to ship me equipment that was broken which I had inspected and refused. I had told everyone about the fixed readiness reports and now it was coming back to bit the Group in the ass and it was its own project that was being affected. I refused to cover for the Group. So the Group started pulling people back, and the project started losing work output. As the end of July was rolling around the job was almost on schedule, we had lost that much time.

I was also at the end of my rope after seven weeks in the desert, planning for the project and now almost 3 months of being the only officer working from 5 AM to 11-12PM five days a week, and 5 AM to 4 PM on Saturday and much of Sunday, planning the next week's schedule. This combined with the fact that I was not allowed to stay on base during this period having to live in a number of different motels out in town. I was toasted. I had very little left in the tank. I didn't know how much longer I could go on.

Then came the call from the Operations Officer, that Iraqi had invaded Kuwait and that I was to see all the Marines and equipment from MWSS-373 and MWSS 374 back to get ready for possible deployment and I was to work with what little people and equipment I had left the best I could.

A few days later I received a call from the squadron CO telling me to report to him in his office as quickly as possible. When I got there we went to the S-3 office where he showed me some maps and asked if I saw a



problem which I told yes there were no airfields for the fixed wing aircraft. He told me that he was sending the S-3, the S-3A and the S-4 officers on the advance party and I was to do what was necessary to get the squadron packed up and over to Saudi Arabia as quickly as possible and I was to be on the last plane. I told him that I only had about 60 days left in the Marine Corps and his reply was not anymore.

Under normal condition the assistant operation officer and the asst logistics officer would have been the ones that would have led the advance party. They would collect the information, sent it back to the rear which would allow the

CO, the Ops O and the Log O to make the final decisions. Instead both the Ops and Log Officers were gone and I was to get the CO on a plane as quickly as possible. Within 48 hours I knew why. There were no deployment plans. There were no airplanes planned for, no load plans, no nothing. For the next ten days I worked almost around the clock developing plans on the go. Often sitting down with the Air Force SSgt in the middle of the airfield filling up empty space on airplanes; take advantage of units that didn't show up on time. By the time I put myself on that last plane I had the squadron's personnel and equipment spread over something like 17 aircraft. Only I had the flight manifests and I and no one else knew where the units was lying over and when they would make it to the Gulf. I had learned my lesson the hard way it doesn't matter why it wasn't don't, it doesn't matter if it is wrong, it doesn't even matter who was wrong, the last person holding the ball either passes the ball on, fixes the problem or bares complete responsibility for failing.

When I arrived in Saudi Arabia I was assigned a number of assignments. 1st I was responsible to the Air Group for building a base camp and expanding the aircraft parking. I was also responsible to the Support Group CO for engineer matters for the group. I was responsible to the Wing Engineer and EAF officer for airfield construction and expansion. I soon found myself working even longer hours under even greater stress than I had been for the past five months. Sometimes I was getting about 90 minutes a sleep a day. The troops started joking that I was sleeping with eyes open. I was getting that blank stare.

I didn't know what was wearing down the worst was it that as soon as this war or operation was over I would still be thrown out of the Marine Corps or was it when it became critical I was the engineer that everyone wanted. Four weeks earlier I was just a passed-over failure than no one wanted to be around. I had a very difficult time with the fact that many of the other engineers in the unit were living in air-condition buildings and had showers every day when I often found myself hour after hour in the hot sun. I knew I was being used. Each day it got worst and worst. My left shoulder and arm was almost of little use, the doctor at 29 Palms had put me on pain killers, but now in an attempt to rest it my right arm was going dead, and my hand was blowing up like a stuff turkey. I injured my right knee in the loose sand and would have surgery on it later. I was getting dizzy and was losing my balance more and more. It day was a struggle as I had to convince

myself that the pain was ok because I was doing the job for my people and myself. But I started having more and more periods where I couldn't recall where I had been or what I had done.

However, I was making it. On one of my trips to Bahrain, I ran into a doctor who had been my old squadron's flight surgeon. He said hello, shook my hand which resulting in almost unbearable pain. He told me to go to sick bay. I told him I would. I guess he didn't believe me and decided to take me to sick bay himself. Once at sick bay I was quickly transferred to the field hospital and they quickly transferred me to the hospital in Germany where I stay there for a few days and was transferred to a hospital in Maryland before being transferred to an Army hospital in San Francisco. I had very high blood pressure; whenever I stood up I suffered a serious drop in blood pressure. Later on I was transferred back to my home station where I was treated in three different naval hospitals. I had knee Surgery and it was discovered that I had a lump in my

chest and bright spots on my brain along with some other medical problems. The first reaction by the squadron I was assigned to was to process me for separation for failure of promotion. My family and I would have to fight for an extend period of time just too received medical treatment. Until finally I was told that I either accept a medical separation or a failure separation. So I was separated from the Marine Corps with a 10% disability rating for complex migraine headaches and 24 months base pay or a little more than seventy-seven thousand dollars.



Starting Levels 20+ Foot Cuts



300,000 Cubic Yards Later Inches From Completion

I went to the Veterans Administration for additional medical treatment and a request for a service-connected disability. It was determined that I had a growth in my chest but it was located in a different place than the Navy's finding. It was also determined that I had Type I & II heart block. But none of these were treated nor rated as a disability. The VA gave me a 30% disability rating but since the Marine Corps had paid me 24 month base pay I was required to pay all that money back and the VA would not pay me any disability until they had recoup all the money which would have been about 18-20 years.

However, due to a chance in the law concerning separations pay for an officer to receive any separations pay he or she had to sign up for 3 years in the reserves. Since the VA had given me a 30% disability rating I still was eligible to be a drilling reservist. So I figured I only needed 6 good years and I would earn a retirement starting at age 60.

In the next 78 months I would get paid for 1,504 days of active duty or 19.2 days a month. I would get paid for another 188 man-days or 2.4 days a month and I would get paid for 212 drills days or 1.3 days a month. I would over that time period get paid for 1,798 days or 23.97 days per month or 75.7% of the time. I would get promoted twice. I would receive three medals for superior performance and was selected on the Command screening board. I was deployed to Panama, I travel to many different bases and stations in the United States and I was sent to a number of schools. In the end I had over 19 years of active duty and over 7,200 points or twenty plus

years. The Marine Corps told me that I had only 17 years 11 months average duty time. But I had kept copies of all my orders.

Many of my orders were dated after the completion of the active duty period. It was not unusual to be ordered to active duty and received your orders later. Nor was it out of the possibility that you wouldn't get paid for periods of active duty. One always ran the risk that the Operations Officer would say that the money didn't come in, or if the money did come in, it would be redirected to a different officer. It always left you in a bind you couldn't complain to higher headquarters because you were to be on orders whenever you were performing active duty, if you got hurt and you weren't on order you were out of luck.

It would take years before a final decision was made by the Board of Correction of Naval Records concerning my failure for promotion, my medical care and my military retirement. We had a number of ups and down even to the point when I received a letter from the USMC telling me that I would have to start the process all over because my files had been destroyed in the September 11th airplane crash into the Pentagon.

The funny part of the whole ordeal was that if the Marine Corps or the VA had done their job correctly I would never have been allowed to remain in the Marine Corps. I wasn't suffering from complex migraines. I had suffered a stroke and continue to have TIA's or mini-strokes. The growth in my chest was serious requiring open chest surgery. The heart block was serious enough that not only was it causing black outs, it also resulted in heart stoppage which required a pace maker. The stress related stares where not stress related but the results of seizures from prior head injuries. Both the VA and Marine Corps refused to accept the opinions of non-government doctors. One VA medical provider even stated in my medical record that I would probably need a pace maker.

But they never listen and they never talked to each other so I did what I had to do to provide for my family to keep a roof over their heads and do my best from falling into bankruptcy. I think it came down to the VA not understanding the medical problems that younger veterans could have along with not wanting to pay out at higher disability rate. The Marine Corps was more than happy with my job performance, as long as I kept it up scored 300 on Physical Fitness test and never spent more than 72 hours in the hospital they would look the other way until just before I entered the magic 18 year sanctuary zone. The VA was trying to do it on the cheap and the Marine Corps tried to have it both ways and on the cheap also.

"Whether or not you know your ultimate purpose, or even your goals for the next year, you almost certainly have a clear sense of what you want to do in the next few minutes. When the future is hazy, you can still handle what is in front of you. Destiny has a way of dropping a trail of bread crumbs; one small goal at a time to mark the path. By paying attention to each day, each moment, you will see what needs to be done right now. Your immediate goals are the bread crumbs leading you toward what you cannot yet see." Dan Millman

"No man can fight his way to the top and stay at the top without exercising the fullest measure of grit, courage, determination, and resolution. Every man who gets anywhere does so because he has first firmly resolved to progress in the world and then has enough stick-to-it-tiveness to transform his resolution into reality. Without resolution, no man can win any worthwhile place among his fellowmen." B. C. Forbes

"He will have to learn, I know, that all people are not just- that all men and women are not true. Teach him that for every scoundrel there is a hero that for every enemy there is a friend. Let him learn early that the bullies are the easiest people to lick." Abraham Lincoln

"Have a time and place for everything, and do everything in its time and place, and you will not only accomplish more, but have far more leisure than those who are always hurrying to overtake time that had been lost." Author Unknown

"Men must be trained realistically if they are to survive it without breaking mentally and physically." E. B. Sledge

“If we were all were determined to play the first violin we should never have an ensemble. Therefore, respect every musician in his proper place.” Robert Schuman

“The greater the torment, the greater shall be the glory. Prosperity can come to the vulgar and to the ordinary talent, but to triumph over the disasters and terrors of mortal life is the privilege of the great man. To be lucky



always and to pass through life without gnawing the mind is to be ignorant of the half of nature. You are a great man, but how can I know, if fortune has never given you a chance to display your prowess? You have entered the Olympic Games but you had no rival; you gained the crown but not the victory. I can say I account you unfortunate because you have never been unfortunate. You have passed through life without adversity; no man can know your potentiality, not even you. For self-knowledge, testing is necessary: no one can discover what he can do except by trying.” Seneca

“When you step up to a challenge and are not afraid to fight, you win just because you took the challenge. If you are not willing to risk losing, you are never going to win. You have got to be able to face your challenges, even if it means losing. Sometimes when you think you have lost, you have won. People admire the fact that you have taken the challenge, so you have actually scored a moral victory. If you follow your instincts, do a good job and gravitate toward people who will strengthen you, you will thrive in the lead and inspire others to follow along.” Aida Alvarez

Always remember living has risks, living costs. I've always known that sooner or later everyone has to pay that cost. Hopefully you will learn that the sooner you pay the price the lower the costs are. Life is painful at times for everyone. There is just no way getting around it, but you can control the price tag. Always remember the most expensive things in life are the things you get for free.

“Fortitude is a mean between cowardice and rashness. Life, rationally considered, bears undoubtedly a high value, and is not to be lightly thrown away, or risked upon trivial or ignoble objects. The brave man is circumspect in his ventures, and moderate in his fears, which implies that he does fear somewhat. He will dread disgrace. He will fear death in an unworthy cause. And even in a good cause, it has well be said: the truly brave man is not he who fears no danger, but the man whose mind subdues the fear, and braves the dangers that native shrink from. Fortitude then is the virtue that restrains fear and regulates venture-sameness by the judgment of reason, in danger especially of a grand and glorious death. A man may brave death in a good cause, and not be doing an act of fortitude. So he may subscribe a large sum to a charitable purpose without any exercise of the virtue of charity. A virtue is then only exercised, when it s outward act is performed from the proper motive of the virtue, and not from any lower motive. The recklessness of an angry man is not fortitude. It is not fortitude to be brave from ignorance or stupidity, not appreciating the danger: nor again from experience, knowing that the apparent danger is not real, at least to yourself. The brave man looks a real danger in the face, and knows it, and goes on in spite of it because so it is meet and just, with the cause that he has to go on.” Joseph Rickaby

“Men are by nature equal. Yes, in their specific nature, that is they are all equally men. Similarly you have it that all triangles are equal, if that is a proposition of any value. But men as individuals are not all equal. One is stronger in body, another more able in mind: one predisposed to virtue, another to vice: one born in affluence and honour, another in squalor. Not men in abstract, but living men, start at different points in vantage, and the distance between them widens as they run the race of life.” Rousseau

“The brave man is not he who feels no fear, for that were stupid and irrational; but he, whose noble soul its fear subdues, and bravely dares the danger nature shrinks from.” Joanna Baillie



DEPARTMENT OF THE NAVY
THIS IS TO CERTIFY THAT
THE SECRETARY OF THE NAVY HAS AWARDED THE
NAVY ACHIEVEMENT MEDAL

TO
MAJOR KRIS E. ROBERTS
UNITED STATES MARINE CORPS RESERVE
FOR
PROFESSIONAL ACHIEVEMENT FROM
28 MAY THROUGH 16 JULY 1994

EVEN THIS 16 DAY OF July 19 94



F. R. Lopez
F. R. LOPEZ
Brigadier General
Commanding



DEPARTMENT OF THE NAVY
THIS IS TO CERTIFY THAT
THE SECRETARY OF THE NAVY HAS AWARDED THE
NAVY COMMENDATION MEDAL

TO
CAPTAIN KRIS E. ROBERTS, UNITED STATES MARINE CORPS
FOR
MERITORIOUS SERVICE FROM JULY 1985 TO JULY 1988

EVEN THIS 17TH DAY OF OCT 19 88



Am Bell
SECRETARY OF THE NAVY



DEPARTMENT OF THE NAVY
THIS IS TO CERTIFY THAT
THE SECRETARY OF THE NAVY HAS AWARDED THE
NAVY AND MARINE CORPS ACHIEVEMENT MEDAL
SECOND GOLD STAR IN LIEU OF THIRD AWARD

TO
MAJOR KRIS E. ROBERTS
UNITED STATES MARINE CORPS
FOR

achievement in the superior performance of his duties while serving as the special projects officer for Marine A B, Fourth Marine Aircraft Wing, Marine Forces Reserve from 1 March through 30 July 1996. With only a few weeks left and executed an extremely challenging remodel, upgrade, and repair project of Hanger 294 in preparation for the Helicopter Squadron 769 and Marine Wing Support Squadron 473 Detachment A from Naval Air Station Alameda. Staffed a time working party. Major Roberts completed the project in time for the arrival at MCRS El Toro. He simultaneously over \$350,000 in design, construction, repair, and material costs by doing project design utilizing material take off, and using the Defense Reutilization and Marketing Office. He also obtained over \$20,000 worth of excess material from the Marine Corps. Working closely with Marine Corps Air Station El Toro Facilities and Fire Departments, he ensured the current fire and safety requirements. His efforts ensured that immediately upon arrival, MCRS-769 was able to conduct air operations successfully. Major Roberts' superb initiative, innovative approach to problem solving, and during this period reflect great credit upon himself and were in keeping with the highest traditions of the Marine Corps and the United States Naval Service.

EVEN THIS 14TH DAY OF JULY 19 98



K. F. Frederick
K. F. FREDERICK
LIEUTENANT COLONEL, U.S. MARINE CORPS
COMMANDING OFFICER
MARINE AIRCRAFT GROUP 46 DETACHMENT



DEPARTMENT OF THE NAVY
THIS IS TO CERTIFY THAT
THE SECRETARY OF THE NAVY HAS AWARDED THE
NAVY AND MARINE CORPS COMMENDATION MEDAL
(GOLD STAR IN LIEU OF SECOND AWARD)

TO
LIEUTENANT COLONEL KRIS E. ROBERTS, UNITED STATES MARINE CORPS RESERVES

FOR
ACHIEVEMENT IN THE SUPERIOR PERFORMANCE OF HIS DUTIES WHILE SERVING AS THE FACILITIES COORDINATION INSTALLATION DEPARTMENT, MARINE CORPS AIR STATION EL TORO, FROM APRIL 1988 TO JULY 1989. LIEUTENANT COLONEL ROBERTS MANAGED A BUDGET OF \$1,000,000, IN EXCESS OF \$1,000,000, IN SAVING COSTS, UNNEEDED CONTRACT SERVICES, REALIGNMENT OF ON-HAND EQUIPMENT AND SUPPLIES TO OTHER MARINE AIR STATIONS AND BY CANCELING UNNEEDED FACILITIES REPAIRS AND UPDATES BY DEVELOPING AND MAINTAINING BUILDING AND FACILITIES STATUS PROGRAM. LIEUTENANT COLONEL ROBERTS INSURED THAT THE MARINE CORPS WOULD BE ABLE TO MAINTAIN AND OPERATE EL TORO FACILITIES COVERING IN EXCESS OF 9.5 MILLION SQUARE FEET PRIOR TO OPERATIONAL BASE CLOSURE OF EL TORO. LIEUTENANT COLONEL ROBERTS' POSITIVE "CAN-DO" AND INNOVATIVE APPROACH TO PROBLEM SOLVING, UTILIZING EFFECTIVE LEADERSHIP REFLECTED GREAT CREDIT UPON HIMSELF AND WERE IN KEEPING WITH THE HIGHEST TRADITIONS OF THE MARINE CORPS AND THE UNITED STATES NAVAL SERVICE.

EVEN THIS 1st DAY OF July 19 97



T. A. Coughlan
T. A. COUGHLAN
COLONEL, U.S. MARINE CORPS
ACTING COMMANDER
MARINE CORPS AIR BASES WESTERN AREA

"I believe in the tragic element of history. I believe there is the tragedy of the man who works very hard and never gets what he wants. And then I believe there is even more bitter tragedy of a man who finally gets what he wants and finds out that he doesn't want it." Henry Kissinger

"Success is not a harbor but a voyage with its own perils to the spirit. The game of life is to come up a winner, to be a success, or to achieve what we set out to do. Yet there is always the danger of failing as a human being. The lesson that most of us on this voyage never learn, but can never quite forget, it that to win is sometimes to lose." Richard M. Nixon

"To-morrow is the devil's greatest ally, the very Goliath in whom he trusts for victory; now is the stripling sent forth against him. A great significance lies in that little word; it marks the point in which life's battle turns. That spot is the Hougomont of life's Waterloo; here the victory is lost or won." David Arnot

"It is my pleasure to congratulate you on being screened for command by the subject board. The primary reason for the command screening process is to select the best and most fully qualified officers from those available to lead our most precious assets—our Marines. To be recognized among the officers in that category is an exceptional honor." Commandant of The Marine Corps Ltr dated 22 Dec 1988

"I have served with Captain Roberts twice in my career...In both situations, he impressed me as a bright, dedicated, and hard-working young officer who was mission-oriented. He genuinely cared for his subordinates and in each case had a superb reputation as a leader. Captain Roberts' personal and professional traits were truly superb across the board. Colonel A.C. Zinni USMC (General A.C. Zinni USMC former commander United States Central Command)

"Superb officer maintains the highest standards of excellence. This officer is my "Go To" officer for my most difficult assignment tasking. He is among the finest officers I have served with. Impeccable leadership skills. Promote to LtCol/Select for command." Col R. Richards USMC

"His lead by example style gained him the respect and admiration of all Marines of this command...It is hard (and can become lengthy) to portray the numerous contributions Major Roberts makes to this staff. One of our finest, Rome would have been built in a day if Major Roberts was there." LtCol Richard D. Coulter USMC

"Adroitly used minimal number of personnel, who had limited experience, to fullest potential. Planned, coordinated and implemented a cohesive plan." LtCol L.M. Boyer USMC

"It was my impression that Captain Roberts was in a position of tremendous responsibility where the only reward was a class that went without a 'glitch'. Captain Roberts worked well under considerable pressure and demonstrated common sense, forcefulness, ingenuity and integrity." Colonel D. P. Martin USMC

"Responsible for the arduous and unpopular task of requesting and securing data which to recreate various Clear Air Act emissions inventories...through his resourcefulness, tact, and tenacity, he orchestrated the compilation of historical equipment inventories and usage data for the year 1990 that, in many instances, even five years ago went undiscovered or were believed to be unavailable." Major L. H. Reed Jr. USMC

"Was exceptionally innovative in the numerous projects he accomplished strictly on his own initiative. He has taken an active part in Battalion and Company level training by analyzing existing training approaches, restructuring many programs, and improving not only the existing approaches and content, but adding new ones, as well." Captain J. M. Ellington USMC

"Captain Roberts's leadership was the single most contributing factor for our success. His ability to plan, coordinate and implement challenging, real world training, month after month was an inspiration...Captain Roberts was a leader who made things happen he took initiative and had qualms about requesting and arranging for facilities and equipment...Captain Roberts not only planned and coordinated such impressive training, he actively participated as well...not only does he have a vast amount of knowledge and ability, but more importantly, he has the motivation and commitment to make things happen and follow them through." Captain G. M. Woodward

"His attention to detail and strict management practices resulted in a very difficult project being completed well ahead of schedule with a saving of over \$40,000 when compared to projects of similar scope. Major D. A. Viventi USMC

"Captain Roberts dealt with problems quickly and decisively...Overall, a take-charge officer, who engenders confidence in both juniors and superiors. Can be assigned to any billet with confidence. A self-starter who seeks out and is fully capable of increased responsibility. Growth potential is unlimited." LtCol J.H. Korneder, USMC Battalion Inspector-Instructor

“Received Commanding General Certification for superior performance: Notable 91 MOS qualification vs. T/O by end FY. Achieved 20% growth in reserve unit, certificates every quarter for highest unit drill attendance-98.7% well above commanding general 95%, 147% recruiting referral, met/exceeded all but 2 CG’s goals, passes all inspections/LTI. Captain Roberts is a performer, rises to a challenge, fulfills & increases growth potential.” LtCol R. H. Railey USMC Battalion Inspector-Instructor

“He has outstanding leadership and organizational ability that enables personnel to perform to their maximum capability.” LtCol J. G. Geil USMC

“I feel this officer has already demonstrated the desire ability and moral character to be a future leader in the Marine Corps.” LtCol J.G. Dixon USMC

“Captain Roberts during this period was tasked with planning and executing a difficult and time restrictive earthwork project at MCAGCC 29 Palms, CA, Proved to be an outstanding independent worker. Can easily pull together people from different units an MOS’s and make a cohesive, competitive unit with esprit. He leads by example. Had such a well coordinated balance between the well-being of his troops and mission goals that he was able to achieve 22 days ahead of schedule without an injury or heat casualty with the 100 degree temperatures. Pulled off project for participation in Operation Desert Shield.” LtCol S.G. Hornberger USMC Commanding Officer MWSS-374

“His record contains numerous examples of an individual who has a remarkable ability to coordinate a variety of functions under considerable pressure while demonstrating common sense, forcefulness, ingenuity, and integrity...displays exceptional managerial skills along with strong organizational and leadership qualities. Despite his heavy workload, pressured deadlines, and multiple taskings, Major Roberts performs all his duties magnificently. Major Roberts, is an intelligent, dedicated, hardworking officer who is mission oriented. I would actively seek this officer’s service in peace or war.” Colonel A. S. Dudley, Jr. USMC Commanding Officer MAG-46

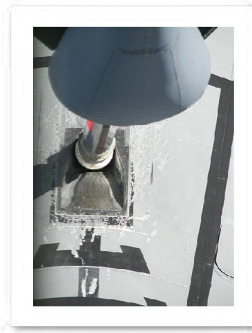
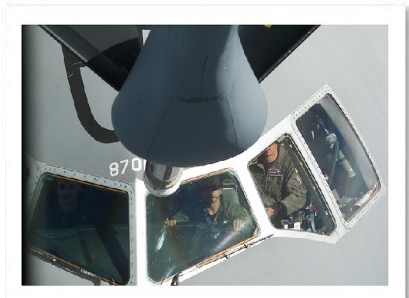
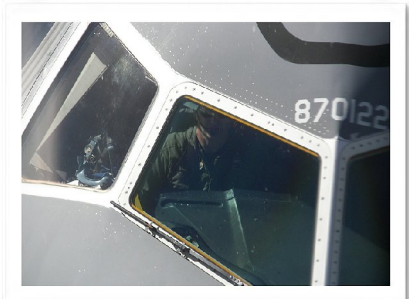
“His written work is thorough, concise and substantially exceeds the standard. He is articulate, focused and extremely knowledgeable. He briefs well and to the point. He spots developing problems quickly and never hesitates to bring them to the attention of the command. His knowledge of both flying and support units actual requirements, spending patterns and exercise costs is broad and invaluable. Quite literally he is the only Marine in the Group who could analyze and correct the TEEP requests without doing hours or research. Major Roberts’ consistently demonstrates the quiet confidence and depth of professional knowledge every Commander hopes the officers of his command possess.” Colonel F. E. Quinlan (BGen) USMCR Deputy Commander MAG-46

"Always quick to use initiative, often assumed responsible for many area not under his direct or in-direct responsibility. If a decision was needed to be made that impacted on the commander’s intent he felt very comfort making the decision ...Has the ability to make complex decisions covering numerous areas in a timely manner producing outstanding results...He also has a way of getting people both military and civilian to compete tasks or come up with ideas and have them believe that they did it themselves." Paul W. Sherwood Asst Chief of Staff Installation MCAS El Toro

“Safe living generally makes for regrets later. We are all given talents and we all dream. However, sometimes our talents and our dreams don’t match. But far often than not, people compromise before ever giving them a chance, they never find out what may have been ahead. Later on in life regardless of one’s successes such people find themselves looking back longing for the time when they should have chased their true and should have made the best of their talents for all they were worth.” Author Unknown

“You don’t train to become a hero, you train to survive, and somehow something in us makes us react in times of danger to do what is right or what we think is right.” General G.W. Rice

“Two horses were carrying two loads. The front horse went well, but the rear horse was lazy. The men began to pile the rear horse’s load on to the front horse; when they had transferred it all, the rear horse found it easy going, and said to the front horse; ‘Toil and Sweat! The more you try the more you have to suffer.’ When they reached the tavern, the owner said; ‘why should I fodder two horses when I carry all on one? I had better give the one all the food it wants, and cut the throat of the other; at least I shall have the hide.’ And so he did.” Leo Tolstoy



“Playing it safe is probably the most unsafe thing in the world. You can’t stand still. You must go forward.” Robert Cowler

“Never surrender your individuality for it is your greatest agent of power, be yourself.” Ralph W. Trine

“If you do not tell the truth about yourself you cannot tell it about other people.” Virginia Woolf

“When has lasting greatness ever been achieved by one who has sought greatness for itself rather than allowing it to move quietly upon him as he worked for others?” George Fister

“There is always at least one moment in everyone’s childhood when one door opens and lets the future in.” Graham Greene

“We always pay for a lack of courage.” Jacques-yues Chouteau

“An open mind is the beginning of self-discovery and growth. We can’t learn anything new until we can admit that we don’t already know anything.” Edwin G. Hall

“Facts are to the mind the same thing as food to the body. On the due digestion of facts depends the strength and wisdom of the one, just as vigor and health depends

on the other. The wisest in council, the ablest in debate, and the most agreeable in the commerce of life, is the man who as assimilated to his understanding the greatest number of facts.” Edmund Burke

“Even a thought, even a possibility can shatter us and transform us.” Friedrich Nietzsche

“How absurd men are! They never use the liberties they have, they demand those they do not have. They have freedom of thought, they demand the freedom of speech.” Soren Kierkegaard

“There is no value in life except what you choose to place upon it and no happiness in any place except what you bring to it yourself.” Henry David Thoreau

“People exaggerate the value of things that they haven’t got; everyone worships truth and unselfishness because they have no experience with them.” G. B. Shaw

“The wise are instructed by reason, the ordinary by experience, the stupid by necessity and the brutes by instinct.” Cicero

“Knowledge can be cold, academic and unproductive of the inspiration which provides real leadership. No effective leader has ever reached greatness by intellect alone. Intellectual achievements must be accompanied by an understanding of the human individual, for, in the final analysis, he works with people.” Gen Lemuel C. Shepherd Jr.

“Let us dare to read, to think, to speak and to write.” John Adams

“A man’s feeling of good-will towards others is the strongest magnet for drawing good-will towards himself” Lord Chesterfield



“A blessed thing it is for any man or woman to have a friend; one human soul whom we can trust utterly; who knows the best and the worst of us, and who loves us in spite of all our faults; who speak the honest truth with us, while the would flatters us to our face, and laughs at us behind our back; who will give us counsel and reproof in the day of prosperity and self conceit; but who again, will comfort and encourage us in the day of difficulty and sorrow, when the world leaves us alone to fight our own battle as we can.” Charles Kingsley

“Every society has its own problems. The way to do it isn’t to run away but by working to create your own culture. No matter where you live, the biggest defect we human beings have is our shortsightedness. We don’t see what we could be. We should be looking at our potential, stretching ourselves into everything we can become. But if you are surrounded by people who say I want mine now, you end up with a few people with everything. People are only mean when they are threatened and that is what our culture does. That is what our economy does. When one gets threatened they start looking out only for themselves. That is all part of this culture.” Morrie Schwartz

“No trumpets sound when the important decisions of our life are made, destiny is made known silently.” Agnes de Mille

“Loneness is the human condition; no one is ever going to fill that space. The best thing you can do is to know yourself. Know what you want.” Janet Fitch

“We have to resolve to endure the unendurable and suffer what is insufferable” Hirohito

“I known fact may be so unbearable that it is habitually pushed aside and not allowed to enter into logical processes or on the other hand it may enter easy calculation and never be admitted as a fact, even in one’s own mind.” George Orwell



“I watched a small man with thick calluses on both hands work 15 and 16 hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example.” Mario M. Cuomo

“The path to glory is rough and many dark and gloomy hours obscure it.” Black Hawk

“He that cannot forgive often breaks the bridge over which he must pass himself; for every man has the need to be forgiven.” Thomas Fuller

“He who knows how to suffer everything can dare everything.” Luc de Clapiers



We are told over and over again that opportunity only knocks once. That is wrong we will be provided with numerous opportunity over the cause of our life time. However, too many of us fail to see the first opportunity then spend the rest of our life ignoring the rest. When in fact that we are giving opportunities all the time and every time we recognize and seize an opportunity it will only lead to more opportunities. It is up to us to look for the opportunities, they are not going to come to us gift wrapped and with instructions.

“It is natural for a man to indulge in the illusion of hope. We are apt to shut our eyes against a painful truth, and listen to the song of the siren till she transforms us into beasts.” Patrick Henry

“Where life is more terrible than death, it is then the truest valor to dare to live.” Sir Thomas Browne

“If you can be kind and understanding to other people you are basically on the right track. No one can be perfect, because all of us have our own problems and none of us has full control of ourselves, so right and wrong depends on choosing the positive attitude.” Shimon Peres

“The man who will not execute his resolutions when they are fresh upon him can have no hope from them afterwards; they will dissipate, lost and perish in the hurry and scurry of the world, or sunk in the slough of indolence.” Marie Edgeworth

“Man comes into this world with nothing but the capacity to reason. Man has no innate knowledge of God, no instincts, no natural patriotism; just the ability to see and touch and feel and hear the physical world and to reason about it. Everything that man knows, he has learned by analyzing the evidence of his senses. This is the source of all knowledge, and man’s reason dealing with tangible, physical evidence in a way that is completely reliable and unbiased becomes the ultimate source of truth.” John Locke

“We are responsible for the consequences of every choice and decision that we make.” Ed Gerety

“Leadership is intangible, hard to measure and difficult to describe. Its qualities would seem to stem from many factors, but certainly they must include a measure of inherent ability to control and direct, self-confidence based on expert knowledge, initiative, loyalty, pride, and a sense of responsibility. Inherent ability obviously cannot be instilled, but that which is latent or dormant can be developed.” General C. B. Cates USMC

“Jesus, Shakespeare, Browning, Lowell, Emerson left no goods and chattels, no bonds and mortgages; they left inspirations; they bequeathed ideas; living first for the soul, their souls survive and remain to us all. The truly great who still stand after the test of the years are those who have lived for the spirit. This is as true of the worker and the warrior as the philosopher and poet. All were inspired by glowing visions; they set their affections on things about the trifles for which we struggle and spend ourselves. They endured as seeing glories to us invisible; therefore their names endure.” Henry Frederick Cope

“We need leaders who will continue to be willing to learn more about themselves and the world at large at every opportunity. We need leaders who are willing to invest the time and energy needed in order to learn, to make highly responsible, yet nonreactive choices and decisions.” Linda A. McLyman

As a brand new officer I was taught the following three rules by my first battalion commander.

1. I will never ever accept anyone of my officers telling someone that he knew something was not going to work. If you know in advance and do nothing you are not a leader but selfish.
2. If any officer did not feel something was going to work or that there was a way that the mission could be performed better, I not only expected him to rise that point but I expect him to come up with three options.
3. There will be times when you may come up with a better way to do something but I will still tell you to do it my way. I expect you to sharply say Ay Ay Sir and follow my instructions. The reason for this is I have more experience than you do and the best way is not always the best way for the overall mission. What is correct now could lead to failure in the future. Everything has an effect on future operations. Better to fail now if it means success in the future.



“We all have our own inner clocks and each tick is at a certain rate and we are going to get to certain places at a time that is different than everyone else’s.” Itzhak Perlman

“Most of us walk around as if we are sleepwalking. Others walk around with a meaningless life. As if they too were half asleep. They are busy doing things that they think are important. We really don’t experience the world fully, because we are half-asleep, doing things we automatically think we have to do. Facing death changes all that, when one strips away all that stuff and just focus on the essentials. When you realize you are going to die, you see

everything much differently.” Morrie Schwartz

“I do not understand what people mean when they talk of the burden of responsibility. I could understand what they mean by the burden of decision. I feel it while trying to make up my mind to take a greatcoat with me or writing a dispatch upon which peace or war may depend. Its degree depends on the materials for decision that are available and not in the least on the magnitude of the results which may follow.” Lord Salisbury

“In life, there are leaders and there are bosses. Leaders lead and bosses boss. Good leaders are not threatened by ideas from people above or below them, but rather, they find new ideas invigorating. In true leadership one waits until everyone has spoken. They invite others to give input and feel a share ownership. They coach their people, and motivate them to give their best performance. Leaders work as part of the team. They praise people publicly, criticize privately. Why is it that some bosses isolate themselves without seeking ideas or feedback from the people they are counting on to get the job done?” Judith Heumann

“Self-sacrifice is essential to leadership. You will give, give all the time. You will give of yourself physically and mentally for the longest hours; the hardest work and greatest responsibility is the lot of the Captain. He is the first man up in the morning and the last man in at night. The Captain works while others sleep.” Major C. A. Bach

“Adversity strips away all the nonessentials and forces you back to your basic strengths. Adversity shoves you back down to your core values and strengths, the very things that matter the most. Often when faced with adversity people often unfairly blame and punish themselves, or they lash out at blame people around them. Often people stop doing anything and just sit waiting for someone else to open the door and show them the way or they just play the role of the victim saying there was nothing that I could have done.” Pat Riley

“Whether a man is burdened by power or enjoys power; whether he is trapped by responsibility or made free by it; whether he is moved by other people and outer forces or moves them, this is of the essence of leadership.” Theodore Harold White

“We had better to doubt our inflated fears before they destroy us. Valid fears have their place; they cue to danger. False and overdrawn fears only cause hardship. We all pay the cost of panics wasting huge sums of money. The more money and attention we fritter away on our compulsions, the less we have available for real needs, which consequently grow larger. We often fear the wrong things. One of the paradoxes of a culture of fear is that serious problems remain widely ignored even though they give rise to precisely the dangers that the populace most abhors.” Barry Glassner



“I may make it; I may not but as long as I try my best who I am to ask for anymore. It is far better for me to give my all and fail and then to tell the world I wasn't good enough; then to have the world find out that I had the talent but never tried. It is far better to have used my time and resources trying and failing than to have to use my time and resources making excuses for not trying.” Kris E. Roberts

“The final test of a leader is that he leaves behind him in other men the conviction and the will to carry on. The genius of a good leader is to leave behind him a situation

which common sense, without the grace of genius, can deal with successfully.” Walter Lippmann

“Well I've run through rainbows and castles of candy. I cried a river of tears from the pain. I try to dance with what life has to hand me. My partner has been pleasure my partner has been pain. There are days when I swear I could fly like an eagle and dark desperate hours that nobody sees. My arms stretched triumphant on top of the mountain. My head in my hands down on my knees. “I've reached in darkness and come out with treasure. I've laid down with love and I woke up with lies. What's it all worth only the heart can measure. It's not what's in the mirror but what's left inside. I tried to dance with what life had to hand me and if I could I'd do it all over again. Sometimes the picture just ain't what it seems. Sometimes you get what you want but it's not what you need.” Sometimes Life is a Bitch Sung by Stevie Nicks

“A man has honor if he holds himself to a course of conduct because of a conviction that it is in the general interest, even though he is well aware that it may lead to inconvenience, personal loss, humiliation, or grave personal risk.” Brigadier General S. L. A. Marshall

“Who would have believed that the designer (Robert Mills) of the Washington Monument and the Bunker Hill Monument could keep his name from becoming a household word? To have planned either of these monuments ought to be enough to insure the planner’s fame; to have planned both of them would be to take a bond of fate. Yet probably very few readers could remember having heard his name. We are interested in him not because he is famous, but because he ought to be famous.” New York Evening Post

“The true way to be popular with troops is not to be free and familiar with them, but to make them believe that you know more than they do.” General William Tecumseh Sherman

“Doubt yourself and you doubt everything you see. Judge yourself and you see judges everywhere. But if you listen to the sound of your own voice, you can rise about doubt and judgment. And you can see forever.” Nancy Kerrigan



“Don’t be discouraged by a failure. It can be a positive experience. Failure is, in a sense, the highway to success, inasmuch as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterwards carefully avoid.” John Keats

“No person has the right to come into this world and go out without leaving behind distinct and legitimate reasons for having passed through.” George Washington Carver

“Great men never alter their character with a change of fortune and are so resolute in their undertakings that Fortune can have no hold over them. Weak men are in the opposite manner, for they become elated with success and terrified by failure.” Niccolo Machiavelli.”

In the Martin Luther King Jr. Museum there is a photo of slaves dated 1861. The photo is entitled “Strength” with the following caption; “The strongest people in the world aren’t the most protected; they are the ones that must struggle against adversity and obstacles –and surmount them-to survive.”

“Most of the shadows in your life are usually caused by you standing in your own sunshine.” Author Unknown

“Pain nourishes courage. You can never be brave if you have had only wonderful things happen to you.” Mary Tyler Moore

“Most people I ask little from. I try to give them much, and expect nothing in return and I do very well in the bargain.” Francois Fe’ Nelon

“No one can answer for his courage when he has never been in danger.” Francis La Rochefoucauld

“Who so neglects learning in his young, losses the past and is dead for the future.” Pilpay

“If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential, for the eye which, ever young and ardent, sees the possible. Pleasure disappoints possibility never.” Soren Kierkegaard

“A great man shows his greatness by the way he treats little men.” Thomas Carlye

“Everyone thinks the better their life went, the more successful their life was. But that doesn’t work that way up here. I don’t pay attention to all the times you got what you expected and hoped for, for that wouldn’t teach me much about what you were learning. I was watching you most closely during all those difficult times when you encountered the unexpected, the things you did not plan on or want to happen. You see, it is how you dealt with those that reflect the growth and wisdom of your soul.” God



“Parents have become so convinced that educators know what is best for their children that they forget that they themselves are really the experts.” Marian Wright Edelman

“Some people have thousands of reasons why they cannot do what they want to do, when all they need is one reason why they can.” Willis R. Whitney

“When the government accepts responsibility for the people then the people will no longer take responsibility for themselves.” George Pataki

“Success is not measured by what a man has accomplished, but by the opposition he has encountered, and the courage with which he has maintained the struggle against overwhelming odds.” Charles A. Lindbergh

“There is no greater sin than to enslave to desire. No greater curse than discontentment. No greater misfortune than selfish craving. Therefore inbeing content one will always have enough.” Lao Tzu



“Cuando amor no es locura, no es amor.” Spanish Proverb

“Every experience, however bitter has its lesson, and to focus one’s attention on the lesson helps one to prevent or overcome the bitterness.” Edward Howard Griggs.

“One needs to take people as far as they are willing to go, not as far as you would like them to go.” Jeannette Ranklin

“Expedients are for the hour, but principles are for the ages. Just because the rain descends and the winds blow doesn’t mean we can afford to building on shifting sands.” Henry Ward Beecher

“We find what we are searching for, if we don’t find it, we become it.” Jessamyn West

“Leaders never fake it, and there are no shortcuts they can take, as they first learn all they can about the situation, including resources, and obstacles, trends, and unmet needs, as well as hidden potential and ossified misconceptions. Still, the all-knowing person does not make the best leader, the all understanding one does.” Author Unknown

Marines Donate Time, Muscle
Cpl Sharon Farrell
MCAS El Toro
Marines-(Official Magazine of the U. S. Marine Corps Vol. 18, No. 10 October 1989)

Two Paiute Indian children talked excitedly about the construction of their new ball field as they watched a small group of Marines from MCAS El Toro clear the old surface of undergrowth and rocks.

“Each year that we have been here, we’ve tried to help the Indians at Camp Antelope,” said Cpl. Henry Castillo, deployed to Marine Corps Mountain Warfare Training Center, Bridgeport, Calif. “This year, however, because of weather delays in our mission, we have been able to devote more time to various volunteer projects.”

The construction of the much needed ball field was just one of the extra community projects performed by the MWSS-373 leathernecks during their stay at Bridgeport. Although the engineers were deployed at Bridgeport primarily to rehabilitate and restabilize the airfield, many managed to donate their spare time and services to several community projects. SSgt. Mike McClendon said, “The construction of the ball field was the primary request made by the community when the Marines offered to volunteer their time.”

“Once we arrived at the job site about 20 miles from Bridgeport we found out how much work was needed,” said McClendon. “Our Marines decided to really get involved. Many gave up their liberty time to build a softball diamond, help us put fencing, construct dugouts and surface the field.”

“Marines work so hard,” said Dan Hahman, Camp Antelope’s maintenance director. “I tried to keep up with them one day, but they kept on going and I couldn’t.”

The 45 Paiute and Washoe families living at the camp are currently applying to the federal government for recognition as a Paiute/Washoe Indian tribe. Alta Lange, a Paiute whose ancestors roamed the Pacific Northwest areas crafting and trading basket wares, said that most ancient Paiute tribes were nomadic. Their families are now settling in small communities throughout North America.

She said to become a recognized tribe; the Indians must first thoroughly document their history, which is difficult because of their nomadic past. Until the development is officially recognized as a reservation, the government provides only a small amount of funding per house in the community.

“Our maintenance budget has been really low these past few years,” Hahman said. “The Marines have provided a terrific service by building recreational facilities for the younger Indians.” The younger Indians were not the only admirers of the Marines’ work. Several adult softball teams, one sponsored by expeditionary airfield technical representative Rich Rossie, were also excited about having a facility where they could practice and play.

Another important project undertaken by the leathernecks was a laying of a 5-inch water line to the new medical clinic. “During the construction of our clinic, the water well, which would normally supply the necessary water to the facility, was damaged,” said Hahman. “The Marines decided to use our water supply at Camp Antelope as a source, and began work on the plumbing, which will eventually involve more than a mile of piping.”

It was not all work for the engineers. The Indians showed their gratitude by hosting a potluck meal for the hardworking Devil Dogs, allowing everyone to meet and share each other’s culture. “All too often Marines don’t get the chance to meet people from the surrounding communities when they have excises,” said officer in charge Capt. Kris Roberts. “Project like this gives them the opportunity to practice their skill and learn about a different culture.”

One child, 5-year-old Natasha Gibson, took a particular interest in the engineer's surveying team. Pedaling her bicycle barefoot through the undergrowth, she stopped to investigate the tools and equipment used by the Marines. She was also looking for some playmates. Rain had sent her regular friends pedaling home.



“Some of the children just like to watch us work,” said Castillo as he took some time out to entertain the smiling girl. “Others like Natasha want to get to know us, and treat us if had always lived here.”

With MWSS-373 now permanently assigned as the support squadron responsible for the maintenance and upkeep of Bridgeport's airfield, Roberts intends to let his Marines continue their volunteer work after meeting mission requirements. He expects that this unit will deploy Marines to Bridgeport twice a year to perform maintenance checks. They will then have the opportunity to complete other projects and strengthen the bond between the two cultures.

“The person who succeeds is not the person who holds back, fearing failure, nor the one who never fails... but rather the one who moves on in spite of failure. Far better to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much because they live in the grey twilight that knows not victory or defeat.” Theodore Roosevelt

“What makes the difference between wishing and realizing our wishes? Lots of things, and it may take months or years for our wishes to come true, but it's far more likely to happen when you care so much about a wish that you'll do all you can to make it happen.” Fred Rogers

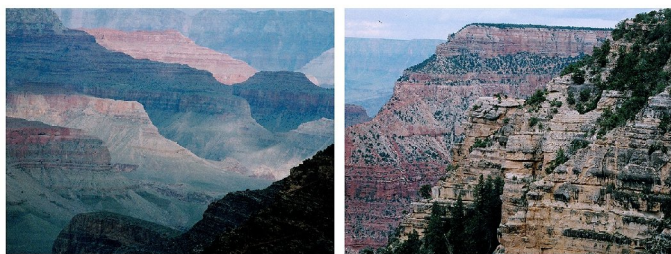
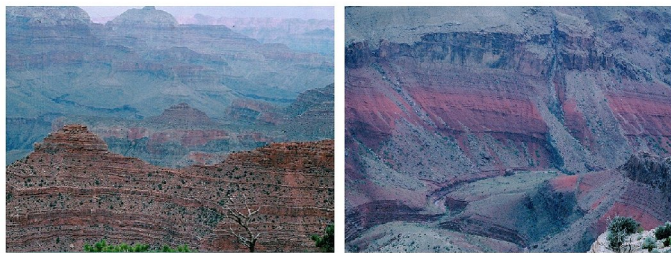
“Ask yourself some hard questions as honestly as you can. Have you sold out for money, sex, power, security? Have you traded your emotions and joy for what thought you wanted or needed? Have you trade the little things in life for hope of big things? What do you miss, whom do you miss? If money, power, or security didn't exist what would you be doing with your life that you aren't doing now? If what others thought of you weren't important and the only thing that truly matter was how your heart felt about your life what would you be doing differently? If you weren't afraid to try, what would you be doing, and who would you be doing it with? Are you adapting more and more until there is nothing left of you to compromise?” Melody Beattie

“Human action can be modified to some extent, but human nature cannot be changed.” Abraham Lincoln

“Authentic leadership does not involve serving ourselves, and self-aggrandizement remains foreign to the true leader, whose proper aim is to move people to do what is best for the greater good-not what is best for the leader's petty and narrow personal interests. Only by regarding the broader interest of others can leaders prevail in a world where people routinely expect to be first.” Richard L. Lester

“There are many shining qualities in the mind of a man, but there is none so useful as discretion; it is this, indeed, that gives a value to all the rest, which sets them to work in their proper times and places, and turns them to the advantage of the person who is possessed by them. Without it, learning is pedantry, and wit impertinence; virtue itself looks like weakness; the best parts only qualify a man to be more sprightly in errors, and active to his principle.” Joseph Addison

A good day is when you have harmed no one, a great day is when you have help someone to become a better person.



The Grand Canyon National Park

“Those who serve a cause are not those who love that cause. They are those who love the life which has to be led in order to serve it, except in the case of the very purest, and they are rare.” Simon Weil

“One of the inherent hypocrisies in today's culture is that society demands that our athletes push themselves to new and greater levels of achievement, while society places decreasing demands on our students. It is my observation that the less you demand of people, the less you receive.” Paul Ostergard

Every time each and every one of us gets hurt we build walls. None of us want to expose our self to pain and disappointments so to protect ourselves we build walls. The walls serve as our self-protection. If the pain and life's disappointments; often the result of unrealistic expectations or abandon dreams, are painful enough or often enough we build our walls higher and thicker, over the years without realizing it the same walls that we build to keep the enemies out, can become the same walls that closes us off to the outside world. Without realizing our protection walls soon become walls of bitterness.

“Observation not old age brings wisdom.” Publitiu Syrus

“Virtue is a stranger in this world; and boundless egoism, cunning, and malice are always the order of the day. It is wrong to deceive the young on this point, for it will only make them feel later on that their teachers were the first to deceive them.” Arthur Schopenhauer

“We have to improve life and not just for those who have many skills and those who know how to manipulate the system but we must also improve life for those who have much to offer but never get the opportunity.” Dorothy Huft.

“In making judgment the early kings were perfect because they made moral principles the starting point of all their undertakings and the root of everything that was beneficial. This principle however is something that persons of mediocre intellect never grasp. Not grasping it, they lack awareness, and lacking awareness, they pursue profit, it is absolutely impossible for them to be certain of attaining it.” Lu Bu-Wei

“Nothing other people do is because of you. It is because of themselves.” Don Miguel Ruiz

“I hope when you know the worst you will at once leap into the river and swim through handsomely, and not, weather-beaten by the drivers of irresolution, stand shivering upon the brink.” Sir John Suckling



“When people say to me; how do you do so many things? Without meaning to be I often answer them by say how can you do so little? It seems to me that people have vast potential. Most people can do extraordinary things if they have the confidence or take the risks. Yet most people don’t. They sit in front of the TV and treat life as if will go on forever.” Philip Adams

“Success does imply risks, such as the risk of new responsibilities, the risk of living up to new and greater expectations, and the risk of losing what one has in the pursuit of what one wants. It is however, important to recognize that these fears are realistic and to confront them in a sensible and organized way.” Michael Korda

“Not being surprised by anything, the ordinary mind will be good for everything. If you lose your ordinary mind, your voice will shake no matter what you are trying to say. If you lose your ordinary mind, your hand will shake when you try to write something in front of others. The ordinary mind is in leaving nothing whatsoever in your breast, lightly tossing off all traces, and leaving the breast empty. This is the ordinary mind.” Confucius

“I have never ever known a man worth his salt who in the long run, deep down in his heart, who didn’t appreciate the grind, the discipline. There is something in good men that really yearns for, needs discipline and harsh reality of head to head combat. It is the reality of life that men are competitive and the most competitive games draw the most competitive men. That is because they are there to compete. They knew and understood the rules and the objectives before they get into the game. The objective is to win fairly, squarely, decently, by the rules but to win.” Vince Lombardi



“The best portion of a good man's life is his little, nameless, unremembered acts of kindness and love.” William Wordsworth

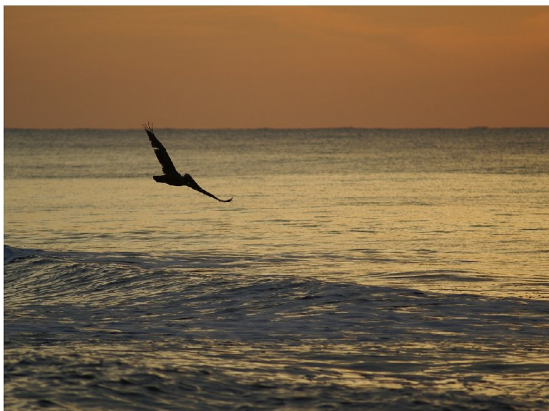
If you want to be a leader there will be times when you must make a decision that is not popular or seems unreasonable. However, as a leader you cannot and should not be pressured to change a decision you know to be correct. It is often stated that “The greatest form of cowardice is to know what is right and not do it.” As a leader you must always concern yourself with what is best for the people you are responsible for even if they haven’t yet.

“Our prime purpose in this life is to help others, and if we can’t help them, as least don’t hurt them.” The Dalai Lama

“Sages do not use people for their own personal ends; they do not let their desires disturb harmony. Therefore, when they are happy, they do not rejoice too much, and when they are sad, they do not grieve too much.” Huainan

“Panics, in some cases have their uses. Their duration is always short; the mind soon grows through them and acquires a firmer habit than before.” Thomas Paine

“If we can see the path laid out for us, there is a good chance it is not our path; it is probably someone else’s we have substituted for our own. Our own path must be deciphered every step of the way” David Whyte



First Meal Of The Day

“I consider it a dangerous misconception of mental hygiene to assume that what man needs in the first place is equilibrium or a tensionless state what man actually needs is not a tensionless state but rather a striving and struggling for some goal worthy of him. Victor E. Frankl

“Our egos are so self-serving that we can easily overlook any number of potential problems. Managers under pressure have a great temptation to engage in self-deception. The human mind has the capacity to twist facts to fit preconceived notions, to meet ego needs. Jard Deville

"A fine education isn't made of brick and mortar, labs and gymnasiums, or cafeterias and playgrounds. It isn't measured by standardized tests that pigeonhole students and evaluate schools. And the best teachers are not necessarily the best-paid teachers. Rather, education is a messy, often disorderly and sometimes flawed process guided by dedicated teachers." Wess Roberts

“A blind man’s world is bounded by the limits of his touch; an ignorant man’s world by the limits of his knowledge; a great man’s world by the limits of his vision.” Paul Harvey

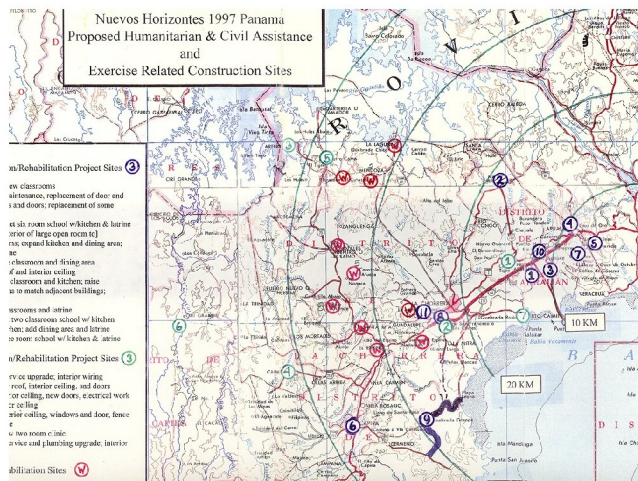
"Integrity is not a conditional word. It doesn't blow in the wind or change with the weather. It is your inner image of yourself, and if you look in there and see a man who won't cheat, then you know he never will. "Integrity is not a search for the rewards of integrity. Maybe all you can ever get for it is the largest kick in the ass the world can provide. It is not supposed to be a productive asset." John D. MacDonald

“Democracy is an active process: it takes effort to reduce inequality. If we look at democracy as born from violence, as it most certainly is in human history. It is something we fight for. It has ever been handed to us for free; it has always been wrested from the powerful. The irony is that we probably never would have reached this point, never would have evolved the necessary solidarity at the base, had we not been such hierarchical animals to begin with.” Frans De Waal

“If you will call your troubles experiences and remember that every experience develops some latent force within you, you will grow vigorously and be happy, however adverse your circumstances may seem to be.” John Heywood

“There are very few original thinkers in the world; the greatest parts of those who are called philosophers have adopted the opinions of some who went before them.” Dugald Stewart

Joint Task Force 411 Republic of Panama



Nuevos Horizontes 97, Panama was a Chairman, Joint Chiefs of Staff directed humanitarian assistance and training exercise in an OCONUS environment. The Republic of Panama served as the Host Nation for this Central America exercise from 18 January 1997 to 24 May 1997.

Working in conjunction with the United States Ambassador to Panama, the Honorable William J. Hughes, senior representatives of the Government of Panama (GOP), command elements of the U.S. Southern Command (USSOUTHCOM), The U.S. Army South (USARSO), U.S. Army Forces Command (FORSCOM), 1st Army, U.S. Army Reserve Command (USARC), the New York State based 77th Regional Support Command (RSC) and the 411th Engineer Brigade various projects were reviewed for servicemembers training value and long term benefit to the Panamanian people.

The selected projects covered the spectrum of nation building and humanitarian assistance to

the people of the Republic of Panama. This assistance was directed in the following areas: Schools- construction of six new schools and renovations of three schools. Medical Clinics- construction of a new clinic and roof repair along with numerous building upgrades of two clinics. Latrine, three stand alone latrines were constructed at clinic sites for sanitary reasons. Potable Water Wells - six successful potable wells were drilled, the four primary wells and the two alternate wells. Road Projects - four projects involving Farm to Market roads, road access, driveway and walkway access along with extensive drainage and road upgrades in excess of five kilometers. A large position of these of the road upgrades were on roads that often became barely passable during increment weather. Medical support- 12,028 people received medical treatment while addition 13,653 people received preventive medicine treatment or services. Dental Support- 3,109 people received dental treatments with in excess of 1,245 teeth were removed. Veterinary Services 3,546 animals were treated. Additionally there was over 30 incidents of medical and dental support provided by Task Force medical personnel outside the MEDRETE arena to sick and accident victim. In three cases medical service prevented lost of life or limb.

**Just
A simple plot
Of grass
With
Possibilities**



**The Start
of
Something
Big**



**New
Possibilities
New
Opportunities
New
Dreams
No One Knows
The Long-Term
Impact**



In keeping with the political importance placed on the mission of the Joint Task Force 411 by the U.S. Ambassador and General Clark Commander in Chief USSOUTHCOM the Joint Task Force 411 completed seven Civil Action Projects within Panama City itself. These projects included retaining walls for erosion control, stream widening for flood control, medical clinic and library roof repair, soccer and softball field construction, along with road upgrade, culvert repair, and placement (the road and culvert work was a direct request from the Panama First Lady to General Clark). These civil action projects were located in areas of Panama that American's have been very unwelcome in since Operation Just Cause. Additionally Civil Action Projects were completed, such as replacing an old timber bridge with 55

gallon drums as culverts that collapsed isolating the people of a small village with a military non-standard bridge, headwalls and two 24" culverts. Also the Task Force upgraded a computer room upgrade, poured a basketball court foundation, and numerous other small projects such as repairing water lines. Many done by servicemembers on their off time and often at their own expense for materials and supplies based on friendship developed over the course of the deployment.

In addition to the completing the assigned Task Force mission's and the added civil action projects the Joint Task Force working in conjunction with The Ministry of Public Works (MOP) by providing equipment, POL, maintenance support, and sometimes off duty service members, the Joint Task Force and MOP completed another eight kilometers of road upgrade over some very difficult terrain. The road upgrades and major improvements in road drainage improved the quality of life for many Panamanian citizens. At Arena Blanca the JTF-411 contributed over 75 bulldozer hours clearing, grubbing and moving over 1,200 cubic yards of material to establish a bridge site. The Joint Task Force also moved, over very rough and dangerous terrain, the heavy steel I-beams to the bridge site.

The MOP was constructing a bridge near a very risky ford site. On an average 3-5 people drown at the ford site each year.

The Joint Task force Commander, LTC William L. Anderson's command guidance and philosophy was to complete the mission safely, (no permanent or debilitating injuries, or any deaths), to military construction standards, within budget, maximum training value, and with as much Panamanian involvement as possible.

More than 2,400 active duty, Reserve and National Guard soldiers, sailors, airmen and Marines from 31 states, District of Columbia Of Columbia, and Puerto Rico from 37 different units who made up Joint Task Force 411 took the commander's guidance wholeheartedly and exceeded all exceptions.

The Joint Task Force not only completed its assigned missions to standard, on time, and under budget (8.7 Million dollars), the mission was completed safely as no service members lost his/her life nor suffered a serious injury. Every scheduled school project exceeded standards. This was the direct result of close cooperation between JTF 411 service members and the local Panamanian people as both teamed together to work side by side on the projects. This team work combined with desks, chairs, black boards, and refrigerator purchased with over \$24,000 of donated money by businesses from New York and the 411th Engineer Brigade insured that school children were able to utilize the facilities prior to the JTF leaving the project sites.

Nuevos Horizontes 1997 was a real world operation with the goal of building upon the long term cooperation between the United States and Panama. The importance of this goal was highlighted by the number of visits by high ranking civilian and military dignitaries such as: Panama President Ernesto Perez-Balladares, United States Ambassador William Hughes, Secretary of the Army Togo West, CINC SOUTHCOM General Wesley Clark USA, CG 5th US Army, LtGen Joseph Kinzer USA, Civilian Aide to the Secretary of the Army Mr. Walker Kaye, The First Lady of Panama Dora Boyd de Perez-Balladares, Panama Archbishop Monsignor Jose Dimas Cedeno Delgado Ministry of Government and Justice Raul Montenegro, Chief of Army Reserve MG Max Baratz USAR, CG USARSO MG Lawson Magruder III, Brazil Deputy Chairman of Joint Staff, MG Uchoa, CG 411th Engineer Brigade BG Alfred T. Rossi USAR, Senior Engineer El Salvadoran Army Colonel Santacruz, along with numerous others at the O-6 level and higher that room prevent from listing.

The effect of Joint Task Force 411 has made a lasting expression on the most important resource of Panama, its children. Many of these children will grow up better educated and healthier thanks to the efforts of JTF-411. In remote communities such as Arena Blanca it is expected that at least five lives a year will be saved with the completion of the new clinic. The assistance provided to the Panamanian people and the friendships developed by service members and the People of Panama are indeed a key element in building a future of continued mutual cooperation and prosperity between Panama and United States.



Nuevos Horizontes 1997 provided all service members involved a unique and unparalleled opportunity to train in their military occupational skill (MOS), to provide all service members the opportunity many for the first time to deploy out of CONUS, to work with members of sister services along with giving each service member a rare chance to conduct cultural exchanges and experience social activities while helping to improve the lives of thousands of people. Without question every service member returned to their stateside units not only as a much better trained Soldier, Airman, Sailor, or Marine but a much better person.

Every service member of Joint Task Force 411 can feel justly proud that through their hard work they have made positive and long term impact on the future relationship between the United States and Panama.

“When the fight begins within himself, a man is worth something.” Robert Browning

“Be there suffering in life, and there will be defeats. No one can avoid them. But it’s far better to lose some battles in the struggles for your dreams than to be defeated without ever knowing what you were fighting for.” Paulo Costello

“Some people never say the words I love you for like a child they are longing to be told.” Paul Simon

“I do not believe that sheer suffering teaches. If suffering alone taught, all the world would be wise, since everyone suffers. To suffering must be added mourning, understanding, patience, love, openness and the willingness to remain vulnerable.” Joseph Addison

“In the book of life every page has two sides: we human beings fill the upper side with our plans, hopes and wishes, but providence writes on the other side, and what it ordains is seldom our goal.” Nisami

“Be free, all worthy spirits, stretch themselves for greatness.” George Chapman

“No work is insignificant. If a man is called a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause and say, ‘here lived a great street sweeper who did his job well.’” Martin Luther King Jr.

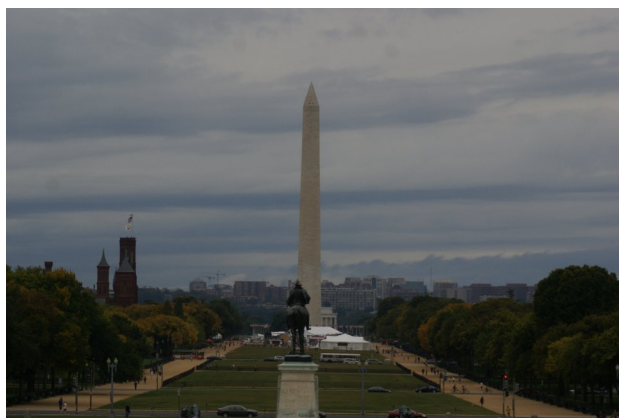
“If you esteem equality, then no one will strive for great results. If you value taking charge, then many will die for the cause. If you value life, then there will be many doubts; if you honor death itself, then there will be no victories.” Ssu-ma Fa

“The pain of the mind is far worse than the pain of the body.” Publilus Syrus

“What you think about when you don’t have to think shows what you really are.” David O. McKay

“Let your hopes not your hurts, shape your future.” Robert H. Schuller

“No man should advocate a course in private that he would be ashamed to admit in public.” George McGovern



“Patience is power; with time and patience the mulberry leaf becomes silk.” Chinese Proverb

“Reading all the good books is like a conversation with the finest men of the past centuries.” Rene Descartes

“Nobody holds a good opinion of a man who has a low opinion of himself.” Anthony Trollope

“Keep on going and chances are you will stumble on something. I have never heard of anyone stumbling on something while sitting down.” Charles F. Kettering

“The true secret of giving advice is, after you have honestly given it, to be perfectly indifferent whether it is taken or not and never persist in trying to set people right.” Hannah Smith

Far too many people become complacent when they achieved an unexpected level of success. As a result the only reward of their temporary success is the seeds of future failure. A success can’t really be a success if it doesn’t lay the foundation for future growth and future successes. Always remember that under the right conditions every the worst horse can win a race.

“When I was a young man, I observed that nine out ten things that I did resulted in failure. I didn’t want to become a failure, so I did ten times more work.” George Bernard Shaw

“There is no lack of opportunity for learning among us. What is lacking is a respect for it. We honor learning, but we don’t believe in it. Rather than submit to it ourselves, we hire substitutes; rather than cultivate our own brains, we pick theirs. We spend as much time and energy on short-cuts to learning and imitations of learning as we do on learning ourselves.” Whitney Griswold

“To really be vitally alive, to truly feel life’s offerings, is to know the highs and lows, the exhilaration of the mountaintop and the decent to the valley, and to accept and enjoy not one but both. Life’s highs are the most invigorating; there is also fertility to be found in the lowest valley.” David Chow

“Do not regard as valuable anything that can be taken away because anything that can be taken away will be taken away. You will only achieve in one way, by convincing yourself that you can live a happy life even without them, and by always regarding them as being on the point of vanishing.” Seneca

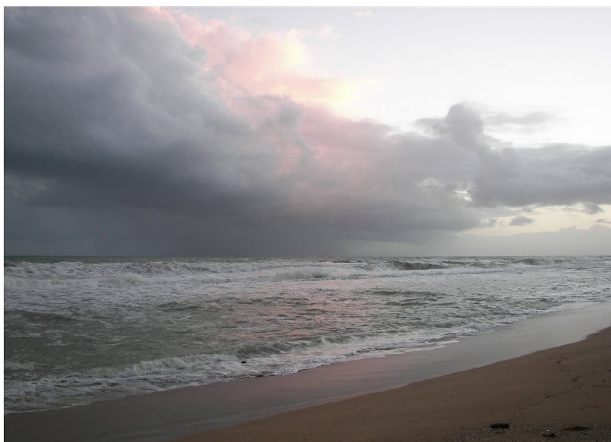
“Crises define life. In them you discover what you are. Allan K. Chalmers



Colorful Wild Flowers Beauty Doesn't Have To Made By Man

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.” Calvin Coolidge

“A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent.” General Douglas McArthur



Puerto Rico Storm

“Regret for the things we did can be tempered by time; it is regret for the things that we did not do that is inconsolable.” Sydney J. Harris

“You begin saving the world by saving one person at a time all else is grandiose romanticism or politics.” Charles Bukowski

“A test of a good teacher is not how many questions he can ask his students in order they will readily answer, but how many questions he inspires them to ask him which he finds it hard to answer.” Alice W. Rollins

“Self-respect is the foundation of all true manliness and womanliness, when a person has lost this, there is little that can be done for him. Ambition, courage, fortitude, and all forms of self-control imply that a person has such respect for himself that he likes to fill his place well, and to hold his own in the world. It is because the coward lacks self-respect that is his willing to flee. It is self-respect that inspires fortitude and prevents one from ignominiously collapsing in the presence of what is painful and unpleasant. Self-respect is a great help in meeting and beating whatever mortifies our vanity, or tempts to envy and jealousy. Vanity finds its delight solely in the good opinion of others: self-respect is to a great degree independent of the opinion of others. We should up to a certain point, seek the good opinion of those about us; and it is natural to find it pleasant to possess this. But self-respect will not stoop to any meanness to gain it, and though the person who respects himself may be troubled when this good opinion is lost without good cause he will not fret too much about it. There is something that is to him more important than the good-will of others; that is the respect for himself. Thus the self-respecting person may be pained by dislike and neglect; but he will not feel them as a person does whose only support is in the good opinion of other people. Self-respect is a great help against envy and jealousy. How much there is to promote to jealousy? An envious or jealous person will find in all source of great unhappiness. He will perhaps hate his rival who is preferred, and hate the teacher or the companions who give the preference. He will perhaps become discouraged or ill-tempered. A person who respects himself will not stop to what is mean or dishonorable. If his sense of duty should not be strong enough to preserve him from such things, his self-respect would keep him from them. He would be ashamed to do a dishonorable them. Self-respect is a pride that makes no comparisons with others. The man who respects himself is simply ashamed to do anything that would be unworthy of him. He respects himself as he would have others respect him. One who does not respect himself cannot expect to be respected by others.” Charles Carroll Everett 1891

“People often say that ‘beauty’ is in the eye of the beholder and I say that the most liberating thing about beauty is realizing that you are the beholder. This empowers us to find beauty in places where others have not dared to look, including inside ourselves.” Salma Hayek

“The real winners in life are the people who look at every situation with an expectation that they can make it work or make it better.” Barbara Pletcher

“We must define ourselves by the best that is in us, not by the worst that has been done to us.” Edward Lewis

“The many of us who attain what we may and forget those who helped us along the way, we’ve got to remember that there are so many others to pull along the way. The further they go the future we all go.” Jackie Robinson

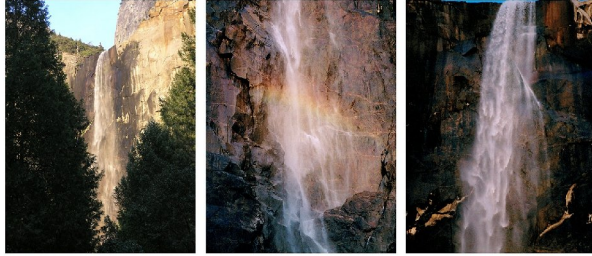


market.” Nancy Cook

“Although many students now want to major in something that sounds like a job, the economy is shifting so rapidly that it’s hard to predict the landscape of the labor market in the next 10,20 or 30 years. There is concern that students who specialize in specific careers will lack critical thinking skills and the ability to write, analyze, and synthesize information. Business education tends to prepare students to work well in teams or give power-point presentations, it often fall short in teaching students to do in-in-depth research or write critically. People need critical thinking skills because most workplaces retain individuals to meet its needs, in order to adapt to the broader job

“Whether your child is 3 or 13, don’t rush into rescue him until you know he’s done all he can to rescue himself.” Barbara F. Meltz

The Accident and Law Suit



My 16 year old daughter was bringing my youngest daughter to soccer practice when she was involved in a traffic accident. The accident involved our Ford Aerostar van and an old VW bus being operated by a Ms. Martin a woman in her 650's. My daughter was making a left hand turn from a T-intersection when she became involved in the accident.

I called my insurance agent, due to the fact that my normal agent just had a baby and was out on family leave I was assigned a different agent. I was very upset with her because she quickly authorized a check for the mount of \$12,000 to Ms. Martin for medical care and money to get a replacement vehicle; The amount for the replacement vehicle far exceeds the book value for the VW bus.

When I question my agent she told me that in cases such as my daughter's involving accidents between teenage drivers and more experience drivers it was usually the fault of the teenage driver. That made me very upset because she was lazy and never did her homework. So I went to the

police station to get a copy of the accident report. In the report the policewoman had written down that my daughter was driving both vehicles. Additionally the police officer never measured the tire marks, the tire lengths or even made a map of the accident area.

I reviewed the accident scene. I measured the tire tracks; I measured their locations from the sidewalks and center lines. I measured the road length and width. I took numerous photos of the scene and then plotted everything on graph paper. I took all this information and combined it with the accident investigations that I had conducted in the Marine Corps and I quickly came to the realization that my daughter was not at fault.

My daughter had already made the turn into the intersection; she had passed the center line manhole cover and was driving in her lane when the accident occurred. Ms. Martin had turned into the street at a high speed when she saw my daughter's vehicles and drove to the right of my daughter's vehicle hitting and damaging right headlight and right side fender. I asked my insurance agent if she had photos of Ms. Martin's VW bus. Since the vehicle had been totaled my insurance company should have taken ownership of the vehicle. The agent had no photos of vehicle damage, had not seen the vehicle and couldn't tell where the vehicle was. So I did my own research into VW bus accidents. I tracked down like vehicles and it quickly became clear that Ms. Martin's vehicle did not flip over onto its roof or even slide on its side. If it had there would have been groove marks from the side window or the roof would have collapsed and made a large indentation in the asphalt road. The policewoman ticketed by daughter for not having her license in her possession and failure to yield the right away. Ms. Martin was not cited. My daughter and I made the scheduled court appearance where she paid the \$10 fine for not having her license in her possession. While at the court I became very concerned because MS. Martin was beside the DA. Since this was a traffic matter I didn't understand why the DA and MS Martin would be standing together in front of the judge conferring; as far as I was concerned this matter between the State of California and my daughter not my daughter and Ms. Martin with the assistance of the local DA. So I had my daughter plead innocent and we requested another court date.

When my daughter and I made our second appearance we had a new judge; Judge Robertson who quickly jumped all over me and told me that in his court room I could not talk for my daughter. I couldn't even give her advice otherwise he would charge me with practicing without a law license. Again Ms. Martin was with the DA. The DA asked the Judge to speak and when the Judge allowed him he added another violation to my daughter's case. He charged her with "An unsafe start." It was a no win situation, if my daughter plead not-guilty to "failing to yield the right of way" she would be guilty of "an unsafe start", likewise if she plead non-guilty to 'an unsafe start.' I had my daughter pleaded not-guilty to both violations and told Judge Robertson that she would hire a lawyer.

In the mean time my insurance agent wrote me a letter stating that Ms. Martin was suing me for \$157,000 and that my policy limit was only \$100,000 and I could be found liable for the other \$57,000.

I searched and found a traffic lawyer which I had to pay \$750. He was not the best lawyer in the world but I needed a lawyer in Judge Robertson's court room. I provided him with all the information I had collected. We went back to court for the third time and got a Judge Shaw. Before we could enter a plea she stated you are pleading no-contest in order that my findings cannot be used in a civil suit. She was very surprised when my lawyer stated we were pleading non-guilty and rescheduled for our 4th appearance.



In the first three court appearances the police woman that wrote the accident report never appeared and Ms. Martin was right beside my daughter standing next to the DA. I would see her and the DA talking all the time but I was not allowed to talk to my daughter or her lawyer, even thou due to my daughter's age I was legally responsible. It appeared to me that the DA was Ms. Martin's lawyer not the state of California.



On the 4th appearance we finally got a trial. Again the police woman did not make an appearance. Judge Shaw was looking through her calendar to reschedule another court date. While she was doing that I asked my lawyer why Judge Shaw did dismissed a number of traffic cases due to the fact that the police officers had not appeared. He took out his law book and read a passage to Judge Shaw requiring her to dismiss the case against my daughter because we had made four good faith attempts to settle the matter. The DA tried to get Judge Shaw to allow another Irvine Police Officer to stand in place of the missing police woman. Again I went to the lawyer

and told him that whatever any other police officer would say would be hear say and most important I noted there was no accident diagrams and the police report stated that my daughter was driving both vehicles. Again he located a passage in the law book stating this could not be done so Judge Shaw angrily dismissed both counts against my daughter.

I made the mistake of believing that everything was done and over with. About a week later the lawyer called me and told me that the case had been appealed to the State of California Appeals Court and that it would cost me another \$750 for him to handle it at that level. He later dropped the price to \$400. He told me that he had never heard of a traffic case being appeals to a higher court. About three months later he called back to tell me that the Appeals Court had written a very nasty note to Judge Shaw and the DA concerning the waste of their time. Finally the court matter was done and over with.

During the court battle I had requested that my insurance company review their findings concerning the accident. In their review my agent increased my daughter's fault to 100%. When I got the letter I got really pissed, so I went to the company office to talk to my agent when I got there I was told that she was not available because she was out in the field. When I left the building and sat in my car I saw her and her boss walk out the building.

After the final judgment from the Appeals Court I called my insurance company again. By that time my regular agent had come back from family leave and I told her my concerns. When I told her that my daughter had not been found guilty of any serious traffic violations and was only found guilty of not having her license on her possession she was completely surprised because the accident folder stated otherwise. The replacement agent and her supervisor had stated in their final report that my daughter had been found guilty of moving violations causing the accident.



My regular agent told me to fax the court paperwork to her and that she would get back to me. When she did, she stated that she was sorry because since they had mailed Ms. Martin the \$12,000 check that was nothing they could do, she would be allowed to keep the money. However, the company had mailed a letter to Ms. Martin that they would be changing the fault in the accident and would fight the lawyer suit. She told me that the replacement agent had made a major error she should have required Ms. Martin to go through her own insurance company first and then the insurance company could determine fault between themselves. By sending Ms. Martin the \$12,000 check so quickly it gave the impression that there was no doubt that my daughter was at fault and opened me up to a major law suit.

If you are willing to take risks you will fail, that is the simple truth, the greater the risks, greater the price of failure. Every failure contains the seeds of success because strength and growth can only be achieved through stressful experiences. Wisdom is only gained through failure or hard work. Success

requires each and every one of us to stand back and analyze our every failure and then combined that new knowledge in our next attempt. Why does a farmer plant some many seeds when only a few successful seeds are required? The farmer understands that just like people there is great potential in each seeds but for some reason some seeds just lie dormant. Each seed understands that the possibility of failure far exceeds the possibility of success.

“Parliament is not a congress of ambassadors from different and hostile interests; which interests each must maintain, as an agent and advocate, against other agents and advocates; but parliament is a deliberative assembly of one nation, with one interest, that of the whole; where, not local purposes, not local prejudices, ought to guide, but the general good, resulting from the general reason of the whole. You choose a member of Bristol, but he is a member of parliament. If the local constituent should have an interest, or should form a hasty opinion, evidently opposite to the real good of the rest of the community, the member for that place ought to be as far, as any other, from any endeavor to give it effect.” Edmund Burke

“The mere imparting of information is not education. Above all things, the effort must result in making a man think and do for himself.” Dr. Carter G. Woodson



"A hundred times every day I remind myself that my inner and outer life depends on the labors of other men, living and dead, and that I must exert myself in order to give the same measure as I have received and am still receiving." Albert Einstein

"You must clear your mind of the fancy with which we all begin as children, that the institutions under which we live are natural, like the weather. They are not. Because they exist everywhere in our little world, we take for granted that they have always existed and must always exist. That is a dangerous mistake. They are in fact transient makeshifts; changes that nobody ever believed

possible take place in a few generations. Children nowadays believe that to spend nine years at school, to have old-age and widow's pensions, and votes for women is part of the order of nature and always was and ever will be; but their great-great mothers would have said that anyone who told them that such things were coming was mad-and that anyone who wanted them to come was wicked." George Bernard Shaw

"One must have the courage to face and deal fairly with unpopular beliefs and viewpoints. It takes courage to be true to one's own thinking, for honestly questioning deeply held beliefs can be difficult and sometimes frightening with severe penalties for non-conformity. You must be true in your own thoughts, be consistent in the intellectual stands you apply, while holding yourself to the same rigorous standards of evidence and proof that you hold others to. You must be to honestly admit discrepancies and inconsistencies in your actions. You



must be committed to bringing the person you are and the person you want to be as close as possible." Author Unknown

Every single one of us has a little voice inside of us. It may be quiet but it is there and it speaks only to our self. It doesn't matter if we want to listen to it or not it will always be there. Some call this voice our conscience, others call it our gut, it doesn't matter what others call it, it is yours alone. You don't have to listen to it, but if you don't it won't go away and you will suffer in the long run. Your quiet inner voice to warn you of potential dangers and poor judgment; often you will find it much easier to listen to

others as their voices may be louder and may speak with greater authority. In the end most of the time you will listen to the voices of others and you will cut corner, take the easy way, take shortcuts, break the rules, maybe even do something that you will regret for the rest of your life, do what the masses believe to be the popular trend of the day. While you may appear to have early success most of the time you will find that you have a bitter pill to swallow before you regain your strength to move forward again.

"The true use of speech is not so much to express our words as to conceal them." Oliver Goldsmith

"Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think." Martin Luther King Jr.

"I have learned that it is not the disability that defines you, it is how you deal with the challenges the disability presents you with and I have learned that we have an obligation to the abilities we do have, not to the disability." Jim Abbott



“The greatest mistake that a leader can make is not recognizing talent and that talent comes in all kinds of packages. I don’t look at resumes very long. I don’t want to know very much about where people graduated from college. Whether it’s a state college or whether it’s Harvard, the quality of people can be good out of both institutions. I think it is important to be able to recognize the talent somebody that’s say, a working mom who didn’t even go to college, but she’s got great drive. You promote that person, give her more authority, and all of a sudden you step back and allow that talent to emerge.” Peter Ueberroth

“In as much as we must die, and it is a mere matter of a very few years whether we die early or die late, the vital thing is that our deaths should be such as to help others to live.” Theodore Roosevelt

“At every step the child should be allowed to meet the real experiences of life: the thorns should never be plucked from the roses.” Ellen Kay

“If you keep a diary, please don’t let it be the dry stuff I could buy in a ten-franc guide book. I’m not interested in dates and places, even the battle of New Orleans, unless you have some unusual reaction to them. Don’t try to be witty in writing, unless it’s natural, just be true and real.” F. Scott Fitzgerald

If you insist on being associated with people whom others consider to being incompetent it will only be a matter of time before you are judged likewise. You cannot grow if you team up with incompetent co-workers.



If you do you will only learn how to learn new ways to fail while reinforcing your past failures. If you want to learn how to lose you can learn that almost anywhere. If you want to improve, if you want to learn how to win you must seek out winners. You may never reach their level, but one thing is for sure you will learn how to better yourself. Most of the time it just comes down to attitude, when you combine hard, work, knowhow and the right positive attitude your chances of success are greatly increased. But most of all winners enjoy being around other winners, they enjoy helping others to become winners and they avoid losers at all costs.

“Our life’s journey of self-discovery is not a straight-line rise from one level of consciousness to another. Instead, it is a series of steep climbs and flat plateaus, then further climbs. Even though we all approach the journey from different directions, certain of the journey’s characteristics are common to all of us.” Stuart Wilde

“My basic principle is that you don’t make decisions because they are easy; you don’t make them because they are cheap; you don’t make them because they are popular; you make them because they are right.” Fr. Theodore Hesburgh

“It is not a great disproportion between ourselves and others which produces envy, but on the contrary proximity. A common soldier bears no envy for his general compared to what he feels for his corporal or sergeant. A great disproportion cuts off the relation, and keeps us from comparing ourselves with what is remote from us or diminishes the effects of comparison.” David Hume

“Some price is just too high, no matter how much you may want the prize. The only thing you can’t trade for your heart’s desire is your heart.” Lois McMaster Bujold

“Life in all its varied phases is like every other teacher. It has much more to say than any pupil, even the most earnest, hears; and to the careless and heedless ones, it is but a confusion of sounds, the loudest and most persistent holding attention for the moment. One fails to hear because he does not listen. He has neither the passion to know nor the deep desire to help. No chatterbox ever became a great leader. It is a most interesting experience to sit-a listener-where a group of average men or women are talking together.” Margaret Slattery



Never underestimate what people are willing to give up for privileges, wealth, or comfort to include security and the absent of fear. Most people are more than willing to give away their most if not all of their freedoms if there is

enough fear. If people are fearful enough there is almost nothing that you can do to help them. It is better to speak very little while display courage. Action will speak loud and clear, but it may take others a while to see and hear. Remember when someone tells you that the government is corrupt that they are talking about the person that you help elect not the person they help elect, the person (s) who is their government, and their government can do no wrong. For their government knows how important it is to say very little negative, complain about the poor judgment of others while insuring their voters there will be better days.

“In my day we didn’t have self-esteem, we had self-respect and no more of it than we earned.” Jane Haddam



Far too many people may the mistake of believing that there is no different between leadership and holding a leadership position. Many people strive for a position of leadership because they believe that it will make them a better, more powerful, a more respected person, but most of they believe that in the position of leadership that they will be able to influence and control outcomes. Far too often they find out that they little to no control and find themselves spend most of their time, energy and resources just trying to hold on to the position. The biggest reason for this is that they failed to understand that it take a great deal of energy and a long time of training to become an effective leader. They understand that that will make

mistakes that the people they lead will make mistakes, but they also understand that they must learn from their mistakes while allowing others to learn from their mistakes. In order to do you must learn leadership is about telling others what to do but teaching them, showing the and the and only then allowing them to do. You can’t do it for them if you want them to grow. It is like the butterfly who gains strength by struggling to release itself from the trappings of his or her cocoon. A true leader understands that leadership is like the lotus flower, you must cultivate it, help it grow and allow it to blossom with knowledge that it will soon fade away not matter what you do. That is what leaders do, they help people to grow, help people to blossom and then they themselves fade away allow others the opportunity to lead. Leaders understand that just because they have a position of power it doesn’t give the right to use that power unless truly needed. A leader can be without position and be effective; a person can have a position of power and have no authority outside that position. The greatest good comes when we have a great leader in a position of authority because that is when he or she creates futures leaders. A great judge of leadership is not what a person has done in his or her time in the leadership position because no matter what it will be limited but by what is accomplish in the future by the

people he or she have help blossom just like the lotus flower. True leaders never block out other people sunlight, they are always in the shallows.

“When you are regarded as an equal you can become a leader. If you become afraid of failing there is nothing that you won’t done in order to succeed. If you judge too quickly or too harshly you will only create mistrust and anger. Lead with trust fulfill your obligations and correct your mistakes. When you are no longer needed to lead you will have done your work well. If your opponents and friends fear your power you have no power to wield. A true leader knows himself but does not boast. The true leader loves himself but not in vain. The true leader leads by following, teaches by learning.” Lao Tzu

“Always avoid rationalization when you fail. If you exaggerate the importance of bad luck in your failure, you miss one of the biggest opportunities in all of professional life: The chance to learn from failures that you will inevitably experience. When you receive feedback from previous decisions that displeases you, discuss its importance with others. Review scenarios you created fro the future and decide whether they should be changed.” J. Edward Russo

“There was that law of life, so cruel and so just, that one must grow or else pay more for remaining the same.” Norman Mailer



“There are two kinds of courage, physical and moral and a true leader must have both. Both are products of the character forming process, of the development of self-control, self-discipline, physical endurance, of knowledge of one’s job and therefore, of confidence. These qualities minimize fear and maximize sound judgment under pressure and with the indispensable stuff called luck often brings success from seemingly hopeless situations...Examples of physical courage neither confined to combat nor limited to a stouthearted few, but are common throughout the world among men and women of every color, creed, race and age, in peace as well as war. However, example of moral courage is less well known.

Such examples can be considered as proof of the greatness of the soul.” Military Leadership Manual

“A good leader is one who gets others to do the job. Furthermore, no leader knows it all. A leader must know his job, without necessarily being a specialist in every phase of it. While you need not be a specialist in all phases of your job, you should have a proportionate degree of interest in every aspect of it, and those concerned, your subordinates, should be aware of your interest...the test of a leader lies in the reaction and response of his follower. The leader should never have to impose authority. Bossiness in itself never made a leader. A leader must make his influence felt by example and the instilling of confidence I his followers. A leader should encourage the members of his staff to speak up when they think the commander is wrong. He should invite constructive criticism. It is a grave error for a leader to surround himself with yes men. The greatness of a leader is measured by the achievement of the led. This is the ultimate test of the leader’s effectiveness.” Author Unknown

“No two men are alike; no two interpretations of a world which is everywhere governed by the same laws are wholly identical. A personal element enters into every phase of human experience. Life, with all its pain and pleasures, is largely what we make it by our thoughts. Thought is a subtle molding power, and is capable of directing or hindering the forces of nature. Behind the stream of consciousness is the human will, choosing and giving shape to it. The direction of the mind is the tendency which shape physical, intellectual, moral and spiritual conduct. The idea is the foremost factor in every aspect of experience; everything, happiness, misery, health, and disease, depends on our attitude.” Horatio W. Dresser

The Arrest and Trial

While running alongside my daughter as she rode her bike she was surrounded by three boys on bikes who were firing cap guns in his face. Such guns have warning not to fire within 12 inches of a person's face. I yelled at the boys and one turned and fired his gun in my face. I told him that it was dangerous and to leave my daughter alone.

I didn't think anymore of the incident, went into the bike shop and started running home. While running home in the bike lane I felt something weird and when I turned my head there was a barrel of a gun about 2-4 inches from my face, one of the boys had rode up on his bike had put his gun in my face and shot.

Before the boy could fire the gun again I quickly grasp his hand and the gun. I turned the gun toward him because I was so angry I just wanted to fire the gun in his face to see how he liked it. However, my judgment got the better of me, I had been trained and I understood the dangers that blanks and cap guns can do. So I let



his hand go and just started back home. About a minute later a police car cut me off. The officer jumped out of his car and started yelling at me and wanted to know why I had yanked the kid off his bike by the neck. First I told him that I did not and secondly that the kid had pulled a gun on me. He got very upset that I was questioning him and wouldn't agree with him. Then he stated that the gun was only a top gun. I told the police officer than when somebody sneaks up you and puts any type of gun that they are at risk of an unexpected reaction.

Soon two other police cars showed up. The other two officers told the first officer who was new to the forced that if anything the three boys should be getting a very serious talking to. The police officer refused to listen to the other more senior officers' advice so they left the scene. He then handcuffed me, put into the car and took me down to the police station for fingerprints, mug shot, etc and I was released.

I tried to place charges against the boys but the police officer refused me. So I asked for a more senior police officer and I was allowed to talk to the police sergeant whom I told that my concerns about the number of serious mistakes the arresting officer had made. I told the sergeant that he never told me that was being arrested, he never told me the charges, and he never gave me my rights even after he made his decision to arrest me. He also failed to stop asking me questions. This was along with the fact that he wanted me to make a written statement after he arrested me and failed to give me my rights.

The sergeant got angry and asked me rather forceful how did I know this? I told him that I was a Marine Corps Major and that I had taking a number of legal courses in the military. This resulted in a quick change in his reaction. I told him that I wanted to make a formal written statement concerning my version of the whole incident. He provided me with the proper forms which I filled out and returned the next day.

I was soon given a court date where I was expected to plead guilty. The judge, Judge Shaw told me that it would be in my best interest to plead guilty because if the case went to Judge Robertson he would be much harder on when he found me guilty. I told her that I wasn't guilty and would not plead guilty for something I was guilty of. She then told me based on what she was reading I was guilty. So I asked her for a copy of the police report she was reading and she refused. I told her I was representing myself at this time and I had every right to the report. The DA told her that I was corrected. After reading the report I told her again that I would not plead guilty and that I would hire myself a lawyer.

Judge Shaw repeatedly asked me how much money I made. I told her that it was not the court's right to know and then she told me that she needed to know so she could decide if I needed a court appointed lawyer. I had seen how the court appointed lawyer work in Judge Shaw's court room. They spent very little time with the people and usually worked out a plea deal of guilty usually with 3 year probation, a fine and time in the orange suits picking up trash. The debate over my income went on for about 10 minutes before she understood that I had no desire for one of her lawyers. I told her that I wanted to hire my own lawyer. One of the clerks for another judge told us not to hire a local lawyer so I hired a lawyer from Santa Monica.

I had to pay him \$4,000 upfront just to start the case and he wanted to work out a plead-bargain which I quickly refused. We made numerous visits to the court, every time we got in front of Judge Shaw she was asking for a plead-bargain. After the 4th or 5th appearances I was willing to just plead to the matter and get it over with, but when Judge Shaw called my lawyer and the DA into her chamber because she wanted to work the plead-agreement out I knew something was very seriously wrong. She was pissed that I had stood up to her and wanted to make an example out of her. When my lawyer came out I told him no plead I wanted to go the trial. Judge Shaw got very pissed but I didn't care. She refused to set a court date and set another appearance date in front of her. Twice more we would have to come back in front of her before I got my court date.



Judge Shaw assigned the case to Judge Robertson's court. I told my lawyer that I did not want Judge Robertson because Judge Shaw had already told that Judge Robertson would find me guilty and would give me a harder punishment than her. Because of Judge Shaw's remarks Judge Robertson was removed. Then my case was assigned to a magistrate whom after reviewing his record through the Public Defender's office I turned down. In California you have the right to demand a Judge and Jury trial and must be willing to waive that right to have a magistrate handle the case.

My case was then assigned to a higher court female judge who after reviewing the record told the DA that this case was a complete waste of time because under California Law the right of self-defense can go from a father to a daughter and I was just protecting my daughter, and secondly police officers have shot and killed children with toy guns because of a required quick reaction. The DA refused to listen and asked that jury selection be postponed until the next day. When we returned the morning the female judge had been reassigned to another case, so we had to start all over again.

We finally agreed on a magistrate that seemed very fair. He too told the DA that the case was very weak and would be a waste of time. The DA did not listen so we went to trial. During the trial the arresting officer lied a number of times and in a number of different areas. His times and locations were way off. His drawing of the area was very general and very questionable. Even to the point the DA asked my lawyer if he could use my drawings, which we refused. It was a dragged out trial and the DA was very rough on both my 12 year old daughter and myself.

From the beginning when my lawyer wanted me to plead-bargain I knew that I had to convince him that I was not guilty. I went to the scene a number of times. I took photos from all different angles matching their timing with the police report. I had graphed out the whole area ¼ inch per foot and then color-coded everything. My photos and graph proved that if the police officer was when he stated he was there was no way that he could have seen when he stated and secondly the place and address that he used was way off. When the kid whom the police officer accused me of grabbing my the neck and ripping off his bike showed up in long shorts, sneakers without shoe laces, and a long shirt and open his mouth he turned off most of the jury. Plus once my lawyer started asking his questions his story did not match the police officer.

The case ended up in a hung jury 11-1 in my favor. The only person voting against me was the wife of a retired police officer. My lawyer had asked her if she had a family member who was a police officer not if anyone in her family had ever been a police officer. She took advantage of that error.

The Magistrate told the DA that he was dismissing all charges because he believed that I had not committed a crime and only did what any father would have done, if anything I had displayed far more self-control than most fathers would have. Then the magistrate and most of the jury apologized to me and told me how sorry they were that I had to endure the trial. A few told me that they couldn't understand how I was able to control myself with the kid, because if it had been them they wouldn't stop.



The whole incident ended up costing between \$8,000 and \$10,000 in costs and lost wages. I learned a very valuable lesson first never sell yourself short if you know you are right, and secondly never underestimate the lengths that some people will go to prove that they are either more powerful or that they are never wrong.

“If there is a sin against life, it consists perhaps not so much in despairing of life as in the hoping for another life and in eluding the implacable grandeur of this life.” Albert Camus

“Why do they always teach us that it is easy and evil to do what we want and that we need discipline to restrain ourselves? It is the hardest thing in the world-to do what we want. And it takes the greatest kind of courage. I mean to do what we really want.” Ayn Rand



“I concur that we can take average men and, by proper training, develop in them the essential initiative, confidence, and magnetism which are necessary in leadership. I believe that these qualities are present in the average man to a degree that he can be made a good leader if his native qualities are properly developed.” Admiral Forrest P. Sherman USN

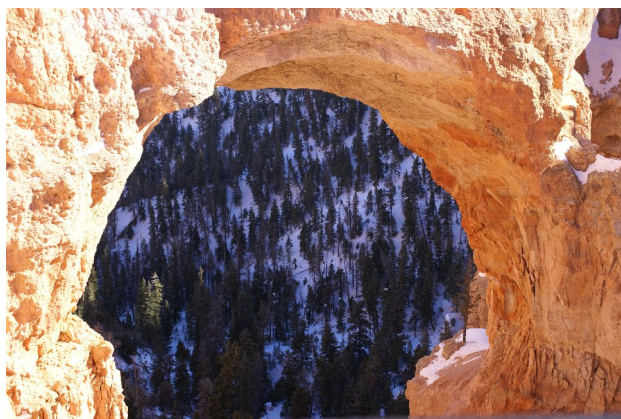


People often tell us that with right level of self-confidence and hard work we can accomplish the impossible that we can be anything and achieve anything we desire. In many ways that is a set-up for heart wrenching failure and painful self-doubt because what they are saying is that we and we alone are totally responsible for failure. While it is true that there are a few rare individuals among us that come anywhere near to the level that we are fully capable of. But for the rest of us we must not be self-limiting but we must be realistic in our dreams and aspirations. A 5' 6" man could never become an all-star NBA center no matter how much effort he put forth, no matter how much he believes he is capable. However, he could become a NBA all-star guard. A 6' 2" woman no matter how much she desires and dreams will never win a gold medal as an Olympic gymnast, however, she could win that gold medal as an Olympic volleyball player. Sometimes the greatest

roadblock to happiness and success is that we were put on a train to fulfill someone else's dream and we are just scared to get off, even when we know that the train is not heading where desire and or need to go.

“Never allow the obligation to exceed what can be repaid; for he who grants too much no longer grants but sells. Nothing will lose more friends than to place them in too heavy debt. In order not to pay, they remove themselves from the obligation and turn into enemies...Cleverness in giving is to bestow what cost little but is wanted much, so that it is cherished more. Do good a little at a time, but often.” Baltasar Gracian

“It is said that power corrupts, but actually it’s more true that power attracts the corruptible. The sane are usually attracted by other things than power.” David Brin



“The ultimate test is not whether we finally reach our goal but how we conducted ourselves along the way. For sometimes the path is far too steep to climb all the way to the top, and we must trust that the struggle itself was worth it.” William J. Bennett

“That which is won ill, will never wear well, for there is a curse attends it, which will waste it; and the same corrupt dispositions which incline men to the sinful ways of getting, will incline them to the like sinful ways of spending.” Matthew Henry

Take the time to be alone with yourself so you can come to understand just how great the company you keep. You don’t feel loneliness by being alone you only feel loneliness when you have lost yourself.

Every single obstacle or challenge that we face contains important and very implicit questions which must be answered to allow us to find the correct directions.

Every single obstacle that we face must be endured if we are to answer the questions that the test demands. Only after the questions have been endured until correctly understood and correctly answered will the test be completed and we will be rewarded with greater insight and the correct directions that we should take on the road of life.

In the end the greatest acts of bravery may well be to simply face ourselves as we are rather than as we fear or hope to be. In this way we defeat our inner enemies by recognizing them as ourselves.

No all our demons are outside of us.

People often find themselves achieving empty victories. They often achieve successes that come at the expense of things that later prove to be far more important, to be far more valuable.

Formal schooling is relatively insignificant. Most of what you learn in school has nothing to do with whether you succeed in life. Most schools fail to teach the important lessons needed in life, such as interpersonal communications, problem solving, conflict resolution, or critical thinking. If you are lucky you will learn these critical lessons by living. This is called knowledge which is necessary for wisdom.

“It seems to me that people have vast potential. Most people can do extraordinary things if they have the confidence to take the risks. Yet most people don’t, they just sit in front of the telly and treat life as if it will go on forever.” Philip Adams

“It is seldom in life that anyone knows when a coming event will be of crucial importance.” Anya Seton

Loss of Identify and Financial Fault Line



One day while assigned with MAG-46 at Marine Corps Air Station Miramar I stopped at the exchange to pick up a few things and wrote a check which was refused. I couldn't think of any reason for my check to be refused. So I went back to the office and I was told that I had bounced three checks. I asked to see the checks and there were numbers that I didn't even have. The checks stated that I had brought a TV and other expensive items. Over the next few days the number of bounced checks reached 26

I went the military police where they didn't do anything at all. I had to close my checking account which left me with no way to get to my money. This only made matter worst because I wasn't every sure when I was going to get paid. There were times I had to wait weeks to get paid and when I did get paid I did not know if I would get my travel, room and meals covered. It was not unusual for the group to request funding for me and

then use part of the funding to pay for other officers. I was often given orders to work and then have to wait until I completed the work before I would be issued orders. It was a shell game with the funding. I options were very limited I was still not recover enough from my injuries and illnesses to work fund time. Plus there was no way I could have worked at a job that paid as much as a major even without the extras. It had been a very hard struggle to pay the rent and bills prior to the checks bouncing. When I did get paid it went direct deposit to the account I just closed. And now it was only getting worst.

After a few weeks I got a police call from the military police located at the Marine Corps Recruit Depot, San Diego requesting me to talk to me. I went to the police station I where I was asked if I knew a Cpl Hill. I said yes she was the ID clerk and mail room clerk at MAG-46. We talked for a while and it became very clear to me that they believe that I and Cpl Hill was involved and either she got upset and was using my checking account or I was in with her. I told the police officer in no uncertain terms that there was nothing at all going on with Cpl Hill and me.

Cpl Hill had been caught trying to buy a expensive watch at the exchange when a SSGT wife working at the exchange push the panic bottom because she knew that there were very few black female majors in the Marine Corps and none were 26 years old.

Cpl Hill had taken an ID card and placed her photo on it, her birth, hi, and weight and my name on it, then she used checks that were mailed to me through the unit mail room to write checks as me. Not only had she taken my checks, she had also taken credit card applications and other financial items from the mail room. She had the ID cards, she had all their information and it was very easy.

In the end she was courts martial and sentences to 6 months in the brig and a bad conduct discharge and the new commanding officer wrote letters to everyone explaining what happen.

I suffered big time. I had to cash in almost six thousand in mutual funds to help pay bills and rent. I was down to almost nothing, I was timely my with my bills to make sure I didn't get too far behind in any in many ways. This was very important because the Marine Corps punish officers and SNCO's with financial problems, even to the point of taking away their clearances. I never ever made up for the losses suffered as the result of Cpl Hill's actions. I was told I could sue her in civil court to recouped my losses but how do you get thousands of dollars from a person that just got out of the brig and without a job

I don't know what was worst the money that I lost or the fact I had to go out of my way to prove that I was not involved with Cpl Hill and that I hadn't given her any access to my checking account. I got little help at all from my unit. To help me was to admit that they had failed. An officer was suppose to check the ID cards every month, he or she was to cross check the ID log to make sure every ID card was accounted for. Missing ID cards and stolen mail meant that someone hadn't been doing their job. To say so would have been a major embarrassment to commanding officer and especially the executive officer.

In the end I often took my daughters to Costco on weekends because we could sample all the different foods so by the time we got home we weren't hungry. Cpl Hill was punished, the other Marine caught on tape was never charged with anything and the unit leadership was able to get a plea deal for Cpl Hill where she plead guilty to a number of reduced charges and allowed the judge to impose punishment. She could have and should have been charged with at least 26 bad checks, stolen mail, impersonating and officers, stolen ID cards and a number of other crimes which would have resulted in a much longer prison term. I had no control over the whole thing. The only thing I was allowed to do is get on the witness stand and tell him how Cpl Hill's actions affected me and my family.

"I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crisis. The great point is to bring them the real facts." Abraham Lincoln

"One of the problems when you become successful is that jealousy and envy inevitably follow. There are people who I call life's losers, who get their sense of accomplishment and achievement from trying to stop others." Donald Trump

"The discovery of truth is prevented more effectively, not by the false appearance things present and which mislead into error, not directly by weakness of the reasoning powers, but by preconceived opinion or prejudice." Arthur Schopenhauer

"I have never been especially impressed by the heroics of people who are convinced they are about to change the world. I am more awed by those who struggle to make one small difference after another." Ellen Goodman

"We all have dreams and aspirations, but many of them go unfulfilled. We consider them simply dreams, for the most part; many of us live lives of quiet desperation. We consider ourselves lucky if we succeed in at least one area of life, most often our career because that is where we usually focus our greatest attention at the expense of other areas such as health, family, or spiritual commitments." Alice Potter

"If a great person has omitted rewarding your service, do not talk of it; perhaps he may not yet have had an opportunity, for they have always son hand expectants innumerable, and clamorous are too generally gratified before the deserving; besides, it is a way to draw his displeasure upon you, which can do you no good; but make bad worse. If the services you did were voluntary, you ought not expect any return, because you made a present

of them unasked; and a free gift is not to be turned into a loan, to draw the person you have served into debt. If you have served a great person merely with the view to self-interest, perhaps he is aware of that, and rewards you accordingly: nor can you justly complain: he owes you nothing; it was not him you meant to serve.” James Burgh

“You can never be happy if your primary identity is that of a victim, even if you really are one. Victims do not see themselves as in control of their lives. They see the world as unfair to them. Victims are angry people and anger makes happiness impossible. Such people never allow themselves to enjoy their life, because to do so would require them to lose their victim status...There are true victims. If you were paralyzed by a drunk driver, you are certainly a victim. The issue is not whether you are a real victim or not, but the relationship of victimhood to happiness. The problem of relationship of regarding oneself as a victim is not so much a problem among actual victims, as it is among people who have decided to see themselves as a victim. Most people could consider themselves victims. Therefore it is up to them to decide how long they choose to see themselves as a victim; some people see themselves as victims because they are members of a group that has been victimized. Because of this almost every minority could find it easy and tempting to assume a victim identity. Some people take their victimhood from being different. Short men blame everything on their lack of height. Other people blame their unhappiness on being adopted, and the list can go on and on. The odds are over whelming that these people would be just as unhappy if they were not short, a minority or were adopted.” Author

Unknown



“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream

you can, begin it. Boldness has genius, power and magic in it. Begin it now.” Johann Wolfgang Von Goethe

“If you are honest because you think that it is the best policy, your honesty has already been corrupted.” Sydney T. Harris

“It is the smartest people who fail most completely, because they don't listen well and they are absolutely certain they're right.” Kristin Zhivago

“A joke will allow us to exploit something ridiculous in our enemy which we could not, on account of obstacles in the way, bring forward openly or consciously allowing critical messages to gain a reception with the hearer which they would never have found in a non-joking form which is why jokes are especially favoured in order to make criticism possible against persons in exalted positions” Sigmund Freud

“We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.” E. E. Cummings

“Managed people are simply told what to do. People who are properly led are motivated to do whatever is necessary to get the job done in the finest way possible and don't need much instruction.” Michael Dale

“Good leaders tend to be good teachers. Good teacher plant goyuv v v vod ideas into the minds of students and subordinates in subtle ways that the student believes and feels that the ideas were their own. Good leaders



understand the importance and effectiveness when new ideas are perceived as coming from others within the organization. It is the wise leader who is the wise teacher who receives no thanks from his or her students or subordinates but fully understands that he has educated the well in their preparation for the next level.” General Perry M. Smith USAF



“Every time you don’t follow your inner guidance you feel a loss of energy, a loss of power, a sense of spiritual decline.” Shakti Gawin

“I ask not for good health, but for an alert and discerning mind. I ask not that things go my way, but that I have perseverance and courage. I ask not for less responsibility, but for increased strength.’ Master Cheng Yen, Tzu Chi



“The important thing is to be able at any moment to sacrifice what we are for what we could become.” Charles Dubois

“Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.” General George S. Patton Jr.

“If you once forfeit the confidence of your fellow citizens, you can never regain their respect and esteem. You may fool all of the people some of the time; you can even fool some of the people all the time; but you can't fool all of the people all of the time.” Abraham Lincoln

“Few things help an individual more than to place responsibility on him, and let him know that you trust him.” Booker T. Washington

“We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations.” Anais Nin

Always remember that regardless of what you may accomplish during your life time there was always at least one person that helped you.

“It may be that those who do the most dream the most.” Stephen Leacock

“Be discreet in your discourse, avoid disguising the truth by evasive words.” Rev Moffort



“People who don’t believe in anything are the ones that suffer the most. When you don’t believe in anything, you become sort of a wandering soul; you don’t know where to go or what to do. You don’t see any meaning in being alive. Because of that many people try to destroy themselves physically and sometimes mentally.” Thich Nhat Hanh

“Credibility of action is the single, most significant determinant of whether a leader will be followed over time. It is a myth to associate leadership with position. Such a myth assumes when you are on top you are automatically a leader. Leadership is not a place, it is a process. Leadership involves skills and abilities that are useful whether one is in the executive suite or on the front lines. In many ways leadership is an oxymoron, it’s a heated affair, full of exhilaration and fun but it is also exhausting, stressful and rigorous.” Barry Z. Posner

“There is a singular quality about Abraham Lincoln which sets him apart from all our

other presidents a dimension of brooding compassion, a love for humanity; a love which was, if anything, strengthened and deepened by an agony that drove lesser men to the protective shelter of callous indifference.” Lyndon B. Johnson

“No one can figure out your worth but you.” Pearl Bailey

“What you do when you don’t have to, determines what you will be when you can no longer help it.” Rudyard Kipling

“In battle, when soldiers die, and in battle, some must, they can’t be managed to their death. They must be led there. You manage machines, programs, supplies and budgets. You lead men. Managers don’t take those

battlefield risks. Leaders do. Managers work with things and numbers. Leaders work with people and feelings.”
General Dandridge Malone

“Evident though the shortcomings of a man may be if he is ready to give up his life for a cause, we forgive him everything; however inferior he may be to ourselves in other respects, if we cling to life while he throws it away like a flower, we bow to his superiority.” William James

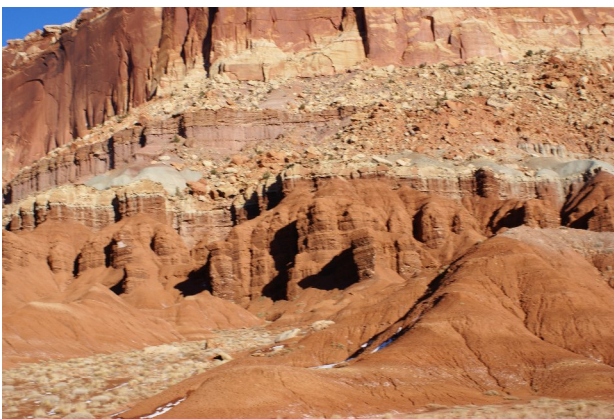


“When I can longer bear to think of the victims of broken homes, I begin to think of the victims of intact ones.” Peter De Vries

“Every remarkable artistic achievement stated nothing more than a dream, usually ridiculed by friends and colleagues. Visionary leaders like artists are astute and perhaps idiosyncratic observers and interpreters of the real world. Such leaders rearrange the resources at their disposal to create a new and more powerful order that succeeds and endures over time.” Burt Nanus

“If you wouldn’t let someone dump trash in your living room; then why do you allow them to dump trash into your mind?” Zig Ziglar

“Where the individual has not measured up, it is because he or she has generally failed fortune’s bid for fame. Such incidents most frequently are found in war where the career of the leader is at stake, and where his actions or decisions will determine the or slaughter of many of his men. History is filled of such cases; the lure of glory, the fear of being thought afraid, of losing personal power or prestige, the mistaken idea that blind obedience to orders has no alternative, all have been followed by tragic losses of lives with little or no gain. History often glosses over the countless thousands of lives, which have been fruitlessly sacrificed to the pull of power, prestige, and publicity.” Author Unknown



“True greatness is not determined by status, power, and possessions. The foundation of greatness is good character, comprising such things as risk-taking, individuality, courage, and overcoming major obstacles and opposition in accomplishing something extraordinary that is of service to others. Greatness is not determined because the successful people of this world get all the breaks; the most successful people play the game in a completely different way than most people do.” Ernie J. Zelinski

“He that never changed any of his opinions never corrected any of his mistakes; and he who was never wise enough to find out any mistakes in himself will not be charitable enough to excuse what he reckons mistakes in others.” Williams Howel

“Even when boys appear sad or afraid, our culture lets them know in no uncertain terms that they had better toughen up and tough it out by themselves. The feeling boys are forced to repress become so troubling that some boys may show the apparent symptoms of attention deficit disorder and serious conduct disorders, become depressed, and when they are older turn to alcohol or drugs. Indeed, the same kind of shame that silences adolescent girls from expressing their true voices affects boys at a much younger age, often at the age of five or six.” William Pollack

Father's Letter to His (grand) Daughters

I have always had dreams for my daughters maybe I would see one graduate from Mt Holyoke College. Maybe I would be able to commission one as a military officer. Maybe I would have been able to run a race with them. It would have been a proud moment when one of my daughters became a better runner than me. But either way deep down I knew that all my daughters would go away to college and travel the world before settling down to get married and raise a family.

None of dreams for my daughters have come true and for that I have no regrets because they were my dreams not theirs.



The Aztecs have a saying all life always leads to death but without death they can never be any life.

I have faced death far more times than most people will ever know, which has given me the opportunity to have a lot of life. Sitting there in the desert not knowing if I would ever see my family trying my best to stay awake as long as possible because I was not sure that if I close my eyes I would ever wake up all I had was those dreams. Even in death I always knew that you would be taken care of. Now I have to convince myself that I have developed in you the ability to make the right choices when it comes to the

man you have chosen to love; The man that is to be your lover, your friend and most important the father of your children.

If you truly desire to make me proud it is not about the A's on the report card, it isn't about scoring the winning goal, it is not about getting a great high paying job, a fancy car, or countless other material things, do at least one thing everyday no matter how small or insignificant to make someone else's day a little better and to make me even prouder don't let anyone know. And if you do so without ever expecting or demanding anything in return than I know that I have done my job as a father well and now it is your time to fly.

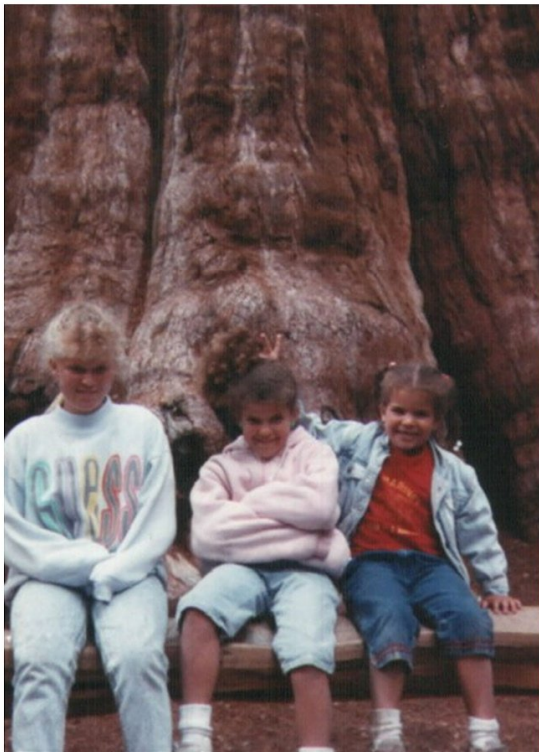
Who said life was going to be fair, or was event meant to be fair; life is not fair. One of the most important lessons in life is learning this simple fact of life. Far too many of us feel sorry for ourselves because life just has not been fair to us. To understand that life will never be perfect, will never be fair puts one on the road to improving ourselves. The more we improve ourselves the lower the chance of us feeling sorry for ourselves. One should ask him or herself, what has ever been accomplished while whaling in self-pity?

"If a man advances confidently in the direction of his dreams and endeavors to live the life which he imagined, he will meet with success unexpected in common hours." Henry David Thoreau

"Do you think the man who is content with turnips for dinner has any real need for gold?" Manius Curius

"He experienced that nervous agitation to which brave men as well as cowards are subject; with this difference, that the one sinks under it, like the vie under the hailstorm, and the other collects his energies to shake it off, as the cedar of Lebanon is said to elevate its boughs to disperse the snow which accumulate upon it." Sir Walter Scott

“When you think you have all the answers you are in fact the most ignorant of all.” Lao Tzu



“Those with strong skills do not have to worry about mass unemployment or underemployment. On the contrary: The great danger is the continuing decline in earning opportunities for people who lack the skills to do work requiring expert thinking and complex communication.” Frank Levy

“However unpleasant anxieties over status may be, it is difficult to imagine a good life entirely free of them, for the fear of failing and disgracing oneself in the eyes of others is an inevitable consequence of harboring ambitions.” Alain de Botton

“We have to fulfill honestly and irreproachably the work destined for us. It does not matter whether we hope that we will become angels some day, or believe that we have originated from slugs.” John Ruskin

“We have student who don’t reason, and grow up not reading. There are too many other things competing for their time. The frequency and quantity of drinking keeps getting higher. We have issues with depression. Getting student alert and motivated-even getting them to class, to be honest with you-it’s a challenge.” Jerry M. Koft



Life Can Grow In The Harshesht Conditions

“At the big public universities, the administrations need us to be credible, but I’m not sure that they need to be very good. They need us to be cash cows.” J. David Hunger

“The person who does not feed himself through his own efforts but makes other support him is a cannibal” Chinese Proverb

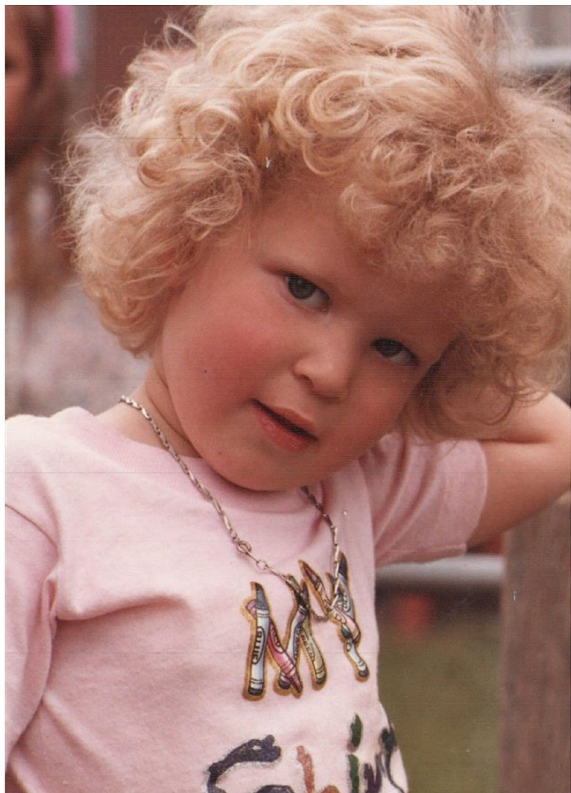
“Seeking truth is not a light-hearted endeavor but is accompanied by agitation and unrest. Still, we must seek truth because if we do not find truth and fall in love with it, we will perish. You say, but if truth wanted me to find it and learn to love it, it would make itself easy to find. Truth is easy to find. It has been revealed to you but you have not been paying attention, seek the truth it wants you.” Blaise Pascal

“One of the most important insights in your leadership toolbox is the understanding that leadership is earned not claimed. We make some real leaps of faith when we assume that people in position of power are competence leaders. Just because you have the ability to get publicity, yell the loudest, be the most abrasive or get the most attention does not make you a leader. Just because you can

get elected doesn’t automatically make you a leader. Instead, leadership is earned by understanding and developing the qualities that matter the most.” Sheila M. Bethel

“The heart of Washington’s leadership was pure character. It sustained the troops at Valley Forge. It made the ratification of the constitution possible. His character was defined by maturity and a capacity for growth.” David Abshire

“Does change really frighten you? Nothing happens without change taking place. You cannot boil water without a change taking place in the firewood. You cannot digest a meal without changes taking place in the food. Life in this world is nothing but change. Understand that the transformation awaiting you is required by the very nature of things. The only thing you need to worry about is not doing anything contrary to your true human nature; and you have to act toward everything the way your true nature tells you and when it tells you.” Marcus Aurelius



“Impossible is a word only to be found in the dictionary of fools.” Napoleon

As most of us age our childhood dreams seem less and less important and are often abandoned as just that childhood dreams. Some of us will replace those loss dreams with what we believe to be age appropriate dreams however; most of us will never replace our childhood dreams. As we grow older and in our search and drive for peace of mind and life-long security we come to believe that we have little to no time for night dreams let alone day dreams. We come to believe that everything in life is a compromised. We come to believe that we have to compromise ourselves to get along, to get a head, to avoid pain and suffering. We forget that famous quota by Janis Joplin, “Never compromised yourself because you are all you have.” Life is about making compromises. Life is not about compromising yourself. When we allow our dreams to die and when we fear to dream new dreams because we fear the pain of failure, reject and ridicule we only guarantee ourselves that we will never become a has been because we will never have been. Without dreams we create a life that is a comfortable prison. A place where everything is provided, place where everything is good enough, but a place where there is no life only existence. We were born to live not to exist. We cannot live if we don’t dream.



“A good government produces citizens distinguished for courage, love of justice and every other good quality; a bad government makes them cowardly, rapacious, and the slaves of every foul desire.”
Dionysius

Real Leadership is not about how good you are it is not about making yourself better; while these are both important contributors to being an effective leader. Real leadership is about seeing the possibilities in others, bring out those possibilities. Real leadership is making others better than they ever believed possible and then combining those skills and talents into a highly effective organization,

team, country, etc... Real Leadership is about people. Managers manage things, Leaders create possibilities and instill the belief and develop in people the skills and talents necessary to turn those possibilities into realities. Real Leaders always hold people accountable for their actions but always hold themselves responsible for others failures. Real leaders never stay a day longer than needed. They stay when they are not wanted but are needed. But the moment they are no longer needed only wanted they understand that their job is done and that they must go. I firmly believe that Americans don’t want to be managed they want to be lead.

“He is wise indeed! He subsists on bare essentials and lives in a poor neighborhood; for other people this would mean intolerable anxiety, but he is consistently happy. Wise indeed is he.” Confucius

“Age is a relative matter. If you continue to work and to absorb the beauty in the world about you, you find that age does not necessarily mean getting older.” Pablo Casals

“We act as though comfort and luxury were the chief requirements of life, when all that we need to make us happy is something to be enthusiastic about.” Charles Kingsley

“If teaching is a profession then the pupil is the client and professionalism requires that treatment of the client be in his or her best interest.” Carl F. Taeusch

“From the day I entered 9th grade health class, there was a black board covered with names and locations of the major bones and muscle of the human body. The diagram stayed on the board the whole term. The teacher never once referred to it. On the day of the final exam the board had been wiped clean. The only question on the exam was to name and locate every major bone and muscle in the human body. The class stated we never studied that. The teacher told us that was no excuse; the information was up there for months. After we

struggled with the test for a while he collected the exams and torn them up. He stated always remember that education is more than just learning what you are told.” Judith Swanson



“Give yourself permission to succeed, to fail, to try, to live. But, do it your way, so you define your own dreams and expectations. Never measure your success by what others do or what others might expect of you. Take a good long look at what you really care about. There is where the magic is and that is where you will find yourself. Don’t wait for someone to come along to validate your dreams before you dare to pursue them. Sometimes you have to define yourself without waiting for the accolades or support you would like to have. If you are waiting for others to approve of your dreams, then the dreams are not yours, they are someone else’s” Fawn Gerner

“If it is conventional then it isn’t wisdom and if it is wisdom then it isn’t conventional.” Herb Kelleher

“The turning point in the process of growing up is when you discover the core strength within you that survives all the hurt.” Max Lerner

“Whenever a feller tells you it ain’t about the money but principle, it’s about the money.” Abe Martin

Place your trust in it and you will find guidance even thou the seas may grow rough around you.” David La Chapelle



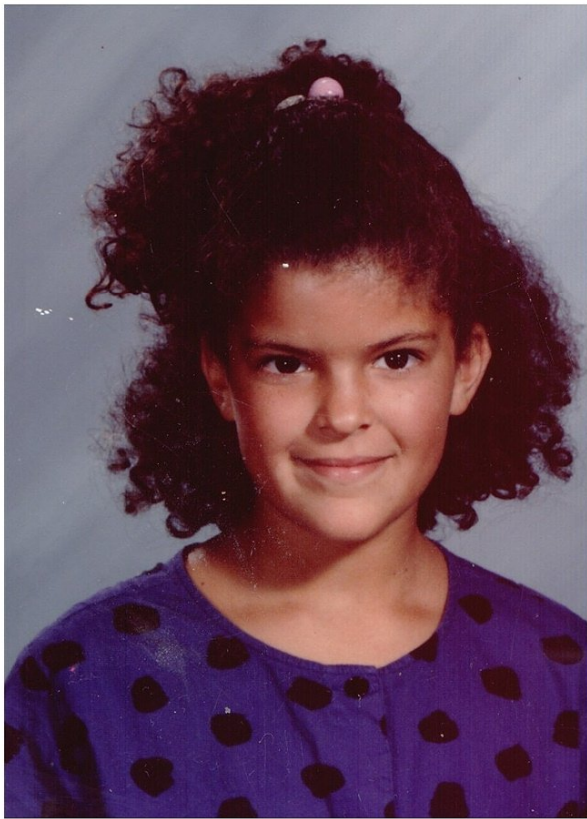
“A life is not important except for the impact it has on other lives.” Jackie Robinson

Never put your complete faith and trust in anyone or anything. If someone ask you to trust them don’t, trust should always be earned never given. In the slaughter houses there is always a Judas. When it comes to sheep he is called the Judas Goat. His only job is to get the sheep’s complete faith and trust then quietly leads them into the build and to their death. Once the sheep are in the killing area the Judas goat is released to repeat his task fully unaware that once he fails in his task he will be replace and will never walk out of the slaughterhouse again. Every single

organization has its own version of a Judas Goat. When you place your faith and trust in a Judas Goat it is as if you went blind. To succeed you have to have a clear understanding of what the rules of the game are, you need to see to understand.

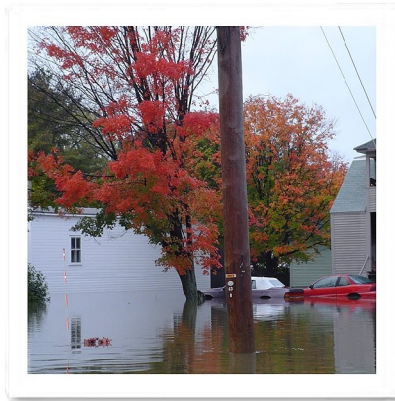
“Avoid putting yourself before others and you can become a leader among men. Be humble and you will remain active. The sages do not display themselves; therefore they shine. They do not approve themselves; therefore they are noted. They do not praise themselves; therefore they have merit. They do not glory in themselves; so therefore they excel.” Lao-Tzu

“One thing life has taught me; if you are interested, you will never have to look for new interests for they will come to you. When you are genuinely interested in one thing it will always lead to something else.” Eleanor Roosevelt

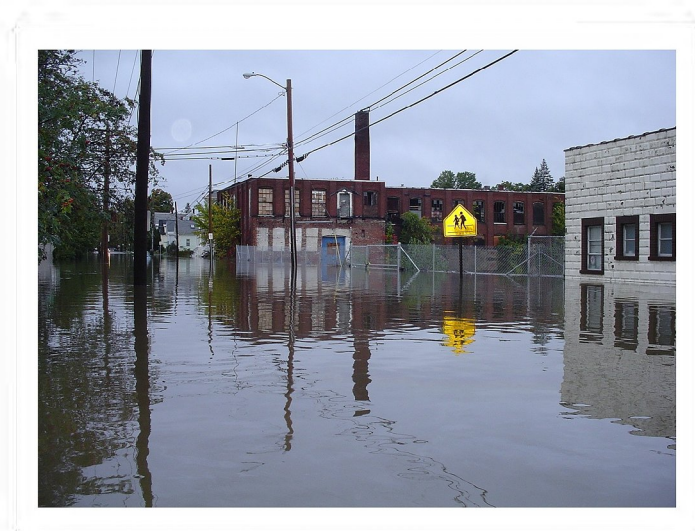


The Flood of 2005

I woke up about 4 AM in the morning to the sound of a loud speaker. At first I believed the sound to be coming from my TV which was still on. I turned off the TV and tried to go back to sleep but I heard the sounds again along with red flashing lights. I looked out the window and saw a fire truck going up and down the street. So I got up and went door stairs to look out my front door. When I did I could see water covering the street. So I got dressed and went outside where it was raining pretty hard and the water in the street was running like a small fast river.



Keene Flood Of 2005



glass doors. It was really strange to see cars covered with water and having trees in their bright red autumn colors in the same photo. Other areas had so much water that Canadian Geese stop to rest as if it was a small lake.

By the time I made back home water was rushing down the neighbor's driveway filling up the large wetland area behind his property. Soon the water not only filled up the wetland area but his backyard flooding the cars.

The fire truck and police cars were going up and down the streets telling people that there was a voluntary evacuation in place during to upstream flooding. The area had had a number of floods in the past but due to a flood control project and dam there had not been a flood in this part of the city for years.

I got dressed got my camera and went down to the end of the street. By the time I got to the end of the street about 400 yards I was up to chest deep water. I went up Water Street when I could see the water bubbling up from storm drains and racing down the road. It was very easy to see that one of the biggest causes of the flooding was the leaves and junk in the drains, they hadn't been cleaned out.

On my way back to my house I could see cars floating down the street. The speed of the water had picked up a great deal. The water had gotten upper the doors of a number of local businesses and one could see desks, chairs and boxes floating on the inside of

In less than 2 hours the cars were filled almost to the top of their windows with water. While his property my stone wall which was about two feet high was protecting my property from the water on his property. As the amount of water increased and rose on the street more and more came into my yard. My backyard which has almost a 5-7 foot slope was acting like a catch basin saving my house but it was quickly filling up.

The pressure of the water surrounding my house was increasing as the day went on. Soon there were a number of little leaks in my basement floor and some in the foundation walls which were manageable. About every 30 minutes the basement floor would be covered by about a 1 inch of water which I just pushed into the stump pump. I was sure glad that I had water treated both the inside and outside of my house or it would have been much worse. I was doing so much better than my neighbors. I don't think any of them had treated their foundations as a result their basements quickly filled flooding out their hot water and boilers and heaters.

Soon the TV and news people came to watch us as if we were in animals in a zoo. Soon more and more people came by to race their cars and trucks in the fast moving waters trying to make the biggest waves possible. They more and more people came not to help but just to watch as if we were entertainment. To them it was exciting to watch people putting their most important things in canoes and boats and then either putting pushing or paddling them to drier ground. So few offered any help if at all.

While it wasn't easy I was keeping the damage under control. That was until the fire department made the decision to turn off all electrical power to the area. I asked why they stated that many of the houses had not moved up their electrical panels and as a result most were in danger of being covered with water. My panel was off the floor and was at very little risk of being flooded. It didn't matter it was so much easier to turn off all power to all the houses. I was given until 10 PM before the power would go off.



I did my best to move as much as I could out of the basement before the 10 PM deadline. After a while it just became hopeless. I didn't know if I felt hopeless because I had so little time or was I upset because I had did a great deal to prepare for the worst but I was to suffer just as much as the ones that did nothing. Finally the power went off and I left my house knowing that the water level was just going to keep climbing.

The next day the Air Force National Guard were doing their best to help pump out the water but they were have a great deal of problem with all the leaves that were in the storm drainages. But after a great deal of effort on their part they became successful. It was a penny wise pound foolish. The city didn't put in the effort to clean out the storm drains.

The water level in my basement rose to about the 3-4 foot level which meant that the wash machine and dryer had to be replaced. The boiler and heater had serious damage which required expensive repair. Hundreds of dollars of food was destroyed in the freezer. Much more can and boxed goods of food were also destroyed due to water level and moisture level. Walls had to be torn down due to mold build up. Children toys, books, photos, computers and electric equipment were destroyed. By the time everything was down with we loss between about \$6 to 7 thousand dollars. That did not court the losses and damage to our trees bushes from the water level which were covered with oil and other chemicals and containments from the nearby industrial area. It took over a week to take all the damaged and destroyed stuff out of the house. It was a race between the one week of free FEMA trash removal and the rapidly expanding mold buildup.

We were told that we could go down to FEMA and put in a claim to help us with our losses. The FEMA requirements were just not worth it. Plus most of the money would have been in loans anyway. So we just

sucked it up. It was my choice to end my flood insurance coverage. When I look back at it, the cost, the loses, the deducible and the chance of the next flood I am alright. But I have learned my lesson I now have a 12 hour generator and stump pump and hoses standing by so in case I have to go without power I can still protect my own house. I have put all my important thing in the attic and the next level of importance things in watertight containers, while putting my washer dryer and hot water heater up on blocks.

We can't control Mother Nature but we can control the damages.

“Don't put your faith in what statistics say until you have carefully considered what they do not say.” William W. Watt



“I have always tried to be true to myself, to pick those battles I felt were important. My ultimate responsibility is to myself. I could never be anything else.” Arthur Ashe

“When the one great scorer comes to write against your name, he marks not that you won or lost, but how you played the game.” Grantland Rice

“It may seem strange but most people elect not to continue with their life journeys, they stop short by some distance to avoid the pain of giving up part of themselves. If it does not seem strange, it is because you do not understand the depth of the pain that may be involved. In it's major

forms, giving us the most painful of human experiences.” M. Scott Peck

“We will discover the nature of our particular genius when we stop trying to conform to our own or to other people's models, learn to be ourselves, and allow our natural channel to open.” Shakti Gawain

“The longer I live, the more deeply I'm convinced that the differences between the successful person and the failure, the difference between the strong and weak, is a decision.” Willie E. Gray

“There is a weakness very common among the best sort of people, which is very prejudicial, to wit: letting their happiness depend too much upon the opinion of others. It s certain there is nothing more contemptible than the good or bad opinion of the multitude. Other people lie under such disadvantages for coming at our true characters, and are so often misled by prejudice for or against us, that it is of very little consequence whether they approve our conduct, if our own conscience condemn us, or whether they find fault, if we are sure we acted from honest motives, and with a view to worthy ends. But indeed, if it were worthwhile to endeavor to please mankind, it is naturally impracticable; for the most part are so much governed by fancy, that what will win their hearts to-day, will disgust them to-morrow.” James Burgh

“My idea of forgiveness is letting go of resentment that does not serve your better interest, ridding yourself of negative thoughts. All they do is make you miserable. Believe me, you can fret and fume all you want but whatever it was that wronged you is not suffering from your anguish whatsoever.” Della Reese

“The truth of the matter is that you always know the right thing to do. The hard part is doing it.” H. Norman Schwarzkopf

“It is quite easy to shout slogans, to sign manifestos, but it is quite a different matter to build, manage, command, and spend days and night seeking the solution of problems.” Patrice Lumumba

My Wildebeest Theory of Life:

On the open plains of Africa where one can watch huge herds of wildebeest glazing on the grass; off in the high grass there are countless predators such as lions ready to rush in for the kill at any moment. One would think that due to the high risk of death at any time from any single or group of predators that these herds of



hundreds of thousands of animals would be forever hyper-vigilance fearing that within a matter of seconds sharp teeth could be impaled in their neck draining the life from them. A study of the herd would reveal that only a few are hyper-vigilance fearing some life-threatening trauma. They are the one that are not eating, the one's that are not drinking; they are the one that are not resting.

Then in a moment the attack is on and just as quickly the wildebeest that feared the predators attack the most become victims of the predators. Surprisingly during the attack a number of wildebeest do nothing. For some the most they do is look up and then just return to what they

were doing, totally stress and trauma free.

Why, they understood that predators rarely if ever attack the strong, so they eat when they need to, they sleep when need to, they drink when they need to, they developed they own strengths, it was their own strengths not the strength of the herd that ensured their safety. In many ways their strength ensures the safety of those around them.

Most of all they understand the trauma is a very personal thing; every event no matter how harsh it may be does not have the same traumatic effect on everyone. No matter how many animals the predators cull from the herd until I am old or too sick the chances of it being me is little to none, the chances of it happening to one of my family members is little to none, so one doesn't have to live in fear. Often fear can be much more traumatic than the event itself. In many ways trauma is the unexpected; some event or occurrence that you never expected. Just because you never expected does not mean I never expect it. Few people plan for the unexpected so they are often left frozen. I may not be able to prevent the event but in at least some small way I can influence the final outcome.

“Your journey is not over once your goal is reached, your dream fulfilled, the truth attained. The Journey is never over until you have shared what you have learned with others. Then and only then can you begin preparing yourself for your next adventure?” Robert D. Ballard

“There are four types of leaders: the best leader is indistinguishable from the will of those who select him. The next best leader enjoys the love and praise of the people. The poor leader rules through coercion and fear. And the worst leader is a tyrant despised by those who are the victims of his power. In the last two types, what is done is without sincerity or trust, only coercion. In the second there is a harmony between leader and followers. In the first type, whatever is done happens so naturally that no one presumes to take credit.” Lao Tzu

“Mark how fleeting and paltry is the estate of man--yesterday in embryo, tomorrow a mummy or ashes. So for the hairsbreadth of time assigned to thee, live rationally, and part with life cheerfully, as drops the ripe olive, extolling the season that bore it and the tree that matured it.” Marcus Antonius

“I do not believe it is my destiny but my duty to help other people when I can offer help.” Nelson Mandela

“We need to learn to set our course by the stars, not by the lights of every passing Ship.” General Omar Bradley

“Transforming leaders instruct and inspire their followers to recognize worthy needs, and make those needs their wants. They have a way of raising their followers out of their everyday selves and into better selves, of making them conscious of the high-minded goals that lie unconscious beneath their self-centered desires. In summary, the transforming leader has the wisdom to read the minds of his flock, to understand what they want, and he has the persuasive power to implant the latter into their hearts.” Vice-Admiral James Stockdale



“A skillful (commander) strikes a decisive blow, and stops. He does not dare (by continuing his operations) to assert and complete his mastery. He will strike the blow, but will be on his guard against being vain or boastful or arrogant in consequence of it. He strikes it as a matter of necessity; he strikes it, but not from a wish for. The superior man ordinarily considers the left hand the most honourable place, but in time of war the right hand. Those sharp weapons are instruments of evil omen, and not the instruments of the superior man;--he uses them only on the compulsion of necessity. Calm and repose are what he prizes; victory (by force of arms) is to him undesirable.

To consider this desirable would be to delight in the slaughter of men; and he who delights in the slaughter of men cannot get his will in the kingdom.” Lao-Tzu

“Money can help you to get medicines but not health. Money can help you to get soft pillows, but not sound sleep. Money can help you to get material comforts, but eternal bliss. Money can help you to get ornaments, but not beauty. Money will help you to get an electric earphone, but not natural hearing. Attain the supreme wealth, wisdom, and you will have everything.” Benjamin Franklin

“I don’t have time to rediscover what’s already known. Why repeat the mistakes others have already made when you can follow in the footsteps of men who have proved that the way they do things has the best track record for success. Men who can’t learn from experience waste a lot of time in every activity they undertake.”
Author Unknown

The cost of proving yourself right can often be very high, especially if proving yourself right is at the expense of a superior. The immediate gratification of flaunting the fact that you were right can prove to be fatal in the long term. At a minimum, the cost of proving you are right usually results in the loss of friends and allies.

“Nothing has a stronger influence psychologically on their environment, and especially on their children, than the unlived lives of their parents.” Carl G. Jung

“Good people are good because they have some to wisdom through failure.” William Saroyan

“It is important for leaders to do their own thinking, read widely and talk with and listen to others. Leaders should never relay on one key person or assistant to do their thinking and decision making for them. If they do, in a very real sense they are no longer leaders.” General Perry M. Smith USAF

Too many of us only think in terms of money when we are asking or being told the cost of anything. Many times money is only the smallest part of the total cost.

“Let it be impressed deeply on the conscience of every man of influence and authority that when he places in command an incompetent officer, he is guilty of manslaughter. The country has lost millions of treasure and thousands of lives by the incompetency of officers.” Silas Casey

“Part of teaching is helping students learn how to tolerate ambiguity, consider possibilities, and ask questions that are unanswerable.” Sara Lawrence-Lightfoot

Monarch Butterfly

In the entire world, no butterflies migrate like the Monarchs of North America. They travel much farther than all other tropical butterflies, up to three thousand miles. They are the only butterflies to make such a long, two-way migration every year. Some will even make transatlantic crossings. Amazingly, they fly in masses to the same winter roosts, often to the exact same trees. Their migration is more the type we expect from birds or whales. However, unlike birds and whales, individuals only make the round-trip once for most will die before they get the opportunity to complete their journey. It is their children's and their children or even their grandchildren that will complete the southern migration often finishing at the same tree their parents or grandparent wintered on.

There is something special about the Monarch Butterfly. Each is willing to take a long and demanding journey fully aware that they will die before they reach their destination. It is all about the journey; it is never about the destination. Somehow they understand without the journey there cannot any new life. The journey is all about



life. It has always amazed me how there are so many people who refuse to take that necessary journey in life unless they have a firm grasp of their final destination (no destination should ever be final) and they are ensured of success.

The main purpose in the lives of Monarch Butterflies is not themselves; it is for the betterment of others. It would seem that helping others would not be in their best interest but maybe by looking out for others they are acting in their best self-interest. But what I find the most amazing of all, is how the young Monarch are able to successfully complete the 3,000 mile journey to a place they have never been before and complete it without anyone to lead them.

There is just something inside them that tells them where to go. Maybe we all have that ability if we are willing to listen and trust ourselves.

The Monarch Butterfly makes a multi-generational journey as they head North they travel from milk-weed to milk weed mating, laying their eggs and dying usually within a 3-4 week period. The next generation continues the cycle and journey North.

I have taking many trips in my life I have traveled often alone across the country by bus, car, and train numerous times, I have traveled to many places around the world and I have met a lot of people. But I have rarely ever made any types of plans all I know is that when the times comes there will be guide, some person that if I am willing to listen and trust will point me in the right direction at the right time. There is also something in my gut an inner feelings that tell me which direction to take and when to take it. As long as I follow my instincts just as the monarch butterflies follow theirs I know I will get where I need to go and get there when I need to be there.

I guess most people would never understand, but there are people out there that do understand. If I could be any other animal or insect if I had to stop being me I would wish to be a Monarch Butterfly. My life may not be long by other people's standards but it would rich and rewarding. Isn't that what life should really be about?

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world." Joel Arthur Barker

"The truth never becomes clear as long as we assume that each one of us individually' is the center of the universe." Thomas Merton

The Big C

Cancer is a word that seems to strikes terror into almost everyone's mind. The first question is who bad is it and will I live and for how long. The second question is if I am going to die will it be a horrifying painful death and if so will I have the courage to hang on as long as possible for my family's sake. Or do I just give up my will to live and just drift away before the pain because unbearable

By 2004 I had been making great progress both mentally and physically. I had lost weight my fitness level was improving where on some days I could run 5 miles on the treadmill at a 7 minute pace or faster. I no longer need my medical for seizures and I could hold my own again with unexpected events. Deep down I was honesty thinking that with the right situation I could go back to work. I wanted to go back to work.



Everything changed when I went to have my pacemaker checked at the VA and the reading stated that I had about six months of battery life left, without having me see a doctor or asking or explaining why the tech changed the settings on my pace maker. The results were noticeable right away. I told other of my medical providers that I was having serious issues. I so was having much more chest pain, I couldn't breathe very well and worst of all my seizures and TIA's were coming back. So I was going back to the day to day thing. I really didn't have any confident concerning the quality of the next day. I had suffered a serious setback. My family was becoming very concerned about my health.

I tried to keep a good face but it wasn't working. I did what I usually do when I get closed to the edge I take my old elephant trip. I took a 12,000 mile cross country trip separated by a week with daughter who lived in California. My other daughter, her two sons, and my wife flew out to California where I met them at the airport and returned them to the airport before I started the second part of my trip.

There were a number of moments on the trip when I was really hurting and felt like I had a leg in the grave again. I was asking myself what the help was I doing out here. But in the end it was the trip that saved me. There was just something about being alone with the wonders of nature that gave me the strength to go on. Nature is funny when you are not afraid to die Mother Nature always gives you strength to go on.

When I got back from my trip I told one of my VA health care providers that I was hurting and I firmly believe it was because the VA was trying to save money on my pacemaker by making the battery last as long as possible. A pacemaker that they stated I should have had years earlier but never implanted. I even told him that if I was looking at myself right now that I had the big three. I could go to any hospital right now because I was suffering from a majority of the warning signs on the heart attack and stoke list. Plus I feel that I have cancer. I had no idea why I told him that I had cancer, it just came out.

The reason for my chest pains and the return of my TIA's was that the battery in my pacemaker had die and my heart was no longer working properly. Without a working pacemaker I couldn't exercise and I my asthma returned causing serious breathing problems allowing me to exercise even less.

I had been getting ultrasounds at the VA for a growth in my scrotum for about 18 months when finally I was sent to see an urologist. In less than ten minutes he told me that he was going to sent me for an ultrasound and biopsy of my prostate along with a PSA reading.

I got the ultrasound and had the very painful prostate biopsy and was told I would get the results in about a week. After a week when I didn't get my results I knew something was wrong so I went up to the hospital to see if I could get the results. When I started talking to the woman she looked my name up in the computer and told me that she had to check with the nurse. I watch from the small office as she talked to two nurses. As they talked they would often look back in to the room to see if I was watching them.



It was my body, it was my health, it was my future and they were acting like it was some big secret I shouldn't know. Finally the lady came back and told me that they had sent my biopsy out for a second reading, the death note. It was a long ride home. What a shitty way to treat people, you have cancer but we don't think you need to know.

On September 11th the doctor called and left the results on my voice mail tell me I had a score of 6 and I needed to make an appointment as soon as possible. As soon as possible wasn't quick as I had to wait for the appointment. Waiting for the appointment I searched the internet for as much information as possible, I went down to the local hospital and I learned that a six was the limit. A seven meant that your time was short.

I finally got my appointment where I saw a doctor that stated that she had put a little more than 400 " in the bucket." No warm and fuzzy. She then told me that I needed to make a decision within the next 30 days. As I walking out of the room she told her assistant that she had no need for the penis. This was a doctor that was more than willing to gut me without even thinking about any other issue except getting my prostate out.

Over the next 30 days I was all over the place trying to make a decision. I wasn't angry because I had cancer because somehow I was told my so part of me that I had cancer so it really didn't come as any surprise. So there wasn't the shock that most people have when they hear those words, you have cancer. My family was shocked. I had my emotional moments when I broke down to cry. But it wasn't really over having cancer it was that I should never have been placed in a situation where I had only thirty days to decide my future.

In 1997 after a number of years of complaining about urine flow and how often I had to go, the VA gave me some tests. I wasn't told while I was going pee so often but I was giving Terazosin. I told the doctor that the medicine made me sick as dog so I stop taking the medicine; he never gave me a replacement. In 1999 I had a



PSA reading of 4.5. Looking over the prostate literature I learned that anything over 4.0 for my age required a biopsy and if I had a negative finding the biopsy should be redone because cancer could be missed. For years I had told my VA doctors that some days I go pee over 20 times each day. Other times I have to go right after finishing. Other times I have to go so bad that I have to stop everything I was doing and just go. Not once did anyone talk to me about the possibility of having an enlarged prostate let alone having cancer.

Now I had thirty days to make a decision how I would deal with my cancer. Since there was a high probability that I have had the cancer since 1999 or earlier the only option was a four hour operation or turkey gutting as I call it. When the final results came in I was told I failed all the margins. So who knows what the future will hold. If others had done their job over the years I would have knew much earlier giving me more options.

I had very little idea what the long term results of surgery would be. Yes, the doctor had me listen to all the warnings and then had me sign saying I understood everything. I was told all the negative possibilities; that there was a high probability that I would have to wear adult diapers but usually for less than two years, most for about six months, that I could never have sexual relations again but there were always pills, needle and pumps, I was told that I could need radiation after the surgery and that due to my age could increase my chances of bladder and rectum cancers, I was told that it could be worse than expected and would have to take female hormone to extend my life but risked physical and emotional changes, of course due to my medical history I could suffer another stroke with the possibilities of serious side effects or death. And oh yes, we don't have much time, you need to make your decision now.



In many ways I was lucky, I had three children, five grandchildren, I did view what was between my legs as my identity plus I had been a Marine Officer which made it very easy to make a decision based on a risk benefit analysis it did not matter if I became more female like, had to wear a diaper, and could engage in sexual activity I would be alive and still be a father, husband and grandfather.

What I never even thought of was the negative psychological affects not having the ability to ejaculate would have on me. At the time I wished that I had lost a leg or had breast cancer, modern medicine has the ability to replace a missing leg or reconstruct a missing breast to the point no one knows and life doesn't have to change. I

never planned to have any more children but the fact that was no longer possible and not really by choice, brings home the fact that time will steal more and more choices from me.

When something bad happens you just need to do the best that you can at that point in time. It does not matter if you are sick, injured, in financial ruin, emotionally abused, etc., if you always do your best with the understanding that your best may not be good enough but it is the best you can do at that time in your life there is no way you should judge yourself. And if you don't judge yourself there is no way you are going to suffer from guilt, blame, and self-punishment. It is only when you do less than your best that you subject yourself to frustrations, self-judgment, guilt, blame, anger and regrets. You do this because when you do less than your best you deplete your body, mind and soul.

As I look back, I have come to understand that at every major turning point in my life I found myself at a crossroad. At each crossroad, the crossroads that made me the person that I am today, there were many choices that I could have made. There was never any time when I was found myself at such a crossroad that I did not find myself confronting the feelings of fear and confusion. I cannot remember how many times that I asked myself why me, this just isn't fair.

I can remember that far too many times I found myself at these life intersections unprepared and often unwilling. I found myself face with the unknown. That made me uncomfortable and scared. I come to understand that every possible choice involved risk. I want so much to avoid risk and play it safe. I can remember that sometimes I even panic. Sometimes I just want to run away and hide, hoping that everything would just disappear and return back to normal. I want to remain in a comfort zone. I didn't want to make a choice or worst yet I wanted someone else to make the decision for me. But I learn quickly that not making a decision was really a decision and when I allowed someone else to make a decision for me they were really making decisions for themselves.

"I have always worshipped at the shrine of knowledge knowing that regardless of how much I study, read, travel, expose myself to enriching experiences, I still remain an intellectual pauper." Adam Clayton Powell Jr.

“You think your pains and heartbreaks are unprecedented in the history of the world, but then you read. It was books that taught me that the things that tormented me were the very things that connected me with all the people who were alive, or who have ever been alive.” James Baldwin



“It is a good lesson for a man to step outside the narrow circle in which his claims are recognized, and to find how utterly devoid of significance, beyond the circle, is all he achieves, all he aims at.” Nathaniel Hawthorne

“No man or woman of the humblest sort can really be strong, gentle and good without the world being better for it, without somebody being helped and comforted by the very existence of that goodness.” Phillips Brooks

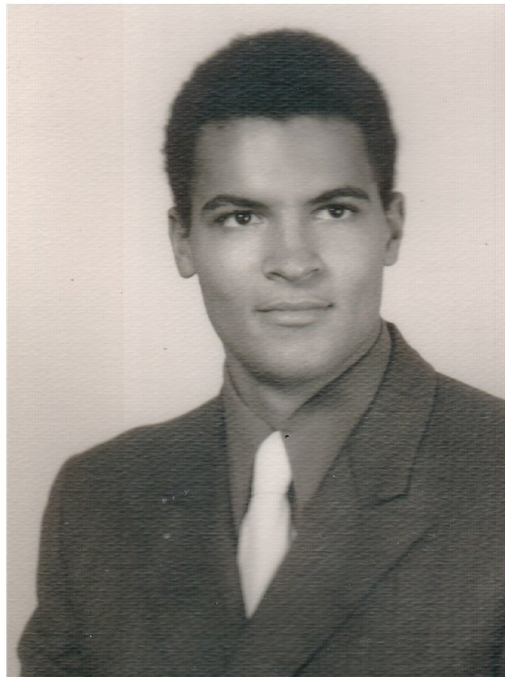
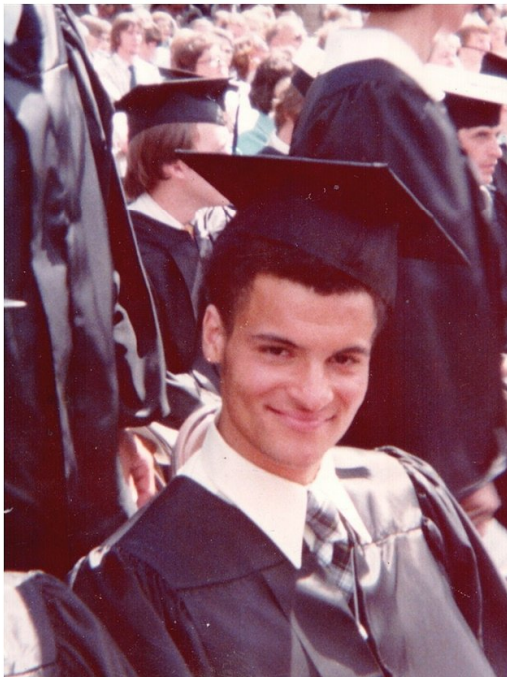
If you tell yourself that it just wasn't my fault all you are doing is telling yourself that you had no control whatsoever and that there was nothing that you could have done to prevent it from happening in the first places and happening again in the future. You are telling yourself it was beyond your control. There are very few problems that you couldn't have at least limited the effect of or I some case prevented completely I the first place. Even for the few that you couldn't have prevented or even limited there are even less that you should allow to recurrence.

“The instance of men, in this and other countries, who, by dint of persevering application and energy, have raised themselves from the humblest ranks of industry to eminent positions of usefulness and influence in society, are indeed so numerous that they have long ceased to be regarded as exceptional. Looking at some of the more remarkable, it might almost be said that early encounters with difficulty and adverse circumstances was the necessary and indispensable condition of success. The British House of Commons has always contained a considerable number of such self-raised men-fitting representatives of the industrial character of the people and it is to the credit of our legislature that they have been welcomed and honoured here. “Samuel Smiles

“Undoubted, the best type of philanthropic work is that which helps he men and women who are willing and able to help themselves; for fundamentally this aid is simply what each of us should be at all times, both giving and receiving. Every man and woman in the land ought prize above almost every other quality the capacity for self-help; and yet every man and woman in the land will at some time or other be sorely in need of help of others and at some time or other will find that he or she can in turn give help even to the strongest. The quality of self-help is so splendid a quality that nothing can compensate for its loss; yet, like every virtue, it can be twisted into a fault, and it becomes a fault if carried to the point of cold-hearted arrogance of the inability to understand that now and then the strongest may be in need of aid, and that for this reasons alone, if for no other, the strong should always be glad of the chance in turn to aid the weak.” Theodore Roosevelt

“Be a Person Who Practices Non-Situational Integrity. Integrity, a standard of personal morality and ethics, is not relative to the situation you happen to find yourself in and doesn't sell out to expediency. Its short supply is getting even shorter, but without it, leadership is a facade. Learning to see through exteriors is a critical development in the transition from adolescence to adulthood. Sadly, most people continue to be taken in by big talk and media popularity, flashy or bizarre looks, and expensive possessions. They move through most of their years convinced that the externals are what count, and are thus doomed to live shallow lives. Men and women who rely on their looks or status to feel good about themselves inevitably do everything they can to enhance the impression they make – and do correspondingly little to develop their inner value and personal growth. The paradox is that the people who try hardest to impress are often the least impressive. Puffing to appear powerful is an attempt to hide insecurity.” Dennis Waitley

“Let thy speech be better than silence, or be silence.” Dionysius the Elder

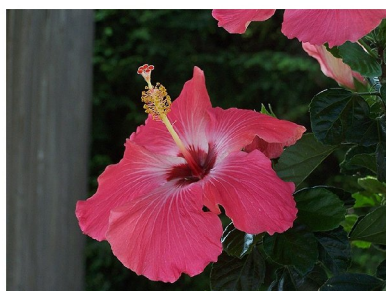
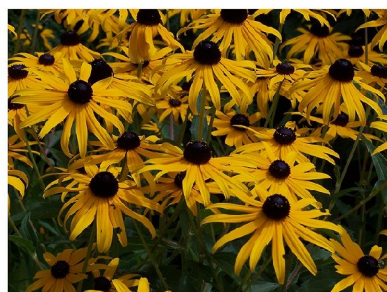
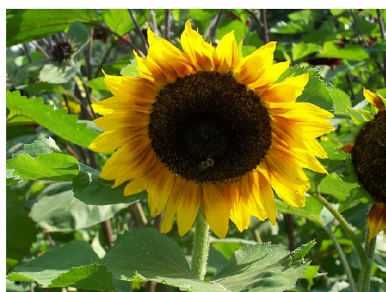


thank God that I am endowed with such qualities that if I were turned out in the Realm in my petticoats, I would be able to live in any place in Christendom.” Queen Elizabeth I

“It is unwise to be sure of one’s own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err.” Mohandas K. Gandhi

“The understanding of mankind is not so easy as we sometimes imagine; for it involves self-knowledge which is hard to get, and self-discipline which is hard to maintain. It is in this understanding of boys that we teachers mostly fail. The truth is we want something more than self-knowledge and self-discipline even. We want love. Kindness we have, and we gladly do anything for our boy which obviously needs doing. We have, too, conscientiousness about our work to spend a great deal of time and care on it, though perhaps we are so accustomed to failure that we accept it too contentedly. But our great defect is that boys to us are too much pupils to be taught languages and such like, and not human beings whose character and affections will be influenced by intercourse with us. As a rule, we do not understand boys, and we do not care enough about them to try to. As in so many things, one is painfully conscious how little one understands boys. Each boy has a range of hopes and fears, likes and dislikes, yearnings after some kind of good, and efforts both successful and unsuccessful toward it, which all make up a terra incognita to us. So we masters get to regard boys almost exclusively with the reference to their capacity (a very limited one alas!) of doing certain lessons. One of the remarkable changes that come once boys leave boyhood is that they lose their tendency to build castles in the air. They can no longer amuse themselves.” Robert. H. Quick 1899

You know when you are attempting something worthy of your efforts when your peers do their best to discourage you, or they create obstacles to your success. If they don't, because they stand to lose the greatest if you do succeed then there is very good chance that you are attempting something that is pretty insignificant.

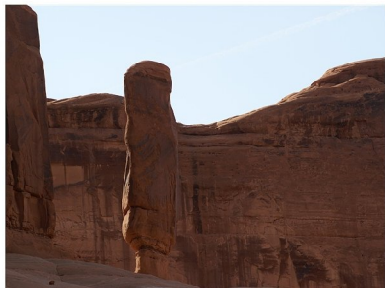


“If I ran a school, I'd give the average grade to the ones who gave me all the right answers, for being good parrots. I'd give the top grades to those who made a lot of mistakes and told me about them, and then told me what they learned from them.” Buckminster Fuller

“Men give me credit for some genius. All the genius I have is this: when I have a subject in mind, I study it profoundly. Day and night it is before me. My mind becomes pervaded with it. This effort which I have made is what people are pleased to call genius. Genius is the fruit of my labor and thought.” Alexander Hamilton

“So many new ideas are at first strange and horrible, though ultimately valuable, that a very heavy responsibility rest upon those who would prevent their dissemination.” J. B. Haldane

“If an American is to amount to anything he must rely on himself, and not upon the state; he must take pride in his own work, instead of sitting idle to envy the luck of others. He must face life with resolute courage, win victory if he can, and accept defeat if he must, without seeking to place on his fellow man a responsibility which is not theirs.” Theodore Roosevelt



Wind and Rain Artwork

Arches National Park

“So long as men praise you, you can only be sure that you are not yet on your true path but on someone else’s” Friedrich Nietzsche

“Sages are inwardly concealed and do not act as initiators for others. When things come up, they manage them; and when people come to them, they respond.” Chuang-tzu

“It’s true that we can’t do much about some events, misfortunes, and circumstances that come our way. There is an element of fate or destiny that makes the dance surprising and magical.” Melody Beattie

“There are some instances in which actions elicit forgiveness rather than praise, for example, when a man acts improperly under a strain greater than human nature can bear, and which no one could endure. Yet there are, perhaps, also acts which no man could possibly be compelled to do, but rather than do them he should accept the most terrible sufferings and death.” Aristotle

“It is only possible to succeed at second-rate pursuits such as becoming a millionaire or a prime minister, winning a war, seducing

beautiful women, flying through the stratosphere or landing on the moon. First-rate pursuits that invoke as they must, trying to understand what life is about and trying to convey that understanding, inevitably result in a sense of failure. A Napoleon, a Churchill, a Roosevelt can feel themselves to be successful, but never a Socrates, a Pascal, a Blake. Understanding is forever unattainable. Therein lies the inevitability of failure in embarking upon its quest, which is none the less the only one worthy of serious attention.” Malcolm Muggeridge

“The most important thing that we can learn today is to think for ourselves.” Malcolm X

“To every young man of original power there comes, in early youth, a moment of sudden discovery, of self-recognition, in which his own nature is revealed to himself; in which he catches for the first time, a strain of that immortal song of departed heroes to which his own spirit respond and which becomes thence forward and forever the inspiration of his life. Like noble music set to noble words.” John Garfield

The Governor's of New Hampshire and the State Attorney General's April 9th 2007 Press Conference

Today isn't able me, it really isn't about many of the people in this room it really about the children, about the adults both men and women that suffer in silent often unknowingly. Children have very few choices and are often confronted by survival choices that very few adults seem aware of. Most adults have the ability to just get up and go while a child's choice is whether to survive or not. Most adults know that the world they are living in while not easy; is changeable. For a child the world that he or she is living in is reality and that reality is created by the people surrounding the child.

We all have secrets that we keep. We all have secrets that we should keep. However, some of us have secrets that we shouldn't keep because as long as we do the secrets will consume us even to the point of destroying us. I always figured that there would be a day when I could remove my protective outer shell change into that butterfly and just fly away, however each day I become more and more aware that the burdens and heavy loads that I carry will mostly likely result in my own demise much sooner than then person that should have protected me. It is a funny thing about this world, evil, mean, heartless and hurtful people seem to live much longer than kind, caring and warm people.

Imagine working into a room of twenty people and your full body goes on high alert scanning every single person, listening to every verbal and non-verbal communications they make, then make the necessary changes in yourself to make them feel as comfortable as possible and making yourself non-threatening as possible always changing as you move from person to person while always being on the alert for the dangerous people in the crowd.

Imagine that something serious is about to happen and then everything goes blank as if the power went out and shut the TV off. When the power comes back on you just pick up the movie from the new starting point. You finish the movie and move on. Then later you get this funny misplace smell or feeling because it has no connection you blow it off. Then maybe later you get this massive pain, again with no connection so you blow it off.

Maybe you go someplace and you get this really bad feeling in your gut that there is a very bad person nearby, you know you are an adult and can protect yourself or at the very minimum you have the ability to just get up and walk away. Adults fail to understand that when you never allow a child to have a childhood some children never lose the ability to read a person real intentions because the child lives in an adult body. Just think of the wear and tear that these actions place on the body and brain every single day. When does the body get the opportunity to rest?

I am 52 years old, while my inner spirit is much younger; my body is much older than it may look. I have had open chest surgery to remove a very enlarged thymus (very rare) an important part of my immune system, I have suffered two strokes, my center nervous system is damaged to such a point that my heart stops and I need a pace maker to live; my second, I have cancer, I have really bad asthma and my ability to overlook pain, to block out all the bad things is killing me slowly. I am here today because I want to; I have to regain control of what happens to my body, I have to defuse the ticking time bomb left there by others.

I know that there are people out there who would want to feel sorry for me, who may even want to pity me; I know there are people that want me to lay out every single detail. I ask please do not and I say I will not. I may have been victimized a great deal as a child but I never allowed myself to become a victim I have always made sure that no matter what punishment or abuse my body and mind was forced to endure I protected my inner spirit, my soul at all cost.

Some people have called me heroic, some people have called me a survivor, some people have called me a victim, some people are amazed by how much I have endured, some people are amazed how far I have come; even thou I am a retired Marine Corps Lt Colonel, I am a committee chair in the New Hampshire General

court, I have ran the Boston Marathon in 2:30. To myself I am none of these I am just a very lucky person. No better, no worse than anyone else. I know who I am and I know where I belong.

I am here to educate, prevent and help; to me that is my greatest defense.

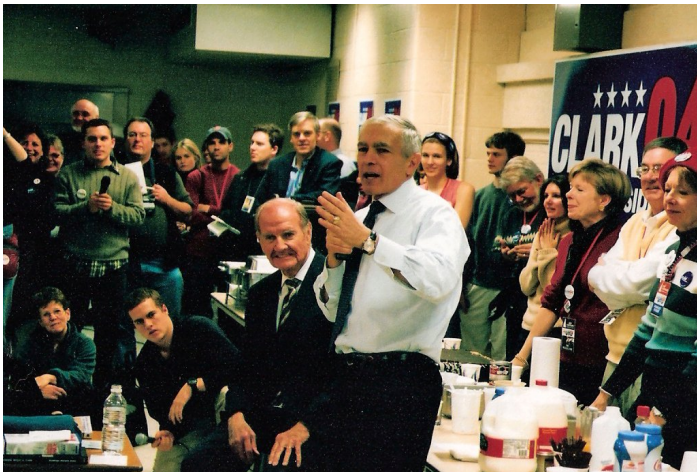
Kris E Roberts

“You must cultivate curiosity, for only through curiosity can you learn, not only what there is in books, but lies around you in the world of things and people.” Mlle. Marie Souvestre

“In every leader’s work where there are times you must coldly evaluate the path down which you are taking your organization. A leader must be keen and alert to what drives a decision, a plan of action, if it was based on good logic, sound principles, and strong belief. A leader feels comfortable about moving unswerving toward his or her goal. A leader must have a vision. Significant time and resources will be applied to achieving that goal. Therefore, it is of paramount importance that you proceed and persist for the correct reasons; your tactics must be sound and based on logic seasoned with instinct. If you lead your team down the road to failure, he need to know to make sure the quality of your reasoning was solid. If you go down, be sure you go down for the right reasons. That’s tough enough to take, but the toughest of all, what is inexcusable, is to fail because you are unwilling to admit that your way was the wrong way and that a change of course is your only path to victory. Few things are more painful for a leader than losing because your reasoning is faulty, your conclusions flawed, your logic skewed by emotions, pride, or arrogance. One of the greatest leadership challenges is to recognize when hubris has you in the grip before it is too late to change.” Bill Walsh

“Integrity is one of several paths. It distinguishes itself from the others because it is the right path and the only path upon which you will never get lost.” M.H. McKee

“No one has ever lived our lives before us. This moment we are in a space and time that has never been traveled. Many past events prepared us for this moment, and we may often feel as though we were following a track that has been laid for us; but at others we feel as though we were strapped to the nose of a rocket, plunging through space where no one has ever been.” Karen Casey



“But there is no reward at all for doing what other people expect of you, and to do so is not merely difficult, but impossible. It is easier to deal with a footpad than it is with the leech who wants 'just a few minutes of your time, please - this won't take long.' Time is your total capital, and the minutes of your life are painfully few. If you allow yourself to fall into the vice of agreeing to such requests, they

quickly snowball to the point where these parasites will use up 100 percent of your time - and squawk for more!” Robert A. Heinlein

“Ideals are like stars. You will not succeed in touching them with your hands; but, like the seafaring man on the ocean desert of water, you choose them as your guides, and following them you will reach your destiny.” Charles Schurz

“A relationship seldom dies because they suddenly have no life in them. They wither slowly, either because people do not understand how much or what kind of upkeep, time, work, love and caring they require or because people are too lazy or afraid to try. A relationship is a living thing.” David Viscot

“A man greatest strength develops at the point where he over-comes his greatness weakness.” Eliner G. Letterman

Always treat life as a marathon because in every marathon you will have points where you feel great, not so great and sometimes so bad you just want to quit and hide. A marathon is never easy there are no short cuts to finishing a marathon unless you cheat. If you cheat at the very least you will know that you cheated and you will spend the rest of your life wondering if others know. The Boston, New York, Los Angles, or the Chicago marathon all have over 20,000 runners but only one man and one woman will get their name place on the winner trophy. So unlike the 100 meter dash where it is often better to not think but just use your god given talents the marathon is one of those events where you win by just finishing the 26.2 miles. For over 99% of the runners the marathon is a race where you don't compete against others but you compete against yourself and you are the only judge. Kind of like the secret of a happy and productive live.

“There are many kinds of jails. Some people are in the jails of their limited minds. Many people are in the jail of drinking alcohol, taking drugs, working at a job that they hate, or living in bad relationships. We are all doing some kind of time. The only difference is that some of us have keys to our cells and others do not. Nobody but you can imprison your mind. Nobody can imprison your spirit.” Iyanla VanZant



“A sped arrow, a spoken word, and a lost opportunity can never be recalled and the truth of this they find to their cost.” Arab Proverb

“It's not the mistake that hurts us; it's the grace we employ owning up to it that counts.” Charles Handy

“If you are going to advocate change, you will have to understand that there is no change so small that it threatens no one.” Peter Shane “

The agony of ‘How do I offer a new and perhaps unpopular idea’ or ‘How do I dissent?’ will affect only the creative minds. The reminder will have little interest in getting out in front and inviting the hazard of criticism. They will content themselves with life in the dismal world of conformity, where success is measured not in a benefit to the state but in the avoidance of controversy.” LtGen Victor H. Krulak USMC



“How wrong is it for a woman to expect a man to build the world she wants, rather than setting out to create it herself?” Anis Anais

“The stupid neither forget nor forgive. The naïve forgive and forget. The wise forgive but they never forget.” Thomas Szasz

“The world has no room for cowards. We must all be ready somehow to toil, to suffer, to die. And yours is not the less noble because no drum beats before you when you go out to your daily battlefields, and no crowds shout your coming when you return from your daily victory and

defeat.” Robert Louis Stevenson

“There is no substitute for character. You can always buy brains but you cannot buy character.” Robert A. Cook

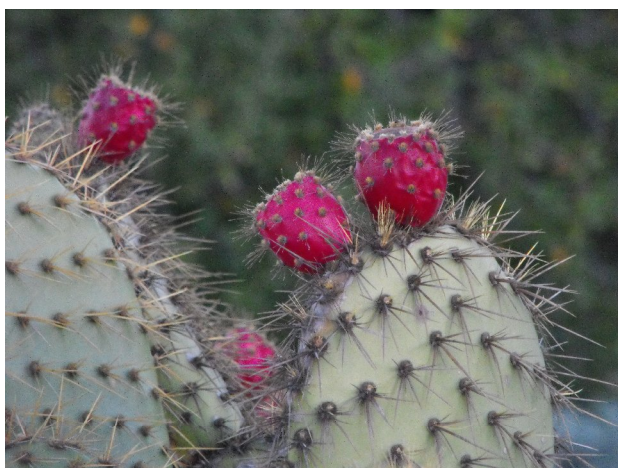
“A high character might be produced, I suppose, by continued prosperity, but it has seldom been the case. Adversity, however it may appear to be our foe, is our true friend; after a little acquaintance with it we receive it as a precious thing; the prophecy of a coming joy. It should be no ambition of our to traverse a path free of stones and thorns.” Charles H. Spurgeon

“We know what we are, but rarely know not what we may be.” William Shakespeare

“So often we rob tomorrow’s memories by today’s economies.” John Mason Brown

“The individual is of first importance, not the system. Remember that man created method and not that method created man, and do not strain yourself in twisting into someone’s preconceived pattern, which unquestionably would be appropriate for him, but not necessarily for you.” Bruce Lee

At least once every single day I see a sign that I have been so lucky. Maybe it is because I spend so much of my time looking for the good to happen. Since my mind is always going places maybe I haven’t given bad luck the opportunity to catch up with me. Maybe I am like Proteus, a minor Greek god, the son of Poseidon who was known for his adaptability. Proteus had the ability to change into any shape or form necessary to avoid having to answer a question. One had to capture him in order to get the answer you needed from him. I was watching



a TV show the other day, I have seen this serial and others like it a number of times and the plot is always the same, people who have been victimized and their whole life had been put on hold as if they were like the man in Greek Myth who had to roll the stone uphill every single day to only have it roll back down inches away from the top. Every single day was like reliving the day prior day after day with little to no hope of ever escaping the trap and the pain. You can see the wear and tear on their faces, the look of emptiness in their eyes and the pain on their bodies. It always leaves me asking just what the greatest pain of all is; the initial event that may have been over in a matter of minutes or the loss of control and hope that sometimes lasts a life time. I believe it still comes down to a simple

fact of life; plain and simple life isn’t fair, never has and never will be. The only way that one can deal with the unfairness is to understand that no matter how harsh, how brutal, how unfair the event or series of events may have been, most of the time it isn’t about you. If it didn’t happen to you it could have ever easily happen to the person in front of you or the person behind you. It really sucks when bad things happen to good people, there are times I sometimes hope and pray that the evil and selfish people in this world could stand on the other side of all the crap they throw out, but I don’t think it would do one bit of good. They would find a way to make themselves look better to the world. Like some of the people that take a 10-14 day vacation to some Central or South America village so they can come back and tell their friend that they have done they duty to help improved the world. Maybe I am the lucky one because while I can see that the pain, loneliness, emptiness and fear that each of these people suffer is very real, for everything that I have endured I can say some angle has looked over me sheltering me from the pain, loneliness, emptiness and fear that other people have and still endured. I wonder if I woke up one morning and I was told that I would be able to feel the same feels and emotions that others feel would I have the strength and courage to look those emotions head on without having to take cover under some form of mind deaden substance? As Mark Twain once stated; “Don’t go around saying that the world owes you a living. The world owes you nothing; it was here first.”

“Politics is the art of looking for trouble, finding it whether it exists or not, diagnosing it incorrectly and applying the wrong remedy.” Ernest Benn

“There are parts of a ship which taken by themselves would sink. The engine would sink. The propeller would sink. But when the parts of a ship are built together, they float. So with the events of my life, some have been tragic. Some have been happy. But when they are built together, they form a craft that floats and is going someplace. And I am comforted.” Ralph W. Stockman

“A monkey was carrying two handfuls of peas. One little pea dropped out. He tried to pick it up, and split twenty. He tried to pick up the twenty and spilt them all. Then he lost his temper, scattered the peas in all directions and ran away.” Leo Tolstoy

“There are occasions when it is undoubtedly better to incur loss than to make gain.” Titus Maccius Plautus

“Use power to help people for we are given powers not to advance our own purposes, nor to make a great show in the world, nor a name. There is but one just use of power, and that is to serve people.” George Bush

“Life has its own hidden forces which you can only discover by living.” Soren Kierkegaard

“As nightfall does not come all at once, neither does oppression. In both instances, there is a twilight when everything remains seemingly unchanged. And it is in such twilight that we all must be aware of change in the air however slight, lest we become unwitting victims of the darkness.” William Douglass

“There are some people who have the quality of richness and joy in them and they communicate it to everything they touch. It is first of all a physical quality; then it is a quality of the spirit.” Thomas Wolfe

“I am responsible. Although I may not be able to prevent the worst from happening, I am responsible for my attitude toward the inevitable misfortunes that darken life. Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have is life itself.” Walter Anderson

“We are surrounded by the assumption of our innate inadequacy...The marketplace is flooded with books and tapes and speakers telling us how to change ourselves unto something other than what we are, implicitly telling us that who we are isn't good enough.” Oriah Mountain Dreamer

“The way in which we think of ourselves has everything to do with how our world sees us and how we can see ourselves successfully acknowledge by that world.” Arlene Raven

“In true courage there is always an element of choice...and of anguish, and also of action and deed. There is always a flame of spirit in it, a vision of some necessity higher than oneself.” Brenda Ueland

“If I had my life to live over again, I would have made a rule to read some poetry and listen to some music at least once week; for perhaps the parts of my brain now atrophied would have thus been kept active through use. The loss of these tastes is a loss of happiness, and may possibly be injurious to the intellect, and more probably to the moral character, by enfeebling the emotional part of our nature.” Charles Darwin

“To the crowd, no longer satisfied with political and civic equality, it proposes equality of conditions without dreaming that social inequalities are born of those natural inequalities that man has always been powerless to change. The desire of each man to improve his circumstances, to reap the full rewards of superior talent, or energy or thrift, is the very mainspring of the production of the world. Take these motives away, persuade men that by superior work they will obtain no superior reward, cut off all the hopes that stimulate among ordinary men, ambition, enterprise, invention and self-sacrifice, and the whole level of production will rapidly and inevitably sink.” Monsieur Le Bon

Memorial Day Speech on the Floor of the New Hampshire House
May 2007
Rep Kris E Roberts

In America we have three dates that defines us as a Nation and as a people. The first being July 4th Independence Day where we recognize the courage and foresight of our founding fathers who understood that failure was not an option. As one founding father stated ‘if we lose we hang together.’”

The second is November 11th Veterans Day where we tried to honor every single man, woman and child that has worn the uniform of our country but most all we want to say a special thanks to the 45, 570, 861 Veterans that have served during time of war from 1775 to November 2006.

Thirdly and some may rightly say the most important but often the least acknowledged is Memorial Day. A day that is not even uniformly acknowledged from year to year let along from community to community.

It is the rare person who truly understands that the death and suffering of war does not end when the peace treaty is signed and the victory parades have run their routes. We often weep for the youths that have had their lifeblood drained from them on the battlefields. We build statues to the ones that never returned. Elected leaders take photo ops with service members who have lost limbs. What about the ones that have returned to us only to depart before their time? The true heroes and warriors say little to nothing, they suffer a little each day in silence believing themselves to be the lucky ones; they made it home. For some life will become a living hell unknowingly dying a little each day, for others a living death but in either case a life rarely known or understood by others.



So today as Americans, today as veterans, today as brothers and sisters in arms, today as family members let us honor the 685,768 American service members that have spilled their life blood on battle fields under every condition imaginable to man and in every corner of this world. Let us honor the 540,490 who also lost their lives serving both at home, and foreign posts and ports of call. That is 1,226,268 sons, fathers, grandfathers, brothers and now sisters and mothers along with a number too gut

wrenching to say children. We often forget those 12 year old boys beating the war drum alongside Old Glory and the battle colors proudly and bravely marching toward the sound of enemy fire, nor the young cabin boys proudly serving on ships of the line.

Let us honor these proud service members by not talking of sacrifice but by talking of their accomplishments. Let us never display pity nor feel sorry for them, for they were the chosen few that stood up to be counted when it mattered the most. Many gave their lives knowingly and willingly not because they desired to be remembered as heroes, but deep down inside they knew it was the right thing to do. They understood just as the founding father clearly understood that the very survival of the nation often rested on their shoulders. They understood that conviction is the mother of courage. They understood that they were making a difference. As Teddy Roosevelt once stated the honor belongs to those that enter the arena, for many talk of entering but far too few will ever leave their seats to do so.

So let us all stand a little straighter, let us all stand a little taller and honor these brave men, women and children who have given me the opportunity to speak today and you the opportunity to listen, but let’s us never forget the pain, suffering, loss and sacrifice that their families made and many still endure.

Rep Kris E. Roberts

As a leader you have the option of making evolving or revolutionary changes but you must always remember that there is no such thing as change in a vacuum. All successful long-term change requires you to inform your subordinates the reasons for the change and the expected results. This is very important because no matter how much you try every time you make a change the reasons for those changes will be misunderstood by many. This will result in people reacting in ways that you never expected producing negative, unexpected and unintended results. Results that may make you feel that you should return to the status quo.



“It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again, who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause, who at best knows achievement and who at the worst if he fails at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat.” Theodore Roosevelt

“We have to do with the past only as we can make it useful to the present and the future.” Fredrick Douglass

“The first duty of a man is that of subduing fear. We must get rid of fear; we can’t act at all till then. A man’s acts are slavish, not true but specious; his very thoughts are false, he thinks too as a slave and coward, till he has got fear under his feet.” Thomas Carlyle

“Thank for replying Mr. Roberts to my latest e-mail. Your rule did teach us more than any teacher has even though it wasn’t a lot of English. However your class was a class I never really minded going to and now I see why you did what you did and I will take your words of wisdom and remember them for momentum to get a higher education. I always remember a good teacher and you are definitely one of them.” Alex Wright

“When you start to doubt yourself, the real world will eat you alive.” Henry Rollins



“We are extremely fragile animals. We can awake with a song on our lips, filled with joyful anticipation of the hours ahead, and then allow a spilled cup of coffee or a flat tire or a harsh word from someone to ruin our entire day. Also, we live in a world where envy and hate, unfortunately, seem to be the only activities some people are capable of and those who are so infected, usually because they have already failed at this game of life, will do everything in their power to drag you down to their level on any given day. Ignore them. They can never rain on your parade unless you give them permission to do so. And so it is with events, which often produce misfortune

and grief in the most perfect of lives. Will you cave in and start sucking your thumb in self-sympathy at every crisis? Or will you always search for the good, even in the most terrible of adversities, reminding yourself that what may seem to be a calamity today may well turn out to be just a detour that will lead you to more success and happiness than you would have every achieved had you remained on your original path? Remember, nothing external, man or event has any power over you, unless you allow it, because you control your thoughts!” Author Unknown

“When you are willing to hide nothing, you will understand peace and joy.” Author Unknown

“A wise man gets far more use from his enemies than a fool gets from his friends.” Baltazar Gracian

“Somebody once said that in looking for people to hire, you look for three qualities: integrity, intelligence, and energy. But if you don’t have the first, the other two could kill you.” Warren Buffett

“In nature there are neither rewards nor punishments there are only consequences.” Robert G. Ingersoll

“We can tap into a part of ourselves, an inner reservoir of knowledge, quite subterranean, quite hidden that holds all our answers.” Maratha Scimitar



“We tell lies when we are afraid, when we are afraid of what we don’t know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing we fear the most grows stronger.” Tad Williams

Outstanding leaders make decisions based on facts, and apply common sense and simplicity to complex tasks. You must select the right strategy for the right situation, even when the pressure is overwhelming they are also smart enough to know that many times they will have to alter what they originally planned due to changing

circumstances, so flexibility and having an open mind are crucial to leadership.

“I would wish to impress on young people who are beginning life, as I did, dependant on their own exertions, the absolute, need of concentrated industry; a definite purpose, and, above all, conduct dictated by common sense.” Lady Morgan

“Self-helpfulness is a mark of greatness. Sublimity of life in one person inspires sublimity in many. To be royally self-helpful, then, means to be helpful to others. The fall of a chieftain sends fear to the legion, the conquest of a captain encourages the whole company and encouragement is a high form of happiness.” Nephi Jensen

“What a man could once do he will always be able to do; unless; indeed, by dint of vicious indolence, he contents himself with the exchange of fame for ease, and gives no further proof of his existence than just to suck the jelly that belongs to it. Ben Johnson was bred to brick-laying, Moliere to tailoring, Bunyan to tinkering; Akenside to meat selling; Burns to farming, Captain Cook to shopkeeper; Charles Dickens to reporter, Whittler to shoe-making; and so on. But they all broke away from the shackles that bounded them, turned toward those paths in which they loved to walk, and cut out a career for themselves. What was it that gave the first impulse to revolt? What was it that started them on their new career? You will find it was, in nine cases out of ten, some remarkable book or conversation, some startling sermon or drama, some fascinating picture or poem, some striking work of art, some triumph of genius itself. The spirit of genius entered the mind through printed page or spoken word; the sight of some masterpiece of art touched the dormant spark within, kindled it into life, and claimed it as its own. You will find that it was the Bible or the Iliad, Plutarch Lives or Shakespeare’s poems or Hogarth’s pictures, that first claimed their attention, stirred their inner being, and caused them to entertain thoughts never entertained before. You will find that it was some human achievement, some heroic deed, or some triumph of eloquence that first awaked them to the new life they were now to lead.” Robert Waters

“Allow me to assure you that suspicion and jealousy never helped any man in any situation.” Abraham Lincoln

“The first principle is that you must not fool yourself, and you are the easiest person to fool.” Richard Feynman



“Should you shield the canyons from the wind and the rain storms; you would not see the beauty of their carvings.” Elizabeth Kubler-Ross

“Employ the wise, courageous, greedy and the stupid. The wise take pleasure in establishing their achievements. The courageous love to put their will into action. The greedy feverishly pursue profits while the stupid have little regard for death. Employ them through their emotions, for this is the military’s subtle exercise of authority.” Huang-Shih-Kung



“It is from numberless diverse acts of courage and belief that human history has been shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against an injustice, he sent forth a tiny ripple of hope, and crossing each other from a million different center of energy and darling those ripples begin to build a current which can sweep down the mightiest walls of oppression and injustice.” Robert F. Kennedy

“The circumstances amid which you live determine your reputation. The truth you believe determines your character. Reputation is what you are supposed to be. Character is what you are. Reputation is what you have when you have when you come to a new community. Character is what you have when you go away. Your reputation is made is made in a moment. Your character is built in a lifetime. Reputation is what people say about you on your tombstone.” William Hershey Davis

“For those to whom much is given, much is required. And when at some future date the high court of history sits in judgment on each of us, recording whether in our brief span of service we fulfilled our responsibilities to the state, our success or failure, in whatever office we hold, will be

measured by the answers to four questions: First, were we truly men of courage. Second, were we truly men of judgment? Third, were we truly men of integrity? Finally, were we truly men of dedication?” John Fitzgerald Kennedy

“There is not a man of us who does not at times need a helping hand to be stretched out to him, and then shame upon him who and then shame upon him who will not stretch out the helping hand to his brother.” Theodore Roosevelt

“It is impossible to make people understand their ignorance, for it requires knowledge to perceive it; and, therefore, he that can perceive it hath it not.” Jeremy Taylor

“In a thousand ways they have turned my limitations into beautiful privileges, and enabled me to walk serene and happy in the shadow cast by my deprivation.” Helen Keller

“Never take down a fence until you have learned the reason why it was put up. It is important to know what happened in the past before making changes for the future.” G. K. Chesterton

“There is no worst lie than a truth misunderstood by those who hear it.” William James

“It may be contended that individualism breeds a spirit of narrowness and selfishness; that each man, in the struggle for existence, is so thoroughly governed by care for himself that he loses all regard for his fellow-men. But this cannot be asserted as a positive conclusion, for it is well known that only by experience can sympathy be aroused; and hence when a man has struggled to gain a position or to keep himself in a certain place he is imbued with a great sympathy for those who are experiencing similar struggles. The master who has had to struggle through adverse circumstances will surely have greater sympathy with his pupil than the man who has experienced no difficulty whatsoever. This influence of self-help increasing the sympathy between men must surely counteract the selfish influence which it may be said to have, but what is to a great extent overestimated. In its effects on character, individualism is ennobling; it helps to make men bolder, and more fitted for the battle of life. The man who is beholden to the state for protection is in a very weakly position if menaced by any great danger, but he who has learned to help himself needs no protection other than the courage of heart which his energy has instilled into him. Man is fitted that he may support himself, and it is wrong to attempt to rob him of his natural functions.” Frederick Millar

“Sickness teaches not only the uncertain tenure, but discovers the utter vanity and unsatisfactoriness of the dearest objects of human pursuit. Introduce into the chamber of a sick and dying man the whole pantheon of idols, which he has vainly worshipped; fame, wealth, pleasure, beauty, power, what miserable comforters are they all! Bind that wreath of laurel round his brow, and see if it will assuage his aching temples. Spread before him the deeds and instruments, which prove him the lord of innumerable possessions, and see if you can beguile him a moment anguish; see if he will not give up those barren parchment for one drop of cool water, one draught of pure air.” J. S. Buckminster



“The way to love something is to realize that it might be lost.” Francois Fe’Nelon

“Despise false knowledge; it is bad; but appreciate real knowledge as you ought, for it is both ennobling and useful. Esteem it, whether you have had opportunities of proving its excellence or not. Be ever eager to improve yourself by reading good books on a variety of subjects; such intellectual exercise is of great use; not only for the pure pleasure and the instruction which one derives from it, but having the reputation of taste, and a love of learning, one will possess superior influence in urging

others to pursue the same good path. Envy is always busy in casting discredit upon an upright person, if it can lay hold of any reason or pretext to call someone ignorant, or the promoter of ignorance, so that his best actions are looked upon by the people with a malignant eye, being either denied or rundown with all their powers. The cause of honour, requires bold champions; of virtuous intentions in the first place, and next of wisdom and moderation. Woe to us, where the evil-minded can say with justice to a person of merit, ‘you have not studied, you are rude and uncultivated.’ But to obtain reputation as a wise person, never pretend to knowledge you do not actually possess. All species of imposture are disgraceful; and even the ostentation of knowing that which you are perfectly sensible you do not know. Beside there is no imposter who must not, sooner or later drop the mask, and it is then over with him. But however highly we are bound to estimate knowledge, we ought not to be idolaters at its shrine. We may desire to possess it, and to impart it to others; but if we are enabled to acquire only a little, let us be content, and show frankly how much we really know. If you know much, you will not despise the ignorant. Knowledge is like wealth, desirable in order to assist others; but he, who has it not, being still able to make a good citizen, boasts a title to our respect.” D. Appleton 1842

“Death is the wakeup call the unavoidable mandate that makes enlightenment possible, and helps our souls to grow. This why Plato, when asked on his death bed for one final word of advice, responded to his pupils, ‘practice dying’.” Ram Dass

“Those who obtain leadership positions often have a high confidence in their own capacities and judgments. That can readily lead to arrogance, over optimism, and an escalation of commitment to choices that can turn out to be wrong either factually or morally. As a result, individuals may ignore or suppress dissent, over estimate their ability to rectify adverse consequences, and cover up mistakes by denying, withholding, or sometimes destroying information. Individuals tend to suppress or reconstrue information that casts doubt on a prior belief or action. Such biases may lead individuals to discount or devalue evidence of the harms of their conduct or the extent of their own responsibility.” Deborah L. Rhode

Personal integrity is not just about honesty it is about being consist. A honest person can be honest while lacking in integrity. Integrity is about consistency. Almost every answer contains at least a half truth which is required to be believable. An honest person will wait until you ask additional questions before he or she gives the complete truth. A person with integrity won't wait.



When you attempt to treat everyone as if they are the same person with the same skills and talents you overlook the fact that no two people have the same talents or skills. In your attempt to treat them in a manner, which you believe to be fair and equal, you must overlook each person's differences. It really means that you are placing much greater value in people who are less skillful or far less willing or able to put forth equal effort while achieving equal outcomes. Another way of viewing it is that you must overlook the people that truly do excel. No matter how much most of us truly desire, no matter how hard one works, no matter how many sacrifices one may chooses to make, not matter how much help one receives, if one is not blessed with certain innate talents the chances of honestly winning the Olympic gold medal in any sport or Major League Baseball home run crown are very remote. However, this fact should never be used as an excuse for not trying you best. There have been people with very limited nature gifts and special talents that have overcame seemingly insurmountable obstacles to achieve greatness. The reason being, is that are people blessed with such innate talents that will take their

special gifts for granted, become lazy and the gold medal is something that they deserve, not something that needs to be earned. The question being will you be ready at that very extract time when the opportunity presents itself. If the train was about to leave the station and the conductor said I have one empty sit and it is your would you have to say I am not really I don't have my bags packed or would you have already been prepared even if the order were against you?

“People really care about nothing that does not affect them personally.” Arthur Schopenhauer

“If I want a man under me to do a job, I will give him the power to do so, and I will say: ‘I want you to do that piece of work.’ Now if he replies: ‘How am I to do it?’ I will say: ‘I will take another man. I will take someone else to do it.’ If I am trusted to do a job, I want the power given to me and then I will be held accountable for it. But give me the chance to do that job myself.” Theodore Roosevelt

“If I have been of service, if I have glimpsed more of the nature and essence of ultimate good, if I am inspired to reach wider horizons of thought and action, if I am at peace with myself, it has been a successful day.” Alex Noble

“The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.” Howard Cosell

“No man can know where is going unless he knows exactly where he has been and exactly how he arrived at his present place.” Maya Angelou

“The game of life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later, with astounding accuracy.” Florence S. Shinn

“Books serve to show a man that those original thoughts of his aren't very new after all.” Abraham Lincoln

“Take something from yourself to give to another; that is humane and gentle and never takes away as much comfort as it brings again.” Sir Thomas More

“A wise man fights to win, but he is twice a fool who has no plan for possible loss.” Louis L'Amour



“Every one of us can name a handful of people who have helped us to tap into the power that existing within us all. These people have helped us to run faster, score higher, learn more, and accomplish more than we ever dreamed possible. These are the people that deserve our admiration; those who coddled us and helped us rationalize our shortcomings do not.” Ted Balaker

“Never allow yourself to dwell too much upon what you are getting for your work. You have something infinitely of great importance, greater value at stake. Your Honor, your whole career, your future success, will be affected by the way you do your work, by the conscience or lack of it which you put into your job. Character, manhood and womanhood are at stake, compared with which salary is nothing.” Author Unknown

“A critic is often a coward that risks nothing while only offering negative opinions. A critic rarely if ever offers any positive advice; it is as if he or she gets great enjoyment out of publicly pointing out every shortcomings. Somehow in the end what has the critic accomplished by pointing out that someone's work was average, years later the critic is long forgotten even if the work remains average because the person being criticized accomplishment more than words.” Anton Ego

“Hope is nothing else but an inconstant pleasure, arising from the image of something future or past, whereof we do not yet know the issue. Fear, on the other hand, is an inconstant pain also arising from the image of something concerning which we are also in doubt. If the element of doubt can be removed from these emotions, hope becomes confidence and fear becomes despair.” Spinoza

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” John Wooden

The following is a follow-up newspaper article on me that appeared in the Keene Sentinel on April 22nd 2007. The article was the result about a 2-2,5 hour taped interview. I never got to review the final draft of the article prior to going to print. Matter of fact I was given at least five dates that it would appear which really put me on the edge because not only did I not what how much or what information would appear I didn't know how people would react.

The article had a number of errors but none that would change the intent or overall truthfulness of the story, but errors nevertheless. I have left the article the same as printed and have made the corrections in ().

Keene legislator discusses his childhood of abuse and how it nearly killed him

Article:

Kris E. Roberts remembers the paneling on the wall leading to the bathroom of his childhood home. He remembers walking through the kitchen and standing in the bathroom. Then, the guy is standing there. One of mother's boyfriends. They called him Sully. Roberts remembers Sully's shirt, everything is clear. It was Hawaiian, the guy had a big gut. (He was one of my mother's male friends and mostly the father of my 3rd brother)



But then it goes bang, bang, bang, Roberts said. (It goes blank everything is clear as a movie and then total blackness, nothing is there) Everything goes black, as if someone cut out the tape on a movie. It picks up again, but it's after. Roberts is in pain, maybe bleeding; he doesn't know why. (The bleeding and pain is not from this time frame) It's so much easier to block it out, Roberts said, just make it go away.

But it always comes back. A body odor, a one of voice, a shape is all it takes to make memories of the sexual and physical abuse Roberts went through as a child come seeping out of their neat compartments in his mind, where he's kept them secret for more than 50 years.

"There's some of us, we hate the word victim, and we hate the word survivor," he said. "I've been victimized brutally, but I'm not a victim. Because, to accept the fact that I was a victim means I have no control whatsoever. The word survivor means, 'It was hopeless. It was up to chance and you survived.' .. , I'm still here. I'm not lucky to be alive. I'm here because I am making decisions. I am an active player in what happens to me.

"I'm still Kris Roberts and I've been victimized. I'm Kris Roberts. I know who I am and I know where I belong." Many people in Keene know Roberts: former Keene Board of Education member, retired Marine lieutenant colonel, member of the N.H. House, two-hour-and-30-minute Boston Marathon finisher. He's also a man who was repeatedly brutalized for most of his childhood.

Not that he was conscious of the abuse until about five years ago. Roberts, now 52, was in top physical health at the time, yet his body was failing him. In recent years he's had surgery to fix an enlarged thymus, two strokes, central nervous system damage, one pacemaker failed, another installed, prostate cancer, prostate removal surgery and severe asthma.

Doctors could find no physical reasons why he was having these problems; some told him it was in his head. But a recent study by the N.H. Coalition Against Domestic Violence found a connection between long-term health problems and sexual and physical abuse.

Though the study looked at women, it concluded that those who reported multiple types of abuse also reported poorer physical health and chronic pain and disease. And the women who've never reported abuse were less likely to get help for serious and ongoing medical conditions resulting from that abuse.

Roberts knows what it is like to keep abuse secret. But the findings of the study encouraged him to publicly tell his story in hopes of inspiring others to get the help they need. "My ability to overlook pain, to block out all the bad things, is killing me slowly," he said at a press conference announcing the study results earlier this month. "I am here today because I want to, I have to, regain control of what happens to my body. I have to defuse the ticking time bomb left there by others."

Roberts' mother was 18 when she had him. He was her second child; the first, Roberts said, a brother, had been shipped off to an aunt and was raised by her. By 6 weeks old, Roberts was in the hospital.

"My mother would joke about it," he said. "She would always say there had been an accident. I was in the hospital in traction for six weeks with a compound fracture of my leg and thigh. (Thigh only serious but did not break skin) On three different occasions as a kid my mouth was wired shut and my nose was packed and everything My mother always told me it was because I got sick and I would bleed a lot. As a kid it was so easy to hear someone say that was it and believe it."



Roberts was about 21/2 when he was placed in an orphanage just outside the Framingham Prison for Women, where his mother was doing two years (18 months) for being what they called at the time a "wanton

woman." He doesn't remember it, he said. In the years after his mother's release, marriages, divorce, more boyfriends and evictions (never evicted to my knowledge) kept the family on the move, bouncing between Massachusetts and Rhode Island for years.

There were a lot of boyfriends, Roberts said, most of them brutal. With each passing year, the family grew. His mother's boyfriends' faces changed, but the abuse was something he could count on.

By the time Roberts' mother was 21, she had five children by five different fathers. She believed the way you made a connection with a man was to get pregnant, Roberts said, so she did - 10 times, at least, and in regular 13-month cycles. (The 13 month cycle was myself, in Aug, my sister in Sept, and my brother in Oct that was the 13 month cycle I had three brothers in a row that were born within 2 weeks of each other for three years)

"My mother was brutal," he said. "My mother's favorite statement was, 'Never in the face.' ... People would see it if she hit me in the face."

It wasn't only Roberts. All of his siblings were abused. But his sister, Roberts said, had it worst. He remembers he once saw his mother hit her with an iron skillet. "If you were crying," he said of the incident, "she would hit you 'til you stopped crying."

As young as 4 and 5 years old, Roberts got up in the morning and went out. He said he learned early to try to stay gone until the streetlights came on. Then he could come home and go to bed, relatively unscathed.

What he couldn't do, was tell anyone what happened in his house. If even a doctor caught sight of a bruise or an elevation in heartbeat and got suspicious, he'd get it when he got home. (In the late 50's and early 60's there was no looking out for child abuse and we had a doctor that took care of us when needed) Which would happen, often, regardless of how "good" he'd been.

Roberts quickly learned to control his heart rate and breathing. He had to be perfect. (I just had to be better than my sister) One of the few vivid memories Roberts has is of his mother and a boyfriend, Nick, talking one night. She'd had a miscarriage. She casually mentioned to her beau how she "never could carry girls," and told Nick to bury "it" in the backyard, which he did. (I did not know if my mother had a miscarriage, and I did not know where the girl was buried, but years later my mother became very concern when the police were looking for a missing woman out in the back woods outside the city)

"I knew right then I had to be good," he said. "I learned then you didn't want to make my mother angry because she had the ability to because she had no motherly connection with me and because she had a boyfriend who would be willing - to just bury you in the back." (I feared Nick I was of no use to him; to my mother I meant more money each month) "For people who have lived in a household that is very

unpredictable," said Forest W. Seymour, a Keene psychotherapist who handles sexual abuse counseling, "it can be very stressful for a child. It causes them to always be on the alert, their radar is always on.

"Hopefully when the child gets older their lives calm down. But even if their life is calmer, they can be stuck in that state of high anxiety." Roberts said he spent his childhood and much of his adulthood being ready.

The sexual abuse was visibly difficult for Roberts to talk about. He turned his body sideways, crossed his arms, danced around the subject a few times but then said, "It all comes down to who is the power person. Sometimes the only way you can fight power is with truth."

With that, he told his story.

"The end part is very," he said, and stopped. He took a breath and started again, eyes out the window. His story continued in fragments, fits and starts. "Someone was really powerful. I knew it was wrong but I couldn't really do anything (I thought), 'Why is this happening?'"

"The person who did it was much bigger than me, more controlling than me. I don't know which one did it. I don't know if it was just one. But, it's so much easier to block it out. I remember there was blood.... But, what do you do? Do you go tell your mother? Well, you can't go tell your mother. It was so much easier to go inside, take it, block it out. And it stays that way. But it still comes through." He slowly shook himself out of what seemed a dark place and came back to himself.

"The only way you prevent those things is by coming forward," he said. "If you come forward it actually empowers you." "People need to get over the "sex" part of sexual abuse, Roberts said. It's a power thing, or it's gratification, or a combination, but it has nothing to do with gender or sex or orientation, he said. This is one of the biggest reasons that many males who are sexually abused never tell anyone, said James F. McLaughlin, a Keene police detective and expert in investigating sexual abuse and assault.

"The different ways in which males and females are socialized regarding gender roles hinders males from self-identifying as 'victims.'" McLaughlin said in an e-mail to The Sentinel "An example would be the different reactions a father would have when his 8-year-old daughter falls and hurts her knee (comforting and consoling) versus the way he would react to his son (telling him to be a man and to disregard the pain)."

McLaughlin also said, male victims of sexual abuse are further conflicted psychologically because they often experience sexual arousal during abuse. At the same time, they mentally realize the behavior is inappropriate. This mental conflict causes a great deal of anxiety and confusion, McLaughlin said.

All reasons why, until earlier this month, few people knew Roberts had ever been abused. "You live with things, you block things out and then one day you're sitting there and it all comes back," he said

Dissociative Identity Disorder is the official name of the diagnosis, said Seymour, but dissociation phenomena can be very broad and happen to just about anyone in one way or another. He said it can encompass daydreaming - which is a little dissociative - he said, to more extreme cases such as an out-of-body experience during a sexual assault. "Children who suffer extreme sexual and physical abuse use it as a survival skill, usually to take them out of the moment of the abuse," he said. "It allows the child to file away the experience or split off completely from what's happening .. . Sometimes a person in extreme cases, can get stuck when they dissociate. They start to do it when they don't want to. They may have a hard time concentrating. It makes relationship difficult, because it's hard to be present for a partner. And it can get in the way of work."

As Roberts grew up, he learned his mind could take him away, cover up the event and keep the pain away. He has since integrated his dissociation into his daily routine. "I don't call it a disorder," he said. "To me it's always been my biggest strength The idea is that you just change to feel comfortable and safe in a

situation." Once that was mastered, he saw that other people seemed to feel and act in a way he couldn't. So, always adapting, he found his own way.

He has two college degrees, but one is in social science so, he said, he could "learn how people expect you to react in certain situations. I knew there was a way I was supposed to be feeling but I couldn't get to it."

To learn how to feel, he collected music. He could feel the music and not get hurt. It was safe, he said. To this day when Roberts goes to a function, he said, he prepares in advance by choosing a selection of music that will inspire the emotion appropriate to the situation he's about to face. Next came morality, which he didn't feel he could learn from the adults he grew up with. He joined the U.S. Marine Corps, to learn right and wrong.

"I don't have to sit down and worry about the moral ramifications, just the rules," he said. "If it's against the rules of what (the Marines say is) right and wrong I don't do it."

For years Roberts worked out the residue of his hazy memories, guilt and shame through projects. (I have never felt guilt or shame because I was the kid and they were the adult to me the only guilt or shame would be if I continued the cycle against some other children I do what I do to help children protect themselves) In the Marine Corps he built schools, renovated orphans' homes and built parks before retiring with a back injury that left him disabled. On the school board he advocated for reading and pre-school programs. In the Statehouse he makes decisions he feels will help the most people. Each of these things stems the tide of memories and eases his pain, he said. He also became a member of the board of directors for the Monadnock Center for Violence Prevention. "If I'm helping someone else, then the other thing doesn't have to come out," he said. On the bad days, when work and altruism wouldn't cut it, he went inside himself.

"... Your system just shuts off and you sleep right through the day. You make sure you don't take pills, you don't drink or whatever, because it's easy to see how people become alcoholics and drug addicts because there are times you say, 'I just want it to end. I just don't want to feel the pain.'" "What I do when bad events come up, I break: all my bad events down into different senses and put them into different parts of my brain. It's like my brain is fragmented. It's all there. But I don't have to experience it all at one time. "It may not be the most effective way to do it. But it's the only way I know how."

Though he had learned all the surface qualities of being well-adjusted, inside, his body knew the truth. Roberts was in excellent physical shape, but at one point a few years ago, he was having heart trouble. Doctors took a look: no plaque, no fat, the muscle itself strong, Roberts said. But he needed a pacemaker to keep it going. Then there was the chronic pain, and a slew of new medical problems followed. After trying several things he ended up at the VA Medical Center in White River Junction, Vt., where they figured it out.

The way it was explained to him is that all the years of hyper-vigilance broke him down internally. The way Roberts explains it, is he is in a constant state of mistrust - fight or flight. Watching every move, listening to every word and gauging every nuance of body language in order to predict what's coming next and if he

"It's exhausting," he said. "I want to be able to relax, but you just can't shut it off." might be in danger. Doctors told him his failing health, the multiple surgeries and chronic pain were a result of constantly being in that state and suppressing the abuse for so long, he said. With the help of a therapist, he was able to bring back some of the memories of what happened to him as a child. It certainly hasn't been a quick fix. With every new memory comes a new pain that's been on hold most of his life.

He said speaking publicly about the abuse was something he needed to do, to get it out and get on with healing. He hopes it helps others, and saves himself too. I am here to educate, prevent and help," he said at the press conference earlier this month. "To me that's my greatest defense." Roberts said the cycle has ended with him. He has a wife who has stood with him, even though he wouldn't always let her in; three daughters who have jobs and are healthy and successful, he said. He lives comfortably and has a life he's chosen and is proud of.

His brothers and sisters didn't make it out that easy. Eight (three) of them have been in jail- one did 10 years for attempted murder - have severe health problems and (four) are in various stages of addiction. Only he and one brother, he said, have stayed out of trouble. As for his mother, he still sees her on occasion, but only on his terms. They've never spoken of the abuse. He said it wouldn't do any good.

I don't have any emotion against my mother. I can't hate her - because of her I'm here," he said. He has also said of the abuse, "I made sure that no matter what punishment or abuse my body and mind was forced to endure, I protected my inner spirit, my soul at all cost.

" ... We all have secrets that we keep. We all have secrets that we should keep. However, some of us have secrets that we shouldn't keep because as long as we do the secrets will consume us, even to the point of destroying us." Melanie Plenda can be reached at 352-1234, extension 1436

"To be truly kind a therapist must have the guts, humility and wisdom to face one's own nightmarish cruelty, racism, indifference and blindness. Kindness means being able to survive voracious attacks and insidious assaults from people who are hurting more than they can bear. People should call each other mental out of fear or ignorance, and we never forget how terrifying it is to feel little, lost, crazy or alone. We should all be kind



enough and wise enough to recognize that each of us have the innate capacity for good and evil, cruelty and kindness, and there might be times when all of us need help. Sometimes is just the simple act of listening to the unspeakable when it has to be heard." Marilyn Mathew

"We can only bow our heads in the presence of those broken beneath the burden of their destiny. The capacity of the human soul for suffering and isolation is immense." Sarvepalli Radhakrishnan

Nor should we forget that evil often serves the good; in some cases we see this is so, in others our limitations prevents us from perceiving it." St Augustine

"Walk away from it until you are stronger. All your problems will be there when you get back, but you'll be better able to cope." Lady Bird Johnson

"Difficulties are what show men's character; therefore when a difficult situation meets you, remember that you are as the raw youth with whom God the trainer is wrestling." Epictetus

"If there is to be any united help it can be expended in no better way than in providing each with equal opportunities of attaining success, as far as practicable; and then, leaving them to fight among themselves for headship, let men strive to help themselves, and never allow themselves to degenerate into mere puppets, helpless and purposeless, suited only to be tossed about at random on the sea of life." Frederick Millar

"When the mind of the youthful reader is once roused, enchained, fired, his redemption from sense is begun; he is delivered thought it be only in the chrysalis or caterpillar form to the great God of truth and he will never again be the clod he was." J. Brownlee Brown

"All human situations have their inconveniences. We feel those of the present but neither see or feel those of the future, and hence we often make troublesome changes without amendments and frequently for worse." Benjamin Franklin

"When moral courage feels that it is the right, there is no personal daring of which it is incapable." Leigh Hunt

"By choosing, we learn to be responsible. We pay the price of our choices. This helps us to make better choices. Each choice we make consciously adds positively to our sense of self, and makes us trust ourselves more and more because we learn how to live up to our own inner standards and goals."Marsha Sinetar



Old Faithful

Yellowstone National Park

Wyoming

“For every beauty there is an eye somewhere to see it. For every truth there is an ear somewhere to hear it. For every love there is a heart somewhere to receive it.” Ivan Panin

“One is only free when one is alone.” Isabelle Eberhardt

“All human actions have one or more of these seven causes: chance, nature, compulsions, habit, reason, passion, desire.” Aristotle

“There comes a time where each child has to decide whether to be ordinary in life or to be something more.” Wendy Morris



"The good we secure for ourselves is precarious, is floating in midair, until it is secured for all of us and incorporated into our common life," Jane Addams

"Everyone has a talent. What is rare is the courage to follow that talent to the dark place where it leads." Erica Jong

Have you ever wondered why so many people do their utmost to list all their disabilities and shortcomings to the world? Is it because they want the world to feel sorry for them or is it because they want to live by a different set of rules? True without question some people have serious disabilities that limit them from doing many things.

However, most of us that are legally disabled have in fact developed a much higher level of skills in other areas. I wondered do we feel disabled because we cannot do the things we desire instead of the things that we are truly wishing for? Steven Harkins, someone almost anyone would consider seriously disabled was one of the smartest people to ever live and he used his abilities not his disabilities to enrich the world. Maybe just maybe we are the person we are today as the result of our "disabilities" not because of perceived limitations caused by our disabilities

"Nobody can hurt you but yourself. Every experience you have makes you all the more fit for life." Box-Car Bertha

"Many people are frustrated and unhappy with their jobs, their relationship, or even both. Yet they often ignore these feelings of discontentment because to acknowledge them is to admit that we are ambitious to ourselves and, more, that we may have to make some changes in our live. Such a prospect of change is frightening. We may not be excited, stimulated, or fulfilled by the familiar, but we certainly are comfortable with it. As if the unknown was not scary enough, the prospect of trying something new and falling flat on our faces can be so terrifying as to be paralyzing. That is why before many of us can even admit, let alone comes to grips with the idea that we want more out of life, we must reach the point at which our need for change surpasses our need for security. Some people reach that point when we become so dissatisfied with our lives that we are finally willing to take some risks because we can no longer bear the awful pain. When the rug is suddenly pulled out from under us, we're forced to confront many of the emotionally charged issues that we may have avoided in our past." Carol Coleman

"Mother Nature may make things very difficult but she never makes them impossible. Only we have the ability to make the easy hard and the difficult impossible. Mother Nature has locked the key to our lives problems deep within each of us. It is our responsibility to our talents to find and use that key. No one else can find that key for us nor will anyone else's key work for us. "Call it faith, call it vitality, call it the will to live, call it the religion of tomorrow morning, call it the immortality of man...it is thing that explains why man survives all things and why there is no such thing as a pessimist." G.K. Chesterton

"My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement and forget about success." Helen Hayes

"If you find impossibly tedious to become an expert about what think matters to you, then you're not chasing a dream, you are just daydreaming." S. Emery

“The shy man will not learn; the patient man should not teach. Ask and learn.” Hillel the Elder

“Therefore it is said that victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.” Zhang Yu

“There is a brook in the mountains that nobody I ask knows its name. It shines on the earth like a piece of the sky. It falls away in waterfalls, with a sound like rain. It twists between rocks and makes deep pools. It divides into islands. It flows through calm reaches. The years go by and its clear depths never change.” Ch’u Ch’uang



No matter what looms a head, if you can eat today, if you can enjoy the sunlight with your friends, enjoy it and bless God for it. Do not look back on happiness or dream of it in the future. You are only sure of today don’t let yourself be cheated by it.” Henry Ward Beecher

“We live in a system built on illusions and when we put forth our own perceptions, we are told we do not understand reality. When reality is illusion and illusion is reality, it is no wonder we feel crazy.” Anne W. Schaefer

“For a long time it has seemed to me that life was about to begin; real life. But there was always some obstacle in the way, something to be got through first, some unfinished business, time still to be served, a debt to be paid, then life would begin. At last it dawned on me that these obstacles were my life.” Alfred D’souza

“The most precious opportunity presents itself when we come to a place where we think we can’t handle what is happening. It becomes too much. It has gone too far. There is no way we can manipulate the situation to make ourselves come out looking good. No matter how hard we try, it just won’t work. Basically, life has just nailed us.” Pema Chodron

“Common and vulgar people ascribe all ill that they feel, to others; people of little wisdom ascribe to themselves; people of much wisdom to no one.” Epictetus

“It is one of plainest facts about the evils that men suffer, that all help which can reach them is costly. The necessity of self-help is one side of the truth; but it is a great error if placed alone, as if it were the whole truth. Self-help, what is that to a man delirious with fever; to a man at the top of a burning house, to one buried in a coal mine; to one overwhelmed with debt; to one doomed to die? We are in a world where self-help must be met and matched by sacrifice; by vicarious effort; by the pity which leads the strong to take the place of the weak, to labor and suffer in his stead. We are living in a world where this is necessary every day, necessary to our very existence. Every calamity that falls on a city, on a family, on a person anywhere, is a call for sacrifice from somebody, for vicarious suffering that shall relieve and save. No calamity that smites a human being can be remedied without somebody’s cost. When you read the news of a cyclone, a drought, a fire, an earthquake, you know that men have been stricken, and that other men must heal the wound at their cost, if it is to be healed at all.” David Edward Beach

“Heaven never helps the man who will not act.” Sophocles

“I realize that each person can only claim one aspect of our character as part of their knowledge. To each one we turn a different face of the prism.” Lawrence Durrell

I Have Learned

I've learned that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I've learned that there are people, who love you dearly, but just don't know how to show it.

I've learned that sometimes when I'm angry I have the right to be angry but that doesn't give me the right to be cruel.

I've learned that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.

I've learned that it isn't always enough to be forgiven by others, sometimes you have to learn to forgive yourself.

I've learned that no matter how bad your heart is broken, the world doesn't stop for your grief.

I've learned that just because two people argue, it doesn't mean they don't love each other and just because they don't argue, it doesn't mean they do.

I've learned that sometimes you have to put the individual ahead of their actions.

I've learned that two people can look at the exact same thing and see something totally different.

I've learned that no matter the consequences, those who are honest with themselves get farther in life.

I've learned that your life can be changed in a matter of hours when a friend cries out to you, you will find the strength to help.

I've learned that writing, As well as talking, Can ease emotional pains.

I've learned that the people you care most about in life are taken from you too soon.

I've learned that it's hard to determine where to draw the line between being nice and not hurting people's feelings and standing up for what you believe.

I've learned that true friendship continues to grow even over the longest distance same goes for true love. I've learned to love and be loved.

I've learned.

Omer Washington

"We who lived in the concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken away from a man but one thing: the last of his freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way." Viktor E. Frankl

"You're going to have teammates who want to take other guys down with them. They're going to want to go out and drink. They'll want to party. And while partying isn't such a bad thing, you could easily lose your focus if you're careful. You can't let other people influence you to become something you're not just because you want to be one of the guys. You control your own destiny, nobody else does." Bert Blyleven

“We can no more crush out of the Negro mind political aspirations than we can out the Caucasian mind. The Negroes are in America, with an American consciousness, American ideas, aspirations, ambitions; and they are susceptible to precisely the same influences which control their white fellow-citizens. They can be led and misled. They can be swayed by fallacy and by facts, by appeals to their ambitions and prejudice, and by reason addressed to their intellects. They are capable of being influenced by moral and religious considerations, and be directed in the performance of civil duty by wise appeal to their patriotism. There is a place for political leadership among the eight million Negroes of the south and that place will be occupied by men who are either trusted or fitted for it, and who will use their power for wise ends, or by demagogues, tricksters, and charlatans. It is no small matter that there should be provided for them men who, by reason of their ability, culture and training, are competent for wise leadership.” T. J. Morgan

“It goes without saying that the political leaders of today are inferior to those of a century ago. We have men in public life now, animated by motives as high as those of the founders of the government, but we have not men of equal ability in statecraft. The tendency of legal training is to make one look backward rather than forward. The lawyer is naturally a conservative with whom precedent too often takes the place of principle and technicality defeats the purpose of legislation. He furnishes the element of stability rather than an initiator. Were the world at a standstill, he would be an idea legislator, but the world still moves; life is continually becoming more complex, and new relations are continually arising. Wise legislation requires knowledge of the principles of political philosophy, a just appreciation of social forces in all their combinations. The true statesmen, who adds to legal knowledge an acquaintance with which the Germans call the science of administration is not found in our public life today. The reason for this is not hard to discover. Men of ability we have in abundance, but a crisis is required to draw them into public life. The wonderful commercial operations have created a demand in that direction for men of the highest executive ability and originality of thought, and thus the best mainly have been turned to mercantile rather their political activity.” F. I Vassault
1889 The Overland Monthly Vol. XIII Second Series

“Everywhere we say, this is for that, wherever there appears an end and consummation to which the process leads; provided it goes unimpeded. Now every event that happens is a part of some process or other. Every act is part of a tendency. There are no loose facts in nature, no things that happen, or be hereafter. The tendencies of nature often run counter to one another, so that the result to which this or that was tending is frustrated. Although that for which it was has got perverted to something else. There is no tendency which of itself fails and comes to naught, apart from interference. Such a universal and absolute breakdown is unknown to nature. True in the individual, whether plant or animal, there are many potentialities frustrate and made void.” Van Buren Denslow

“The longer one lives, to find how much, in our present society, a man’s life of each day depends for its solidity, a man’s life of each day depends for his solidity and value on whether he reads during it. More and more he who examines himself will find the difference it makes to him, at the end of any given day, whether or no he has pursued his avocations throughout it without reading at all; and whether or no, having read something, he has read the newspapers only. This, however, is a matter for each man’s private conscience and experience. If a man without books or reading, or reading nothing but his letters and newspapers, gets never the less a fresh and free play of the best thoughts upon his stock notices and habits, he has got culture.” Author Unknown

“It is astonishing what competent leaders the American Civil War drew out for the conduct of great affairs from among men of inferior education, and no less astonishing how some of them, have acquired glory, contentedly retired into private life again when their distinguished service was over. This is very creditable to the influence and characteristics of pure democracy in practical conduct.” James Knowles Norton

“Moral courage, the courage of one's convictions, the courage to see things through for the world is in a constant conspiracy against the brave. It's the age-old struggle – the roar of the crowd on one side and the voice of your conscience on the other.” General Douglas MacArthur

The Boston Globe Santa

Have every really wondered what it would take to make a child happy on Christmas, chances are if you did your guess would most likely be wrong. Very few adults seem to understand that it often takes very little to make a child happy. Almost as if it doesn't matter if the child is happy with what they received but the adult is happier with what they gave.

When I was a child my Christmas revolved around two organizations the being the Boston Globe Newspaper and the Kiwanis. In many ways they did very little but they did a great deal. Every year the Kiwanis would have a Christmas party for a group of children where each child got a gift and then they would take the children to a local store usually the 5 and 10 store where each child was given \$5 to buy gifts for the parents and brothers and sisters and the children were then taken back to wrap the gifts. It was all about making other people's Christmas better.

The Boston Globe had the Boston Globe Santa. To me he was very real. Each year adults would send the Boston Globe Santa requests for their children and the paper would print many of those letters in the paper. Sometimes the letters were from older children asking Santa to take care of their brothers and sisters.



People would read the stories and would send money to the Boston Globe Santa Fund. Businesses would also donate towns and other thing. Somehow the people at the Boston Globe with the help of others would read every single letter and then do their best to match up the toys on hand with the wishes of every child. Looking back one has to realize that not only did they had to look out for the fakes and liars, they had to make the harsh decision as o which children got gifts and which children when without.

I guess the hard part for the parents in most cases hard working single mothers or mothers on welfare was the wait not really

knowing if they their children had made the cut. I think there was a letter that arrived a few days before Christmas informing the lucky ones.

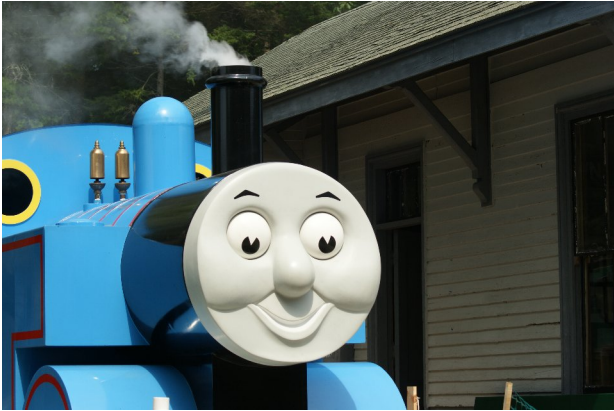
The Boston Globe Santa Boxes would arrive a few days before Christmas. I think on a few occasions the box arrived on Christmas Eve. While I am not sure but I remember that the boxes were delivered by the Post Office, UPS and Hood Milkmen. One would think that these men would much rather have been home with their own families on Christmas Eve.

In the end looking back I don't remember a single toy but I remember the trucks in the dark with their flashing lights on dropping off the box, some year bigger than other, some year small all depending on strangers goodwill. When these strangers sent in their five or ten dollars, or when school children sent in their collection of pennies, nickels, dimes and sometimes quarters they never knew which child or children would be benefiting from their actions.

Many years later as a Marine Corps Captain stationed at Charleston, South Carolina I was responsible for the local Marine Corps Toys for Tots program where we collected toys from the community for local children. Often people take this as an opportunity to clean their house of old toys which we had to throw away. Other times companies would dump old worthless toys on us in order to get a tax write off. Most of the times these were only parts of a set which made the toys pretty much worthless. But in the end there

were many people who went Christmas shopping for their children and then buy two of something and then place one in the donate box. The hard part was when it came time to determine which children would get toys and what toys would be selected for them. It wasn't very easy. Many adults were very selfish they weren't happy with the brand new toys that they were given they wanted to go into the warehouse and do the picking themselves.

The strange part in almost every single case these people were the best dress and drove up in very good cars. The poorest people never seem to complain, they were always very happy many to the point of tears. For some of these people we always found a way slip in a few extra toys or upgrade the toys as we filled the box and put it in their car.



The worst part was in the mid to late 80's there were a lot of poor people in South Carolina just making it from day to day. Poor wasn't limited to color, poor was just poor. However, for some reason whether it was because they couldn't read or write very well, if they couldn't take time off from work, didn't have a car and just were too proud many of the people that need the help the most never got it.

At the last moment my boss the Battalion I&I; LtCol Railey told me that I couldn't have leave to spend Christmas with my family. He was still really upset with me because I had allowed most of my people to take Christmas leave. The rules stated that I was the only that could say yes or no. Due to a major upcoming Inspector General Inspection the second week in January he hinted over and over that he disapproved of anyone going on leave; we had done our work and we were ready for the inspection so I allow the leave just as I promised. LtCol Railey who was station in Seattle told me that I would pay a heavy price.

So as Christmas rolled around I was left mostly by myself, everyone was off. My family was in New Hampshire and my boss was mad at me because I wouldn't ruin my Marines birthday. He was also having a major Inspector General Inspection too and wasn't allowing his Marine much time off for the holidays.

I had a bunch of toys left over so I went to the warehouse with a list of names that were given to me by some of the social service organizations in the Low Country, these people were the poorest of them all. I did my best to match up as many as I could load up my car and went back to my BOQ room to shower and get into my dress blues. I spent almost up midnight driving the dark back, often dirt roads of the area, knocking on people's down usually an old falling apart mobile home or some really run down shack. It never dawn on me that I could have gone lost or that someone could have hurt me as I drove up unexpected late at night. I would just knock on the door ask if such and such lived here and then give them the bag of gifts say Merry Christmas and leave. It was important that I didn't let them know that I could see them crying.

It was my last stop and I still it remember very clearly as the real spirit of Christmas. It was up a long bumpy dirt road, really an old logging road near one of the paper mills. There at the end of the road was a very small badly beat up trailer or mobile home, all I could think of what was the hell was I doing there, this made no sense at all. I shouldn't be doing this no one ever knew that I was doing this. I got out of my car and walk up to the door and started knocking, it was really late. At first there was no answer so I said man I am out of here, the last thing I need is for someone to point a shotgun at me or let some old junk yard dog loose on me.

Something had me knock once more and as I was starting to turn to go back to my car this young thin woman with blond hair with a little boy maybe about 3 years old holding her leg trying to see who I was open her open door. I could see that she was somewhat fearful of this stranger. I handed her a bag of gifts and told her Merry Christmas and I turned quickly because I didn't want her to see that I was the one that

was crying. I don't even remember her name; I don't even know what came of her or that child. All I know is that at one moment in time she was happy. For one moment in time she understood that there were people out there that cared.

No matter what I get for Christmas, no matter how expensive the gift may be there just don't have the effect on me as the box from the Boston Globe Santa or the look on that young mother's face when a Marine Officer dressed up in his Dress Blue Uniform knocked on her trailer door late Christmas Eve to wish her a Merry Christmas and to give her gifts for her children. There would gifts under the tree for her children.

Adults really don't understand the meaning and the importance of Christmas to a child. It is never the expected gift regardless of cost it is always the gift that is least expected, it is the gift that didn't need or didn't have to be given. A child always knows when an adult is being honest, in many ways a child is unlike an adult because children rarely ask for more than you can give. Not so with adults.



“Men fear thought as they fear nothing else on earth, more than ruin, more even than death. Thought is subversive and revolutionary, destructive and terrible, thought is merciless to privilege, established institutions, and comfortable habit. Thought looks into the pit of hell and is not afraid. Thought is great and swift and free, the light of the world, and the chief glory of man.” Bertrand Russell

“No man was ever so much deceived by another as by himself.” Greville Keiser

“Courage is willingness for adventure, a willingness to go where life takes you; a willingness to enjoy life even when times are tough.” Ellen Guidera

Life is not like Burger King you cannot always have it your way, sometimes you have to eat what is given or starve.

“We automatically scan other people and response accordingly. We are constantly, but subliminally, reading the facial expressions, mannerisms, and tone of voice of other people for cues about what they are feeling, what they are thinking and what they are likely to do. This process of reading other people involves filtering and decoding vast amount of interpersonal information and coming up with the appropriate response, all in a span of a heartbeat. Not only is this done unconscious, it is essential that it be so because unconscious thinking is so much faster and more efficient than conscious thinking. In many ways the brain's non-conscious processing is often far more accurate and efficient than its conscious processing.” Michael J. Bader

“The belief that populations change slowly in times past is pure myth. Or rather, static populations staying in one place for a long period of time have been the exception historically rather than the rule. In the twentieth century it is sheer folly to disregard demographics. The basic assumption must be that populations are inherently unstable and subject to sudden sharp changes and that they are the first environmental factor that a decision maker, whether businessman or politician should analyzes and think through.” Peter F. Drucker

“We are born and sooner or later we die. Each moment is just what it is. Resentment, bitterness, and holding a grudge can prevent us from seeing and hearing and tasting and delighting. This moment may be the only moment in our life to eat a strawberry. We could feel depressed about it or we could appreciate the strawberry.” Pema Chodron

Always Remember Those Who Serve

In the days when an ice cream sundae cost much less, a 10 year old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the number of coins he had in it. "How much is a dish of plain ice cream?" he inquired. Some people were now waiting for a table and the waitress was getting a bit impatient. "Thirty-five cents," she said brusquely. The little boy again counted his coins and said, "I'll have the plain ice cream." The waitress brought him the plain ice cream, put the bill on his table and walked away. The boy finished eating the ice cream, paid the cashier, and departed. When the waitress came back, she began to wipe the table and soon swallowed hard from what she saw. There, placed neatly beside the empty dish, were two nickels and five pennies for her. Author Unknown

Your dreams are the most important promises that you will ever make, for they are the promises that you will make to yourself. No matter how much you try

you always know when you break a promise made to oneself. The funny thing about dreams they really don't have a time table. Many overnight successes are the result of 10-20-and sometimes 30 years of work. Even if your dreams were to take a lifetime and were only realized on your deathbed if you had followed your heart chances are the last words that will ever cross your lips will be I have lived a good life.

"Life moves on, whether we act as cowards or heroes. Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run from, everything we deny, denigrate or despise, serves to defeat us in the end. What seems nasty, painful, and evil can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such." Henry Miller

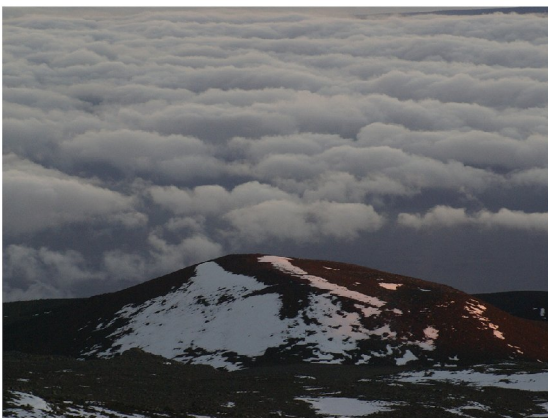
"This is the true joy of life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy." George Bernard Shaw

"Our souls are not hungry for fame, comfort, wealth or power. Those rewards create almost as many problems as they solve. Our souls are hungry for meaning for the sense that we have figured out how to live so that our lives matter, so that the world will at least be a little bit better and different for our having passed through it." Harold Kushner

"There is around every man a woman, every boy a girl, a certain atmosphere that keeps him or her separate and distant from all other persons." Frederick Tudor



Old Volcano Sunset

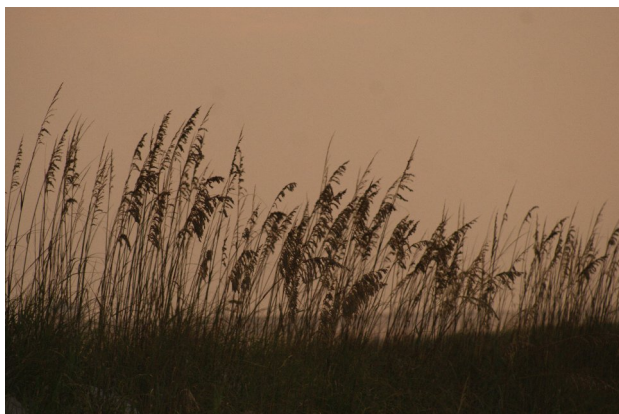


13,600 Feet Looking Down At The Clouds

“Because of the envious nature of men, it has always been no less dangerous to discover new methods and institutions than to explore unknown oceans and lands, since men are quicker to criticize than to praise the deeds of others.” Niccolo Machiavelli

“Character is the tenacity to fail, learn and come back stronger. It is the grace to win with humility, to lose with dignity and to give your best in both. Character is being honest with yourself by looking for only the best within yourself. It is seeking to be better than who you are and to leave things better than you found them.” George Foreman

“You know from past experiences that whenever you have been driven to the wall, or thought you were, you have extricated yourself in a way which you never would have dreamed possible had you not been put to the test. The trouble is that in your everyday life you don't go deep enough to tap the divine mind within you.” Orison Swett Marden



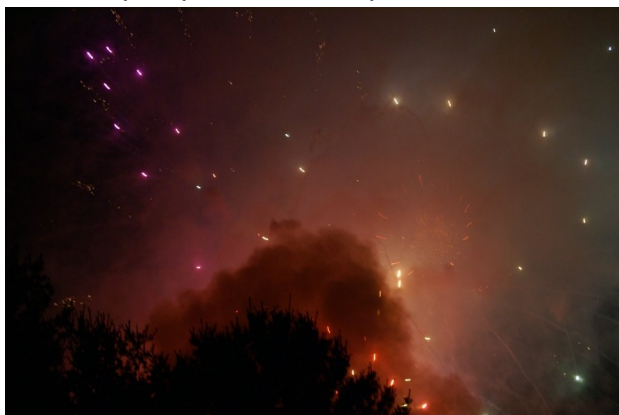
“Each of us doesn't have to reinvent the world. You don't have to try to do everything yourself. You can learn just as much by watching and listening as by doing?” Elizabeth Delany

“Success in life comes not from holding a good hand, but in playing a poor hand well.” Warren G. Lester

“Things which matter the most must never be at the mercy of things which matter least.” Johann Wolfgang von Goethe

“I wonder why it is that we so often imprison ourselves in the opinions of other people. There can be no punishment worst than conspiring in our own diminishment.” Dawna Marova

“Some day in years to come, you will be wrestling with the great temptation, or trembling under the great sorrow of your life. But the real struggle is here, now, in these quiet weeks. Now under the great it is being decided whether, in the day of your supreme sorrow or temptation, you shall miserably fail or gloriously conquer. Character cannot be made except by a steady, long-continued process.” Phillips Brooks



“I'd rather be a has-been than a might have-been, by far; for a might-have-been has never been, but a has-been was once a been.” Milton Beer.

“If we try to control and hold onto our children, we lose them. When we let children go, they have the option of returning to us more fully.” Anne Wilson Shaef

“The most glorious moments in your life are not the so-called days of success, but rather those days when out of dejection and despair you feel raise in you a challenge to life, and the promise of future accomplishment.” Gustave Flaubert

“Never get to the point where you will be ashamed to ask anybody for information. The ignorant man will always be ignorant if he fears that by asking another for information he will display ignorance. Better once display your ignorance of a certain subject than always knowing nothing of it.” Booker T. Washington



Waiting For The Big One



“I fell in love with her courage, her sincerity, and her flaming self-respect and it's these things I'd believe in even if the whole world indulged in wild suspicions that she wasn't all she should be.... I love her and that's the beginning of everything.” F. Scott Fitzgerald

“Though the negroes are fed, clothed and housed, and through the Irish peasant is starved, naked, and roofless, the bare name of freeman, the lordship over his own person, the power to choose and will are blessings beyond food, raiment or shelter; possessing which, the want of every comfort of life is yet more tolerable than their fullest enjoyment without them.” Fanny Kemble

“The universal truth; the truth that we all come into this world with certain gifts and certain defects;. we may cultivate the gifts or neglect them; we may overcome the defects or we may yield to them and bring the inherited curse upon us. The life force meters out to each one his heritage for him to invest or to be squander, as he will.” Mary S. Haviland

“There is no sadder slight than a young pessimist.” Mark Twain

”The tragedy of life is not so much what men suffer, but rather what they have missed.” Thomas Carlyle
“I see people in the world throw away their lives lusting after things, never able to satisfy their desires, falling into deep and deeper despair, torturing themselves. Even if they get what they want how long will they be able to enjoy it? For one heavenly pleasure they suffer torments of hell, blind themselves more firmly to the grindstone. Such people are like monkeys frantically grasping for the moon in the water and then falling into the whirlpool.” Ryokan

“Keep steadily before you the fact that all true success depends at last upon yourself.” Theodore T. Hunger

“After climbing a great hill one only finds that there are many more hills to climb.” Nelson Mandela

“Learning involves taking risks, and it also involves both success and failure. There is no such thing as freedom to fail; but there must be freedom to learn. That is, leaders must be accountable for their actions, including their failures; but the organization must be able to learn from both success and failure. Leaders should influence more than they control. The net result can be liberation and powerful, but requires a leader who can embody and foster a determination to innovate, to take risks, to work through setbacks, and to work effectively in teams. ..Leader must be committed to leadership development. “Gordon R. Sullivan

“There are occasions when it is undoubtedly to incur loss than to make gain.” Plautus

“Some people are sympathetic; others are just pathetic.” Peter Wastholm

Public Rejection:

After two elections where I was number 1 vote getter I was soundly beaten by two people that had never ran for the school before and the only person I was able to beat was a woman that didn't campaign and had six children which she home-schooled because she didn't believe public schools weren't good enough for her children. It is not a very enjoyable feeling to see your name in big bold letters on the front page telling the whole city you lost.

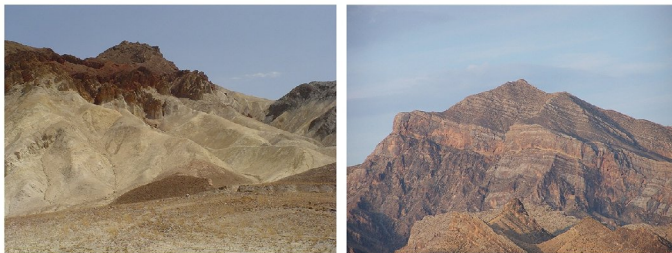
After I got over the feeling of total rejection I look back to remind myself of the good times and wrote the following letter to the editor to tell everyone thanks for the opportunity.

Reader Opinion: The Keene Sentinel, Saturday, March 23, 2007

To The Sentinel:

I often asked myself if it was really worth the effort of running again.

I decided to assume the risk of losing because I believed that we had made some major changes that would benefit our children and that I had more to offer for the long-term improvement of our schools. But most of all I never wanted to look back with regret for not running.



Death Valley, National Park

No one likes to lose and there is no rejection worse than the public rejection that comes with losing an election.

As the election got closer, I knew I was facing a very uphill battle for re-election. I knew that many of the teachers were unhappy with the proposed contract and the shifting health-care costs. I knew that many people were unhappy with the business model budgeting I used.

I tried it three years earlier as the finance chairman and was quickly replaced. I did what I believed was in the best interest of maintaining education quality without bankrupting the local taxpayers.

I wanted to provide the best education the community could afford while making the community far more knowledgeable. I was in serious trouble when, as a two-term school board member, "Keene Cares" felt it could not endorse me as someone who cares about our children's education.

Then there were the handouts and letters to the editor that contained many half-truths while holding me completely responsible for the budget, even though the final budget was increased by the full board.

The worst thing' about losing this election wasn't the fact that I was soundly beaten. It wasn't even the fact the teacher contract failed. I expected that, because of the lack of effort on the teachers' part to convince the public that they deserved the increases.

I tried my best, but the Keene Education Association failed to take the next step.

What hurts the most is that some of our hardest-working and some of our lowest-paid full-time employees, the custodians and trades, were not only denied a 15-percent raise over four years, but we told them they cannot even think of getting a raise until at least 2008.

We talk about livable wages a great deal here in Keene and we have told people who earn on an average \$13 per hour that even with the increases in the price of gas and heating oil over the past few years they don't deserve a single penny increase for two years.

It's okay to blame me for the high budget, the \$1.3 million in budget cuts, the high tax increases or even not wanting to use local funds to pay for a teacher at one of our schools, but the punishment for those failures should have ended with me, and should never have extended to the custodians.

The only advice that I would offer is that all sides take a very long and deep breath and decide how to make the system work with the resources that will be provided.

Otherwise we risk losing some of best and brightest staff, teachers and leaders.

Once the quality of education drops off or even if the perception is created not only will our children suffer so will our pocket books. The values of our homes are more negatively affected by a perception of poor schools than the reality of high taxes.

We must be careful in our rush to reduce our school taxes, because many people could lose far more in home valuation.

The voters have overwhelmingly stated that there are three other people far more qualified to meet their demands than I am. Without question I accept the voters' decision; as far as I am concern there isn't anything I would have or should have done different.

I know that I have been granted a rare and outstanding opportunity to make a positive impact on our youngest citizens.

I know without question I leave with my personal integrity intact and a better person.

Finally, it was stated in a letter to the editor that I used a picture from the flood of 2005 to make a very unfunny joke. What the author of that statement did not say was that picture was taken by me, in chest-deep water near my home, which was in the center of the flood.

Kris E. Roberts

"We should not be afraid to allow a child to make his or her own mistakes, so long as she is not personally endangered. We forget that mistakes are an integral part of the learning process. When we deny the child the opportunity to learn through mistakes, we essentially block the child's development. The child may become immobilized or decide to go around us. Then, our fears become twofold; the child is either not developing fast enough, or is growing away from us and no longer needs us." Terry Cole-Whittaker

"Promise is most given when the least is said." Musceus

If you desire to a positive perception of reality, you must, about all develop the habit of being hard on yourself. You must always first look at yourself to see if you are the cause of the problems in your life. To do so requires a willingness to attack your delicate ego in order to give yourself the opportunity for long-term success. It means that no matter what some else does to you, you must always ask yourself could I have done something to avoided this problem in the first place. It is never about whether they should have done it or no, you have no control over that. Even the best of people will do things that they should never have done, so you must ensure that you prevent as many problems as possible in the first in place



“The most beneficial means for dealing with your issues is too often devote time and energy to the difficulties of others. Such action always puts your own needs into context, and diminishes the size of your troubles.” Wally Amos

The opportunity to lead is both a privilege and a challenge. The most important skill for any effective leader to have is perceptiveness for if you can't analyzes the situation and perceive the desire outcome and the resources need to achieve that outcome possessing all the skills and talents in the world will be for not. Without the ability to perceive you will be forever changing your direction if you do that you will create significantly levels or an anxiety and uncertainties when that happens people in the organization will never develop confidence in your ability to lead. If honored to be selected to lead one understand that it can be very dangerous if not destructive for a leader to have a predetermined style of leadership. If the leader is too authoritarian but his or her organization is made up of highly skilled and self-motivated he or she may find him or herself appearing too bossy or even impulsive. An effective leader

understand that the results are far more favorable if he or she changes their leadership style necessary to bring out the best in the people you are leading. When leading any major organization the leader must accept the fact the he is leading in a constantly changing environment that will at times challenges the flexibility and decisiveness of even he bets leaders. To be successful in such an environment the leader must actively listen, study, and constantly engaging in self improvement. A leader can stay calm in the most demanding of situation if he is knowledgeable and has developed an informal team of superiors, peers and subordinates that keeps him or her abreast of the ever changing environment allowing the leader more time to study and confront problems thus minimizing the negative outcomes. In the end it comes down to being firm but fair and holding yourself accountable for everything that goes wrong.

No matter how much time and effort we put into preparing for the unexpected there will be time when we will find ourselves facing the unexpected. That is why it is called the unexpected, if it was expected we could have done something to prevent it or lessen its impact on us. No matter how well we map out the journey we must travel in life we will come to a point and place that we never expected or desired to reach or be. No matter how much we try to control the events on our lives we will find ourselves confronted with circumstances that are completely unexpected and beyond our control. If we are lucky we will accept the fact that we can control how we will deal with the circumstances. This may be the time when we stop for a moment, we look at the world spinning around us, and we look at which direction we are heading in life. Maybe just maybe this is the time we finally stop and ask ourselves are we heading where I want to go, or am I just following the herd going where I am expected to go.



Sometimes the strangest thing will happen; people will do things that are completely against their own self-interest not because they believe that it serves a larger good but just because you are for it. I have seen this happen over and over again it is almost as if they think you have some hidden motive. It is almost as if they are telling themselves that if I was in his shoes I wouldn't be doing what he is doing so there has to be some negative reason for him doing it. No matter how much they try they can't or won't accept the possibility that it is being done because it is just the right thing to do.

"Ask the uncomfortable questions. Tell your own story. Listen to the stories of others. That's leadership." William Bradley

"Whatever you have forgotten, you can remember. Whatever you have buried you can unearth. If you are willing to look deep into your own nature, if you are willing to peel away the layers of not-self you have adopted in making your way through the tribulations of life, you will find that your true self is not as far removed as you think." Mededith Jordan

"Life is a raw material. We are artisans.

We can sculpt our existence into something beautiful, or debase it into ugliness. The choice is our, everything is in our hands." Cathy Better

"Every morning on the plains of Africa, a gazelle wakes up. It knows that it must run faster than the slowest gazelle and faster than the fastest lion or it will be killed. Every morning a lion wakes up knowing it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle when the sun comes up you better be ready." Author Unknown

"A man's life contains hidden depths and large secret areas." Pliny the Younger

"What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous." Thomas Merton

Potential: One of the most defining and limiting words in all of human language. It is the cause of one of our greatest fear; the point in our lives when some of us discover that our life has run its course causing us to confront the harsh reality that we missed or avoided countless opportunities due our fear of failure and or desire to remain in the "comfort zone." Rather than risk failure at any level some of us have chosen to settle for mediocrity. Regardless if we want to or not we must confront the fact that down deep within our soul that we will all leave this world with unrealized potential. We must accept that fact that we rarely get a second opportunity to recover or act upon unrealized potential.

"The United States Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up to it by yourself." Benjamin Franklin

How Did You Die?
Edmund Vance Cook

Did you tackle that trouble that came your way
With a resolute heart and cheerful?
Or hide your face from the light of day
With a craven soul and fearful?
Oh, a trouble's a ton, or a trouble's an ounce,
Or a trouble is what you make it.
And it isn't the fact that you're hurt that counts,
But only how did you take it?

You are beaten to earth? Well, well, what's that?
Come up with a smiling face.
It's nothing against you to fall down flat,
But to lie there -- that's disgrace.
The harder you're thrown, why the higher you bounce;
Be proud of your blackened eye!
It isn't the fact that you're licked that counts;
It's how did you fight and why?

And though you be done to death, what then?
If you battled the best you could;
If you played your part in the world of men,
Why, the Critic will call it good.
Death comes with a crawl, or comes with a pounce,
And whether he's slow or spry,
It isn't the fact that you're dead that counts,
But only, how did you die?

I had to realize that I had to give myself permission to figure things out, what I really wanted out of life, what my true dreams were that everything in life involves risk and then make my own decisions. I found by given myself permission to follow my dreams and make my own decision based on my dreams and purpose in life I was able to learn the importance of believing in myself willing learning to always be willing to listen, look and learn. Because of this I have always been drawn to a teacher. These teachers seem willing to remain in my life for as long as it was needed for me to learn what I needed to learn; the teacher was always there to give me the lesson that I needed at the time necessary for me to make the right decision.

“Whenever you committed the evil of refusing to think and to see, of exempting from the absolute of reality some small wish of yours, whenever you chose to say: Let me withdraw from the judgement of reason the cookies I stole, or the existence of God, let me have my one irrational whim and I will be a man of reason about all else - that was the act of subverting your consciousness, the act of corrupting your mind. Your mind then became a fixed jury who takes orders from a secret underworld, whose verdict distorts the evidence to fit an absolute it dares not touch - and a censored reality is the result, a splintered reality where bits you choose to see are floating among the chasms of those you didn't, held together by that embalming fluid of the mind which is an emotion exempted from thought.” Ayn Rand

“No act of kindness, no matter how small, is ever wasted.” Aesop

“We often succeed in enterprises which demand the positive qualities we possess, but we excel in those which can also make use of our defects.” Alexis de Tocqueville



Puerto Rico



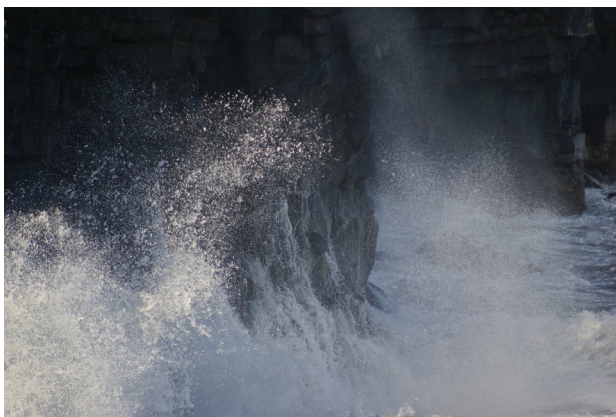
Unfortunately, too often it's people's failure that get them to reflect on their experiences. When you are going along and everything is working well, you don't sit down and reflect. Which is exactly the moment when you should do it. If you wait for a giant mistake before you reflect, two things happen. One, since you are down, you don't get the most out of it, and two, you tend only to see the mistake, instead of all the moments in which you have also been correct." Barbara Corday

"Sooner or later we all discover that the important moments in life are not the advertised ones, not the birthdays, the graduates, the weddings, and the great social achievements. The real milestones are less proposing. They came to the door of memory, unannounced, like stray dogs that amble in sniff around a bit and simply leave. Our lives are measured by these." Susan B. Anthony.

"Don't worry about being fired. If the situation really warrants it, tell your boss to go to hell. You may get fired, but the severance will be better. Often what

actually happens is that you get more respect and people regard you with more deference. More important, your stress level goes down and it is more fun to look in the mirror." Author Unknown

"It is an observable fact that all leaders of men, whether as political figures, prophets, or soldiers, all those who can get the best out of others, have always identified themselves with ideals, and this have given added scope and strength to their influence. Followed in their lifetime because they stand for greatness of mind rather than self-interest, they are later remembered less for the usefulness of what they have achieved than for the sweep of their endeavors." Charles de Gaulle



"I am old enough to know that victory is often a thing deferred and rarely at the summit of courage. What is at the summit of courage, I think is freedom; the freedom that comes with the knowledge that no earthly thing can break you." Paula Giddings

"There are some men who are counted great because they represent the actuality of their own age. Such a one was Voltaire. There are other men who attain greatness because they embody the potentiality of their day; they express the thoughts which will be

everybody's two or three centuries after them. Such a one was Descartes." Tom H. Huxley

"An open mind is the beginning of self-discovery and growth. One can't learn anything new until we can admit to ourselves that we don't already know everything." Erwin G. Hall

“Because times and affairs in general and individually change often, and men do not change their imaginings and their procedures, it happens that a man at one time has a good fortune and at another time bad. And certainly anybody wise enough to understand the times and types of affairs and to adapt himself to them would have always good fortune, or he would protect himself from bad, and it would come to be true that the wise man would rule the stars and the fates. But because there never such wise men, since men in the first place are shortsighted and in the second place cannot command their natures, it follows that Fortuna varies and commands men and hold them under her yoke.” Niccolo Machiavelli

“she never expect anything from me and is always excited when I arrive and sad when I depart. The girl has nothing and has everything-her innocence, her youth, her health has been taken from her, but kindness is a matter of no thought to her. She just is. It seems the more we have, the more we expect in return. The less we have, the easier it is give.” Peter Bashford



“We owe to our first journeys the discovery that place is nothing. At home I dream that I am in Naples or that I am in Rome, I can become so intoxicated with the beauty that I lose my sadness. So I pack my truck, embrace my friends, embark on the sea and at last wake up in Naples, and there beside me is the stern fact, the sad self, unrelenting, identical fact that I have fled from.” Ralph Waldo Emerson

“If a ship has been sunk, I can’t bring it up. If it is going to be sunk, I can’t stop it. I can use my time much better working on tomorrow’s problems than by fretting about yesterday’s problems.” Admiral Ernest J. King

“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.” Buddha

The best leaders do not start out with the question ‘what is best for me?’ Rather they ask, ‘what can and what should I do to make a positive differences?’ Such leaders constantly ask themselves and their followers, what are the organization mission and goals? Do they need to be modified? What surprises might be ahead that we need to anticipate? What constitutes winning performance in this fluid environment?” William E. Rosenback

“Victims are immobilized by dragging their feet. An attitude of helplessness is the victim’s calling card. Such an attitude leaks through cheerful facades and determined attempts to succeed. Change always surprises and distresses the victim. There is always a payoff for being a victim. You get to complain. All the time whining, ‘it is not fair/’ But after a while that kind of scene gets very old. Does it hurt, playing the victim keeps you looking around and seeing the turning points life is giving you. It blinds you to new opportunities. In the victim role, there is often an unconscious or a very out in the pen wish to move on. But fear is too strong; you want life or someone else to make the decisions for you. Mostly so you won’t have to be responsible if something backfires.” Author Unknown

“Pain is neither unbearable nor unending, as long as you keep in mind its limits and don’t magnify them in your imagination.” Epicurus

Money-Loss of Trust-Mentors and God

Even if you don't have the power to change things you always have the power to limit the damage or even eliminate some things. I learned how to be away from the house from the first light of the day until the street light came on. I would get up earlier than everyone else and walk the 2.5 miles to the Social Security office that way I did not have to take that ride alone with my mother's husband. The \$2.50 or five bushels of green beans did not change over the years, just the opportunity to be away from him. I believed that he really didn't want to give me a ride every morning but I think he figured that if he gave me the ride there would be money every day.

Because of the \$2.50 per day requirement and the known result for failing to reach that quota I became known as a very hard worker and quickly became one of the first picked, I hated to have been one of those guys that didn't make the cut. Some days there were people left there on the Social Security office. I would watch them from the back of the truck as it drove away some seemed really happy they didn't make the cut maybe because they would have the opportunity to be a kid on summer vacation, others were pretty depressed as if they really needed the money, the last thing they wanted was a day off.

I was no longer being chosen to pick beans; I moved up to strawberries at \$5 per day plus all you could eat without getting caught. On other days I got to pick cucumbers again better money and the chance to eat what you picked. But either way it meant more money and less work and less soreness. With the extra money I could now take the bus. I would get off the bus a few blocks away from home and walk the rest of the way. I would run before going home so I would be sweating when I went into the house. My mother

and her husband seemed to believe that I had walked or ran home; I had run part of the way. They never asked so I never told them. I knew if they found out that I was taking the bus they would have required me to earn more money.



The best and safety place for me was in school. I rarely missed a day of school, the last thing I ever wanted to do was to stay home. While attending Fort Barton School I had two very good teachers; Mrs. Monroe my 5th grade teacher and Mr. Bailey my sixth grade teacher. Mrs. Monroe was always hitting me on the back of the head because I was the class clown and I never kept

quiet. Mrs. Monroe taught me a skill that changed my life forever. I could not read or pronounce many words. I was always dropping letters like s I would say pell instead of spell. I would break down compound words down into separate words and then combined them together when I spoke. I could never pass a spelling quiz

Mrs. Monroe helped me learn how to read sentences and paragraphs by skipping over every word that I couldn't read or pronounce and put in words I though should be there based on the rest of the sentence and paragraph. Because of this I read more and more. Soon I became one of the fastest readers in the class. Even though I was still skipping words I could understand what I read far better than the other kids in the class. It was as if I was read what I could and filling the blanks to create a new story. Mrs. Monroe gave me the gift of reading and I have learned that reading allows you to create a world of your own; a world where only you decide who is allowed in.

Mr. Bailey was a teacher that never gave up on me even though I gave him ever reason possible to. He allowed me to push his bottoms and when I reach his limit I would be sent down to Mrs. Donnelly the principal's office where she had me wash blackboards, clean all the easers and other chores before she drove me home. I hated her car because her family owned a funeral parlor and she always droved a funeral car. I must have stayed after school at least a 100 times over the course of the year. The worst punishment was

that she refused to allow me to learn how to play the drums. Looking back maybe the reason I did what I did was because every day I had to stay after school meant that I would get home 1.5-2 hours later.

When I started 5th grade for some unknown reason my mother forced me and only me to go to church at a very small church. I never understood or found out why she never forced my sister or brothers to go. But every Sunday I headed out to church. It was strange because it was the only time my mother ever got up in the morning to make sure I was up and ready. Prior to leaving she would give me 10 cents and send me on my way. While my mother always made sure I went off to Sunday school she never seemed to worry about what time I made it back home. I never went straight home after Sunday school; I would walk by the river and explore as many places as possible.

I always stopped at the bakery on my way to church where I got myself a cream donut for a nickel and put the other nickel in the basket at church. I never went to church because I wasn't old enough to attend



church so I attended Sunday school. Sunday school wasn't very bad at all, I got to color, we read out loud plus we got snacks. I got along with my Sunday school teachers maybe because they taught us never to take things based on what others say but to always questions, even if the only answer was that you had to have faith. It was almost like we were being told that God didn't expect us to go blindly into the world, as if he hated blind obedience. It was as if God was telling us we were responsible for most of our actions; that we weren't supposed to wait around for him to give us all the answers.

I started bagging groceries and helped loading the bags into cars at the Braz Brothers Supermarket, not a supermarket by any of today's standards but the largest supermarket in the town. It was a risky position because people didn't have to pay you a penny and you couldn't ask for money. Most people did but some were very rude and didn't even say thank you, but after a while you learned to stay away from them. On a good day you could get about 25 cents per person and it was money that no one knew about. When it was slow I would work as a pin boy for the ladies bowling league at the bowling alley which was across the parking lot.

I don't know how long it was before my mother discovered what I was doing at the store; I think it was after the lady from the bank called her. She was upset that I was putting money in the bank everyday and she asked my mother to have me save up my money and only go to the bank once a week. I had opened the account by signing my mother's name on the paperwork. I was soon to lose that money just like my school my saving account.

About two to three weeks later she asked me to talk to Mr. Braz about getting things like bread, milk and baloney on credit. She told me to tell him that she would pay him when her check came in. I did not want to do because I knew that Mr. Braz didn't like to give anyone credit. He had stated that he had been stuck by a number of welfare women in the past. I told my mother about his credit policy but she didn't care and told me so. So I went and asked Mr. Braz again. I was only 11 and I didn't think it was my place to ask. I told Mr. Braz that my mother was married and her husband got paid every two weeks. The statement was true but all us kids were on welfare.

At first it wasn't a big deal as my mother always paid on time, but every week the list got longer and longer. As the list got longer my mother paid less and less. Not only was she no longer paying the complete amount she was starting to miss payments. To make up for her I started paying Mr. Braz with the money I was earning; at first I could cover her shortages but the bill got bigger and bigger and soon it was over a \$100. Mr. Braz started asking me every day when my mother was going to pay him. Somehow deep inside of me I knew that she wasn't going to pay. So I stopped bagging groceries and I started taking a different street so I

wouldn't go by his store. I never went back to his store again. Years later I tried but I couldn't bring myself to go inside. I knew even if I paid him the \$100 like I wanted to, it would never be the same. He had taken me at my word, he had gone against his better judgment, he had trusted me and I let him down.

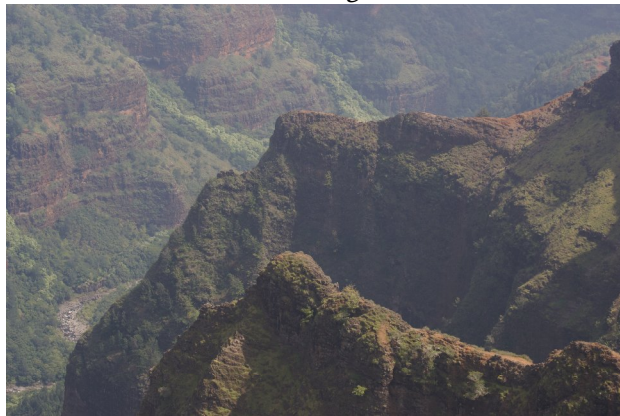
I lost the trust of a person. I lost my ability to earn money. I lost my saving account. Worst of all my mother didn't care a single bit. Looking back she had to know that I was paying part of her bill, it as if she expected me to do so. I learn that when people asked you to put your trust on the line they careless if you lose it. I learned that if you are going to risk your trust never risk it on someone else no matter how close, you can risk a lot of things on or for others but when comes to your trust you should only risk it on yourself because you will have to live the rest of your life with the outcome.



We do not have the right, skill or talent to correctly judge others so why should we ever allow someone else to judge us. Remember that when we are judging others, we are judging them unfairly. When we judge unfairly we may cost ourselves the opportunity of a great friendship. A blind man may see more clearly than most. That homeless woman that we may look down upon as lazy may have suffered from physical abuse but values her dignity more than a hot meal and warm house. What we judge as being a hopeless, valueless man in a wheelchair may hold the secret of understanding the universe. Sometimes there is more courage, intellect, determination and willingness to help others from a

person trapped in an iron lung or confined to wheelchair than the person that can impress you with his wealth or her beauty. Far too many of us have allowed others to create standards by which we harshly judge ourselves.

Success is not a matter of a grand slam home run. It is a matter of consistently hitting those dependable and



timely singles every day. The person that makes it to the top does so by concentrating on staying as bat while avoiding striking out or making a major error. Every once and a while the perfect pitch comes across the plate giving the batter the opportunity to hit the ball out of the park. The most important thing the successful batter understands is that if he doesn't keep hitting those singles and double and the occasional tripe every day he will never get the necessary plate appearances to have the opportunity to be at the plate when the perfect pitch comes.

“How is one to live a compassionate and moral existence when one is fully aware of the blood, the horror inherent in life, when one finds darkness not only in one's culture but within oneself? If there is a stage at which an individual life becomes truly adult, it must be when one grasps the irony in its unfolding and accepts responsibility for a life lived in the midst of such paradox. One must live in the middle of contradiction, because if all contradiction were eliminated at once life would collapse. There are simply no answers to some of the great pressing questions. You continue to live them out, making your life a worthy expression of leaning into the light.” Barry Lopez

“It may be that when we no longer know what to do, that we have come to our real work, and when we no longer know which way to go, we have begun our real journey.” Wendell Berry

“No man ever steps into the same river twice, for it's not the same river and he's not the same man.” Heraclitus

"People are illogical, unreasonable and self-centered. Love them anyway. If you do good, people will accuse you of selfish, ulterior motives. Do good anyway. If you are successful, you win false friends and true enemies. Succeed anyway. The good you do today will be forgotten tomorrow. Do good anyway. Honesty and frankness make you vulnerable. Be honest and frank anyway. The biggest persons with the biggest ideas can be shot down by the smallest persons with the smallest minds. Think big anyway. People favor underdogs but follow only top dogs. Fight for a few underdogs anyway. What you spend years building may be destroyed overnight. Build anyway. People really need help, but may attack you if you do help them. Help them anyway. Give the world the best you have and you'll get kicked in the teeth. Give the world the best you have anyway." Kent M. Keith

"To acknowledge, to accept, and to forgive one's parents - both what they gave and what they did not give, both one's dependence upon them and one's independence of them - is the ultimate hallmark of maturity: a perception as valid for institutions as for individuals." Ernest Kurtz



"I remember my parents explaining to me that racism would be a part of my life. They told me to always be aware of who was in front of me or in back of me and to always remain prepared. These lessons even extended into school. My parents talked to me about being better than everyone else. Think that is the right approach, no matter what color you are and whether you think you're going to be treated fairly or unfairly. I always try to be better than everyone at anything I do." Derek Jeter

"Children from wealthy households get all the advantages that money can buy, from music lessons to SAT tutors. Although parents might fret over the affects of such advantage, the details are mostly insignificant, subject to the law of diminishing return; So even the mental ability of a two-year-old can be profoundly affected by the social-economic status of their parents, holding back their genetic potential. Eliminating such inequality in the early years of life would simply create a new kind of inequality, driven by genetics. But such a world would at least let more children come closer to their mental potential unconstrained by the mistakes or impoverishment of their parents. The greatest luxury we can give our children, it turns out, is the luxury of being a type of parent that doesn't matter at all." Jonah Lehrer

"Failing to think about opportunity costs can lead people astray. Some options are more realistic than others. The point is even decisions that appear to be no-brainers carry the hidden cost of the options declined. Thinking about the opportunity costs may not change the decision you make, but it will give you a more realistic assessment of the full implications of that decision. The emotional cost of potential trade-offs does more than just diminish our sense of satisfaction with a decision. It also interferes with the quality of the decisions themselves. As the stakes of decisions involving trade-offs rise, emotions become more powerful, and our decision making can be severely impaired." Barry Schwartz

"Utter only the word of which you won't be ashamed of afterwards, words which we won't regret saying. It is easy to discourage, it is far too easy, all too easy to criticize, to complain, and to rebuke. Let us try instead to be quicker to see even a small amount of good in a person and concentrate on that. Let us be quicker to praise them than to find fault in them. Let us be more quick to thank others than to complain for thank you and please are such small words, but they are oh, so powerful" Desmond Tutu

"Few men during their lifetime come anywhere near exhausting the resources dwelling in them. There are deep wells of strength that are never used." Admiral Richard E. Byrd

"Never apologize for showing feeling. When you do so, you apologize for the truth." Benjamin Disraeli

“In the United States the most seriously and dangerous disadvantaged are the children of poverty. A disgraceful number of American infants arrive each year into worlds of hunger, drug abuse, and neglect.”
Jane M. Healy



“My creed is that public service must be more than doing a job efficiently and honestly. It must be a complete dedication to the people and to the nation with full recognition that every human being is entitled to courtesy and consideration, that constructive criticism is not only to be expected but sought, that smears are not only to be expected but fought, that honor is to be earned, not bought.”
Margaret Chase Smith

“Decision of character is one of the most important of human qualities, philosophically considered. Speculation, knowledge, is not the chief end of man; it is action. ‘Give us the man who will step forward and take responsibility.’ He is instantly the idol, the lord, and the king among men. He, then, who would command among his fellows, must excel them more in energy of the will than in power of intellect.” Robert Burnap

Statistics lie. It is not unusual for people to use statistics to prove their point. But always question statistics, always ask who’s are they and why they are using them instead of whole numbers. For example if 1 person in 1,000,000 has a chance of coming down with a rare cancer, someone can say the cancer rare went up 200% last year. That means last year

3 out of a million got that cancer. One can say that we had three hundred year floods in the past two years. While that doesn’t mean we won’t have another hundred year flood next year it could also mean that we could go at least another 200 years or maybe even four hundred years before we have another one hundred year flood. Another way to tell the truth while distorting the truth by statistics is to say taxes went up more on the poor than the rich. If I earn \$30,000 per year and my taxes went up from \$3,000 per year to \$4,500 then one could say my taxes went up 50% or I now have to pay 15% of my income up from 10%. If I earned \$125,000 and my taxes went up from \$12,500 to \$15,000 the increase would only be 25% and my taxable income would have increased from 10% to 12%. So using percentages I could say that the taxes on the lower income person were 150% higher than the high income person. So always remember that despite all the statistics and all the norming these are just numbers and measurements which in turn are statistics and statistics lie. You will never in your life time meet a statistical person. So treat everyone as the unique person he or she is.

If you have never been hurt then you have never lived you have only existed. If you truly want to change who you are you must be willing to endure the pain and hurt that all growth and change requests. Just think of the butterfly. You must repeatedly remind yourself that it isn’t only the lobster that has a shell that can restrict its growth. The lobster knows and understands that unless it gets rid of its shell a painful experience and a very dangerous time he can’t grow. As the Garth Brooks’ song goes one never know what truly lies within a person unless that person is standing inside the fire.

“The best aid to give is intellectual aid, a gift of useful knowledge. Nothing becomes truly one’s own except on the basis of some genuine effort or sacrifice.” Erich Shumacker



I Don't Know Who the Artist Is?

“Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful.” Samuel Johnson

“Keep strong if at all possible. In any case keep cool, have unlimited patience, never corner an opponent, and always assist him to save face. Always put yourself in his shoes so as to see things through his eyes. Avoid self-righteousness like the devil as nothing is so self-blinding.” B. Liddett Hart

“In the thick of the fight, when counterpunching against malicious critics habitually dealing in falsehoods, there is always the risk of lowering one’s own standards of honesty. This can have serious consequences. Though it may take time and persistence, the truth can emerge and will always be the ultimate defense against mendacity. Wherever leaders cut ethical corners, even for worthy end, the benefits attained are evanescent always allowing individuals of lesser character the ability to gain the upper hand.” James M. Strock

“I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does I fact please you. And I hope I have that desire in all that I am doing. I hope that if I do this you will lead me by the right road though I may know nothing about it. Therefore I trust you will always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.” Thomas Merton

“Within you there is a stillness and sanctuary to which you can retreat at any time and be yourself. This sanctuary is a simple awareness of comfort, which can’t be violated by the turmoil of events. This place feels no trauma and stores no hurt. It is the healing mental space that one seeks to find in meditation.” Hermann Hesse

“Real books have a sensual being all of their own. They are lasting, beautiful and permanent. Unlike magazines and newspapers, books elicit a long-term and concentrated interaction between author and

reader. Both parties bring everything they have ever experienced, and together, you are creating something entirely new. No one experiences one book the same way, it is something that is yours alone, a whole new world. It's a mind-boggling experience and better than any virtual reality you can ever be in. There's nothing like the physical fact of a book to build and alter our minds." Mary Purucker



"If a legislator is "safe" from competition, or if he represents groups with the same economic and political beliefs, he does not have to change his ideas or respond to the needs of the broader population. He can rest content with a mediocre, absentee performance knowing he will be returned to office. And as he is returned year after year the seniority system gives him immense control over people from others parts of the country whose view he need not heed at all." Senator Edward M. Kennedy

"Death is not the greatest loss in life. The greatest loss is what dies within us while we still live." Norman Cousins

"Between saying and doing, many a pair of shoes are worn out." Italian Proverb

"Wise men talk because they have something to say; fool talk because they have to say something." Plato

"Logisticians deal with unknowns. They attempt to eliminate unknowns, one by one, until they are confident that they have done away with the possibility of paralyzing surprises." Lt General William G. Pagonis

"When General Philopoemen was in the country with his friends, he would sometimes stop and ask them: 'suppose there were enemies up in those hills and we were here with our army, who would have the advantage? How could we get at them without breaking ranks? If we wanted to get away, how would we do it if they tried to get away, how would we cut them off?' As a result of this constant practice, no unexpected difficulty could ever arise when he was at the head of his army, for which he did not have a ready remedy." Niccolo Machiavelli

"What is problem? It is something we do not like, a pain, difficulty, misfortune, shortcoming, gap, vexation, tragedy, discomfort, scandal, or disaster. An important point here is that these dislikes are subjectively defined. Problems are defined based on people's feeling about conditions, not the conditions alone. Some matters, such as poverty, racism, and illiteracy, are regarded by almost everyone as problems, taking collective action against them a matter of common concern. Even here, however, the isolated millionaire or uneducated bigot may not agree, underscoring the subjectivity of it all. For less commonly agreed-upon problems, the subjectivity is more apparent." Charles T. Goodsell

"You can do very little for a man who is in trouble unless in some degree you put yourself in his place, and take some part of his load upon yourself. The labor and cost of relieving the distress of our fellows has a vicarious element in it; it is one form of enduring their distress for them, and unless we are willing to identify ourselves with them in some degree, we shall do nothing for them. You are not really ready to do for others unless you are ready to suffer for them." David Edward Beach



“When a situation feels dangerous to you, it’s probably more safe than you know, when a situation feels safe, that is precisely when you should feel on guard.” Tom Vanderbilt

“We are all mothered by culture and fathered by experience. These are the olds for all human social development, our culture, our social school, is rendered crippled, and experience, our sensory calculator, registers only unrelenting emotional pain, children have little chance to develop into balanced, well-equipped, and emotionally healthy adults. The first and most important transmitters of social culture and providers of nurture are our parents and they can't give anymore than they have been given themselves.”
Randell Robinson

“It has become human nature to expect heroes to be perfect, despite overwhelming evidence that they never are. In ancient Greece there were no such expectations. In Greek mythology every hero was flawed; some deeply. Success didn't come from genius and it rarely came from talent. Success only came when the hero recognized the truth and wisdom that his weaknesses had to offer. If the hero failed to learn the lessons offered up by his flaws then his life became a tragedy. Weakness was never the cause of the tragedy, the cause of the tragedy was when the hero failed to understand that potentially tragic flaws or weaknesses had to be embraced and were elements of his authenticity. To deny them were to deny who he was. This reality was the catalyst of one personal tragedy.” Author Unknown

“We are all fugitives. We have always been fugitives from the void. Whatever comfort, whatever power we gain from outside ourselves diminishes us - because comfort and power, unless they are won from the void inside us, are illusions that make us forget the emptiness that carries us. When we forget that, we believe we deserve comfort and power and so we are capable of any evil. We deserve nothing but what we can make of ourselves. We deserve nothing else. And when we understand that, then nothing is enough.” A. A. Attanasio



“Liberty is not a special favor for special classes. It is our right by birth, given to us by God when he created the soul of man to be free and answerable to no one but the creator. When the blessings of liberty are granted to a favored class alone, there is no guaranty of liberty at all, for the favored class of today may be persecuted tomorrow.” J.I. Robinson

must be low; on the contrary, it is at the highest level that high standards originate. But the leader has to have the kind of long-range vision that will overlook short-term setbacks.” Colonel Jack Jacobs USA

“A leader of a large organization may often have to accept rotten circumstances in order to make overall progress. The high-level leader who will accept nothing less than perfection that can be achieved at great cost will lose everything; This not to say that standards

“People think that a liar gains a victory over his victim. What I've learned is that a lie is an act of self-abdication, because one surrenders one's reality to the person to whom one lies, making that person one's master, condemning oneself from then on to faking the sort of reality that person's view requires to be faked. And if one gains the immediate purpose of the lie - the price one pays is the destruction of that which was intended to serve. The man who lies to the world, is the world's slave from then on.” Ayn Rand

“The self-confidence of the warrior is not the self-confidence of the average man. The average man seeks certainty in the eyes of the onlooker and calls that self-confidence. The warrior seeks impeccability in his own eyes and calls that humbleness. The average man is hooked to his fellow men, while the warrior is hooked to himself. A warrior considers himself already dead, so there is nothing to lose. The worst has already happened to him, therefore he's clear and calm; judging him by his acts or by his words, one would never suspect that he has witnessed everything.” Carlos Castaneda

“Life is to be lived. If you have to support yourself, you had bloody well better find some way that is going to be interesting and you don’t do that by sitting around wondering about yourself.” Katherine Hepburn

It is foolish to believe that we can train or educate people or students and produce uniform outcomes. The only thing that we can insure is that everyone will be grouped together at the top. “Since 1972, when the College Board began keeping tabs on high school seniors, the percentage of college-bound students reporting high marks in school has almost tripled. In 1972, 28.4% of those taking the test said they had A or B averages in high school. By 1993, it was 83%; This happened while SAT scores were falling from mean combined score of 937 to 902. (In 1972 if you were not planning on going to college you rarely took the SAT’s by 1993 test takers were no mainly limited to college bound students)...For whatever reason grades broke free of performance. Grades we designed to please rather than measure or guide students about strengths and weaknesses...Students learned to relax and expect high rewards for low output. What happens when students enter the real world where A’s and B’s rewards are rarely given for C and D work?” **John Leo**



The answer is pretty simple the better students or people will advance very rapidly. The average people will remain average but without the high grades, and the below-average will fall farther behind. The reason, the best students know that they are the best and will work on their own to ensure that they are correct. The average students will develop inflated ego’s and self-esteem that will be destroyed when faced with the harsh reality of the real world. Some will recover and say never again, others will learn to hate the world, while the below-average fall farther behind. The worst crime; there is nothing wrong with being average about 70% of us are, is the lost time and opportunities we

could have used and developed to build on the strengths that each of us have. In the end when we worry about a person’s self-esteem without providing them the opportunity to developed the skills and tools necessary to succeed we are just robbing them of their future.

“We must learn our limits. We are all something but none of us are everything.” Blaise Pascal

“If we look at ourselves directly, without hesitation or embarrassment we often find that we have a lot of strength and a lot of resources available to us.” Chogyam Trungpa

It is strange, it is the rarest of people that chose not to demand or accept respect from others for if I give you respect and you depend on my respect to make you happy, then I alone control your life because I can pull that respect from you anytime I so chose, even for the fun of it, or even to feel powerful and controlling. I don’t even need a reason. That is why people get so upset when someone does not play by the rules all the time. For most people it is usually the rules that they don’t even understand the reason for but are too afraid to question. It is as if people believe that if I follow the rules others will respect me even if everything goes wrong. Many believe that if they follow the rules and everything goes wrong they can become a victim worthy of even greater respect. It is very funny but people are rarely punished from knowing too little, the pain, suffering and punishment usually comes from knowing too much. The punished are rarely respected in their lifetime.

I know a great deal about other people without having to expose too much of myself. But in reality I always expose myself to everyone I meet. It is just that I expose myself far more than people would of themselves or expect from me. Then they often fail to believe or understand me. The benefit of exposing myself isn’t having to build my self-image based on other’s expectations. In many ways it is like lying by telling someone the truth fully knowing that they won’t believe me. However, it always leaves me with the opportunity to tell the person that I already told them.

No one no matter how much we would like to believe it to be so no one grows up in a vacuum. The person we are today is the direct result of every single relationship no matter how long or how brief that we have experienced during our lifetime. It does not matter if the relationship was good, bad or indifferent each had an effect on us in each its own way and often in a manner, which we don't understand. We would like to believe that it is our relationships with our parents, our brothers and sisters, our husband or our wife, our closest friends, our co-workers and even our prior lovers that have had the greatest effect on our development as a person. However, often it is the passing or momentary relationship with a total strangers or a casual acquaintance that can have the biggest impact on which direction our life goes.



It is not the length of the relationship but the planting of a seed that can have the most impact on one's future. It is like the farmer who understands that in order to have a successful crop he has to plant a lot of seeds that just won't grow, or will just stop growing. So in many ways the farmer is doing a great deal of work for nothing as much of his efforts will produce little to no fruit. However, that does not stop him from planting in the first place if he wants to ensure a productive harvest. While the farmer may have a good idea, may have hopes in reality due to the many changing conditions he really has no idea which seeds will grow and which won't; which seed will produce multiple

fruits and which will produce one or two. The seeds the farmer plants are just like ideas. If you restrict your life to a small circle of family members, friends, co-workers and experts you will find that your world will be limited to self-imposed limitations and group misconceptions. You need to be open to the offerings of strangers if only to validate or invalidate your own thoughts and ideas. The more seeds you plant in your brain the more options in life you create. The more options you create the greater the opportunity for you to grow as a person. The person that you are capable of being is not the person that is confined by family's and society's expectations of you.

Learned to live in a world of metaphors there is far more knowledge there. Often the truth we need to hear is just too painful to hear so instead of turning a deaf ear learn to receive and process the truth in a different manner. Just because the truth is uncomfortable doesn't mean it will stop being the truth.



Far too many people go to their graves with songs that were never sung, with pictures that were never painted, with friendships that were never made, with businesses that were never built, with trouble hearts that were never gladdened, with novels that were never put to paper, with loves that were never given the opportunity to blossom, with creative ideas that never given the light of the day and the lists of nevers are endless.

The reason is simple, the reason is fear: fear of failure, fear of rejections, fear of negative opinion, fear of losing the support of family and friends, fear of pain, fear of hard work, fear of success and again the list of fears can be as long as one can comfortable live with (or maybe die with). It is a simple and clear fact of life that everyone will come face to face with fear, everyone will be rejected, everyone will have people that hold low or negative opinions of them or their ideas, there will be times where friends and family won't support you when you most desire their support, we all will face both physical and emotional pain, and many of us will be confronted with unexpected demands of success.

Trying to live a life without fear (which is impossible) may at best provide one with a personal comfort zone but rest assure that it will also provide you additional guarantees: You will miss the opportunity to develop friendships that could enrich your life. The song in your heart that you never wrote may have been the inspiration that could have saved a life (yes) from despair or suicide. That novel you never put to paper may have been the story that lifted a life out of the dungeons of one's mind. So many people falsely believe that they are the only person facing a certain crisis.



After all no one has been sexual assaulted, no one has lost a child, no one lost a limb, no one lost a job, no one suffered from cancer or some other serious illness, no one else has been unfairly treated, etc. That business never built may have saved tens, hundreds maybe more from poverty. That love never given the opportunity to grow could have given the tranquility that so many people search their whole lives for. Such a life could have produced children that could have enriched the lives of countless others. The possibilities are not only countless but are attainable.

Every time that someone based their actions on their comfort zone they not only rob yourself of the elements necessary for growth. You also steal from others the elements that you could have given for their growth: for as the song goes “no man or woman is an island”. Everything you do has a positive or negative effect on countless people. Yes that is a very heavy load to endure



Snow Cover Volcano-Mauna Kea, Hawai'i

“Do not fear your enemies. The worst that they can do is kill you. Do not fear your friends, at worst, they may betray you. Fear those who do not care; they will neither kill nor betray, but betrayal and murder exist because of their silent consent.” Bruno Jasienski



Snow Cover Volcano-Mauna Kea, Hawai'i

“No man can always be right. So the struggle is to do one's best, to keep the brain and conscience clear, never be swayed by unworthy motives or inconsequential reasons, but to strive to unearth the basic factors involved.” General Dwight D. Eisenhower

“The supreme value is not in the future but in the present. Whoever builds a house for future happiness only builds a prison for the present.” Octavio Paz

“You will never, ever fix your problems blaming someone else. We don't pick our parents. We are neither responsible nor accountable for being raped, abused, or molested, while you may not have the knowledge or power as a child to make certain choices and are therefore not accountable for those events. As adults we do have the ability to choose your reaction to those childhood events and circumstances. The past is over and the future hasn't happen yet. If you were violated or mistreated as a child statistics tells us that it was probably by a family member or a trusted friend. That means that multiple violations; physical, mental, and emotional have simultaneously occurred. Is it fair that it happened to you? No. Is it fair that you had to deal with that? No. Is it fair that you have to live with it and manage it for the rest of your life? No. Are you nevertheless accountable for how you live with it and manage it? Absolutely.” Phillip C. McGraw

First Law

Not many people get to make laws and even fewer get to make laws for the right reasons. It is often stated that making laws is a lot like making hot dogs or sausage; you are OK with the process because you can live with the outcome. Somehow over the years the process (sausage making) of making laws has left such a bad taste in people's mouth that they can no longer stomach the outcome. By the end of my first term in the New Hampshire House I had three high points. First being was I was able to kill a bill that would have let the federal government off the hook for illegal immigration by turning over much of that responsibility and cost to local and state police. The bills die by about 12 votes when it was expected to pass easily. I did my homework and showed by using a Wall Street Journal article on the



Alabama State police that as the bill was written it would have been very costly with little decreases if any of illegal immigration. It would be very simple, if the illegal was arrested committing a crime they would have to be book, given a court date, serve their time and then ICE would be given a call a week or two prior to release and they would then pick the person up to be deported. The local communities would cover all legal and jail costs.

It was a very tough floor fight as a number of the opposition party came up and asked me numerous questions. This went on until the opposition party leader; the Majority Leader took the floor and asked me three tough questions. I held my own against him highlighted the point that until we took action against the people who gave them jobs there was little to no hope of correcting the problem. Not once doing the whole exchanged did anyone from my party come to my aid. Not once was I given a softball question to allow me to think. I was not expecting question after question. I had asked leadership for help on this, I had asked leadership for some sample questions I got nothing. I left the well and returned to my seat when I was called to ask the

statement something called a parliamentary inquiry, something I had never did before and had even given a second to. I took my time getting back to the well thinking about what to say before I got there hoping I would not come across as being stupid.

My second highpoint was concerning stem-cell researched. I spoke for the bill and it lost by a few votes. So I said well I gave it my best shot and made it close. Much closer than anyone expected because this was a major platform issue for the opposition party. Even to the point that the national party was against it and the president had vote a bill from congress. After everything was down and the day was ending a member of the opposition party asked me if I would like to try for a reconsideration vote tomorrow morning. I said yes. I spent most of the night gather has much information that I could, combining it with information that I had already collected and then wrote up an amendment. Not only were we able to get the vote overturned but we were able to get my amendment passed and the final bill passed before it was voted down in the Senate.

The third time was the best. I was able to follow up on a House Resolution from the prior session to make that resolution into law. We did it with SB 223 establishing a New Hampshire medal of honor. A bill that was voted on 24-0 in the senate but a bill that never should have left the Senate because they did not even have a design for the medal, but it was one of those feel good bills that allow politicians to cover and run. If got voted down as it should have been in the House then the House would have to take the blame. I saw an opportunity to get the bill fixed, add the funeral protests to the bill and passed. Once it passed the House there was no way that the Senate would have voted it down.

The original bill limited the New Hampshire medal of honor to servicemembers killed in action from 2001 on. The mother of the Marine that died and received the Hawaii medal of honor would not have received the NH medal of honor because he didn't die in action but in a vehicle accident in a combat zone. Plus it

would have been fair to all others who had been killed in a terrorist act. I was stuck because I wasn't very sure that I could have gotten the bill pass in its original form so I had to expand it to get the need votes and I had to make sure that both the medal and funeral protest were voted on together. After five votes on the floor it passed overwhelming with a little more than 20 voting no.

The sad part of this bill was that the day it became law there still was no medal of honor to be presented by the governor to the families that had lost love ones in a war zone.

CHAPTER 370

SB 223-FN - FINAL VERSION

03/22/07 0638s

07Jun2007... 1837h

06/27/07 2359eba

2007 SESSION

07-0259

09/04

SENATE BILL 223-FN

AN ACT establishing a New Hampshire medal of honor and prohibiting funeral protests.

SPONSORS: Sen. Letourneau, Dist 19; Sen. Clegg, Dist 14; Sen. Kenney, Dist 3; Sen. Barnes, Dist 17; Sen. Gatsas, Dist 16; Rep. Coughlin, Hills 4; Rep. Graham, Hills 18; Rep. Bishop, Rock 2; Rep. Hawkins, Hills 18

COMMITTEE: Election Law and Internal Affairs

AMENDED ANALYSIS

This bill establishes a New Hampshire medal of honor which may be awarded on behalf of the citizens of the state of New Hampshire to certain individuals who gave their lives in the line of duty while serving in the military on or after November 4, 1979.

This bill also prohibits picketing or other protest activities at locations where a funeral is held.

Explanation: Matter added to current law appears in bold italics.

Matter removed from current law appears [~~in brackets and struck through.~~]

Matter which is either (a) all new or (b) repealed and reenacted appears in regular type.

03/22/07 0638s

07Jun2007... 1837h

06/27/07 2359eba

STATE OF NEW HAMPSHIRE

In the Year of Our Lord Two Thousand Seven

AN ACT establishing a New Hampshire medal of honor and prohibiting funeral protests.

Be it Enacted by the Senate and House of Representatives in General Court convened:

370:1 New Subdivision; New Hampshire Medal of Honor. Amend RSA 110-B by inserting after section 80 the following new subdivision:

New Hampshire Medal of Honor

110-B:81 New Hampshire Medal of Honor.

I. There is established a New Hampshire medal of honor, which may be awarded on behalf of the people of the state of New Hampshire to any New Hampshire citizen who has given his or her life while in the line of duty to protect and preserve the rights and freedoms of the people of New Hampshire on or after November 4, 1979, and while:

- (a) Engaged in an action against an enemy of the United States.
- (b) Engaged in military operations involving conflict with an opposing foreign force.
- (c) Assigned as military personnel to friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.
- (d) Serving in a combat zone as designated by Presidential order.
- (e) Engaged in training in preparation for deployment to a combat zone as designated by Presidential order.
- (f) Serving in the military and killed as a result of a terrorist act.

II. The adjutant general shall cause the name of a recipient of the New Hampshire medal of honor to be entered on a New Hampshire medal of honor roll.

III. Individuals eligible to receive the New Hampshire medal of honor include:

- (a) Members of the New Hampshire national guard at the time they were killed.
- (b) Members of the United States military reserves who were legal residents of New Hampshire at the time they were killed.
- (c) Members of the United States armed forces who were:
 - (1) Legal residents of New Hampshire at the time they were killed.
 - (2) Stationed in New Hampshire by a proper order of the United States Department of Defense at the time they were killed.

IV. The New Hampshire medal of honor shall be awarded, with the recommendation of the adjutant general, by a joint resolution introduced by the president of the senate, the speaker of the house of representatives, or the senator or a member of the house of representatives representing the town or city of residence of the individual killed.

V. The adjutant general, with the approval of the governor and council, shall design and provide for the manufacture of the New Hampshire medal of honor. The adjutant general shall design and maintain a New Hampshire medal of honor roll, which shall be available for public viewing.

VI. The governor shall present the New Hampshire medal of honor awarded under this section to the family members of the recipient.

370:2 New Section; Prohibition on Funeral Protests. Amend RSA 644 by inserting after section 2-a the following new section:

644:2-b Prohibition on Funeral Protests.

I. In this section, "funeral" means the ceremonies, processions, and memorial services held in connection with the burial or cremation of the dead.

II. It shall be unlawful for any person to engage in picketing or other protest activities at any location at which a funeral is held, within one hour prior to the commencement of any funeral, and until one hour following the cessation of any funeral, if such picketing or other protest activities:

(a) Take place within 150 feet of a road, pathway, or other route of ingress to or egress from cemetery property and include, as part of such activities, any individual willfully making or assisting in the making of any noise or diversion that disturbs or tends to disturb the peace or good order of the funeral, memorial service, or ceremony; or

(b) Are within 300 feet of such cemetery and impede the access to or egress from such cemetery.

III. Each day on which a violation of this section occurs shall constitute a separate offense. Violation of this section is a class B misdemeanor, unless committed by a person who has previously pled guilty to or been found guilty of a violation of this section, in which case the violation is a class A misdemeanor.

370:3 Effective Date. This act shall take effect 60 days after its passage.

Approved: July 17, 2007 Effective: September 15, 2007

"As much as we might crave the swift, effortless, and low-impact fix from books and articles, that passive and painless process rarely can substitute for the little things like ability, talent, upbringing diligence, creativity, opportunity, personality, experience, courage, vision, value, perseverance and luck." Robert L. Taylor

"The very essence of leadership is that you have to have a vision." Fr. Theodore Hesburgh

"The truth that life is difficult doesn't mean that life stinks or that everything in life is awful. The fact that each of us will face difficulty in our lives is never justification for cynicism or pessimism; either extreme in thinking; that life should be nothing but a bed of roses or that life is nothing but thorns will only lead one to emotional ruin. Life has its thorns but it also has its roses and everything in between." Chris Thurman

"Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated, thus everyone's task is as unique as his specific opportunity to implement it." Viktor Frankl

"All of man's miseries are derived from not being able to sit quiet in a room alone." Blaise Pascal

“Some things are worth dying for. War is an ugly thing, but not the ugliest of things, a man who has nothing which he is willing to fight for is a miserable creature who has no chance of being free, unless made and kept so by the exertions of better men than himself.” John Stuart Mills the fallen are the better men and women



“There are two kinds of courage, physical and moral and a true leader must have both. Both are products of character forming process, of the development of self-control, self discipline, physical endurance, of knowledge of one's job and therefore, of confidence. These qualities minimize fear and maximize sound judgment under pressure and with the indispensable stuff called luck often bring success from seemingly hopeless situations. Example of physical courage are neither confined to combat nor limited to a stouthearted few. but are common throughout the world among men and women of every color, creed, race, and age, in peace as well as in war. However,

example of moral courage is less well knows. They can be considered as proof of true greatness of the soul.”
Author Unknown

“In many ways the work of a critic is easy; we risk very little but enjoy a position over those that offer up their work and themselves to our judgment. We thrive on negative criticism which is fun to write and read. But the bitter truth that we critics must acknowledge is that in the grand scheme of things the average piece of junk is most likely more meaningful than our criticism identifying them so. There is one time when the critic truly risks something; that is in the discovery and the defense of the new. The world is often unkind to new talent and new creations. The new need friends.” Anton Ego



“A liberal arts education is supposed to provide you with a value system, a standard, a set of ideas, not a job.” Caroline Bird

“There is always a tendency to believe that a hundred small men can furnish leadership equal to that of one big man. That is not so, nothing can fully take the place of the indispensable work of leadership.” Theodore Roosevelt

Conditions are never perfectly right. People who delay taking action until everything is perfect are the people that never start.

“Whether a person feels positive or not is kind of a comment on their personality and of no great interest. You can find positive signs or you can find negative signs. How you evaluate them depends on something that happened in your recently or something like that. There's no objective way to do it. The important thing is you try to commit yourself to making the positive signs more real. Suppose you felt that there was a 99 percent chance of a probability that human civilization is going to be destroyed in the next hundred years, but one percent chance it

won't be, and that one percent offers some opportunities to do something. Well, you commit yourself to that one percent.” Noam Chomsky

“One is happy as result of one's own efforts, tastes, a certain degree of courage, self-denial to a point, a love of work, and, above all, a clear conscience. Happiness is no vague dream, of that I now feel certain.” George Sand

“Among the sentiments which almost every man changes as he advances into years, is the expectation of uniformity of character. He that without acquaintance with the power of desire, the cogency of distress, the complications of affairs, or the force of partial influence, has filed his mind with the excellence of virtue, and having never tried his resolution in any encounters with hope or fear, believes it able to stand firm whatever shall oppose it, will be always clamorous against the smallest failure, ready to exact the utmost punctualities of right, and to consider every man that fails in any part of his duty as without conscience and without merit; unworthy of trust or love, of pity or regard; as an enemy whom all should join to drive out of society, as a pest which all should avoid, or as a weed which all should trample. It is not but by experience that we are taught the possibility of retaining some virtues and rejecting others, or of being good or bad to a particular degree.” Samuel Johnson

“It always appeared a most iniquitous scheme to me to fight ourselves for what we are daily robbing and plundering from those who have as good a right to freedom as we have.” Abigail Adams

“Real education means to inspire people to live more abundantly, to learn to begin with life as they find in and make it better” Carter G. Woodson

“If two men on the same job agree all the time, then one is useless. If they disagree all the time, then both are useless.” Darryl F. Zanuck

“If we are to grasp the reality of our life while we have it, we will need to wake up to our moments. Otherwise, whole days, even a whole life, could slip past unnoticed.” Jon Kabat-Zinn

“The only real mistake is the one from which we learn nothing.” John Powell

“We learn wisdom from failure much more than from success; we often discover what we can do by finding out what we can't do; and probably he who has never made a mistake never made a discovery.” Samuel Smiles

“He has achieved success who has lived well, laughed often and loved much; who has enjoyed the trust of pure women, the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who has never lacked appreciation of Earth's beauty or failed to express it; who has always looked for the best in others and given them the best he had; whose life was an inspiration; whose memory a benediction.” Betty Anderson Stanley



“Look around you and see what other people are coping with. You may consider yourself fortunate.” Ann Landers

“If we take the generally accepted definition of bravery as a quality which knows not fears, I have never seen a brave man. All men are frightened. The most intelligent they are, the more they are frightened. The courageous man is the man who forces himself, in spite of his fear, to carry on.” General George S. Patton

“We admire, I think, a the lusty good sense of the man who triumphs in the world that he accepts, yet at the same time we are uneasy with the man who wears so many masks that we are never sure who is behind them.” John William Ward

“A Useful perspective is the recognition is that while the truth is things as they really were, as they really are, and they will really be. People seldom see things as they really are. Our perceptions are often impaired by lack of adequate information. Sometimes because something match up with our preconceptions or because it may run counter to our conception of self-interest we may even resist the knowledge necessary to see a subject in its proper light. People often just simply fail to make the needed investment necessary to develop a correct understanding of the truth. Without a correct opinion of the truth, which can only be obtained through the acquisition of correct information there can never be any correct action.” Benjamin Franklin

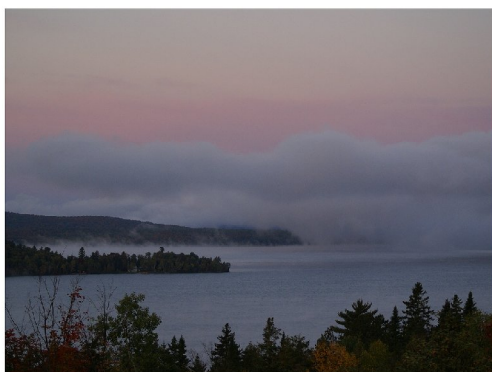
“A true friend knows your weaknesses but shows your strengths; feels your fears but fortifies your faith; see your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.” William Arthur Ward

“The fullness of life is in the hazards of life. And at the worst, there is that in us which can turn defeat into victory.” Edith Hamilton

“Nothing really matters but living, accomplishments are the ornaments of life, they come second.” Lucilla Carter



Clouds Rolling In



Late Afternoon Front and Sunset

“Little things affect little minds.” Benjamin Disraeli

Your health; chances are it will be the one thing that you will miss the most when you realize it is gone. As long as you have your health chances are it will be one of your least appreciated assets. You will risk it, you will take it for granted, you will overlook it, but most all you will believe it will be one of the few things you will have your whole life. One day you may well wake up and be told that you have cancer or some other major illness that will rob you of your health and change your life forever, or maybe you let your health slip a little each day unnoticed until you realized something was wrong. Either way once you have lost your health there will be very little that you won't do, no price too high to get your health back. Some will sell their soul to get their health back. You must understand every one of us will lose our health, that is life, but we often have the ability to control the how and when that day comes.

“Every great philosophy which, taken as a whole, always says in effects; this is a picture of life as a

whole, and learn from it the meaning of your life. And conversely: read only your life, and understand from it the hieroglyphs of life in general.” Friedrich Nietzsche

Always think for yourself and when it come evaluating information always use your own skills and insights to judge. Just because the information is linked to a person in authority doesn't means they haven't left out relevant information in attempt to manipulate your view and understanding. You must develop the ability to question everything, you must never accept something as fact just because someone tells you so, you must be willing to accept the fact that their limits to your knowledge otherwise you will confuse perception with reality.

Presidential Primary Campaign 2008

One never knows what the future hold in store for them. Sometimes your future actions will affect countless others. So the best course of action is never allowing your past to be more exciting than your future. Some children have their whole life planned out for them. Their parents will try to give the best head start as possible. They may sure that they children go to the best preschools then onto the best middle and high school prior to the best college. They do this because they believe that their children will change the world while truly most think that this is the best way to get notice, the best way to make money the best way to grasp power. For many parents the success of their children will ensure their success in the eyes of their friends and peers. However, some children grow up to have an influence in ways that nobody expected.

Little that I knew or even dream of that people hoping to become president of the United States would want to even talk to me let alone take to get me to help them become president. In 2006 the Democrats in New Hampshire took control of the House for the first time in decades. In only my second term was I selected to become Chair of the State-Federal Relations and Veterans Affairs Committee.

As Chair of the Veterans Affairs Committee along with being a retired USMC LtCol with over 21 years active duty many of the candidates from president wanted me to support them in their bid to become the president of the most powerful nation in the world.

On November 12th 2007 my name, my home town, and my position appears in numerous news papers across the country, prior to that a video concerning my life and my support for Senator Obama has appeared on his campaign site.



Veterans from World War II, Korea, Vietnam, Iraq and Current Conflicts to Advise Obama

November 12, 2007 -- Chicago, IL - The Obama campaign announced the launch of his National Veterans Advisory Committee today that will advise Senator Obama through the course of the campaign on issues related to the challenges facing troops and veterans. The group will also take the lead on building the grassroots network of support in the veteran's community in key primary states and in communities with large veteran's populations across the country.

"Senator Obama has been a leader for veterans in the Senate, and has laid out the most comprehensive plan to care for veterans among the 2008 candidates," said Major General Merrill "Tony" McPeak, a retired four-star Air Force general. "I am honored to work with him to care for our fighting men and women, both when they serve and when they return home. I firmly believe Barack Obama is the best candidate for our nation's veterans, and I would be proud to call him my commander in chief."

"Barack Obama has fought to improve veterans' care, to reduce homelessness among veterans, and ensure fair disability benefits," said Former Senate Majority Leader Tom Daschle, who served as a United States Air Force intelligence officer. "As President, Barack Obama will continue his leadership for the rights and benefits of veterans. He will stand with veterans -- just as they have stood up for us."

"I'll be a President who ensures that America serves our men and women in uniform as well as they've served us, and that's why I'm proud to have the support of these veterans advising me on the issues facing our troops and veterans," Obama stated. "After seven years of an Administration that has stretched our

military to the breaking point, ignored deplorable conditions at some VA hospitals, and neglected the planning and preparation necessary to care for our returning heroes, America's veterans deserve a President who will fight for them not just when it's easy or convenient, but every hour of every day for the next four years."

NEW HAMPSHIRE:

State Representative Kris Roberts, Chairman, New Hampshire House State-Federal Relations and Veterans Affairs Committee, U.S. Marine Corp Lt. Col. (Ret.), Keene, NH

"Don't confuse fame with success. Madonna is one; Helen Keller is the other." Erma Bombeck

"The voice of intelligence is soft and weak. It is drowned out by the roar of fear. It is ignored by the voice of desire. It is contradicted by the voice of shame. It is hissed away by hate and extinguished by anger. Most of all, it is silenced by ignorance." Karl Menninger

"It has never been and it will never be easy work. But the road that is built on hope is more pleasant to the traveler than the road built in despair, even though they both lead to the same destination." Marian Zimmer Bradley

"How many times have we heard, why I have given him the shirt off my back and now look what he has done to me, or I have given her the best years of my life and look what I get in return. If we bestow a gift or favor and expect a return for it, it is not a gift but a trade." Author Unknown

"Always keep the extent of your abilities unknown. The wise man does not allow his knowledge and abilities to be sounded to the bottom, if he desires to be honored by all. He allows you to know them but Not to comprehend them. No one must know the extent of his abilities, lest he be disappointed. No one ever has an opportunity of fathoming him entirely. For guesses and doubts about the extent of his talents arouse more veneration than accurate knowledge of them, be they ever so great." Baltasar Gracian

"The great victories of life are oftenest won in a quiet way, and not with alarms and trumpets." Benjamin N. Cardozo

"Human beings like to be consistent. They feel better about something when they become committed to it. And once they are they do everything possible to justify the decision in their minds. Part of the reason is social pressure. No one likes someone who see-saws, people like to be seen as knowing what they want." Tom Butler

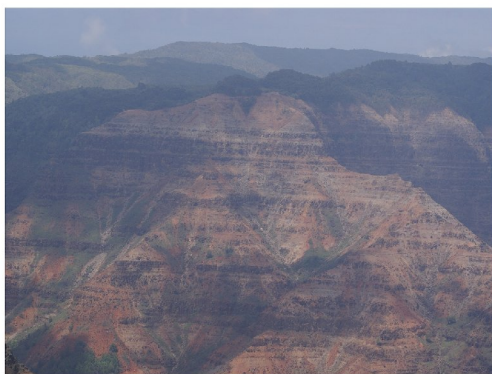
"Eagles do not conform to the activities of other eagles; they always fly alone and higher than other birds. When you fly like an eagle you will attract hunters. If you are successful you will win both friends and enemies. People may become jealous of you. If you are honest and frank, you will be both honorable and vulnerable. Some people will seek to twist your words against you. If you do good today, some people will forget about it tomorrow. If you show yourself to be a big person with great ideas do not be surprised if you are opposed by small people with closed minds." Author Unknown

"I believe that man will not merely endure; he will prevail. He is immortal, not because he alone among creatures has an inexhaustible voice, but because he has a soul, a spirit capable of compassion and sacrifice and endurance." William Faulker

"Information washes over us like a sea and its recede without leaving its trace. To be informed is to collect facts, to be enlightened is to understand an idea, and use it to make sense of the facts you have gathered." Susan Wise Bauer

So many people spend so much of their lives searching but very few ever stop to ask the question, what am I searching for? Even less ever take the time, ask at this point of my life do I even really want what I am searching for?

“It is human nature to overestimate the things you’ve never had.” Ellen Glasgow



Grand Canyon Of The Pacific



The Old Island

“Time is a companion that goes with us on a journey. It reminds us to cherish each moment, because it will never come again. What we leave behind is not as important as how we have lived.” Captain Jean-Luc Picard

“If you have not suffered, if you haven’t seen the suffering of others, you would not have love in you nor would you understand what love is. Without suffering, compassion, loving-kindness, tolerance, and understanding will not arise. When suffering is there, it helps give birth to compassion. We need to touch suffering in order for our compassion to be born and to be nourished.” Thich Nhat Hanh

“Security lies only in one’s courage and one’s character. Life can not be truly lived without courage. Courage is the ability to exhibit personal autonomy and independence of thought, to take the initiative, to be a self-starter. Courage means that you are willing to stand alone. Courage means freely choosing your identity. Courage means you define yourself. It means that you invented who you are. Courage means that you are responsible for who you are, regardless of

your origins.” Peter Koestenbaum

“Every day we experience death. The death of dreams, Everyday we experience the death of

misconceptions. We see the death of hope, vibrancy, and enthusiasm. We see the death of courage, confidence and faith, along with the death of trust. We experience death far more often than many of us ever expected. We suffer the sadness, the pain, the loss when a love one is wrenched away, we are hit with a devastating diagnosis, we lose out job, and the love of our life walks away. When things like this happen we often feel that our life is over. We are right life as we have known it is over. However, it does mean that life is over, just life as we have known it.” Sarah B. Breathnach



“The first sight of the lighthouse set boldly on its outer rock, the flash of a gull, the waiting procession of seaward-bound firs on an island, made me feel solid and definite again, instead of a poor incoherent being. It was a return to happiness.” Sarah Orne Jewett

“Rocked by adversity, people often get so much empathy and caring poured on to them that their own misfortune actually starts to feel good, it kind of make them feel special. People starting telling them what a tough break you didn’t deserve it. However, sympathy is like junk food. It has no real value, no real nourishment and nothing gets accomplishment in the meantime. If you don’t steel your self to other people’s sympathy you will only cheat yourself. There is never, really, any release from the consequences of adversity until you decide to do something about them. Be angry, be upset. Be determined to come back stronger; but never been accepting.” Pat Riley

“The supreme end of education is expert discernment in all things, the power to tell the good from the bad, the genuine from the counterfeit, and to prefer the good and genuine to the bad and counterfeit.” Samuel Johnson

“We are wear masks, and the time will come when we can no longer remove the mask without removing some of our skin.” Andre Berthiaume.



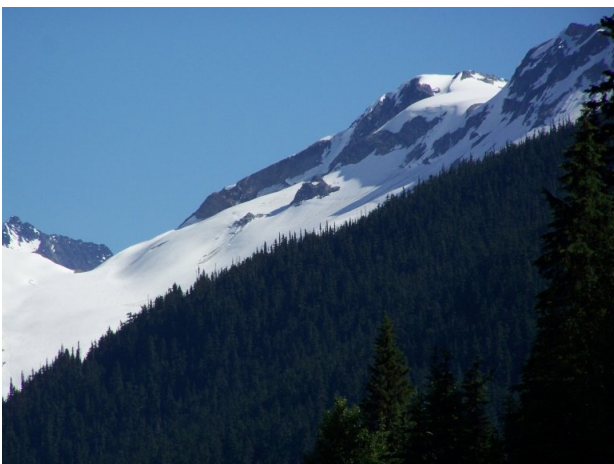
“In the final analysis it is not what you do for your children but what you have taught them to do for themselves that will make them successful human beings.” Ann Landers

“Wherever you are to do a thing, though it can never be known but to yourself, ask yourself how you would act if you knew that the entire world was watching you and act accordingly.” Thomas Jefferson

“The person who boasts about being a leader isn’t one. The true leader doesn’t boast about it. He has no ego investment in being a leader; he just is. He knows that

his power comes not from authority but from his people, so he uses his position to assure that they have the resources and support they need to do their work. Thus, people give him power, because they know he will use it to benefit everyone and not just for himself.” James A. Autry

We often overlook many of the things that we do because they are so minor and unimportant but no one has any idea what will be the final consequences of these minor and unimportant actions.



“Morality has the capacity to bend when power is concerned. It’s axiomatic: there are no friends, only friends of the throne. The poor, humble man has a tighter group of real friends than the elevated, landed broker. In the business of government and politics, you can trust no one.” Manuel Noriega

“You can’t abdicate the responsibility of leadership. You can delegate authority so that your people will act on their own, but you can’t delegate the responsibility for the results of that action.” Stephen Mitchell

“If you achieve success, you will get applause, and if you get applause, you will hear it. My advice to you concerning applause is this; enjoy it but never quite

believe it.” Robert Montgomery

“An angry man will defeat himself in battle as well as in life.” Samurai Maxim

“The basic difference between an ordinary man and a warrior is that the warrior takes everything as a challenge, while the ordinary man takes everything as either a blessing or a curse.” Don Juan

“To know a man observe how he wins his object, rather than how he loses it; for when we fail, our pride supports; when we succeed; our pride betrays us.” Charles Caleb Colton

“I never allow myself to become discouraged under any circumstance.” Thomas A. Edison

“Some people are afraid to make decisions because they are afraid of the unknown, they are afraid of criticism, they are afraid of failure. What we are in this world is largely the result of decisions that we have made so far in life. That’s right our decisions. No one else can make the important decisions for you, and no one else should make the important decisions for you. You are not the victim of circumstances that happen to you, you are the maker of decisions that can work for you or against you. You are free to make your own decisions. You have the right to make your own decisions. If you are not happy with where you are in life, or if you think you can do better, then you can choose to make a decision. Life is about making choices, choosing paths, and all our life we struggle with making the right decisions. Life is a series of paths taken and not taken.” Stedman Graham

“Life is a series of pulls back and forth. You want to do one thing, but you are bound to do something else. Something hurts you, yet you know that it shouldn’t. You take certain things for granted, even when you know you should never take anything for granted.” Morrie Schwartz

“The vast majorities of human beings dislike and even dread all notions with which they are not familiar. Hence it comes about their first appearance; innovators have always been derided as fools and madmen.” Aldous Huxley

We all live in a world; it is up to each one of us to determine what that world will be. One can either create their own world or allow someone else to create the world for us. Whoever creates the world creates the rules. If you play by someone else’s rules you will always be at their mercy. You can allow circumstances to determine what happens to you or you can use the results of circumstances to create your own world it is your choice. Take responsibility.



“Your worst enemy cannot harm you as much as your own thoughts, unguarded. But once mastered, no one can help you as much.” Buddha

“The essence of our effort to see that every child has a chance must be to assure each an equal opportunity, not to become equal, but to become different to realize whatever unique potential of body, mind and spirit he or she possesses.” John Fischer

“When anyone asks me how I can best describe my experience in nearly 40 years at sea, I merely Say, uneventful. In all my experience, I have never been in

an accident. I have seen but one vessel in distress in all my years at sea. I never saw a wreck and never have been wrecked, nor was I ever in any predicament that threatened to end in disaster of any sort.” Captain E. J. Smith 1907

“It is well to respect the leader. Learn from him. Observe him. Study him. But don’t worship him. Believe you can surpass. Believe you can go beyond. Those who harbor the second-best attitude are invariably second-best doers.” David J. Schwartz

“Multiculturalism was founded on a postmodern, neo-Marxist interpretation of American History in which a dominant tribe—the White Heterosexual Northern European Christian Capitalist Male—had variously victimized a long list of ‘minority’ tribes. In its original formation, there were only two basic minorities, Africans and Native Americans, but like Topsy in Uncle Tom’s Cabin, the list ‘grow’d’ until by the 1990s the system had developed into what has rightly been called a ‘victim culture.’ And “victimization,” as cultural critic Shelby Steele notes, came to equal power. Rather than move society closer to the eradication of racist or sexist thinking, multiculturalism and the diversity movement made race, ethnicity and so on the focus of all attention. The irony was that extremist multiculturalism was racist to its core; no one believed more firmly or stridently than devout multicultists in distinct racial identities that distinguished one group of humans from all others.” John Strausbaugh

“The idea of necessary and the idea of cause which men have are the results of observation of the uniformity in nature. As men see the world about them, they recognize that certain things always follow other things. This leads them to reason that there is a necessary causal connection between two things. Likewise, as men watch themselves they discover that when they desire something, actions follow which are directed toward serving that something. Thus, because of these experiences, men move to the conclusion that the universe is characterized by causal necessity and that there is a relation of cause and effect between a man’s desires and the actions in which he engages. However, men find a necessity in the causal relationships of nature but do not find a similar necessity when they study their own actions. While they believe that nature is characterized by a rigid cause and effect relationship, their own actions are not so rigidly determined by their motives.” David Hume



“So numerous indeed and so powerful are the causes which serve to give a false bias to the judgment, that we, upon many occasions, see wise and good men on the wrong side as on the right side of questions of the first magnitude to society. This circumstance, if duly attended to, would furnish a lesson of moderation to those who are ever so much persuaded of their being in the right in any controversy. And a further reason for caution, in this respect, might be drawn from the reflections that we are not always some that those who advocate the truth are influenced by purer principles than their antagonists. Ambition, personal animosity,

party opposition, and many other motives not more laudable than these, are apt to opposition as well upon those who support as those who oppose the right side of the question. Where there not even these inducements to moderation, nothing could be more ill-judged than that intolerant spirit which has, at all times, characterized political parties. For in politics, as in religion; it is equally absurd to aim at making proselytes by fire and sword.” Alexander Hamilton

“Morality is in every case determined by its utility or in other words by its calculable consequences. To admire the quality, the sense of honor, even the benevolence or the public spirit of a hero, independently of its results, is either to admire mischievous conduct or to evade the result by a mere trick of logical force. You pretend to obey your conscience for its own sake, but you tacitly arrange that it may give the most different answers under different circumstances; or you really admire even a misguided conscience and then you become a mere sentimentalist, admiring what does harm as well as what does good and utterly unable to assign a reasonable criterion of morality. If it be immutable, in the sense that it does not change whether it does harm or good, it ceases to be moral; and if it does change, you must give up all claims to making good your brag of immutability of morality.’ James Mills

“To love is to risk not being loved in return, to hope is to risk disappointment. But risks must be taken because the greatest risk in life is to risk nothing. The people, who risk nothing, do nothing, see nothing, have nothing and are nothing. He cannot learn, feel, change, grow, love and live.” Author Unknown

“Any learning that fails to engage the imagination is mere memorization.” Alfred North Whitehead

“It is not your environment it is you, the quality of your mind, the integrity of your soul and the determination of your will that will decide your future and shape your life.” Benjamin E. Mays

“Face your fears one by one; touch them and then let them go.” Margaret Becker

“The only good luck many great men ever had was being born with ability and determination to overcome bad luck.” Channing Pollack

“Victory is often a thing deferred, and rarely at the summit of courage. What is at the summit of courage, I think, is freedom; the freedom that comes with the knowledge that no earthly power can break you. That an unbroken spirit is the only thing you cannot live without; that in the end it is the courage of conviction that moves things, that makes all change possible.” Paula Giddings



“It is pride that changes angels into devils; it is humility that changes men into angles.” Saint Augustine

“When you have determined what you want; you have made one of the most important decisions of your life. You have to know what you want in order to any hope of attaining it.” Douglas Lurtin

“One of the strongest characteristics of genius is the power of lighting its own fire.” John W. Foster

“All great events have been distorted, most of the important causes concealed, some of the principle characters never appear, and all who figure are so misunderstood and misrepresented that the result is a complete mystification.” Benjamin Disraeli



“Good and evil both increase at compound interest. That is why the little decisions you and I make every day are of such infinite importance.” C. S. Lewis

“Never underestimate a man who overestimates himself.” Franklin D. Roosevelt

“Every man has a right to his opinion, but no man has a right to be wrong with his facts.” Bernard Baruch

“Nothing makes a soldier so angry and can be so unfair as the suggestion that he is callous about having to kill; if he is balanced, a soldier hates to kill. He kills because he is so trained and so ordered. He does so with faith in his country, whatever country, and with anguish in his heart.” Manuel Noriega

“Motives are often invisible but they are the true test of character.” Alfred A. Montapeert

“Opportunities are there, but we can’t start out as vice-president. Even if we landed such a position, it wouldn’t do us any good because we wouldn’t know how to do our work. It’s better to start where we fit in, and then work our way up.” Benjamin Carson

“To be able to make the best of each moment of life, whether or not our fate is happy or sad, is the art of life and the true advantage of a rational being.” Georg C. Lichtenberg

“A wise man said ‘I traveled the whole earth looking for happiness. I sought it unceasingly night and day. When I finally despaired of ever finding it, an internal voice said, ‘Happiness is within you.’ ‘I listened to this voice and found real indestructible happiness.’” Leo Tolstoy



“The better people are, the less they complain about others. The worse people are, the more they are satisfied with themselves, and the less they are satisfied with others.” Maureen Cole

“There are many real sources of happiness. The only real happiness and good is one that brings happiness and good to everyone. Therefore, we should want only what is compatible with the common good. A person who works for the common good will find happiness.” Marcus Aurelius

“The first rule of wisdom is to know yourself, because if you know yourself, you can know other people. The first rule of charity to others is to be content with little, because only those who are content with little can share with others.” John Ruskin

“He who understands others is intelligent; he who understands himself is enlightened. He who conquers others is strong; he who conquers himself is mighty. He who knows that in dying, he is not destroyed, is immortal.” Lao Tse

“We know that the great majority of people have a strong need for authority which they can admire, to which they can submit, and which dominates and sometimes even ill-treats them. We have learned from the psychology of the individual whence comes this need of masses. It is the longing for the Father that lives in each of us from his childhood.” Sigmund Freud

“Others, are brave out of ignorance; and, when they stop to think, they begin to fear. But the man who can most truly be accounted brave is he who best knows the meaning of what is sweet in life and of what is terrible, and then goes out undeterred to meet what is to come.” Pericles

“Is political leadership different from other forms of leadership? Generally yes. Political leadership means control over policies that affect the public welfare and political leaders may derive their power from the office they hold in a legally sanctioned state government. The office bestows upon them the authority to choose among alternative courses of action. However, not all political leaders hold formal political office. Leaders of sociopolitical movements, Martin Luther King Jr., for example are empowered solely by their ability to transform a strong public sentiment into a personal crusade.” Barbara Kellerman

“Fortunate, indeed, is the man who takes exactly the right measure of himself, and holds a just balance between what he can acquire and what he can use, be it great or be it small.” Peter Latham

“Anything that is given can be at once taken away. We have to learn never to expect anything and when it comes view is not as a gift but rather a loan.” John McGahern

You can't afford to lie (my title)
Author Unknown to me

You'll never see the courage I know
Its colors' richness won't appear within your view
I'll never glow the way that you glow
Your presence dominates the judgments made on you.

But as the scenery grows
I see in different lights
The shades and shadows undulate in my perception
My feelings swell and stretch I see from greater heights
I understand what I am still too proud to mention, to you

You'll say you understand
But you don't understand
You'll say you'll never give up Seeing Eye to eye
But never is a promise and you can't afford to lie

You'll never touch these things that I hold
The skin of my emotions lies beneath my own
You'll never feel the heat of this soul
My fever burns me deeper than I've ever shown to you

You'll say "don't fear your dreams"
It's easier than it seems
You'll say you'd never let me fall from hopes so high
But never is a promise and you can't afford to lie

You'll never live this life that I live
I'll never live the life that wakes me in the night
You'll never hear the message I give
You'll say it looks as though I might give up this fight

But as the scenery grows
I see in different lights
The shades and shadows undulate in my perception
My feelings swell and stretch I see from greater heights
I realize what I am now
Too smart to mention to you

You'll say you understand
But you don't understand
I'll say I'll never wake up knowing how or why
I don't know what to believe in
You don't know who I am
You'll say I need appeasing when I start to cry
But never is a promise
And
I'll never need to lie

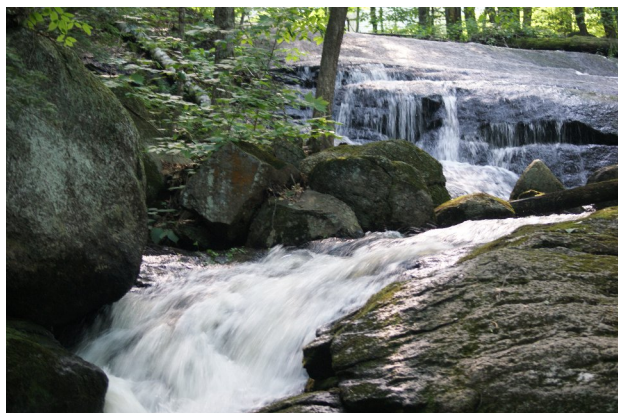
"Please don't lie to me unless you are absolutely sure I'll never find out the truth." Ashleigh Brilliant

“My will shall shape my future. Whether I fail or succeed shall be no man’s doing but my own. I am the force, I can clear any obstacle before me or I can become lost in the maze. It’s my choice. It’s my responsibility. Win or lose only I hold the key to my destiny.” Elaine Maxwell

“Believe in the best, think your best, study your best, have a goal for your best, never be satisfied with less than your best, always try your best, and in the long run things will turn out for the best.” Henry Ford

“Once in a while you get shown the light in the strangest of places if you look at it right.” Jerry Garcia

“Science may have found a cure for most evils, but it has found no remedy for the worst of them all, the apathy of human beings.” Helen Keller



At times I feel so out of place in our fast pace world, I have more than proven that I can exceed others expectations of me, but for some reason there is always little to no joy in doing so. I guess I would have a lot more friends if I could bring myself to play the game. At times it is so tempting to do so, but when I stand on the side of the mountain looking down at the clouds and a snow covered volcano, when I am walking on a black sand beach, when I watch a butterfly in the middle of nowhere, when I am in the rain forest on a dark dark, night listening to the cries, when I look at a

brand new school where there had been nothing or when I see the smile on a child’s face I can reflex back on the words of Leo Rosten, “The purpose of life is to matter, to count, to stand for something, to have it make some difference that we lived at all.” I know that I have and still am making a difference. I have let at least five people borrow prior editions of this book and not one person has returned the book. When I see them I can see in their faces that they know that they should but I know that they can’t. So to them I am making a difference. That is what keeps me alive.

“With memory set smarting like a reopened wound, a man's past is not simply a dead history, an outworn preparation of the present: it is not a repented error shaken loose from the life: it is a still quivering part of himself, bringing shudders and bitter flavors and the tinglings of a merited shame.” George Eliot

Robert Frost once stated that no matter what happens, no matter how harsh how brutal life may be “life always goes on.” Since life always goes on. Life must be a journey.

“I love people, I love my family, my children, but deep inside of me is a place where I live all alone and that’s where I renew my springs that never dry up.” Pearl S. Buck

“There is no failure except in no longer trying. There is no defeat except from within, no really insurmountable barrier save our own inherent weakness of purpose.” Elbert Hubbard

“Much of social life is determined by our desire to be big fish in our own ponds. If there were only one pond, if everyone compared his or her position to the positions of everyone else, virtually all of us would be losses. After all, in the pond containing whales, even sharks are small. So instead of comparing ourselves to everyone, we try to mark off the world in such a way that in our pond, in comparison with our reference group, we are successful. Better to be the third-highest-paid lawyer in a small firm and make \$120,000 a year than to be in the middle of the pack in a large firm and make \$150,000. The way to be happy; the way to succeed in the quest for status is to find the right pond and stay in it.” Robert Frank

Failure belongs to everyone

Just what is Mental Illness?

We Americans are a very funny people, some of us will fight to the death whenever someone tries to lump us together or stereotype us. Many will do whatever it takes to prove to the world that every single person is his or her own man or woman. But in reality we are one of the few societies on this planet of ours that demands that everyone is definable, predictable, and can be placed in the necessary hole. We as a society have developed a system of rules, measurements and expectations that each of us is not only expected but often required to conform with. We have developed a fine tune system of static analysis to establish our norms. Everyone behaving in a manner that fails to conform to our society's norms is usually deemed to have a behavior problem, or as stated in the medical journals "Disorder" a code word for a mental illness.

Mental illness is such a harsh word. I don't know a single person that has a mental illness that has ever been cured. You can break every bone in your body and still hold the belief that in time you will heal and that you will regain most if not all your life back, not so with a mental illness. It is like the Scarlet Letter something that you in fear of always wondering how you can fake it, what you have to do to become part of that norm again.



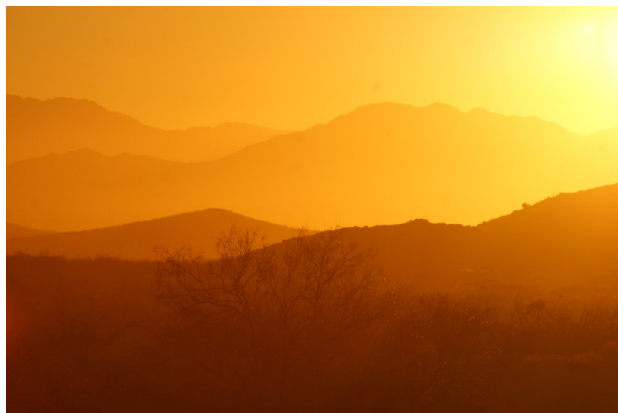
I have been told that I "suffer" from a dissociate identity disorder and from post traumatic stress disorder. So in medical terms that mean I suffer from mental illness. I really have a serious problem with the word "suffer". I fully understand that every therapist comes to the room with his or her own personal prejudices, bias, morals and expectations all which were developed by his or her own life experiences. When you combine these traits with the outward but more often underlining belief that they are far more educated and far more intelligent than the person lying on the couch or sitting in the chair it is very easy why that it is almost impossible if not impossible to ever reach the norm. So I wonder if am condemn to a life of mental illness. I wonder if it is something I have to keep under wraps.

Am I condemn because I have the disorder or will I be condemn because other believe DID or the devil in disguise is just something that the doctor put in my head to allow me to escape complete responsibility for my actions. What a double edge sword I am told that developing DID is completely normal due to the childhood I endured, but normal is a mental illness or disorder because it really isn't normal. Then on the other hand I have read numerous articles and research papers where DID is called the latest POP Fad; something that is used by defense lawyer to get their clients off "an expert opinion" to allow bad people to escape responsibility.

I really find it hard to believe that I am the type of person that refuses to take responsibility for my actions. If anything I think I have taken far too much responsibility for I have not only taken and maintain complete control over all my actions and my future. I have done so for others, often taken the blame when they have failed. Often doing far more than I should have to help them up and over, sometimes hoping far too long that they would do the right thing. Often learning too late that they aren't me and I was a fool to expect them to perform to the levels I would. I sometimes ask myself how does one gets to be a Marine Corps officer let alone an LtCol if they are lacking the ability to or refuse to take responsibility.

On the other hand do I just disappear yea I do that. Do I often accomplishment something and then later don't have the foggiest idea how I did it and have to learn all over again. Do I meet people that know me and haven't the slightest idea to who they are, but somehow they are taking and acting like they know me. Do I get from point A to point C and don't know how I got there, yea. Am I right handed and something left handed yea. Do I divide events into small pieces and file them away in separate areas, yea.

Do I have the ability to kill off the worst people in my life? Do have the ability to say be gone and every trace of them disappears yes I do but the therapist that is impossible. How does he know that it is impossible or even if it wrong to do I have heard, read and watch stories of countless people killing their abusers allowing the abuser to control their life from the grave. I have the ability to close out bad and dangerous people like closing a chapter in a book, never to be brought up again until I choose to open the



book. I allow them into my world only on my terms. I don't kill anyone, I don't hurt anyone and I don't live my life in fear of them. If I was to kill someone, some people would say, we don't agree but we understand. To kill someone is to give them control over me from the depths of their grave.

Do I sometimes cry for no reason at all, do at sometimes I get emotionally overwhelmed, do I have moments where I just get down and shut off to the world without doubt yes to every question. But do I get depress I rather doubt it. However, the therapist tells me otherwise. He or she doesn't believe that my many

parts (not others) have a way of protecting me. Whenever I get down and feel as if I could fall off the cliff they are there to cover me in a protective shell until I recover. I believe that therapists don't really understand when a child has developed a highly protective shell that prevents everything from entering but it also prevents anything from leaving. In order for that child to grow which means to process he or she has to shed his or her shell just like a lobster. Hopefully the timing is right, sometimes it isn't and the emotions going in while the crap is being released can be overwhelming. The idea is to hold on until the next protective shell is in place.



I believe that therapists are far to judgmental and that they don't understand that they are dealing with people, that people who don't trust have to trust that the therapist will view them more than a house payment. I don't believe that therapists want to neither know everything nor understand the true cost of the unknown. In many ways the therapist build a protective shell around themselves. I believe that they fail to understand a person doesn't ask for their help just to earn a label. The therapists did want to know, or didn't care about the toll that children and grandchildren take on me. For the first years of their

lives I could get little to no sleep as I had to get up time and time again to see if my baby was alive, was breathing. They didn't want to discuss the fear let alone the basic for that fear I felt when I didn't see their bellies moving while at the same time worry about touching them. I guess there has to be a label for that.

Do I shift often yes without doubt., to me the only problem is when it happens when I am not in control where it is like an open circuit and it can take me hours to do things that I could do in minutes. But then again there is a part of me that will shut down everything that to protect me from any danger allowing me to have a security blanket at all times. Without question I could meet all the so called "requirements" of DID which would make me mental ill but the real question is how am I am suffering, how could treatment me improve on my quality of life. Then again there is always cover the butt statement which in the case of mental illness is "if the person is highly functioning in society then he or she can't be mental ill."

Without question if I haven't learned all the code words and understand what not to say I could have been labeled with many other "disorders." Are you feeling depressed, are you feeling lonely, do you have thoughts of injuring or killing yourself, have you lose your sex drive, are you suffering headaches, are you suffering seizures, are you suffering from TIA's, are you in pain, and many other slimier questions to which

the wrong answer will quickly result in loss of control, loss of freedom. Here it is the therapists asking questions that a child had always learn that it was in his or her best interest to never ever allow anyone see you hurt or in pain.

I don't understand if DID is real, and if it is the direct result of actions of powerful adults over and little children and it is known that such children learn to read adults in order to survive why therapists get so lazy and assume that we children can't read them. It is funny there is a period of no truth, then as the walls come down, the therapists gets lazy, too busy or just plain worrying about the clock. Do children who suffer from DID understand eye movement, body movement, defection of the voice and many other very minor



things. A blind person can hear far better than a sighted person so why not with a child with DID. Then as these little clue add up it is easy to understand that the therapists are no difference than most adults. Sometimes much worst because they ask for our truth and we want to believe that they can be trusted far different than understanding that while adults are very predictable very few are trustworthy.

It is only a matter of time where it becomes very easy to mirror the therapist and provide him or her with everything they want, to provide them with the words and actions to build their egos by making them believe that they are accomplishing things and making progress. Once this happens it only becomes a matter of time before the child becomes the therapist and the therapist the patient.

In many ways I am gender neutral having the skills, behaviors and thinking abilities of both sexes. This doesn't make me a confused person if anything I believe it goes to the belief that unlike sex or sexual orientation gender is something that is learned. Combining this with the research that shows that children that "suffer" from DID have above average to high

intelligent why would the therapist ever under estimate the child's abilities?

Do I "suffer" from DID maybe sometimes, maybe about 15-20% of the time where I have no control, do I control and benefit from my DID without question, maybe I use my DID about 50% of the times with the rest of the time just in neutral, resting, recharging or doing an overload dump.

But I find it so strange after everything that I have endured and overcome that I am attacked by all sides. There really is no good solution. I am either suffering from a mental illness, or I am a fake trying to avoid responsibility for my actions and failures. Since children with DID would be very unwilling to reveal their inner secrets, the very weapons that protect them from the adult world and make them even less willing to trust therapists how would the medical world really understand, so in many ways much of what is known is best guess. There really is no benefit in parting knowledge because the risks are too high. If there is a need to example there is risk. So I guess it is in my best interest to limit my discussions to my circle of inner friends and inner selves or the people like me, to do otherwise would be very dangerous for people must destroy what they fail to understand.

Looking back over all the books I read during my life time concerning great heroes, adventures, writers, artists, painters, etc. they all saw the world different from the norm. They all had abilities and traits that could label person as a DID suffer. That is why I never believed that I was different. Maybe society has developed a set of norms to defend their own egos out of mistrust and jealousy for the ones that see the world in a different light, or see possibilities that others just can't. Maybe it is meant to punish such people for all their failures while usually waiting until they are dead to understand, accept and appreciate their benefits to society.



Countless nights I go through one dream after another, waking up numerous times, waking up in the morning with the top of my shirt soaking wet. Other times tried and beat to hell because it was as if my body, brain and nervous system didn't know the different.

Sometimes when I am in a great deal of pain from my injuries and broken back, times where it is pretty hard to do even the simplest things, sometimes when the pain is so bad that I don't want to be around anyone, times when the pain is no bad that I can't block it out. I wonder is it really a mental illness to switch or dissociate and stay functional or would it be more

acceptable to kill the pain with drugs or alcohol?

Every single day I have at least few incidents of serious sometimes take your breath away chest pain. Each time that happens I ask myself is the time that the pacemaker will failure or won't be powerful or quick enough to get my heart started again or in rhythm. Every day some worst then others I have moments when I can't speak, my leg feels as if I stepped in a hole, or I can't lift my left arm, every day I get sharp pains to my head sometimes as if I was smashed with a two by four. I ask myself is this the day that I will suffer a stroke that I may never recover from? Other days I get unbelievable pain down my left leg, so bad that I can't think of anything else but getting the pain down to a ten. Other times I get sharp shooting pain down my leg sometimes as if I touch a live electrical wire. Then my leg just collapses. It is times like this when I ask myself will this be the last day I will walk again. Some days my nervous system doesn't work correctly and I wonder if I will find myself on my hands and knees on some back road in South Dakota struggling so hard to be able to breathe because my throats has lock shut that when I do breathe my month is full blood from my throat. I ask myself what will happen if the throat never opens up. Some days the effects of the brain injuries, the heat stroke, the regular stokes, the seizures, the TIA's, the broken bones, combined with the pain leaves me almost blind. My eye sight fades to that dangerous 20-400 range. It is times like this where I fear that it will never return.

So I often ask myself just what is mental illness. Maybe they are right because I am not acting in the manner that society expects me to react. Maybe I should stay home, feel sorry for myself, and get depressed and pop anti-depression and pain pills. Maybe I should accept the fact that society wants me to view myself as disable. Maybe there is something wrong with me. I don't view myself as disable; I can't do everything I want to do, never have, never could. But there are many things that I can do, and in many cases far better than most. I know my limitations and it doesn't matter if I like them, I have to deal with them without allowing them to limit what I can do.

Am I suffering from a mental illness because my lack of trust or the ability to attach to people? In many ways I have complete trust in people, that trust is based on an understanding of their own self-interest and the fact that except in the rarest of cases and with the rarest off people and organizations will act in their self-interest. Combine that with the fact that very few people allow themselves to leave their comfort zone. There is a very high degree of predictable. I trust in that. I always give people the benefit of the doubt and in the end most will sink to their own level. So in the end I never judge anyone unfairly. That is draining and often results in pain. Is that a survival tool or is that a mental illness? Is the fact that I trust people or

organizations to change or end the relationship as soon as it benefits them and that I prepare for that day an illness or a survival tool that allows me to have control over my future.

How do you get close to another where the majority of people label themselves by their trauma, their hardships, and their illnesses? If you say too much they don't believe you, if they believe you they get away from you as quickly as possible. As I stated in the beginning I wouldn't wish what I have endured and overcome on anyone, but I would change one single thing because I like the person I am and can one single think would mean that I wouldn't be the person I am today. Just think of how many lives have been changed, or even lost by a last minute change in plans or being stuck in traffic. Maybe I just don't have the ability, or maybe I am doing my best to escape from reality to avoid facing the harshness of my life.



But should ask who I trust. I had a growth in my chest that had a high probably of cancer that was discovered in 1990 and wasn't taken out until 1998 and it wasn't done by the organization that responsible. With the type of growth in my chest I had a much higher risk of cancer in another part of my body, in 1998 I had a PSA of 4.5 and nothing was done until full blown stage 3 prostate cancer was discovered in 2006 which was serious enough to be told I had thirty days, it wasn't removed by the organization that was responsible. In 1992 it was discovered that I had type I & II heart block. In 1994 it was stated in the records that I may need a

pacemaker. I was given a pacemaker but not by the organization that was responsible. I was told that I was having migraine headaches without the pain and PTSD until I it was discovered that I had suffered at least two strokes and numerous TIA's, along with seizures again not by the organization that was responsible. I underwent six medical procedures to manage the pain in my leg a direct result of a fracture L5 in my back, again not by the organization responsible. In little more than a year I had a new pacemaker, shoulder, knee, cancer, and angiogram and later followed up with a new led being inserted into my heart. I told the organization that was responsible that I was being overwhelmed and I needed to talk. That was over two years ago and I have heard nothing.

So who do I trust, if I had trusted the people I that I was expected to trust I would be dead by now? Whether it has been medical, parents, work, political, etc, the one that I should have been able to trust have



failed me. I have been one of the luckiest ones, right up there with Lou Gehrig. I am happy with whom I am, I am happy with what I have accomplished in my life, I am happy with the family I have. I am happy with the people I have helped, but most of all I am most happy with the fact that I have held myself accountable for my actions and responsible for my own happiness and welfare. For that many others have benefit.

Maybe the correct thing, maybe the expected thing is to be mad at the world. But the world doesn't care. I know that. I accept that. I know that I can only control my little part of the world and I can afford to waste my

limited resources and time trying to dig hold in the sand.

Maybe I just try my best to do the right thing because I am mad at the world. The world expects me to be mad, but I refuse to define myself by the world's expectations. But just maybe the best way to get back at the people who use their positions of power to abuse and take advantage of people is too informal them that they are inviting their own death through their front door. This with the full understanding that I know they would never believe me in the first place. I know that they can't believe me because when you use your

power to take advantage of people you have to believe that other people think like you do and act in the manner you would.

Maybe the doctor, maybe society is correct I am mental ill or maybe, just maybe they don't understand that



I want to go as many places as possible, meet as many people as possible, to help other people bring the best out of themselves. Maybe I just want to be like Chief Aupumut, when it comes my time to die I won't need to weep and pray for more time in order to live my life. I want to be like Jack London, I want to live my life because tomorrow is promised to no one. If someday I find myself trapped in a body that doesn't work, or that my vision has gone to back or find myself rack with pain. I won't find myself suffering the worst curse of all, the pain of regret. I won't need my eyes; I won't need someone to explain their version of beauty because I would have seen my own. I won't need my legs because I have traveled over mountains, into

jungles, across deserts and sailed the oceans. I will be able to remain myself every single day that I have lived.

Just what is mental illness, is my fear with the VA unnecessary anxiety? On a number of occasions, such as the heart block, the tumor in my chest, the cancer or even the stoke and TIA's each and every case they had very clear signs and never once did they follow up. It took action by out side doctors to tell me of the seriousness of the problem and then take corrective action. Each time the person that was suppose to take care of me failed in their responsibility. In many ways they were no different than my mother. But this time they were much worst. The damaged my quality of life and if not properly treated could have killed me.



The VA was suppose to plan ahead for my pacemaker change out so I could undergo MRI's on my head to see if the brain damage from the stokes, the TIA's and seizures got worst. It has been almost 15 years since my last MRI on my head. The VA hasn't even offer a C-Scan of my head. I was told that by the five year mark I need to have a MRI of my chest because there was risk that the tumor could grow back. It never happen, the VA that replaced the pacemaker told us he didn't want to take the time. So when I have moments much like the ones I had before the tumor was removed over 11 years ago I just have to worry. When I was told that

the doctor who hand no need for the penis, I just cut it out and drop it in the bucket, was going through a bad divorce I should overlook her demeanor because she is a really good doctor.

When I called for a refill on my seizures medicine I was told that I had been dropped from the system because the PC doctor hadn't seen me for over a year, and I was forced to go without the need seizure medicine until they could find room for me. Even then they made an appointment for me in the urgency care facility over a month later my wives insurance was required to pay over a thousand dollars for my visit. This when I was a Cat-1 service connected veteran and everything I was seen for was service connected. What was worst was that I was billed about \$128 facilities fee just for entering the doctor.

Maybe just maybe much of anxiety with the VA is that they have provided me with live-threatening service, haven't been very rapid in their reply. I have asked them why they have been taking 10% of my check for the last seven years despite paperwork from their own department telling me that my debt was

paid in full. I have been waiting since Feb 2006 for an answer; it was even resubmitted in Oct 2007 and again in 2009 still no answer. Maybe my mental illness is that in many ways I have been forced to pay the VA because they have the power. Again I don't see how this is any different than my mother forcing me to pay her. Many of medical problems are the result of my mother and the VA and they have used their power to force me to pay them.

I have given this book to a number of people, I allow people to buy for like \$2 dollars over what it costs to print; mainly to keep control over my photos. I don't mind people looking at them and I have no problem sharing them with other people if they ask. But I never know who will read the book, some people are moved by the book and thank me, others never say a single word to me again, as if they are afraid I will see things that they have hidden deep in their mind. Or maybe they fear I would judge them or make fun of their problems. I do neither, every person has problems, no one has had a perfect childhood or life, many people fake it, other make their childhood appear much worse than it was.

I recently received two e-mails from a person that read this book.

“Let me briefly give you a synopsis of my childhood and then you will understand. My mother was very, very similar in many ways like your mother, as far as a parent goes and as far as being promiscuous. This was going on as I was growing up. Today I suffer from depression, anxiety and panic attacks and PTSD, among other things. I used to say I am a "victim" of verbal, physical, mental and sexual abuse. Today after reading your book, it might be safe to say I am a "survivor" of the abuses. My mother and I have not spoken in approximately 30 years. She savagely beat me daily as a child and well into my mid teen years, until I got pregnant at 16 and got married, moving away from her. She married a man 20 years older than she. He sexually abused me from the time I was 8 years old until his death when I was 13. This went on every single night, Sunday thru Friday. My mother worked a 2nd shift and was gone during that time. For whatever reason, I was never as strong and determined as you were. I allowed the events of my childhood to interfere with my entire life. Counseling never seemed to help. Anti-depressants did nothing, either. It is so ironic that I came upon your book. All of my adult life I have thought about writing an autobiography or memoir. I always wanted to, just didn't know where to begin or how to go about it. After reading your book, I am more determined to begin writing. I am so amazed at how much alike our mothers were. I never knew why my mother was so hateful.”

“I know you and I have our childhood upbringing in common. Our parents were from the same mold. We can't change that. You sound so strong when I read what you have to say. I envy you because I just don't know how to move on. You strived for better and better and succeeded. I still have lack of self esteem and self confidence. I know I need help and will be seeing a new therapist shortly. At times I've given up on them. Whenever I've gone to one, the first words out of my mouth are, "my mother." Another problem I have is getting past the anger and sadness for the little girl I never was and the parent that didn't protect me.”

It really isn't important to the world who this person is, in many ways the world really doesn't care, just that I have made positive impact on someone's life. So by medical standards I may be mentally ill, but then I still have the ability to be pretty productive. I can't do the things I want to, I cannot run a marathon, I can't build buildings, roads, or airfields, I can't plan and coordinate the loading of trucks, planes, ships and railroads. Things that I was very good at, and far better than most of my peers, things that I can do really well on good days and others days which I would only be a danger and would produce substandard work at best.

But I have found other things to do, I have increased my ability to read, my ability to write and speak. I know that very few if any of my high school, college or military school teachers or instructors would believe that my speeches and newspaper articles were written by me.

Since the VA had determined that they have no need to see me again, that they were other veterans needing treatment far more than me. A decision I believe based on the fact that I am accomplishing much more than

most of the other veterans not on what I would be capable of accomplishing, or what they could do to reduce the stressors in my life. In many ways they provided me with the opportunity to learn how to deal with some of the underlining issues, but nothing at all for the other demons that have been trying their best to get out and consume me.

It doesn't matter, even if I was given the opportunity to go back to the VA, I know that I could never take up that opportunity. As with everything else in life, I have taken it upon myself to find ways to deal with the issues and problems. I doubt very much if there is anyone at the VA that would be skillful enough to take me on as a patient and improve my quality of life.

Every time I write a speech, write an article for the newspaper there is always something in there that should have been address by my doctor at the VA. It is the opportunity to say it, to get it out in the open. Almost as if I was still a child telling the adult world I have a problem, I need your help, I trust you to help me, but knowing deep down they will do nothing.

So I take the opportunity to help us, one by one, every time I help someone feel better I feel better. Every time I stand up and protect somebody from getting hurt by adults abusing their power for their own personal benefit I feel good. If the requirement for additional treatment is to admit to the world that I am a victim, that I am being overwhelmed, that I have extended periods of depression, etc, I guess I will never receive any more treatment.

After all a mental illness is what is outside the normal. Not everything outside the normal is an illness. Traits, behaviors or a way of thinking that society may view as weird, or out of the normal but why can't they also be viewed as positive strengths. Parents and business spend hundreds of millions of dollars each year to develop resilience in their children and employees.

Without question I have a very high level of resilience and very few people care about how I developed it, nor do they care about how I developed my coping skills, they just seem to want to know about all the bad things that have happened to me. If I was in a bad car accident and broke my legs and arms, the doctors could care less about what care of car I was in, who was driving, how fast, what was the weather conditions, etc, they would fix the broken bones and then start me on physical therapy so I can recover and get my life back.

Commander Stockdale was a devotee of Epictetus, the eminent Greek Stoic philosopher...Stoicism is the key to understanding Stockdale' character, focus, and determination...he frequently cited the Stoic philosopher as he sought to explain his success at the leader of the POW population in the Hanoi Hilton...about 80% of the 591 POW's returned to continued their military service. Many later became leaders in government, business, law, or academia. Twenty-four attained the rank of admiral or general; 18 have served or are serving in elected or appointed politicians positions both at the federal and state levels to include U.S. representatives and senators...Numerous others served in executive positions in corporate America...many other also continue to serve in their local communities for scouting, religious, and civil organizations. Eight received the Medal of Honor. Despite being the longest-held group of POWs in our nation's history they brought home most of their comrades without major incidents of long-term mental illness. According to the Robert E. Mitchell Center for Prisoner of War Studies in Pensacola Florida, 96 percent of the Hanoi Hilton POWs were free of post-traumatic stress disorder. By comparison, a 1997 America Psychiatric Association report found more than half of the 262 World War II and Korean War POW's studied had symptoms of lifetime PTSD." Peter Fretwall

"Your own ego can be your own worst enemy. Guard against the danger of buying into the hype about your personal success or brilliance. Instead, understand your place as merely one element in a board ad ever-changing movement, with your effectiveness forever linked to your individual credibility, good reputation, and the respect you show others." Markos M. Zuniga

“Read not to contradict and confute, nor to believe and take for granted, nor to find talk and discourse, but to weight and consider. Some books are to be tasted, others to be swallowed, and some few to be chewed and digested.” Francis Bacon

“By Courage I repel Adversity.” Adversa Virtute Repello

“The human being is a wanting animal and rarely reaches a state of complete satisfaction except for a short period of time. As one desire is satisfied, another pops up to take its place. When this is satisfied, still another comes into the foreground and so on. It is a characteristic of human beings throughout their whole lives that they practically always desire something.” Abraham H. Maslow



“It is the willingness to change that sets the true leaders apart. It is seeking out change and wringing every bit of potential out of it that takes you to the next horizon.” Ty Boyd

“If you want to become complete you must first accept that you are unfinished. If you wish to follow a sure path accept the fact that the path is winding. If you want to be fulfilled you must relinquish your ego; If you wish to succeed you must first accept failure. He who does not make a spectacle of himself so that others can see his example. He who doesn't try to prove

himself so that others can trust him. He who does not boast or exhibit pride so others can give credit due. He who doesn't compete with others so people feel comfortable sharing with him gives up everything and gains everything.” Lao Tzu

“Your own self is your ultimate teacher. The outer teacher is merely a milestone. It is only your inner teacher that will walk with you to the goal, for he is the goal.” Nisargadatta Maharaja

“Be patient with all that is unresolved in your heart and try to love the questions themselves. Do not seek for the answers that cannot be given for you would not be able to live them. The point is to live everything. Live the questions now and perhaps without knowing it you will live along, someday into the answers.” Rainer Maria Rilke

“It is a secret known to but a few, yet of no small use in the conduct of life, that when you fall into a man's conversation, the first thing you should consider is, whether he has a greater inclination to hear you, or that you should hear him.” Sir Richard Steele

“Men who live in democratic times have many passions but most of their passions end in love of wealth or issue from it. When fellow citizens are all independent and indifferent, it is only by paying them that one can obtain the cooperation of each; this infinitely multiplies the use of wealth and increases the value of it ordinarily, therefore, one finds love of wealth, as principles or accessory, at the bottom of the actions; this gives all their passions a family resemblance, and it not slow to make them a tiresome picture.” Alexis De Tocqueville

“Most men believe that it would benefit them if they could get a little from those who have more. How much more would it benefit them if they would learn a little from those who know more?” William J. H. Boercker

“The people who bind themselves to systems are those who are unable to encompass the whole truth and try to catch it by the tail; a system is like the tail of truth, but truth is like a lizard: it leaves its tail in your fingers and runs away knowing full well that it will grow a new one in a twinkling.” Ivan Turgenev

“The longest road you are ever going to have to walk in your life time is the road from here to here; from the head to the heart. It is said that in order to be speak to the people has a leader you must make the return journey, you must complete the journey from the heart back to the head.” Phil Lane Jr.

“When a child is successful in overcoming adversity or achieving a sought after goal, parents should applaud from the sidelines and continue to encourage independence in problem solving. If the parent act as a partner in problem solving and take some or all of the success, they far too often rob the child of the feeling of success.” Jeannie Norris

“If you were born white you are going to stay white, if you were born black you are going to stay black. I don’t care how much thought you give it, you are not going to add a single inch to your height. You are not going to change where you were born, when you were born, how you were born or to whom you born. As a matter of fact you are not going to change one single whisper that has taken place in the yesterdays of your life.” Zig Ziglar

Wise Woman’s Stone

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a

lifetime. But a few days later he went back to return the stone to the wise woman. “I’ve been thinking,” he said “I know how valuable the stone is, but I give it back in the hope that you give me something even more precious. Give me what you have within you that enabled you to give me the stone in the first place. Author Unknown



“How do the geese know when to fly to the sun? Who tells them the seasons? How do we, humans, know when it is time to move on? As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go

forth into the unknown.” Elisabeth Kubler-Ross

“Why are some great and other less so? Why does the minor leaguer that never makes it to the majors, the middle manager who never gets the corner office, the salesperson who receives no plaque, stays unadvanced, neither fired nor retired, containing the mediocre performance of an undistinguished person with a modicum of talent? As long as we regard people in terms of earning power or specific expertise, we do not see their character. Our lens has been grounded to one average prescription that is best suited for spotting freaks...Most people in the minority have been called too, but they miss the call for main reasons; parents blocked it, doctors diagnosed it, poverty ruined it, no one recognizes it, faith falters, accidents happened. Or they just settle in and make do. For others the call is to keep the lid under the bushel, to be in service to the middle, to join the rank and file. It is the call to human harmony. A call that refuses to identify individuality with eccentricity...Most of us pass our time sheltered under the middle bulge in the bell curve. Huddled there in the mean, we look with envy and fear at the exceptional few pushing the edges. The middling majority not, whether in talent, in opportunity, in background, in luck, in brightness and beauty is neither born great nor have greatness thrust upon them. One must first acknowledge that snobbish prejudices are packed into the term mediocre. Mediocre implies our own distance from something. It allows you to stand apart, to say you are different, that you do not belong therefore you have right to pass judgment on whatever you label as mediocre.” Authors Unknown

“Each had his past shut in him like the leaves of a book known to him by heart; and his friends could only read the title.” Virginia Woolf

Fifth Anniversary of Iraq War Floor Speech 19 March 2008

There was a voice mail message from the New Hampshire Democracy Party asking to give a speech in connection with the fifth anniversary of the start of the Iraq War. I didn't return the call and went out. When I returned there was a second message. I was puzzled by the party sudden interest in me. For the past three years they have shown no interest whatsoever in me.

When they asked for people in underrepresented groups such as minorities, disabled, and veterans I applied for all three and wasn't even told I was in consideration. Even as a retired LtCol and Chair of the Veterans Affairs committee I wasn't even given the right of first refusal. When I was asked to be a delegate for Senator Obama, even though I had worked on his campaign I was quickly passed over. So my radar was working in overdrive.



The next morning before our meeting with the speaker a fellow Rep told me that he was asked to give the speech, but he told the party that I would be the best person. This Rep was close to the Speaker and even had his own private office. There was just something wrong with the way he was acting. After the Speaker's meeting I was approached and was given the speech I was to make on the floor.

I looked at the speech and in a matter of 15 seconds I knew that I couldn't give that speech, it wasn't me. I would have lost quite a lot of respect from many of the members if I gave the speech as originally written. So I made a number of changes and gave it back to the Rep who stated that he would bounce the speech off the leader. I just got the feeling I was being played.

He returned and stated that everyone was OK with the changes. I told him that I needed a copy of the speech so I could practice that night, I never saw him again. The latter asked one of majority leader's staff for a copy of the speech without any luck. I asked the majority leader for a copy of the speech again with no luck, so I went to the motel without knowing what the final speech would be. Did he make all the changes I wanted, was there a spelling mistake, did he mistake some words because of my writing?

The next morning I tracked him down and asked for my speech, he told me that there wasn't any paper for the printer. I again told him that I needed that speech. He found and came back with the speech it was printed on the back of some old paper. Reading the speech I saw a number of problems and told him that where I needed corrections He made them and returned with the speech printed on the back of old paper.

The more I read and reread the final draft the more and more that it just seemed right, the more I read the more I feel like if I gave the speech as it was written the more I would be pissed at myself.

So in the few minutes before I got up to get ready to give the speech I crossed out some of the language and added different language and then gave the speech, it was short, it kept everyone in their seat, and no one spoke a single word. I finished the speech, said thank you, left the well and headed up the aisle to my seat. As I took another step people started clapping and by the time I got to the back of the room everyone was standing.

I listened to voices and did what was right, for the whole house, what was right for the state and what was right for the service members. I may not have made leadership happy and I may pay a price later but I didn't sell part of my soul.

Speech as giving on March 19th 2008

Madame Speaker: This week marks the fifth anniversary of the United States military intervention into Iraq. Since that March day, over 4,000 American families have had their sons, daughters, fathers and mothers willingly make the ultimate sacrifice in defense of our great country to ensure that we retain the freedoms we so cherish.

It is without question that our soldiers, sailors, airmen, marines, guardsmen and reservists have performed in a manner that makes all Americans proud and sometimes even envious. Just recently, a young female Army medic became the third woman to be awarded the Silver Star; others have been awarded the Medal of Honor or Navy Cross; America's highest awards for valor.

When our young men and women take that courageous step into the Valley of Death, something very few citizens will ever understand, all they ask is that their leaders have first exhausted all options short of war; that if war is necessary, our leaders have a careful, calculated plan, and a clear definition of victory.

That if they are called upon to pay the ultimate price that their death won't be in vain, and that their families are taken care of. No family should be forced to endure a lower standard of living because of the death of a loved one on a foreign battlefield.



I fear that many of our bravest men and women will not return home. Those who are lucky enough to come back may do so missing limbs. I fear without shared sacrifice many of our citizens will forget their contributions to the state of New Hampshire and the United States of America. We must never allow this to happen.

However, I firmly believe that there is hope. There is hope that the leadership in Washington will produce a political solution to the violence in Iraq, allowing our service men and women to return home to their families sooner rather than later: to return home with pride and dignity for a job

well done.

Let us not allow our opinion of the war determined how we treat our returning warriors. We as a nation cannot afford another Korea! We as a nation cannot afford another Vietnam! Thank you

There are times where one will find him or herself in a position they have no desire to be in, nor did they cause themselves to be in. Many times it may feel like it is a no win situation. The biggest mistake that one can make is looking for an easy way out. If someone has put you in that situation for their benefit or for your no good, there is no easy way out. It become like a chess game you must think three to four steps ahead.

The first question you must ask yourself is what can I live with; any solution that you can't live with has to be thrown out without a second thought. After determining what you can live with, ask yourself will that solution cause you grave damage if so look for another solution without throwing that solution away because sometimes the right decision will cost you. Once that is done ask yourself is there a possible solution that you can live with, a decision that will exceed what is expected and finally a decision that will product the result (s) that you want even if the person who put you in the situation in the first place my take all the credit for it.

You have to look at such situations as opportunities to move to the next level. Don't worry about the credit, worry about the outcome. You shouldn't worry about who gets the credit because there are people out there watching, they will know who produced. Top-rate people are not looking for glory seekers; they are looking

for top-rate performers. There are the people that will help you become a better person. Always remember if you weren't doing something right, if you weren't talented people would treat you as if you were invisible. Also remember the biggest buck didn't become the biggest buck by staying in the forest.

Speech as I was suppose to have given on March 19th 2008 (with no corrections)

Madame Speaker I rise to express my and my communities continued displeasure with the on-going and costly war in Iraq. This week marks the fifth anniversary of our first deployment to that country just as the US casualty figure teeters around 4,000 lives lost. Countless American Families have made the ultimate sacrifice to defend our great country and the principles which guide our daily lives. But it is clear to many

that while our soldiers have performed dutifully, our political have failed. When a soldier takes that courageous step into battle, they must feel comfort in knowing that their leaders have exhausted all options short of war, that they have a carefully calculated plan and that their lives are being put in harm's way for a just cause. I fear that many of our brave and women have lost confidence in our political leaders as many American civilians have.

Still, there is hope to be had. There is hope that new leadership in Washington will change our course. There is hope that a productive political solution to the violence in Iraq is on the rise and there is hope that as each new life is lost, it will be the last life lost in Iraq.

I ask my fellow public servants to join me in doing what I as a veteran and American do each day: remember what is has become all too easy to forget, that America is at war and we must be working each day on a plan to bring them home safely and swiftly. Thank You

“A knower of the truth travels without leaving a trace speaks without causing harm, gives without keeping an account. The door he shuts, though having no lock, cannot be open. The knot he ties, though using no cord, cannot be undone.” Lao-Tzu



“Failure to take the initiative to reduce the twin deficits will cede to foreign governments increasing influence over the nation's fate. Perhaps equally alarming, it will lead to slower growth, escalating trade friction, and reduced American influence in political and economic spheres. Foreign governments and private investors, confronted with an endless vista of U.S. budget deficits, will tire of accumulating Treasury securities. Borrowing costs for the Treasury would then rise

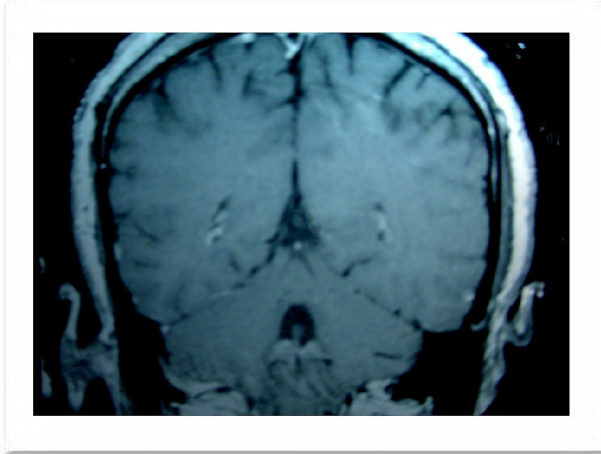
significantly and the dollar would fall sharply. The economy would slow dramatically, driven indirectly by a slump in the housing market or directly through falling private consumption.” Menzie Chinn 2006

“Time is a tyrant; inaction is a choice. When uncertainty resigns, the great danger is in stopping to wait until it resolves if it ever does. Those who, instead, take action will influence the outcome. There is no guarantee, of course, that the uncertainty won't overwhelm the actions and sometimes the actors. The guidelines are simple: Embrace the uncertainty, mentally prepare in advance to act on it, and, most important, stand by your principles when you make your choices.” Tsun-yan Hsieh

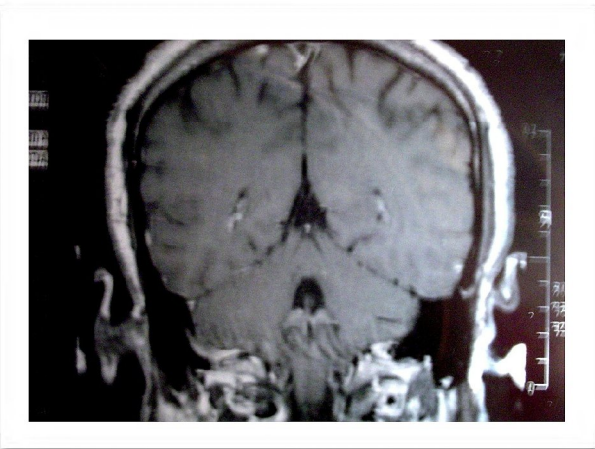
“Now, as at most previous time, we can boast of many individuals whose minds are stored with all the deep riches of philosophical acquirement, men of firm principles, just conceptions, enlarged views, warm, earnest, and extend sympathies, minds clear to discern, single-hearted to desire, sincere and energetic to pursue the real interest of their kind.” William R. Greg

I confess that increasing years bring with them an increasing respect for men who do not succeed in life, as these words are commonly used. Men who do not succeed in life are the men who work for the good of their fellows, the men who endow the world with the master pieces of art and literature, the men who in the happiness of others find their own happiness. It is funny maybe not that funny at all. I figure after all the operations over the past 18 months I would be on my way to a better time. Somehow that isn't happen. I am having trouble breathing, I know I am not getting the oxygen that I need and it is affecting many other things. I am having more and more trouble keeping my balance. I am coughing like I have smoked my whole life time. Sometimes I don't have any air at all. Sometimes I can't even speak as my body fights for oxygen. It would really suck to have to be on oxygen. I wonder if bottle oxygen is a life giver or is really a life taking, doing nothing but holding on for that last bit of air. I really wonder if the people around me with all their negative talk and complains about the world really understand the efforts that they have on my health. I don't think so. Maybe their problem is that they only see the worst in people, only see the bad in

the world. I think there will come a moment in their lives when they will understand that they have never really lived.



My youngest daughter was looking at my head films said "Dad you really have an angel watching over you."



I just hope it comes sooner than later. Oh so few people really live. I know that many people will get upset when they read this book or see these pictures, maybe because they wish they could, they can, maybe they wish that they could travel to places that I have been, they can, maybe they wish that they could take pictures just as good if not better, they can. Maybe they need to stop thinking about me, what I have done, or what I don't do and take care of themselves. Work doesn't make the person, because there will come the day when they will either die at work, asked to leave, quit or retired and no matter how important we like to believe ourselves to be we will be replaced and be forgotten far sooner than we would have liked. That is life. Life can be really strange my cancer took away my ability to have children, I didn't plan on having any more children but my cancer took away that option. The cancer

took away my power of choice. Maybe my hold life has about being in control over what happens to me. As we age we lose so much control. We can just get up get dress and go out for a run. My injuries, illness, and cancer are running much faster than I can. It just comes down to choice do I lay down and await the end, or do I continue running to the best of my ability even if it at less speed and make so that I have to run down. When the race is down hopefully I have run a good race and that when the time comes I am returned back to the place of my birth, for that is really the only home that I have ever had.

"I expect to pass through this world once, therefore any good that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer it or neglect it, for I shall not come this way again." Stephen Grellett

"Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers." Charles W. Eliot

If I have to say one thing it would be that each event that has happen to me has happen and I dealt with each the best way that I knew how. Each event allowed me to develop the skills necessary to meet the next event. How I dealt with each event is not some magic solution that others can use for themselves. What work for me ten years ago wouldn't work the same for me today?



"Without a doubt, some people are more gifted in life than others, some are blessed with supreme intellect, specialized aptitudes, considerable physical skills, unlimited resources, yet despite these advantages many of these gifted individuals fall far short of their potential while others with a same fraction of the same resources and opportunities rise above their circumstances and exceed all expectations." Paul G. Stoltz

"Of all the miserable people that I know I should put high in the top rank those who reach middle age having steadfastly striven only to amuse themselves as they went through life. If there ever was a pursuit which stultified itself by itself by its very condition, it is the pursuit of pleasure as the all-sufficing end of life." Theodore Roosevelt

"If your actions inspire others to dream more, learn more, do more and become more you are a leader." John Quincy Adams

"A man who shrinks from a collision with his equals or superiors will soon sink below himself; we improve by trying our strength with others, not by showing it off." William Hazlitt

"Education is that which remains when you have forgotten everything that you learned in school." Albert Einstein

"The Capacity to learn is always present." Roger Gould

"I am as American as the telephones poles I used to climb to make a living. Americans see life with a high price tag on it, but they get an idea that no price is too high if it's life. The things a man has to have are hope and confidence in himself against odds, and sometimes he needs somebody, his pal or his mother or his wife or God, to give him that confidence. He has to have some inner standards worth fighting for or there won't be any way to bring him into conflict. And he must be ready to choose death before dishonour. That is all there is to it." Clark Gable

"It's the surmounting of difficulties that makes heroes." Lajos Kossuth

"It's wrong to say I can't live without you because I've already lived before I met you, but instead I'll say Life will be better if you're just here with me." Regal Montano

"Just because everything is different doesn't mean anything has changed." Irene Peter

New York Times October 14, 2008
Quiet Political Shifts as More Blacks Are Elected by Rachel L. Swarns

BROOKLINE, N.H. — Melanie Levesque grabbed the campaign signs from her Mercedes S.U.V. and plunged into the white crowd at the fairgrounds here. The cows were lowing, the cider presses churning and Mrs. Levesque, a black state legislator, was hunting for votes and a place in history.

Blacks account for less than 1 percent of the population in this small suburban district near the Massachusetts border. But none of that seemed to matter to the people here at an annual fall festival this month. A group of snowy-haired retirees promptly invited Mrs. Levesque to a potluck dinner. Art Fenske, a 91-year-old former paratrooper who served in World War II, presented her with a T-shirt that proclaimed, “Don’t ever give up.” And next month, Mrs. Levesque is expected to win re-election to her seat in the New Hampshire House of Representatives, where she represents one of the whitest districts in one of the whitest states in the nation. She is part of a new generation of black elected officials who are wooing white voters and winning local elections in predominantly white districts across the country.

Political analysts say such electoral gains are quietly changing the political landscape, increasing the number of black lawmakers adept at crossing color lines as well as the ranks of white voters who are familiar, and increasingly comfortable, with black political leadership. The black officials, who often serve in small- and medium-size towns, have been overshadowed by the presidential candidacy of Senator Barack Obama of Illinois, who if elected would be the first African-American to hold that office. But over the last 10 years, about 200 black politicians have won positions once held by whites in legislatures and city halls in states like New Hampshire, Iowa, Kentucky, Minnesota, Missouri, North Carolina and Tennessee.

In 2007, about 30 percent of the nation’s 622 black state legislators represented predominantly white districts, up from about 16 percent in 2001, according to data collected by the Joint Center for Political and Economic Studies, a research group based in Washington that has kept statistics on black elected officials for nearly 40 years. Political scientists and local officials also point to an increase in the number of black mayors who represent predominantly white cities in places like Asheville, N.C., population 74,000, and Columbus, Ohio, population 748,000. According to a study conducted by Zoltan L. Hajnal, a political scientist at the University of California, San Diego, about 40 percent of Americans have lived in or near cities that have elected black mayors or in states with black governors.

Most black elected officials, however, still represent predominantly black communities. And Dr. Hajnal and other analysts say racial animosity toward black candidates still exists and may affect the results of local and national elections, including the race for president. But he said such feelings were declining. “There’s a fair amount of experience out there among white voters now, and that has lessened the fears about black candidates,” said Dr. Hajnal, whose book about white experiences with black mayors, “Changing White Attitudes Toward Black Political Leadership,” was published last year by Cambridge University Press. At the fall festival here in New Hampshire, white voters peppered Mrs. Levesque — one of six black state legislators in New Hampshire — with questions about property taxes, repairs to the police station and local zoning rules. No one mentioned race.

“It’s a wonderful feeling,” said Mrs. Levesque, 51, who in 2006 was the first African-American to be elected to represent her legislative district. “I just feel like I’m a real part of my community.” Some of the officials who have bridged the racial divide have achieved national prominence, like Gov. Deval Patrick of Massachusetts, whose state is 79 percent white. In Congress, several black lawmakers now represent predominantly white districts, including Representatives Keith Ellison of Minnesota and Representative Emanuel Cleaver II of Missouri, Democrats who were elected in 2006 from districts that are more than 60 percent white. “I had great concerns,” said Mr. Cleaver, recalling his initial fears that white voters, particularly in rural communities, would not support him in sufficient numbers to ensure victory. “But the truth is that the hard-core bigots are dwindling in numbers,” he said. “All of this fear — ‘Is he going to

throw watermelons at us?’ — all of that stuff was gone.” The broadest shift, though, has been at the local level.

In the 1980s, few black state legislators represented predominantly white districts, said David A. Bositis, the senior political analyst at the Joint Center for Political and Economic Studies who conducted the most recent study of black state legislators. By 2001, that number stood at 92, according to Tyson King-Meadows and Thomas F. Schaller, political scientists at the University of Maryland, Baltimore County, who analyzed statistics from the joint center and other sources. In 2007, the figure was 189, Mr. Bositis said. About 45 percent of the black state lawmakers represent communities that are 35 percent to 40 percent black in states like Georgia, Indiana and North Carolina. But roughly a quarter represent communities where blacks make up 20 percent or less of the population, including districts in Kentucky, Maryland, Michigan and Tennessee. Such change, however, does not always come easily.

In Tennessee, Representative Nathan Vaughn, first elected to the legislature in 2002 from a district that is 97 percent white, remembers extending his hand to a white man during one of his campaigns. Mr. Vaughn said the man refused to take it, uttering a racial epithet and saying he would never vote for a black man.

In Iowa, Helen Miller, an assistant majority leader in the State House of Representatives, was advised by a supporter not to include her photograph in her campaign flyers to avoid alienating voters. (Ms. Miller ignored that advice and in 2002 became the first black legislator from her district.)



In New Hampshire, Representative Kris E. Roberts, the first black committee chairman in the legislature, said white lawmakers repeatedly confused him with two other state representatives, one African-American and the other Hispanic. Mr. Roberts said that he tried to laugh it off but that the mistake still stung. “Sometimes we get together and joke, ‘Yeah, all of us brothers look alike,’” said Mr. Roberts, a retired Marine Corps lieutenant colonel who is chairman of the House veterans affairs committee. “But after four years, you would expect them to know the difference.”

Mike Carbone, a white retired councilman from Keene, N.H., who supports Mr. Roberts and Mr. Obama, said racism still influenced some people when they walked into the voting booth. “In this small town here, you’ll hear people say, ‘I wouldn’t vote for that black man,’” Mr. Carbone said. “But this man can talk and talk sense,” he added, referring to Mr. Roberts, who is running for re-election. “We’re in changing times. You’ve got to break the barrier somewhere.”

Some black lawmakers caution that white support for blacks at the local level may not necessarily translate into backing for Mr. Obama. But political analysts believe that experience with black leadership at the local level may have already helped some white voters feel comfortable supporting Mr. Obama in the Democratic primaries and may help him again in November. Mr. Bositis, of the Joint Center for Political and Economic Studies, said the trend might have implications beyond the presidential election. State legislative seats are often steppingstones to higher positions, and these new politicians, he said, may well become the next generation of black governors, Congressional leaders and more. “If these black candidates can represent white voters,” Mr. Bositis said, “then that substantially increases their horizons in terms of their political futures.”

Here in Brookline, Mrs. Levesque is still focused on November, even though a white rival, Don Ryder, believes she will easily win re-election. “Race never enters into it,” Mr. Ryder said. “Her chances are very good.” Still, Mrs. Levesque, a telecommunications consultant who grew up in New Hampshire, sometimes marvels at how far she has come. As one of a handful of black students in her junior high school, she

experienced racial taunts, as well as advice that was well intended but unwelcome. Some sympathetic white friends, she said, suggested that she might have an easier time fitting in if she prayed for white skin. But mostly, Mrs. Levesque said, she has been embraced by her white neighbors, colleagues and friends. In her district of 12,000 people, she is a member of the women's club and a local church, which she joined with her husband and 12-year-old daughter several years ago.



And when she worried at first that voters might be put off by her complexion, her white friends suggested that she consider another, more positive possibility. “You’ll stand out,” said Mrs. Levesque, recalling their words. “People are always going to remember you.”

“My mind shifts with everything it confronts. Shifting in accordance with ten thousands circumstances entails not stopping the mind in one place. In entails watching the workings of the opponent, quickly shifting the mind that watches them, watching the opponent changing methods, and again not stopping the mind in

the place it is watching, and knowing these changing actions. Shinkage-ryu Heisho

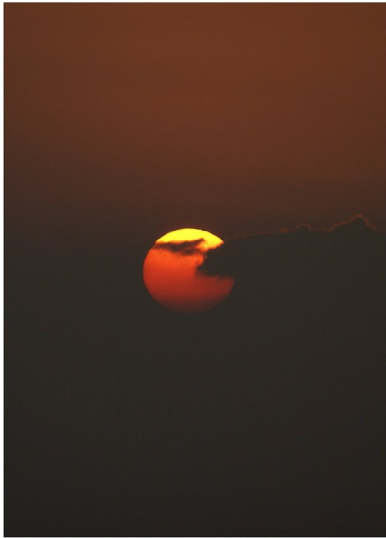
“Know the male, yet follow the female. Be like a river flowing to the sea steady, unswerving in its path to a childlike state of peace. Understand attachment yet remain unattached. Accept things as they are. Start by doing little in order to accomplish much.” Lao Tzu



“I think we pay the consequences of our actions. But I don’t like the idea that there is some charge to be levied. If I am able to perform noble or worthy actions, if I am able to enter someone else’s skin to understand them and accept them, for whoever understands accepts, I am a better person for it. That is my reward. I create it myself. If I cause harm, if I am so selfish that I am unable to understand other people, if I am not able to put myself in their skin and understand their way of being and their vision of the world, I impoverish myself

so much, I am such a valueless thing, that that is my punishment, to be a fool, an empty being, to be without love. “Alfredo Guevara

“Wisdom is the knowing not of facts, but of truths. Wisdom is predicted on the assumption that one person can somehow grasp a total picture of life and its laws, comprehending the whole and the relation of its parts.” Sven Birkerts



“It is the dissimilarities and inequalities among men which give rise to the notion of honor; as such differences become less, it grows feeble; and when they disappear, it will vanish too.” Alexis de Tocqueville

“I asked a very successful friend at our twenty-fifth alumni reunion of the Harvard Business School for his measure of success. He Said, ‘I learned to smell the roses.’” Robert Medearis

“The Marine Corps is committed to a demanding and explicit warrior code. The code brings a set off values; loyalty, discipline, boldness, frugality, persistence, courage, both physical and moral and of course pride. It also demands that you put aside your personal objectives for those of the mission and the institution. Candor, directness, and self-criticism are highly encouraged and much in evidence in the Marine Corps world. Respect for others and personal discipline are seen as essential,

and violators are punished.” James A. Warren

“We all have the gift of life and we each have a mission; it is up to us to develop and use our talents and to find what it is that we are meant to do with our lives. Our sense of experimentation and creativity can help us discover our true calling.” Leticia Herrera

“Democracy is a form of government in which people are left equally free to become politically unequal. Few people have time to engage in politics, or a compelling reason to find time; so democracy functions not so much by rule by the majority as by minority rule with majority acquiescence.” John Mueller

“Do not let trifles disturb your tranquility of mind. Life is too precious to be sacrificed for the nonessential and transient. Ignore the inconsequential.” Grenville Kleiser

“There are some remedies worst than the disease.” Publius Syrus

“Whatever course you decide upon, there will always be someone to tell you, you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to the end requires courage.” Ralph Waldo Emerson

The Angel from San Francisco:

“It is often stated that a person’s life can change in a moment. Every single day countless total strangers cross our path, rarely if ever do we give them a moment of our time. Unless we say hello each one will remain a total forgotten stranger. No one can anticipate the reaction to a simple hello, but like the game of chess you move or you lose.

As the years have rolled there has rarely been a day when my thoughts haven’t drifted back to you or I haven’t felt your presence nearby. Late at night when everyone is sleeping I stay awake and think about you, when I am alone in the afternoon feeling the warmth of the sun and gentle breeze on my face I ask myself have I become a forgotten memory to you something that rarely if ever crosses your mind or do you sometimes think of me as I do you.

Sometimes my thoughts drift back to the first time we met; I remember sitting there in that large crowded



Time Magazine Cover-This Person Looks Real But Never Was

noisy room lost in my thoughts, asking myself what was I doing here? I had no plans I was just there killing time. Then somehow I felt a strange but strong presence, so I repeatedly scanned the room maybe it was the noise, maybe it was the crowd, maybe it was the darkness, maybe I didn’t know what I was looking for but I never found what I was searching for.

But then as I stood up to leave there you were sitting there in the middle of the room, looking so lonely, uncomfortable and out of place. It was as if everyone disappeared, as if the room went silent and the lights came on. When I saw your face, when I saw the sadness on your face and in your eyes I knew that nothing else mattered. I knew that somehow my life would be changing, deep down inside I knew that I had to say hello.

Often I find myself drifting back to our last time together. I remember watching you standing there in that yellow cotton dress that seemed to highlight the goldenness of your skin while bring out the beauty and richness of your dark brown eyes. I recall the way that

you turned your head as you momentarily paused and looked back at me with that warm glow of your smile as if your next breath hung on the very words I should have spoken. If I had only known that I would never see you again, I taken you into my arms I would have looked into your eyes and made sure you understood just how much you meant to me. I would have spoken the very words; the words I can only hope that you were hoping for.

If I ever saw you again I would tell you the words that I wanted to say or should have spoken. I would tell you just how scared I was that I could never find the right words.

I would tell you that I knew that we were from two different worlds, that I knew that you had been hurt before and I would do everything in my power to protect you from pain. I would tell you that I mistakenly and foolishly believed that I would have had many more opportunities to express the depth and honesty of my feeling for you.

If I only knew that I would never hear your voice again, I would have done everything in my power to memorize every single word that you ever spoken to me and to keep each and every word alive in my head

to replay every time I felt lonely. If I had only known that we would never dance again I would have held you closer, drank in your fragrance while wishing that the song would never end.

In my nighttime and daytime dreams I always tell you that I love the way that you smile, the way that your face changes when you get upset, the way that your hair seems to float when you turn your face, the feel of your warm breath on my skin, the way that your smell, the way that you seem to float when you walk, the way that I feel when I stand beside you holding your hand.

But most of all I would tell you that you were a lesson that I had to learn for you held the key that softened my heart and warmed my soul for you gave me life. I would tell you that I have been truly blessed because I had been in the presence of an angel. I would tell you that you have become a part of me for you are everywhere. I truly have waltzed with an angel.

I would tell you that if you gave up your wings to help and protect me I think you deserve so much more and I would like to be blessed with the opportunity to give you what you deserve.



“When a man is pushed, tormented, defeated, he has a chance to learn something; he has been put on his wits ... he has gained facts, learned his ignorance, is cured of the insanity of conceit, has got moderation and real skill.” Ralph Waldo Emerson

“For all sad words of tongue and pen, the saddest are these, "It might have been." John G. Whittier

“We should know what our convictions are, and stand for them. Upon one's own philosophy, conscious or unconscious, depends one's ultimate interpretation of facts. Therefore it is wise to be as clear as possible about

one's subjective principles. As the man is, so will be his ultimate truth.” Carl Jung

“Remember this: If you work for a man, in Heaven's name, work for him. If he pays you wages which supply you bread and butter, work for him; speak well of him; stand by the institution he represents. If put to a pinch, an ounce of loyalty is worth a pound of cleverness. If you must vilify, condemn and eternally disparage - resign your position, and when you are on the outside, damn to your heart's content, but as long as you are part of the institution do not condemn it.” Elbert Hubbard

"Love has no gender; it has no race, age, or looks. Love has no flaws. It's what makes us who we are; it defines our character. Love isn't about being perfect; it's just being who you are. Love hurts, but it's a part of life; it's how you deal with the pain that matters. Love is freedom from the cage you've placed yourself in. Anything and everything, can be and will be loved." Author Unknown

“In North America there is the general belief that everything can be fixed, that life can be fixed up. In Europe, the view is that a lot can't be fixed up and that living properly is not necessarily a question of mastering the technology so much as learning to live gracefully within the constraints that the species invents.” Jonathan Miller

“You may have to fight a battle more than once to win.” Margaret Thatcher

“A person, who no matter how desperate the situation, gives others hope, is a true leader.” Daisaka Ikeda

A man begins cutting his wisdom teeth the first time he bites off more than he can chew.” Herb Caen

“Over our life time we have become indoctrinated with the idea that sameness is blessed. We aspire to become like the role models dangled before us...Ours is a society that demands sameness. We are transformed into uniform products that consume uniform products; our craving for sameness is essential to keep the social machine running. In high school and college we are educated in order to convert our uniqueness into spare parts for the system...Like all spare parts we must be uniform in order to fit smoothly



into the machine without any disruption when an old part wears out...We demand to be like others and discount ourselves when we fail to be so...There are innumerable ways to murder a person, but the most subtle and pernicious of these is to mutilate the soul of the innocent by denying or downgrading their uniqueness...That crime was committed long ago when most of us were too young to defend ourselves...We can become the persons of our dreams only when we recognize that our uniqueness is the most powerful asset we can envision.” Gerry Spence

“When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack to show for his efforts. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had come before.” Jacob Riis

“Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life with all its sorrows is good; that everything is meaningful even if in a sense beyond our understanding; and that there is always tomorrow.” Dorothy Thompson

“Only in growth, reform, and change paradoxically enough, is true security to be found.” Anne Morrow Lindbergh

“Once you have learned how to ask relevant, appropriate and substantial questions you will have learned how to learn then no one can ever keep you from learning whatever you want or need to know.” Charles Weingartner

Just because one lives the myth doesn't mean that it is a truth.

“If you are riding at the head of the herd, it is very important that you take a look back every now and then just to make sure that the herd is still back there.” Cowboy's Guide

“It is only when we truly know and understand that we have a limited time on earth and that we have no way of knowing when our time is up that we will begin to live each day to the fullest, as if it was the only one we had.” Elisabeth Kubler-Ross

“The ‘working poor’ as they are approvingly termed, are in fact the major philanthropists of our society. They neglect their own children so that the children of others will be cared for: they live in substandard housing so that other homes will be shiny and perfect; they endure privation so that inflation will be low and stock prices high. To be a member of the working poor is to be an anonymous donor, a nameless benefactor, to everyone else.” Barbara Ehrenreich

“It may be necessary that those who would remedy an evil should first know all they can about it, its causes and effects, and the obstacles that may prevent its removal; should endeavor to trace it to its source or sources, should take account its feeders' of the matters it bears along with it, of its deep and shallows, and, above all, when it becomes as a great river, its deep-worn channel of habit, from which it is almost impossible to turn it.” Thomas Watson

The area surrounding Keene, NH has about 13,000 veterans. Due to its location it is in no-man's land. There is a VA hospital a little more than 60 miles away in Vermont, there was a VA hospital but now and urgent care facility about 55 miles away in Manchester, NH, there is a VA hospital about 50 miles away in Springfield, MA and five VA hospitals between 80-120 miles away four in The Boston area and one in Providence R.I. However, due to turf wars it was always easy for a veteran to cross states lines for treatment. The VA hospital in Vermont had no problem taking veterans residing the New Hampshire-Vermont border because it was in their long term survival interest, the hospitals in Massachusetts had more than enough veterans to ensure their survival so they had little interest in taking on New Hampshire veterans on a full time basis, they had little to no problem taking New Hampshire if they were referred by the New Hampshire or Vermont VA, because they got extra credit and mostly extra funding.



To take care of veterans that lived in no-man land the VA had developed a systems of out-patient clinic when basis preventive care treatment and other minor services were provide with the goal of reducing the number of more serious illness and reducing the associated costs that go along with the lack of preventive and primary care. The map of VA medical facilities dated 2004 displayed a clinic in Keene, NH. However, due to political reasons the clinic was opened in another part of NH. I think it was because Keene is a heavy Democratic area and when it comes to veterans Democrats try their best to talk the part but they always seem to fall short when it comes to action and results.

I listened to a number of people talking about how they were pushing for Keene to get its own clinic and even pushing for a Vet Center where veterans with emphasis on war veterans and their families could receive mental health services. The more I listen the more I came to understand that there was little to no chance that Keene would receive either a clinic or Vet Center. As stated above there was a turf war going on, many of the leaders of the service organizations were pushing for a full-service hospital in Manchester. Always talking about how New Hampshire was one of the few states without a full-service VA hospital. They were always highlighting the number of veterans that were leaving the state for medical services and treatment, it didn't matter that some of the veterans lived less than 10 miles from the Vermont VA and over a hundred miles away from Manchester. In their desire for a full-service hospital that veteran would have to make a 2 hour trip, longer in the winter instead of a 15 miles trip.



I came to the opinion that it was the cause not the result, the most vocal people saw the value in talking about how New Hampshire veterans were being denied their promise rights and that they were the knights on the white horse that would do what was necessary to save the day and ensure that a New Hampshire veterans was treated like any other veteran nationwide. It didn't matter that many veterans in places like Wyoming, Texas, Montana, and Colorado to name a few had far less access to VA hospitals and much longer travel times. To make matters worse the leadership in New Hampshire General Court didn't want to hear anything about unless it was the VA Hospital, after all it was an election year and we were being told over and over we needed to do everything necessary to help people running for congress get elected or reelected, even if they knew that there wasn't

necessary to help people running for congress get no full-service hospital in New Hampshire future.

When I became Chairman of the State-Federal Relations and Veterans Affairs Committee I decided I would do everything possible to push for not only the clinic but the Vet Center for Keene. It would be very easy for me to say that I put forth the effort because it was the right thing to do or that the veterans deserve to have access to VA health care. But in the end I put forth the effort out of selfish reasons. I had to get back at the VA. They had provided me with such poor medical care, and at times putting my life at risk, their lack of care resulted in me suffering a number of medical setbacks that I didn't need to suffer. The VA made a number of medical decisions based purely on cost instead of quality of life issues. When talking to the Director of one VA medical facility who told me of number of top officials in his facility getting bonuses for saving money. Money that was budgeted to treat veterans, instead of treating more veterans he put more money in his own pay check. There was just something wrong with that picture. So in the end I push for both the clinic and Vet Center because I knew that the best was to get back at the VA without wasting my energy being angry was to increase their costs.

In the end not only did we get a large clinic about 15 miles away, we got a small clinic in Keene and a Vet Center. I took advantage of the turf war and each side's selfish interests and got back at the VA. It was as if after 17 years of losing battle after battle with the VA; I finely won the war.

I don't care who gets the credit. I gave myself a mission. I had to do it quietly but I accomplished the mission and I got in done in about 10 months. I did it by collecting as much factual information as possible and mailed that information with a separate but personal cover letter to every member of the United States Senate Veterans Committee except the senator from Vermont; Almost the same information that I provided to New Hampshire's congressman and woman except I changed part of each letter to cover VA health care facilities in their state, places such as Montana and how their veterans had to drive sometimes 8 or more hours or didn't at access to medical treatment in the winter. Not writing to the senator from Vermont was not a mistake. Based on the prior track record of everyone involved, the NH officials talking the talk but never walking the walk, it had to be worth military and veterans votes, Keene lost the 2003 clinic because the then senator knew it wouldn't help get reelected because the Keene area voted D far more than R. I knew the senator from Vermont would do what was necessary to protect his tuff, to protect White River Jct. Plus there was a high probability the other senators would only act on a request by the NH senator or congressperson. They played games with the veterans so I had to play their game.

I can move on, and in the end numerous veterans without health care that have mental health issues or can't get treatment because doctors will only take so many people with Medicare will get access to health care. Maybe in the end some will be saved from heart attacks, strokes, or losing legs or toes. Many poor veterans will have access to necessary drugs at a very low cost. In the end very few if any will remember me, know of my time and effort, even less will even care. Even now as I write this two people have called me about the location of the new clinic and Vet Center, not out of the goodness of their hearts, they have done so because they see the possibility of financial gain. It really sucks. There is no doubt in my mind given a chance some of these people would try to sell someone an upgrade on the Titanic as it was sinking.

In the end I know that I shouldn't but at times I often wondered if it was really worth it, not only did I get little but at times I was bitched out by people that I was helping to get rides to the VA Hospital, people who other wised would have had to find their own way or go without. Combining this effort with a number of other projects that I was involved in I really have to look at how I spend my time, effort and money to help others. Far too many people think that once you decide to help them you are theirs, and you should be available at their call. I am not their employee I am just a person that is willing to give part of myself freely without any expectations of getting something in return. I really miss seeing the smile on people's faces and the sparkle in kids' eyes when I was doing something for them. It was the same look In Japan, Spain, Italy, Panama or on a Indian Reservation, look that I have rarely seen back home. There is just something wrong when you find yourself telling yourself, I just got to get this project over with so I won't have to deal with these people ever again.

SCR 9 – FINAL VERSION

02/21/08 0767s
2008 SESSION
08-2863
09/01
SENATE CONCURRENT RESOLUTION 9

RESOLUTION urging Congress to fund a community-based outpatient clinic for veterans in Keene

SPONSORS: Sen. Kenney, Dist 3; Rep Roberts, Ches 3

COMMITTEE: Election Law and Internal Affairs

ANALYSIS

This senate concurrent resolution urges Congress to fund a community-based outpatient clinic for veterans in Keene.

02/21/08 0767s

08-2863

09/01

STATE OF NEW HAMPSHIRE

In the Year of Our Lord Two Thousand Eight urging

A Resolution urging Congress to fund a community-based outpatient clinic for veterans in Keene.

Whereas, the United States Department of Defense has approved a community-based outpatient clinic for veterans to be located in Keene; and

Whereas, such outpatient clinics already serve veterans in Portsmouth, Somersworth, Tilton, Conway, and Manchester; and

Whereas, veterans residing in Keene and surrounding communities who may be ill and elderly must now travel many miles to appointments at distant clinics, even for minor procedures, frequently spending whole days in travel; and

Whereas, the Keene area veterans frequently miss essential checkups and therapies because of inclement weather and lack of proper transportation; and

Whereas, veterans residing in the Keene area deserve the same level of care as veterans residing in other areas of the state; now, therefore, be it

Resolved by the Senate, the House of Representatives concurring:

That the New Hampshire general court urges Congress to fully fund a community-based outpatient clinic for veterans to be located in Keene, New Hampshire; and

Those copies of this resolution be sent by the senate clerk to the Secretary of the Department of Defense and to each member of the New Hampshire congressional delegation.

Effective: April 16, 2008

Full Service Veteran's Hospital vs. Full Service Medical Center

It has been repeatedly stated that New Hampshire is the only state that doesn't have a full service Veteran's Administration Hospital to provide quality medical care to the state's approximately 131,000 veterans. However, very few people have asked if a full-service hospital located in Manchester is really in the best interest of New Hampshire's veterans.

The VA health care system was established with the primary mission of providing rehabilitation and continuing care of veterans injured during wartime service. By the 1970's the VA changed its primary mission by gradually shifting from providing treatment for service-connected disabilities to focusing on treating low-income veterans with medical conditions unrelated to military service. By 1994, 2.7 million or 10.3% of all U.S. veterans or approximately 23% of veterans with service-connected disabilities were using VA hospitals and/or clinics for medical services. Of the 15.5 million bed days and 31.2 million clinic visits psychiatric care resulted for 43% and 16% respectfully.



During the early 90's the VA suffered from a tarnished reputation of bureaucracy, inefficiency and mediocre care. Until the passage of the 1996 Veterans Health Care Eligibility Reform Act the VA was largely a hospital base service offering general medical and surgical services; providing specialized care in mental health, spinal cord injuries, amputations, blindness, and long-term care. In 1996 about 465,000 of the nation's 26.2 million veterans had a serviced-connected

disability 50% or greater. The 1996 VHCERA restructured the VA from a hospital system to a health care system reducing hospital and long-term beds from 92,000 to 53,000. By year 2000 primary care visits increased by 35% while inpatient admissions dropped by 36% and total bed days was reduced by 68%.

By 2003 following the passage of the VHCERA the number of veterans receiving medical care through the VA increased from 2.8 to 4.9 million or 75%. In 1996 priority group 7 veterans receiving treatment in the VA healthcare system made up 3.6% or 107,889 unique patients. By the year 2002 it was estimated that priority group 7 made up 33% unique patients with that number expecting to increase to 42% by 2010. The VA had transformed from a wartime service-connected treatment and rehabilitation system to an important safety net for many poor, uninsured and at risk veterans.

Because the VA's mission has changed from a hospital based to a health care system I believe that full-service hospital in its current location will not provided better services for New Hampshire's veterans. A veteran living in northern New Hampshire will still have to get up early and drive 3-4 hours to Manchester. A veteran in Keene won't be able to make it over Temple Mountain in the winter.

It is only a matter of time before the nation goes to universal health care. One candidate for president calls for mandatory health insurance providing anyone dissatisfied with their current medical situation with the ability to find a better provider with government financial aid if necessary. Why would a veteran living in Keene want to drive to Manchester or White River Jct. when he or she could use a health-care provider that could provide them primary care services often the same day or within a few days?

It would take 7-10 years to get funding, complete construction, and earn accreditation for a full service hospital and during that timeframe about 40% of all veterans would have passed on. Even with the current wars the United States is making more combat veterans but not enough replacement veterans; additionally as veterans age the VA will lose more and more veterans to Medicare.

Many of the best VA full-service hospitals have working agreements with top-notch medical and nursing schools. There are none located in Manchester. Without a certain patient load doctors wouldn't be able to

maintain their skills; finally even on the private side that are very few full service-hospitals that do it all in the United States. The cost of non-medical schools maintaining full-service hospitals can't be justified.

It is time for New Hampshire to set the example for the rest of the nation. New Hampshire need 7-8 primary care clinics possibly co-located but separate from with local hospitals around the state ensuring that no veteran has to travel more than a hour for services and with the ability of the veteran calling in for same day appointments. No longer would veterans have to wait 60-90+ days for follow-up appointments with their primary care provider. Each of these clinics would have the authority to made local fee-based decisions if it is in the best interest of the veteran. Such clinics would allow family members to take an active role in the veteran's health care.

Due to the fact that approximately 40% of the VA medical services are psychiatric care there needs to be an increased in the number of fully staff Vet Centers. Such centers are extremely important due to the services that they provide to the veteran's family.

Finally there need to be a full-service medical center where the veterans can receive specialized care. Such a facility if centrally located could have an IT system that would schedule all the veterans' appointments on the same day while providing same day prescription drug service. This should reduce the 30 day plus wait for specialty care. Any veteran requiring major surgery could be provided transportation to the nearest and best qualified VA hospital. For example, West Roxbury VAMC for by-pass surgery or pace-maker implants. If it is determined that it is in the best interest of the veteran again the surgery could be authorized on a fee-basis.

One of the major problems with the current VA system is transportation. The VA could run 2 shuttles a day from each clinic to the medical center resulting in fewer missed appointment which would improve the overall health of the veterans. I believe that this would result in less strokes, by-passes, amputations and other costly but preventable conditions.

Without question such a system would not only provide every veteran that desires VA medical services easy access but timely treatment while maintaining that separation many veterans need and desire additionally it would do so with major cost-savings. It is a well accepted fact that certain wartime and military injuries or disabilities don't transfer very well to the civilian medical system. It is important that the VA founding mission be maintained

Rep Kris E. Roberts-D (Keene)
Chairman State and Federal Affairs and Veterans Affairs Committee.
LtCol USMC (Ret) Priority Group 1 Veteran

Veterans in Need
By Casey Farrar: Sentinel Staff Friday, July 11, 2008

John Sweeney, a Vietnam veteran from Keene, makes at least four trips a month to White River Junction, Vt., for appointments at the Veterans Administration Medical Center. Some months, it's six or seven. As one of more than 6,000 veterans in Cheshire County, Sweeney isn't alone when he says frequent, long-distance travel and miles of red tape make navigating through the Veterans Health Administration health care system a daunting task.

Many veterans and local lawmakers are pushing for an outpatient clinic in the area that they say could offer a range of services to ease the travel burden. Since a stroke affected his vision, Sweeney can no longer drive long distances. Instead, he rides a van run by the Disabled American Veterans to his appointments in White River Junction. Most of his appointments are for a simple a blood test used to help regulate medication he takes, Sweeney said.

But since he receives medical care through the Veterans Administration, Sweeney cannot go to a local

health care provider for the tests because the rules require veterans to receive care only at designated medical centers, except in emergencies. On appointment days, a volunteer van driver picks Sweeney up between 7 and 8 a.m., and after seeing the doctor, he waits until all the veterans from the van have finished before it heads back to Keene, usually around 2 p.m. Like many of the veterans who use the van, Sweeney is retired. The time he spends traveling to and from appointments isn't financially difficult for him, he says, but it is exhausting.

Robert Nicodemus, hospital service coordinator for the Disabled American Veterans in Vermont, oversees the organization's vans. In April, the Keene van logged 138 hours and 3,274 miles transporting 50 patients to appointments at White River Junction, according to Nicodemus. N.H. Rep. Kris E. Roberts, who is also a veteran and schedules the Keene vans, said since last August 600 veterans have taken the vans to 1,100 appointments. And the number is on the rise, Roberts said. And an aging population of Vietnam veterans and elderly World War II veterans, coupled with a growing number of soldiers returning from Iraq and Afghanistan, will only add to the issues veterans face, local lawmakers say. Roberts, a Keene Democrat in the N.H. House and a Keene city councilor, was behind a resolution state legislators sent last year to the U.S. Congress urging funding for a community-based outpatient clinic for veterans in Keene. Roberts has said a clinic in Keene would likely cost about \$400,000 a year to operate.

Last month, when Secretary James Peake of the U.S. Department of Veterans Affairs visited the Manchester Veterans Administration Medical Center, he said the department is considering proposals to open an outpatient clinic in Keene or Brattleboro to offer some services locally. There are already five such clinics in the state — in Conway, Littleton, Portsmouth, Somersworth and Tilton — offering a range of primary care and preventative, chronic and mental health services, according to the U.S. Department of Veterans Affairs.

Dr. Marc F. Levenson, director of the Manchester medical center, said Wednesday that plans for an outpatient clinic in Keene have been submitted to the Veterans Administration and he predicts "there will be some sign of movement on this within the next 12 months, maybe sooner." While some Keene veterans voiced concerns that because many New Hampshire veterans on the western side of the state travel to Vermont for treatment, the clinic will end up in Brattleboro, Levenson said that shouldn't be a factor in the placement of the clinic. Officials at the Manchester medical center, which treats about 21,000 of the state's 125,000 veterans, are also creating a business plan to deal with an influx of veterans seeking medical services in the state, Levenson said.

"We are seeing higher numbers of veterans seeking care, predominantly in northern New England," Levenson said. "The overall enrolled veteran population in New England has declined, but in New Hampshire it's up." During an average year, the medical center sends about 900 veterans out of state for services that can't be provided in Manchester, including radiation treatments for cancer and open-heart surgery, Levenson said. About a third of those patients get inpatient medical services.

The medical center's focus is shifting toward contracting services with local health care providers to cut back on the amount of veterans who have to travel for care, he said. Services including inpatient treatment for illnesses, psychiatric services and routine physicals are some services that could be contracted out to local providers, Levenson said. But the changes won't happen overnight, and in the meantime many veterans are finding it frustrating to get medical care how and when they need it.

Ken A. San Soucie of Keene spent 30 months in Vietnam with the Army. He suffered hearing loss and was injured by friendly fire during his tour. Since he was medically retired from the military in 1981, after 13 years of service, San Soucie has been visiting the Veterans Administration medical centers in Manchester and White River Junction for medical treatment. San Soucie, who takes the Disabled American Veterans van to his appointments because he can't drive long distances, says he thinks a veterans clinic in Keene would save money for taxpayers because veterans would be more likely to seek medical care early on, before medical problems get worse. And with soaring gas prices, veterans who drive themselves would save money on gas, San Soucie said.

If something isn't done soon, San Soucie said he thinks military recruitment may suffer. "You have to look after the veterans because if the care gets shabby after they get back, the kids are going to start opening their eyes and start asking questions," San Soucie said. "What's in it for me if I go in the service and get hurt?"

Lawrence Kapiloff of Keene, an 84-year-old World War II veteran of the Air Force, said bringing a veterans center to Keene would help, but he thinks the idea of contracting local providers for certain services is equally important.

Kapiloff, who goes to White River Junction on the veterans van at least once a month, has been to Boston for a cataract operation and West Roxbury, Mass., for a heart operation. Since he can't drive, Kapiloff had to take the van to White River Junction, where he was picked up by a bus that took him to Boston and back, where he caught the van back to Keene.

Kapiloff said when he was told he would have to go back to Boston for a follow-up appointment after his cataract surgery; he refused and instead made an appointment in Manchester. "But since there's no van to Manchester, I still had to have a member of the American Legion take me up in his own car," Kapiloff said. "It was aggravating for me." Kapiloff said he hopes the veterans medical system will improve so that by the time his son — who retired last month from the Army Reserves after 28 years in the military — reaches his age it will be easier to get medical care. "It makes you feel bad because you have to rely on the volunteers," Kapiloff said. "It would be good if someone did something to make it better."

Casey Farrar can be reached at 352-1234, extension 1435, or cfarrar@keenesentinel.com.

Health clinic for veterans to open in Brattleboro
By Casey Farrar Sentinel Staff Wednesday, December 03, 2008

BRATTLEBORO — While it wasn't exactly what they wanted, Keene-area veterans say opening a Department of Veterans Affairs health clinic just across the Connecticut River will help improve health care access. Sen. Bernie Sanders, I-Vt., announced Tuesday that a community-based outpatient veterans clinic will open in Brattleboro. Although Secretary James Peake of the U.S. Department of Veterans Affairs said the outpatient clinic will soon be formally approved, no timeline has been announced for the opening, according to Beth McCaskill, a spokeswoman for the Veterans Administration Hospital in White River Junction, Vt.

The clinic, which New Hampshire lawmakers including U.S. Sen. John Sununu, R-N.H., and N.H. Rep. Kris E. Roberts, D-Keene, had pushed to open in Keene, will provide veterans access to primary care physicians, laboratory tests, medications, mental health services and preventative services, according to a press release from Sanders. Roberts, who is also a Keene city councilor and Marine Corps veteran, said he'll be happy to see a clinic nearby.

"Would I have liked it in Keene?" Roberts said. "Yup, but part of the political thing they've been fighting over is whether it will go in New Hampshire, Massachusetts or Vermont, and the local vets suffered. Now, the quality of life will improve for local veterans a lot."

On Tuesday, veterans in the Monadnock Region, who travel to White River Junction, Boston, or Manchester for medical services from the Department of Veterans Administration, said a Brattleboro clinic will make it easier to get medical care. "I'm surprised to hear that it's going to be in Brattleboro because the last word I got was that it was probably coming to Keene," said Linda Hunt, a veteran from Swanzey and commander of a local chapter of the Disabled Veterans of America. "But it's better than nothing. We have a high density of veterans in this area and it will make it much easier on a lot of people."

Hunt is an Air Force veteran who is being treated for Gulf War syndrome — a complicated web of symptoms believed to be caused by medication troops were given to protect against nerve agents, according to a governmental study released last month. Hunt goes to the Manchester veterans hospital at least four times a year for treatment and often drives herself to appointments. But with a closer option, Hunt said, it will be easier for her husband to come along.

Roberts said that one of the major advantages of a nearby clinic is that it could allow local veterans' families to get more involved in their care. "Now it will help families to be able to go along on appointments," Roberts said. "That was one of the critical things, was so families could go. Now if someone's father is going to an appointment and they want to be there, that would mean an hour or two off work, not a full day." And the new clinic would allow local veterans to take advantage of medical benefits that they otherwise wouldn't, either because it would have meant missing a lot of work to travel to appointments or because they couldn't physically make the trip, Roberts said.

"Most of the veterans who use the VA (hospitals) are 65 and over," Roberts said. "A lot can't get primary care physicians in the area because the government is cutting down the reimbursements for Medicare. So with the clinic, they'll be able to see a VA doctor and get medications that they haven't been taking because they can't afford them." Duane Phelps, a Keene veteran of the Vietnam War, recently started a support group called Veterans for Veterans, along with two other former military men. Phelps, who's seen the group grow from three members to 20 in less than three months, said a new clinic will help veterans access medical care, but hopes state lawmakers will continue to push for a veterans center that focuses on mental health care, offering screenings and counseling for veterans and their families, in Keene. "We have a high volume of vets around here and there's still a need for veterans services here," said Phelps, who travels to White River Junction or a Veterans Administration hospital in Leeds, Mass., for medical treatment.

Roberts said he plans to continue to push the federal government to open a Keene veteran's center. The Veterans Administration runs 232 such centers around the country. "Having the clinic in Brattleboro should give us the option to have the vet center ..." Roberts said.

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Vet services come closer to home

By Casey Farrar: Sentinel Staff Friday, January 02, 2009

Officials from a Keene mental health organization say they hope a new drop-in center for veterans will fill a need for mental health services in the region.

The center, run by Monadnock Family Services, will provide a place for an estimated 6,000 veterans in Cheshire County to access group and individual counseling, according to Jayme J. Collins, the agency's chief operating officer. Anthony "A.J." Paige, the organization's director of veterans services, said the center also has office space for outreach workers from veterans organizations that provide services including the Homeless Veterans Coalition and the Vietnam Veterans of America to meet with local veterans.

The drop-in center will also provide space for a vocational rehabilitation officer from the Veterans Administration to meet with veterans, according to Paige. The officer already meets with veterans to discuss career options, but will now have an office to use, Paige said.

Eventually, Collins said, the center, which opened in the organization's 93rd Street offices last week, will also include a telephone hotline manned by volunteer veterans, and officials hope to get a pool table and television to make the center an informal place where veterans can gather and relax.

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Vet Center to open in Keene
By KRISTEN SENZ
Union Leader Correspondent SATURDAY JANUARY 24, 2009

KEENE – The U.S. Department of Veterans Affairs has decided to open a Vet Center and outreach clinic in Keene to complement an outpatient health care clinic it plans to open in nearby Brattleboro, Vt.

The new facilities will make it easier for the nearly 13,000 veterans living in Cheshire and Sullivan counties to get medical and mental health care. Those veterans currently must travel to VA hospitals in Manchester or White River Junction, Vt., and in many cases, the distance deters them from seeking the care they need, said state Rep. Kris Roberts, D-Keene. Roberts has fought hard to get the VA to expand its health care services into Keene, where he also serves on the city council. A veteran of the U.S. Marine Corps who served in the first Gulf War, Roberts has helped arrange transportation to VA medical centers for more than 700 local veterans in the past year. Many of them travel more than an hour for simple blood tests and blood pressure checks because they can't afford private care, Roberts said. "A lot of them are retired, they're over 65, and while they qualify for Medicare, it's really tough to get a primary care doctor because of the reimbursement rates," he said. "It was really costly, so we said, 'We've got to get these guys rides or they'll just go without the treatment.' "

The location of the Keene clinic, its staffing level and a time for its opening have not yet been determined, said Terry Jemison, a VA spokesman in Washington, D.C. The Keene clinic will focus on mental health and counseling services for veterans, including readjustment counseling for soldiers returning to civilian life, as well as family and bereavement counseling. The Brattleboro clinic will provide outpatient medical care. "The Keene expansion, along with Brattleboro, will give veterans not only in New Hampshire but in southern Vermont and northern Massachusetts greater access to care," Jemison said.

Roberts, who suffers from a service-related traumatic brain injury, said a key aspect of the counseling services offered at Vet Centers is the involvement of former service members who understand what veterans are going through as they try to readjust to civilian life. He also said Vet Centers offer a higher level of privacy when it comes to releasing mental health records, making veterans more apt to seek care. "Often they're afraid to tell anyone that they have problems because they don't want to lose their jobs," he said.

U.S. Sen. Judd Gregg, R-N.H., praised the VA's decision to open the Vet Center in Keene. "This new facility will increase access to quality care for veterans in the Monadnock region and represents a necessary expansion of the VA services available within our state," he said in a statement yesterday. ". . . I will continue my work to ensure that services within our state are expanded and enhanced so that New Hampshire veterans get the health care they have earned and deserve." Gregg and other New Hampshire lawmakers had pushed for the VA to open the outpatient clinic in Keene rather than in Brattleboro, but the department announced in December it would locate the facility in Vermont.

Democratic U.S. Congresswoman Carol Shea-Porter and Congressman Paul Hodes have also fought to expand VA services in New Hampshire, including co-sponsoring the Veterans Health Equity Act, which has been sent to a House committee for review. The act would require the VA to have a full-service hospital in every state or comparable contract services available to veterans. "It is terrible that many of our oldest and our sickest veterans are forced to travel out of state for medical care," Shea-Porter said through a spokesperson. "I will continue to work for our veterans and make sure they have the benefits they need and deserve."

Roberts said he believes a network of clinics, rather than a full-service hospital, is a more feasible option for New Hampshire's aging veterans and that the opening of the Keene center will bring the state one step closer to achieving that goal. "What we are pushing for and will continue pushing for," he said, "is seven or eight clinics around the state so that the veterans would all be within an hour of one of those."

U. S. GOVERNMENT SEEKS SPACE IN KEENE, NH

Amount: Approximately 5000-7000 retable square feet space to yield 4000-6000 occupiable square feet, available for use by tenant as medical space for a Community Based Outpatient Clinic (CBOC).

Amount: Approximately 1000-1,500 retable square feet space to yield 800-1000 occupiable square feet, available for use by tenant as office space for a community based Veterans Outreach Center.

Location: Space must be adjacent and/or in close proximity to one another and located within the confines of the town of Keene, New Hampshire and both need to be located on established public transportation routes.

Required: All services, supplies, utilities, partitioning, and required tenant alterations are to be provided as part of the rental consideration. Ample free parking and designated handicapped parking.

Term: Space is required on or before July 1, 2009. Lease term will be for five (5) years, with five (5) one (1) year options to renew.

Owner and Agent: Interested parties should submit an informational letter no later than May 29, 2009 to:
Janice Porter
Contracting Officer (90C)
VA medical center
215 Main Street
White River Junction, VT 05009

Local vet centers taking shape

New facilities in Keene, Brattleboro should open doors next year

By Casey Farrar
Sentinel Staff

Published:

Thursday, June 4, 2009 12:28 PM EDT

Veterans in the Monadnock Region could see medical and mental health services move closer to home by next spring. Officials from the U.S. Department of Veterans Affairs have begun searching for a place to put an outpatient clinic in Brattleboro and a veterans center in Keene, according to Andrew J. LaCasse, public affairs officer at the White River Junction (Vt.) Veterans Administration Medical Center.



The clinic, which will be focused on medical care, and veterans center, which is focused on mental health care, should open sometime between March and September 2010, LaCasse said. "That's a big undertaking to do two facilities at the same time," he said. "But the clinical utilization rates have shown that there is a need and we want to fill that as quickly as possible."

Information about how many veterans from the area go to the hospital for care was not available. The closest VA health services available to veterans from the Keene and Brattleboro areas right now is the White River Junction hospital, which is about an hour's drive

away. There is also a Veterans Administration Medical Center in Manchester. Brattleboro's outpatient clinic will also provide mental health services. And, although veterans centers are typically strictly for mental health, the Keene center will be something of a hybrid, offering basic medical services one or two days per week, LaCasse said.

VA officials have decided to look for space in buildings rather than build new facilities, which would take longer to complete, LaCasse said. But the space will have to allow them room for a lobby, exam and meeting rooms and the ability to install technology to support the electronic medical records system used throughout the VA.

Local veterans have been pushing for a closer option than White River Junction for more than a year, saying that with the area's growing — and aging — veteran population, it could support its own clinic. In December, the VA announced plans to open the outpatient clinic in Vermont, followed by the announcement of plans for the Keene center in January. Around the same time, Monadnock Family Services, a Keene-based mental health agency, opened a veterans drop-in center at its 93rd Street office.

Headed by Anthony "A.J." Paige, the agency's director of veterans services, it provides a place for the estimated 6,000 veterans in Cheshire County to access group and individual counseling. It also provides office space for outreach workers from veterans organizations, including the Homeless Veterans Coalition and the Vietnam Veterans of America. Agency officials started the center because of increased demand for services, not only from recent veterans returning from Iraq and Afghanistan but also from Gulf War, Vietnam and World War II veterans who have been coming out of the woodwork in recent years, Paige said. The White River Junction Veterans Administration Medical Center also oversees outpatient clinics in Littleton; Bennington, Vt.; Burlington, Vt., and Rutland, Vt.; and veterans centers in White River Junction and Berlin.

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By Casey Farrar

Sentinel Staff Published: Friday, October 29, 2010

A long-awaited veterans outpatient clinic and mental health center has found a home in Keene and is slated to open next spring.

The U.S. General Services Administration announced the 5,000-square-foot clinic will be located in the Curran Building on Route 101 in Keene, according to a news release from U.S. Sen. Jeanne Shaheen, D-N.H. Shaheen plans to visit the site today.

The clinic will offer full-time primary care and part-time mental health services to several thousand veterans in the Monadnock Region, according to the release. For several years, veterans in the Monadnock Region have pushed for a local clinic to provide basic medical services, preventing the need to travel to the White River Junction (Vt.) VA Medical Center.

Last year, VA officials announced they would open clinics in Brattleboro and Keene. The Brattleboro clinic opened this spring, but officials had difficulty finding an appropriate location in Keene. The Brattleboro and Keene clinics will be linked to the White River Junction hospital. The Keene facility will have a full-time staff of four employees, according to the news release.

Along with medical services, a veterans' center will be located with the clinic, with its own entrance and separate staff, which will offer counseling and group therapy sessions for veterans, according to the release. Local veterans interviewed say they are pleased with the announcement.

"There's some veterans that don't get the care that they need because they can't go that distance (to White River Junction)," said Linda Hunt, an Air Force veteran from Swanzey. "They either can't drive or don't have a vehicle and have to arrange for rides there" and in the winter, with bad weather, it's safer if they can just be seen here in Keene."

Hunt, who belongs to a local chapter of the Disabled Veterans of America, is being treated for Gulf War

syndrome — a complicated web of symptoms believed to be caused by medication troops were given to protect against nerve agents. She goes to the veterans' hospital in Manchester at least four times a year for treatment. While she's unsure whether the clinic will provide the services she needs, she said it will help many veterans get better access to simple procedures, such as blood tests, without lengthy trips.

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“No being able to say no can raise a person’s frustration level to the point where he or she is literally ready to explode. If you can’t learn to say no to people, you will never be able to say yes to life. There are just too many people who will take advantage and pull you in a dozen different directions to get what they want. Very often you will find these people in your very own family. But if you constantly find yourself unable to say no, it usually means saying yes to headaches and stomach problems.” Kevin Leman

“Strength is happiness; strength is itself victory. In weakness and cowardice there is no happiness. When you wage a struggle, you might win or you might lose. But regardless of the short-term outcome, the very fact of your continuing to struggle is proof of your victory as a human being.” Daisaku Ikeda

“It is self-evident that if we can’t take the risk of saying or doing something wrong, our creativity goes right out the window. The essence of creativity is not the possession of some special talent, it is much more the ability to play.” John Cleese

“The critical fact on which the whole experience of life rests in a sense of continuing personal identity; I am me; I have been me since the moment I was born and I shall go on being me till the day I die. This central conviction of ego as a unique continuum through mortal existence is the indispensable condition of human awareness, and it is also a miracle, especially when you consider that many body cells are periodically renewed in the course of the life-cycle, so that whole chunks of you as you sit here reading this page was not in existence ten years ago. Moreover, we will have lived a number of different ‘lives’ before we reached the present stage on our life’s journey. Yet, through all the years of physical, psychic and social transformation the golden thread of physical identity persists. Of course, our uniqueness as an individual is older than our awareness of being the person that we are: the die was cast at the moment of our conception.” Anthony Stevens

“Develop interest in life as you see it; in people, things, literature, music-the world is rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.” Henry Miller

“Character like all good qualities, must be cultivated, or it will speedily decay. It is in the little things that character chiefly displays itself, and we may form a tolerantly correct opinion of that man’s disposition and temper by observing him, not as he appears aboard in the world, but as he really is while engaged with his usual employment.” John Price

“The public is the judge, two parties are the combatants, and the party which possesses power must employ it properly, must conduct the government wisely, in order to ensure public approbation. While the two parties draw different ways, a middle course is produced that is generally conformable to public good.” Robert Goodloe Harper

“I conceal nothing from my self. I omit nothing. For why should I shirk from any of my mistakes, when I may communicate thus with myself.” Sextius

Knocking on Heaven's Door

Life can be really strange at times but on the other hand they are always signs and warning if one is willing to listen. Almost a year to the day after my cancer surgery I headed back to the hospital to have a lead to my pacemaker replaced. It had a crack or something and it wouldn't always come on when it should have.

Like any operation there are always risks especially when the lead had to go deep inside your heart to be implanted on the heart wall. But this time there was something really different. I had a number of serious and life altering operations such as the cancer, the first pacemaker, or the chest tumor to name a few but I never had the feeling that I had with this one. For the first time in over 12 operations I felt a fear as if something was going wrong or something was going to happen.

I had a local so I expected to be awake for the operation, like the pacemaker replacement, or when they put the scope into my heart, but this time everything went black before I even made the operating room. There was nothing until I woke up in the recovery room. While I was in the recovery room nothing felt right. I had never felt like this before.

I was moved to my room where I was placed in the second bed near the window. The guy in the first bed had been there since thanksgiving and was in pretty good spirits. Lucy, Erin, Zoë and Taylor came to visit me. I was tired and drained so they left early. I tried my best to go to sleep but I was woken up by the man in the first bed. All of a sudden out of the clear blue he took a turn for the worst. He developed internal bleeding he started losing blood but they couldn't find where so they pumped three pints of blood into him before they were able to transfer to a larger hospital. He died.



I went to sleep until a new man was placed in the first bed. The nurse allowed him to go the bathroom because he had to have a bowel moment. She left him and within 30 seconds I heard a very large crash he fell forward and hit the floor. I push the nurse's call button but he was quickly crashing. Within minutes there were about ten people in the room, He lost blood pressure, he stopped breathing. They hooked him up to machines and started putting needles and tubes in him to bring him back. They believed that they got him under control and then moved him to another room where he died.

I know that this sounds very weird but as I laid there in my bed feeling my blood pressure go higher and higher, later 170/104 and feeling heavy pressure on me as tears came to my eyes I believed that death was coming for me, my luck really had run out, but the fortunately for me but death stopped at the first bed not once but twice. Two people out of the clear within hours of lying near me turned for the worst and died. It was almost as if I had my angel or guardians standing over me protecting me and that death was too lazy to put up a fight and took the easy road.

I know that I am still not out of the woods yet, as I sit here and put this to paper it has been 11 days since my operations and it has been is a fight. It just doesn't make any sense at all, with the pacemakers, the strokes, the TIA's, the blackouts, the seizures, the tumor and the cancer I truly never expected that something as simple (well for me anyway) as putting in a new wire into my heart would bring me so close. I fully believe that all it would take is for me to say that I have had enough I don't want to endure anymore and I will go quietly in my sleep. I sometimes wonder if that is good or not, is it an honest argument and is it a worthwhile fight. I have to truly believe that I still have much more good to do if I really want to win this battle. I have to say that my time hasn't arrived yet. Oh I have to say Thank God that the angels of Death are usually very lazy. But then again I have to understand that they may learn from this and next

time I won't be so lucky. Or maybe next time they will try to take someone that is very close to me to make me pay a heavy price for overstaying my time. Again maybe that strange lady in Salem, Massachusetts was



right when she told me “that some people are living on borrow time, but you are living on given time.” Maybe I know the secret, maybe every time I do something good for others a little sand is returned to my hour glass.

“For there is one thing we must never forget...the majority can never replace the man. And no more than a hundred empty heads make one wise man will an heroic decision arise from a hundred cowards.” Adolf Hitler

“The hottest places in hell are reserved for those who, in time of great moral crisis, maintain their neutrality.” Dante

“Do you want to be happy for a moment? Then seek revenge. Do you want to be happy for ever? Than grant forgiveness.” Henri Lacordaire

“I do not know which party Lincoln would belong to if he was alive. His sympathies and his motives of championship of humanity itself have made him for all centuries to come the legitimate property of all parties-of every man, and woman and child in every part of our land.” Franklin D. Roosevelt

“I want to live only for ecstasy. Small doses, moderate loves, all half-shades, leave me cold. I like extravagance. Letters which give the postman a stiff back to carry, books which overflow from their covers, sexuality which the thermometers.” Anais Nin



“Self-denial is never a duty or a reasonable action but as it is a natural means of procuring more pleasure than you can taste without it. All we have to do is consider whether something we want to do is consistent, with our happiness tomorrow, next week, or next year; for as we all wish to live, we are obligated by reason to take as much care for our future as our present happiness and not build one on the ruins of the others.” Philocles

“Like every creature, you can know when you are in the presence of danger. You have the gift of a brilliant internal guardian that stands ready to warn you of hazards and guide you through risky situations.” Gavin de Becker

“The challenge of illness, birth defects, poverty or other negative circumstances in your young provides the stimulus for all high achievement. Each person in less spectacular fashion than the eminent extraordinary compensate for weaknesses with strength transforming inabilities into empowerment and control.” Alfred Adler

“Every one must allow that all systems of education, if constituted upon right principles, should be well adapted to the situations of those, for whose service they are intended.” Henry Keft

Remarks made to the New Hampshire House April 19, 2006

Thank you, Mr. Speaker. This is going to be short. I may be one of the few people that actually served with VMFA 214, the Blacksheep Squadron, but a little bit after Pappy Boyington's time. When I was an officer candidate in Quantico, the staff instructor came in, and he was crying and emotional. He said, "Chesty Puller died." I being brand new, no history whatsoever, I said, "Who the heck is Chesty Puller?" The answer was, "Drop and keep going until I say 'stop'." But what I quickly learned was the importance of heroes. People like Chesty Puller. People like Pappy Boyington. Because it's those people that give us the drive to succeed, to exceed our own expectations. When I read the thing from Rep Albert, when I read the thing from the University of Washington, I stopped and said, "President Teddy Roosevelt had this thing about the critics. There are so many people who want to be critics without getting into the arena." Pappy Boyington, Chesty Puller, a lot of our great American heroes may not be Sunday school students, may not be the people you want to date your daughter, but when the time comes to protect this country, they were willing to risk everything to protect this country. It upsets me to say, people who enjoy the benefits are the people who are willing to risk everything and feel because they don't have to risk anything themselves, it gives them the obligation to be a critic. To me, I really firmly believe in Teddy Roosevelt. The only true critics were those who faced danger head on, confronted it, did what was best for the country and then came back. The strange part about it is the people who do that rarely criticize. The people who criticize rarely do anything. That's way I support this motion. We need to do what we can to instill pride of American heritage into all our citizens because that is what makes a better country. Thank you.



construct and sexuality is fluid and 'performative.' Then we were told that our race, our ethnicity, our gender and our sexual preferences define who we are." John Strausbaugh

"One impact of the multicultural/diversity movement was that Americans talked about race, ethnicity, and so on more than ever before and seemed more confused than ever about what these things meant. On the other hand, we were adjured, correctly, never to judge or treat one another on the basis of race, color, gender, religious affiliation, sexuality or other markers of 'difference.' At the same time, we were encouraged to explore, celebrate and even identify ourselves and everyone else by exactly these characteristics. We were told that the concept of race is a discarded scientific myth, that color is only skin deep, that gender is an artificial social

"Though modern statesmanship may call for other qualities than those needed in former days the qualities are assuredly neither fewer, less lofty, not less rare. A thorough mastery of facts, a clear purpose, a patient temper, a persevering will; a profound knowledge of men, of the motives which actuate them, of the influences by which they are to be swaged; skill to purchase the maximum of support by the minimum of concession; tact to discern the present temper and the probable direction of the popular feeling: sagacity to distinguish between the intelligent and the unintelligent public opinion, between the outcry which may be safely and justly disregarded, and the expression of the mind of the county which it would be wrong and dangerous to withstand; these are surely qualifications which demand no ordinary combination of moral and intellectual endowments. The statesmen of to-day requires as comprehensive a vision and profound a wisdom as in former times, with intense labour, and a wider range of knowledge; but he requires other gifts which formally were scarcely needed for, he now has not only to decide what ought to be done, and what is the wisest way of doing, but he has to do it, or as much as he can, in the face of obstacles of which Machiavelli had no conception, which would have baffled Mazarin and which even Chatham or Walpole might have stood aghast. To quarrel with a statesman because he is what his age compels him to be, because he meets the requirements of his day and generation, the nature of our government prescribes the qualification of our statesmen; to hanker after a different order of men is to pine for a different order of things." William R. Greg 1853

“Practically the only courage I came across was mass courage, the courage that comes from being one of the herd, and anyone who examines this phenomenon more closely will find it to be compounded of some strange elements: a great deal of vanity, a great deal of recklessness and even boredom, but, above all, a great deal of fear, yes, fear of staying behind, fear of being sneered at, fear of independent action, and fear above all, of taking a stand against the mass of enthusiasm of one’s fellows.” Zweig Hofmiller

“I am unable to believe that it is within the power of a single man to know all that can be known; to make use of all the knowledge that exists; to see all that is to be seen; to understand all that is comprehensible.” Diderot

“Political parties, like all other associations of men, necessarily take the nature and tone from the average of the character and intelligence of the persons composing them. In the long run they re not much better and not much worse than the individual members, and so, to be useful to the state, their principles must be, if not perfectly just, at least sincerely and intelligently believed in, their objects definite, and their methods both in elections and legislation and administration fair and honest.” Senator George F. Edmunds 1882

“A democracy cannot exist as a permanent form of government. It can only exist until the voters discover that they can vote themselves largesse from the public treasury. From that moment on, the majority always votes for the candidates promising the most benefits the public treasury with the result that a democracy always collapses over lousy fiscal policy, always followed by a dictatorship. The average of the world’s great civilizations before they decline has been 200 years. These nations have progressed in this sequence: From bondage to spiritual faith; from faith to great courage; from courage to liberty; from liberty to abundance; from abundance to selfishness; from selfishness to Complacency; from complacency to apathy; from apathy to dependency; from dependency back again to bondage.” Alexander Fraser Tyler, Cycle Of Democracy (1770)

“For the most part, our managers develop leadership skills by chance, through the school of hard knocks. These executives are part of a system that confuses management with leadership. Mangers are more



involved in the how-to, the short term, and the bottom line, while leaders must have vision, mission, strategic intent, ad dreams. The world has a wealth of exceptionally talented managers. Most on-the-job development produces one-dimensioned executives with overly developed quantitative and analytic skills. They have a narrow functional-technical perspective as a result of spending their entire career in one area. They are risk-averse-afraid to make decisions-because of the grave consequences of making mistakes, and they tend to mimic their bosses to ensure advancement. They often neglect family and friends in order to meet the demands of a system that too frequently encourages and rewards workaholism.” James F. Bolt

“Passionate desire is not affection of will, but of the sensitive appetite. The will may cooperate, but the passion is not in the will. The will may neglect to check the passion, when it might: it may abet and inflame it; in their ways an act done in passion is a voluntary act. Still it becomes voluntary only by the influx of the will, positively permitting or stimulating: it is not voluntary precisely as it proceeds from passion; for voluntary is that which is of the will. It belongs to passion to bring on a momentary darkness in the understanding; where such darkness is, there is so much the less of a human act. Things are often said and done, and put down to passion: but that is not the whole account of the matter. The will has been for the long time either feeding the passions, or letting them ranged unchecked; that is the reason of their present outbursts, which is voluntary at least in its cause.” Joseph Rickaby

**Memorial Day Speech Given 21 May 2008 New Hampshire State House,
26 May 2008, Keene, NH**

In Australia on Remembrance Day they play a song that has the following passage; *“Listen quietly and you will hear the footsteps of Australia’s sons marching off into eternity.”* In Germany the soldiers often sing a song with the following passage; *“I had a comrade once, a better one you will never find. The drums were calling to battle; he walked by my side, a bullet came whistling toward us-is it meant for me or for you? He fell at my feet, as if a piece had been torn from me. He tried to reach for my hand, while I desperately loaded another shot; I can’t hold your hand, my friend, so rest in eternal peace, my good old comrade.”*

As I reflected on these songs I started to wonder just what does Memorial Day means to Americans. We are often told that Memorial Day is the official start of the summer season; the 1st weekend of summer. One major hotel chain’s ad boldly states that if you reserve a room early they will give you an additional night free. For many Memorial Day is just another work day, for the lucky few Memorial Day means time and half and a larger paycheck.

However, I have to believe that Memorial Day mean far more to Americans than a day at the beach or time and a half. For my own peace of mind I had to find a meaning that I could believed in. I couldn’t accept that old phase, is that all it is. I needed an answer.

I have put on my Marine Corps uniform over 5,000 times; I have woken up hundreds of times in a dirty, sweaty and smelly uniform in some very harsh places. I have given a number of Veterans and Memorial Day speeches. I have always been very comfortable with my understanding of Veterans Day but I have always felt uncomfortable about explaining the true meaning of Memorial Day.

I asked myself, how could I truly understand the pain a mother feels when she answers the knock on her door and see a Marine Corps Officer in Dress Blues standing there?

How could I put into words the feeling of loss and pain a father endures often in silent when he realizes that his family name died along with his son on a distant battlefield?

How could I truly explain the fears a young child feels when her mother or father who died on the field of battle isn’t there to check in the closet or under the bed for monsters?

How could I understand the sense of loss a young man feels at the critical junction in his life and looks for guidance but his moral compass is in buried in Arlington?

How could I understand the feeling of lonesness a young woman feels when she awake up one morning in an empty bed and realizes that she will never ever see her own reflection in her lover’s eyes?

I asked myself was I looking in the wrong places for the answers. Was I even asking the right questions? I wasn’t sure.

Sixty-three years ago last February 19th the 1st Marine assault wave; under a hail storm of bullets, mortar and artillery shells headed toward the beaches of Iwo Jima, before the battle was over, over 6,000 Americans and many more Japanese soldiers lied death on the field of battle. Over this short and violence battle 22 Marines were awarded our nation’s highest award, the Medal of Honor: Many gave their lives providing numerous others the opportunity to live.

On March 3rd 2005, 15 Marines average age 22 also marched off into eternity from a battlefield that knows no color except for red, a battle field that knows no religion, which knows no social class and a battlefield that has

learned to know no gender. As I listened to the songs and read more about that Feb 19 and March 5th days I have come to a much clearer understanding of the true reason we have Memorial Day.

Memorial Day isn't for us to celebrate a holiday; Memorial Day is not Veterans Day. Every one of us that has worn the uniform have our day and it is Veterans Day. Memorial Day isn't even a day for us to reflex back on our lost love ones and friends.



The Wings of Man



The Wings of God

will find one moment as a people, as a nation to forget about our self-interests and think about all the loss possibilities, the lost dreams, of the hundreds of thousands of teenagers and young men and women who out of selfless reasons have fallen for us. If we as a people can't find that time then we really don't deserve the gifts that they have given us.

Any one that has worn the uniform of the United States, who has marched off to the sound of guns and cannons of distant battlefields truly understands the statement that *"the welfare of the whole always outweighs the needs of the one."*

I cannot think of any greater honor to the memories of those brave men and women than for each and every one of us to think of the *"Good of the Whole"* if even for only a few moments, if we can do that their deaths would not have been vain and their memories will never die.

Rep Kris E Roberts-Keene LtCol USMC (R)(Ret)

I have come to believe that the true and only reason for Memorial Day is for the men and women of this great country of ours that have given it all on the battlefield. As the song goes *"some gave some"*, for those there is Veterans Day, *"some gave all"*, for the ones that gave it all, there is Memorial Day. Maybe when my time comes they will explain the true meaning to me. As many of the living often say, *"I don't know how to explain it, even if I could explain it you wouldn't understand; you had to have been there."* As we all can see as I stand here I haven't been there.

Memorial Day should never ever be about us, the living; it has to be about the men and women who have died on battlefields both known and unknown granting us the opportunity to disagree, granting us the opportunity to worship in a manner we so choice, but most of all for the many freedoms that so many of us take for granted.

As we look around our country we often see many cemeteries where graves of our fallen are often neglected and sometimes even forgotten I just hope that this Memorial Day each and every one of us

“The more you read the smarter you grow. The smarter you grow, the longer you stay in school. The longer you stay in school, the more money you earn. The more money you earn, the better your children will do in school. So if you hook a child with reading, you influence not only her future but also that of the next generation.” Jim Trelease

It is just amazing to me just how little importance that people place on education. Sure the great majority of people will tell you the importance of a quality education. But how many can describe a quality education.

Does graduating from one the best high schools or colleges with highest honors proven that an individual has received an outstanding education? Does just making it through an average school with average grade prove that you either were lacking in "IQ" or that the school system and society has a whole failure to provide you with opportunities?

Who really knows? There are countless people in the first category that fail to reach the expectations demanded from such an expensive investment by family and society.

On the other had there are countless people who were not provided the opportunity for a quality education because of their sex, the color of their skin, class bias, religious differences and some because the local industries don't want to pay higher taxes to improve education because more qualified workers want higher wages. Higher taxes and higher wages always mean lower profits to shareowners.

However one question no one seems to be able to answer is how come there are so many people that should fail don't and why so many people that one would never expect to fail, fail?

I think it all comes down to education. I have found it amazing how throughout history many of most famous leaders, educators, scientists, inventors, and so on were often viewed as problem or poor students. They for the most part were "self-educated". This at the same time when there are so many of our best educated failing to reach expectations.

To me it seemed pretty clear the student is one of the most important players in the whole education process. The student has to interact. It is not all about the teacher or all about the parent.

Again to me it seems that education is at its greatest weakness when it is base on what make society feel good and parents feel proud.

If we look back at WorldWar2 many of the captains, major and LtCol's were not college educated. Many of the sailors, airman and soldiers were not high school graduates. Records show that only about 25% graduated high school. If we reflect back over the past fifty years the education level in this country has really increased. Yes the scores are lower. A big part of that is because many students from poor communities or even poor families never took the SAT's. If you were not going to college or could not afford to go to college you did not waste your money on a test. A lot of students never reached 10th, 11th or 12th grade because they had to work to support their families; that is why many communities only had a school that went to 8th grade, or age 14 when a child could go to work.

So maybe we need to compare apples with apples and so on. Let's stop telling students how dumb they are and let's help them become better. Let's stop telling students that they are victims of society so they should expect little of themselves. Let's stop having adults on both sides of the educational battlefield making billions of dollars at the expense of children's education.

For the most part kids want to be in a place that they can feel safe, with teachers that they can trusts, with teachers that will demand high standards and then hold them to those standards, but most of all with teachers that don't view them as victims that need to be treated different from the normal kids.

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We need to place a base under every student to ensure that he or she has the skills to survive in a harsh and sometimes unforgiving society. We need to understand that self-esteem comes from successful performance, not the other way around. Self-esteem is not the foundation it is the support beams which allow each child to build on his or her foundation. It is easy to say that the test says it all; we all know that is wrong. It is easy to say that I can't educate the children because all I do is teach to the test; we all know that is wrong. Maybe one of the most important blocks in the foundation is teaching the child how to take the test and then allow him or her to take the test with a level of confidence. After all wealthy families sometimes pay thousands of dollars to ensure their children know how to take the test. In life all education is teaching to the test, the most successful people understand how to take the test. A genius can't display his or her genius if they don't know to follow the directions.

Education is not about comparing each child to other children but to comparing where the child is at and where he or she can go.

We have to be willing to let our children dare to fly, with the understanding that some will fly much closer to the sun than others.



“Naturally the common people don't want war; neither in Russia, nor in England, nor in America, nor in Germany. That is understood. But after all, it is the leaders of the country who determine policy, and it is always a simple matter to drag the people along, whether it is a democracy, or a fascist dictatorship, or a parliament, or a communist dictatorship. Voice or no voice, the people can always be brought to the bidding of the leaders. That is easy. All you have to do is to tell them they are being attacked, and denounce the pacifists for lack of patriotism and exposing the country to danger. It works the same in any country.”
Hermann Goering

“Whoever is adequate? We all create situations each other can't live up to, then break our hearts at them because they don't.” Elizabeth Bowen

“As children we believe in miracles as adult we discount possibilities. We put more faith in the bad than in the good because that way we are less likely to be disappointed. To protect our delicate egos, we focus on one or two minor points that can go away instead of working hard to enhance the odds that the larger picture will come into focus.” David Wecker

“The horrors which we have seen, and the still greater horrors we shall that there is a presently see, are not signs that the rebels, insubordinate, untamable people are increasing in numbers throughout the world, but rather that there is a constant increase in the number of obedient docile people.” George Bernanos

“Sometimes, people react to change in their life as though it is a rare and shocking experience. Resistance to change is nearly as certain and as inevitable as change itself. Often people facing a change in their lives insist on doing what they have always done, failing that they try to cheat their feelings by playing down their feelings of loss and sadness. It is important to understand and accept the fact that when you make changes, you will probably have to let go of some aspect of your life. Acknowledge that ending, deal with it in your own way and then go on to the new beginning which was brought on by the change.” Stedman Graham

“When you are commanding, leading men under conditions where physical exhaustion and privation must be ignored, where the lives of your men may be sacrificed, then, the efficiency of your leadership will depend only to a minor degree on your tactical ability. It will primary be determined by your character, your reputation, not much for your courage which will be accepted as a matter of course, but by the previous reputation you have established for fairness.” General George Marshall



“Your life may have many different journeys, some that will overlap and others that are distinct from all the rest. In any case your confidence will vary from one journey to the next. In some cases your may feel secure to the level of quiet confidence. In others you lack of confidence can leave you feeling naked to the world.” Doug Hall

“Cripple him, and you have a Sir Walter Scott. Lock him in a prison cell, and you have a John Bunyan. Bury him in the snows of Valley Forge, and you have a George Washington. Raise him in abject poverty and you have an Abraham Lincoln. Strike him down with infantile paralysis, and he becomes Franklin Roosevelt. Burn him so

severely that the doctors say he'll never walk again, and you have a Glenn Cunningham -- who set the world's one mile record in 1934. Deafen him and you have a Ludwig van Beethoven. Have him or her born black in a society filled with racial discrimination, and you have a Booker T. Washington, a Marian Anderson, and a George Washington Carver. Call him a slow learner, "retarded," and write him off as uneducable, and you have an Albert Einstein. As one man summed it up; life is about 20% in what happens to us and 80% in the way we respond to the events.” Ted Engstrom

“Traumas, problems, bad situations, stumbling blocks, and disappointments need not be negative cripplers. Instead they can be used as positive input needed to make course corrections. The more distant your objectives the more times you are going to stumble. Don't take it personally that is just the way life works...Opportunities are neutral, the number of opportunities don't increase because you think you deserve them or you have paid your dues. The only want to take advantage of the opportunities around you is to take off you blinders and make the necessary course corrections.” Charles J. Givens



“A lot of times people use the excuse that they don't want to hurt another person's feeling. This is always a lie. If you catch yourself thinking this, what's really happening is that you are protecting yourself from your own feelings. You are avoiding what you will feel when they get upset. It is the coward's way out, and it simply delays having all your cards on the table. Hiding the truth always backfires.” Jack Canfield

“As long as I am not wanted but needed I will stay: when I am not longer needed but wanted, I must go.” Nanny McPhee

“Honesty, sincerity, and opinions I esteem essential marks of a good mind. True belief is fully informed belief, arrival at without coercion, bias, or prejudice and with although awareness of all the options. Although each individual should form his own opinions and render his own judgments, he should also put them out into the world by expressing them and defending them...It is one thing to lead toward consensus and united effort, but quite another to demand orthodox conformity of thought.” John Adams

Speech Given On 18 February 2009 in Honor of Black History Month

New Hampshire General Court

Sometimes when we least expect it, sometime regardless of the cost and risk to our well being we stand up because it is the right thing, the moral thing to do.

That sometime took place in the city of Dover, New Hampshire; a mill town whose financial well-being was depended on slave produced low price southern cotton; where Samuel Beede editor of the "Dover Morning Star" wrote a story where he declared that although slavery was evil; the North was just as guilty as the South. In 1834 after Beede's untimely death William Burr became editor and wrote that slavery was not only evil but was a religious and a moral issue. Despite near financial ruin and threat of physical violence requiring police protection he continued to fight the good fight.

On March 2nd, 1860 he was invited to sit on the speaker's platform while Abraham Lincoln gave his speech in the Dover City Hall. A direct result of William Burr's and The Morning Star's action Dover became the first New Hampshire City to send Anti-Slavery members to the General Court. Forced from the Democratic Party for his strength of conviction and for his Anti-Slavery stand John Parker Hale who practiced law in Dover would become the first Anti-Slavery Senator elected to Congress.

William Burr fought the hard, long and unpopular battle, he saw the end of slavery in the United States, and he played a major role in winning the battle to end one of the greatest crimes against humanity. For his actions he paid a heavy price; in 1866 he suffered an early and unexpected death.

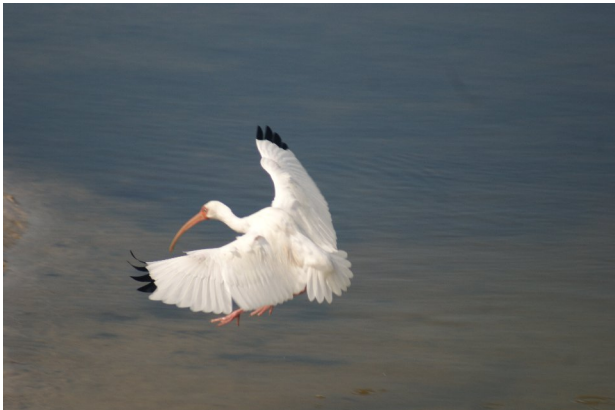
Because of New Hampshire men and women like William Burr some of us today have a voice. So today I want to give a voice to three slaves and their connections and contributions to New Hampshire, there is one more voice, a living voice an 99 year old voice sitting here today up in the galley that I hope you take an opportunity to meet today. Mrs. Iris Thompson, a resident of Milford NH; a woman who took part in the Freedom House and Martin Luther Kings' "March on Washington."

In 1645 over 360 years ago a group of slave traders attacked a small village in Africa, On that Sunday they killed a large number of villagers and captured a number of others for the long and deadly trip to the slave markets of what is now America. Upon completion of the harsh trip a young man found himself on the auction floor of the Boston Slave market where he was sold to Mr. William of Piscataqua. Once that young man, the first recorded slave in the colony was brought to New Hampshire the General Court ordered him to be returned to Africa because the slave traders had violated the Sabbath.

During the Revolutionary war over 180 New Hampshire blacks, slave and free and an unknown number of mulattoes violated New Hampshire law to serve and fight in New Hampshire militia or the Continental Army allowing New Hampshire to meet its quota of able body men. For the most part every single man has been loss to the winds of times. However, one man; Prince Whipple, the slave of General Whipple has refused to vanish from history. He served and engaged in combat along side both General Whipple and General Washington. It has been argued that he is the black soldier in Emanuel Leutze's "Washington Crossing the Delaware" which is on display in the Metropolitan Museum of Art and in Thomas Sally's "The Passage of the Delaware" which is currently located in the Museum of Fine Art in Boston. After the Revolutionary War he was given his freedom and return to New Hampshire where he married had a child and lived out his life.

After General Washington was elected President one the slave that Martha Washington took with her to New York City was a young woman named Ona Maria Stein. During Washington's second term in office she ran away; was given passage on a ship bound for New Hampshire. When President Washington learned that she was living in Portsmouth as a free woman, he directed Joseph Whipple the Portsmouth's Custom Collector to locate and seize her; then return her to him for which he would cover all expenses.

However, after talking to her, John Whipple was so impressed by her desire, her hungry for freedom that he wrote President Washington to tell him that the people of New Hampshire believed in universal freedom and as such he would not return her. A few years later President Washington asked his nephew who was traveling to New Hampshire for business to do his best to locate Ona and any children she may have had and return them to Virginia. For if one's mother was a slave all her children were slaves from the moment of their birth. Senator Langdon learning of the impending kidnapping made sure Ona and her family was given the opportunity to escape.



Like other colonies New Hampshire had an early history with slavery, at its peak there were about 900 slaves but by 1790 most had become free, for example of the 83 blacks living in Exeter 81 were free men and women. Men like William Burr, John Whipple, Senators Hale and Langdon risked a great deal, how many of us would break the law and tell the President of the United States, the father of

our country no? Men like Father Jonathan Daniels of Keene almost 200 year later would lose his life to ensure Black men and women were not only free but equal. Black men like Prince Whipple who were willing to face death on the battlefield to fight for freedom even though he was not free himself. Women like Ona Marie Stein (who is listed in Women of Granite, 25 New Hampshire Women You Should Know) who risk being captured, beaten, and being sold to the brutal West Indies where slaves were worked to death in the sugar fields just for the opportunity to be free. Women like Rosary Cooper who became one of the nation's high crane operators, helping to build warships at the Portsmouth Naval Shipyard during World War II



So as we come to the close of Black History Month it is important to realize Blacks have been in New Hampshire for at least 363 years and have played an important role in the lives of many of the men whose pictures are hanging in the hallways of this building, have towns named after them, and dot the history books of New Hampshire. Blacks both men and women have played a small often unknown but important role in the history of New Hampshire and without question will play an even more important role in the future of New Hampshire.

I thank this House for the opportunity to speak here today, because in the end that is all any person in New Hampshire regardless of color; black, white, brown red, yellow and any other color in between asks for, the opportunity to be a proud American, the opportunity to contribute to the welfare of the whole, the opportunity to make the best of their God-given talents. Again I say thank you.

Rep Kris E. Roberts

“A true leader does not take the lead that is why he is a true leader. The true leader is flexible and anticipates, in conflict doesn't compete, he is open-minded, fair and honourable. The true leader understands that if he tries to much he will fail in all things. By being unattached to desired outcome and letting go of expectation and ego the true leader is able to be confident and content. If the only thing that matters is success and victory he will find nothing but disappointment. If he seeks only the approval of others he will never be fulfilled.” Lao Tzu

“It is no disgrace not to be able to do everything; but to undertake, or pretend to do, what you are not made for, is not only shameful, but extremely troublesome and vexations.” Plutarch

“Never have anything to do with an unlucky place, or an unlucky man. I have seen many clever men, very clever men, who had not shoes to their feet. I never act with them. Their advice sounds very well, but they cannot get on themselves; and if they cannot do good to themselves, how can they do good to me?” Robert Rothschild

“I am sure of this, that going much alone a man will get more of a noble courage in thought and word than from all the wisdom in books.” Ralph Waldo Emerson

“You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands your own.” Mark Victor Hansen



“Fame, we may understand, is no sure test of merit, but only a probability of such; it is an accident, not a property of man.” Thomas Carlyle

“What is a minority? The chosen heroes of this earth have been in a minority. There is not a social, political, or religious privilege that you enjoy today that was not bought for you by the blood and tears and patient suffering of the minority. It is the minority that have stood in the van of every moral conflict, and achieved all that is noble in the history of the world.” John Bartholomew Gough

“We have over problem-solved for our children. We have rushed in and sweep the gravel on the road of life while eliminating all opportunity for our children to work through difficulty and allowing them to know that they have them solved the problem and could do the same with other problems.” Jeanie Norris

“People often judge one another because they find it much easier to believe that someone else is responsible for all their negative circumstances than to face the pain of their present circumstances or the harsh realities of the world.” Linda Francis

“Every man is not ambitious, or covetous, or passionate; but every man has pride enough in his composition to feel and resent the least slight and contempt. Remember, therefore, most carefully to conceal your contempt, however just, wherever you would not make an implacable enemy. Men are much more unwilling to have their weaknesses and their imperfections known, than their crimes; and, if you hint to a man, that you think him silly, ignorant, or even ill-bred, or awkward, he will hate you more, and longer, than if you tell him, plainly, that you think him rogue. Never yield to that temptation, which, to most young men, is very strong, of exposing other people’s weaknesses and infirmities, for the sake either of diverting the company, or of showing your own superiority. You may get the laugh on your side by it, for the present; but you will make enemies by it for ever; and even those who laugh with you then, will, upon reflection, fear, and consequently hate you: besides that, it is ill-natured; and a good heart desires rather to conceal, than expose other people’s weaknesses or misfortunes. If you have wit, use it to please, and not to hurt: you may shine, like the sun in the temperate Zones, without scorching. Here it is wished for; under the Line it is dreaded. Some men are more captious than others; some are always wrong-headed: but every man living has such a share of Vanity, as to be hurt by marks of slight and contempt. Every man does not pretend to be a Poet, a Mathematician, or a Statesman, and considered as such; but every man pretends to common sense, and to fill his place in the world with common decency; and, consequently, does not easily forgive those negligences, inattentions, and slights, which seem to call in question, or utterly deny him both these pretensions.” Philip Dormer Stanhope Chesterfield, Lord Chesterfield

Doris Granny D. Haddock

HCR-5 a resolution urging Congress to enact a system of voluntary public funding for all federal elections

Doris Haddock otherwise known as Granny D was a very small 99 year old lady that remaindered me of my great grandmother. She seemed to have the same drive and conviction that my Great-Grandmother had.

At the age of 88 she departed Pasadena, California on foot in support of Campaign Finance Reform and over the next 14 months she walked an average of 10 miles a day covering about 3,200 miles by the times she walked up the stairs of the United States Capital. When she was 94 she took on a very popular incumbent Republican United States Senate. With little money and luke warm support from the state Democratic Party she gave her all.

When I looked at her, when I talked to her, in her soft voice, with her very frail bones, I would flash back to when I was living with Grandma Robertson. I remembered playing in the coal bin, filling the cast iron stove so she could cook dinner, her putting coals in the bed warmer, she giving me a little glass of warm red wine and cod liver oil every night and not being able to flush the toilet until she example the length of my poop. If it wasn't long enough or if it was rabbit pellets, I would be "rewarded" with an extra spoonful of cod-liver oil that night. But most all remembering how on one winter day when my mother came to visit this little woman threw her out into the cold snow because she refuse to allow anyone to smoke in her house.



Granny D, this little old lady lucky to be 5 feet and 95 pounds was a pistol. She put color into my memories. This lady gave me memories from when I was three years old in warm, enjoyable, emotion full living color. So much different that the years of emptiness and blackness. Granny D, Doris Haddock brought back to life the lady that saved me. Even as I sit here writing this I don't understand why, the reasons, for the courage my great-grandmother displayed, women of her status hid bastard children, let alone mixed raced bastard children.

HCR-5 a resolution urging Congress to enact a system of voluntary public funding for all federal elections was heard before the committee I was on. Even before the first speaker sat down it became very clear to me that the fix was in. We as democrats were in power and we cared less about a little 99 year old lady. We had used her. This was a simple resolution; it had no effect of law. It was a feel good action. Something we could do for a lady that had more courage and determination that most of the people in that room. In the end the

vote was like 16-1 or 18-1 against the resolution. I casted the only vote in support of HCR-5

I was pissed this lady had been willing to stand up for her convictions. I told the chair that I would speak to on the floor to over turn the committee vote on the floor. It really pissed him off.

When I was home preparing my speech for the floor debate, I received a phone call from the prime spouse of the bills asking me if I was really going to speak on the floor. I told him yes. We owed it to Granny D. He told me that he spoke to the majority leader, the speaker and the president of the senate and was told that it would

be a waste of time and we shouldn't embarrass the party with a floor fight that we should just let it fail by voice vote. Allowing a voice vote would allow a number of people to say that they supported the bill while raising their voice in opposition. I told him that I was still going to speak and he told me that he as the prime sponsor would too if I did.

On the day of the vote he met me at the entrance to the chambers and asked me against if it was really a good idea, that maybe we should just let it die.

With Granny D up in the gallery I walked down to the well and gave a speech in support of her. HCR-5 a resolution urging Congress to enact a system of voluntary public funding for all federal elections was defeated 245-117. 13 Republicans voted in support and another 16 Republicans didn't vote at all. About 100 Democrats voted against one of our goals. We used Granny D. We wanted her support at election time, but once we got power we had no need for her.

I don't believe that I was blinded by the fact that she reminded me so much of my great-grandmother. I think I gave a good speech. I don't think I wasted my time or effort. I learned a great deal. I learned again that people will do things in their own self-interest. It is not my right to judge them but I would be a fool not to understand which people would maintain their convictions.

It is funny, well not really funny, no matter how high the price may be a first once you get a person to sell one of their convictions you will be able to get them to sell again, with the selling price going down with each sale.

We are only a few months from Granny D's one hundred birthday and I know people in leadership will hold some kind of event at the state house to honor her and all her efforts. She may pass on soon and there will be a big showing at her funeral, but in the end we will have failed her because we couldn't no wouldn't pass a simple resolution. We have passed many useless and meaning resolutions but we couldn't give Granny D, the one thing that would have made her life.

Floor Speech

HCR-5 a resolution urging Congress to enact a system of voluntary public funding for all federal elections

The blur for HCR 5 is very simple "we appreciate the idea of federal funding for elections; this economic climate is not conducive at this time." To me it is like looking a small child in the eye and with a straight face and telling him or her that we understand and appreciate the importance of a quality and complete education to his or her future however the economic climate is not conducive at this time. This while we have determined that millions of federal funding for research to reducing the smell of hog mature, developing a better door for pigs as they are lead to slaughter and along with tens of millions of dollars or the cost of a new middle school in Keene to develop protective habit for a small mouse , or even hundreds of thousands for tattoos removal. .

To me it has nothing to about "this economic climate is not conducive at this time" it is about not wanting to make hard choices; since under the current system over 90% of people running for reelection are reelected it is about protecting the status quo. As I stand here I can ensure you that we will hear, this economic climate is not conducive at this time many times over. We were elected to study an issue, gather the facts and make hard decisions. So today you are being asked to vote on HCR5 based on a one sentence blur from a hearing where less than half the committee was present.

This reminds me of a quote by Benjamin Franklin, "People seldom see things as they really are, and our perceptions are often impaired by lack of adequate information. Sometimes because something matches up with our preconception or because it may run counter to our conception of self-interest we may even resist the knowledge necessary to see the subject in its proper light. People often just simply fail to make the investment necessary to develop a correct understanding of the truth, without correct information there can never be any

correct action. Anyone who knows me knows that I will never ask you to vote one way or another but I will never allow anyone the opportunity to say that if had that information I would have voted differently. So today will be no different.

I am now going to talk about some very large numbers; I hope that they don't come across as overwhelming and that you trust me when I say that they will come together in the end. 16, 896,000 that is approximately how many feet an 90 year old woman, a woman with conviction, a woman from New Hampshire travel as she walked the deserts, plains and climbed snow covered mountains as she walked across America. Just out of respect for Granny D and her willingness to stop complaining and do something we should have given this HCR a fairer hearing.

2,963, 753, 711 that was the amount of money raised by 1,574 men and women running for 470 federal offices not counting the office of the President that was about \$880,000 per office higher if just using general elections. The race for the Oval office cost 1,575,834,719. This amount doesn't even include the almost \$500,000,000 raise and spend by 527's, in-house work in lue of donations or the nearly 3.2 billion raised by the national parties and committees to elect.

For democratic we may not want to change the status quo, but history has proven that politic control moves in cycles. For republicans except for the president race where then Senator Obama raised almost twice as much money as Senator McClain and spent almost 5 to 1 over Senator McCain during that last 65 days of the race there was little difference between Democratic and Republican fund raising?

We as Americans want to be the standard bearer for the world, but percept is reality. We must make sure that people struggling for their own freedom don't develop the perception that we are a country where the most powerful positions in the free world go to the men and women with the greatest ability to fund raise or highest personal fortune. For example five people running for the Senate spent over 22,000,000 of their own wealth. .

Without question there are men and women in this chamber that would make great leaders at the national level, men and women that I would not only trust with my future but with the future of my children and grandchildren. However, no matter their dreams, their desires, their skill sets, they will never get that chance and for that we will all pay a heavy price. Why because the cost is way too high, they either have to get permission from some party boss who controls the funding and or sell their soul for campaign funding. Or even worst risk their family's future by mortgaging their home, and or future earnings. I like many have learned to dance with the devil without selling him my soul. One can't be an effective leader unless they are willing to lead with both their heart and soul.

For the last number, the largest number of all, 451, 154, 049, 950 that is how much as Americans we paid in interest last year on the federal debt, that is over 1500 dollars per man, woman and child, with the expectation of interest payment exceeding 500,000,000,000 or half a trillion dollars this year or about \$1600 a person or enough to fund the state of New Hampshire for the next 60 years.

So to say that while we appreciate the idea of voluntary federal funding for elections, this economic climate is not conducive at this time, I ask when will it be conducive for us to give up about 6 dollars a year or the price of a Burger King Whopper Meal, For many of us we have already been voluntarily funding federal election with a check in the \$3 box. When it comes to open and fair elections many Americans want it their way. The people of this state and this country want clean elections.

So it is our choice we can be short sighted and say we don't want to fund federal elections because we don't want to fund someone who doesn't share our views. But history has repeatedly shown us that every single one of our greatest leaders have been far from perfect each had flaws and didn't always share the views of the majority but they were always willing to put the welfare of the country over their own well-being.

It is not about giving someone an advantage it is about giving qualified people an opportunity. The quality of this nation's leadership could be determined by \$6. So remember nothing is for free, and in the end the mostly expensive things in life are the things we got for free.

“When we see our children through the lens of our own anxieties, we make our biggest mistakes by trying to correct the wrongs of our childhood. As a result we make decisions based on our anxieties, and in the belief that our children weak and are incapable of solving their own problems.” Erik Thompson

“Virtue is its own reward. Something good comes from good intentions. If on the other hand, you pretend to help someone because you want praise or rewards, then you will reap the consequence of your duplicity, even if the other person seems not to notice your actions.” Polly Young

“If you wish to drown do not torture yourself in shallow water.” Bulgarian Proverb



“Every military organization has its moral arbiters, the people who by their words and deeds set the standard for the moral conduct. One would hope that the senior commander is the chief moral arbiter in an organization, although this is not always the case.” Roger H. Nye

“A few honest men are better than numbers. If you choose godly, honest men to be captains of horse, honest men will follow them.” Oliver Cromwell

“Life is unfair and that to feel sorry for oneself is pointless, nor is it useful to hate your enemy, or to dwell on an argument over good versus evil, or mind versus body. It is

only necessary to keep from giving in to the enemy and in the long run, to defeat him.” Epictetus

“Give not over thy mind to heaviness, and afflict not thyself in thine own counsel. The gladness of the heart is the life of a man and the joyfulness of a man prolongeth his days. Love thine own soul and comfort thy heart, and remove sorrow far from thee: for sorrow hath killed many, and there is no profit therein.” Ecclesiasticus

“A man's true life, for which he consents to life, lies altogether in the field of fancy. The clergyman, in his spare hours dreams of winning battles, the farmer sailing ships, the banker reaping triumph in the arts; all

leading another life; For no man lives in external truth, along the salts and acids, but in the warm, phantasmagoric chamber of his brain, with painted windows and storied walls.” Robert Louis Stevenson



“Whatever may be the consequences to myself personally, whatever I may think and feel as a politician, I will not decide the question against my own judgment. I would rather be confined to planting cabbages the remainder of my days...Make up your mind, if need be, to hear me denounced a traitor and perhaps hanged in effigy. All imaginable has been heaped upon me... I have received letters from friends warning me that my political grave is

dug if I do not vote for conviction, and several threatening assassination. It is rather hard at my time of life, after a long career, to find myself the target of pointed arrows from those whom I have faithfully served. The public, when aroused and excited by passion and prejudice, is little better than a wild beast. I shall at all events

retain my own self-respect and a clear conscience, and time will do justice to your motives at least.” Senator William Pitt Fessenden

“In order to have winners, there has to be something worth wining, and something that you have to work hard for it.” Captain William E. Anderson

“Marine officers might not appear to be employers of participative management but they always stand by their troop. When it is required Marine Officers are absolutely non-participative because they have already established their ability to lead. The reason very few Marine lieutenants ever get shot in the back by their own



troops is because they have established over a period of time, as have the sergeants and corporals, as all leaders in the Marine Corps, the trust and ability to communicate with the people they work with so that everyone knows that when the time comes, the lieutenant isn't going to get down in the hole and say okay, you guys, go up the hill. The lieutenant is going to say come on lets go and they are going to go.” Colonel Jerald B. Gorton

“Persistence and perseverance cannot operate for good in the world in isolation from practical intelligence. A person who is merely persistent may be a carping, pestering, irksome annoyance, having no salutary effect whatsoever.

But given the right context, occurring in the right combination with other virtues, perseverance is an essential ingredient in human nature.” William J. Bennett

“It is a discovery we made again and again as if by accident each time; it gives as greater satisfaction to be helpful than helped.” Carolyn Sherwin Bailey

Life can be; no life really is strange. In many ways life is so unpredictable. Life has so many possibilities. No matter what our desires, no matter what our plans, no matter what our intentions may be, life can and often does changed. Often the direct result of some minor unthinking decision we made; Something as simple as leave the house five seconds earlier or later in the morning which puts us 200 feet past or 200 feet before an intersection where a deadly crash occurs as the result of some drunk driver running a red light.



Rarely if ever the final outcome the direct result of our most recent decision, no it is the result of maybe five or six decisions, may be more of which changing any one results in a totally different outcome. I was expected to go to a political event, I didn't feel like spending money to hear the same speech so to make myself feel better I stop along the way to get two free tickets to the New England Expo, (1st time in four years). Then the person I was planning on going with was not available, so at the last minute I decided to go on my own. After walking around for a while I sat on a bench and was just watching the people walking pass me. There was nothing special about any of

them, the usual fair goers. I doubt that I would ever remember any on them again. In many ways if I wasn't observing them I would have passed them on the street without even realizing that they were there.

As I sat on the bench it started to rain, so I made up my mind to go home, the Expo just wasn't that interesting. In many ways it was almost like a huge flea market, people just trying to sell everything under the sun. As I was getting ready to leave I heard a band playing some music so I said what the heck, I could wait a

little longer. The song was the last song but when I saw that the performer was Esteban, known as one of the world's best guitar player was due on it about 15 minutes so I decided to stay a little longer.

When he came on the stage it was wet, cold and I begin wondering if it was going to be worth my time and worth being uncomfortable. After the first few songs I can to the conclusion that I needed to leave then as I was leaving he started his next song. "Runaway".

There are moments in our lives when an event causes everything to change. Something as simple as a brilliant sunrise with all its beauty allowing you to understand that there is a possibility of a new day, a better day, the ability to have a new outlook on life. May be a song that you have heard a hundred times before is played by someone different or played with such a level of passion that it moves you to tears. For some reason you don't

even care that you are standing in public and you don't care who see those tears. Maybe it is a fiery red, yellow, and purplish sunset that tells you that all your pains, all your burden will be lifted once the sun goes down.



No matter what the event, you know that at that moment something changed, you know that you are different. You understand that even if your world didn't changed you changed in your world.

I have never heard a song being played the way that "Runway" was being played I don't know if it was the lady that was playing the violin, she had that violin almost crying with emotion. Maybe it was because she was the violin; she played with such a moving passion, a level of passion that would wipe away even the darkness person's pain away. Or maybe despite the cold, windy, rainy day she wasn't going to let anything become an excuse for not giving her best, she didn't mail it as they often say. It was the Highlander.

"Sister Eleanor convinced us that we had God-given intelligence, that we were capable of doing great things, and that a lot of opportunities would open up to us if we would only use our capacities to learn...She gave us a tremendous amount of confidence, exposed us to some of the thrill of learning, and convinced us that we had a moral obligation to use the opportunities that were available to us." Reverend Edward A. Malloy

"Personal development is one of the most significant attributes of a truly successful leader. If I had to pick a dingle indicator of a future top leader, I would say it's the degree of his commitment and determination to improve himself, on his own. Self-education, overcoming negative habits, improving professional skills, dealing with personal issues, managing time, balancing life's demands, ensuring his own well-being, improving self-discipline, and all the other things that are tough to do, easy to put off, and easy to compromise are exactly the things that mark a great leader today. Too many people with great potential want it done for them or to them. They make excuses for a few flaws. That won't get them where they want to go...You have t be in touch with yourself and then you need to decide who you want to be. Then you need to make the commitment to get there." General Tony Zinni

"One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that bloom outside our window today." Dale Carnegie

"There are times in the life of every man takes his stand on high moral principles when his faith in, and knowledge of, those principles are tested to the upmost, and the way in which he comes out of the fiery trail decides as to whether he has sufficient strength to live as a man of truth and join the company of the free, or remain a slave and a hireling to the cruel taskmaster; self." James Allen

Roberts' Rules for Success for any Assignment

As a young Marine Corp Captain I developed a Set of Rules which I called Roberts' Rules for Success for any Assignment. The following set of rules a collection of bits and pieces of leadership wisdom not only has served me well as a Marine Officer but in many other areas.

If you are 100% certain that you can successfully complete the project, you need to ask yourself it is really worth doing. An assignment must improve you both professionally and personally. If you believe that it is worth doing you must accept the fact that the current standard of excellence is sub-standard or at least the very minimum possible acceptable standard. Once you accept the assignment you must become wholeheartedly and passionately committed to your assignment.

Stand tall, lean forward take charge of our own courage, and then with a clear view make sure that you can see clearly in your mind what the final outcome should be. Be prepared to put everything on the line to accomplish those objectives. All resources must be pooled to keep everyone concentrated on the goal. You must show everyone the importance of the mission, explain in such a manner that everyone understands why their involvement and commitment is critical and how they will personally benefit from mission accomplishment.

Never ever undermine your subordinate trust for there will be a time when you will require their initiative, if you have to ask you have undermined their trust. Always remember that leaders never inflict pain, they bear pain. Remember without deep integrity behind what you do the challenges encounter along the way will cause your true motives to surface and will only ensure that any short term success will be replaced with long-term failure. You and you alone must set forward and accept blame for all failures. When it comes to success you must step back so never to cast a shadow.

This is the time for a total all-out effort. This is the time to cut down on sleep, to work longer hours, to reserve no energy, to mortgage everything to get the project completed. You must be willing to call on the wisest and most skilled people you know, if that is not enough go out and look for more. You must use all the intellectual and professional resources available. Always remember that great ideas and outstanding initiative can come from any level. As a leader you must realize that all available resources; human, equipment, financial, intellectual etc., are to be allocated where they are best needed and do the greatest good, but never equally. Remember you are a leader not a manager. You must always be willing to seize the intuitive; to do what is necessary but always consistent with correct principles.

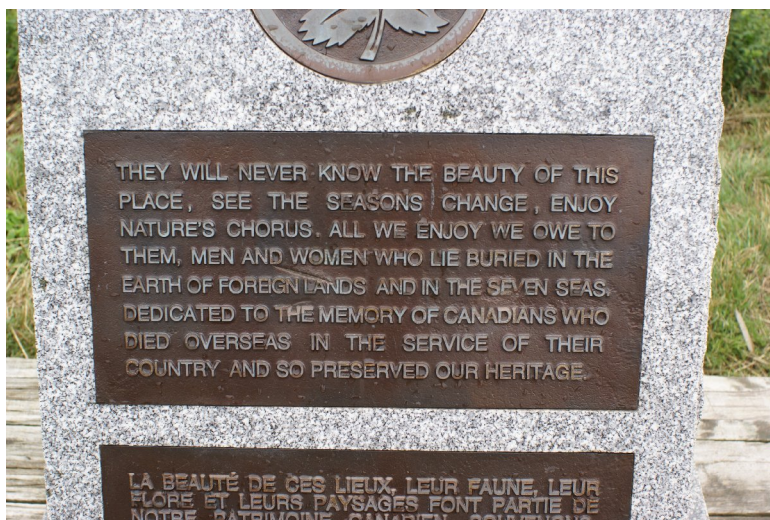
You must find within you the physical and mental energy necessary to work long hours without sustaining a lost in performance or effectiveness while always maintain the ability to mobilize resources to successfully anticipate any potential problem and to quickly react to any crisis in a highly successful manner.

Whenever you are faced with a totally foreign challenge, lack of skilled personnel, proper equipment, financial resources, or support from peers or higher echelon remember that now is the time for a gut check, a character check. Character alone will provide the consistent energy and know how to pursue opportunity and courage to prevail against the challenges you will face. This is personal and professional development time.

Remember that the ends never ever justify the means if you have to sacrifice part of your integrity as a person. No matter how successful your project may be you still fail. If you cheated at least one important person will know that you cheated, that person is you, and in time others will learn. You will always live in fear that someone will find out that you cheated. Worst of all you will have cheated yourself out of the opportunity to prove to yourself that you were capable of doing the project successfully without cheating or using your subordinates for your own person gain. This fear will always keep you from expanding your talents. To cheat is to limit yourself as a person, robbing yourself of not only fulfilling but expanding your potential.

You must always remember that whenever you choose to exceed the status quo you will be challenged, knocked down, and undermined by peers, subordinates and superiors. You will run into more than your share of nay-Sayers. Often you will be cutting against the grain of popular opinion, but don't reject experience advice out of hand. Investigate; take time to find out the cause or source of contrary opinions. Any negative feedback can be a plus. Use it to look deeply into the heart of the matter with a clearer and critical eye. If you listen and observe carefully people will tell you almost everything you want or need to know for you to make an enlightened decision. Even though people are often inconsistent they usually always reveal themselves in time. You must learn to survive these challenges if you are to reach your highest level of potential. Your success will develop followers. Accept that fact that many people won't help or publicly support you until the 2 minute warning.

The person hardest to find is the one who can think, the one that is willing to think, the one that can come up with new ideas. Such people are so-rare there is so little competition. Few people ever think more than a few times a year so think.



The leader is assailed because he is a leader. The effort to equal him is merely added proof of his leadership. Failing to equal or exceed the follower needs to depreciate and destroy. This will only confirm the superiority of the leader's skills. Remember jealousy never protrudes its forked tongue at anyone who produces commonplace results.

Remember that there are no self-made people. Remember that there are some things that ought to be but they just aren't. Remember there will be times when just being complacent is all that you can hope or ask for. Remember to never measure your achievements by what others have not done.

Most of all remember that there are no infallible leaders and it doesn't pay to pretend to be one. Always be ready and willing to question, correct or change anything, especially if you were the one responsible for the error in the first place.

Only a fool expects perfect justice and fairness while only a coward refuses to play if the game is not fair so always look past all the obstacles and realize your own possibilities. Always look for ways to improve yourself while vigorously growing and improve in every direction possible.

Never compromise your talent to avoid failure. Any person who thinks he or she can skate through life and hide is a fool. Winning does not build character; losing and refusing to quit does. If you are a person of character your reach will always exceed your grasp and inevitable you too will fail.

In the end there are only two questions that need to be answered did you meet or exceed what you were capable of and second can your subordinates succeed without you? Then you succeeded.

One final piece of advice never wait around for someone to say "job well done" you may be long gone before anyone realizes or acknowledge the quality of your efforts.

Kris E. Roberts

"Necessity saves us the trouble of choosing." Luc de Clapiers

“Don’t do waste the reminder of thy life in thoughts about others, when thou dost not refer thy thoughts to some object of common utility; For thou lovest the opportunity of doing something else when thou hast such thoughts as these. What is such a person doing, and why, and what is he saying, and what is he thinking of, and what is he contriving, and whatever else of the kind makes us wander away from the observation of our own ruling power.” Author Unknown

“Have I done something for the general interest? Well then I have had my reward. Let this always be present to thy mind, and never stop doing good.” Author Unknown



“Play every game as if your job depended on it. It just might.” Casey Stengel

“In this life you have to be your own hero. This mean you have to win whatever it is that matters to you by your own strength and in your own way.” Jeanette Winterson

“An error or a lie is the more dangerous in proportion to the degree of truth which it contains.” Henri Frederic Arniel

“Being a very small person in a very big world, but left unprotected by the ground-ups who were supposed to protect us is quite enough to make one feel that we are not worth protecting... We should not have to win a competition for suffering in order

for others to take our damage seriously. Tears are tears, suffering is suffering, and our feelings are to be trusted...The more serious the abuse the more difficult it may be to confront. Even abuse so long-termed and serve that a child only survived by dissociating from it while it was happening still leaves markers above it buried ground. Periods of growing up about which we have little to no memory are among the most common markers. So is self-injury; having learned a form of self-hypnosis to numb ourselves to abuse.” Gloria Steinem

“Everybody admits that sacrifice of self is infinitely superior to sacrifice of others. Moreover, if this kind of force is used in a cause that is unjust, only the person using it suffers. He does not make others suffer for his mistakes. Men have before now done many things which were subsequently found to have been wrong. No man can claim that he is absolutely in the right or that a particular thing is wrong because he thinks so, but it is



wrong for him so long as that is his deliberate judgment. It is therefore met that he should not do that which he knows to be wrong, and suffer the consequence whatever it may be.” Neil Gaiman

“Life tests us. Sometimes things happen that force us to see how much we want what we say we want. Sometimes we have to get pretty banged up and bloodied before we get it, and too often, it’s easier to say, it is not worth it and just give up. That’s always an option. Just put it off until you can’t go another inch. If it were so easy to reach our goals, wouldn’t everyone be on top? Along the way, there are so many dropping off points where we can quit, lose

interest or procrastinate. If you suffer setbacks and rejections alone the way, realize that in many challenges you only have to score once. There are millions of excuses to quit. Keep going.” Rita Moreno

“I have not yet in all my wanderings found a single person so free as myself. Yet I am bound to my studies, and the laws of my own life. At times I feel as if driven with whips, and ridden upon. When in the woods I sit at times for hours watching birds or squirrels, yet I am often swept onward in a general current that bears on irresistibly.” John Muir

“Remember, always give your best. Never get discouraged. Never be petty. Always remember, others may hate you. But those who hate you don’t win unless you hate them, and then you destroy yourself.” Richard M. Nixon

“Most people fail to see is that just by being here on this planet that they have already won. Before conception



each one of us was just a sperm and egg. At the very moment of conception there was only one egg and hundreds of millions of sperm. Each one of those sperm was a potential person, of those hundreds of millions of potential person, there is you. While the odds of you being conceive are very high, the odds of you being who you are sometimes runs as high as 1 in 500,000,000. You will never again, as long as you live, undergo that kind of competition. You ran the incredible race for conception, and you won! Against tremendous odds you were able to be born. The moment you took your first breathe you had just won the two most complete challenges that life will every throw at you. So the next time you find yourself

worrying about the odds just stop and compare and place your current challenge in proper prospective.”
Author Unknown and Kris E. Roberts

“Failing at a critical moment can come from overestimating your strength as easily as it can come from underestimating it. Underestimating yourself will prevent you from testing or developing you talents and skills forcing you to go through lie with self-imposed limitations.” Pat Riley

“If you expect someone else to guide you, you will surely be lost.” James Earl Jones

“The great question is not whether you have failed, but whether you are content with failure..” William Shakespeare

“Any man who has the job that I have had and didn’t have a sense of humor wouldn’t still be here.” Harry S. Truman

In many ways despite everything that has happen to me, I have been pretty lucky. Maybe because I never had the ability to lie down under on a hillside on a warm sun filled summer day and just dream about what they future held for me. I had dreams and I reached almost everyone of them, one could say I have sold myself short when it came to my abilities, one of my goal was to become a Marine Officer but I never saw myself past Captain.

“In times of good fortune it is easy to appear great, nay, even to act greatly; but in misfortune very difficult. The greatest man will commit blunders in misfortune, because the want of proportion between his means and his ends progressively increases, and his inward strength is exhausted in fruitless efforts.” Reinhold Niebuhr

“A popular government without popular information or the means of acquiring it, is but a prologue to a farce or a tragedy or perhaps both. Knowledge will forever govern ignorance, and a people who mean to be their own governors, must arm themselves with the power knowledge gives.” James Madison

“You need confidence to succeed. You’ve seen that, you’ve read that, you know it. But your self-esteem must be built on a foundation of self-respect. All of us will suffer blows to our self-esteem when we fail. Regardless of how strong our beliefs are, negative outcomes will shake us. That is why you must realize not just how capable you are, but who you are. When events undermine your self-esteem, you must have faith in yourself that is unquestionable, undeniable. This faith in your integrity and your humanity will survive any attack based on failure or even a series of failure.” David Niven

Waiting for the right time to start your life is one of the worst mistakes anyone can make. Despite what everyone would like to believe everyone is selfish, everyone wants the world to revolve around them. If you haven’t planned your time or have placed a value on your time and resources others will go what they can to control both. You can say that is no big deal I can control my time, but you are wrong because that is when



those demons start coming through, or as I call them the quilt demons; those deep, dark secrets, those fears that you have tried to high from not only the world but yourself; those demons that you can never destroy but only contain. Once they start breaking containment you will start making decisions that can and often go against your best interest and physical and mental health.

Yes at times I have been very sick and should be resting and taking better care of myself. One would think that it would be in my family’s best interest to make sure that I take care of myself. But that doesn’t always happen; everyone in the family has his or her own issues, his and her own self-interest, his and her changeless. And sometimes one family member gets to be the whipping board, the one that has to take all the pounding.

When one of my daughters got pregnant I made the decision what happen, happen after all my creation was a result of an unplanned union. I told her that I would find a way to get her back to school and would watch the baby in order for her to work and go to school. Because of the many male friends that my mother had had I could see traits in the baby’s father that predicted future problems. But no one wanted to listen me; everyone kept telling me that I was just mad at the guy for getting my daughter pregnant. So I just had to suffer by myself because everyone want to do the right think. On the night before the wedding people were fixing up the hall for the reception and were getting angry at the baby, now a year old. I could feel all the false good feelings and was a little use so they asked me to take the baby out for a walk so I did. It was one of those moments that you just didn’t want to go back; you knew it wasn’t going to end right.



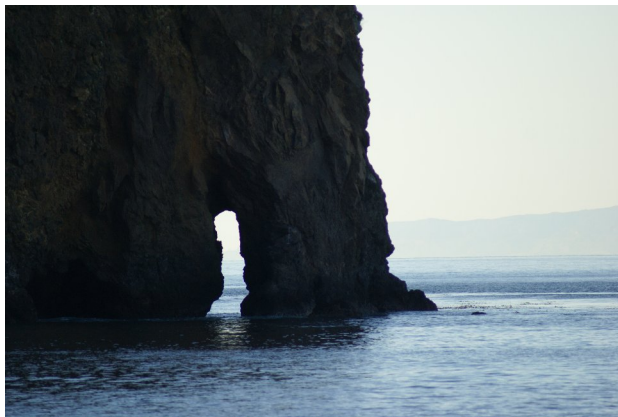
For almost a year I had been spending at least 4-5 days a week with the baby, doing everything mothers should be doing for their babies, there were times when the baby had came and just cling to my all day. There were far too many times when it was easy to feel that he had it rough, he had two parents who had not been ready to have a baby. It was one of those moments where some people just disappear.

My daughter got married had another baby; her husband would go periods of time without working. Soon it was beginning to be like my childhood again, a woman doing whatever possible to convince the world that she had made the right choice. Then there was a guy who believed that I would do whatever that was necessary to help out his daughter and grandchild. In a position of limited income and the demons of fathers who were up willing to

step up to the plate I suffered through doing what I could to keep the grandchildren safe and protected while pushing my daughter forward without doing anything for the father/husband. The marriage ended but resulted in little to no child support.

My youngest daughter feeling left out because her sisters had a babies got herself pregnant. In less than five years she would have three babies. The babies' father did very little to support the babies. He didn't pay a single penny for their deliveries. I ended up paying months and months of rent for her and her children for which he freeloaded on. Paid utilities and cable bills, paid for a car, insurance and repairs, medical bills and other costs.

Time after time I knew that I should have been in the gym trying to gain control over my weight, trying to distress. But over and over I ended up being the battering board from all sides. At times you feel helpless and you asked yourself how can you be so powerful at certain things and so helpless at others. At times I ask



myself, am I spending far too much time trying to appear as normal and healthy as possible than people expect far more out of me than I can capable of delivering. Sometimes I tell myself I know better, but people seem to believe that if I am not working, then my time has little to no value. It is my time, and it has value. At times I ask myself what would they be doing if I wasn't sick and I was out working 40-50 hours per week making the most out of my talents, skills, education and training.

It is the demons, in some ways my mind gets it wrong, my mind tells me to do what is needed to protect little Kris, the child that was never allowed to grow up. When

one daughter explodes and just yells loudly just because, it is as if my mother is standing there in the room. When the other tells me that she needs rent money or she will be throw out, when she demands money, it is as if my mother is demanding my money again. But it isn't always about protecting Kris. Parts of the mind say not this time I am fighting back. I don't care I won't do a single thing to help out your boyfriend or whatever you call him. No I am not going to give you money I may write the check myself, no I will write the check myself and delivery it myself, I won't allow you to cross out the payee and replace it with your name. How after posting bond a number of times for a daughter that made a stupid move brought a car that she couldn't afford, fell behind in payments, listen to the guy turned the car and found herself in court for a very large debt, I finally told her drop the kids offs and make plans to going to jail. It is like my mother going to jail I have to spend time in an orphan home knowing for \$250 I could keep her out. Her boyfriend came up with the money.



Or some days when I am watching 5 grandchildren ages 2 months to seven years because their mothers are at work, Knowing that it made me feel better to have them earn their keep instead of giving them money or goods. But again it is like being a kid again when I had to babysit for my mother's friends so they could spend the nights in the bars. Or when my daughter drops off her children before she goes to work with wrinkle clothes and flashback to their age when my mother wouldn't even get out of bed in the morning and the rule was if you want your clothes clean you wash them yourself, if you wanted you clothes ironed you ironed them yourself, if you want to eat you made and fed yourself. It wouldn't be so bad if it was just

a memory, but in many ways I don't think my brain knows the difference between a memory and a present.

I won't run away and hide just to protect myself. I won't tell myself that if it is my sister at least it is not me. No I will keep quiet, say nothing, and be the unbelievable Papa that takes four grandchildren to the park or fireworks when I knew that I am really hurting because it will mean that they have a safer day. Sometimes knowing that I have to fight the angry, the desire to just blow up in a fit of rage. So in the end you never destroy your demons, you can only contain them. So in the end when the children you are trying to keep safe are angry and looking for a place to release that angry without fear are beating up on you, the only thing that can keep the demons contained is the belief that you are giving them opportunities. You may not even be around to see if the opportunities you hope you have planted will even grow let alone bear fruit, so it all comes down to faith. You just have to have faith that what you are doing is going to be benefit in the end. After all what are dreams if you don't have faith in the possibility? Too many people want to live their lives through their children when as the song states, "Something worth leaving behind," if we don't leave something worth leaving behind, one could argue we never lived.

People tell me that my children are adults, just let them learn, that is very easy to say, and for many people very easy to do, but I am the person I am because some people did more than they were required to do. Children should never be punished for the sins of their parents. Children should never be used as bargaining chips. But the world is full of should never's.

So how do you in all good conscious wash your hands and say it is their parents' responsibility? Maybe the correct answer is that we should never ever want to know how. I think the most stressful thing I have ever felt, far more than going off to a war zone, far more than standing over 1,700 pounds of C-4 explosive, is when I get yelled at by my children, my wife and the grandkids have had a bad days, a day when everyone expected me to either handle their problems, the grandkids ask me aren't you the boss of mommy. That is most likely the hardest day, the most helpless I ever felt. The worst part is that there is no way that I could sit them down and expect my demons to them. They have their own demons and everyone rightly believes that they have the worst demons in the world. If those demons crawl into your mind and take control you are lost.

So never wait for the right time to start living because the only right time is now, you never know what tomorrow will bring; you might find yourself blind, poor and confined to a wheel chair. When my daughter told me she was pregnant I believed that it would be maybe a year or two but we are coming up to my grandson's eighth birthday. While I haven't been able to contain the demons I still get to beat them back, I visit the world, I meet new people, I try to help other people and then I do my best to share the newly gained wisdom with my grandchildren.

If you don't believe you have enough time to live the life you want, take a few days and write down everything thing that you do each day and then figure out how much time you spend on each. When you are done cross out all the things you can do without or things that you think are a total waste of time. Then rearrange the time you need to accomplish what you must and then become very selfish and used at least half of the saved time on your dreams.

Remember when you make yourself a better person you have far more to offer to the rest of the world. Be like a saving account build your principle and share your interest with the world. You can't build your principle unless you are willing to put forth the effort.

It is always important to understand that we are all searching for something, some person, something, that will make us a better person, something that will fulfill us, if by chance you find that one thing you have been searching for, you will know if you do, you must be willing to fight for it. It will be that important to you. You must be willing to say hello, you must be willing to accept the fact that they could be told no.

"What another would have done as well as you, do not do it. What another would have said as well as you do not say it; what another would have written as well, do not write it. Be faithful to that which exists nowhere but in yourself and thus make yourself indispensable." Andre Gide

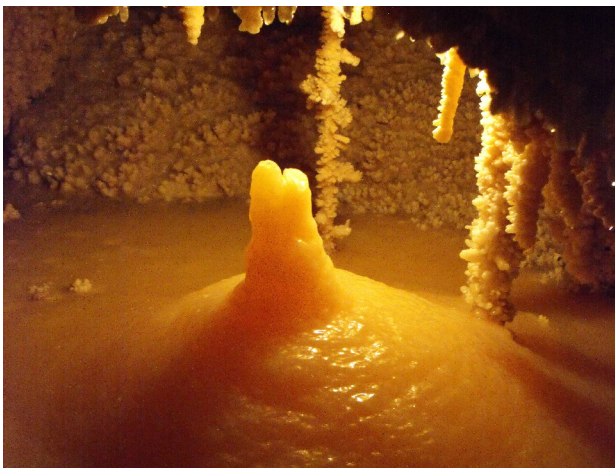
We are told over and over to work hard, you are told the harder we work the more we will be able to accomplish, the more that we accomplish the greater success we will have in life. While it is true for the great majority of us that if we want to succeed in life we must work hard, it is just as true that we must find a balance between working hard and working smart if we are to have our greatest successes. It doesn't matter how hard you work when you are digging a hole in the sand, it will continue to cave in until you stop and ask yourself, how deep do I have to go and is there a better way to do this?

“Coming to grip with the desire that we not only want more but also we are capable of achieving much more is the first and most critical step to growth. Most people are frustrated and unhappy with their jobs, relationships,



some even both yet they often ignore those feelings of discontent because to acknowledge those feelings is to admit that we may have to make some changes in our lives. Every one of us begin to die whenever we spend our energy doing something we do not want to do or not doing something we do want to do. There come a time when you have gained all the value you can and it become time to simply move on. There is no right or wrong in this; it just is. It is far better to move on than to die a little each day from unhappiness.” Author Unknown

In her song “We All Sleep Alone” she tell us that we must be strong when we are out on our own, she continues by saying that nobody no way holds the key to our hearts, and when love is a possession it will tear you apart. Don't make any promise that I can't keep and never be a prisoner of someone's needs. No matter what everyone has to have the ability to leave, and leave on their own terms. It is so important that everyone has a freedom fund. Hopefully it will never be needed, but it could be fatal if needed but not available. Far too often people are killed a little day after day, sometimes to a point when there is no life left. If you are dependent on someone else's funds and resources then you are a prisoner of their needs. From that point on every decision



you make will be made to meet their needs. If they comes a time where you fear to walk up and enter the door of your house, if you fear for the safety of your children, if you fear for your own safety you should have the ability to say I don't deserve this, I deserve more. You should have enough cash on hand to survive. It is far better to live in a small apartment, eating peanut butter and jelly sandwiches on day old bread, while working the worst jobs for very low pay because you will not only have control of your future, you will be creating a future. So remember you are not a possession, it is impossible to love something that you view as a possession. Possession means ownership. If throughout recorded history slaves had the ability to buy their own freedom, why shouldn't you? What have got to lose, you could always use the unneeded money to go on a

dream vacation to celebrate your 50th wedding anniversary.

When it comes to life forget about guarantees because most guarantees are expensive and often worthless. When it comes to life just demand and search out opportunities. With opportunities you control the definition of success, with a guarantee you have to hope the person that sold you the guarantee is still in business.

“Every adversity, every failure, and every heartbreak carries with it the seed of an equivalent or greater benefit.” Napoleon Hill

“Don’t be afraid to make mistakes, to stumble or fall, cause most of the time, the greatest awards comes from doing things that scare you the most. Maybe you won’t get everything you wished for. Maybe you’ll get more that you ever could imagine. Who knows where life can take you, the road is long, but it the end, the journey is the destination.” Erich Fromm

“I have never met a person, I don’t care what his condition in which I could not see possibilities. I don’t care how much a man may consider himself a failure. I believed in him, for he can change the things that are wrong in his life any time he is ready and prepared to do it. Whenever he develops the desire, he can take away from his life the things that are defeating it. The capacity for reformation and change lies within.” Preston Bradley

I know that people are very conformable with predictability and because I much more of an enigma, they tend to feel uncomfortable about me; some people say that I act standoffish, aloft and egotistic. They get upset when I don’t dress the part. When I don’t act the part or when I don’t address them with one of my titles or accomplishments. You learn a lot about people when they think they are better than you or that you offer no completion to them. I know that I have a strong sense of self and with that a high self-confidence that if I study, observe and work hard enough I can accomplish what I need to accomplish. I believe that most people have hidden agenda so that is how they view the world. I don’t think people expect someone to come in help out and leave, they are always waiting for the other shoe to drop, what it will cost. I don’t think that they understand that they can’t repay me, and that I don’t expect anything in return. In many ways you could say that is true power, the ability to never have to owe someone a favor. Most people can’t handle being in debt to someone else. If you feel indebted to me, the only way that you can clear that debt is to do something for someone else without expecting or demanding anything in return. So if people really wanted to get a better understand of whom I am they have to stop looking at me through negative eyes. If they do so they would understand that when it comes to a core value I will always do the right thing to the best of my abilities,



regardless of the personal cost. May be dumb on my part, but it is very less stressful and I don’t need any more stress in my life. I have very little need for notoriety; to me results are far more important than image. Results can be ever-lasting but image always fade. Plus there is just no way that I could put into words whom I am and even if I tried very few people would understand. If I have to be in the background to achieve the results necessary so be it. They would find away to leave because their personal crisis’s and hardships are very important to them. I am the person I am because how I have reacted and confronted my crisis’s and hardships, I have refused to allow my crisis’s and hardships define or limit me as a

person. Again it is like the “highlander” the people who truly understand me have confronted their own obstacles in life and as such don’t need to explain, there is just an aura around them.

“We took risks, we knew we took them; things have come out against us, and therefore we have no cause for complaint, but born to the will of providence, determined still to do our best to the last...for my own sake I do not regret this journey.” Robert Falum Scott

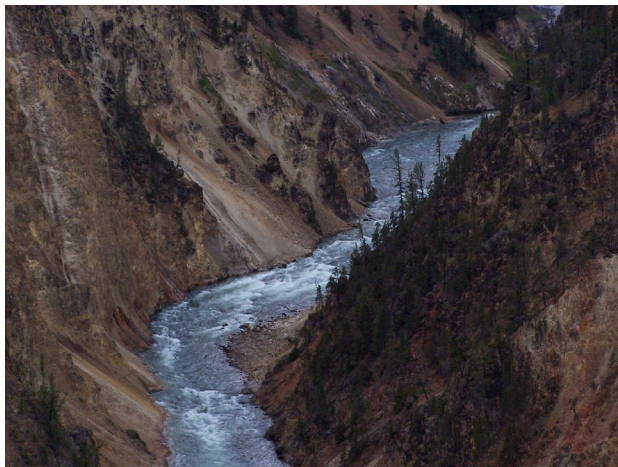
“Too much credit is given to the end result. The true lesson is in the struggle that takes places between the dream and reality. That struggle is a thing called life.” Garth Brooks

“I honestly think it is better to be a failure at something you love than to be a success at something you hate.” George Burns

“We see societies establishing themselves, nations forming themselves, which in turn dominate over other nations or become subject to them. Empires rise and fall; laws, forms of government, one succeeding another;

the arts, the sciences, are discovered and are cultivated; sometimes retarded and sometimes accelerated in their progress, they pass from one region to another. Self-interest, ambition, vainglory, perpetually changes the scene of the world, inundate the earth with blood. Yet in the midst of their ravages manners are gradually softened, the human mind takes enlightenment, separate nations draw nearer to each other, commerce and policy connect at last all parts of the globe, and the total mass of the human race, by the alternations of calm and agitation, of good conditions and of bad, marches always, although slowly, towards still higher perfection.”
Anne Robert Turgot

You could spend much of your life searching for and placing blame for all the hurt, pain. Loss and unfairness that you have suffered and be forced to endure but before you continue you should ask yourself so what if I am right, how is that going to help me overcome the obstacles in front of me right now? Placing blame is just a



way of avoiding the problem; placing blame is just a cheap way of making you feel good. Placing blame is like drugs and alcohol, they give you the opportunity to escape, but once the high wears off nothing has changed; it still there. While you are spending time placing blame or feeling sorry for yourself, the person that caused you the pain or plant those minefields in front of you most likely, if they are even thinking about you, care less and is moving on. Life can suck at times, life can kick you and stomp you when you down, to think otherwise is foolish. We have to remember that we only have so much time, energy and resources and one of the most important things we can learn is the importance of not wasting any time, energy or resources placing blame.

Myths, ever since we were little children we have either read or have been told of myths and legends. Myths and legends are very important because they help to create dreams in the mind of a child. However, as we grow up and develop our own self-image we come to understand that the truth meaning behind myths and legends is based more in ideals than in facts.

However, some learn that the most effective way to control people is to convince them that a myth is indeed a fact. No matter how much we want it to be, no matter how much we believe it to be so, a myth is still a myth.

It is simple to get people to believe that a myth is factual. As long as each statement contains a truth, is stated over and over again and it appeals to people self-interest and self-benefit it is well on its way. When something benefits someone then the person can cherry pick the truth by hearing only what they want to hear then they will do everything in their power to convince themselves that it is completely true. Even to the point of refusing to accept any other possibilities.

That is where the problem comes in, the person takes this myth and turns it into truth to defend themselves against a faceless organization. They feel completely confident because they have truth on their side. The first question a low level person, a person who is just trying to make it day to day, worry about how they can improve their family's lot in life, is going to ask you is for you to prove your truth, show me in writing. They can't do that because it is a myth containing partial truths.

For example people say that anyone who served twenty or more years on active duty would be guaranteed lifetime free health care when in fact the law states that such veterans would have access to free military health (not even free due to food costs) on a space and doctor availability. There is nothing that states that the military can't close down military bases and hospitals. There is nothing that states that the military must have the same type of doctor a civilian hospital has. The great majority of the military's medical case load is highly trained, highly fit 18-35 years old that suffer more broken bones than suffer heart conditions. It serves no

military necessities to have doctors on staff to treat retirees over the age of 70 because it only takes away from military readiness. When an older retiree faced with the rising cost of everything hear politicians say over and over you were guarantee life long medical treatment the retiree takes that partial truth, remembers back to when there were hundreds and hundreds military bases and turns it into fact, because he has too.



Politician after politician mostly those who never served, who never laid it on the line, will look a veteran in the eye and state with the clear vote of conviction that “your nation has failed you; your nation has broken her promise to you,” You were promised health for life. When the truth is that “our” not “your” nation promised free medical treatment at a VA medical facility for any (only for) a service connected injury or illness. If you broke your arm in the service and it has resulted in lose of earning power that arm will be covered however the government claims no responsibility for any other injury or illness.

If you were “Lucky’ enough to serve during times of war and you are dirt poor the government will provide you with a small pension. Words have meaning, some words have meaning that are very close, some words have a confusing meaning and far too often people use the wrong word.

If they are lucky they are told to return when they get their facts right if they are unlucky they are cast a side and just another person that tried to cheat the system with incorrect information. When in fact if that had only done their homework, separated the truth from fiction they would have confronted a powerful face organization that itself was unprepared to handle the truth. You can only win by playing by the rules. You must understand that it is rarely in the organizations best interest to look out for your welfare. You must know fiction from non-fiction or your creditability will be shot. Without creditability you are no risk to the organization. The risk is important because if there is risk the organization will be a cost basis risk analysis of the situation. If the organization does the right it, it will claim after reward we corrected the error, some lower level staff person will take the blame and the organization will take credit for doing the right thing.



That is a complete myth, the truth is that the organization has acted in its best interest not your. So always take the time to separate myths from reality. Don’t replace the myths with your reality. You have to confront the breast with its reality. You have to become a Judo player where the winner wins by forcing his or her opponent to use their

won strength against themselves. No matter how clear you case may be you cannot successfully take on any organization or established power based without using their own strength and arrogant against them.

David can win and sometimes does, but only when the powers to be underestimated his ability, determination, desires, purpose, and his ability to run the race, or when the powers to be lack confidence in their own abilities, or when they fear that David will expose far more serious weaknesses in their armor.

“You haven’t learned life’s lessons very well if you haven’t noticed that you can give the tone or color, or decide the reaction you want of people in advance. It is unbelievably simple. If you want them to take an interest in you, you need to take an interest in them first. If you want to make them nervous, become nervous

yourself. It is simple as that. People will treat you as you treat them. That is no secret. Look about you. You can prove it with the next person you meet.” Winston Churchill

I started this book because I was facing an uncertain future as I was preparing myself for major cancer surgery, I knew that it was going to be very serious but there were still many unknowns. I guess I really didn't think it as serious as I should have or how others do, maybe it was because of the thymus surgery or maybe it was the pacemaker or a combination of the two. As now as I am putting finishing touches on this expanded version I am preparing myself for both a colonoscopy and endoscopy. I guess having the serious thymus problem greatly increased my chances of getting additional cancers such as colon and prostate. Boy do I need a break, there are just so many times that you can look down the barrel of a gun, and maintain your composure and feel confident that the gun won't go off.

No one really wants to admit it but our kindergarten and 1st grade teachers lied to us. They taught us that we needed to play fair, that we need to share. But most of all they taught us how they wished the world to be, not as it really was. It gave us a false view of the world and with it the expectations that as long as we were nice, worked hard and were fair the world would be a very safe place. Well the world is not a very safe place. You have to look out for your own safety. The world is not fair. So in the end our kindergarten and 1st grade teachers prepared us for a world that didn't exist and let us unprepared for the real world. A world where everyone get a ribbon or “A” for effort. The real world careless and rarely rewards effort. The real world cares about results and even then there will be times when even the best of result won't be rewarded.



“It is not in the nature of politics that the best men should be elected. The best men do not want to govern their fellowmen.” George MacDonald

“Men do not follow titles, they follow courage.” William Wallace

“A lie, though it be killed and dead, can sting sometimes; like a dead wasp.” English Proverb

“Words have the power to change a life for the better. Words can chart a destiny. But words also have the power

to destroy a life. Be careful, and choose your words wisely. The lives of others may very well depend on it.” Deb Brown

“Everything you dream is a part of you, every symbol, every expression; every interaction comes solely from you. Dreams are the ultimate privacy that through your unconscious minds lays bare before you the complete nudity of your soul, your truths, your foibles, your fears, your deepest darkest secrets are laid bare before you without the constraints of guidelines, social acceptability, rules, regulations, time or space.” Christopher Whittaker

“To be reborn hourly and daily in this life, we need to die, to give ourselves wholly to the demands of the moment, so that we utterly disappear. Thoughts of past, present, or future, of life and death, of this world and the next, are transcended in the superabundance of the now. Time and timelessness coalesce; this is the moment of eternity. Thus our every act is a matter either of giving life or taking it away. If we perform each act with total absorption, we give life to our life, if we do things half-heartedly, we kill that life.” Philip Kapleau

“The qualities of our later life will be determined by the life we have already shaped.” Rose Kennedy

“Pride is concerned with who is right. Humility is concerned with what is right.” Ezra Taft Benson

“The bold ones continue. They are the eyes of the eagles; the lightning plays about them; the hurricane is furious. No matter, they persevere.” Victor Hugo

“There are no worlds outside of those you create for yourself, and the only boundaries are those you establish and choose to live within. Never be afraid to defend your decisions.” Terry Everton

“Judge a man by his questions rather than his answers.” Voltaire



“Writing eases my suffering; writing is my way of reaffirming my own existence.” Gao Xingjian

“Nothing would be done at all if a man waited until he could do it so well that no one could find fault.” Cardinal Newman

“Life is a great big canvas and you should throw all the paint on it as you can.” Danny Kaye

“I have a dream.” “What the dream and why hasn’t it worked out for you?” “I have never been giving the chance before, here hoping that it will change.” Susan Boyle

“Each truth you learn will be, for you as news as if had never been written.” Chinese proverb

“We all live in suspense, from day to day, from hour to hour, in other words, we are the hero of our story.” Mary McCarthy

“Every one of us carries around in our heads the picture of what our lives are supposed to look like. However, it’s the great dark secret of humanity that in the end none of our lives look the way we thought they would as much as we wish to believe otherwise much of our life is a reaction to circumstances.” Paul Cook

“A person is alive when he is wholeheartedly true to himself, true to his own inner forces, and able to act freely according to the nature of the situation he is in.” Christopher Alexander

“Many well meaning but ineffective managers are working without the slightest idea of what direction they are moving. Most organizations are over managed and under led.” Thomas J. Winninger

“It is impossible to carry the touch of truth through a crowd without singeing someone’s beard.” George Christopher Lichtenberg

“The 3 million Americans who served in Vietnam received more bronze stars than the 12 million men who served in World War II. The casual awarding of medals became particularly extreme in the latter years of the war. In those final years it became commonplace for soldiers to be decorated simply for carrying out their ordinary tasks. In 1968, with 536,000 service members, American deaths peaked at 14,592, there were 416,693 awards presented. In 1970 with 334,600 service members American deaths dropped to 3,946 the number of awards rose to 523,000. During the Korean War only 50,258 medals were awarded. ..Many went to men who indeed exhibit extraordinary courage but even men who fully deserved their medals felt their vale was cheapened by the wholesale and cynical way the military handed more and more of them.” Christian G. Appy

“Honest men esteem and value nothing more in this world as a real friend. Such a one is as it were another self, to whom we impart our most secret thoughts, who partakes of our joy, and comforts us in our afflictions: add to this, that his company is an everlasting pleasure to us.” Pilpay

Memorial Day 2009

Memorial Day, the official start of the summer season, a day when ladies are allowed to wear white, an official paid federal holiday. Most Americans won't even have the opportunity to have the day off, they won't have the opportunity to take their children and grand children to the center of town to wave small American Flag as they watch old men and women trying their best to march as straight and prideful as possible in faded uniforms that are often too many sizes too small.

Very few people understand the true meaning or importance of Memorial Day. First of all Memorial Day is not Veteran's day. Memorial Day is about the men and women who have given their life for this country of

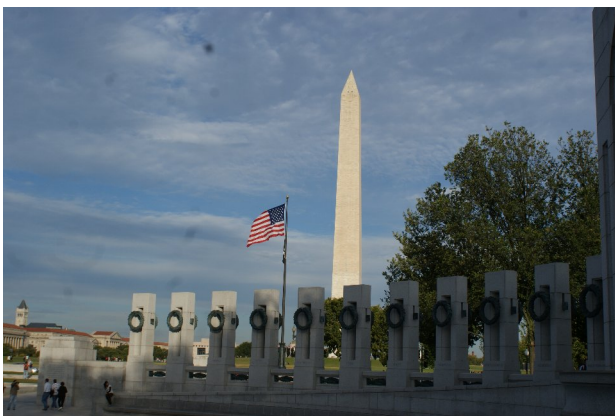


ours. It is about the men and women who have given up their hopes, their dreams, their futures so that we the living will have the opportunity to live our dreams. Memorial Day is about the men and women, who will never have children, will never feel the emotions of watching their child walk across the stage to get their first diploma, to walk their daughter down the aisle as she moves forward in her life to create a new family.

In neatly mowed cemeteries across this country there are hundreds of thousands of men and women most not far out of their teens who have given their last ounce of blood,

that have breathe their last breath in the surf marked with twist steel and red with blood, or some confusing lonely battleground filled with sheer terror of exploding rockets, the smell of burning flash, the piecing sound of incoming artillery and the roar of aircraft.

In small cemeteries on the outskirts of many small towns across this country many now ghosts in their own right are small white grave stones making the graves of men who gave their lives in countless unnamed battles. For some the unknowns we will never know who or where, the young boys who's search for the opportunity to prove their manliness unexpectedly ended far away from home.



I believe far too many people think Memorial Day is about death and lost, I believe Memorial Day is about life. I believe it is the responsible of each and every one of us the living to give these men and women life. When we take the time to remember them, take the time to honor them we give them life. When we take the time to tell others of the moments we shared with our follow comrades in arms, our mothers, brothers, sisters, and fathers we give them life.

No matter how old we may get, no matter how sore our muscles may become, no matter how crooked our bones may come it is importance that we take the time to give

them life, to allow them to live through us. Naming some backwoods road, or some rotary after a fallen service member doesn't cut it, we need to take the time and effort to allow them to live through us.

On the Northeast Shore of Nova Scotia overlooking the cold Atlantic Ocean lies a small piece of gray granite and on that stone are the following words, "They will never the know the beauty of this place, see the seasons change, enjoy nature's chorus. All we enjoy we owe to them. Men and women who lie buried in the earth of foreign lands and in the seven seas."

It is our responsibility as the living to take that quiet walk in the woods to ensure that Private Malone, someone who will always remain a private, who will be forever young, gets to know the beauty of this place, to see the seasons change. As any service member who has gone in harms ways knows, you can't explain it, but you know that you never walk alone. If we fail to find the time to allow the men and women who have died in battle for you and I, it will not be an enemy's bullet that ended their life it will be us that buried them with indifference.

Rep Kris E. Roberts

I wrote this speech for Memorial Day but I never gave it. I had two opportunities to give this speech but I never took it out of my jacket pocket. I wrote it for the state House Floor but after everything with the marriage bill I told myself let's see if someone from the Democrat side of the House would step up and give a speech to honor the day. We talked about honoring our service members but in the end we didn't follow through. I got selfish and decided that I wasn't going to cover for them again. I was wrong because I violated the whole theme of the speech.



The second opportunity was at the Keene Rec Center, I had been asked again at the last minute to show up for the ceremony. Just be prepared. The first two speakers gave their political speeches. When one speaker spoke of naming a bridge after a recently killed service member I kept the speech in my pocket and spoke less than ten words. I had the opportunity to “give them life” and I had blown it. In the end I only hurt the people who came to hear me give a speech that would move them often to tears. I had let them down.

“Anyone who gets away with something will come back to get away with a little more.” Harold Schoenburg

“Leaders must change their style to fit the environment and their followers’ need and skills. Any organization that articulates a purposeful goal in front of its members has started building a culture in which individuality can support solidarity and in which personal desires especially those of top management take a backseat to the common good.” Taylor B. Kiland

“I Hate lies! Lies that cause trouble. When I look into your eyes, I see those lies. The lies that made me cry. Making me want to go and hide. I can't stop your lies. I can't even hide from your prying eyes. So what do I do? I seek the truth. I find comfort in the truth. Sure the game is ruthless but I have nothing left to lose. Them lies, that just ain't me, because I know the truth will set me free!” Rilda Red Cloud

“It requires merely passive courage and strength to resist, and some cases to overcome evil. But it requires more; it needs bravery and self-reliance and surpassing faith to act out the true inspirations of your intelligence and the true impulses of your heart.” Anna Jameson

“Woe unto the statesman who makes war without a reason that will still be valid when the war is over! After the war, you will all look differently at these questions; will you have the courage to turn to the peasant contemplating the ashes of his farm, to the man who has been crippled, to the father who has lost his children?” Otto von Bismarck

“Vision reaches beyond the thing that is, into the conception of what can be. Imagination gives you the pictures. Vision gives you the impulse to make the pictures your own.” Robert Collier

“History is filled with example of ragged, tattered groups that achieved a great deal because their leaders gave them respect, an opportunity to win self-esteem, and first-class citizenship in a surrogate

community of achievers. The slaves rebelling with Spartacus, Queen Anne's tattered guard, Lee's barefoot Confederates double-timing 14 miles to Sharpsburg, and skinny little Vietnamese riflemen shivering with malaria in the monsoon before Tet all knew why they were there, that they were necessary, and that their contributions would be honored.' Jard Deville

"If I can get them with the preservation of my honor and fidelity and self-respect, show me the way and I will get them; but if you require me to lose my own proper good, that you may gain what is no good, consider how unreasonable and foolish you are... The moral challenges of life come to us every day, in many different forms and in many different circumstances. To meet these challenges successfully, to emerge from them with our



integrity intact, we need to prepare ourselves, we need to see what it means to be a man who has studied what he ought." Epictetus

"The most important thing in life is not to capitalize on your gains. Any fool can do that. The really important thing is to profit from your losses." William Bolitho

"I am bigger than anything that can happen to me. All these things sorrow, misfortune, and suffering are outside my door. I am in the house and I have the key." Charles Fletcher Lummis

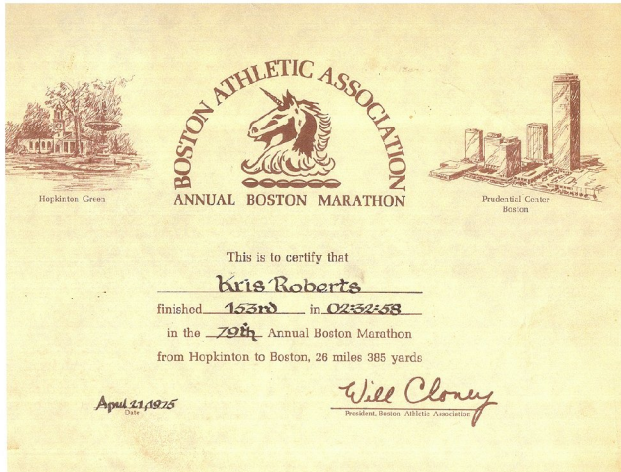
"When we honestly explore our own lives, we meet the frailty of our bodies, from the extremes of grave illness or pain to the unpredictable aches and imbalances that catch our attention. Every breath is one step closer to our own death. Our hearts and minds endure countless moments of confusion, restlessness, discontentment, fear and anger. From depression to elation, we carry with us the whole spectrum of experiences and feelings that appear to hold the power to make us suffer. ..The world, it seems, holds an inexhaustible capacity to provide us with opportunities to look at aversion. Even when we get what we want, rarely does that attainment provide enduring interest and delight...we usually respond to suffering by suppressing it, denying it, avoiding or distracting ourselves from it...When we understand that everything changes, that when we cling to what changes we suffer. Our bodies will still age and die; we will continue to encounter losses and changes that are intrinsic to living. Understanding liberates us so that we can then learn to embrace the world with wisdom and compassion. Our capacities for letting go mean that we are not imprisoned anywhere or by anything." Christina Feldman

"We ourselves know from our ordinary experience that illness, failure, disappointments, deprivations, losses, real enough as they were, causing depression, even tears, sometimes did enable us to choose or experience a higher good. Think of the sickness that interrupted our career, the appointment denied, the college admission rejected, the manuscript returned, the longed-for tour canceled, the lovely girl we let slip through our hands. To how many of these do we say, I'm glad it happened that way. Had I been successful in securing that desired object back then, I would have missed that later better opportunity. Had I not been ill and missed out on that which I wanted so badly, I would not now enjoy this much superior good." Joseph Gerard Brennan

"One was always to some degree responsible. If one broke under torture, and some point everybody did, one could always make the torturers start all over again the next day. They don't like that, it make things much easier for both sides if the victim cooperated. We have all done it. Just make them work for it. Don't give anything away for free." Vice Admiral James B. Stockdale

"Self-respect is based upon the same principles as respect for others. If the world sees that you do not honor yourself, it has a right to reject you as an imposter; because your claim to be worthy of the good opinion of others when you have not your own." William A. Smith

"Demagogue, one who preaches a doctrine he knows to be untrue to men he knows to be idiots." Henry L. Menclan



So Many Possibilities



The Beginning of The End-HazMat-MCAS Futenma, Japan

“The greatness comes not when things go good for you. But greatness comes when you’re really tested, when you take some knocks, some disappointments when sadness comes. Because only if you’ve been in the deepest valley can you ever know how magnificent it is to be on the highest mountain.” Richard Nixon

“Public business, my son, must always be done by somebody. It will be done by somebody or other. If wise men decline it, others will not; if honest men refuse it, others will not. A young man should weight well his plans. Integrity should be preserved in all events, as essential to his happiness, through every stage of his existence. His first maxim then should be to place his honor out of reach of all men. In order to do this he must make it a rule never to be dependent on public employment for subsistence. Let him have a trade, a profession, a farm, a shop, something where he can honestly live, and then he may engage in public affairs, if invited, upon independent principles. My advice to my children is to maintain an independent character.” John Adams

“The truly great and free and noble soul is that of the man who feels awe and reverence in the presence of those who are wiser and holier than himself; who is abashed and humbled when he compares himself with his betters. Just because his standard is so high; Because he knows how much better he should be than he is; because he is discontented with himself, ashamed of himself, therefore he shrinks, at first, from the very company which, after a while, he learn to like best, because it teaches him most.” Charles Kingsley

“I have come to the conclusion that the payoff in this world is not on brilliance, or even genius. It’s on courage, the capacity and willingness to take risks. This true of personal relations whether it’s getting married or having children or risk in business or investment decisions. Did you ever hear someone ask, why is so-and-so successful? He’s such a fool! Well, so-and-so is successful because he took a hundred-to-one risk without even knowing it was risky. He though it was a sure thing! He lucked out. For every one like him, there are ninety-nine who went over the other side. The people to admire, I have discovered, are the ones who have the subtlety of mind and analytical capacity of mind, the intelligence, to know precisely the risk they’re taking and to take it anyway.” Mort Janklow

“The first motive which ought to impel is to study is the desire to augment the excellence of our nature, and to render an intelligent being yet more intelligence.” Montesquieu

The Star Fish Story

Most of us have heard the starfish in one form or another. Like most stories with a powerful message it can be change to me meet the needs of both the reader and the speaker. It is one of those stories that once you read it and felt its impact on yourself you can't wait to pass the story on, likewise with myself. Also likewise with myself I have made changes to the story also. I have done this because in many ways this is a story about myself. I too have been one of those countless starfish. I too have been that person on the beach and pray that I never have to ask myself the question that was asked at the end of my version of the starfish story. Every afternoon at sunset he would walk along the beach and recall his past while pondering the meaning of life as a whole and the purpose of his life. This man was a very keen observer, yet always felt himself apart from other people, always watching from a distance, rarely connecting with anyone.



Pacific Coast Starfish

One morning as he was crossing the sand dunes toward the pounding surf he saw a dark mass covering the white beach sand. Despite his numerous prior journeys he had never seen this dark mass before. Puzzled, he strained his eyes to make out what this mass could be. As he drew near, he realize that the beach was covered not cover with trash or seaweed but was covered with countless Starfish that had been swept ashore with the recent storm surge. As he walked he could feel the heat of the sun rising on his shoulders. He knew that the force of the sun would quickly and painfully dry the starfish out and killing most if not all of them.

Once upon a time there was a man who taking daily walks on the beach. Every morning at sunrise and as he continued along the beach, he looked at the seamlessly mass of starfish, which caused him too thoughtfully and sadly, pondering his own mortality. He signed at the seeming futility of life. Asking himself why do so many people struggle so hard to survive when the end is always the same. Almost everyone no matter how rich or poor, no matter how intelligent we may be or not be, no matter how famous we may be or not be most of us if we are lucky will die at the

mercy of the frailty of our bodies. If we are unlucky we will die at the mercy of the frailty of our sprit.

Further down the beach he saw a young man busy with some unknown activity. As he got closer to the young man he could see that the young man was stooping over, moving back and forth toward the ocean and throwing something into the oncoming surf. He watched the young man very carefully and with a twinge of envy at his youth and vigor reflecting back on what he could only recall in memories. As he got closer, he could see that the young man was throwing the starfish back into the ocean.

He watched for a few moments as the young man picked would pick up starfish one at a time and then step toward the oncoming surf and then throw the starfish back into the life-giving ocean. As the starfish landed in the ocean it would splash into the water with a spray of crystalline stars that sparkled in the rays of the morning sunlight.

As the man walked up to the young man he asked, "why are you wasting your time and energy on these starfish, there are so many, do you believe that you can save them all?" as he pointed to the length of the beach. Instead of

answering quickly the young man bend over to pick up another starfish, the old man unhappy with the lack of an answer asked the young man, "Do you think that throwing that starfish that you have in your hand right now can or will make a difference? The young man quickly throw the starfish back into the ocean and without pausing quickly swoop down to pick up another and as he turned and took a step toward the sea he replied, "it makes all the difference in the world to this one."

The man was unprepared for the young man's answer was left speechless so he quickly turned around and headed for home. As he walked down the beach away from the young man still throwing starfish into the ocean he found himself deep in thought. As he continued his walk back he no longer could see this huge dark mass covering the sun beached white sands of the beach instead all he could see was thousands of individual starfish. Before heading back across the sand dunes that he had crossed earlier in the morning he himself stopped along the edge of the ocean and looked out across the oncoming waves. He looked out at the rays of the morning sun dancing across the white caps and sea mist and quickly found himself lost deeply in thought. Soon he was awakening from those thoughts by a starfish as his bare feet. He stooped, picked up that starfish and carefully skipped it back out into the safety of the life giving sea and quietly said, "take care, little starfish."

As he crossed the sand dunes the man asked himself, "how many starfish could I have saved if I could have understood that I could not have saved them all? The man realize that it was not the size of the difference a person makes but just the fact that a person is willing to make a difference that really and truly matters. Everyone has the ability to find their own starfish and if they throw those starfish back into the safety of the ocean they will not only make all the difference in the world to those few starfish but they will be making a difference in their own lives at the same time.

"A dangerous ambition more often lurks behind the specious mask of zeal for the rights of the people under the forbidden appearance of zeal for the firmness and efficiency of government. History will teach us that the former has been found a much more certain road to the introduction of despotism than the latter, and that of these men who have overturned the liberties of republics, the greater number have begun their careers by paying an obsequious court to the people; commencing and demagogues and ending tyrants." Alexander Hamilton

"To preserve the moral life, it is necessary for man to believe in freedom. This is a practical idea, a necessary belief freedom of the will, then, is an idea which man erects because of the demands of his moral nature. Man, then, for Kant, is a free agent. He is capable of acting voluntarily so that his acts are not links in a chain of natural causes. Man, a free agent, originates the act which, when seen by the mind, is part of an intricate web of cause and effort. It was impossible, Kant held, ever to prove that the will is free. Nevertheless, because such a belief is necessary, we can act and live as if the will was free. When we so act and live, we discover that certain moral insights are possible. For, example, we are then able to hold each individual responsible for his actions, and we are in a position to strive for a better life. We are not drained in complete moral despair, not caught in the inevitable tangle of cause and effort which characterizes the world of nature. Life becomes meaningful for us as human beings when we can believe that what we do is the result of free choice and has, thereby, a moral meaning. The moral consciousness of man implies that the will is free." S. E. Frost Jr.

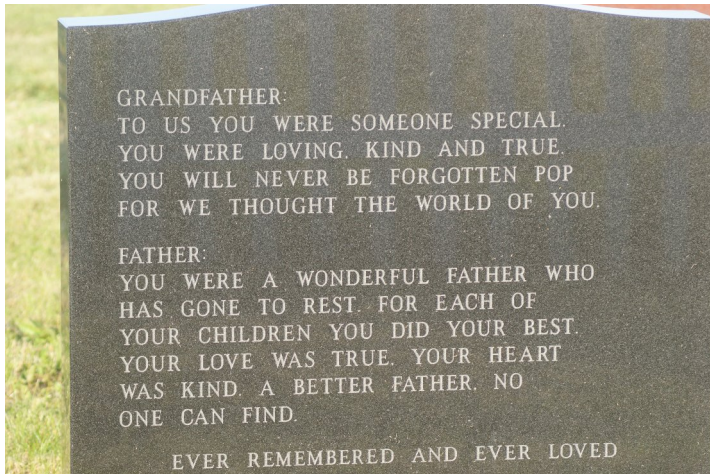
"Examine your words well, and you will see that even when you have no motive to be false, it is very hard to say the exact truth, even when it comes to your immediate feelings which it is much harder to say something fine about them which is not the exact truth." Mary Ann Evans

"Young People have exalted notions, because they have not been humbled by life or learned its necessary limitations; moreover, their hopeful disposition makes them think themselves equal to great things and that means having exalted notions. They would always rather do noble deeds than useful ones: Their lives are regulated more by moral feeling than by reasoning all their mistakes are in the direction of doing things excessively and vehemently. They overdo everything -- they love too much, hate too much, and the same with everything else. Aristotle

Broken Arm, Broken Leg and a Hole in a Heart

Life can be very strange; some things no matter how much we try just can't be explained. In the movie the Green Mile there is a man that seems to have the ability to draw out the pain and illnesses from people. In the movie it seems that every act of helping carried a cost; someone had to pay the price. My first grandson had a very rough time as a baby. Due to high child care costs and I took care of him almost every day while my daughter worked and went to college. My daughter and her husband had a stressful relationship that was having a negative effect on my grandson. One day he was dropped off very listless, he wasn't in very good shape and I was really concerned if he would make it through the day. I lay out on the chair and laid him on me and allow him to stay there for hours. By the time his mother came to bring him up he was his old self. However, I was sick as a dog, I was really hurting, and it was one of my worst days. It took me a number of days to recover.

Later on he had a very bad accident at the YMCA resulting in a very injury to his arm breaking his elbow into a number of pieces. Somehow I knew that something was very wrong even before I was told that he was in the hospital. On my way to the hospital I knew that it was more than a simple break. Once I saw his arm I knew that he was at risk of losing his arm, he was only two. I sat down with him, he became very relaxed, he was very yellow, very calm, very brave, and it was strange because I have seen adults that weren't as calm and relaxed surrounded by panicking adults and facing hours of surgery.



I had to leave because I was becoming very sick. I had to leave before others could see me.

My 4th grandson, the second child of my oldest daughter was a very active toddler and as result was always suffering injuries until one day he broke his leg. This was right before they were moving from California to Georgia. So during the heat of the summer they made the long trip across the southern part of the United States with his leg in a cast. Needless to say it was a very uncomfortable trip for him. Then when we saw a doctor in Georgia they cut to deep into the cast hurting his leg. I know that it was an accident, I

knew that the breaking his leg was an accident but it still had a weird and draining effect on me sometimes causing me to get angry but at whom?

My youngest granddaughter has had some medical problems. I often take care of her so my other daughter can go to work. She often has bad upper chest colds. When that happens she clings to me and in a very short time her colds are gone and I become very sick. Recently she has had two mild upper chest colds which in turn have resulted in me getting two very bad upper chest infections with very serious cough. The last one I couldn't breathe very well, I had to take two rounds of antibiotics to get it under control.

The other day I dropped her off at her house, she stood at the window at just watch me and wave to me. She was just staring as if asking me not to leave her, and then her father pulled her away from the window and shut the window. On my way home I became very light headed. It got worse every day. It was almost as if I was having TIA's or seizures again, I didn't know which. With the chest pains and the stomach pains I felt I was in a daze. I became more and more withdrawn. I became very short tempered and easily upset.

Then I was told that she had a heart murmur and then the worst news came to day when I was told that she had a small hole in her heart. She is only 15 months old. If things don't go well she could be facing heart surgery. Even if things go well, I wonder if she will have other heart problems like me. I don't want my youngest

granddaughter to have matching chest zipper with me. She hasn't done anything wrong. It would be just wrong if she had to pay for the sins of her parents.

As I sit here, I am hurting, I am feeling helpless. I don't feel very well at all. Sometimes I wonder when it ends. There has to be a limit. I may be crazy, but maybe I am not, if I can take my grandkids pain and illnesses away who will take mine away? Does there come a time when my body can't take any more? If so would I be acting selfish if I just worry about my own survival while allowing them to defend for themselves or hope that their parents will do the right thing at the right time?

Maybe I am just a simple calming effect, maybe I just provide them with a level of trust allowing them to deal. Who knows what it is. Life just has too many mysteries and I have never tried to understand them. I just accepted the fact that not everything is explainable. I don't think I can afford to change now.

Maybe I have been one the lucky ones, I have had the ability to go far past the PTSD and other mental health



problems that society expects of me with my abilities to divide and storage events never allowing them to control, overwhelm or destroy me. But then maybe again in life things just get coming back until you deal with them. Maybe dealing is also part of controlling. While I love all my grandchildren not equally but as individuals and not one anymore or any less than the others number 1, number 4 and number 6 have many more of the traits that I have. In some ways they have the traits that I have divided. In each of their own way they have given me in their own childlike innocents the opportunity to clean my storage bins and lighten my load a little.

When I am alone someplace very quiet while enjoying the beauty of Mother Nature I get to feel the pain and suffering and fear that they did. Maybe when I feel their pain and fear I get to relieve the pain and suffering from my broken leg, my broken arm, my heart condition. Maybe for the first time I am being allowed to deal with the pain and fear without fear of greater injury. Or

maybe this is all nothing at all but just what happens when life rolls the dices, who really knows?

“Excellence is the result of caring more than others think is wise, risking more than others think is safe, Dreaming more than others thinks is practical, and expecting more than others think is possible.” Thomas Edison

“Our instincts about morality, like everything else about us, must have evolved to enhance our reproductive fitness in a certain environment. But like our instincts about what to eat, our moral instincts aren't always well adapted for the modern world. For that reason and also because reproductive fitness is not the only thing we care about our instincts are worth reexamining and occasionally transcending.” Steven E. Landsburg

"When you give of your time to serve your community in some capacity, large or small, you're a patriot in the true sense of the word," Senator Bob Dole

“The superior man,” he once observed, “is easy to serve, but difficult to please. Try to please him by the adoption of wrong principles, and you will fail. Also, when such a one employs others, he uses them according to their capacity. The inferior man is, on the other hand, difficult to serve, but easy to please. Try to please him by the adoption of wrong principles, and you will succeed. And when he employs others he requires them to be fully prepared for everything.” Confucius

“Great minds have purposes, other minds have wishes.” Irving Washington

“Never let the best you have done before be the standard for the rest of your life.” Gustavus Swift

As most of us age our childhood dreams seem less and less important and are often abandoned as just that childhood dreams. Some of us will replace those loss dreams with what we believe to be age appropriate dreams however; most of us will never replace our childhood dreams. As we grow older and in our search and drive for peace of mind and life-long security we come to believe that we have little to no time for night dreams let alone day dreams. We come to believe that everything in life is a compromised. We come to believe that we have to compromise ourselves to get along, to get a head, to avoid pain and suffering. We forget that famous quota by Janis Joplin, “Never compromised yourself because you are all you have.” Life is about making compromises. Life is not about compromising yourself. When we allow our dreams to die and when we fear to dream new dreams because we fear the pain of failure, reject and ridicule we only guarantee ourselves that we will never become a has been because we will never have been. Without dreams we create a life that is a comfortable prison. A place where everything is provided, place where everything is good enough, but a place where there is no life only existence. We were born to live not to exist. We cannot live if we don't dream.

“This is as true in everyday life as it is in battle: we are given one life and the decision is ours whether to wait for circumstances to make up our minds or whether to act.” General Omar Bradley

“I think, to teach young minds to aspire, ought to be the ground work of education: many a laudable achievement is lost, from a persuasion that our efforts are unequal to the arduous attainment. Ambition is a noble principle, which properly directed, may be productive of the most valuable consequences. It is amazing to what heights the mind by exertion may tower: I would, therefore, have my pupils believe, that everything in the compass of mortality, was placed within their grasp, and that, the avidity of application, the intensesness of study, were only requisite to endow them with every external grace, and mental accomplishment. Thus I should impel them to progress on, if I could not lead them to the heights I would wish them to attain. It is too common with parents to expatiate in their hearing, upon all the foibles of their children, and to let their virtues pass, in appearance, unrewarded: this they do, least they should, (were they to commend) swell their little

hearts to pride, and implant in their tender minds, undue conceptions of their own importance.” Judith Sargent Murray



“Stretch a rubber band and its snap back when you let go however never all the way. Stress and tension changes things. This isn't good or bad: it just is. Change always carries opportunities, and one we have today is the possibility of becoming less controlled by unwarranted fear than we used to be. You don't want panic or terror or needless worry, but you do want the truth, whatever that truth may be so you can organize all that's happened and what you've have learned, and get some rest. Your fears deserve to b answered and you have a right to be

safe, and feel safe. I mean a true, informed feeling of safety that comes from understanding violence, risk, intuition, fear, and security. “Gavin De Becker

“Heaven’s eternal wisdom has decreed that man should ever stand in the need of man.” Theocritus

“Do not consider anything for your interest which makes you break your word, quit your modesty, or inclines you to any practice which will not bear the light, or look the work in the face.” Marcus Antonius

“The contempt of the world grows upon me, and I now begin to be richer and richer, for I find I could every morning when I wake, be content with less than I aimed at the day before. I fancy in time, I shall bring myself into that state which No Man ever knew me before, in thinking I have enough. I really am afraid to be content

with so little, lest my good friends should censure me for indolence, and the want of laudable ambition, so that it will be absolutely necessary for me to improve my fortune to content them. How solicitous is mankind to please others.” John Gay



The End of the Road Key West, FLA



The Slow Lane

If I had only known I would never have gone.”
Author Unknown

“We cannot banish dangers, but we can banish fears. We must not demean life by standing in awe of death.” David Sarnofy

“Nothing worth possessing can be quite possessed.” Sara Teasdale

“The greatest good you can do for another is not just to share your riches, but reveal to them their own.” Benjamin Disraeli

“Fear is what kept our primitive ancestors alive in a hostile world. They had no time to wonder or ponder. They had a minute, maybe two, to make the life-or-death choice; should we fight or should we run? Adrenaline flooded their bloodstream, adding speed, energy and strength. Their veins and arteries simultaneously constricted to slow

the bleeding if they were wounded. Their pulses quickened, their bodies defenses stiffened. This physical response to a clear and present danger is fear, the fear that we depend on to save our lives today, most of what we call fear is something else. It is anxiety, a response not to danger itself, but to anticipated danger. When we worry about something that might happen later that is anxiety, and anxiety is a lot more agonizing than fear. Fear usually ends with the event; anxiety can be endless.” Walter Anderson

“As if to stain the pride of man, the most eminent saints have, in some flagrant instance, failed in the very grace for which they were more renowned. In hours of darkness Abraham, the true, equivocates; Job, patient, is in submissive; Moses, the meek, strikes the rock in anger; Elijah, the fearless, hides in the desert from his foe; David, the seraphic, plunges into the sins of the senses; Simon, called Peter, a rock, for his string and stern decision, has to be reminded that he might rather called Jonas, a dove, for the weak, scared, fluttering spirit he displayed is the storm of temptation.” Dr. Stanford

“Make your success work to help others achieve their measures of success and hope they, in turn, will do likewise.” Barry Gordy

This has to be the second greatest piece of advice that anyone can give to any child
Wear Sunscreen

By Mary Schmich

If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindsides you at 4 p.m. on some idle Tuesday. Do one thing every day that scares you. Sing.

Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours. Floss. Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself. Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how. Keep your old love letters. Throw away your old bank statements. Stretch.

Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don't. Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone.

Maybe you'll marry, maybe you won't. Maybe you'll have children, maybe you won't. Maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don't congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else's.

Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own. Dance, even if you have nowhere to do it but your living room. Read the directions, even if you don't follow them. Do not read beauty magazines. They will only make you feel ugly.

Get to know your parents. You never know when they'll be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future. Understand that friends come and go, but with a precious few you should hold on; Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young.

Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft. Travel! Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble and children respected their elders. Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out. Don't mess too much with your hair or by the time you're 40 it will look 85.

Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen.

“A man might stand a siege with heroic firmness, who cannot resist the temptations to unfair dealing, and the excitement of the competition and rivalry. The tremendous power of these temptations to break down all courage and manliness is seen no where so conspicuously as in the political life. Every year we are betrayed by the cowardice of our public men. The cause is not that they lack patriotism. They share in the common pride and love of country. But they are exposed to great temptations, the spoils of office, and the drill of party and it requires rare independence and courage to shake off these trammels, and to do honestly and firmly what is



right. Most men are too selfish to run the risk of losing popularity, and thus in their moral timidity the public interests are sacrificed. It is cowardice which makes our slippery politicians. What the nation needs, therefore, is not merely patriotic men, but brave men, men utterly without fear of party or people; but who only fear God and love their country.” Henry Mills Alder 1855

“We are charmed by the qualities displayed, not by the value of the result. In other words, we take a purely aesthetic view of the case; and here occurs one moral problem, normally, whether such a view can ever be justifiable. You must admire virtue for its own sake, for the beauty of character displayed, not for the results obtained. Directly you begin to admire it merely for the sake of its advantages, you desert the truly moral point of view.” Sir James W. Mackintosh

“The resources of the whole nation may now if we so will it, enrich the civil life. But still as always, the nation stands or falls by its individual members. Each man and woman among us has his own duty to the state, which only he or she can discover. There it is, and there is the responsibility to find it and perform it. It may be to guide the councils of state, to control an army, or to serve, it may be to inspire with new ideas, and to humanize by personal sympathy and devotion. But most of us are not made for the work of control or government. On the other hand, with all of us rest the duty of choosing the right men and women to serve us in such matter.” P. E. Matheson

“Western parents try to respect their child’s individuality, encouraging them to pursue their true passions, supporting their choices, and providing positive reinforcement and a nurturing environment. By contrast Chinese parents believe that the best way to protect their children is by preparing them for the future; letting them see what they are capable of and arming them with skills, work habits and inner confidence that no one can take away from them.” Amy Chua

“Childhood is a dangerous time. For infants and children, survival is dependent upon adults, most typically the nuclear family. It is the family setting that the child is fed, clothed, sheltered, nurtured and educated. Unfortunately, it is in the familial incubator that children are most frequently manipulated, coerced, degraded, inoculated with destructive beliefs and exposed to violence. While the majority of homes, communities and schools are safe, far too many children experience violence in one or more settings. For some children, a safe community and school may help buffer the impact of violence in the home. The highest-risk children, however, are safe no where; their home is chaotic and episodically abusive, their community is fragmented and the schools are barely capable of providing structure and safety from intimidation and threat, let alone education. These children must learn and grow despite a pervasive sense of threat. These children must adapt to this atmosphere of fear. Persisting fear and the neurophysiological adaptations to this fear can alter the development of the child’s brain, resulting in changes in physiological, emotional, behavioral, cognitive and social functioning.” Bruce D. Perry

“Truth is always consistent with itself, and needs nothing to help it out; it is always near at hand and sits upon our lips, and is ready to drop out before we are aware; whereas a lie is troublesome, and sets a man’s invention on the rack, and one needs a great many more of the same kind to make it good.” Author Unknown

“Through their years of formal education, students are constantly being prepared for whatever’s coming next. Don’t we need to prepare our kids for the tough demands of adult life? Young adults unprepared for their career startups are also not equipped to cope with their disappointments over who they are turning out to be and what they find themselves doing. They may even have to endure long-term maladjustment, emotional instability, and spasms of depression, alcoholism, and abysmal self-esteem. Ultimately, their unreadiness to move up and out can thwart not just their effectiveness on the job but, as well, their ability to function as spouses and parents.” Mel Levine

“Always consider yourself a student. Do not think that you are too old to learn. That your soul is already fine and cannot be improved. For a rational person, there is no end to learning. He keeps learning all the way to the grave.” Leo Tolstoy

“Wherever a noble deed is done, there are souls of our heroes stirred; wherever a field for truth is won, there are our heroes voices heard.” E. D. Proctor

“Leadership will be no different in the future than in the past. Leaders need to bear a vision and communicate that vision with passion so followers are inspired. Then take care of the troops, train, equip, reward and prune the followers. Leaders execute and supervise aggressively. Works in every organization I’ve been in. I learned it all as a young lieutenant, and all the books and lists I’ve read and courses I’ve attended have merely refined my beliefs.” General Colin Powell



“Assignment of company and platoon commanders are critical, if you don’t have the right officer don’t compromise, wait and fight for the best commanders for your unit. Don’t create artificial distances with your officers; give them the opportunity to see you in an informal talk. If you don’t love your soldiers, don’t be an officer. You have to be a bastard and a lover when you lead your troops and it is not contradictory.” Colonel I. Biran Israeli Defense Forces

“The ability to inspire confidence and self, belief in others is a key leadership trait. One of the tasks of leadership is to instill that confidence, that sense of being more than equal to the task. However, it is not as easy as one might think. You can’t tell someone to be more confident. You can’t educate them on what confidence is, and then try to convince them to be more confident. Real leadership means taking the steps necessary to build confidence. It starts with the achievement of small goals, tasks that can be easily completed. Every time they become confident in their success, gives them more complex tasks and goals. Success breeds more success. When leadership believes in people and expresses that belief, it is much easier for people to believe in themselves” Mike Ognik

“Realize that you should not go through life worrying about what could happen; struggle is normal; the word no is the word everyone hears the most; very, very few things work as they were originally planned few things are granted at the first requested; the best plans never require secrecy; we don’t see angels, demons, curses or saviors until we are told about them; happiness will end when you pursue it; and no one gets the respect or love they deserve. Have goals but don’t ever be attached to the results, to success or failure. Success can be far worse than failure. When someone does something really well, and gets praised for it, very often they don’t learn anything new for a long time. But failure can make them confront what they have been doing wrong and drive them to new learning.” Author Unknown

“Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives.” Willa A. Foster



“With courage you will dare to take risks, have the strength to be compassionate, the wisdom to be humble. Courage is the foundation of integrity.” Keshavan Nair

“But there is no reward at all for doing what other people expect of you, and to do so is not merely difficult, but impossible. It is easier to deal with a footpad than it is with the leech who wants 'just a few minutes of your time, please - this won't take long.' Time is your total capital, and the minutes of your life are painfully few. If you allow yourself to fall into the vice of agreeing to such requests, they quickly snowball to the point where these parasites will use up 100

percent of your time - and squawk for more!” Goethe

“To love at all is to be vulnerable. Love anything and your heart will certainly be wrung and possibly broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, and airless it will change. It will not be broken; it will become unbreakable, impenetrable, and irredeemable. The alternative to tragedy is damnation. The only place outside of heaven where you can be perfectly safe from all the dangers and perturbations of love is hell.” C. S. Lewis



“Live as if you were to die tomorrow. Learn as if you were to live forever.” Mahatma Gandhi

“General Pershing inspired confidence but not affection. Personal magnetism seemed lacking; he won followers and admirers but not personal worshippers. Plain in word, sane and direct in action, he applied himself to all duties and all work with a manifest purpose, not only of succeeding in what he attempted, but of surpassing, guiding and directing his followers in what was before them.” Roger L. Bullard

“I love you not only for what you are, but for what I am when I am with you. I love you not only for what you have made of yourself, but for what you are making of me. I love you for the part of me that you bring out.” Elizabeth Barrett Browning

“Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: That the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the discussion, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. W. H. Murray

“When instincts and rank are out of phase, take the guy with the instincts. He understands that attitude often accounts for an outcome more than skills or background.” Vice Admiral James Stockdale

“We are not permitted to choose the frame of destiny, but the choice of what we place in that frame is ours.” Dag Hammarskjöld

“We often undervalue how critical uncertainty is to own development. Often, the pain and confusion caused by uncertainty are the very things that can propel us forward. Awareness of your values is important when those defining moments present themselves, so that you have a moral sounding board from which to launch your agenda. It’s critical to integrate your values and your actions, because in these moments there is little time to prepare and your true self will show,” So-Young Kang

“When we are debating an issue, loyalty means giving me your honest opinion whether you think I’ll like it or not. Disagreement, at this stage, stimulates me. But once a decision has been made, the debate ends. From that point on, loyalty means executing the decision as if it was your own.” General Colin Powell

“People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.” Ramona L. Anderson

“There is the greatest difference between presuming an opinion to be true, because with every opportunity for contesting it, it has not been refuted, and assuming its truth for the purpose of not permitting its refutation. Complete liberty of contradicting and disproving our opinion is the very condition which justifies us in assuming its truth for purposes of action; and on no other terms can a being with human faculties have any rational assurance of being right.” John Stuart Mills



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“Share your accomplishments with your child. The more your child senses that you value yourself, the greater the value your child will place on you and the greater he or she will value your expressions of love.” Jan Dargatz

“Courage is to say what you believe in your heart without fearing the consequences.” Diane Iseman

“Hidden talent counts for nothing.” Nero

“The man hunched over his motorcycle can focus only on the present instant of his flight; he is caught in a fragment of time cut off from both the past and the future; he is wrenched from the continuity of time ... in other words, he is in a state of ecstasy; in that state he is unaware of his age, his wife, his children, his worries, and so he has no fear, because the source of fear is in the future, and a person freed of the future has nothing to fear.” Milan Kundera

"High standards, accountability, incentives, innovation, creativity – the elements of excellence in nearly every aspect of life are the core characteristics of successful reform in education." Jeb Bush

"Students don't start out behind, they fall behind. To keep students engaged, we should combine a rigorous curriculum with one that is organized around students' individual interests." Jeb Bush

“At that moment I realized that the only person who could push myself the hardest was me.” Brian Peterson

“Stand your trust. As long as she is above water, never desert the ship; as long as a hope remains, do not give up a good undertaking.” English Proverb

“One must govern in such a way that one’s people think they themselves want to do what one commands them to do.” Catherine the Great

Marine Corps Leadership Traits

- **Dependability**
 - The certainty of proper performance of duty.
- **Bearing**
 - Creating a favorable impression in carriage, appearance and personal conduct at all times.
- **Courage**
 - The mental quality that recognizes fear of danger or criticism, but enables a man to proceed in the face of it with calmness and firmness.
- **Decisiveness**
 - Ability to make decisions promptly and to announce them in clear, forceful manner.
- **Endurance**
 - The mental and physical stamina measured by the ability to withstand pain, fatigue, stress and hardship.
- **Enthusiasm**
 - The display of sincere interest and exuberance in the performance of duty.
- **Initiative**
 - Taking action in the absence of orders.
- **Integrity**
 - Uprightness of character and soundness of moral principles; includes the qualities of truthfulness and honesty.
- **Judgment**
 - The ability to weigh facts and possible solutions on which to base sound decisions.
- **Justice**
 - Giving reward and punishment according to merits of the case in question. The ability to administer a system of rewards and punishments impartially and consistently.
- **Knowledge**
 - Understanding of a science or an art. The range of one's information, including professional knowledge and an understanding of your Marines.
- **Tact** The ability to deal with others without creating offense.
- **Unselfishness**
 - Avoidance of providing for one's own comfort and personal advancement at the expense of others.
- **Loyalty**
 - The quality of faithfulness to country, the Corps, the unit, to one's seniors, subordinates and peers.

“If you hire only those people you understand, the company will never get people better than you. Always remember that you often find outstanding people among those you don’t particularly like.” Soichiro Honda

“Gender is infinitely more subtle than biological difference and is never static. Gender is a state of mind, a product of the imagination. One man experiences masculinity in a way entirely different from another. The femininity of a particular woman is unique, an aspect of her personality, or even deeper, a manifestation of her soul.” Thomas Moore



*“Healing is a matter of time, but sometimes it also a matter of opportunity.”
Hippocrates*

“Never try to manage your time. It will beat you at every turn. Never try to plan your days and nights minute by minute. Do schedule your time, but never schedule 100 percent of it. You'll kill your creative impulse if you do. Never try to organize every minute of your time weeks in advance, or you'll be bored to death. Instead, let time renew itself around you. Let it divert you. Let it do something unexpected, something new. Let it bring nice things, and let it bring bad things over which you have no control, and don't try to use personal tricks to fool time. It will always catch up with you.” Nicolas Hayek

“We must expect reverses, even defeats. They are sent to teach us wisdom and prudence, to call forth greater energies, and to prevent our falling into

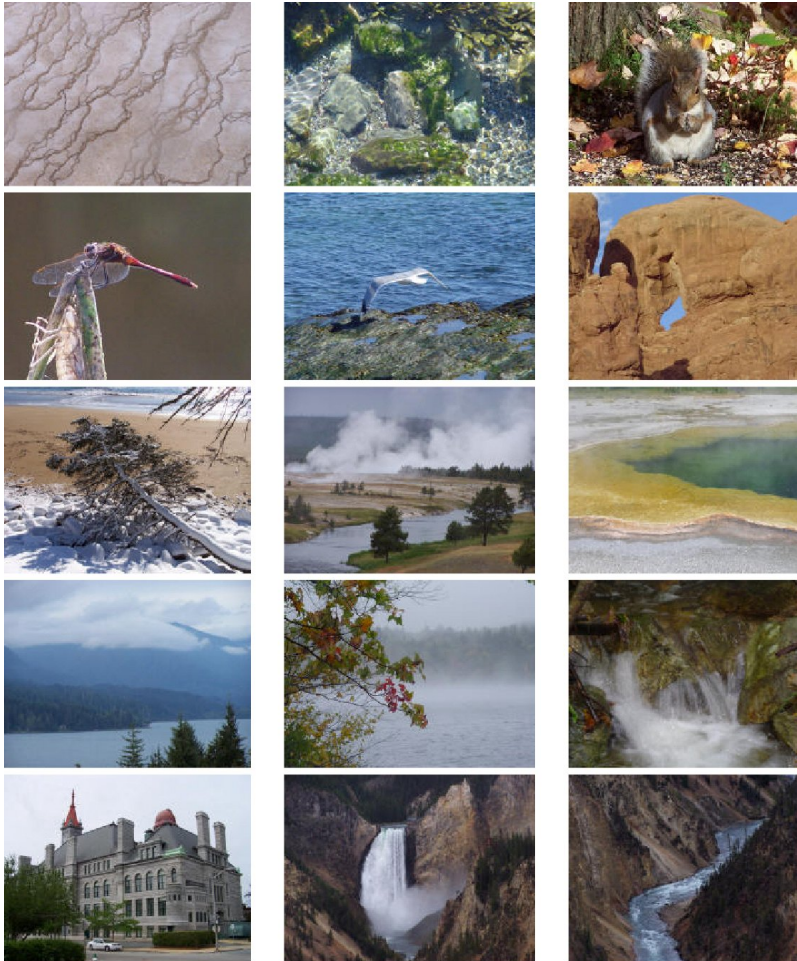
greater disasters.” Robert E. Lee

“Out of every hundred new ideas ninety-nine or more will probably be inferior to the traditional responses which they propose to replace. No one man, however brilliant or well-informed, can come in one lifetime to such fullness of understanding as to safely judge and dismiss the customs or institutions of his society, for those are the wisdom of generations after centuries of experiment in the laboratory of history.” Will Durant

“I discovered my limitations and it seemed to me that the only sensible thing was to aim at what excellence I could within them.” Somerset Maugham

“I have learned that carelessness and over confidence are usually far more dangerous than deliberately accepting risks.” Wilbur Wright

“Disagreement is refreshing when two men lovingly desire to compare their views to find out the truth. Controversy is wretched when it is only an attempt to prove another wrong.” Frederick William Robertson



“I am thankful for small mercies. I compared notes with one of my friends who expect everything of the universe, and is disappointed when anything is less than the best, and I found that I begin at the other extreme, expecting nothing, and am always full of thanks for moderate good. If we will take the good we find, we shall have heaping measures.” Ralph Waldo Emerson.

“Socialism, however, of all possible isms, is that which has most specifically been tried and found wanting; and, as a practical system, intended for men generally, it will never more excite either the fears of the rich or the hopes of the poor. It, failed, because nature has so ordered it that all social blessings should be dependent upon individual efforts, knowing that man’s sluggishness and love of ease would find its most effectual stimulus in the instinct of self-preservation. Why, for instance, should men have the faculty of looking before and after, if present exertion carried with it no special reward?” James Chamas

but not in the world of men.” Japanese Proverb

“One can stand still in a flowing stream

“Each man must for himself alone decide what is right and what is wrong, which course is patriotic and which, isn’t. You cannot shirk this and be a man. To decide against your conviction is to be an unqualified and inexcusable traitor, both to yourself and to your country, let e label you as they may.” Mark Twain

“Whoever is happy will make others happy too. He who has courage and faith will never perish in misery.” Anne Frank

“The general must know how to get his men their rations and every other kind of stores needed in war. He must have imagination to originate plans, practical sense and energy to carry them through. He must be observant, untiring, shrewd, kindly and cruel, simple and crafty, a watchman and a robber, lavish and miserly, generous and stingy, rash and conservative. All these and many other qualities, natural and acquired, must he have. He should also, as a matter of course, know his tactics; for a disorderly mob is no more an army than a heap of building materials is a house.” Socrates

“Bear in mind, that brains and learning like muscles and physical skills, are articles of commerce. They are bought and sold. You can hire them by the years or by the hour. The only thing in the world that is not for sale is character.” Antonio Scalia

“If is of course possible to demand things which obtained, would prove to be only a boomerang and a curse instead of a blessing. Therefore, the first thing to persistently demand is the wisdom to know the best, the right and the true, so that you may never brings such disastrous consequences upon yourself.” Ernest Loomis

“Those who restrain their desires, do so because theirs are weak enough to be restrained.” William Blake

“There are people who put their dreams in a little box and say, yes, I have dreams, of course I have got dreams. Then they put the box away and bring it out once in awhile to look inside it, and yes, they are still there.” Erna Bombeck

“The brave do never shun the light; just are their thoughts, and open are their tempers. Truly without disguise they love and their hate. Still are they found in the fair face of day and heaven and men are judges of their actions.” Michael Rowe

“Be what nature intended you for and you will success; be anything else and you will be ten thousand times worse than nothing.” Sydney Smith

“The charismatic impact of a leader being his own person doesn’t come from a rational calculation that such a leader would not obey uselessly suicidal or atrocious orders. The core reason for truth-telling is the maintenance of truth both up and down the chain of command.. Nothing destroys the trust in the chain of command as then the leader’s exploitation of institutional power.” U.F. Zwygart

“Think of managing change as an adventure. It tests your skills and abilities. It brings forth talent that may have been dormant. Change is also a training ground for leadership. When we think of leaders, we remember times of change, innovation, and conflict. Leadership is often about shaping a new way of life. To do that, you must advance change, take risks, and accept responsibility for making change happen.” Charles E. Rice

“It is always important to be tactful. There are right and wrong times to say certain things, and some things should never be said at all. Being honest and frank means you show your hand and that can make you



vulnerable. That means it becomes easier for people to figure out ways to attack and hurt you. But vulnerability can be good. When you are vulnerable, it is easier to connect with people, to know them, to learn from them. A suit of armor protects you by containing you limiting your ability to grow.” K. M. Keith

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented, and fabulous?" Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others” Marianne Williamson

“We can’t have it all, but we can have enough. We are repeatedly told we can have it all, that we can be everything and that we can have it all and be everything at the same time. This a very seductive message that everyone would like to believe. The simple problem with this message is that it is not true. It just doesn’t work in the in the real world. The people who realize their dreams and attain their goals are the people who recognize and understand that life demands trade-offs. The have come to realize that everything has a price. They understand that every decision that they make eliminates other possibilities, that ever decision that they make creates other opportunities.” Mort Crim

“Who will tell whether one happy moment of love or the joy of breathing or walking on a bright morning and smelling the fresh air, is not worth all the suffering and effort which life implies.” Erich Fromm
“Suffering has always been with us, does it really matter where the suffering comes from? All that matter is how we beat it and how we fit it into our daily lives.” Ety Hillesom



Author Unknown

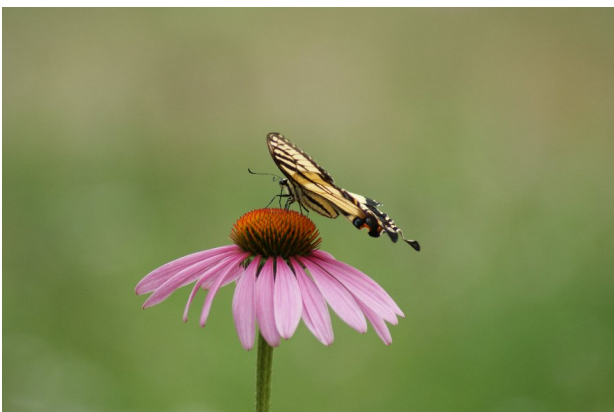
“Without accepting the facts that everything changes, we cannot find perfect composure. But unfortunately, although it is true, it is difficult for us to accept it. Because we cannot accept the truth of transience, we suffer.” Shinichi Suzuki

“If you are the kind of person who listens to conservative advice, you may do okay in life, but you probably won’t ever be a fantastic leader. You have to take risks, and you also have to go against convention wisdom, because conventional wisdom doesn’t make for startling advance in society.” Ruth Simmons

“The more you know, the less you need to show.”

“I feel that the most important requirement in success is learning to overcome failure. You must learn to tolerate it, but never accept it.” Reggie Jackson

“The punishment we suffer, if we refuse to take an interest in matters of government, is to live under the government of worse men.” Plato



“Your thoughts flow on regardless of the facts. The mind reveals in conjecture. Where information is lacking, it will gladly fill in the gaps. And before you know it, you are down the track on some runaway train of thought that has no chance of ever coming back. Your thoughts create their own reality.” Author Unknown

“The woman most in need of liberation is the woman in every man.” William Sloane Coffin

“The disappearance of a sense of responsibility is the most far-reaching consequence of submission to authority.” Stanley Milgram

“An officer’s responsibility is to do his own job to the absolute best of his ability, to learn as much as he can about his boss’ job in case he has to take over from him on short notice in combat, and to help his own subordinates learn all they can about his job in case they in turn have to take over from him.” Military Maxim

“A commander must accustom his staff to a high tempo from the outset, and continually keep them up to it. If he once allows himself to be satisfied with norms, or anything less than an all-out effort, he gives up the race from the starting post, and will sooner or later be taught a bitter lesson.” Field Marshal Edwin Rommel
“Though an officer have absolute confidence in himself, and though he has an instinct amounting to genius for the material things of war, these otherwise considerable gifts will avail him little or nothing if his manner is such that his troops remain unconvinced of his capacity and doubtful of his power to maintain command in periods of extreme trial. He will fail because he has not sufficiently regarded the law of Personality-Looks, Actions, and Words. There is no such thing as mechanical obedience; men think in their smallest action; if this was not so, it would not be possible to lead them.” The Armed Forces Officer

“These days’ people seek knowledge, not wisdom. Knowledge is of the past, wisdom is of the future.”
Vernon Cooper

”Every enthusiast contains a false enthusiast, every lover a false lover, every man of genius a false man of genius, and as a rule, every fault its counterfeit: this is necessary in order to assure the continuity of one’s personality, not only in the eyes of others but in one’s own in order to understand oneself, count upon oneself, think of oneself; in order, in short, to be oneself.” Paul Valery

“There is nothing wrong with advertising yourself, because no one else is going to do it for you. You can’t just sit in a corner and keep quiet if you want to be seen and heard. You should be loud, obnoxious, abusive, or boorish, but you can make damn sure your viewpoints are heard and your presence known. Ask questions, make observations, join discussions and see to it that everyone knows your name and that you are in the game. It’s better to live in the limelight for a year than in the wings forever.” General George S. Patton Jr.

“In life it’s important to learn what the negatives are, because if you only have quick success, it is always doomed to failure.” Morty Davis



“Actually, these are among the most important times in one’s life, when one is alone. Certain springs are tapped only when we are alone. The artist knows he must be alone to create; the writer, to work out his thoughts; the musician, to compose; the saint, to pray.” Anne Morrow Lindbergh

“This very second has vanished forever, lost in the anonymous mass of the irrevocable. It will never return. I suffer from this, and I do not. Everything is unique and insignificant.” E. M. Cioran

“It is easy in this world to live after the world’s opinion; it is easy in solitude to live after our own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independent of solitude.” Ralph Waldo Emerson

“One repays a teacher badly if one always remains nothing but a pupil.” Friedrich Nietzsche

Always remember that no one gets out of this world undefeated, the secret is when and how you face and handle those defeats. It is important to always remember that we are never as good as we think we are and we are never as bad as others say we are. It is all about reality and the biggest reality tests are defeats. So in order to live a life worth repeating you have to suffer a number of defeats just make sure that you don’t suffer the same defeats over and over again.

“I stop, I examine, and I do not understand, I remain poised in the balance, I take for my guide the ways of the world and the experiences of the senses.” Sextus Empiricus

“First, pretending conveys the possibility, and sometimes even the wish to fool not only others but also oneself. Second, this word describes feigning or faking, but not stating a lie. The third and most salient feature of pretending builds on the first two. Pretending implies a mild act of feigning or faking that neither rattles the conscience nor demands careful examination. We don’t typically associate the word with a shattering personal betrayal, a flagrant lie, or an unforgiveable breach of trust. Rather, it calls to mind the suggestion that this particular form of insincerity or false appearance is personally okay or culturally sanctioned. If pretending, or fooling oneself as well as others, is culturally⁶ sanctioned, and then the pretense is part of an entire ethos of culturally encouraged falseness.” Dalma Heyn

“I’m sorry to have to tell you this, but many of you will experience failure in the pursuit of your passion. Many of you will fail to attain some of the goals or fulfill some of the dreams you have right now. But it’s incredibly important to understand that failing is part of learning. Fear of failure can paralyze you. If you don’t risk looking ridiculous or inept or even stupid sometimes, you may stay secure, but you’ll also stay the same.” Maria Shriver

“I have always loved running...it was something I could do by myself, and under my own power. I could go in any direction, fast or slow as I wanted, fighting the wind if I felt like it, seeking out new sights just on the strength of my feet, and the courage of my lungs.” Jesse Owens

“The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter.” Norman Cousins

“We have to accept the consequences of every deed, word, and thought throughout our lifetime.” Elisabeth Kubler-Ross

“We don’t receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.” Marcel Proust



“Now is no time to think of what you do not have. Think of what you can do with what there is.” Ernest Hemingway

“Like water which can clearly mirror the sky and the trees only as long as its surface is undisturbed, the mind can only reflect the true image of the self when it is tranquil and wholly relaxed.” Indra Devi

“While it is important that people know what you stand for, it is equally important that they know what you won’t stand for.” Mary Waldrop

“Character is far more important than intellect in the making a man a good citizen or successful at his calling, character is not only such qualities as honesty and truthfulness, but courage, perseverance and self-reliance.” Theodore Roosevelt

“Perhaps the most valuable result of all education is the ability to make yourself do then things you have to do, when they ought to be done, whether you like it or not.” Thomas Huxley

“The finest inheritance you can give to a child is the ability to make his or her own way completely on their own.” Isadora Duncan

“Just as a snake sheds its skin, we must shed our past over and over again.” Buddha

“Out of every crisis comes the choice to be reborn, to reconceive ourselves as individuals, to choose the kind of change that will help us to grow and fulfill ourselves more completely.” Nena O’Neil



“My grandfather once told me that there are two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group because there is much less competition there.” Indira Gandhi

“As for worrying about what other people might think just forget about it because they aren’t concerned about you. They are too busy worrying about what you and others think about them.” Michael LeBoeuf

“Even if you are on the right track, you will get run over if you just sit there.” Will Rogers

“The greater danger for most of us is not that our aim is too high and we missed it, but rather that it was too low and we reached it.” Michelangelo

“Tomorrow is the most important thing in your life. It comes into us at midnight very clean. It’s perfect when it arrives and puts itself into our hands. It hopes that we have learned something from yesterday.” John Wayne



A Small Town In Wyoming



Read the Meaning of the Signs

"The way for a young man to rise is to improve himself every way he can, never suspecting that any body wishes to hinder him. Allow me to assure you that suspicion and jealousy never did help any man in any situation. There may sometimes be ungenerous attempts to keep a young man down; and they will succeed too, if he allows his mind to be diverted from its true channel to brood over the attempted injury. Cast about and see if this feeling has not injured every person you have ever known to fall into it." Abraham Lincoln

“The past is a guidepost, not a hitching post.” Thomas Folcroft

“There is a great man who makes every man feel small, but the real great man is the man who makes every man feel great.” G. K. Chesterton

“Authority is 20% given and 80% percent taken.” Military Maxim

“Perhaps the hardest lesson to learn is not to be attached to the results of your actions.” Joan Borysenko

“I have always felt that although someone may defeat me, and I strike out in a ball game, the pitcher on that particular was the better player. But I knew when I see him again; I’m going to be ready for this curve ball. Failure is part of success. There is no such thing as a bed of roses all your life. But failure will never stand in the way of success if you learn from it.” Hank Aaron

“Man is least himself when he talks in his own person. Give him a mask and he will tell the truth.” Oscar Wilde

“Always do what you think is right and never apologize for do so. You don’t need to defend or justify either yourself or your decisions. If your actions don’t achieve your goal, admit it, file the experience in your memory. Don’t expect life to be fair and luck to always be on your side. Your abilities must make up for bad luck and unfair situations. Admit your mistakes, learn from them and focus on the next battle.” General George S. Patton Jr.

“The fall of the Mighty under the most dramatic circumstances, a being making the extreme effort to produce the extreme results, over reaching, striving to approach perfection striving to break through some awesome barrier; the final Tragedy is the Obvious One.” Sports Illustrated

“The boy who is going to make a great man... must not make up his mind not merely to overcome a thousand obstacles, but to win in spite of a thousand defeats.” Theodore Roosevelt

“Always stay in your own movie” Ken Kesey

“A person who doubts himself is like a man who would enlist in the ranks of his enemies and bear arms against himself. He makes his failure certain by himself being the first person to be convinced of it.” Alexandre Dumas

“Our achievements speak for themselves. What we have to keep track of are our failures, discouragements, and doubts. We tend to forget the past difficulties, the many false starts, and the painful groping. We see our past achievements as the end result of a clean forward thrust, and our present difficulties as signs of decline and decay.” Eric Hoffer



“Beware of the leader, who strikes the war drum in order to transfer the citizens into patriotic glow; patriotism is indeed a double-sided sword. It makes the blood so boldly, like it constricts the intellect. And if the striking of the war drum reached a fiebrige height and the blood is cooking and hating, and the intellect is dismissed, the leader doesn't need to reject the citizen's rights. The citizens, caught by anxiety and blinded through patriotism, will subordinate all their rights to the leader and this even with happy courage. Why do I know that? I know it, because this is what I did. And I am Gaius Julius César.”

“The world is in constant search for men and women who are not for sale; individuals who are honest, who promote the highest degree of integrity; who are sound from center to circumference, true to the heart's core; Courageous men and women who neither blink nor filch at the first sign of adversity; bold individuals who know their places and fill them.” Author Unknown

“The secret of success is to learn to accept the impossible, do without the indispensable and bear the intolerable.” Nelson

Mandela

“I am not sure if we remember how to give up something for the long term general good. Nor do we hear calls for sacrifice from our leaders. Our law-makers are enablers, either joining us in the state of denial or trying to anesthetize us.” Peter G. Peterson

“It has been my repeated experience that when you said to life calmly and firmly. I trust you; do what you must, life had an uncanny way of responding to your need.” Olga Ilyin

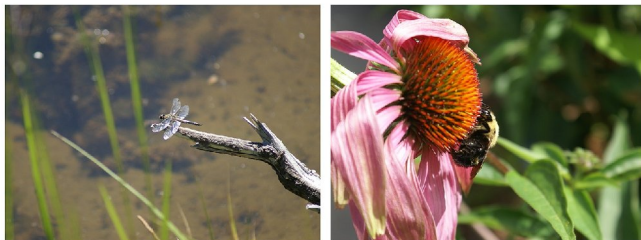
“This is what knowledge really is. It is finding out something for oneself with pain, with joy, with exultancy, with labor, and with all the little ticking, breathing moments of our lives, until it is ours as that only is ours which is rooted in the structure of our lives.” Thomas Wolfe

“The scars and foibles and contradiction of the great do not diminish but enhance the worth and meaning of their upward struggle, Lincoln is to me the most human and lovable. And I love him not because he was perfect but because he was not and yet triumphed.” W. E. B. DuBois

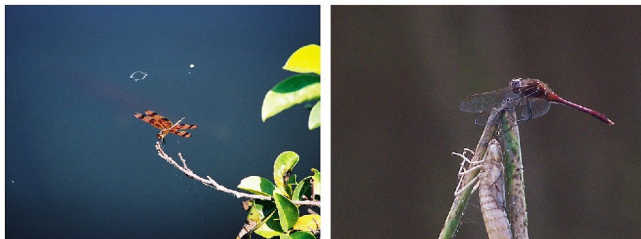
“The truth is that there is nothing noble in being superior to somebody else. The only real nobility is in being superior to your former self.” Whitney Young

“If all men were to bring their miseries together in one place, most would be glad to take each his own home again rather than a portion out of the common stock.” Solon

“Never bear more than one kind of trouble at a time. Some people bear three; all they have had, all they have now, and all they expect to have.” Edward Everell Hale



“Life is not made up of sacrifices and duties but of the little things in which smiles and kindness given habitually are what win and preserve the heart and secure one’s comfort.” Sir Humphry Davy



“Some people come into our lives and quickly go. Some people move our souls to dance. They awaken us to new understanding with the passing whisper of their wisdom. Some people make the sky more beautiful to gaze upon. They stay in our lives for awhile, leave footprints on our hearts, and we are never ever the ever the same.” Flavia Weedn



“Every time you meet a situation, though you think at the time it is an impossibility and you go through the tortures of the damned, once you have met it and lived through it, you find that forever after you are freer than you were before.” Eleanor Roosevelt

“For a warrior there is no finer thing than a fight required by duty. On action alone be thy interest, never on the fruits of action. Let not the fruits, the consequences of action be thy motive.” Krishna

“To learn you have to be put in a situation that triggers one’s emotion. That means taking people out of their routines, either physically or mentally. You don’t learn when you are in your comfort zone, when you are sitting at the same desk every day, in the same place, doing the same thing, and everything is predictable. The learning zone is where there is a manageable amount of discomfort and one’s emotions are heightened.” Luke O’Neil

“No person is your friend who demands your silence, or denies your right to grow and be perceived as fully blossomed as you were intended.” Alice Walker

“Courage is more than bravery. Bravery is fearlessness or the absence of fear. The merest dolt may be brave, because he lacks the mentality to appreciate his danger; he doesn’t know enough to be afraid. Courage,



however, is that firmness of spirit, that moral backbone, which while fully appreciating the danger involves, nevertheless goes on with the undertaking. Bravery is physical; courage is mental and moral. You may be cold all over; your hands may tremble; your leg may quake; your knees may be ready to give way, this is fear. If, nevertheless you lead your men against the enemy you have courage. The physical manifestations of fear will pass away. You must not give way to fear. Always use judgment in calling on your men for display of physical courage or bravery. Never ask any man to go where you would never go yourself. If your common sense tells you that the place is too dangerous

for you to venture into, then it is too dangerous for him. You must understand that his life is as valuable to him as yours is to you.” Major C. A. Bach

“When in the whole of human history has men and women had so many experts telling them who they are and why? A vast army of sociologists, psychologists, statisticians and market researchers have been let loose upon us and is prowling through our offices, kitchens, bedrooms and nurseries, eager for some revelation that will bring the next grant, the next book contract, the next satisfied advertiser, the next startling financial figure. Everyone it seems has the last word.” Jo Durden-Smith

“Stoics’ philosophers believed that resistance to life’s depredations: illness, aging, poverty, grief, and death were futile. It was important not to deny these realities but to find a way to live with them. Because so much of what happens to you is outside your control, it was important to shift your focus to the one thing that you could control, your attitude; happiness is a question of mind over matter. Unhappiness results when we hold mistake beliefs about what we have control over. Unhappiness results from an attitude problem. Zeno and other Stoics believed that we could alleviate the worst symptoms by adopting the right attitude toward our afflictions. It was important that one started the day with a renewed level of determination not to allow your happiness depend on anything or anyone but yourself; heal thyself. Stoics such as Heraclitus believed that the world remained constant while it was continually in flux. The only certainty was change.” Author Unknown

“Never let your adversity underestimate what you would do in response to a challenge. Never tell him advance what you would not do...Never lose faith in a just cause. Faith can move mountain. Faith without strength is futile, but strength without faith is sterile.” Richard Nixon

“It is quite possible to leave your house for an early morning walk and return a very different person.” Mary Ellen Chase

“Life is easier to take than you think; all that is necessary is to accept the impossible, do without the indispensable, and bear the intolerable.” Kathleen Norris

“There comes a time when one must take the position that it is neither safe or politic nor popular, but he must do it because his conscience tells him it is tight.” Martin L. King Jr.

“We would frequently be ashamed of our good deeds if people saw all the motives that produced them.” Francis de La Rochefoucauld

"I shall ever thank God that in that troubled hour of trial, when many privately confessed that they had sacrificed their judgment and their conscience at the behests of party newspapers, I had the courage to be true to my oath and my conscience...Perhaps I did wrong not to commit perjury by order of a party; but I cannot see it that way...I became a judge acting on my own responsibility and accountable only to my own conscience and my Maker; and no power could force me to decide on such a case contrary to my convictions, whether that party was composed of my friends or my enemies." Senator James W. Grimes

"Live this day as if it will be your last. Remember that you will only find "tomorrow" on the calendars of fools. Forget yesterday's defeats and ignore the problems of tomorrow. This is it; Doomsday, All you have. Make it the best day of your year. The saddest words you can ever utter are, "If I had my life to live over again. "Take the baton, now. Run with it! This is your day! Starting to day treat everyone you meet, friend or foe, loved one or stranger, as if they were going to be dead at midnight. Extend to each person, no matter



how trivial the contact, all the care and kindness and understanding and love that you can muster, and do it with no thought of any reward. Your life will never be the same again." Og Mandino

"Life is truly known only to those who suffer, lose, endure adversity and stumble from defeat to defeat." Ryszard Kapuscinski

"Trust yourself; your perceptions are far more accurate than you are willing to believe." Claudia Black

"Everything has a price. Whatever we want in life, we must give up something to get it. The greater the value, the greater the sacrifice required. There is a high price for success. But we must realize that the rewards of true success are worth the effort. The highway to success is a toll road. Wynn Davis

"It is a choice, it is always a choice, but a lot of people don't want to say that we have choices. I have noticed that everyone thinks that they have the only way and that is usually their way. What I can share with you is my experience, but ultimately you always have to make your own decisions. No one can decide for you, no one can take the responsibility for your life; no one has your answers. I am not even your teacher. You must teach yourself." Sheba Babba



"It's better to be aware of your sorrows so that you appreciate what you have rather than dwell on what you never received." Caroline Yawn

"We cannot escape fear. We can only transform it into a companion that accompanies us on all our exciting adventures. Take a ride every day, one small or one bold stride that will make you feel great once you have done it." Susan Jeffries

"Wisdom is far greater than knowledge, for wisdom includes knowledge." Joseph Seville

"I will go anywhere, as long as it is forward." David Livingstone

"Always leave enough time in your life to do something that makes you happy, satisfied and even joyous. That has more of an effect on your well being than any other single factor." Paul Hawkins

"Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor." James Baldwin

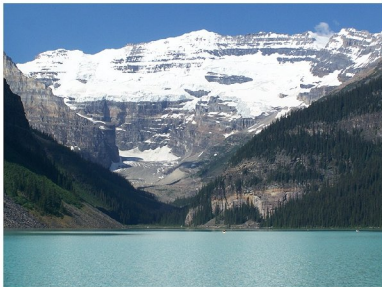
“It always comes back to the same necessity; go deep enough and long enough and there is a bedrock of truth, however deep.” Mary Sarton

“Slow down and enjoy life. It’s not only the scenery that you miss by going too fast; you also miss the sense of where you are going and why.” Eddie Canter

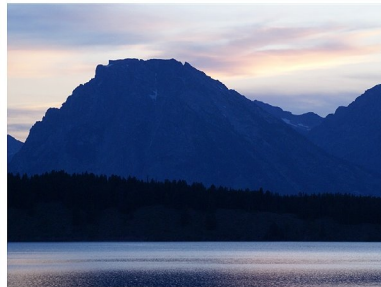
“I believe that it is a human responsibility to continue learning throughout one’s life with an open mind and finding the right outlet to share that knowledge discovered...I have learned through my travels that we, as the human race, really need to stop and think about what we are doing...we need to ask ourselves what are we evolving into.” Jessica Ellis

“The man who lives only by hope will die with despair.” Italian Proverb

“Every single soldier must know, before he goes into battle, how the little battle he is to fight fits into the larger picture, and know the success of his fighting will influence the battle as a whole.” Field Marshal Bernard Montgomery



Lake Louise Bariff National Park, Canada



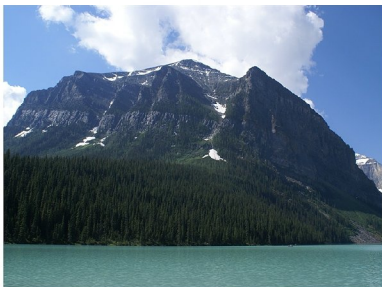
Lake Teton National Park



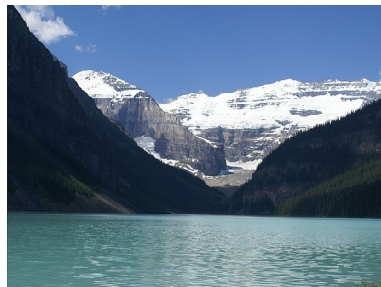
Canada



Glacier National Park, Canada



Glacier National Park, Canada



Lake Louise, Canada

The average person spends so much time on the wins and losses, while champions understand that it isn’t the number of games that you win but which games you win and when you win them that determines the championships.

“Men seek retreats for themselves houses in the country, sea-shores, and mountains, but this is altogether a mark of the most common sort of men, for it is in thy power whenever thou shall choose to retire into thyself. For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul, particularly when he has within him such thoughts that by looking into them he is immediately in perfect tranquility. Constantly then give to thyself this retreat, and renew thyself...Remember to retire into this little territory of thy own, and above all do not distract or stain thyself, but be free, and look at things as a man, as a human being, as a citizen and has a mortal...constantly bearing in

mind how many of the things that you have witnessed have changed.” Marcus Aurelius

“To buy one’s happiness is to sell one’s soul.” Doug Horton

The Speaker's Position

One word, sometimes that all it takes to change the direction of your life, one simple word can change how the people around you view you, how they react to you and treat you.

For me that word was alleviate.

The party leadership working with the governor drafted a new constitutional amendment that would have given the House and Senate the ability to define what an adequate education was and to determine how much it would cost and then allowing The House and Senate along with the Governor to fund the total cost at a minimum of 50%. The stated goal of the plan was to allow the governor send extra money to poorer towns, but the two major goals was that it would ensure that no wealthy town or city in the state of New Hampshire would have to pay a single penny to help educate a child outside their community or what is known as "Donor Towns". The second and more serious part of the amendment was that it would have striped the poorer towns of the ability to challenge the adequacy of the state funding in court. The poorer towns would be at the mercy of the budget writers, if the numbers looked bad, the House and Senate could rewrite the definition of an adequate education or the cost of that education or both to balance the budget.



In the proposed constitutional amendment the word alleviate; A word that I had a very serious problem with. It was a Napoleon Corporal moment.

At the weekly Chair and Vice-Chair meeting with the House Speaker, I stood up and stated that while I voted for the amendment last year out of loyalty to the team, that there was no way that I would vote for this amendment as written. I stated that the word alleviate was a lawyer word. It was a word that almost everyone would get wrong.

I stated that if I was in serious pain, a level 10 pain and I went to the emergency room and the doctor gave me a pain killing shot and reduced my pain down to a level 9 he had alleviated my pain. I stated that most people go to the doctor to eliminate pain not to alleviate it. I stated that every single person that I have asked believed that alleviate and eliminate had the same meaning. I believe that it was a cover for a lawyer, in case anyone tried to sue the governor on state funding of education in the future. I got a very cold response, with no reply or comment concerning what I had said. So I just sat down.

After that meeting I talked with two other chairs and stated that things had to change, we had to do better, we had to become independent of the governor, we had to ensure we were an equal at the table. I told one Chair that I was more than willing to support him for the Speaker's position. I felt that he would be very fair and would select the best people for leadership positions. I told him that the only position that I was interested in was the Whip position or what they renamed as the Floor Leader. I told them I believe that my greatest strength was working with people, getting the best of people, and finding ways to work with the other side's Whip to get the best possible laws without compromising the party's core principles.

15 of the 40 chairs and vice-chairs wrote a letter and signed their names and positions stating that they would not support the Speaker's position on the constitutional amendment. They passed out the signed letter at the party caucus. *My name was not one of those 15.* Despite having knowledge of the letter the Speaker decided to step down to the well to speak in support of the amendment, a very risky move. I think this decision was based on the information that the party floor leader and the other side leaders were telling her. To the average person it was pretty common knowledge that there was no way that it would get the

necessary 240 votes. In fact most people were even asked how they would be voting. It was a train wreck waiting to happen. The Speaker was placing herself in a position of being publicly embarrassed. The Speaker step down into the well gave a speech followed by the vote which failed even to get a simple majority. The majority floor leader had failed her, he took no risk, and it was his responsibility to fall on the sword, to take the bullet to protect the Speaker's position. He clearly failed. It should have never happen, if the numbers were not there, and they were clearly not, he should have been the one giving the speech and having to answer the questions concerning why he was unable to get the job done.

Within days of the failed vote on the constitutional amendment I received a phone call from the Speaker's office telling me that the Speaker wanted to see me. I expected to get my ass chewed out. While I had agreed with the 15 chairs and vice-chairs that signed the letter I believed that I followed the Speaker's guidelines, I had told her to her face in the chair's meeting that I wouldn't be voting for her amendment, I hadn't signed my name to the letter, I didn't attend the caucus so I didn't speak out against the amendment later I would find out that someone stated that I wasn't supporting the amendment, no different that if someone asked me which way I was voting.



When I attended the meeting I was asked by both the Speaker and majority leader to make a public apology to the other Chairs and Vice-Chairs. The majority leader told me that they expected more out of me because I had been a Marine LtCol. I worked that comment over in my mind and told myself it was the fact that I was a Marine LtCol that I told her that I wasn't going to support the amendment and then gave her the reason why. It was very easy to see that she really believed that it was going to past, that she had been looking to be the one that finally solved the education funding problem. The more the Speaker and majority leader spoke the more I asked myself if it was in everyone's best interest for me to remain a chair. After about a 15

minute session I was asked again to make the apology, I told them that I would have to think about it and told the Speaker she would be the first one to know my decision.

On the long drive home, I played it over and over again, after all the speaker had repeatedly stated that we had the right to vote our conscience on any issue. I found myself in a situation where I had voted my conscience, I had no problem whatsoever to taking full responsibility for that vote, I was more than willing to be held accountable. When I got home I continued to think it over, the more I thought about it I was being asked to apology to a number of people I knew didn't believed in the way that they voted but didn't want to upset the Speaker and her leaders, there was at least one that got sick so they never voted. The more I thought about it the worst my stomach got. It became very clear to me that I was being asked to sell my soul, to apology for doing something right, to protect my position as chair. It became clear once I did this I would have to not thinking for myself and would have to fall in line or I will be "asked" to make more apologies until I would be removed.

So I stay up until early in the morning writing and rewriting a letter of resignation to the Speaker. I wrote; asking me to stand up and apologize to the chairs and vice-chairs who didn't sign the letter even though I know a number of them were too fearful of voting their conscious is something I can't nor will do. I have no problem covering and protecting the position of the Speaker, but I will not offer an apology to make other feel better about themselves. Furthermore I wrote: Thank you for the opportunity to be a chairman, I hope I have improved the abilities of my committee members and I have been an asset to the House as chair, but there is no way in good conscious I can remain a Chairman. Then on May 22nd I FedEx the letter to the Speaker.

The Speaker never replied to me, never told me if she accepted my resignation or not, left my name and position up on the web-site for a lengthy period of time. The speaker would not say a single word to me until we had the meeting between candidates for the Speaker's positions, almost 6 months later.

Going against House leader costly for some lawmakers:

By Kevin Landrigan: State-house correspondent for The Telegraph of Nashua

After several days of private talks, House Speaker Terie Norelli, D-Portsmouth, decided whether she would wield the axe on the 15 members of her leadership who signed a letter opposing the Norelli-backed constitutional amendment on education aid.

Late Thursday, Norelli announced that three vice chairmen had submitted their resignations after she had reinforced in private meetings with them that being in the leadership means not taking a public position against a committee recommendation."

(New Hampshire Democratic House Notes Volume 12, Issue 9, dated March 6, 2009 for Wednesday March 11, 9:00 AM Democratic Caucus) HB 439-Constitutional Convention Rep. David Pierce Vice-Chair, Election Law - "The majority of the Democrats on the committee urge the caucus to overturn the OTP motion." The Committee's recommendation was OTP. The Vice-Chair used his name and position of leadership to convince the caucus to overturn the committee's recommendation. No difference that the 15 the year prior. Furthermore the majority floor leader personally stepped up to the floor and told the democrats to vote against the committee recommendation, something the others did not. If leadership didn't agree with the committee vote and wanted it overturn they could have and should found someone who wasn't a chair or vice-chair.

The three Democratic casualties were: Three-term, Concord Rep. Jessie Osborne. Who was second in line on the House Municipal and Country Government Committee. Two-term Antrim Democratic Rep. David Essex, who is vice chair of the House environment and Agriculture Committee and Three-term Lebanon Democrat Lee Hammond, who is vice chairman of the Legislative Administration Committee.

With apologies to the individuals involved, eight of the 15 served or led influential committees with considerably more clout than these three had. Many had far more seniority such as Lee Democrat Naida Kaen, completing her seventh term in the House, and Acworth Democrat Jap Phinizy, who is finishing up a full decade of service. Osborne is the only one of the trio who told House leaders she's is running again; the other two have said they don't plan to be on the 2008 ballot.

Norelli said she has met with 14 of the 15 who signed the letter and all signs point to this being the sum and substance of the leadership changes that would result. She stressed that members of leadership remain free to cast a vote of conscience on any issue but they may not advertise or promote that view publicly if it's not in sync with the company line. ..."When I became speaker, I realized that in exchange for that responsibility and authority I had to give up some of my independence," Norelli said. "Committee chairs and vice-chairs are given a certain amount of responsibility and authority and they too must recognize they are part of a team and publicly at least must support that team."

There remains within Norelli's expanded leadership group, however, some difference of opinion as to whether the punishment should have been more severe. ..Those who were the ringleaders should have been sacked, some privately insist. "Basically, a lot of them had not stopped to think that it would go public," Norelli said. "There are no mentors to teach us. Basically, we are learning as we go."

Hello? Norelli supports the first education funding amendment of her 12 years service in the Legislature, there's a private spat in her caucus and any elected official on the inside thinks no way is this ever going to see the light of day.

I knew something was a missed when I came out of the speaker's office and one of the chair's, the individual that I was willing to support for Speaker wasn't himself. He took me aside and asked me what happen I told him that I had been asked to make an apology to the other chairs and vice-chairs. He asked me what I had said; I told him I told the speaker that she would be the first to know my decision. Within a matter of a few days it became very clear that he would run for senate again a sitting senate that he would have a very hard time defeating. He let his ego get a head of him. He would find himself with very serious funding problems and little support from the party leadership. In the week before the election the governor would come out and announced his support for the sitting senate, a member of the opposite party.

I talked to a limited number of people about running for the speaker's position. I made two mistakes the first being that I told one individual that I was become more serious about running for speaker and shortly after there was a press conference with the Speaker and many of the Chairs and Vice-Chairs that signed the letters standing behind her. I met that individual again at a matter political rally right before the election and he asked me out of the blue if I was still thinking of running for speaker. I told him that I was leaning more toward it because I felt that it was just wrong to publicly announce in a press conference that one was running for speaker. I told him, that as elected officials we should never take the voters for granted. He asked me what I believed my chances to be, I told him that it would depend on the finally numbers, I think that we would lose about 20-25 seats and then I would run as speaker for the house. He replied you are well respected and get along very well with both sides. That was my second error.

Up to that point I had been working with some other Rep to form a group of 24. The goal was to have 12 members of both parties, with the goal of working together to ask the tough questions, to provide greater depth of information to the House, but to force the leadership on both sides of the isle to understand that we would not longer allow them to tell us to vote up or down just because they had worked hard and long on something. Our goal was it doesn't matter how long or how long you worked on, all that matter if it was the best possible outcome. After thinking it over and over, combined with a few other events I decided to make a run for speaker.

So I was faced with only 8 days between announcing and the Democrat caucus. I didn't have access to every re-elected and newly elected Democrat so I did the best I could. Many people told me that they didn't even know that I was running; everyone was mailed a letter stating that 131 members had already agreed to vote for the current Speaker.

The Keene Sentinel, Friday, November 7, 2008 by Casey Farrar Published 11/7/2008

State Rep. Kris E. Roberts, a Keene Democrat, announced his bid Thursday to become speaker of the N.H. House. If elected to the position, Roberts would unseat Speaker Terie T. Norelli, a Portsmouth Democrat entering her seventh term in the House, who announced last month her plans to run for a second term as speaker. Norelli could not be reached for comment this morning.

Roberts, who is entering his third House term, says he is running for the position because he wants to encourage open dialogue among the House leadership. "The state of New Hampshire can't afford to have an emperor with no clothes on," Roberts said. "If something's bad, the leaders in the House need to be able to say so and find answers without being afraid of retribution." Earlier this year, 15 House Democrats, all committee chairmen and vice chairmen, bucked party leadership and signed a letter against a proposed school funding amendment to the state Constitution.

After the amendment — which needed support from 237 representatives, 60 percent of the 395 legislators — failed, Roberts said those who had signed the letter were called in to talk to Norelli. Roberts, who was chairman of the State-Federal Relations and Veterans Affairs Committee at the time, did not sign the letter but had voiced his support for it. "She brought all of us in and wanted us to make a public apology," Roberts said. "Three of the vice chairs said, 'No,' and decided not to run for re-election."

One of the representatives who decided to leave was Rep. J. Timothy Dunn, D-Keene, who told The Sentinel in June

that frustration with the Democratic majority was behind his decision. “I guess I just don’t like politics,” he said, especially making decisions based on politics rather than principle. “When we became the majority, it seems like that happened more often than not.”

Roberts also refused to make an apology and resigned as chairman of the committee. With the state now facing a budget crisis, Roberts said it will be more important than ever for House leadership to seek solutions from within its ranks. “Unless we are willing to unearth the real facts, no matter how uncomfortable they may make us, we will never get a clear view of how we got where we are today. ...” Roberts said in a press release. “People in leadership position(s) must delegate authority and people must be encouraged to disagree if they are to grow.”

As they work to balance the budget, legislators will face some difficult and unpopular choices, making it more important



than ever for the House leadership to be supportive and open to possible solutions, Roberts said. “There are two questions: ‘What do we have to absolutely fund?’ and ‘What is the worst-case scenario?’” Roberts said. “After that, we look at the things we can afford that would improve the quality of life for New Hampshire residents.”

Roberts said he has been encouraged by legislators on both sides of the aisle to run for speaker and, win or lose, thinks his bid may improve communication among members of the House. “Even if I don’t win, the purpose is to elevate the whole leadership position to the forefront,” Roberts said.

“Everybody has to have a competitive race or they become

complacent, and the point is that the leadership team will not be afraid to bring things to the speaker.”

Going into the race for speaker I was following the Vince Lombardi maxim “It is the reality of life that men are competitive and the most competitive games draw the most competitive me, they are there to complete. They know and understand the rules and objective before they get into the game. The objective is to win fairly, squarely, decently, by the rules but to win. I was basing my understanding of the rules by what I had observed in my first two terms. Where each candidate had equal access to everyone, they gave a speech to the body and then there was a question and answer session until someone called for the vote. I knew that my greatest strength would be in the questioning and answering phase. I knew that the more questions that were asked the more courage people would find resulting in more depth and tougher questions being asked.

I soon learned that the rules were changing very quickly. I ask one person, that I had trusted and confident in a great deal for advice. He told me that he couldn’t because the Speaker had come out in support of his run for senate the week before the election, almost the same time the governor came out against him. I had stood by him in his prior run for speaker, and he refused to give me any type of advice. A simple the deck is stack against you, you don’t have a chance in hell would have been greatly appreciated. It may not have changed my decision but it would have changed how I would have addressed the situation.

The first dose of reality was an e-mail stating that the candidates would only have 5 minutes, they didn’t have to speak if they didn’t want too and that there would be no questions and answer period.

I received the following e-mail from Ray Buckley who was the chair of the state Democratic Party telling me what the new ground rules were going to be. What I find troubling was he not the caucus was changing the rules; it was like the state convention all over again. However, due to the limited timeframe there was going to be little to no opportunity for anyone to challenge the chair. Also the session was set-up so that the chair was a speaker so he couldn’t be challenged. Furthermore the e-mail came from an old personal e-mail address not the usual one as Ray Buckley Chairman@NHDP.org ; The e-mail address was from when the chair was a state rep.

Democratic Nomination for Speaker;
From: RepBuckley@aol.com
Sent: Mon 11/10/09 2:05 PM
To: norelli@comcast.net; kriseroberts@live.com
Cc: RA Trombly@aol.com; mbrunelle@nhdp.org

Speaker Norelli and Representative Roberts;

As you know, the New Hampshire Democratic Party has called for a caucus of the 2009-2010 NH House Democratic Caucus for the purpose of selecting the Democratic nominee for Speaker of the NH House of Representatives along with other legislative positions.

The caucus has been called for 10 AM, Saturday, November 15, 2008 in Representatives Hall at the NH State House.

I will call the caucus to order and ask NHDP Political Director Mike Brunelle to call the roll of the caucus. After brief remarks, I will introduce former House Democratic Leader Rick Trombly to conduct the caucus. Rick will review the rules of the caucus, which are as follows:

Prior to the caucus a flip of the coin will determine order of nomination.

Each candidate will have up to 10 minutes to be divided between a nominating speech and seconding speech(s). Each candidate will have up to five minutes to address the caucus. A candidate need not use their full time or have seconding speeches. A candidate may decline to speak as well.

Brunelle will serve as the time keeper and strictly enforce the timing rules.

At the conclusion of the nominations, plain paper ballots will be distributed by NHDP staff.

Members of the caucus will file in line, state their name to the NHDP staff and place their completed ballot into the ballot box.

The NHDP staff will count the ballots. Each candidate may appoint two observers for the counting of the ballots. Trombly will announce the names of the appointed observers prior to the count. Any challenge to a ballot will be presented to me for final determination prior to the results being announced.

The final tally will be given to Trombly for announcement of the Democratic Nominee for Speaker of the NH House.

The nominee will be given the opportunity to address the caucus.

Trombly will continue the caucus for the remainder of the business at hand.

Please let me know by 5 PM tomorrow if you have any questions, concerns or complaints.

Thank you,

Raymond Buckley, State Chair
NH Democratic Party
2 1/2 Beacon Street

Rick Trombly call a meeting with Norelli and I which they spent about 20 minutes talking to each other outside the room I was in even causing our meeting to start almost twenty minutes late. After a few minutes of small talk it was very clear to me that there would be little to no use to try and make any changes. To me it came down to one single question do I pull the plug or not. I came very close to pulling the plug until Mr. Trombly told me that the vote total would remain secret and that when Teri is selected I would be expected to go up and cast one vote for Teri so she could tell everyone that the vote was



unanimous and everyone is 100% behind here. I told him that I can not and would not do that, first if you in the game you have to live by the final score and second I had no right to strip anyone who voted for me of their vote.

He looked at me and told me that I should think about because he was good at arm twisting. I couldn't believe what he just said, and then he repeated it again but stated that you better think about because I am really good at arm twisting. At that point I knew no matter what the outcome and I knew it was going to be bad. As I sat there looking him in the face, I used some very

colorful and direct words to myself. You have endured head injuries, serious illnesses, cancer, strokes, your heart has stop on you more times then you are willing to admit and you have gone off to war, and this overweight man, who most likely never put his health, personal welfare or life on the line for anything was trying to intimidate me and scare me off.

On November 15th Raymond Buckley, The State Party Chair open the session by telling the body and implying me, that some people have cut deals and made promises to the other side which would result in the Democratic party being strip of the power that they had won at the polls. As he went on I knew he had cross way over the line, it was he that was controlling the party and it was all about him. It had nothing at all about me running against Norelli; he not Norelli was the completion. He not Norelli had the most to lose if I had won. My bust one needs to know the completion prior to the game. Raymond Buckley was not like Howard Dean who allowed Clinton and Obama have a fair race, Raymond Buckley had changes the ground rules; he had determined that the future leadership of New Hampshire was to be based on less than 30 minutes. In many ways I came to believe that a few people had stripped the voters of New Hampshire of their power. I was being schooled in the ways of politics.



“Speaking of lessons, some Republicans out there think they cut some behind the scenes deal with some of you to over turn the vote of this caucus next month. When asked about those rumors I simply reply: we may not be elephants but we do remember...we know that deal is a deadly deal for our values because they ensure our defeat. After all, it is only human nature to not work to defeat those who put you in office or work hard to support those who opposed you. This will not happen with this Democratic majority. No way.” Raymond Buckley

So on Nov 15th I made the following speech in my bid to become House Speaker. I knew that winning the Democrat nomination was at best a long shot. It is always a long shot when one is going up again the current Speaker. Also I didn't have the power of the political machine the current Speaker has. I couldn't in good conscious announce that I was running for the position until after I got re-elected. I had suffered a defeat at the polls in the past and I wasn't willing to assume that I would get re-elected let alone announce for a leadership position.

It was 15 minutes for each side, no questions and then right to voting. I had hoped for more votes than I got. When the Rep that went up to 2nd my nomination lead off by stating "I am nominating Kris because he asked me too, but I am voting for Terri" and he then proceeded to eat up valuable time by talking about writings on buildings and other useless items far exceeding the 30 seconds we agreed on. I knew right then and there he let a bunch of people off the hook and allowed them to vote with the masses, they now could justify their vote and if they got buyer's remorse they now had an excuse. I wanted to hide, I didn't ask anyone for their vote I just asked them to listen and then make up their mind, I could see in their eyes and body movements it didn't matter what I said I was just wasting their time; they just wanted this to get the vote over and head home.



I was nervous, my mouth was dry, and my heart was racing. I knew that the decision that we were making today would impact the people of New Hampshire for years to come. I was angry that the future of New Hampshire was going to be based on prejudice and less than 30 minutes. I gave one of the best speeches if not the best speech of my life, because I mean every single word. I was blown out of the water by a vote of 184-18. I was given the opportunity as some of my fellow members told me to save face, and to gain the respect of the other members if I allowed the vote to be unannounced and I go up and cast one vote for Terri so we could tell the world that it was unanimous. In the end the only respect that mattered to me was the

respect that I had for myself. To do anything different was to rob the 17 people that voted for me of their vote. Would I have done it again if I know the results were going to be the same, yes without a doubt of course I would skip the 2nd nominating person. I would do it again because I believed that it was the right thing to do and because I believed that I was more than capable of meeting challenges of the position and I would have done my best to find people that could more than make up for any weak area that I may have.

An important lesson in life is to never apologize for any honest mistake or failure, you learn from the experience and move on so that you never repeat it again. I have learned a great deal from the experience; when it comes to leadership there is talk and there is reality. Marines may make great leaders but they make poor politicians. I was taught leadership the General Colon Powell way "Leadership is solving problems. The day soldiers stop bringing you their problems is the day that we have stopped leading them. They have either lost confidence that you can help or concluded that you just don't care. Either case is a failure of leadership."

When I ended the speech a number of people came up to me and told me that it took a lot of courage going against a sitting speaker. Other told me they were glad what I said because they believed that it needed to have spoken. Others could no longer look me in the eye. Still others turned and went the other way when they saw me coming. While others were hoping that I was bad or would say something to make them feel good about their vote. I refused because it was their vote and I believe that they should live with that vote. When the budget comes up, when cuts are being made that will have negative impacts on people's lives they need to have the courage to vote their convictions and stand with the consequences of that vote. A number came up to me and told me that they would have voted for me if they had know earlier but they had already made their comment to Terri. A few came up to me rubbed my back or arms and asked me if I was OK. The two hardest things about the outcomes was that there were people who's only question was who prevented you from speaking two years earlier was it I? The second were the people who came up to me and tried to get me to believe that they voted for me. It was easy to read them. If they were all telling the truth I would have had at least 30-40 more votes. I have learned. I will never mistakenly place trust where trust is not deserving or warranted. Trust must be earned. Trust much be based on facts.

Speech to Democratic Caucus for Democratic Party Nomination for Speaker 15 Nov 08

As I stand here today I feel like a Spartan fully aware of the risks and consequences facing me. I look to my side, I look to my rear, and I see some that are willing to stand alongside me. How many I don't know but nowhere near 131; hopefully at the end of the day more than I expected or could have hoped for. As I look out over the horizon I see the massive weight of the political machine marching confidently towards me as if I was an minor speed bump on the way to as the headlines in the Oct 24th Foster's stated, "Norelli ready to make history." If today is about making history then let it be known that no matter whom you vote for today, who you vote for on the 3rd the vote of the New Hampshire General Court could be viewed as historic. So let us leave the determination of what is historic and worthy of the history books to the historians.



I know that there is a very strong possibility that I will suffered a major defeat today but over the course of my life I have suffered many defeats but I have never failed in life. Win or lose to day I am here because others have given me opportunities, others have asked me to do what is right. I am up here for three reasons, first is for the people of New Hampshire, the second is for the future of the Democratic Party and third for myself.

First of all I want to thank the people of my district and follow members that have provided me with this opportunity today. Almost two years ago to the day I had signed up to speak on a matter before this caucus. When it came my turn to speak I stood up to walk to the well when a fellow member was mistakenly called in my place, "it was you all look the same moment" no corrective action was taking and the other member was allowed to speak, as he was ending his speech I started walking to the well when a member of leadership stood up and "call to question". So I never had the opportunity to speak.

It was painful, it was hurtful, it made me a highly decorated Marine Lt Col who has gone in harms way many times for this country of our and who has suffered serious and permanent injuries for this country feel indivisible and worthless for the first time in my life.



Not one single person running for leadership that day stood up and said that was wrong, not one single person did anything to correct it. For some it was an uncomfortable laughing matter. It wasn't a laughing matter to me. That day I promised myself that if I was ever in a leadership position in this body I will ensure that everyone single person would be treated with dignity and respect that every single person who had

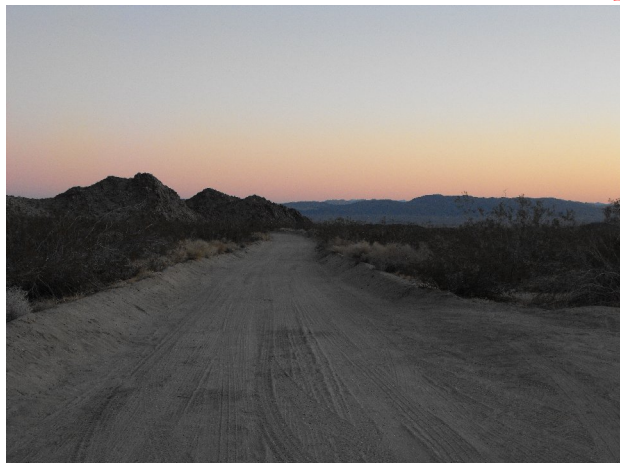
the courage to sign up for a election, who had the courage to write a bill and who had the courage to defend that bill would have the opportunity to speak freely, to vote their conscience without fear. But most of all I would do what was needed to help the others that needed the courage to find that courage in themselves and I would protect them no matter what the cost to my self was, that is Marine Corps Leadership.

I believe that many members of the State and Federal Relations and Veterans Affairs Committee will say that I have kept that promise. To me that has to be the heart and soul of the Democratic Party. No matter how we may try to spin it, just because we are a head in the score doesn't mean we are winning the game. We as Democrats should be very proud of the accomplishments we made last session, we should be very

proud of the men and women we elected to public office around this state. The fact is despite everything positive that has happen both in this state and nationwide fewer people on the state level have told us that they are willing to trust us with their future. No pickups in the senate and 17 or so losses in this body.

In two years there won't a President Bush to vote against, there won't be an Iraq war to vote against, there won't be a phone-jamming headline to vote against and we most likely won't have a popular governor on the ticket. We don't need to wait decades for another opportunity. Many New Hampshire voters will be voting for their futures, the future of their children, the future of their grandchildren, they will be asking how we as a body handled the current serious budget problems, and did we have the moral and political courage to be honest with them? Did we have the courage to develop an honest "share the pain workable budget"? Did that share pain start at the top or did it start at the bottom.

There will be a lot of innocent victims in the up



coming budget battles, if we allow the people with the loudest voices to drown out the hard working people of New Hampshire we will have loss the Heart and Soul of our State. I for one will not be part of that. The people have to believe that we are Democrats as willing to do what is necessary to keep people in their houses and home, to allow the county nursing homes to care for our elderly, to ensure that our children are given the opportunities for a competitive education. We can and we will overcome these challenges but it will demand the best of each and every one of us. The price of failure is unthinkable

Hope combined with the right tools has unlimited possibilities, Hope without action only leads to despair.

I for one look to the possibilities. If I am honored to be elected as Speaker of this Body I make only one promise it won't be business as usual. I believe that effective leadership is an ever changing challenge. It is so easy to assume that was effective last year or last month will be effective tomorrow. The current environment has proven that belief to be false.

As young Marine Lieutenant I had the privilege to work for an officer who later became a well respected four star general and commander of Central Command General Tony Zinni. General Zinni had the following leadership psychology "Marines are encourage to speak out, let it all hang out, no matter whose ox's get gored, being outspoken is the expectation. This means that we are an institution where people are judged on their performance and not their opinions." I want to make sure that in this House performance matters more than opinions.

I have learned to place great importance's on the Process; I believe that it is far more important and productive to select highly motivated, knowledgeable and talented people for leadership positions and then providing them with the training and opportunities to improve the effectiveness of the committees. The first time I spoke on this floor I stated that I would never ask anyone for their vote, nor would I try to change anyone's vote. Then as today, I firmly believe that if I can't earn your trust I don't deserve your most valuable right as an American, your vote. As such I have talked to no one about any possible leadership positions, for leaders can be found in the most unexpected places. Additionally unlike others in the past I am not doing this as a bargaining tool for any leadership position; as many of us know, one doesn't have to have a position to be a leader.

One of the greatest strength of leadership is loyalty, to me loyalty must go both ways, to me Loyalty means providing me with your honest opinion backed by facts whether you think I will like it or not. I understand that leadership means acting from the courage of one's own convictions even when such a position runs

counter to the wishes of the Governor or the Senate. We as a body must be willing and able to compromise without compromising our personal integrity and principles. Compromise can only happen among equals.

Leadership means that no one is so afraid about losing his or her chairman or vice-chairmanship position that they remain silent allowing mistakes to happen, mistakes that the citizens of New Hampshire must pay for. Effective leadership means listening to input in order to prevent the mistakes in the first place. Leaders must be willing to delegate authority and people must be encouraged to disagree if they are to grow.

Successful leaders understand that some of the greatest mistakes are caused by decisions not made. If we fail to put in the right leadership team, a team that will go a long way in determining the depth and duration of this current and future budget crisis facing each and everyone of us, if we truly want to call ourselves leaders, we must in the final determination hold ourselves responsible. If we put the right leadership team and in the end we succeed we must say that the people of New Hampshire did it. The handling of the budget is the foundation of our future, everything else will be window dressing.

I am fully aware of the time commits that being Speaker demands, and I can and will make that commitment. I am aware of the physical and mental demands of the position, if you chose to hold my war-zone injuries against me there is nothing I can do about that. However, it has been said that Helen Keller had a much clearer vision than most sighted people.

President Kennedy once stated that as public officials we will be measured by four standards; were we truly people of courage, were we truly people of judgment, were we truly people of integrity and were we truly people of dedication? If we can answer yes to all of these standards then we will understand that this is not a time for a Democratic solution nor is this the time for a Republican solution but that this is the time for the right solutions for the people of New Hampshire. If elected speaker I will do everything in my power to ensure that I and your leadership team lives up to those standards. To do anything less is to fail you and the citizens of New Hampshire.

So today as I asked for your serious consideration for the position of Speaker remember your first votes could be the most important votes you take over the course of the next two years. Your vote could determine if this body has an equal voice at the table. Successful Government is like a Successful marriage; today is your opportunity to speak up or to forever hold your peace.

Thank You Rep Kris E. Roberts



The very next day I started getting phones calls, from fellow Rep's concerning my speech, one stated that she agreed with everything I said, she even stated that whenever she had sold her soul she had regretted it, but she was still going to vote for Norelli when the full house met. A number of others called and it was very easy to understand that they were on fact finding missions. These were people that hadn't talked to me in four years and now they were appearing to understand me. One Rep called and asked if I was going to run for Speaker when the full house met. I told him if I am nominated by someone I will be more than prepared to go up and speak to that nominated, which he replied

Rep such and such will nominate you. Then he stated when that happens why don't you just go up and refuse the nomination. As we talked I asked him questions about leadership of which was in the past. He told me that when he was part of leadership he always had his resignation letter in his coat pocket. Latter on after I signed onto an important bill that he was on, it was assigned to be a vice-chair of a very important

committee. When the bill came to the house floor and it was agreed that he would speak and I would ask him questions, he refused to take my questions. I guess the letter got stuck in his coat pocket.

I received a number of calls from other people supporting me and wanting me to run when the full house voted. I told them I wouldn't rule that out. I knew that there were a number of people that just weren't going to vote to reelect the speaker. I knew that I was placing the Chairs and Vice-Chairs that apologized in a very difficult situation. Others were why they apologized, but it would be worst now if they had apologized and then supported me, but then again if they supported me after standing behind for the press confidence I would always have to ask myself when would they change on me. So I didn't speak to any of them. As I watch the session, I spent most of my time watching people; I could see that a number of Republicans were going to vote for Norelli. So I told a number of people I wanted to see where people were going to fall out. If there was no winner on the first ballot, I felt comfortable that I would have the three votes necessary to go follow.

House backs Norelli

By Kevin Landrigan: State-house correspondent for The Telegraph of Nashua

Three-term Keene Democratic Rep. Kris Roberts harbored no illusion that he would score a stunning upset in his challenge of House Speaker Terie Norelli, D-Portsmouth, when the Democratic caucus met Saturday.

Norelli's second nomination as House leader was made inevitable by her secret letter that went out to all House Democrats that had the endorsement of 131 of her colleagues last weekend and did not even include most of those Democrats elected for the first time Nov. 4. Adding to the pain for Roberts was some of those who signed it joined in their outrage at Norelli's controversial move that moved him to run – Norelli's condemnation of the 15 House committee chairs and vice chairs who opposed her preferred amendment to the state constitution on education funding.

("I did not know you were running for speaker until after I signed on to the list for Terry. I asked Rep X when he called who else was running and he didn't know. The list means nothing. It is a secret ballot, so you know I will vote for you. I know we all got one of those letters today with her support list of reps. But as I said, it is a secret ballot. Best of luck, Kris, you would be a great speaker.")

Supporters of Roberts were hoping to secure more than two dozen votes; a Norelli partisan vowed it will surely be "less than 10" that defied Norelli. "He gets up and speaks on veterans' issues and everybody applauds," said a Norelli insider. "He (Roberts) thinks it's for him; it's for the issue." But during an interview late Thursday, Roberts held out the option of bringing his candidacy to the entire House when it meets to organize Dec. 3. Roberts had a great relationship with Republican members of the House State-Federal Relations and Veterans Affairs Committee that he chaired the past two years. Rep. Al Baldasaro, R-Londonderry, often got called upon to perform the duties of clerk on the panel despite the fact those assignments are presumed to be spoils of the majority party.

During his first term, Roberts noted as a minority member that he persuasively argued against three resolutions that were part of the GOP agenda: opposition to embryonic stem cell research, support for pulling out of the United Nations and empowering local law enforcement to act in place of federal officials in cracking down on illegal immigrants. Ultimately, the GOP-led committee agreed with Roberts, and the House killed all three resolutions.

"I never told anyone how to vote on my committee; I never told them how I would vote as chairman when given the opportunity," Roberts said. "I'm a firm believer in giving all the members the information and letting them come to their own conclusions." Roberts said all GOP members want is better access to the speaker's office and, if chosen as House leader, he vowed to deliver it.

Norelli's re-election appears assured, but Roberts might have some company if he brings the fight to the House floor. One of the five candidates for House Republican leader, Amherst GOP Rep. Robert Rowe, has told colleagues that he's prepared to make the same move.

Ironically, if Roberts goes ahead with it, one of those watching is the only one in modern history to achieve the bipartisan feat. Former House Speaker Douglas Scamman, R-Stratham, returned to seize the gavel after Democrats and like-minded Republicans thwarted the elevation of the late House Minority Leader Michael Whalley, R-Alton, in December 2004. The voters returned Scamman and his wife, Stella, to the House as top vote-getters in their Rockingham County district to return after a voluntary, two-year hiatus.

As a few people told me, never go after the King unless you have enough power and support to kill the king or you will pay a very heavy price.

The first price was my committee assignment. Despite the fact it was known that I was ready and willing too **move to a more demanding position, I was returned to the committee I used to be chairman of.**

The Keene Sentinel- Saturday, October 18, 2008

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I. How should the state cope with its projected budget deficit?

It would be very easy and safe to say a hiring and budget freeze but as stated above, there are mandatory increases and combined with level funding, would require deep cuts in social programs.

The first thing the state has to do is sit down and come up with three revenue estimates; first being the worst case, the second being the most likely, and finally, if everything works for the best, because you cannot cope with any problem if you don't understand the extent of the problem. Without good information you risk making decisions that could only make the problem worse.

Once I had those three revenue estimates, I would have the experts come in and defend their own projections and tell why the other two were wrong. This would provide me with a great deal of information to make a highly educated decision. I would follow this up with the same three types of estimates for expenditures, breaking them down into, "must have," "important to have," and "like to have." Until this has been done, talking about increasing fees, current taxes, or creating new taxes or fees, cutting or eliminating personnel, etc., will be decided based not on the needs of the citizens of New Hampshire, but which organization or association has the loudest voice, closest ties or best lobbyists.

Addressing the projected budget deficit-which the governor stated revenues were \$46 million short for this month alone, and other "experts" say could be between \$125 million and \$300 million- will require a "Profile in Courage" moment where members may have to risk not getting elected in order to do what is best for the long-term future of New Hampshire. That is why if I get re-elected, I am going to ask to be assigned to the Finance or Ways and Means Committee. I am proud of the fact that I am known for finding ways of doing more with available resources.

Norelli appoints her House panel leaders

By Kevin Landrigan: State-house correspondent for The Telegraph of Nashua

House Speaker Terie Norelli, D-Portsmouth, reshuffled those who lead the 21 policy committees in the House of Representatives in a manner that was hardly a wholesale overhaul. But there were some strategic and political calls made. In fact, what's striking about the makeup is how few changes there were at the top.

The shocking victory for Democrats in 2006 sent Norelli and Co. scrambling with little time to assemble her party's first leadership group in more than a century.

Norelli's late-to-surface Democratic opponent for the speaker's post, Keene Democratic Rep. Kris Roberts, was one of only two incumbent chairmen not holding a gavel when all the traveling music stopped. Norelli replaced Roberts as chairman of the House State-Federal Relations Committee with Rollinsford Democratic Rep. Michael Rollo. Roberts retains a seat on the committee. The political move is obvious here; the strategic one is subtle, as Rollo periodically struggled heading the Legislative Administration Committee the last two years.



He failed in both sessions to get legislation many lobbyists clamored for: to replace monthly reporting with quarterly reporting of their fees and expenses and to exempt from registration altogether those who spend fewer than 10 hours lobbying each year. Norelli gave Rollo's committee chairmanship to Lucy Weber, of Walpole, who won her second term to the House last month. She's a non-practicing lawyer and former teacher and gave a strong speech as one of three to nominate Norelli in the election for speaker three weeks ago.

The other Democratic incumbent who gave up his chairmanship was Berlin Rep. Robert Theberge, 60, who found the long commute and even longer hours with more than 100 bills last year took its toll.

As an aside, Keene's clout in upper crust took a big hit thanks to elections and personal choices. Before Nov. 4, three of Keene's seven Democratic representatives had a seat at the policy leadership table. Now, they haven't any. Chuck Weed had been vice chairman of the House Election Laws Committee but left that post voluntarily after he had signed a letter opposing a Norelli-backed constitutional amendment on education funding. A college professor and outspoken liberal, Weed did get a nice landing spot on the House labor panel.

Norelli has kept several chairmen and vice chairmen who had also signed that letter.

The other loss was on the Education Committee, as Timothy Dunn, an income tax advocated, opted not to seek re-election. On his way out the door, Dunn was critical of House leaders for failing to lead on education funding and tax reform.

So in the end the three chairs that had that long meeting in the parking garage were gone. One was no longer in the House and two were just house members.

Now I am in the situation that most people won't talk to me, they won't return a simple hello when I pass them on the stairs or in the hallway. But without a doubt I have learned a great deal.

In many ways it has been like getting prepared for a major military campaign. You have to do things to see the enemy's intention, strengths and weaknesses. To me what happen did not make any sense at all unless I was view far more serious as a threat than I believed myself to be. If I had been in the Speaker's position I would have allowed everything to run the way it always had, I wouldn't have allowed the other candidate to affect my actions, thus giving the appearance of a competitive race which would have built the overall team. If I had 131 confirmed votes plus myself the best the other candidate could hope for was 92 votes; an easy win. And finally I would have publicly offered the other candidate a leadership position putting him or her in the position of having to turn it down and appearing as a self-centered individual or giving me access to greater information about the thinking of the caucus while gaining the support of the other candidate's supporters.

In the end I learned, a great deal again like planning for military operations you have to take some serious body blows and hits which I did. You have to learn who can count on when the battle gets really serious, who you can never count on, and who will go different way based on the situation. But in the end it comes down to knowing the objective and knowing who your opponent is. I have learned and if there is a next time, I will never make the same mistakes again.

Until then I just have to make sure that I am not played by either side. Some people want and have tried to use me to get back at the Speaker or to get my support for some of their pet projects, knowing fully well that they will never support me in the future; other people want to make sure everything I touch goes down in flames. I have walked fine lines in the past and I will again. Vote the issue not the person.



It really sucked to be beaten badly. It really sucked to hear people tell you would have made a great speaker and I admire your courage but I won't support you. It is hard to face the fact that my greatest strengths are also my greatest weaknesses. Politics is now based on pre-set convictions and my greatest strengths are my vision of possibility and bring out the best in people. Today the good of the whole never outweighs the wants of either party. What is my future; the usual, come up with three variable courses of actions, prepare for each one, and be ready to pull the trigger when the time comes. Then take a trip where I get a chance to lick my wounds and recover, because no matter what decision, no matter win or lose there will be some major painful,

and serious body blows.

“Deride by some as an opportunities, he was in fact an artist, responding to events as he himself changed over time, allowing himself to grow into a true reformer. Misjudged as a mere jokester, incompetent, unserious, he was in fact the most serious actor on the politically shrewd, and he took a long view of history. And he knew when to strike to obtain his ends he was a man of patience who refused to demonize others; a person of the middle who could build bridges across chasms. Herein my lies one of his most important legacies, his unwavering desire to benefit the American people.” Philip B. Kinbardt III

“Learn from the past. Do not come to the end of your life only to find you have not lived. For many come to the point of leaving the space of the earth and when they gaze back, they see the joy and the beauty that could not be theirs because of the fears they lived.” Clearwater



“Marines must continue to be imbued with the notion of doing more with less...They must be groomed to use their own creative initiative to solve problems with minimum guidance. These things cannot be instilled through platitudes. They must be practiced daily as necessary parts of creating and maintaining a high degree of mental preparedness for complex contingencies. Marines must be taught to expect

unexpected so they will be mentally agile enough to create innovative solutions when unanticipated circumstances arise. Thus, all Marines must be prepared to operate beyond the bounds of explicit guidance, formal doctrine, tactical templates or checklists. Our ethos prizes creativity and adaptation.” LtGen. George J. Flynn USMC

“Be glad that you can suffer, be glad that you can feel. How could you tell if you are feeling good unless you’ve felt bad, so you have something to compare it with?” Thomas Tyron

“Leadership does not always wear the harness of compromise. Once and again one of those great influences which we call a Cause arises in the midst of a nation. Men of strenuous minds and high ideals come forward...The attacks they sustain are more cruel than the collision of arms...Friends desert and despise them...They stand alone and often times are made bitter by their isolation...They are doing nothing less than defying public opinion, and shall they convert it by blows. Yes.” Woodrow Wilson

“A majority of the duels fought have been for the want of moral courage on the part of those engaged to decline.” General Ulysses S. Grant

“It is not only what happens to us, but our response to what has happen to us that hurts us. We can suffer physical, emotional, psychological, sorrow and economical pain and lost, but our character, our basic identity do not have to suffer or be hurt at all. In fact even the most difficult of experiences can become the crucibles that forge our character and allow us to develop the internal strength, the freedom to handle even more difficult circumstances and situations in the future. When we do so we have the ability to inspire others. Nothing inspires another person than the awareness that someone has transcended suffering, has transcended circumstances and is embodying and expressing a value that inspires, ennobles, and lifts life.”
Author Unknown

“We can’t stand still anywhere. Not in our physical life, not in our mental life, not in our emotional life and not in our spiritual life. In order to life we must grow. Nothing grows unless there is movement. It is a simple fact life is movement. The biggest problem that confronts most of us is that we find a place where we are comfortable and then we want to stop and just stay there. If we want to live we can’t just stand still because nothing stays the same even for an instant. Everything is constantly moving, changing. It is when we try to stop something from changing that we often create some of the biggest difficulties in our lives.



When we fail to realize that by failing to be good to ourselves we limit our ability to good to others. We must learn to be true to ourselves. If we are in a relationship we can no longer tolerate, we must get out. If we are in a career field in which we feel no joy or exultation we must change fields. If we find ourselves in an environment in which we feel as if we will soon suffocate and die, we must depart. If we find ourselves in situations where we are unhappy, we must change the conditions causing our experience or we will become slaves to those conditions. We must do it come what may, or what may come could be a greater hell. The trick is to get the hell out. When you are no longer

experiencing your highest self, get the hell out of your life even if you have to get out of whatever hell you are in to do it. Convention says that rocking the boat is brutal and irresponsibility. Yet the greater brutality and greatest height of irresponsibility is to ignore the deepest yearnings of your heart and the highest callings of your soul in order to serve the yearnings and callings of someone else. Betrayal of yourself in order not to betray another is betrayal never the less. It is the highest betrayal.” Authors Unknown

Far too many people talk about when they get older, when they accomplishment this, when their children are grown and left home, when they make money, when they retire. They say once these things have come to pass that they will start living, they will start doing what they have always dreamed of, they will visit places, they will read, they will get an education and so on.

It has always made me wonder why so many people wait until the end of their life to expand their horizons, to travel the world, to meet new people, to try new foods, to get an education. All of this is good, I believe

so good that it should have started decades earlier. It is as if after spending a lifetime of placing our dreams, wishes, hopes and desires on hold in order to do what society expects and demands of us, we wake up one morning and tell ourselves that there has to be more to life than this. Then all of a sudden the few of us that do escape the expectations games do everything in our power to be the wisest, most traveled, most educated person at our own funeral. It is almost as if in some selfish way we want to use all this new founded wisdom and experiences as a means of filling out our obituaries; as if we are afraid that when we pass on our lives will be limited to a few lines on page 2.



The funny thing about life it seems the people that are remembered the most are the people who lived their lives to their fullest. They always found time to go to the lake, get off the interstate and travel back road, tried new and different foods, try to educate themselves whenever they could. But most of all they spend a great deal of their time sharing their newly founded wisdom and experiences with people when it could make a different.

In many countries people are expected to take time off for what is called “a walk about” it a simple “go west young man” go out and experiences the world, go out and lives; one gains wisdom by living and one only exists in their home town. There has to be more to life than existing. Many young people and older people with their families from China, Japan, Europe and other countries can be seen in many of the National Parks and Wonders of the United States. When it comes to Americans and their families, one see less Americans and their children, far more often we see older often

retired Americans. At times it appears as if I have seen more members of motor cycle clubs visiting our national parks then American Families.



Maybe we as Americans expect to see successful American Families in four star hotels and visiting places like Disney World, Six Flags, or Sea World while at the same time we question why a younger people is at the National Park when he especially he or she should be in some office working their butts off, the American way.

Or maybe, just maybe we have put off our whole lives, because that the way it was suppose to be, that we now refuse to see the error of our thinking so we must find reasons to fill fault with others who say that we can work just as hard as everyone else, if not harder, but not all the time, because we have a life to live. Maybe it is better to go without some material standards of success in order to grow as a person.

No matter how much we try to control the world around us, success, health, wealth or even life is promised to no one. There are just some many things in life that are beyond our control and even the best of people are treated unfairly, taking advantage of, get laid-off, have major health issues or loss their life before their time. It happens, then what, what about all the possibilities, yes what about all those unfilled dreams, unfilled potential, unused talents, all those possibilities?

We all have demons in our past, most just lay domain just waiting for the opportunity to spring back to life and sink their sharp, poison claws and hooks into our body, to worm through our brains to whatever is necessary to gain control robbing us of ability to determine the direction of our life.

“Each one must learn for himself the highest wisdom. It cannot be taught in words. Men who work cannot dream, and wisdom comes to us in dreams.” Wanapon Smohalla

I am 56 years old and I see more and more people checking out just waiting to die, in many ways they have giving up on life. As I go along in life it has become very clear to me that far too many people have a faulty belief concerning their importance in the world. The world is a very big place and there are a hell of a lot of people. No matter how great our parents, teachers, family, lovers, and co-workers tell us, or how important we are, we really are not. Most of us will pay a very heavy price when that reality hits and hits us hard.



I see it every day when someone dies, a Marine gets killed in the war, the flag is flown at half-mast for a few days, members of the local VFW, American Legion and other veterans' organization show up for the funeral along with local, state and sometime federal politicians. The funeral may make the front page of the local newspaper where the Marine's former teachers and friends will speak about how special he or she was, how everyone just knew that he or she would be making a mark on the world, when in fact for most teachers if they were being honest they would have said he or she didn't really stand out, for if they did I would have tried convincing to go to college than the Marine Corps, I had to go back over my records to order to remember that student.

Then within a few weeks, except for close family members and friends, everyone has moved on with their lives, and the fallen Marine becomes more and more of a distance memory until he or she just fades away. If he is lucky he may get his name attach to a bridge or some back stretch of road.

If you are a powerful business or political leader it doesn't matter much more. There will be a large number of people attending the wake and funeral; many of them with little connection at best to the departed. Many will come to get their name in the book, meet other people; some will even come for the food. No matter



how beloved the individual was, during the course of the wake and funeral there will be political and power game being played as individuals try their best to create new teams and new allegiances in order to assume power or move up. In many ways the individual only had power while in the position, the position was the power.

It doesn't even matter how powerful you were, it doesn't matter if you were the president of the United States or was the richest person in the United States. Once you die, you are dead in the minds of most of your fellow Americans. If you have billions it, doesn't matter much either because your will, or the courts will determine where your money and assets will go. Again it is the position and or assets that provided you with the power, once you loss either one of them you are quickly forgotten; unless of course you find a way to control your assets through your death.

I can try as hard as I want to convince myself that I am really important, but it won't make much of a difference, if anything it will only bring me a great deal of grief. It will only mean that I will have to spend a great deal of time and energy fighting off the attack dogs. I know that being defeat in my next election, or even not running in the next election is no different than the last day I put on my Marine Corps uniform and pinned on my silver oak leaves, it doesn't matter, it just means that another person will seat in my seat and I will be quickly forgotten except for my name and words appearing in some permanent record, if

someone ever decided to take the time to read, or that another Major will remove his or her gold oak leaves for the last time and replace them with new silver oak leaves.

This is not to say that we didn't make an impact, that in some small and sometimes in some larger ways we help to make others' lives a little safer, enjoyable or even easier, that we inflated some people's dream rather than deflate them; that we refused to look the other way instead of offering much needed assistance. If people are better because of our actions then we did good. But it is still foolish to think that the world revolves around us. Every single one of us is replaceable, and we can and will be replaced much sooner and far easier than we would like to believe. There are dozens if not hundreds of people out there who could do what we do today, as least as well and if not better if only had they been given the chance. So many things in life are the result of pure luck, or being in the right place at the right time, being born to the right parents, living in the right neighborhood or someone else making a stupid decision.

Some of us understand the importance of taking advantage of an opportunity, we understand the only



reason that we are being given this opportunity at this very moment is because someone failed to take advantage of this opportunity when it presented itself to them. It many ways it has nothing to do with us. When the train is pulling out of the station and has one or two empty seats, the conductor just wants to fill those seats and he doesn't care with whom, it is like "Price Line" and any price is better than a wasted seat. No different than a quality school or college with a few empty seats in the classroom. In many ways it has nothing at all to do with our abilities but just where we are standing at the time along with our ability to react.

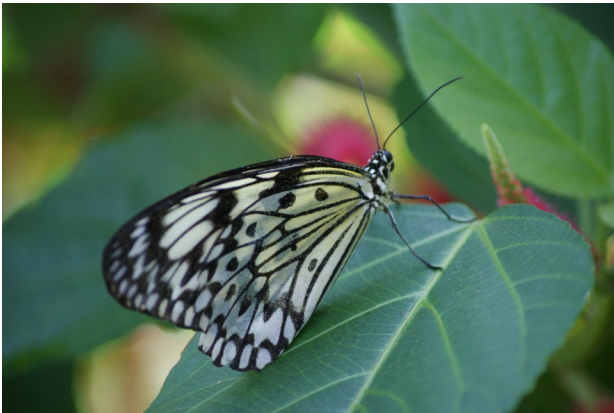
If we truly understand that and realize the gifts we were given, we will become open to the possibility of more such gifts and once open they will come. If we continue to believe that we are so important in the eyes of the world we will continue to blind ourselves as we waste our precious time and energy trying to prove to the world and mostly to ourselves that we are important, that we are irreplaceable, that without us the world would suffer. It just doesn't happen that way. That isn't life.

It doesn't matter how perfect your love is for someone. If you left for work this morning and a drunken driver crossed the double line at a high rate speed killing you in a moment, the shock of your early death on your spouse, your children, your family may linger for years, but in time much of the wounds will heal, for some all, and life will move on. Your spouse may fall in love again, remarried and have children. You may soon only be a memory, a name on a gravestone, in some distance cemetery that your family rather if ever visits. But that is how life is meant to be lived.

By believing that I am so important, that what I say, write or think is really that important, in many ways I am just setting myself up for disappointment. I am creating a view of world where I am the sun and everyone else are just the planets and their moons; a world where I have the ability to self-destruct. Jack Bolande wrote "The greatest gift you can give yourself is joy, not only because of the feeling that goes with it at the moment, but because of the magnificent experience it will draw to you. It becomes your mark, your nature, your name. It is a wonder-working technique that will produce wonders in your life." When you believe in your own self-importance you will never have the opportunity to give yourself the gift of joy.

So do the best you can, help out others when you can. Remember one doesn't have to yell out to the world when they have helped someone. Being able to help someone out without others knowing serves many purposes, it not only helps that person, it allows them to maintain their dignity, and in many instill a "pay it forward" mentality. But the most selfish reason is that you know it makes you feel good. If you need to let other know of your help, then the main beneficiary of your action is yourself, and sooner or later you will have to give more and more to maintain that feeling of importance in the eyes of the community; once

that happens you have lost your freedom. As the book of Matthews states close the door and pray by yourself and when giving give without knowledge.



In the end you won't find yourself falsely believing that you are all knowing or all important but you will find that you are not trapped, that you have the ability to control who you are, and when and where you want to go.

"The mistake is made by all governments, is in rendering men helpless and dependent, instead of teaching them to do their own work and thus rendering them strong and self-reliant. It is the great blunder to ignore the existence of any man in society, even the humblest citizen that can be found, and it is a fatal error

for a man to allow others to do for him what he could do well or perhaps better himself. Dependence leads to indolence and incapacity, and indolence and incapacity to slavery in the end. What would the world do without the individual, as opposed to the community or the whole body of people? Without the individual, there would be no world, no society, no people; just so far as we go destroying individuals, we go on destroying the body to which the individual belongs." Jacob Wilson



"True self-respect challenges the respect of others. No man has reason to claim the respect of his fellows unless he first respects himself, for this latter act is the outcome of the only elements of character that can command the sincere regard of men. A mean man, a dishonest man, a niggardly man, a lazy man, or a conceited man does not respect himself. He knows that he is not worthy of his own respect even unless he is living under the power of some strong delusion. The person who was importuned by another to perform a wrong act by the plea, 'nobody will see you,' and replied, 'I shall see myself,' possesses genuine self-respect. The eye of self-respect is always turned inside. Its knowledge alone lays the foundation for confidence." William M. Thayer

"Sometimes leaders make a short-term decision because they want immediate value, but they deceive others into thinking they have made the long-term investment. They can do this because others do not have the information they have. The deception is a way to deflect others' unhappiness with impulsive decisions. Deception may work in the short run, but in the long run, it will lead to distrust, a marred reputation, and difficulty in working with others. Rather than admitting they made a mistake and taking the consequences early, they are often prone to actually increasing the commitment of resources; increasing the risk of future negative outcomes." Manuel London

"There is, in reality, a wide difference between ambitious projects pursued with the view of gaining public applause, and a noble struggle with adverse circumstances springing from a desire either for an honorable independence, or from the still higher motive to benefit society. The line is not, however, at all times drawn with sufficient distinctness, and when men mark it for themselves they are apt to confuse the one with the other, and say they are activated by a public spirit, when they are in truth heaping up to themselves wealth, or contending for distinction. No man should live to himself; his fellow men have a claim on his energies, of mind and power of body; and he whose impelling motive is entirely self, whether it be directed towards the acquisition of wealth, or in the pursuit of pleasure, or fame, or any other object, is unworthy of esteem, let him rise to what elevation he may," Charlotte Eliza Sergeant

“As for knowledge it can no more be planted in the human mind without labor than a field of wheat can be produced without the previous use of the plow. If we neglect our spring, our summer will be useless and contemptible; our harvest will be chaff, and the winter of our old age unexpected and desolate.” Sir Walter Scott

You could spend much of your life searching for and placing blame for all the hurt, pain. Loss and unfairness that you have suffered and be forced to endure but before you continue you should ask yourself so what if I am right, how is that going to help me overcome the obstacles in front of me right now? Placing blame is just a way of avoiding the problem; placing blame is just a cheap way of making you feel good. Placing blame is like drugs and alcohol, they give you the opportunity to escape, but once the high wears off nothing has changed; it still there. While you are spending time placing blame or feeling sorry for yourself, the person that caused you the pain or plant those minefields in front you most likely, if they are even thinking about you, careless and is moving on. Life can suck at time, life can kick you and stomp you when you down, to think otherwise is foolish. We have to remember that we only have so much time, energy and resources and one of the most important things we can learn is the importance of not wasting any time, energy or resources placing blame.

Myths, ever since we were little children we have either read or have been told of myths and legends. Myths and legends are very important because they help to create dreams in the mind of a child. However, as we grow up and develop our own self-image we come to understand that the truth meaning behind myths and legends is based more in ideals than in facts.

However, some learn that the most effective way to control people is to convince them that a myth is indeed a fact. No matter how much we want it to be, no matter how much we believe it to be so, a myth is still a myth.

It is simple to get people to believe that a myth is factual. As long as each statement contains a truth, is stated over and over again and it appeals to people self-interest and self-benefit it is well on its way. When something benefits someone then the person can cherry pick the truth by hearing only what they want to hear then they will do everything in their power to convince themselves that it is complete true. Even to the point of refusing to accept any other possibilities.

That is where the problem comes in, the person take this myth turn truth to defend themselves again a faceless organization. They feel completely confident because they have truth on their side. The first question a low level person, a person who is just trying to make it day to day, worry about how they can improve their family's lot in life, is going to asked you is for you to prove your truth, show me in writing. They can't do that because it is myth containing partial truths.

For example people say that anyone who served twenty or more years on active duty would be guarantee life time free health care when in the fact the law states that such veterans would have access to free military health (not even free due to food costs) on a space and doctor availability. There is nothing that states that the military can't closed down military bases and hospitals. There is nothing that states that the military must have the same type of doctor a civilian hospital has. The great majority of the military's medical case load is highly trained, highly fit 18-35 years old that suffer more broken bones than suffer heart conditions. It serves no military necessities to have doctors on staff to treat retirees over the age of 70 because it only takes away from military readiness. When a older retiree faced with the rising cost of everything hear politicians say over and over you were guarantee life-long medical treatment the retiree takes that partial truth, remembers back to when there were hundreds and hundreds military bases and turns it into fact, because he has too.

Politician after politician mostly those who never served, who never laid it on the line, will look a veteran in the eye and state with the clear vote of conviction that “your nation has failed you; your nation has broken her promise to you,” You were promised health for life. When the truth is that “our” not “your”

nation promised free medical treatment at a VA medical facility for any (only for) a service connected injury or illness. If you broke your arm in the service and it has resulted in loss of earning power that arm will be covered however the government claims no responsibility for any other injury or illness.

If you were “Lucky” enough to serve during times of war and you are dirt poor the government will provide you with a small pension. Words have meaning, some words have meanings that are very close, some words have a confusing meaning and far too often people use the wrong word.

If they are lucky they are told to return when they get their facts right if they are unlucky they are cast a



side and just another person that tried to cheat the system with incorrect information. When in fact if that had only done their homework, separated the truth from fiction they would have confronted a powerful face organization that itself was unprepared to handle the truth. You can only win by playing by the rules. You must understand that it is rarely in the organizations best interest to look out for your welfare. You must know fiction from non-fiction or your credibility will be shot. Without credibility you are no risk to the organization. The risk is important because if there is risk the organization will be a cost basis risk analysis of the situation. If the organization does the right it, it will claim after reward we corrected

the error, some lower level staff person will take the blame and the organization will take credit for doing the right thing.

That is a complete myth, the truth is that the organization has acted in its best interest not your. So always take the time to separate myths from reality. Don't replace the myths with your reality. You have to confront the beast with its reality. You have to become a Judo player where the winner wins by forcing his or her opponent to use their own strength against themselves. No matter how clear your case may be you cannot successfully take on any organization or established power based without using their own strength and arrogant against them.



David can win and sometimes does, but only when the powers to be underestimated his ability, determination, desires, purpose, and his ability to run the race, or when the powers to be lack confidence in their own abilities, or when they fear that David will expose far more serious weaknesses in their armor.

“When I wish to find out how wise, or how stupid, or how good, or how wicked is any one, or what are his thoughts at the moment, I fashion the expression of my face, as accurately as possible, in accordance with the expression of his, and then wait and see what thoughts or sentiments arise in my mind or heart, as if to match

or correspond with the expression.” Edgar Allen Poe

“The first thing I had to conquer was fear. I realized what a debilitating thing fear is. It can render you absolutely helpless. I know now that fear breeds fear.” Byron James

I started this book because I was facing an uncertain future as I was preparing myself for major cancer surgery, I knew that it was going to be very serious but there were still many unknowns. I guess I really didn't think it as serious as I should have or how others do, maybe it was because of the thymus surgery or

maybe it was the pacemaker or a combination of the two. As now as I am putting the finishing touches on this expanded version I am preparing myself for both a colonoscopy and endoscopy. I guess having the serious thymus problem greatly increased my chances of getting additional cancers such as colon and prostate. Boy do I need a break, there are just so many times that you can look down the barrel of a gun, and maintain your composure and feel confident that the gun won't go off.

No one really wants to admit it but our kindergarten and 1st grade teachers lied to us. They taught us that we needed to play fair, that we need to share. But most of all they taught us how they wished the world to be, not as it really was. It gave us a false view of the world and with it the expectations that as long as we were nice, worked hard and were fair the world would be a very safe place. Well the world is not a very safe place. You have to look out for your own safety. The world is not fair. So in the end our kindergarten and 1st grade teachers prepared us for a world that didn't exist and let us unprepared for the real world. A world where everyone get a ribbon or "A" for effort. The real world careless and rarely rewards effort. The real world cares about results and even then there will be times when even the best of result won't be rewarded.

"Politics is increasingly a world unto itself, inhabited by people convinced of their own moral superiority: conspicuously, the religious right among Republicans, and upscale liberal elites among Democrats. Their



agendas are hard to enact because they're minority agendas. So politicians instinctively focus on delivering psychic benefits. Each side strives to make its political base feel good about itself. People should be confirmed in their moral superiority...polarization is really between these politician and the rest of us." Robert Samuelson

"Specialization is the price we pay for the advancement of knowledge. A price, because the path of specialization leads away from the ordinary and concrete arts of understanding in the terms of which man actually lives his day to day life." William Barrett

"Whether you like it or not, you'd better accept reality, the way that it occurs; as highly imperfect and filled with most fallible human beings. Your Alternative; Continued anxiety and desperate disappointment." Albert Ellis

"You find more and more black people, not enough in my opinion but more and more questioning the status quo, who encouraged one to think with my brain instead of my heart. I learned that you have to evaluate the effects of public policies as opposed to intentions." Walter Williams

"The dividing line between good evil cuts through the heart of every human being; every life is a complex blend of strength and fallibility. Few people have escaped some measure of pain and suffering in their lives, and human motivations are invariably mixed." Solzhenitsyn

"It is our duty as human beings to proceed as though the limits of our capabilities do not exist." Pierre Teilhard de Charden

"Much of the constant effort you supposed to hold yourself together is actually unnecessary. You do not fall apart, go to pieces, or act crazy, if you let up on your deliberate holding back, forcing attention, constant thinking and active interference with the trends of your behavior. Instead, your experience begins to cohere and to organize into more meaningful wholes." Frita Perls

"The American colonies had a voracious hunger for laborers. Early attempts to "civilize" Indians by enslaving them proved fruitless, but West Africa was an apparently bottomless resource for manpower. Some half a million Africans were brought here in chains during the Atlantic slave trade. Some hundreds of thousands of White workers were imported as well, both for brute labor and as skilled artisans and

craftsmen. Many came under conditions little different from that of African slaves. In the years leading up to the Revolutionary War, as many as four-fifths of the skilled artisans who came from England came as indentured servants. They had contracted out their labor for a period of time—some as little as five years, but many longer—after which they would be freed to pursue their craft. According to David Roediger ‘they were transported in abysmal conditions alongside convicts, often sick and always filthy on arrival; indentured servants were sold at auction, sometimes after being stripped naked. If not sold retail on the coast, they were wholesaled to ‘soul drivers’ who marched the white servants, sometimes in coffles, through the countryside, selling them individually or in small lots. Not surprisingly, British contemporaries likened this ‘infamous traffic’ to chattel slavery. A letter in a Yorkshire newspaper, for example, found the indentures to be ‘sold as slaves at public sale’ and subject nearly to the same laws as the Negroes with the same coarse food and clothing’. Irish and Scots brought to America could be treated even more straightforwardly like slaves. In Scotland in the mid-1600s, vagrants, beggars and other unruly ones were rounded up, transported in shackles to the colonies, and sold at auction as slaves. Oliver Cromwell, like a West African warrior king, was in the habit of sending Scots and Irish prisoners of war to be sold at auction in the colonies. He shipped off as many as 300,000 Irish men, women and children to North and South America in a program of ethnic cleansing that spanned the 1640s and 1650s. Because so many of them had been peasant farmers with no marketable crafts or skills, the Irish were thought good only for the lowest brute labor. In the North, they worked alongside Blacks on dangerous, exhausting jobs such as digging the Erie Canal. In the South, slave owners often hired the Irish to do work like building levees, where they didn’t want to risk their costly slaves. An injured or dead nigger was money down the drain, but who cared if a Paddy or two were lost? There were more Paddies coming every day, and they came cheap.” John Strausbaugh



Sidgwicks

“We have more respect for a man who robs boldly on the highway than for a fellow who jumps out of a ditch, and knocks you down behind your back. Courage is a quality so necessary for maintaining virtue, that it is always respected, even when associated with vice.” Samuel Johnson

“Open-minded people when questioned persistently enough about their basic assumptions, would not hesitate to kill the question. This should be a warning to us. It is always dangerous to ask questions even of ourselves in that realm of life which is cluttered up with prejudices and superstitions we have held so long that their very age has given them authority.” Henry

“A leader must have the intellectual courage to make decisions in the midst of such chaotic ambiguity to keep the organization oriented on the proper azimuth. Experience alone is not sufficient. Leaders who haven’t taken the time to cultivate the mind and develop intellectual courage become prisoners of their own experience. Leaders without the intellectual courage to make decisions in the realm of uncertainty rapidly become crisis managers, only making decisions in the intellectual comfort of simple necessity. Unfortunately the choice in crisis is often the selection of the best of several bad options.” Christopher D. Kolenda

“All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another.” Anatole France

“You can calculate the worth of a man by the number of his enemies.” Gustave Flaubert

“It is not so much important what our thoughts are as it, is in what manner they are delivered; since those whom we address are moved only as they hear.” Quintilian

“While a certain dog was pursuing a gazelle, the gazelle said unto him, ‘thou art not able to catch me’, and the dog said, ‘why not?’ The gazelle said to him, ‘because I run for my life, but thou for thy master.’” African Proverb

“Superpowers fall because their economies crumble, not because they’re beaten on the battlefield. For another, superpowers are so allergic to losing that they will bankrupt themselves trying to conquer a mass of rocks and sand. “Ezra Klein

“Wisdom has nothing to do with rolling over and accepting conventional wisdom. When we point to leaders now considered to be among the wisest people in history, one finds that their stories almost always include moments when the person flouted intellectual convention in order to stay true to their ideas. Few leaders are strangers to this experience. It’s frequently necessary to go against popular thought and stay true to your convictions, and you must be willing to do so.” James C. Ross

“Transitions from one state of being to another in our lives are defined by physical changes, like getting married, moving to a new home, finding another job, etc. Rather, these transitions are defined by the kinds of thoughts we have when we go for walks, when we lie in bed at night, when we are eating, and especially when we regret past actions, thinking, you did this, but you should have done that. All our future actions are slaves to these thoughts and carry out their will.” Henry Thoreau



“Our habitual thoughts give a certain cast to everything we encounter. If our thoughts are false, they will turn even the noblest truths into lies. Our habitual thoughts create a dwelling for us that is even more impregnable than our homes. We carry it everywhere we go like a snail carries the shell it lives in.” Lucy Mallory

“The path to wisdom is not smooth and strewn flowers. We always have to scale bare cliffs.” John Ruskin

“The stock of materials by which any nation is rendered flourishing and prosperous, are its industry; its knowledge, its skill, its morals; its execution of justice; its courage; and the national union indirection these powers to one point, and making them all centre to the benefit other than these I do not know and scarily can conceive any means by which a community may flourish.” Edmund Burke

“Pericles who was powerful because of his reputation, judgment, and conspicuous incorruptibility had the multitude freely in his control. He led them instead of the other way round. Because he was not one to acquire power using unseemly methods, he said nothing to flatter them; on the contrary, thanks to his standing he was able to reply to them angrily whenever he saw them inappropriately and arrogantly in high spirits, just by speaking he used to strike them with terror. On the other hand, if they felt irrational fear, he restored their courage. So what was ostensibly a democracy was in reality rule by the first citizen.” Thucydides

“When it comes to popularity, some groups of school children are tougher than others, and some are merciless. Whatever the standards they set, you have to pay a price for being accepted and after a while, you know it. At close quarters, in-groups usually lose their luster. But if you are rejected, you never become disillusioned with the in-group. Maybe the people you admired from a far were never worth your admiration. Certainty at the time they did not have it in them to really care about anybody. The love that you wanted never even existed. You wasted all that anguish on nothing. The beautiful belief that these were rare and valuable people was a complete illusion. Something you yourself invented.” Author Unknown

New Hampshire General Court House Bill 436 – Marriage Equality 2009

Politicians are often very strange; it is not unusual for them to say that this vote is important, this vote will be historic; this is your opportunity to be on the right side of history. It is always about making history. The funny thing about trying to make history is that very few of us really know what future generations will consider important enough to earn a few lines in a history book. People remember Pearl Harbor, people remember D-Day but very few people remember all the victories and defeats that allowed D-day to take place. Plus history has shown us over and over again that when we make decisions based on how we would like to be remembered historically we often get results we never expected let alone wanted.

When it comes to making history very few of us ever get the chance to play even a small role in the final outcome. Many of us are too fearful of change, so we sit on the sidelines and go along for the ride, others fearful of change dig in their heels, search for reasons to justify their desire for maintaining the status quo. In the end very few people stand up and take an active role. For some that do take part it was never planned. In the end some, even those on the winning side will pay a heavy price. In the end victory will claim to have many fathers who will celebrate and take credit. In the end the final outcome will depend on someone or some small group nobody expected standing up and do what he or she think is the right thing to do, and do it for the right reasons and for that they must suffer.

When it comes to marriage I have always believed that marriage is between a man and a woman and I still do. However, I am a firm believer in domestic partnerships where any two people can create a family unit and be guaranteed the same legal rights as someone who entered into a religious marriage. If a single or



widowed son lived with his aged mother why couldn't he or she be viewed as a family unit and be covered for medical, insurance, tax and other legal benefits marriage people enjoy? I always asked myself a simple question, if my best friend was a female and she came and told me that she had a life-threatening illness and would die without expansive medical treatment I could marry her and save her life, if my best friend was a man, all I could do would to watch him die. Why because that was the law. Why because many people fear homosexual sex and believe that if two people of the same sex are very close and loving they must be engaging in sex.

In 2007 I was going to vote against civil union because I believed that civil unions didn't go far enough. I was told over and over that it wasn't a gay issue it was a civil rights, a legal and fairness issue. I said that by limiting it to just gays weren't we doing the same harm to other same sex non-gay parings. I was told by a person in leadership that if civil unions passed that they would introduce a bill next year to expand civil unions into domestic partnerships. So I voted for civil unions and leadership never introduced a bill for domestic partnerships.

I voted against a bill that would require New Hampshire to recognize any marriage legally performed outside the state. It was an end run around. Leadership knew that New Hampshire would not support gay marriage so this bill would allow New Hampshire couple to go to Massachusetts or Canada get married and then be recognized as such in New Hampshire. The downside was what about marriages that were legal in other countries which we didn't agree with would the courts say that a legal marriage is a legal marriage and you can't pick and choose which country to recognize. I vote no, resulting in a 169-171 vote. If as Chairman I had voted with the party leadership it would have been 170-170 and the Speaker would have casted deciding vote for.

In 2009, HB436 a bill to establish Marriage Equality in the state of New Hampshire was introduced. As expected it became a very heated and highly charged bill. Groups on both sides of the issue many if not

most from outside the state of New Hampshire, rolled into the state as if it was a presidential primary and they had one goal in mind make sure their side won, no matter the cost and no matter who got hurt in the end. There was no way that I was going to vote Yes on HB 436.



I firmly believed that there was a group of people that were so upset that that certain churches would not allow them to get marriage in their churches that they wanted the government to make them or punished them. I believed that some groups supporting same sex marriage want more than equality they wanted to use the power of the government to get back at certain religions that excluded same-sex couples, openly gays and lesbians from many if not all church activities. In many ways like what happen to the Boy Scouts.

I talked with Rep DiFruscia on a number of occasions concerning the marriage vows, the separation of church and state and how in many ways the marriage license is a legal contract. I told rep that I could and would support HB436 if there was an amendment creating two types of marriages in New Hampshire, a religious marriage and a civil marriage where people could have either one or both but everyone would get the same legal protections, benefits and responsibilities. When it came to religious marriage each religion would be the final judge, when it came down to the decisions to marry people of the same sex, no different from them making the final decision on which heterosexual couple they married in their church.



While I firmly believed that it is society's responsibility to end discrimination whenever possible, I believed even more than a person's religion is very important and unless it was causing physical harm to someone or breaking laws government has no right to force them to accept anyone in their religion or determinate what beliefs or practices the church had to perform.

Rep DiFruscia came up with such an amendment which he introduced and which both he and I spoke for. It was overwhelming voted down. One of the prime sponsors of the bill had stated earlier while I was waiting to go up to speak on the amendment, "I guess I don't have you support on this." I said, no and told him that one of the reasons was that I had been lied to last time around by leadership. He then talked about important it was to him, and how it was about civil rights.

1st Speech on the amendment to HB 436

I stand here in Support of this amendment because I believe that it is the most honest thing that I have heard concerning debate over marriage. A quick review of the history of marriage clearly shows that have been different types of union; there are religious marriages, there are civil marriages, there has been a combination of both and there have been marriages where people just decided to live as if they were married or common law marriages .

For most of western history marriages have had nothing to do with love. But rather were a business arrangement between two families. The father tried his best to arrange the most advantageous marriage he could for his son; For the most part an economic arrangement with a much younger often teenage bride with the goal of producing male offspring to carry on the family name and expanding or protecting of family fortunes. Even in the bible some men married their sisters, while others had such as King Solomon had dozens if not hundreds of wives. When Queen Victoria ruled the United Kingdom most of the other

kings and queens, the princes and princesses of Europe were related to her. Again marriages were contracts to protect or expand power.

For centuries neither the church nor the government had much involvement in marriage. However since the mid 16th century to the early 19th century both church and state have been using marriage licenses as a means of preventing marriages rather than encouraging marriages. By mid to 19th to early 20th century many states used the requirement for a marriage licenses as a means of preventing whites from marrying people of color. As America expanded westward many marriages were neither civil nor religious men and women lived together as man and wife. Many never married or waited years until the justice of the peace, judge or religious person showed up.

Marriage as we know it is mainly a 20th century creation, without question more and more people had the opportunity for love, but the major benefits of marriage were civil, marriage provided property rights, health benefits, and many other social benefits.

The marriage license has a long history be used to prevent marriage and to provide contractual benefits. This amendment say let people have a choice, this amendment say let be honest, this amendment say let each religion defined marriage and set their own standards without government intrusion, let the government set the contractual standards to protects its citizens.

Madam Speaker if you know as I know that there are hundreds of thousands if not millions of dysfunctional, loveless and sexless marriages while there are hundreds of thousands of loving, caring unmarried families who for many reasons often religious reasons can't get marry would you vote yes on this amendment?

The amendment was overwhelming defeated. Rep DiFruscia and I voted against the bill and it lost by One vote, I told myself here we go again, why does it have to be so close?

"I struggled to do the right thing...But it seemed to me that the issue deserved a separation of the two realms- civil and religious...The answer seemed to come in the form of an amendment that would have allowed for two types of marriage licenses-one for religious marriage and the other one for civil marriage. Thinking that this would solve my dilemma, I supported the amendment. However, the House voted it down...When the time came to vote, I was torn between my own religious heritage and the civil rights (or lack of) reality that I knew it to be true. I agonized over my vote until the last moment and voted no. I was not happy with the vote and, deep in my heart, hoped that the motion to pass would carry. I cannot describe my feelings when I looked up and saw that the motion failed by a single vote...I was asked if I would support a motion to reconsider the bill...Ultimately the vote passed by seven votes." Rep B. J.

So after the revote HB 436 headed to the Senate. I told a number of people that if the Senate passed the bill it most likely be with an amendment that the House won't support, go to a Committee of Conference and die because it couldn't get an unanimous vote allowing each side to take credit for passing and saving the governor from having to make a decision.

As I expected the Senate did pass HB 436 with an amendment creating religious and civil marriages built on the same amendment the house and overwhelming defeated. Once we heard that the bill had passed the Senate, Rep DiFruscia and talked and decided that we would not only support HB 436 as amended but would speak on the floor in support of the bill. So we had a number of phone calls to work out our speeches together.

I told one of the prime sponsors that not only would I change my vote but I would speak to that fact as long as leadership didn't do anything the screw with me, I used a four letter word. He said how has anybody screwed with you; I looked him in the eye and told him he knows how. He replied if anyone screws with you let me know and I will take care of them.

I that weekend I got a call from someone in leadership; this my first call since the Speaker had asked me to support Hillary Clinton for President. I was asked which way I was going to vote. I stated not only was I going to vote yes but I was writing a speech. There was moment of silence then a few minutes of wasted talked until I stated that if this was going to pass that it was time for a manly man to step up to speak.



When I came in on session day people who hadn't spoke to me the whole year said hello. Then during caucus the Majority leader told the caucus to vote HB 436 as amended down and sent it to a Committee of Conference. I couldn't believe what I heard, if it was voted down there was no guarantee that there would be enough votes to get it to a Committee of Conference. I started to believe that leadership was playing with people's lives and just going to the motions for political gain.

I tracked down Rep DiFruscia and asked him what was going on. He told me that he heard the same thing in the republican caucus. We made the decision to go down fighting we would do our best to get it passed outright. We talked and I made some changes to my speech and we were ready to go.

“On the day of the second vote on HB436 in the House, I was fortunate to have an occasional update, via text message, from JonnyBBad. We chatted briefly once the roll call was complete. He knows that I am friends with Rep. Kris Roberts from back when NH Veterans for Obama was doing its thing, so JBB mentioned Roberts's speech in support of HB436. Later, he blogged:

I was not surprised by Kris support. He had voted Nay in the earlier roll call, but I had talked with him briefly since the vote and I could tell from his words that his mind was not closed on the matter. He had, like some others, concerns about possible legal mandates on recognized religious organizations. What I knew of the Senate Amendment was that those concerns were likely resolved. If I was surprised at all, it was from part of kris' rationale. He made a very intimate disclosure, one suited for a subject that touches so close to our hearts. He said,

“For the people who believe that HB436 will destroy the American family I will tell I have been married almost 32 years, have three daughters and eight grandchildren, I can't see any way that two people who truly love each other, regardless of gender could weaken my family. I grew up in a very harsh and brutal family, I still bear the physical, emotionally and physiological scars. I am a productive member of society because I meet people most heterosexual, other gay, other lesbian that had loving relationships, I told myself I want someone to love me, that I deserved to have someone to love me. Families are strengthened by love, destroyed by indifferent and abuse. “

Lennon wrote "All You Need Is Love." Clearly, he got his inspiration from the teachings of ALL the major religions. One proof of a Divine is a consistent insistence that if treat our brothers and sisters, as best we can. Rep. Kris Roberts, a man who is a skilled Marine, knows this in his bones. He knows that our strength as people, as a community, as a nation is revitalized and reinforced by something as pure as love. How is it that any of us should have any doubts? Jack Mitchell

Floor Speech in Support of Passage of HB436 relative to civil marriage and civil unions. 6 May 2009

I stand here in support of HB436 as amended by the Senate, not an easy decision but a decision I can live with. As I listened to the augments both for and against gay-marriage or same sex marriage I became very disturbed by the comments used by both sides; Some how this issue became very divisive; Somehow if you

voted one way you were a bigot, if you voted the other way you were anti-family, anti-religion. It is American to disagree but it is un-American to devalue another. Far too often the truth was clouded, sometimes incomplete; Many of the arguments were very personal, others very emotional. I found it very hard to support either side because of many of those statements.

Harry Truman stated men make history, not the other way around; skillful leaders seize the opportunity to change things for the better. In many ways HB436 changes things for the better.

I am not supporting this bill for personal reasons; I am supporting this bill despite any personal beliefs I may have. In the end no one will care or even remember how each of us voted, what will matter if we voted to improve the lives of some without damaging the lives of others I believe HB436 as amended by the Senate meets this requirement.

I am supporting this bill because every religion that I have studied has been founded based on love and respect. Just like we cannot legislate morality no law, no matter how well intended can force someone to respect another person, respect has to be earned; starting with self-respect, no law can force any one to love someone, and no law can define love.

We can make laws that will define a family, who is responsible for care, and who is to provide financial support, but some of the most loving; most caring families I know don't have a legal form saying that they are a family. I am supporting this bill because it will give greater legal protection to more government defined families, hopefully in the future we will provide the same protections to all families.

For the people who believe that HB436 will destroy the American family I will tell I have been married almost 32 years, have three daughters and eight grandchildren, I can't see any way that two people who truly love each other, regardless of gender could weaken my family. I grew up in a very harsh and brutal family, I still bear the physical, emotionally and physiological scars. I am a productive member of society because I meet people most heterosexual, other gay, other lesbian that had loving relationships, I told myself I want someone to love me, that I deserved to have someone to love me. Families are strengthened by love, destroyed by indifferent and abuse.

I am supporting this bill because it maintains a core value that this country was founded on, the separate of church and state. No one religion is all powerful or better than another. No church had the right to use the power of law to enforce its dogma on the general population and no government should be allowed to define what that dogma is to be. This bill allows every citizen to be true to their beliefs without a government or small group with a powerful voice define their relationships with their god or Supreme Being who ever they believe him or her to be.

I am supporting this bill because it is an anti-discrimination bill. I am supporting this bill because I am heard person after person stepping forward to discuss how discrimination has affected them. Every single one of us in this chamber has been affected by and has come face to face with the unfairness and pain of discrimination; some more than others. Some have had the wrong color skin, the wrong sex, the wrong sexual orientation, the wrong last name, the wrong height, the wrong weight, the wrong accent, the wrong religion, the wrong nationality, not being pretty enough, being too pretty, etc. Was it right no, never should have been and never will be right. I can support HB436 because it helps correct a wrong.

As I stand here, I know where I have been, I know who I am, and I know where I Belong and I know where I am going. I am not defined by any government, any law, and any person. Because of that I know that two men or two women getting a civil marriage will not make me any less of a person. I trust my god is a loving, caring and tolerant god and he or she would expect me to respect the rights of all human beings. I will leave up to him to determine where I end up. Every major religion has a version of the golden rule so what is good for me, should be good for my neighbors.



Let's be honest for most people it is not about family values. It is not about religion. It is not about weakening the fabric of our nation. It is about the sex. There are people who are in heterosexual marriages that engage in shocking, discussing and degrading sexual acts and we do nothing, say nothing. Why because we firmly believe that when it comes to two consenting adults the government has no place in the bedroom.

As you get ready to vote today remember what you fear controls you, without fear there can be no courage, and the foundation of character is built on courage. HB436 allows you to have it both ways. HB436 allows this house to control its future. If we do nothing sooner rather than latter a judge will make that decision for us.

Today in New Hampshire the only meal hundreds of children will eat will be the free one at school, others will go to sleep in a car, and dozens will be physically and sexually abused. If I was still in the Marine Corps my boss would have told me, Roberts do the right thing, and move on; you have far more important things to do. So today, I stand here to do the right thing because it is time to move on. People's dreams, hopes and future depend on it.

Kris Roberts Was a Star in Our Debate

"On the second go-round on the House floor debate, Kris Roberts had told me he wanted to speak. I was both surprised, and pleased. He wouldn't show me his written speech, which was fine. He's a trustworthy guy and I knew if he said he changed his mind, he'd be helping us.

I listed him second in our rotation. We wanted only four speakers this time at most -- we knew the opposition would have several more, but our job this second time around was to make the case why those who voted for House Bill 436 should vote for it again, and why those who didn't might be able to change their position. Kris did a fantastic job, and was a star in the debate.

Kris was our second speaker, and I think he helped us hold onto our support and added some. We knew we had fewer people in the House at the time the bill came up, but we had to hold onto our margin. A month earlier, HB 436 had passed by a 186-179 vote. This time, it would receive 178 to 167 -- an even bigger "margin" among fewer votes." Rep Jim Splaine

I firmly believed that leadership, not all, didn't expect the bill to pass. The Speaker had step down to give a speech on the Transgender or what many people called the bathroom bill; a bill that carried no downside only upside. It was very easy way to show courage and to gain political credit when you knew that it was going to suffer an overwhelming defeat in the Senate. None of the party leaders stepped up to the plate.

Then the governor publicly stated that he wouldn't sign the bill unless the House and Senate passed another bill HB73. When I read the language of HB73 the first thing that came to my mind was South Africa it would grant people the right to discriminate based on personal religious beliefs. I believed that HB 73 went way too far, as Americans we have religious freedom, our churches and other houses of worships are free from government control, but our laws prevent someone from discriminating against a person or group based on the possibility of violating one's personal religious beliefs. We don't allow a doctor to refuse to provide medical treatment to a person of a different faith. We require a pharmacist to provide the morning after pill if he or she can't refer and insure that the prescription would be fill. But we wanted to pass a law that would make it OK for businesses such as individual business owners, caterers, photographers, under the guise of personal religious beliefs to deny services. If one goes to internet it becomes very clear that it is

very easy for one to become a minister or a religious official. How would the law handle me if I became a minister over the internet and used that as an excuse to refuse service to same-sex couples?

I talked to Rep DiFruscia and some other supporters of the HB 436 as amended and we agreed that HB 436 while very important wasn't worth state supported discrimination and we all started preparing speeches to that fact. As the day went on Rep DiFruscia and I talked and picked apart HB 73. I told Rep DiFruscia that something wasn't adding up, it was in the paper that HB 73 would pass by at least 20 votes, on the radio that the Governor would sign the bills into law today, that the Governor didn't call the Speaker and President in his office and tell them if you want me to sign this is what you need to do. Something was very wrong. I was asked by one sponsor if I was on board and I said No. After that I took a walk, talked some more to Rep DiFruscia and then just stood in the back of the Hall and watched people in senior leadership and I noticed whenever I caught their eye they quickly looked away. I told myself, they are just F—king with these people.

One person who hadn't spoken to me all year, but was a major supporter of Civil Unions spoke to me three times. The combination has an effect on me so I went and tracked down the sponsor and told him to sign me up to speak and he better do it now before I change my mind and speak against the bill. I told once I made the commitment he had my word. When called I spoke and stated I was speaking as a child that couldn't afford to be worst, as a child that watched every action of an adult. I asked a simple question why on one of the most important day of a person life they would trust that day to a person that didn't like them. It just didn't past the kid test. Rep Difruscia spoke against HB 73 and the bill loss by 2 votes and was by an overwhelming vote sent to a Committee of Conference.

I wrote an e-mail to one of the sponsor of the bill asking just how much did this matter to him and how badly did he wanted it passed. I told them that his current battle plan was going to fail and that he needed a new plan and he had to keep that plan close to his chest because some of the people be believed to be on his side weren't. He invited me to a meeting in the State House which I attended. I quickly became upset because the meeting was being run by officials from Gay and Lesbian Groups none which were wearing the orange badge that lobbyists are required to wear. One person stated that he was from LA and that they developed a web-site and local phone number to give the appearance that they were a local based group, no some group out of California.



One person was a media specialist who gave me a list of talking points he wanted me to address in my speech. One of the talking points, stated; "Freedom, liberty and fairness for all families are important New Hampshire values. Though the minority might have tried to derail all attempts to advance this bill, the majority of New Hampshire voters support marriage equality. The legislature knew it was time to see this important legislation passed." "Civil unions are not marriage. They're a system that requires unfair treatment in an unequal institution, and they diminish liberty and freedom for all Granite Stater's." On my long drive home I was very conflicted, for many in that room it wasn't about the people of New Hampshire it was

about them, using the position of power to get what they want. Oh did I hate that. They were no talking about religion and civil marriage because they knew that same-sex marriage wouldn't even have a chance of passage in New Hampshire without the two types. Then the House leadership reprinted an article by Bishop Robinson an openly gay man stating his views that HB 73 had enough protections for religion. The conflicts were great because the article contained the personal views of a man using his religious title and office while at the same time standing to gain personal because he was openly gay and the article had been copied and passed out at taxpayers' expense.

Rep Difruscia was assigned as the only Republican to the Committee of Conference we talked some and he came up with the necessary wording which was accepted by the Committee and passed on to the Senate which voted to approve, then late in the day it moved on to the House floor. I was told to keep my speech short because the numbers were too close to call and that a number of people would be leaving at 3:30. As 3:30 came closer a member of leadership got up and gave a long history of the bill, and started taking question after question. 3:30 quickly came and moved on. I asked the sponsor what the hell was going on? I could see that people weren't getting up to leave. I was hoping it was because they knew I was going to be speaking. I told myself that I wasn't going to cut my speech short I was going to give it 'it time to take the hill' passion.

Kris E Roberts Speech on COC Report on HB 73 June 3rd 2009

I stand here in support of the Committee of Conference report for HB 73 because it ensures and protects one of the most fundamental values we as a people, we as a nation believe in. The separation of Church and State; the right of every American to worship and practices his or her religious beliefs without government interference or government imposes limitations; The Committee of Conference report expands and states under the force of law that no religion, no organization affiliated with a religion will be forced to violate their core religious beliefs nor have the right to use the power of the state to impose those beliefs upon others.

Some could, other will say that the Committee of Conference report goes too far, that it allows some people to discriminate under the guise of religious freedom. Right or wrong every religion has the right to discriminate against anyone who they feel are not true believers. For those that believe the Committee of Conference does not go far enough be careful the protections you ask for today could become the shackles of tomorrow. I firmly believe that it is far more important to error on the side of religious freedom, than to withhold basis individual civil and legal rights out of fear. I know that many people just want this issue over. But this issue is far too important to thousands of loving, caring, hard working, law-abiding men and women in the state of New Hampshire. This Committee of Conference report is not perfect but it is right. I know that many but not all have cast their vote in concrete.

I know that some people will make their final decision based on political reasons. For that I say we all make decisions and many times we are faced with results we never expected. The former congressman from Wyoming, and former vice-president Richard Cheney stated "I think you know, freedom means freedom for everyone, I think people ought to be free to enter into any kind of union they wish, any kind of arrangement they want." He also stated that the choice should be left up to each state. Today we the voice of the people of New Hampshire are here to make that choice. History has shown that most people will pick family over party.

I know that some people will make their final decision based of religious reasons, I honor those choices, for when it comes to making a choice that may go against your core religious beliefs and what you may believe to be in the best interest of a family member or close friend, it can be gut wrenching. I understand this because this hasn't been easy for me either. In the early centuries of Christianity one of the greatest sins that any widow, often a woman still in her teens could commit was to remarry. Many of us here today are children of remarried widows. I had to ask myself what if the church is wrong about this, how many people will suffer and for how long if I voted to maintain the status quo?

I know that some people will vote against this Committee of Conference report for personal reasons. Some of us have had our childhood stolen, others their innocence shattered. Many of us know people who have endure the same. It is very easy out of angry to head down the road of homophobia or revenge. Please don't go there; the price will be too high. The wrong decision for the wrong reason, no matter how justified it may feel today, no matter how good it will make you feel, it will tear you apart; I guarantee it.

Take it from someone who truly knows and understands that tomorrow is promised to no one, I believe that our creator whoever you believe him or her to be, wants us in our limited time to enjoy the beauty of this world, to enjoy the love of our families, to help bring happiness into our neighbors' lives and leave the final judgment in his or her hands.

The Committee of Conference report for HB 73 does that. Far better to be punish for doing good than to be punish for doing nothing.

I gave my speech and walked out of the Hall unlike the other speeches the Hall was pretty quite, a few



people told me good job, one said it was the best speech I have ever given, and a few others said thanks. I returned to the Hall for the last two speakers and then voted. HB 73 passed by 22 votes. Seeing the tears and joy of the common people in the gallery, outside the state house made it all worthwhile. But I was for the most part alone with my thoughts. Why had I taken such an active role, for something that would serve me no good purpose? I could list a numbers of reasons why, none of them had anything to do with gay or lesbian right to marriage, none had to do with religious reasons.

Both sides had acted out of selfishness and made numerous misstatements out of pure self-interest. I guess it was because I truly hated people of power using that position of power at the expense of the people who put them in power in the first place with the hope that they would do no harm while improving the lives of the general public. A very naïve outlook, but to think otherwise could be very hellish.

One young man who had been following the HB 436 from the beginning came up to me and asked me why I wasn't up in the Governor's office for the bill signing. I told him no one told me or asked me. He told I should go. I went up to the office and as I walked toward the door was the man that had lied about me for his own personal gain, he gave me the look, I gave him the look back, and at that moment I knew my feelings were correct I had taken as issue off the table and it was going to hurt him in his wallet. It made me feel great for a while but I got over it.

While in the packed Governor's office a few people spoke to me, no one asked me to move up to the front so I just stood there about alone about three feet from the group hoping that someone would take my hand and pull me forward into the mass, it didn't happen.



"A lot will be said and written over the resounding victory for marriage equality in New Hampshire. Many will get credit, many will take credit but from my point of view the hero of this historic win is Mo Baxley." Raymond Buckley Wed Jun 03, 2009 at 23:24:44 PM EDT

"I like Chris a lot, and he was an important and timely supporter of House Bill 436 -- without his help we wouldn't have been able to pass the bill in March of 2009." Rep Jim Splaine Mon Sep 27, 2010 at 09:44:34

I knew that next week when I showed up many of the people who have talked to me after my 2nd speech on HB 436 wouldn't talk to me and I wasn't wrong. For those who were thinking about history, many of the groups pushing support for or against marriage equality in New Hampshire have left the state. They made their money, they care less of the damage they left behind. Marriage equality like civil unions will have very little impact on the great majority of people in the state. In the two years of civil unions less than 700 were completed, the number of marriages will get a false jump as the state converts many of the civil unions

to marriages and a number of couples will get married just because they can. In five years, people will realize that the world didn't fall apart, that the gates of Hell haven't opened up and consumed us. In the end there may be nothing historical at all.

If you really want to see a person's true color show him or her as little as possible. Only put forth the amount of resources necessary to perform your task better than expected. Working 10 hours at a 4 hour job, spending \$5 on a \$1 project are all a total waste of resources; resources that you will need in the future. Not all but if someone thinks you have little to no value, if they think you can never perform at their level, they will usually treat you as such. If they think you are at their level, they will act and treat you very differently and not always honestly nor helpfully. As one writer once stated if you loan a friend \$20 and he never returns the money it will be the best \$20 you ever spent. It doesn't matter if it is a doctor, lawyer, politician, a friend etc. Every time you show a new side of yourself, or provide them with a level of skill or knowledge that they never expected, you must be prepared to improve yourself at least twice as much as you exposed. You must be willing to adjust your mindset if new information and knowledge tells you so. Both Ben Franklin and Lord Chesterfield wrote about the importance of being as knowledgeable as possible but also the importance of not exposing that knowledge if there was no need. That doesn't mean you limit the benefit of your knowledge to yourself, it means sharing it for the betterment of others without belittling them. An important factor to always remember there will be times that it won't matter how truthful or helpful your skills and knowledge could be, there will be people that won't accept just because it came from you. When that happens you must make the decision to do what is best, and sometimes doing what is right will be very costly, because for the most part people make decisions based on their own self-interest. It can be and is very draining having to limit what you show the world, so often the only way you get to play is taking the last seat on the bench or waiting for someone to get lazy and not show up. It doesn't matter if it is right or wrong, but it has certain advantages. You are on the team, you have a uniform, and you have an opportunity. When everyone else is off doing other things you have to find a way to practice, a way to study, a way to get better. It means only showing small signs of improvement. Then when your opportunity comes to show what you are capable of you tell yourself that this may be the only chance you will ever get in your life time, you tell yourself that it does matter if you win, lose or tie, but rather did you do your best when you entered the arena? If you do better than expected many of your peers will hate you, many will never speak to you again, many at the next level will start to fear you, but there will always be people who will see value in you for their benefit and will welcome and take the opportunity to use you. That is why it is so important to jump ahead at least two or three levels, otherwise they will be people you will believe that you were luck and do their best to pull you down.

I remember entering a marathon that I have no hope whatsoever of winning. I was weighting about 180 pounds, due to work I hadn't had the opportunity to train very much. Even as a Marine captain I was making much money so I couldn't afford the expensive running clothes and shoes. Needless to say I didn't look as if I was a serious runner, let alone a marathoner. I decided I would run as hard as I could for as long as I could and use the race as a training run for the Marine Corps marathon which was about 4 weeks later. There were a number of runners that looked and acted as quality runners dress to the maxed. I started the race as planned as quickly went into the lead, I could see the pack of 5-7 runners just behind me, as the miles ticked away my lead got longer and longer to the point I was about 2 minutes ahead after 15 miles. It was a very hilly course in western Virginia which played to my running style. I decided that every time the lead went down to 90 seconds I would pick up the pace. By the time I got to the 20 mile mark I started believing that I could win the race. The pack started breaking up. The winner of the past years races was doing his best to catch me, getting closer and closer, so I waited to a curve or a downhill so he couldn't see me picking up the pace. By the 25th miles, I knew it was going to be close, I could see the finished line and I could see him getting closer and closer but I held on to win the marathon. I waited at the finished line to tell him good race, but instead he was pissed at me, and asked me if I had ran before, and when I told him I had ran 2:30 at Boston, he told me that I should have told him. He was blaming me for his effort.

At the end of a recent NH House session and based on the quality of my floor speeches a number of people came to me and told me that they wanted to get to know me better. In four years most haven't spoken a single word to me because they believed that I had little value or little to offer. So always remember that

everyone has value, everyone can provide you will insight. There are good examples, and there are bad examples if you listen a bad example used properly will save you a great deal of grief.

Sometimes it is very easy to get upset with politic. As someone who had a very harsh childhood where I learn to feel people, almost with a seventh sense to quickly know if they are using positions of power or status for their own personal benefit. I know that is reality, but I hate it. Sometimes I wonder if I am too much like Mr. Steward goes to Washington, or men like the Lone ranger, or Shane who ride into town to help the people who need help, and then ride off into night leaving them believing that it was them that solved their own problems. Sometimes I wonder if my helping them solve their problems is just a by-product, it really is the opportunity to solve a problem that I have locked inside my brain, back away like a



demon that is just racing to spring out. A demon just waiting for the right time; it is as if every time I help someone solve their problem, or when I stand up for people I am really face my dragon allowing me defeat it.

greatly because we spent so much time on the issue and little time on the financial issues confronting the state.

HB 436; Marriage Equality, I quickly got the feeling that for most people who were supporting the bill, it had nothing to do with the people it was just about them, how it would benefit them. They were using the power of their position to get what they wanted. The result was many innocent people in the state suffered

“As a key proponent of marriage equality in NH, State Rep Jim Splaine, D-Portsmouth says economics was a big part of successfully promoting the legislation. ‘A strong argument used in lobbying for the bill was that it would be good for the economy. New England is where gay and lesbian couples come to get married.’ He says national sites like www.gayyellowpages.com provide gay and lesbian couples interested in getting married in a state where it is now legal with regional resources as a jumping off place.” Business NH June 2010

“Ed Butler, owner and operator of Notchland Inn in Hart’s Location, has only recently began advertising his place as a destination for gay couples. Because he and his partner in business and life, Les Schoof, are gay and have been for more than 30 years, they have always been recognized as a “gay-friendly” destination, based on word of mouth. ‘Our strategy in expanding our advertising to capitalize on the fact that gay marriage is legal now. It’s certainly a niche market for us, as gay innkeepers,’ say Butler, a state representative for Carroll County District 1. He’s also a justice of the peace, allowing him to officiate onsite marriage ceremonies. In April he married a gay couple from Michigan looking for a wedding destination. They chose NH based on his ad” Business NH June 2010

“I wish to preach not the doctrine of ignoble ease but the doctrine of the strenuous life; the life of toil and effort; of labour and strife; to preach that highest form of success which comes not to the man who desires mere easy peace but to the man who does not shrink from danger, from hardship, or from bitter toil, and who out of these wins the splendid ultimate triumph. A life of ignoble ease, a life of that peace which springs merely from lack either of desire or of power to strive after great things, is as little worthy of a nation as of an individual.” Theodore Roosevelt

It is very important to listen how people say something just as what they say. Every single day there are dozens of commercials on TV about new medicines. They tell how a certain drug can strengthen your bone, spend more time outdoor, allow you to go for walks, decrease your risk of heart attacks or stroke, improve your memory or even allow you to become more intimate with your spouse. In almost every one of these commercials the actors are good looking, in great physical shape, and appear to be very healthy and one would consider them at very low risk of having the medical conditions they are being paid to advertise to



us. One may ask if you are good looking, physical active, financial well-off and have the appear to go off to some remote relaxing area far away from the normal stresses of life why would you need a little pill to allow you to be intimate. But the bigger question that one should ask is the result of the following statement; “always tell your doctor of all your medical conditions, all the medications you are taking and ask if you are healthy enough for sexual activity,” Why in the world would trust you health to a doctor that didn’t ask you the questions in the first place, why would you stay with a doctor that hadn’t hear of the medications that you saw on TV, one would like to assume that he or she watches TV? Why would you go to a doctor that never compared your current medications prior to prescribing new medication for risk of negative reactions? If your doctor doesn’t know the answers or you have to ask him for the answers then he or she is just another “expert” by title, not by fact. A degree or title doesn’t make a person an expert, it is up to each and every one of us never to make that assumption. It is very important that you gather information yourself so that you can have an educated discussion with an expert and if you don’t feel comfort with the person or have a very uneasy feeling with the answers, be

polite, say thank you for your time and leave. Otherwise not only will you have to live with the results, you will have to live with the fact that you had a choice to walk away, didn’t take it plus you paid good money. Once the action has been taken and the bill been paid you may never ever see that “expert” again.

“New challenges demand new answers. We believe in equal opportunity, not equal outcomes. We believe in responsibilities as well as rights, and in every citizen’s duty to give their country something back. We believe that America must stand strong in a dangerous world, and America cannot be strong abroad unless opportunities and responsibility are strong at home...anyone who cares about ideas has a responsibility to remind everyone how much ideas matter.” Harold Ford Jr.

“Once you have traveled, the voyage never ends, but is played out over and over again in the quietest chambers. The mind can never break off the journey.” Pat Conroy

“I have a great deal more respect for someone who keeps coming back after losing heartbreaker after heartbreaker than I do for the winner who has everything going for him.” Wilt Chamberlain

”Some of your griefs you have cured, and the sharpest you still have survived; but what torments of pain you have endured from evils that never arrived.” French proverb

“Don’t forget that you are more than the sum of your achievements. Making your sense of self worth contingent upon your achievements works great-until your hedge inexplicably turns brown, your teacher criticizes your latest landscaping design and the bake sale committee’s accounts don’t balance. A crucial element of good self-esteem is that it remains constant no matter what happens in your life. A strong, unshakeable sense of self means that in the face of adversity you know who you are and can bounce back. While your achievements make an important contribution to your sense of self, there is so much more to you, and you need to remember that when things don’t turn out as you had planned.” Cooper Lawrence

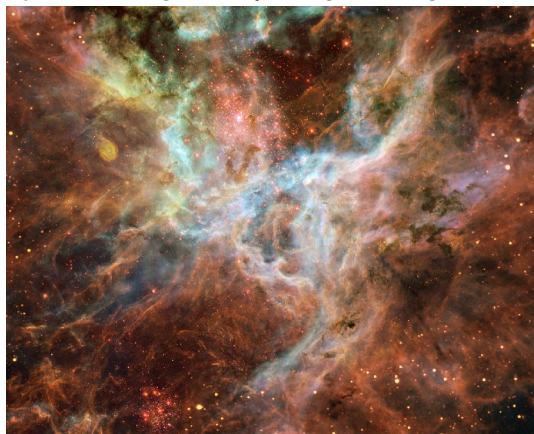
“Our political system is broken. Bipartisanship, with the parties working together to solve urgent problems, is viewed with nostalgic romanticism. We seem resigned fatalistically to the idea that such a spirit cannot be revived. Why not? Surely there are leaders who could bring us together again who would not put party before country. It is time to replace pandering partisans with real statesmen, even if it means electing independents to Congress and a nonpartisan, independent president of the United States.” David Boren

The Wonder of the Hubble Space Telescope
Photos by NASA

“So much has happen to me, some much is happening to me. There is so much that I can’t even see; so many words of wisdom that I am trying to believe in. I have learned to be understanding and to believe in life. I know I was born to try for there is no part in talking about what should have been and regretting the things that went wrong; for life is full of mistakes, destinies and fate. I have faltered, I have stumbled, I have been angry, I have been used, I have been betrayed, and I have been shaken in my persistence to make a difference. No one understands what I am going. No one can tell me how to feel, nobody can show me what is real. I believe that I was born to try, that I born in this world for a reason, I was put here to make a difference. So right or wrong we have to make choices and sometimes that means having to sacrifice the things you like.” Delta Goodrem



What happens if Spinoza is right, “I believe in a God who reveals himself in the harmony of all that exists, not in a God who concerns himself with the fate and actions of men. Maybe there is truth when one says he has a young heart but an old soul. Maybe the horrible people are condemn to Hell for eternity where they suffer pain and hardship with the belief that today is the day they get to escape only to find out that everything is exactly the same as yesterday and the day before and will be the same as the day after. Maybe the people who have live a perfect life taking no chances in order to make no mistakes, people who have made it their life’s purpose define the desires of God as they believe him or her to be and to ensure that others follow in their footsteps, are rewarded with a pure white suit, get to spent their time in a pure white room where there is no time, there is no pain, no suffering, everything is the same. What Happens if Spinoza is right, may the greatest gift that God can get to any person who chose to live, who chose to drink



the pure beauty and wonderment of this universe, who knows that the world can be painful, harsh and unfair but still tries their best to look for the good in the world is the, who despite everything that can and does good wrong never crosses over, never allows his or her heart to be harden and become cold is the opportunity to live again. Or maybe the reward is that your soul doesn’t die. Maybe there is some truth in the saying He has an old soul, but a young heart.

I believe in a supreme being, I know that man is not the center of the universal. Every time man thinks he know more he quickly finds out how little he does know and how much more there is to learn. I don’t believe that the Supreme worries about who hits a home run, which team win the super bowl, or who or whom a person loves. I don’t believe that anyone of us was given the gift of life to cause pain in another person’s (s) life. Maybe the secret is we are tested all the time, the universal throws crap at us all the time, maybe just maybe to teach us that beauty is all around if we are only will to accept the pain and suffering that creates beauty. Maybe beauty is like a diamond, we have the opportunity to take the easy way a ton of coal or the hard way a small diamond. The diamond gets its beauty from enduring pressure and its faults.

“I want to beg you, as much as I can, to be patient toward all that is unsolved in your heart and try to love the questions themselves like the locked rooms and like books that are written in a very foreign tongue. Do not seek the answers, which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will then gradually without noticing it, live along some distant day into the answer.” Rainer Maria Rilke

If man is to be the final and supreme judge and of what is right and wrong for his fellow man, then there can't be no heaven or hell, because we are living in hell. I can't believe that we are born into hell.



Wright Edelman

“Happy are those who dream dreams and are ready to pay the price to make them come true.” Leon J. Suenes

“In life the only thing you can control is your word. When you give it you're making a promise that you may forget, but the person who hears it never will.” Betty Matoff

“Success means having the courage, the determination, and the will to become the person you believed you were meant to be.” George Sheehan

“You are not obligated to win, you are obligated to keep trying to do the best you can everyday.” Marion

“Only those who dare to fail greatly can ever achieve greatly.” Robert F. Kennedy

“It is evident that every good thing is liable to be misused and counterfeited; and as a boy need not abstain from apples because he has bitten a sour one nor a man forswear woman kind because he has been once jilted, as it is in other things. Politics when used to cloak evil designs, is a good thing applied to bad use; but the blame falls upon those who use it dishonestly, not upon politics itself.” J. Shepherd

“A lot of time you have to pretend to join a parade in which you have no interest in order to get where you are going.” George Morley



“If money is hope for independence you will never have it. The only real security that a man can have in this world is a reserve of knowledge, experience and ability.” Henry Ford

“Even small fears can become nasty fire-breathing fear dragons that can fill your head, incinerate your confidence and seize control of your thoughts, but by no means are they invincible. Like all dragons they exist only in your imagination. You have the power to make them grow or shrink for you create your own fear dragons.” Doug Hall

“Education is not given for the purpose of earning a living; it's learning what to do with a living after you earn it that counts.” Abraham Lincoln

“If the windows of your soul are dirty and streaked, covered with matter foreign to them, then the world as you look out of them will be to you dirty and streaked and out of order. Cease your complaining, however; keep your pessimism, your “poor, unfortunate me” to yourself, least you betray the fact that your windows are badly in need of something. Then go wash your windows, and instead of longing for some other world, you will discover the wonderful beauties of this world, and if you don't find transcendent beauties on every hand here: the chances are that you will never find them anywhere.” Ralph Waldo Trine

“In all that people can individually do as well for themselves, government ought not to interfere.” Abraham Lincoln

The 2009-2011 Budget Vote

I had voted for the budget the previous session. I was very uncomfortable about that budget. I knew the numbers were wrong maybe as much as 200 million dollars wrong and I still voted for it. I had tried to address a number of my concerns and asked some people in leaders and or had experience with the budget number of questions. Only two people were willing or able to give me clear and understandable answers but I still voted for the budget.

Maybe I voted for the budget because that what was expected of me as a Chairman, maybe I was suppose to take one for the team, to trust leadership that they knew better than me. Maybe I was unwilling to suffer through the harshness of the front page headline of the recent school board election;" Roberts Booted. " I guess I could sell those excuses to most people, but in the end they still would have been excuses and I still would have known that I had taken the easy way out. I knew better and I should never have voted yes.

Staying away and not voting at all was not an option because to do so would have made me a hypocrite. Prior to me being elected to the house a number of the repressetives from Keene had walked out the Hall rather than vote for against that session's budget. I had stated that was wrong because it took away a lot of people's vote. I have always believed that it was important that if elected you could and would defend your vote no matter which way you voted.

As the budget cycle went by I could see the error of my decision grow larger and larger and it didn't take much time before the budget shortfall exceeded the 200 million dollars I believed it to be. It wasn't because the housing market unexpectedly declined; the Boston Fed had punished a report stating that New Hampshire was at the greatest risk in New England. There had been signs that the housing market was suffering on the high cost east coast of the state.



The high cost of gas along with the increases in cigarette and other taxes was playing a major role in the number out-of-state people driving up to New Hampshire to support our sin taxes. If less out-of-state people came to New Hampshire there would be less gas taxes, there would be less room and meals taxes, and there would be less job protection or growth. Furthermore we justified the increases in cigarette taxes with three reasons, first it would prevent a number of teenagers from starting smoking, it would cause some people to smoke less and third it would result in some people quitting which in turn would reduce medical costs. However, if you combined the three reasons with

the fact smokers die there had to be fewer smokers which meant less cigarette and less taxes coming in.

There was no way around it, I had voted for a budget that was wrong, I knew it and people were suffering. In the end I think it was more my vote on the budget rather than the Speaker demanding that I make a public apology that caused me offer my resignation as a Chairman. If I made the decision because I valued the chairmanship more than the people I was elected to serve I didn't deserve to be Chairman. Additionally if I valued the Chairmanship that badly, I would have become very indebted to the Speaker and would have no control over when she would call in her marker.

There was no way that I was going to make that same mistake again nor was I going to come to the state house session after session wondering when that marker was going to be called.

A few days before the 2009-2011 budget was presented to the House for a vote the Speaker called in one her marker that she had placed on another chairperson; who had made a public apology, a person that name and

title had appeared on the letter, a person who had not only retained the chairmanship but had been reappointed to that same position. The budget revenue projections were increased by 75 million dollars.

Based on the economic data I had been reading and the budget as submitted there was no doubt in my mind



that not only was the 75 million dollars increased unjustified, there was close to a 400 million dollars shortfall. That it was a case of not only not wanting to make the tough decisions but the hope and belief on many that if they could push decisions back the economic conditions would improved back to the good old days and cover up the shortfalls. Everything that I read and heard there was no doubt in my mind we were not going back to the good old days of 2004 we were being confronted with a new reality and it was about to be very harsh.

I knew that to vote for the budget would have been one of the most cowardly acts of my life. I knew that people were going to have their lives changed, that some families would be destroyed and some people would even die because of our failure to confront the hardness of the current reality. I wanted no part of it. So I stayed up all night and wrote a speech stating why I could not and would not support or vote for the budget.

When I showed up in the State House the next day, I was confronted by a follow rep of color and was asked which way I was voting, when I told her I was voting No, she reacted very negatively and told me that we had to vote for the budget. I told her the numbers were wrong and that I only support a continuing resolution, that way come September we would have a good idea where we stand. She told me that we couldn't pass such a resolution and walked away in disgust.

It was at that moment I realized that whenever something was very close the speaker would send her to talk to me. No one else from her leadership team, only her. She had not spoken to me since and when we cross path she acts if I did something wrong to her. I don't think she realized that if she wanted my vote she had to convince me with the facts not something based on our color.

Floor Speech on HB-1

Rep Kris Roberts: Thank you, Madam Speaker. I just need a second so that I make sure to separate HB 1 from HB 2. Madam Speaker, members have been told that we have very little time; we must pass this budget now. If we don't pass this budget, we are going to lose federal money. If we don't pass this budget, our options are only going to get worse. Maybe I'm an idealist and maybe I am politically naive, but when it comes to supporting the health and welfare of the people of New Hampshire, I would much rather be politically naive and idealistic than be wrong because they have to pay the price for my error. Most Americans will endure a great deal of hardship as long as we know the truth. For that we must trust them with the truth. Captain Sully, the pilot who landed the airplane in the Hudson River and made sure everyone was off safely stated, "People want to feel reassured, I think, that all the things we value, all our ideals, still exist – that they're still there, even if they're not always evident," and if we work hard enough that we will make the decisions based on realistic not wishful thinking that we will succeed in making our world a little bit better. This budget is based on wishful thinking. This budget has the ability to alter the core culture and value of our state. This budget has the possibility of driving our best and brightest young adults out of the state for decades. We must make the hard decisions. We must get it right. This budget isn't right. Some have stated that we must pass this budget or the world as we know it will end. I would say that some people say, "We would want the world to end as we know it, we want the world to get better." It will end for many people in New Hampshire because for some, their world has already been altered. Keene, Berlin, Claremont, Hinsdale, Benton, Tamworth, Lincoln, Gorham, Colebrook and Franklin are some of the towns with a median income, in real dollars, of \$37,000 or less - real dollars, not extrapolated, up to a family of four. Two of these communities have incomes in real dollars of less than

\$30,000. According to the United States Department of Agriculture, every single one of these median family income families in these communities are between \$10,000 and \$20,000 below what would be expected to live in a normal lifestyle, nothing fancy, just normal. In 2005, almost 22% or 43,000 families in New Hampshire didn't even make enough money to cover their monthly bills. That was 2005, at the height of our growth. These families have learned to make choices. They understand the difference between needs and wants. It is really important that we, as legislators, understand the difference between needs and wants. We are in a serious crisis. It isn't the end of the world, but we must develop a budget based on need if we are going to build a foundation for a greater future. This budget doesn't do it. I read a quote in the newspaper yesterday, "I can't see any responsible member of this legislature voting against this budget." I was taught that responsibility meant identifying the problem, confronting the problem and fixing it now. It does not mean pass it over two years to the next legislature; otherwise, you are just part of the problem. When I leave this well, I will follow the advice of John Quincy Adams, "Always vote for principle. Though you may vote alone, the sweetest revenge in the end was your vote was never lost."

Floor Speech and Debate on HB-2

Rep. Kris Roberts: Thank you, Madam Speaker. Fairness, what is fairness? Not equality. What is fairness? Everyone here has a totally different idea what fairness is. Fairness doesn't mean that we get it done now and go home and say it's fair. Fair is making sure that we do the right thing. One of the major reasons why I'm voting against this HB 2 is because two years ago, I told a number of my fellow members here that the numbers were off by \$125 to \$200 million. When the revenue projections were increased to balance the budget, I was told, "Just trust me." If someone has to tell you, trust me, then that should be a warning. When it came time to vote, I stood here and said nothing. I voted "Yes." I was wrong then and I was still wrong and I won't be wrong today. I knew better. My advanced education and training was in fiscal management, budgeting and long range planning. The Boston Herald stated that the New Hampshire housing market had the greatest risk of a major downturn in the New England region. It was correct. Many other indicators were heading south. I know that the economy two years from now will not be close to the economy of two years ago. Last week it was reported that based on forecasts of improving economy, revenue projections were again raised this time about \$75 million in order to balance the budget. Yes, housing starts were up 17%, but that 17% is based on 500,000 units, not the peak of 2.2 million units. I would rather have housing down 50% off the peak because that means housing would be up 100%. The National Association of Realtors stated yesterday that the median house which was worth \$180,000 in December 2008 will be worth \$152,000 in December 2009 and would be worth \$179,000 in December 2012. If the positive looking National Association of Realtors is correct, sometime in 2013, not 2009, 2010 or 2011, my house will be equal to what it was in 2008. Yes, the number of people in unemployment is down, but once you take a part time job, you run out of unemployment, when you count the high school and college graduates who can't get a job or you have just given up, you don't count anymore. In May of this year, the underemployment rate, not the unemployment rate, the underemployment rate was 16.4%. 16.4% of all Americans did not have a job, were working part time or had multiple jobs just trying to make it through. In February of this year, over 3.8 million people over the age of 45 were unemployed. These people were living off their 401-ks, their IRAs and their children's college funds. Let's be honest, how many of these people over the age of 45 will ever get a job that paid them what they used to do and covered their benefits? These people will spend the rest of their working lives living in fear of losing their jobs again. They won't be buying new cars, eating out, camping or going on vacations. They will have a negative effect on HB 2's revenue projections. The New Hampshire Public Policy report dated December 8 stated that housing prices will bottom out in the 3rd quarter of this year. Jobless rates will peak in the 1st quarter of 2010 and substantial growth starts in the 1st quarter of 2010 with housing prices starting to rise in the 4th quarter of 2010, while at the same time projecting a \$300 to \$500 million shortfall. What happens to HB 2's revenue projections if the New Hampshire Public Policy report is off by twelve to eighteen months? Or, we don't have the 4% growth that the President is counting on? What happens if we only get 1% to 2% growth? What happens if today is the new reality? What happens if they are correct and there will be a 3% drop in worldwide GDP? I won't support a budget built on hope. This is our responsibility to have a budget built on reality, not on hope. I would not bet my life on the numbers in HB 2, yet we are asking the men, women and children of

New Hampshire to trust us with their future, their hopes and their dreams; this on revenue numbers that have been repeatedly wrong. This based on stimulus money and other one-time funding. \$750 million seems like a lot of money, it is a lot of money, but that is less than \$350 a year for every man, woman and child in New Hampshire. How many times, as leaders, can we tell people that we were unexpectedly wrong before they lose complete confidence in our ability to make the hard and sometimes painful correct decisions? When a railroad engineer plans a train load, he bases his calculations on the capability and capacity of the engines. He understands that to do otherwise create inefficiencies. The citizens of New Hampshire are the engines that must drive this train, not the people with the loudest voices or the most orange badges in here. I've heard over and over again that we must do this, we've worked hard, and we've been digging hard in here. Well, I was once told I dug and dug and dug until I realized when I looked up I was digging my own grave.

Speaker Norelli: Will the member yield to a question? The member yields, Rep. DiPentima you may inquire.

Rep. DiPentima: Thank you, Madam Speaker. Thank you, Representative for taking my question. They say the third time is a charm so I finally get my question in, from a Democrat anyway. In this budget I have heard two comments previously about the fairness of this bill. Fairness seems to be a word that we use quite often. Can you tell me or show me in HB 2 one source of revenue that inordinately impacts the wealthy in our state versus the poor and middle class?



Rep. Kris Roberts: I think it goes much deeper than fairness because what it does is, I do not feel that the revenue projections in HB 2 are correct. If they are wrong and we have to come back and do exactly what we did the past year, there will be no fairness because we will leave it up to the Commissioners to decide who's going to suffer the worst. The people with orange badges are here, the hard working people from New Hampshire are working every day. They will not have a voice in developing that fairness.

Speaker Norelli: Will the member yield to a follow up? The member yields.

Rep. DiPentima: Thank you, Madam Speaker. Thank you, again, Representative. Again, just quickly, I am conflicted with this HB 2, very conflicted. Can you, for my sake, point out one item of revenue in this budget that is not a regressive tax or fee on the poor and middle class of this state and is more of a burden on the wealthy in our state? Can you point one of those sources of revenue out to me?

Rep. Kris Roberts: If you want to keep it real simple, I would just go to the camping portion of it. I don't see very many people with a \$150,000 to \$250,000 mobile home going to camping areas. A lot of times its mom and pop that can't afford to go to Disneyland or Disneyworld. They go to the local camping area in a stay-vacation. They're going to get hurt the worst. That 9% on a limited income is a heck of a lot more because they are going to lose more of their disposable income than people with more income.

Speaker Norelli: Will the member yield to another question? The member yields, Rep. Boyce you may inquire.

Rep. Boyce: Thank you, Madam Speaker. Thank you, Representative, for taking my question. Talking about camping, don't you think that the campers in New Hampshire could go to the other New England states that don't charge for camping so our camping revenue would not be there?

Rep. Kris Roberts: Well, I would think what would happen is, yes they could go, but if they can't afford the 9%, chances are they'll just stay home. The campsite will lose income, the local McDonalds and all those other ones would lose income. It would have a multiple ripple effect going down there, if a person stays home and eats peanut butter and jelly instead of having a big meal at McDonalds.

Rep. Boyce: Thank you very much.

Speaker Norelli: The question before the House is the adoption of the Committee of Conference Report on HB 2. We are down to the final two speakers. The Chair recognizes the member from Weare, Rep.....Will the member yield to a question? The member yields. Rep. Baldasaro you may inquire.

Rep. Baldasaro: Thank you, Madam Speaker. Thank you, Representative, for taking my question. There is a big thick book that is sitting in my little cubby hole out there and of course, I, like Congress, did not get a chance to read the budget. But, there are some issues that I keep hearing about on the \$30 DMV fee that affects every person. Is that true? Is it just \$30 more or is it, in this budget, is this tax more? This fee I should say.



Rep. Kris Roberts: What I read from it, it went from \$30 to \$75 based on the weight of the vehicle in there. But, the thing is, the part that I'm talking about here, in the budget in here is the projections. If the projections are wrong, it doesn't matter how accurate everything in the budget is. If you only have \$10 and you have \$15 of budget stuff, everything is wrong.

Speaker Norelli: Will the member yield to a follow up? The member yields.

Rep. Baldasaro: What I am trying to find out, that \$30 or more, I have a pickup truck, 1/2 ton, does that hit low income?

Rep. Kris Roberts: That hits everybody. Again, you have to go, let's not talk about income, let's talk about disposable income. As I said before, in 2005, 43,000 families in New Hampshire didn't even make enough money to pay their day to day bills so this is going to be taking money out of them.

"We relied on the help of others throughout our life to make it all work out. There have been hundreds; they have been thousands of people in various areas of our lives that have helped you along. By giving back you are just returning the favors that you received." Bob Boyle

I have to find a way to return the favors.

"If a child can be taught to be self-reliant, to depend on his own good sense as to what he needs to buy rather than on the chance whim of his neighbors, many entangling and embittering complications of modern life are forever removed from his path. And if he has the habit of honest responsibility toward his expenditures, he will stand four-square and upright to any later wind that may blow." Dorothy Canfield Fisher

The Keene Sentinel-“New Hampshire Voices” 24 July 2009
“We Fail the People of New Hampshire”

The New Hampshire General Court spent a great deal of time this session on many social issues such as the death penalty, transsexual discrimination, medical marijuana, marriage equality and numerous important personal social issues. While such issues are important and deserve public attention one must ask was this the time. It seemed like very little time was spent on the budget as New Hampshire was being repeatedly hit with rough economic waves that not only threaten our financial future but our standard of living and quality of life. I believe that the people elected us to address the needs of the state, if it meant that the passing a realist budget was the only issue on the agenda so be it.

I believe we, both Republicans and Democrats failed the people of New Hampshire. Republicans called for an across the board spending cuts, it sounded good but it was the easy way out. Across the board cuts may be equal but they are neither fair or ensure effective and efficient government. Some of us could take a 10% pay cut without negative effects. For many proud hard working people waking up every morning hoping they still have a job, sweating a loss of hours, government maybe the only thing that prevents them from going over the edge. We need to acknowledge the fact that some of us have the ability to pay more and should, it is important that we help our citizens help themselves.



Republicans know that if you cut money in certain areas you lose matching federal funds. For example FEMA pays 75% of natural disaster costs if the state pays 12.5%. Republicans complain about how the previous budget went up 17%, but let's be honest; it is because we have failed to address the retirement issues, which means it will only get worse and more costly in the future.

I believe we as Democrats didn't do much better. We often fail to understand that the government can't solve every single social issue, the government can't guarantee equal outcomes, we need to ensure equal opportunity, and we must hold people responsible and accountable. We failed to ask two simple questions what was the worst case revenue scenario and what is the minimum funding we need to educate and protect the health, safety and welfare of the people of New Hampshire. If revenues come in better than expected we can go back and increase spending on critical needs and put more money aside to improve the Rainy Day Fund. We designed the fiscal train without consideration of the capacity of the economic engines, every time we bond to compensate for the lack of fuel, we reduce future capacity. In the future, we must know the carrying capacity of our economic engines or we risk everything we hold dear as citizens of New Hampshire.

We don't need to tell the people of New Hampshire how bad the economic times are, they know. They don't want "less bad"; they don't want to hear of a statistical recover. They don't want to hear how hard we worked. They want results. They don't want to hear that this is the best we could do considering the economic situation, As Winston Churchill once stated "you have got to succeed in doing what is necessary. Sometimes the best we can isn't good enough and I believe this is one of those times. They don't want to hear that we will let the next session deal with the problem; they wanted us to solve the problems now. They don't want to listen to us saying that revenue shortfall was totally unexpected; many of us know that the last budget revenues were inflated by 125-200 million. The Boston Fed report stated that New Hampshire was at serious risk.

We had had the opportunity to make hard and sometime harsh choices, but choices that would have ensured when we came out of this financial downturn we would have already laid the foundation for a

much stronger New Hampshire. As the floods of 2005-06 proved when there is a crisis we stick together, we work together, we overcome. We needed to trust the people to make the necessary shared sacrifices.

We had the opportunity to write a new chapter in JFK's Profiles in Courage and we on both sides failed, we listened to party chairmen, and worried about the next elections. When I was chairmen of the Keene School District's Finance Committee I looked to the future and knew the community was at risk and made some serious choices resulting in the budget being \$2.9 Million less while having a \$1.8 million surplus, my reward was a resounding defeat in the next election and frontage headlines, Roberts Booted. It hurt, but we saved jobs and the savings over the next twenty years will pay for the new middle school. We could and should have done better. We are going to have to become creative and agile to solve the crisis confronting us now, we can't afford to wait.

I believe that is what the people of New Hampshire expected of US. If we make choices based on getting reelected maybe we don't deserve to be. It shouldn't be about us, It is not a game its people dreams, our children and grandchildren's futures and hopes; its people's lives. We can't afford to fail them.

Rep Kris E. Roberts Cheshire-3 Keene (D)



In September 2009, there was an article titled "Revenues fall short: GOP calls for Plan B" When I read the quote by Linda Hodgdon stating that the revenues shortfalls were expected. I became really pissed, because it was a totally insensitive and or arrogant comment. I knew if I was still a Marine Corps officer and had made that statement I would have been fired on the spot. If I knew I was going to be wrong by that amount based on a plan that I help develop and said nothing it was be viewed as an act of selfishness and cowardice.

Moral and ethical Leadership demands honest facts otherwise innocent people suffer and you lose all your credibility. The honest thing to have done if one expected the numbers to be off was to follow your own justifications for raising revenue projection by 75 million dollars, lower revenue forecasts up front with increasing higher forecasts later in the budget. I believe they couldn't justify higher numbers in the out year and feared raising too many questions and not passing the budget.

When you tell the citizens of New Hampshire, many who have lost their jobs, working less hours, fearing losing their homes that you were off by over 24 million dollars in the first 2 months of 24 month cycle and then you follow up by stating that you expected it how do you expect them to act? How do they make plans going forward? As I stated on the floor on HB2 the economy two years from now will not be close to the economy of two years ago, none of us want to admit that, we want as Ms. Hodgdon wants "Ask five people when we'll see a revenue comeback and you'll get five different answers," if we are wrong we want a pass, we want cover, we want to be able to say that we based our decisions on the projections of leading economists.

That isn't leadership, leadership is taking the information at hand, giving it a good hard look, and making hard honest decisions based on that information, even if the decisions produce harsh outcomes. If harsh decisions must be made people will not like them, but they will trust you. Not one single economist will suffer for a bad forecast; he or she gets paid either way just like a stock broker, we let the citizens of New Hampshire down if we refuse to make tough decisions unless we have political cover or someone to blame if we were wrong.

This whole process has been based on gamesmanship not hard facts and tough decisions. In the end a lot of innocent people will suffer big time. September was the third straight deficit month, not as bad as July or August but still below projections.

I have played this over and over again in my head, trying to think of ways that I could have done it better, could I have stated something more in my speeches to get a few more people to vote against the budget. Three months into the budget cycle and some of the most at risk people are suffering for our decisions. I wonder if the decisions were based on personal ambitions, party directions, fear, and just the fact that for most Rep's the hugeness of the budget just overwhelms them and were just too afraid to ask questions of fear of looking stupid? No matter what we didn't do a good job, we really didn't do what we were elected to do.



We are killing people, we are degrading many people's standard of living, we are destroying their futures, and we are tearing families apart. But none of us want to put a face on any of these people. It is so much easier that way. Numbers and dollars are much easier to cut. We tell the governor to cut the state's payroll by 25 million dollars it make him the bad guys, it protects us from making the harsh decisions. If anything goes bad we can blame the governor because we have washed our hands from the outcome.

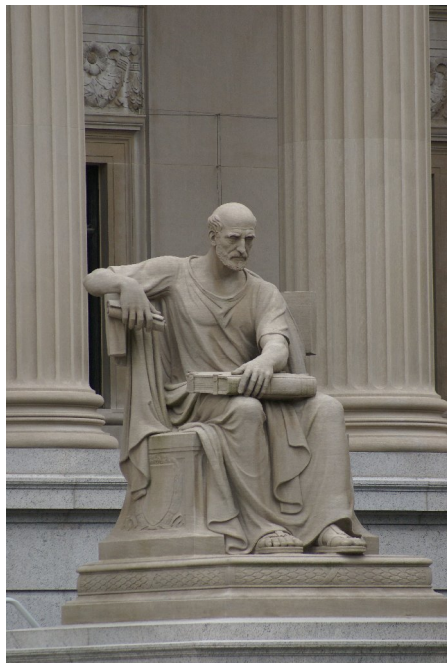
When I look in the faces of my grandchildren I see how we are failing them. I see how we are the selfish cowards, How we really only give lip service when we say we are concerned. I see how we really don't care as we make sure the other unnamed, faceless person suffer. I see how most of us don't realize that we are our own worst enemy, that we have been asked to and am willing digging our own graves. As long as we continue to think I there will be less and less of us. I know I have to do something, it is just too painful to see clearly and sit there watching.

The following is part of an editorial written by the *Hampton Union* on November 20, 2009; ***Inflated revenue projections hurt all. "New Hampshire sits \$37.7 million behind budget four months into the current biennium. New Hampshire is not alone in suffering from inaccurate revenue forecasting. The danger of inaccurate revenue forecasts is they are used to gain support for plans for balanced budgets, which are required by law in New Hampshire, when those budgets really aren't balanced. Too frequently, politicians make excuses for why revenue estimates are so far off, although it is a safe bet that when revenues projections always match what the politicians seek to spend, there is a good chance the numbers have been fudged. State Sen. Maggie Hassan, D-Exeter, a member of the Senate Finance Committee, has said that revenues are hard to estimate. "Every lawmaker knows that, as the recessions comes to an end, state revenues lag a quarter or two behind," If this is a known principle shouldn't forecasting have better accounted for it? Hassan added the current revenue shortfalls are 'not surprising, because we know this is a very unsettled economy." The projects were made in the depth of the recession. Doesn't the belief that shortfalls are not surprising damn the revenue projects as inaccurate to begin with?...Let's say the Legislative aimed low and further cut their respective spending plans. If the revenues came in higher couldn't the excess revenue be directed to critical needs?...the true problem with poor revenue projections, beyond the issue of gaining legislative and citizen support for budgets that are known to be faulty, is the need to make unplanned cuts. Cuts doing the biennial budget will hurt even more than those that could have been made to craft a truly responsible budget because they are unanticipated...not making cuts just to keep a faulty budget in balance and pushing the deficit off to a future biennium will hurt even more for both those who need the safety net and services the state supplies, and all the taxpayers who pay for them.***

"I have one yardstick by which I test every major problem and that yardstick is, is it good for America."
Dwight D. Eisenhower

“I am not here to represent Leonidas; his actions speak louder than my words ever could. I am here for all those voices which cannot be heard: mothers, daughters, fathers, sons - three hundred families that bleed for our rights, and for the very principles this room was built upon. We are at war, gentlemen. We must send the entire Spartan army to aid our king in the preservation of not just ourselves, but of our children. Send

the army for the preservation of liberty. Send it for justice. Send it for law and order. Send it for reason. But most importantly, send our army for hope - hope that a king and his men have not been wasted to the pages of history - that their courage bonds us together, that we are made stronger by their actions, and that your choices today reflect their bravery.” Queen Gorgo



“I always say that, next to a battle lost, the greatest misery is a battle gained.” The Duke of Wellington

“Upon the education of the people the fate of this county depends.” Benjamin Disraeli

“An event may be crucial in the short term, but researchers find that people’s enduring self-concept, their view of who they are and what they are capable of is not tied to any single positive or negative event. Instead, a self-concept is composed of a combination of beliefs and feelings based on long-term experiences both at home and at work.” H. Black

“The educators and community leaders who tried to build up a child’s self-esteem probably thought they were helping the child to avoid developing unstable self-worth, but instead of giving them real skills, they gave them rewards and awards that they didn’t earn. Failure can be used as a motivator. Thinking that failure is bad for a kid is a mistake: failure is an enormous character and self-esteem builder; if a child is allowed to fail, he or she will have to learn both coping skills and problem solving, make that child feel more competent...The development of competence has a strong link to self-esteem building, and it is significant for a developing child. Self-worth that fluctuates wildly, depending on the kind of day you’re having is fragile and changes from one day to the next. Well, ironically, a lot of these flax self-esteem building activities that your kids are involved in are creating just that. Just feel good superficial self-esteem boosters that are grounded in nothing aren’t helping any of us. The message here is that true self-esteem, the kind that is strong enough to withstand the trials of life, needs a strong foundation. Because let’s face it, reality will come up and bite us every time...We should be developing real self-esteem. And that means a bit of hard work, not just showing up. The path to success is mastery, the ability to see failure as a learning opportunity and come back and try again, and, of course, the key to it all; self-acceptance.” Cooper Lawrence

We live in a world where we have determined that everyone has to be a record holder. We have created all kinds of records; From the oldest man over the age of forty to strike out 30 batters in a two-month period, or the youngest person to sit the bench at the Super Bowl. With 24-hour broadcasts, along with the help of the information ages we can create any single record we want, we can create the first person under these circumstances to accomplish this. It no longer matters if you win or lose, it doesn’t even matter if the record has any meaning or value, and it doesn’t even matter if anyone knows or cares about the record. It is just a feel-good measure. I sometimes think the real purpose of these new records is an attempt by the broadcasters to feel important, or feel more knowledgeable than us the viewer. So the next time we are told that a 41-year-old major league baseball player set the record for the most foul balls in a night game when the temperature was until 38 degrees while his team was behind by five or more runs in the sixth game of the World Series, we should ask how has that made him a better person and who in their right mind would remember the circumstances and use them as a motivator to break that record. Otherwise it is a record for just showing up.

Medical Challenges: Major Illnesses, Injuries and Procedures

“At some point in the next several years the valve will wear out, and surgeons will split open my chest to install a fresh one. It does do a number on you for quite some time, because even though you’re strong willed, you know from now on you’re damaged goods. As with most things, I live in denial.” Arnold Schwarzenegger

1. 2:1, 3:1 and total Heart Block
2. 2 pacemakers
3. 1 pacemaker rewiring
4. Congestive Heart Failure
5. Prostate Cancer & surgery
6. 2x major stokes
7. Numerous TIA's
8. Open chest surgery removal of thymus gland
9. Heat injuries
10. 6 serious head injuries
11. loss of conscious at least six times
12. seizures
13. bi-lateral fractured l-5 joint lower back
14. five pain block procedures
15. fractured leg
16. fractured arm
17. fractured collarbone
18. fractured left shoulder
19. fractured foot
20. Serious pelvis injury/loss of conscious/leg paralysis
21. 3 left knee surgeries
22. 1 right knee surgery
23. 3 nose and jaw wirings
24. finger surgery
25. appendix surgery
26. neck surgery
27. hernia surgery
28. shoulder surgery
29. 2 liver biopsies
30. 2 heart catheterizations
31. Two angiograms.
32. Asthma
33. Profound Bradycardia down into 30's
34. Neurocardiogenic syncope
35. Abnormal Sinus Node Recovery
36. Hypotension- (BP-87/34-HR-110) (BP-60/35-HR-40)
37. Recorded Heart rate lowest 28, highest 261
38. Distance vision 20/400+ due to head injury
39. 2011 suffered another serious concussion

“In your thoughts and in your conversations never dwell upon the negative side. Don't tell of sickness and disease. By talking of these you do yourself harm and do harm to those who listen to you. Talk of those things that will make people better for listening to you. This you will infect them with health and strength and not with weakness and disease. To dwell upon the negative side is always destructive. This true with the body, the same as it is true with all other things. We can never gain health by contemplating disease any more than we can reach perfection by dwellings upon imperfection or harmony through discord. Never affirm or repeat about your health which you not wish to be true. Don't dwell on your ailment, nor study

your symptoms. Never allow yourself to be convinced that you are not complete master of yourself. Stoutly affirm your superiority over body ills and do not acknowledge yourself to be the slave of any inferior pain.” British Physician 1892

“I have sometimes thought that we cannot know any man thoroughly well while he is in perfect health. As the ebb tide discloses the real lines of the shore and the bed of the sea, so feebleness, sickness, and pain bring out the real character of a man. For years he pushed away the hand that was reaching for his heart-strings, and bravely worked on until his last hour. I do not doubt that his will and cheerful courage prolonged his life many years.” James Garfield

In Cecil textbook of Medicine in Chapter XVIII Diseases of the Immune System it states that thymomas are rare; fewer than 1,000 cases with the median age of about 50, have been reported; with such symptoms of cough, chest pain, dysphagia (*trouble swallowing often caused by weaken or damage muscles and nerves used in swallowing, additionally, stroke or head injury may affect the coordination of the swallowing muscles or limit sensation in the mouth and throat*), dyspnea (*is a sign of a serious disease of the airways, lung or heart, also vied as COPD, caused by a lack of oxygen in the bloodstream usually caused by arrhythmias and congestive heart failure*), hoarseness, neck mass, and superior vena cava syndrome. It further stated that in the case of total removal of the thymus individuals should be carefully observed for the development of autoimmune disease, inflection, certain malignancies, or other signs of T-cell deficiency.

In September, 1991 I was seen by LT Brian D. Wexler, MSC USNR a Psychology Intern and he stated I was suffering from increased anxiety, mild depression, decreased concentration and clarity of thought, and an increased tendency to somaticize (*to mistake emotional pain for physical symptoms by converting anxiety into physical pain*). These defenses allow him to avoid thinking or dealing more directly with his underlying issues of self-esteem. As a result of Lt Wexler assessment of my medical condition I was never treated by the U.S. Navy or the VA for the serious “Real Medical Conditions I was suffering from. I did have a thymoma, I did suffer a number of serious head injuries, I suffered at least two strokes, I had serious problems swallowing to the point of being unable to breath, and I suffered from serious heart arrhythmias and congestive heart failure far longer that I should have resulting in a serious degrading of my quality of life.



Windows Can Open Up The World Or Close It Off

It has been stated that 25% or 1 out of every 4 families that have a major case of cancer will be forced into bankruptcy. I wonder what is worst the illness or knowing that besides losing your life you could leave your family behind in financial ruin. It is a shame that whether you live or not, whether you have any quality of life, whether you are stuck in bed at home where your spouse has to get up early to take care of your needs, maybe change your spoil clothes, leave for work to maintain the health insurance and then come home to repeat the early morning cycle prior to collapsing on the bed without even a shower because within a matter of hours they would have to repeat the cycle while feeling guilty because deep down they secretly wish you would past on so they could regain at least part of their own life back. For many the fear of dying comes face to face with your desire to live to take even one more breath and the draining effects it has on your family. Sometimes the family suffers a prolong and

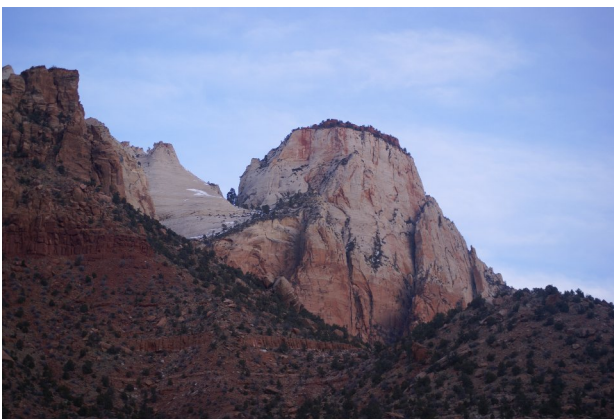
painful death. On my most recent medical accumulation information sheet it stated that the insurance company had paid \$66,813 in-network and \$6,981 out-of-network or \$73,794 which is about 50% of the billed costs or \$147,588 or over \$200,000 without health insurance. That amount doesn't include the out-of-pocket I

have paid, the thousands in drug costs, and it doesn't cover costs covered by the VA and my military medical insurance. These costs only cover the last 8 years. This total doesn't count the \$22,000 pacemaker, the open chest surgery to remove the tumor, or the procedures to control the leg back resulting from the lower back fx, nor all the tests and treatments prior to 2000. If I had to limit my medical treatment to the VA and/or if I had to work full-time I would never written this book because I would have been dead. My thymus tumor was service connected and placed me at very serious risk for a second cancer. The number one risk being colon cancer and a possibility prostate cancer and even with my high PSA number and being a greater risk due to racial background the VA did nothing for over five years. Even with the higher risk for colon cancer and being over fifty the VA has done nothing. The VA medical system is the medical care of last resort. In fact almost half of the veterans with serious service-connected injuries and illness don't even use the VA as their primary source of medical treatment. Almost every single life altering medical condition that I have had the VA knew about it or failed to see the heed the warning signs, the chest tumor, the first pacemaker, the cancer surgery, the strokes are just some of the conditions that I had to go to civilian doctors and facilities for treatment. I was lucky I had options.

My mother recently passed away, the caused was a brain tumor, which caused bleeding in her head. If they had performed surgery there was little chance that she would have survived. The best she could have hoped for was breathing and feeding tubes. She would have had no quality of life. Instead I will have to spend the next few years, maybe up to five waiting for my pacemaker battery to run out. It appears that is the only time I will be able to have a MRI of my chest and head. I can only hope that I too don't have a brain tumor. Because doctors at the VA were too lazy, or unwilling to do the right thing, the best I can hope for right now is that if I have a brain tumor, I will be able to have the necessary treatment.

Every time I get a sharp pain like I was hit by a 2 X 4 across the back of my head, every time my mind goes blank, every time I drop something, every times I mood changes on a pin head, I just have to hope and pray that it isn't a tumor, or something worst. But most of all I have to make sure that I don't get mad at the world. I can see how people can get depress. I can see how people feel as if the world careless about them. In many ways that is cost of living in someone else's world.

"Life is a mission. Every other definition of life is false, and leads all who accept it astray. Religion, science, philosophy through still at variance upon many points, all agree in this, that every existence is an aim."
Giuseppe Mazzini



"A reform is to be judge, of course, not by what today would be considered adequate, but in the light of the relative progressiveness as a substitute for existing conditions, in an existing state of public opinion and of prevailing customs." O. F. Lewis

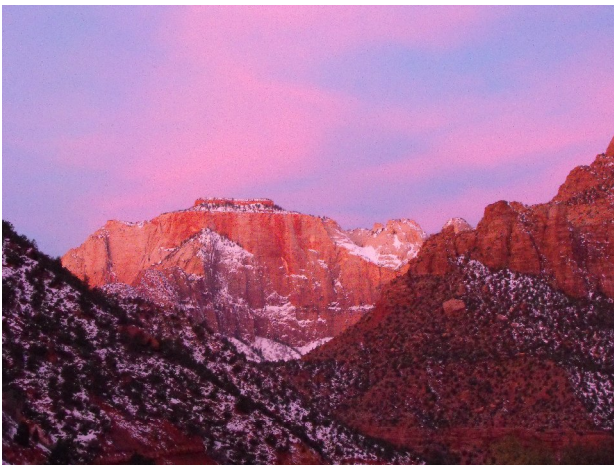
"The condition of social intercourse among those who have had the advantages of a liberal education, is at present so happily improved, that a free communication subsists between all intelligent and well-informed men. The Divine, the Physician, the Barrister, the Artist, and the Merchant, associate without reserve, and augment the pleasure they derive from conversation, in proportion as they obtain an insight into various pursuits and occupations. The more ideas they acquire in common, the sooner their prejudices are removed, a more perfect congeniality of opinion prevails, they rise higher in each other's estimation, and the pleasure of society is ripened into the sentiments of attachment and friendship. In such parties; where the 'feast of reason and the flow of the soul' prevail with the happiest effect, he who unities to knowledge of the world, the leading ideas and rational principles which well-chosen books can supply, will render himself the most acceptable, and the most valuable companion." James Albert Woodburn

“We need a new sense of responsibility in education as well. The United States used to rank first in the world in the percentage of young people with a college degree. Now we’ve fallen to seventh. We send more students to college, but we lag behind in graduating them. A college degree is more than an economic imperative it is the essence of the American dream, a test of whether we are living up to our promise as a land where anyone can rise as far as his determination and God-Given talents will take him. When children grow up thinking college is beyond their reach, we have not lived up to that promise...we must ask responsibility from colleges and students alike, by making aid performance based, so that the best college system on earth once again produces the most college graduates...Here in America, it shouldn’t matter where you’re born or what you look like. All of us have the same dreams, and every one of us should have the chance to reach them, to give our children a better future and a stronger country.” We owe it to our children to be candid and frank about the real choices before us, even if it means making some in our own party uncomfortable as we talk about it.” Harold Ford Jr.

“The first rule is that when you run for office, accept an appointment, or assume a new leadership role, you need to say what you are going to do and then do what you said you would. Leaders and candidates for office who aren’t willing to take political risks won’t take the policy risks required to drive real change.” Jeb Bush

“A wise man does not allow his knowledge and abilities to be sounded to the bottom, if he desires to be honored at all. He allows you to know then but not to comprehend them. No one must know the extent of his abilities, lest he is disappointed. No one ever has an opportunity of fathoming him entirely. For guesses and doubts about the extent of his talents cause more veneration than accurate knowledge of them, be they ever so great...Do not even let your tastes be known, lest other utilize them either by running counter to them or by flattery them.” Balthasar Gracian

“Our greatest leaders have not met the challenges and solved the problems by themselves. These leaders were teachers who educated us as Americans about the problems we needed to solve. The challenges were met and the problems were overcome by the American People themselves...Once problems and challenges become clear Americans find ways to unite to solve them. Challenges have brought out the best in us. At this moment we desperately need leaders who have the courage to tell us what we need to know. We Americans are ready to hear the truth, and we have the spirit to do what needs to be done.” David Boren



“All our senses ought to be trained to endurance. They are naturally long-suffering, if only the mind desists from weakening them. This should be summoned to give an account of itself every day. Sextius had this habit, and when the day was over and he had retired to his nightly rest, he would put these questions to his soul: ‘What bad habit have you cured today? What fault have you resisted? In what respect are you better?’ Anger will cease and become more controllable if it finds that it must appear before a judge every day. Can anything be more excellent than this practice of thoroughly sifting the whole day? And how delightful the sleep that follows this self-examination – how tranquil it is, how deep and untroubled, when the soul

has either praised or admonished itself, and when this secret examiner and critic of self has given report of its own character! I avail myself of this privilege, and every day I plead my cause before the bar of self. When the light has been removed from sight, and my wife, long aware of my habit, has become silent, I scan the whole of my day and retrace all my deeds and words. I conceal nothing from myself, I omit nothing. For why should I shrink from any of my mistakes, when I may commune thus with myself? ...See that you never do that again; I will pardon you this time. In that dispute, you spoke too offensively; after this don’t have encounters with ignorant people; those who have never learned do not want to learn. You

reproved that man more frankly than you ought, and consequently you have not so much mended him as offended him. In the future, consider not only the truth of what you say, but also whether the man to whom you are speaking can endure the truth. A good man accepts reproof gladly; the worse a man is the more bitterly he resents it.” Seneca

“A lot of Americans are confused about the Supreme Court. They think the Court is a sort of big daddy legislature that does good things regardless of what the Constitution says. As a result, the courts have become the place to go if you can’t get what you want from the legislature. Ronald Reagan said he wanted judges who would interpret the Constitution. Most people agree with that. But most people also can’t believe there isn’t something in the Constitution protecting what they think ought to be done.” Robert Bork

“Most people never overcome their failures because they never really forgive themselves for failing in the first place. They continue to punish themselves with self-inflicted guilt rather than moving beyond their failures. Everyone fails. Unless we are willing to attempt much while accepting numerous failures, we will never learn the limits of our abilities. One has to fail completely too truly understand his or her limits. Fear is far more damaging than any failure. If you fail you always have the option of starting over or moving on. Everything worst while will always have a measure of risk and a probability of failure. If you allow your fear of failure to control or limit your actions you are in fact a total failure.” Edward Hindson

“Self-leadership is the essence of leadership. It is based on knowing yourself and seeking reliable counsel. Leaders in a changing world need to take stock of their personal attributes that embrace or resist change. Unless they understand the vision that motivates them to lead, the purpose that ignites them, and the values that empower them, how can they make courageous choices in a chaotic world? Self-leadership is the essence of all individual, team, and organizational change. Visionary leadership demands courage. Team unity demands individual enrollment. Organizational change demands self-change. Thus, leaders need to weave the golden thread of self-leadership through all their change philosophies, processes, programs, and tools from start to finish. This deceptively simple concept elicits lip service from any leaders that contrasts sharply with the time and resources they actually give to it. Many leaders are perceived as all form and no essence, as not walking their talk.” Richard J. Leider

“Leadership involves nothing more than making a difference, creating positive change, moving people to get things done, and getting rid of everything else that does not contribute to the mission. This means reinforcing core values, articulating a clear and powerful vision, and then setting people free to develop better ways and better ideas. Yes, most of the clichés are true; leadership entails trusts and giving authority back where it belongs, to the people who actually perform the great bulk of what we can work. Trust is the glue that holds organizations together, and empowers the fruit of trust, and far easier to say than to do. Leadership by cliché will not work, unless personal strength. Character, skills and performance lie behind the phalanx of platitudes. The sad truth is that it is never easy to be a leader; to cope with the myriad intractable challenges that come bundled with the territory. If it were easy, many more people would do it.” John Charles Kunich

“Will you go and gossip with your house-main or you stable-boy, when you may talk with kings and queens, which this eternal court is open to you with its society wide as the world, multitudinous as its days, the chosen and the mighty of every place and time? Into that you may enter always, in that you may take fellowship and rank according to your wish; from that, be outcast but by your own fault.” John Ruskin

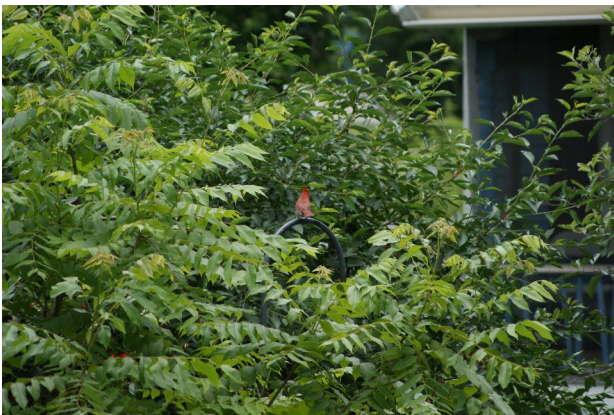
“What great nation today can be self-righteous about its past? Let Americans remember the Indians, let the British recall the blood spilled while amassing an empire; and the Russians, the millions murdered in the Ukraine. The list is long. Atrocity is a human, all too human, crime and not the sole franchise of Adolf Hitler. He is dead, as is Nazi Germany, but the atrocities continue.” John Toland

Death of a Parent (s) Brain Tumor

I knew sooner or later the phone call would come, but I had expected much later. I was at the computer, it was about 12:20 on a Thursday when the phone rang. Susan Sherman showed up on the display, I knew it was my brother Dennis.

The first thing I asked him was how mom was; his voice was crackling and shaking when he told me that she had been moved to the hospital where she had a stroke; the result of bleeding in her brain.

It was her second stroke so I told him to keep me informed and that I would make it down Saturday afternoon. He called me back later and told me that it wasn't looking very good, that the bleeding was from a tumor in the middle of her brain; a place where it would almost be impossible to get at. If they operated there was a very high chance that she would not survive. If she survived she would be hooked up to breathing and feeling tubes, something she stated she didn't want. He told me that the doctors gave her about 48 hours and moved back to the hospice section of the nursing home.



I was shaken; my emotions were all over the place. At times I felt that maybe I would be able to feel, but then a little guilt for thinking that way. I told myself; maybe that this would be the best for her because she hasn't been able to get out of bed without help let alone walk for almost five years. For five years she had been confined to one bed after another, moving from room to room at the nurse home whenever she got sick, or being transferred to the hospital whenever she needed advance medical treatment.

I became selfish and angry part of me wanted her to have the surgery not for her well-being but for my peace of mind. Part of me wanted to know if her tumor had been there for a while and had grown to a point that it had caused the bleeding, or was her tumor cancer. Either way either answer could have a profound effect on the rest of my life. Maybe if it was slow growing and if it was hereditary it would serve as a warning for me to take action, for the first time I would have options.

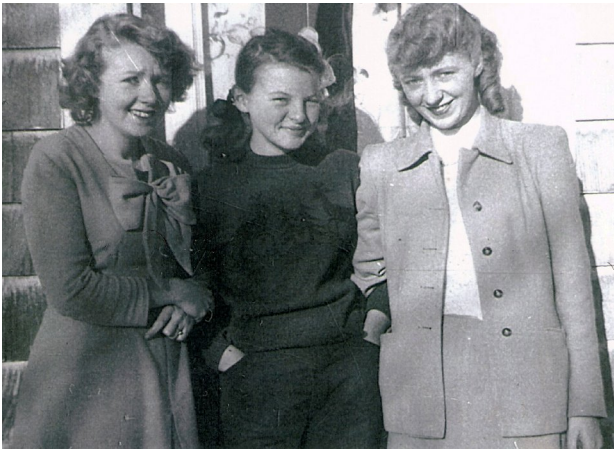
I got really pissed because I was thinking in this manner; I could have and should have had my head and chest MRI's three years ago. I had talked to my doctor at the VA about it and he ensured me that he would make it happen. I have talked to my therapist telling him how important those MRI's were to my mental health and peace of mind. Never happen, no one planned for it; the doctor replacing the pacemaker could care less and didn't want to do it. Because of the tech at the VA my pacemaker battery had died and I was now having TIA's and my seizures came back.

I told myself maybe if she didn't have the surgery she could have an autopsy and I could gain peace of mind or prepared myself for major brain surgery or start making plans for my final quality years. I couldn't bring myself to side with the family members that wanted the surgery, nor could I even bring up the possibility of an autopsy.

In some strange way my mother could control my future from her grave. In some strange way after all the needless pain and suffering that my mother, her boyfriends, and her husbands had caused me, I came to understand that VA was no different for they too had caused me serious physical, mental, and emotional damage. Worst of all both in their own selfish ways for their own selfish reasons, one to gain money from me, the other to spend as little money as possible on me have ensured that I will never have the ability to trust.

I drove directly to the nursing home; My Aunt Barbara was there, my mother's sister. My mother was in very bad shape, she had changed a great deal since I last saw her, and I gave her a photo of the girls and the

grandchildren. To include Jackson, Jackson was pretty important to me because I was a Roberts and he was the only Roberts boy. When your mother is lying there dying, you realize that your time is coming. I had thought that Kristian would have been a Roberts but it didn't happen. I never expected Jackson and when he was born I expected my daughter to do what my mother usually done, do what was necessary to please the boyfriend.



I was all over the place, watching her lying there, sometimes moving her lips, sometime opening her eyes, sometimes reacting to someone's voice. Dennis and his wife showed up and we talked about how we would handle the next few hours. I told Dennis that we needed to get Steve on the phone after all he was the favorite. He was out in Nebraska, both Dennis and I talked to him, and as I watch Dennis talk I could see that my mother was crying and her eyes were half open. I told Dennis I would try to get Steve her before she goes, or at least for the funeral.

Later that night at Dennis house I looked at every website looking for cheap tickets, the bus ride would take about 30 hours and almost the same cost of a plane ticket. I was able to find one on Southwest, but I refused to get one for his son, because of the cost and due to the fact he wanted to be back to go to work Monday. I was going to get an early flight so Steve could make it by 12.00 but he told me that was too early so I got him an later flight that would get him in by 6.00 PM. I paid almost \$300 for him, not because of him, but for my mother. I didn't want to hear that I didn't help him to see his mother before she died.



He complain that it would cost him \$37 to get to the airport and that he only had 30 dollars and \$7.50 in quarter, I asked him if he have anyone that could give him a ride, after all his mother was dying. He said no, here was man who believed that the world revolved around him and he could find one single person to take time out of their day to help. It didn't matter one bit to me if he got on that plane. I had done my part. I didn't think he was going to make it in time.

The next morning we went to the nursing home, Sabryna, Kristian, and Xavier also went. Sabryna did a lot for my mother, she push her nursing skills to good use, help be comfortable, combing her hair and cutting her nails. Kristian was all over the place, he loved to play war games, but this was the first time he was confronted by death, he would go forward to touch her, and then come back to cry and hug me. Xavier asked me if my mother was dying.

Then came the moment, I figured that it was all over, the deep death rattle was there, she was in serious pain, in serious distress, her sister rubbed her forehead, and sang the song, "Going to sit down and write myself a letter" and told her that it was alright to go. But she held on. My sister was acting foolish, she was making Aunt Barbara, Dennis and his wife angry. I told her that Steve would be there in a few holds. There was a change on her face, it was easy to see that she was not going to let claim her.

Steve finally made it and he went in to see his mom, he too had changed, I hadn't seen him in about five years. He was old, gray, and overweight but much better than I thought because my mother had too me a few years back that he had much time to live. There was another death rattle, but she fought for life and stayed.

Lucy, Sabryna and the boys left to go back home. Becky, Dennis and I went to the funeral home to make arrangements. When the director asked for names of children Becky threw in the name Beth, I looked at her with complete surprise, and asked myself what the hell is going on now? I knew that there were going to be things coming out that had been hidden for decades. But putting Beth down as a child? She had open Pandora's Box and I had no idea where it was going to lead, nor how was it going to affect me.

As I sat there listening to the funeral director go through the price list I was becoming overwhelmed when he gave me the paper and told me to add it up. It quickly exceeded \$10,000. My mother was controlling me with her death. When the director stepped out of the room, I made a comment about the cost, and my sister stood up and took out a dollar bill and stated that is all I have. I wanted so bad to just jump up and smash her in the face so being so insulting. I was also pissed at her because I didn't even know if there was a place to bury my mother. She had told me a few years back that she had spent all the money that my mother had given her for the plot. I had told her to get me the paper work and I would pay for the plot, she never did; now I had no idea if we could bury her where she wanted. Because Vincent, her husband had been in the service the worst case I would have to bury her at the local national cemetery under his service. I couldn't bring myself to allow her to be buried at the gang-banger section with people who died from drug overdoses, crimes; gang shootings and traffic accidents in phone booth size plots.

We left late that night, I didn't think she would be around come morning, but I was wrong. I hated Dennis's phone, every time that it rang I thought it was the nursing home telling us to come quickly or that it was over. However, when morning came she was still holding on.



I got up early Monday morning and drove to New Bedford, it was about a twenty minute ride, and there were three lighthouses there, which one was a fort with a light house just like the fort in the Florida Keys, which was weird to me. To me the light house would be a very easy target for the enemy. In many ways the lighthouse provided life while holding on to the ability to cause death. I had my phone with me and had been expecting a call. I really didn't want to be there when it happen.

Went to the nursing home that afternoon, my mother had been moved to her a new room, a room by herself, a room to die alone. She was in serious pain, the fever was gone, and I could see that she had not been holding on for Steve it was for someone else. I knew that it had to be David. I told Dennis if we couldn't get in connect with David, We would have to ask Pete to stand in for David, while about 7-9 inches short he could pass for David, plus he was a motorcycle guy just like David. With her poor eye sight I told Dennis I think it would work. Dennis and I left and went to the cemetery to look for Grandma's and Shawn's grave site. We couldn't find it, in the end we must have pasted it 4 or 5 times, we had stopped the car right in front of it, but there was a Maddox monument and H corner markers.

Dennis and I returned later that night Becky, Steve, Pete, Jeffery, and Little Vinnie were there. Dennis. She was in very bad shape, her lips were almost blood red and twice their size, she was having trouble breathing, her mouth was filling up with fluid washing out any medicine they tried to give her, the right was helpful but no way as good as the little hospice nurse. The nurse tried to clear the fluids out but she had the other residents to watch over. She would come back every now and then to check in on Beverly and to tell us the new medicines still had not arrival.

As Sue, a nurse herself clear the fluids from my mother' mouth, Dennis received a phone call. The phone call was from David. As Dennis stood by the head of the bed and talked with Dave, I could see a change in

my mother, she relaxed, became for peaceful. When Dennis said, that David would do his best to find a load and make it out to Fall River to see her, I knew it was complete. David her first, the one that had so many opportunities, was the one that I known about for years, it was on my birth certificate, the one she made sure I knew had come to see her a few years back. Was the one she had been waiting for.



After Dennis hung up the phone I had to leave the room because I had enough of Becky and Steve arguing. Becky had insisted that we put down Beth as our sister for my mother's obituary. Dennis had talked about how when his daughter had worked at the nursing home she would spend time at night with our mother and when she had a high fever she would talk about Mary standing there in the corner looking at her; a little girl just standing there.

As they argued I told myself that the solution to the confusing was simple, they were both right because the girl had to be Mary Beth, a very common name. But as they argued it became very clear to me there were still but right but in a much different way.

My mother had always said that she couldn't carry girls and that she had two miscarriages, which had been girls. They were soon arguing about the baby in the freezer on 414 Alden Street. They talked about how Bruce told Becky in a Bar that he still after all these years remembers the baby in our freezer. Steve knew of it and added more information. I couldn't understand why I didn't

remember any of this. I couldn't understand why after Nick "burying it" why she would have put it in the freezer. As they argued over the baby's name, it came very clear to me that there were two babies. Betty the mother the abortion lady and the mother of Bruce lived in the apartment behind us or the apartment above us I can't remember. However, I do remember that she was having an affair with Manny, a man who was married and had seven children, the last thing he needed was a baby let alone a girl. The man she would later move out of state with in order to get around the waiting period, a man she would marry and have a son with, before ending the marriage.

Dennis talked about how years later how Betty and my mother became very concern when they learned that the police were digging up and searching for the head of a woman that had been murdered. They were worried that the police would discover the bones of baby that they had buried. Life is strange the bones had been buried at the end of Roberts' Road in Westport. My mother was a master of using people to lessen her guilt. She would tell each a different truthful part of the story, implying certain things and then allowing them to fill in the rest but never correctly them if they came to the wrong conclusions. She was protecting herself because if you asked 4 or five people they would have had some things in common but they would have come to enough different conclusions that there would enough for reason doubt.

It was more than I could, maybe more than I wanted to stand, I would have moments of emotion and tears, but I didn't want her to see me cry, I didn't want to cry for her, but I was angry because my brother and sister were arguing over a baby that was in a freezer and had been buried at the end of some road as if it didn't even matter and now it was important that the baby's name was in the paper.

Dennis and Sue came down the hallway to look for me because they were concern about me. They found me in the TV room and asked me if I was OK, I told them as well as could be expected. I told them that Becky and Steve were both right, there were two babies and they both were girls and they were both with two men that were abusive and had no need for another baby in their life. I told them of my research paper I had done in school on baby girl deaths; where the FBI reported that the first 24 hours were the most deadly for unwanted children of white women.

I told myself I had to be the lucky one, I was born a boy, I had the broken leg, and I had the six weeks in the hospital in many ways I had been protected. In many ways the Gods have always found a way to protect me.



Maybe I knew, maybe I didn't want to know, maybe I didn't need to know after all it was Manny that my mother would marry, after all it was him that would flush my head down the toilet while my mother did nothing, maybe it was Manny the one that made me work on the farm 5 to 6 days a week every summer and shell fish on the other day (s) so that everyone else could enjoy themselves at the beach. Maybe just maybe it was too much for a 9 year old. Maybe that is where the blackness, the voids comes from, May be after Nick, maybe after Manny, I feared being next, maybe that is why I can trust no man.

The next morning Dennis came in the room and said that my mother had died, that it was over. We got dressed and went to the nursing home to see her, they had clean her up, her lip was down and she was just lying there peaceful at last. My emotions were all over the place, I wasn't angry at her, I didn't feel a sense of lose. I didn't feel much. But for some reason I had no desire to kiss her good bye, or to even touch her. I had kissed her the night before but now no more.

I left the nursing home and headed to Newport R.I. to go to the Naval Base to get my car a new sticker, do some shopping and see a few lighthouses on the way. I didn't really know how to feel, I was glad that it was all over for her, I couldn't even think of what it was like to be trapped in a body that couldn't get out of bed for almost five years. Lucy called and asked me how my mother I was doing and I told her that she had died. Again not knowing whether to cry or not. I told her that we would have a wake Thursday and a funeral on Friday.



Later that afternoon after visiting one of the lighthouses something when wrong, very wrong, it was as if everything switch over or shut off. I couldn't remember a single thing; I was in a complete daze. I didn't know who I was where I was or what I was doing except driving. As I was driving I was fighting to remember certain things, even the smallest of things in order to come back, in order to get a fix on whom I was, what my location was. All I could thing about was the brain tumor, what if I had one, what would I do, It was a hard fight but as I picked up a little here and there it was as if I was able to pull myself up the face of the cliff stone by stone. I made it back. For

the rest of the day and night it was a struggle to stay back.

Maybe it was because I knew that more and more demons and information would be coming out, maybe the little connections that my brothers and sister had would be gone with my mother's passing. Maybe I would no longer have to fear her. Maybe I would no longer have to fear any man. Maybe I would no longer have to limit myself. Maybe I wouldn't have to worry about others' feelings. Maybe I could allow myself to stop hiding my capabilities. Maybe I do things without the fear of being punished because someone else didn't measure up. Maybe if I made the little league team and someone else fail to, I would not be punished in order for that person to feel good about him or herself.

The priest called night to talk to Dennis, Becky and me because he wanted to put together words and find passages fixing for she life and funeral. We talked for a while. I could hear that he understood that they was something missing between my mother and I. I told him little except that I was the only bi-racial child, and no matter what this was about her, and I would do nothing whatsoever to ruin it for her or Becky or my brothers. He replied that I was an angel and that he was blessed to have spoken to me and that I had made



an impact on him. I have no way of knowing, I have no way of knowing if he was just doing his job, but he hadn't been the first or even the second or third strange to tell me that.

What is an angel; Anne Rice said that "though no female angel appears in the bible, there is no reason that angels cannot take a female form. They themselves are beyond gender, and the bodies in which they appear are either illusions or specially made for a particular purpose and soon discarded once no longer in use. Angels are pure spirit; their natural dwelling is in heaven. But they are always very busy on our behalf intervening in our life here on Earth for the good." I may at times have angel like qualities but I doubt very much that I am an angel. If I am it sure is trying to what best for someone, especially when that person isn't very nice, when in doing that nice act the price is extracted from you, when in doing so the best you can hope for is regardless of the price regardless of the lack of appreciation is knowing that it was the right thing to do, that the real benefit is not to the ungrateful person you helped but to people unknown who will benefit. You know that the wrong person is going to get the credit and you are going to suffer because they know that know the truth. As the song goes no one ever gets punish for not knowing enough, we punish people for knowing too much.

The priest asked me if I was going to say something at the funeral, I told him that I hadn't planned on it but if I did it would be short and it would in no way be hurtful to anyone there.



Dennis and I got early and went to cemetery office, and I asked about my mother's grave site. I was told the day prior that Becky had borrowed about \$2,500 from Big Vinnie earlier and was paying him back on a monthly basis, I had to be sure. I asked him for the location of our great parents' and my brother Shawn's graves. He gave the location, Shawn date of burial and Aunt Ella burial date. I went down to the library and was able to find both of their obituaries.

Based on the Shawn's obituary stating he was 6 weeks at time of burial I guessed his birth day to be around Oct 21-24, 1957, Steve would later tell me that his birth day was Oct 20, 1957. My mother had told Steve that she had tried to have him at Truesdale Hospital in Fall River and they refused. Dennis had always tease Steve that he had been born in Jail and that is why he was always going back. I remembered my mother saying that when Steve was born the hospital call one of her sister to tell them that Mrs. Roberts had a baby and that sister replied that she had no sister by that name, so Steve was named Sherman.

It became pretty clear that my mother either went to jail pregnant or pretty soon after given birth to Steve and that she most likely came out of jail pregnant. It match up with her statement that she was sentenced to 36 month and got out after 18 months.

We had the wake Thursday night. I was really surprised at the number of people that showed up for the wake. There were people there for all the four hours. Many of Dennis's co-workers from the post office came to pay their respects to Dennis. Aunt Barbara was there, along with Aunt Bert. It was the first time I had seen her in about 30 years. They were 80 and 77 years old and they looked so much better than my mother, they had taken care of themselves. My cousin Brenda and her husband also showed up. It had to be over 40 years since I saw her, but it was easy to know who she was, she was tall and had big blond hair. Along with Aunt Barbara's grandson that was the only people from my mother side of the family that showed.

Becky got very angry when she saw Bengie's old girl friend the mother of his son. We had to take her outside after she yelled across the road that "I will kill you." Big Vinnie was very emotional; it was easy to see that he was in pain. I should have felt something for him but I couldn't. I was there doing the right thing, I was there making sure that everything was going right, I was there to make sure that the woman that gave me life was treated and buried with dignity.



I took a few photos of my mother, someone that didn't look like the woman I had grown up with, how could she have changed so much in such a short time. Or did how I saw her refuse to change over the years and now in near death and in death she was her real self? I had to tell the funeral director that while she didn't look like my mother that whoever made her up had done an outstanding job. When I had last seen her, she had looked like a days old battlefield corpse.

I looked at my mother a number of times; I walked to the casket a number of times during the course of the wake, but never to the point of touching it let alone my mother. I watch my sister, my brothers, my aunts, and Big Vinnie and others go to the casket, some kneeling to part, others to say goodbye, others to touch or even kiss but I just couldn't. I wasn't mad, I wasn't angry it just didn't seem like the right thing to do. It was almost like a job, a mission, I was completing my mission and now it was time to move on, to await my next mission.

After the wake most of us went back to Dennis' house to rest up, eat and talk and just wind down. Becky, Steve, Little Vinnie and Bengie went out drinking. Steve had no money

but there was no doubt in my mind that he was going to use the death of his mother to get free drinks and possibility even drugs. It became very clear to me that I couldn't let Steve to stay for another two weeks. He was selfish and could care less about anyone except himself. There was something up and I had to get him on a plane very quickly.

What made it really strange was that what Dennis, Pete and Steve had often stated in the past became much clearer. Steve always bragged about how the warden was his god-mother, I never believed him because why in the world would a warden be a god-mother to any inmate's child. Dennis had always talked about my mother driving them to the warden's house each year where they were always feed and given PJ's with feet, Peter said the same thing. They remembered the road, the remembered the house. Steve talk about how when we lived on King Phillip Street the lady would come by and pick him up and take him out to dinner.

I remember the time in 1959-1960 while living at 334 Harrison Street when the police raided out apartment and took Mr. St Pierre and my mother away. My mother came back the next morning and said she had connections and then went to the freezer and took out stolen items that were wrapped in Reynolds' wrap. Years later when she and Big Vinnie tried to get custody of Bengie's daughter because of the mother's drug

problems and Bengie's 4 year sentence to Walpole Prison, Big Vinnie's police record came back showed a stolen car over 30 years earlier, something he was able to clear because he said it wasn't him that it was his brother. His brother admitted it. My mother's record came back completely clean. Steve and Pete talked about how my mother learned typing and other office skills from another inmate.

Despite everything that they were saying, despite how much their information matched, despite how much that they were so sure and clear; To me that it didn't make any sense in the world that a warden would take such an advice interest in a 19-20 year old inmate. I told my Dennis let go and Goggle this.

As we dug deeper and deeper it became very clear to me that they were not wrong. Estelle Freedman a



feminist had written a book concerning the warden, a Miriam Van Waters. In that book she noted "During the hearings, allegations of homosexuality in the prison tantalized the public. In Framingham, unless women made aggressive unwanted advances, homosexuality was ignored. Also, questions about Van Waters' own sexual preference loomed over the hearings. Although Van Waters had not been accused of being a homosexual, most of her romantic relations had been with women."

Other articles talked about how almost 80% of the women in Framingham were in the reformatory for either prostitution or alcohol related crimes. My mother rarely if ever drank alcohol. If she was there for prostitution it wasn't a surprise because of what she had told Dennis' daughter. It was also stated that Miriam Van Waters allowed nursing children to stay with their mothers until age 2 other articles stated age 3. So if Steve was born right before her going to jail or during her time in jail. There would be a reason that I never had any recall of Steve at my great grandmother's house. With all the children she had later never once did I noticed that she did neither nurse, nor even talk about nursing but that was a different time.

Other articles especially one that contains quotes by actress Libby Franck who played the lead role in a play concerning Miriam Van Waters in which she (Franck) stated, "most of whom were not criminals but rather victims of the times. "These are not things we would consider reason for incarceration today...these are women who were shunned by their families..."Yes, there were some forgers and thieves among them, but most were charged with things like homelessness, drunkenness, or adultery. Or they were charged with being unwed mothers or a stubborn child...these are not things we would consider reason for incarceration today."

"The Great Depression of the 1930s also affected the institute's population. During the depression, 90 percent of the Framingham inmates had been sentenced for crimes against public order; social agencies that lacked resources to care for alcoholic mothers and children turned them over to the reformatory; when poor, unwed mothers could not afford hospital care they were relinquished to the reformatory. It is interesting to note, that at a time when other social agencies failed to provide support for women it became the responsibility of the reformatory to provide for these women and their children."

At first it seemed that the article supported each other, but as I read the authors and what where they were coming from then combined it with the different time periods, it became the actress want to view the warden in the most positive manner possible, along with making the great majority of the women inmate victims of society' indifferent.

Estelle Freedman being a feminist was more concerned with making sure that Miriam Van Waters was noted for her feminist and women movement accomplishment to make sure that she was at the status of Eleanor Roosevelt and Margaret Mead two of the MS. Van Waters supporters at her trial. I believe that it was important to Ms. Freedman that the 'prison lesbianism' and overall lesbianism focus be high lightened.

It appeared that one of the goals of Miriam Van Waters was to ensure that the female inmates had marketable skills when they left the reformatory. Many of the inmates learned kitchen and farming skills while others worked in the hospital. Others were allowed to leave the prison to work as maids and other household servants for local families.

It was stated that Miriam Van Waters had a minor stroke in 1972 which is about the time that the warden stopped visiting Steve. The research stated that after she retired Ms. Van waters moved into an apartment with two former inmates along with a number of former staff members.

The first thing that came to my mind was that she had been stunned by her family for being an unwed mother and couldn't afford to pay the hospital in order for Steve to be born so she was shipped of to Framingham.

I knew about David and the situation concerning his conception. He had repeated what my mother had told him and it was pretty close match. When she was 15 years old she was best face on it Date-raped by an older boy that she had like. Was forced to drop out of school had David. Moved I with her sister for a while and then later on David was adopted by Aunt Bert. It appeared that Bert was the chose one, the one the family



put everything into, she married well but despite numerous attempts could have children. So David solved that problem. Worst case situation she was confused by her sexuality and she was raped but the family was unwilling to admit the possibility that she may have been a lesbian. My Aunt told me that her father's sister my grandfather's sister or my great aunt who had suffered from polio had been taken advantage of by someone when she was in a Speak Easy. That was a family secret.

I had had enough; everyone was getting tired so I went up stair to work on the computer to see if I could come up with something suitable to say for tomorrow at the funeral. While I couldn't excuse my mother for the things that had happened to me, I saw her in a different light. A person that had been victimized a number of times and was unable to deal with her demons. It was at that moment it became very clear to me that she hadn't been placed on this earth for me but that I had been placed here for her.

No matter how bad thing would go for her, no matter how much trouble my sister and brothers, to include David got into, no matter how time they spend in jail, no matter how much drugs they consumed, no matter many how known and unknown out of wed lock children they produced, she could also use me as her trump card. Not only with her sisters but almost everyone else she knew. I never belonged but she wasn't there for me, I was there for her.

We are all put here for a purpose, with that I found the words to write, finish, printed off ad went to bed.

I got up, got dressed and went to the funeral home for the funeral. I met the priest there and told him that I would be saying a few words. I introduced him to the family members. He took me aside into an empty room and asked me if I was Ok, he told me that to him out of everyone I was taking it the worst. I told him that he might have a clearer understanding after I spoke. If he asked me when I would like to speak I told him at the end.

Steve and Bengie were late; they had been drinking the night before. I told the director and priest that we would wait until 10:20 and we would start without them. They showed up about 10:18 and we got started. The priest did his part. Once he was finish I had "Angeli" by Sasha Lazaro playing in the back ground as I got up to give my speech. I tried but I was overwhelmed by emotions, what kind I don't know, I wasn't feeling a sense of lost, I wasn't feeling a sense of freedom, I wasn't feeling a sense of relief, it was as if Pandora box had been open and all the trapped demons were rushing out. After what seemed like hours, I was finally add to get the words out.

People have often asked me was the most important thing that my mother ever did for me. I always without questioning tell them that she gave me life.

When people ask me what kind of woman she was, what kind a mother was she? I tell them that I truly believe that she did the best she could based on her abilities and circumstances for the man that contribute to I being here was never there. I believe that is all a child can ask for form a mother. I believe that is all a child should expect. To demand more, to expect more than a mother is capable of is to become hateful and spiteful. A hateful and spiteful son could never honor or respect his mother; I have always honored and respected my mother. I am not God. I do not have the right let alone the ability to pass judgment.

I believe God places more value on good intentions and the hurdles one has confronted in his or her life.

I believe that my mother in her own way taught me many important lessons in life. While these lessons may not have been the lessons she intended nor were they taught in the manner society said they should have been. I believe because of these lessons I have been able to grow into a son that she was proud of, spoke with pride and joy of, and a man that in his own small way has made the world a little better for others.

People have often asked me, if I could what would I change about my childhood, about my relationship with my mother. They always look at me with surprise and disbelief when I tell them nothing. Not one single thing. I know where I have come from, I know who I am, and I know where I am going. To change one thing, even the smallest unnoticeable thing would change the person I am today.

As I stand here I am proud to tell the world I like who I am, I don't need to be nor would I want to be anyone else.

For all the mistakes my mother may have made in her life, I believe in her own special way my mother produced a man. I like to believe that is one of the major reasons why God put mothers on Earth.

For That I have to say thank you Mother.

It is now time for Mother and Son to go their Separate Way.
Mother I only wish the best for you on your final journey.

With Love and Respect
Your Son
Kris E. Roberts

When I was finished I folded up the letter and placed it in her casket, it was the closest I came to touching her. The Priest had a number of people clapping which I never expected; you don't clap at a funeral. He would never speak to me again. The man that was in charge of the funeral came to me and told me that my

mother would have been proud of me today. Even to the end I was making her proud. Even to the end I was there for her. I had completed my assigned mission.

In the end it was weird, my great-great-grandparents on three sides of my mother's side were from Scotland, and there were the Robertson, the Maddox's and the Cavanaugh's. My favorite TV show was the Highlander a Scottish show, my favorite actor was Sean Connolly another Scottish actor. Maybe there was a reason why I changed on a dime and supported HB 436. Despite what anyone wants to say, despite



whoever wants to take the credit, it wouldn't have passed without my three speeches. At the time it didn't make any sense to me, I couldn't find one single reason to pour my heart and soul into those speeches. There was not one single person that I was willing to lay it on the line for. Matter of fact there were a number of people that would have given me cover for, a number of gay men that had caused me hurt and pain. Maybe I gave my mother; maybe I gave my great-aunts a sense of peace, a sense of being whole. I spoke on the floor as a non-gay manly man, a Marine Corps LtCol, a man sure of himself, someone going cover to other man to vote their heart.

All I can say something came over me and told me this is the time, this is what you must do, and I did it. As I have stated over and over when it is time, I will get direction. I will get the gut feeling and I will be given the tools necessary.



We may like to think that because we are through with our past that our past is through with us, that belief is very wrong. When we are ready, when we have the necessary skills, when we are prepared our past will catch up with us and prove us with more information. As one once said when we are prepared our eyes will see, not a moment sooner.

All I know that at this very moment I am very overwhelmed, while I had no connect with him, I found out that my father died in 2002, and no one told me. In a matter of 3 weeks I have no mother, no father. My mother, my father they gave me life, they will always be my mother, my father. But they made sure that I never had a Mom, never had a Dad. Without a Mom or Dad, a child will always have a void. I have come to understand that most children want the love of their mom and dad that no matter what their mother or father do to them they will always view them as special faultless people.

Many of the things that never made sense to me, things that I just blew off but no longer. To do else wise is to lie to myself. I know that I will go into a cocoon and I will emerge a different person and will have to deal with a different world. It is almost like the Highlander, I will be reborn as a different person. That may be my greatest protection but that may be my greatness weakness people don't want to deal with change. I can be anyone I need to be whenever I need to be. I really have no outside identity because I have created my own identity. I am not dependant on society defining me as a person. That is a very heavy load to bear. A burden, a weight very few understand.

I will have to admit to things that have been in the very deep, dark recesses of my mind. Some demons will come out; they will do their best to consume me, which is what demons do.

Each time I go into battle I have less and less in reserve, as I have done before I have to use their strength against them. As long as there is a purpose there is life.

I received a little note from a person expressing their sadness over my loss, and in that note it stated "at times like this, is when we should take time to reflect."

Death of a family member (s) no matter how close, how distant has an effect, to say otherwise is either to be a liar, or to be so cold hearted that one couldn't have a heart. Whether I want to or not it didn't matter if I was awake or asleep the mind does what it wants, at such times it wants to understand the new order, what of the past must be let go in order for the new to come in, how would current relationships change and what possible new relationship could come about.

In life there are always connections, many strange. As I looked through our family history I found out that my great-great-grandfather was born in Cheshire, England and I live in Cheshire County in New Hampshire. He came to America on the Wyoming. My great-grandfather had a Wyoming sign in his house and my grandfather traveled out to Wyoming and I was born in Wyoming. Maybe some things are just meant to be. All families have secrets some families more than others. Some secrets are darker than others, maybe some secrets are meant to be taken to the grave, and maybe some secrets should never see the light of day. Maybe one should just be careful there are sometimes great reasons for keeping secrets, maybe someone just wants to get a secret off his or her chest because they don't want to carry that load, but why should you have to carry their load?

In many ways life can be so much easier when you have that gut feeling you are doing the right thing, traveling the right road, and that when you really need the help people will show up to help you over the bumps and hurdles.

Since I always work in three I was repeatedly drawn to the three entities that have caused me the greatest physical, emotional and physical pain and grief in my life. No unexpected pain but careless, needless pain, the type of pain that they would suppose to protect me from. First was my mother, for all the pain that caused me, I have to acknowledge I am a much better person for it, it should never happen, I would never excuse her for it, except to say that I have to believe she did the best she could with the skills and talents that she had, she was trying to survive. I have to compare it with the old saying about great teachers that they are always the most demanding, the hardest and sometime the harshest to the students that has the greatest potential. In the end I gained from the pain. The second being the Marine Corps, like my mother there caused me needless and some trauma pain that still endures but in the end I earned number awards, and was promoted to LtCol earning the respect of others; a worthy accomplishment. In the end I have gained as a person.

However, there is one, the VA, for all the needless pain and suffering they caused me; I have gained nothing from the experience. I have only suffered loss. Needless loss. For whatever reason I don't know. I am really nothing to them. I have seen veterans cheat the system. I have seen veterans teach others how to cheat the system. I have seen veterans with far less and many times non-service connected injuries or illnesses get better or head of the line privileges over me. I have seen them lose paperwork, doctors' reports, go years with a reply to a request, etc. They missed at least four major problems that could have resulted in death, but due to lack of proper care have resulted in a lower quality of life and robbed me of many of my abilities to do the things, I was trained for, educated for or simply wanted to do when I wanted.

"No man who values his character, no man who values the true welfare of his children, should engage or cause, his children to engage in a business whose main objective is to make money, no to earn it, to grow rich without labor; to rise on the ruin of others, and to steep the senses in the enjoyment of material wealth." Robert Waters

I have developed or enhance other skills to make up for my losses; maybe that is the one positive. Maybe the goal here is not counting on the VA to do their job, because no matter how much they tried I could never ever have a level of trust with them. How do you? Without my wives insurance my heart could have gone into total heart block and never restart. The VA would have careles about her or my children. What if my cancer had spread into my bones and my family had to watch me suffer a painful death? What if I had suffered a more serious stroke and like my mother I was confirmed to a bed for five years? Does the VA care that my mother died from a tumor in brain causing bleeding, I think not. I doubt that the VA has any concern whatsoever concerning my mental health as I will have to worry if I have a brain tumor, if so could have it be spotted four year ago when they were supposed to take the MRI's of my chest and heart , four year ago when I was younger and stronger.?

I think maybe this isn't about me, it is about the skills and talents that I have developed with my experiences with my mother, with the USMC. It took me almost 12 years of battling the USMC to get it right. It took a combination of being able to endure high levels of pain and suffering, ever increasing job performance while at the same time increasing my knowledge and understanding of the system. No the way I wanted it to work, not the way I believed it should work, nor the way people told me how it was going to work,; I took the time to learn the rules.

To the USMC system I was invisible; to the VA I am invisible it is like the funeral director told my brother, I have been reading this Fall River newspaper for over forty years and I never read anything about him, that is very usual. I have to believe the time is now, I need to stop being invisible. I know there are far too many veterans out there without public status, without the knowledge of the system, without the safety net I have had from my wife's insurance and my military retirement who suffer needless pain, their families feel a sense of hopelessness, a sense of failure, a sense of distrust, a lack of knowledge. Maybe it is time to create a 15 minute window of public outrage that won't solve the problems of the VA, may put a dent in their armor, but most important may result in better and correct treatment for a few veterans that would have been forced to go without.



safety net to qualify to take the survey?

I have been in the VA system for over 18 years, I have been in the VA hospital a number of times, and I can't remember one single time they have asked me to evaluate the quality of health care that I received. As a Cat 1 veteran who served in a war zone I am one of their core mission responsibilities but in almost 20 years I can't remember one single time that they even ask for let alone valued my opinion. So when I go into the VA or read in news article or on line how the VA satisfaction rating exceed many civilian hospitals I often wonder do I have to lose all access to medical coverage, be forth to use the VA as my last resort

“Fear and the lack of faith go hand in hand. The one is born of the other. Tell me how much one is given to fear, and I will tell you how much he lacks faith. Fear is a most expensive quest to entertain, the same as worry is: so expensive are they that no one can afford to entertain them. We invite what we fear, the same as by a different attitude of mind we invite the influences and conditions we desire. The mind dominated by fear opens the door for the entrance of the very things, for the actualization of the very conditions of fear. Fear can paralyze every muscle in the body. Fear can make the body rigid, motionless and powerless to move. Not only do we attract to ourselves the things we fear, but we also aid in attracting to others the conditions we in our own minds hold in fear of. Although it be unconscious both on their part and on ours.” Ralph Waldo Trine

“Victory is in the quality of the competition, not in the final score.” Mike Marshall

SB 489 Gaming in New Hampshire

I wasn't going to speak on the gambling or gaming bills, but when I heard a well dress gentleman talking about how gambling brings in low life people and illegal immigrates along with other people of color and lower the quality of life in New Hampshire, I knew I couldn't allow him and the people who were passing out flyers get away with it.

The worst part of the whole situation was the people of came up to me after the speech and stated that they too had heard his remarks and felt uncomfortable about them, but never had been willing to call him on it, no take a stand in public, on the floor.

I cannot and will not support the committee recommendation to ITL SB 489. While I won't support SB 489 as written; I am willing to take the risk with my vote and trust that a well thought out, a well crafted amendment can be brought forth.

Some of us believe that we have the responsibility and authority to be the guardians of morality; others believe that with our education background and experience we alone have the ability of protecting the people from themselves. This has led to many misrepresentations; in many cases out-right lies and bigotry. Wednesday I went to a luncheon put on by an anti-gambling organization, where a well-dress gentleman gave a presentation to a packed room, in many ways he was stating the truth in a manner to support his argument. However, he crossed the line when he stated that since Connecticut allowed gambling they had over 100,000 immigrates, implying that many if not most were illegal, Rhode Island about half that total, and New Hampshire only 18,000. He then stated if you want more immigrates legalize gaming. Not one single person in that room objective to his comments. So I walked out.



The other side has done their share of misspoke, omissions, and playing on our fears. No we are not going to create all these high paying construction jobs, many will go to people already working on other sites, others will be sub-contracted out three or four levels so we can hire low-cost workers. The state will not get all the money projected and the revenues won't increase as we would like. People don't go to Vegas, Montreal, San Juan or Mohegan Sun to play slots. Slots get old and boring.

Let's be honest we play politics; and SB 489 is no different. We publicly tell the people of New Hampshire that we represent them. No matter how much we like to believe so, none of can represent the interest of 4,000 people. If we were honest we would tell the people of New Hampshire that our major concern is our party, our own self-interest. We have all the answers, it doesn't even matter what the questions are, worst yet it doesn't matter if the questions changes we still have the same answers.

In many ways SB 489 is no different than HB 426 the marriage equality bill, almost everyone entered this hall with their minds made up, and nothing in the world was going to change their mind. All the love in the world, for some the happiness of their own child, their grandchildren didn't matter, today for many the pain and suffering that thousands of people across our great state have been and will continue to endure isn't enough to get some to ask questions, to ask the what if's, if not this what then?

I don't believe that we have the moral authority to just say no and take our ball and go home, people in new Hampshire are suffering, they are fearful for their future and we want to ITL 489 because we are worry about their morality and they inability to make decisions for themselves. I have learned that most people do the right thing and use common-sense. If we are going to slam the door shut on gaming, maybe for years let's do it on its merits, let have an open debate. Let's tell the people where we are going to get the extra

revenue from, if we are not going to get the revenue tell them what we are going to cut for as far out as the eyes can see. Let's be adults, let's be honest, and let's forget about self-interest.

When it comes to morality we enjoy telling the nation that we have no death tax, no income tax, no sales tax, we fund our budget with sin taxes. When it comes to personal responsibility we know that alcohol while legal can lead to domestic violence, lost of employment, destroyed families and even death, but we look the other way because we are addicted to the taxes revenue. When it comes to personal responsibility we know that cigarette smoking is dangerous causing thousands of premature deaths and debilitating illnesses each year, along with heightens medical costs, but we look the other way because we are addicted to the tax revenue. We talk about the negative effectives of gambling but we have increased our scratch tickets up to \$30. If I remember correctly New Hampshire has the lowest winning rates in the country at something a little over 50%. Many here in this body have called the NH lottery an income tax on the poor. However, not many of us say a word about the piles of losing tickets outside mom and pop stores across the state.



Many of the people here in this body who want to ITL SB 489 are wearing suits that cost more than many families in NH earn in a week. Many have cars that cost more than many earn in 18-24 months. But that doesn't give us the right to say to a man or women living up in the North Country that you shouldn't have to work at a \$10 an hour job. I travel the back roads of this country every year. People are hurting, a \$10 an hour job or no job, self-respect or depression, a hero in your children's eyes or a failure. The questions are retornatill. Home-owners in Berlin paying over \$30 per thousand want relief, need relief.

I know some people will vote with the committee report because the Governor has proved cover when he stated he was going to voted the bill if passed. He said that about HB 426, SB 310 and HB 74. The Governor supported the Campground Tax and The LLC taxes and he is willing to go without those revenue streams at the same time we are cutting When I read the constitution it states that we are a co-equal branch of government, if someone is going to strip of my power I am going to make them fight for it, I am not to surrender it willingly.

So I ask you to vote to overturn the ITL no matter what the final decision may be let's know we reached it correctly. This body has shown that it can get it right even if it takes three separate bills. Let's over turn the ITL so we can address the issues that were stated in the well thought out and researched blub for SB 489. The people of New Hampshire don't want to hear the reasons why we can't, they want to hear the reasons why we should.

"If the past has taught us anything it is that every cause brings its effort, every action has a consequence. If a man plants melons he will reap melons; if he sows beans he will reap beans. And this is true of everyone's life; good begets good and evil leads to evil. True enough, the sun shines on the saint and the sinner alike, and too often it seems that the wicked prosper. But we can say with certainty that, with the individual as with the nation, the flourishing of the wicker is an illusion for, unceasingly, life keeps books on all of us. In the end, we are all the sum total of our actions. Character cannot be counterfeited, nor can it be put on and cast off as if were a garment to meet the whims of the moment. Like the marking on wood which are ingrained in the very heart of the tree, character requires time and nurturing for growth and development. Thus also, day by day, we write our own destiny; for inexorably we become what we do." Madame Chiang Kai-Shek

"To live for the results would be to sentence myself to continuous frustration. My only sure reward is in my actions and not from them." Hugh Prather

“We are afraid to become that which we glimpse in our most perfect moments under the most perfect conditions, when we are realizing the greatest courage. We enjoy and even thrill to the god-like possibilities we see in ourselves during such peaks moments. And yet we simultaneously shiver with weakness, awe and fear before these same possibilities.” Abraham Maslow.

“New ideas can always be pigeon-holed. The world fears a new experience more than it fears anything. It can't pigeon-hole a real new experience. It can only dodge. The world is a great dodger, and the Americans the greatest, because they dodge their own very selves.” D. H. Lawrence



“I am giving the view the Americans take. When the hour comes, they say, it will bring the man. It brought Abraham Lincoln. When he was nominated by the famous convention of 1860 his name had been little heard of beyond his state, but he rose at once to the level of the situation, and that not merely by virtue of strong clear sense, but by his patriotic steadfastness and noble simplicity of character. If this was luck; it was just the kind of luck which makes a nation hopeful of its future, and inclined to overlook the faults of the methods by which it finds its leaders.” James Bryce Brice

“Man is never truly great merely for what he is, but ever for what he may become. Until man be truly filled with the knowledge of the majesty of his possibility, until there comes to him the glow of realization of his privilege to live the life commit to him as an individual life for what he is individually responsible he is merely grouping through the years.” William G. Jordan

“Many young men, our starting in life, are strong in their opinions of themselves. If they be students, they imagine themselves geniuses, who are guile about the necessity of submitting to the hand and plodding of dull men. They belong to the higher class of minds. They get by intuition what others get by toil. These men strong in their own opinions wait for the intuition, the inspiration of genius, or trust what he calls his power to carry him through any emergency. Such a man looks with contempt on the poor, toiling, industrious drudge; but that despised drudge in the race of life, soon shoots ahead of him, and of all fools like him, and carries off the prize. We can look back at life, and recall more than one case in which a man has made shipwreck of his the fairest prospects, because of nothing but strong conceit of ability.” Rutherglen Balvaird

“The merit of success man, who have struggled with difficulties and disadvantage, must be judged by the kind of success he has achieved, by the use he makes of it, and by its effects upon his character and life. If his success is clean and wholesome, if he uses it to make his fellows better and happier, and if he faithfully responds in all obligations of a liberal, public-spirited, useful citizens, his struggles should add immensely to the honor and consideration he deserves. If, on the other hand, his success is of the grasping, sordid kind, if he clutches it, closely for his selfish gratification, and if with success he is bankrupt from contempt. if character, sordidly mean useless as a citizen, or of evil influence in his relations with his fellow men, his struggles should not save him. Those included in either of those classes may in the ordinary acceptance be termed self-made man, but it is quite evident that there are so called self-made men not worth making.” President Glover Cleveland

“Adversity is the trial of principle, without it a man hardly knows whether he is honest or not.” Henry Fielding

Triumphant Cross Lutheran Church

I was asked to give a sermon at Triumphant Cross Lutheran Church, I said Ok, but as the time became closer and closer I really have very idea what to say, I had no idea what was expected of me. But I knew that it was important that it had to be about religion. So I tried my best to write about how religion has played a role in my life.

I am kind of a strange person; I speak in metaphors and analogizes, I speak in a roundabout manner sometimes leaving people wondering where the heck is he going with this, but I do tied it all together in the end. I was asked to be myself, so this is from the heart, this is what that little voice inside me told me to share with you. Some of which I will be sharing with my family for the first time. I am not a very religionist person in the sense of formal religion but religion had play a big part in my life and how I view and interact with world.

When I was nine years old I lived in a small three room apartment located about 200 hundred feet from the state line with my 27 year old mother, five brothers and sister, her new husband a man who was very abusive to me, a man who enjoyed putting my head in the toilet for fun, a man who divorced his wife and left his seven children to marry my mother a woman who he had a affair with and gotten pregnant.

In many ways being the only biracial child in the family I was the ugly duckling, someone that was forced to worked five days a week on local farms picking green and waxed beans with the requirement that I bring home at least \$2.50 or five bushels worth each day; failure meant physical punishment, this while my mother and siblings spend their days at Fog Land Beach. I always made the \$2.50 but I skipped lunch worker harder and faster picking the 6th and 7th bushel in order to have secret money of my own. I don't eat string beans. On the weekends I would get to go to the beach but I had to harvest at least \$25 worth of Quahogs to cover the week cost of being at the beach.

On Sunday morning I was required to get up early, iron my own clothes, feed myself, get dress, take the quarter from the table and walk about a mile to the small Primitive Methodist Church. Before I went to Sunday school, I stopped at Leveque's Bakery which was located right across the street from the church and brought myself two 5 cent cream fill donuts, hoping that God would understand and not think I was stealing from him.

We would spend about 3 hours in Sunday school. In Sunday school we were taught that God will always help the people that were willing to help themselves. We were taught to question, to think for ourselves. We were taught that we were not prejudged, no one had the wisdom to judge themselves, let allow others; that we our futures were not predetermined, that we were responsibility for our own actions and we would be held accountable.

We sign an agreement with God that we wouldn't smoke, drink coffee or consume alcohol before the age of 18. A little later when I was 10 I found and smoked a rum soaked cigar and got sick as a dog so I understood that if you make an agreement, if you make a promise, you better stick to it. Except for coffee milk or coffee ice cream, some us like to be a little daring, willing to test the limits, I kept my promise, and I kept my word. Today I don't smoke, I haven't had alcohol in almost twenty years, and I have had less than 5 cups of coffee in my life. I guess I am pretty boring.

We were taught that the Bible said every child was expected to honor and respect their parents; it never said anything about loving. For all the neglect or indifferent showed to me by my father I never learned to hated him. For all the things my mother allowed to happen to me, everything she should have protected me from, everything that my mother did to me, I may never have learned to love her; However, I never learned to hate her. I did as much as possible to make her proud me; fully knowing she would use it for her advantage. As I was taught in Sunday school I did my best to honor her and respect them. When people ask me how or why I am not angry or hateful to my parents because after all I have repeatedly been told that they don't deserve my love, my answer is always the same I have to believe that they did the best they could base on

the their circumstances, but even more important they gave me life, and I was taught that God expected me to take responsibility for that life.

In Sunday school we learned about Moses, a man that was living a life of privilege and was willing to risk losing it all by taking the challenge, by taking responsibility and showing the necessary leadership to correct a wrong. He did this without any guarantee that he would ever be rewarded for his efforts. I learned from Sunday school, that if it is the right thing to do, the best rewards are the rewards that come from within.

We were taught about Joseph a man who was betrayed by his family. I learned that you can't pick the family to be born into. That some of the people who you trust, people who you would expect to help and protect you can be some of the most evil and inflicted some of the worst pain possible. I learned that because your brother may be evil, many be envious, may steal from you, may try to physically hurt you, you not he should maintain control of how you chose to react. Instead of angry, instead of hate, you learn from the negative, you learn what not to do, but most of all you learn empathy. You learn to think about how you should treat others, you come to understand the needless pain and suffer you are capable of causing.

We were taught about Job, a man that had everything, a man that many people would only view with envy and jealousy. A man that in many ways lost everything; a man who was alive today some would feel sorry for, others would pity him, many would viewed as a victim, some would even say that he got what he deserved. Some would view him with apathy, worst of all some would view him with indifferent, after all it didn't happen to me, my family, or my close friends and now I will be forced to pay for some nameless person problems.

I learned a lot from the story of Job, you could lose everything that the worldly world view as valuable but you have lost nothing if you have protected that inner spirit that we are all born with. Likewise you can have everything the world has to offer and be as hollow and rotten to the core. I learned that life can be very trying. In today's world it is so easy to say you are a victim, that the world is treating you unfairly, and you will find friends, family and countless others who assist you in reinforcing those beliefs. Some will pity you and feel so sorry for you. Some will tell you, give me control of your life; I will do what best for you. I have learned that you have to learn how to dance with the devil without selling him your soul and waltz with the angels without thinking I was God.

My three years of Sunday school and vacation bible school served me well. I would not wish my childhood on anyone. I would not wish my trials, failures, illnesses, burdens or obstacles on my worst enemy. However, if given the change to change one single moment, one single event, to meet one different person. I would quickly without reservations or self-doubt, firmly refuse. I am the person that I am today as a result of everything that I have confronted, everything that I have endured, every obstacles I successfully overcame, every failure I have suffered and every person I have met. I am the sum total of all these. I am proud of the person I am today, and to change one single event, the person standing here today won't be me.

Due to my serious medical issues there have been times I have had more than one foot in the grave, I have woken in the morning seriously doubting if I would be here by the end of the day. Some people have told me that I have angels watching over me, maybe so, maybe not. But I have always known that something, someone, has been watching over me. A few years back a woman came up to me with a funny look on her face and told me that some people are living on borrowed time, but you are living on giving time.

It may be corny but I have also felt even as a little kid, that I have a coal and hour glass life. Whenever, I do the right thing, I help the right person, at the right time, for all the right reasons the sand of life in my hour glass are turned over. Every time I am successfully endure the pain and pressure of confronting failure, overcoming obstacles, and dealing unfairness, allowing my piece of coal piece to become a diamond. It has always been my choice stay a piece of coal and burn myself out with hate, envy, and the desire for revenge or to try my best to endure fully knowing the tests, the hardships, the obstacles will never stop allowing myself to develop into that shiny multi-facet diamond that which bring warmed and joy into peoples' live.

In Sunday school I learn that each and every one of us come into this world with a soul, with potential and God was far too important, far too busy to worry about who hits a homerun or catches the touchdown pass, he was far more interested with each one of us reaching out potential. I don't remember the names of my Sunday school teachers, or even their faces, but I remember the room very clearly. Those ladies gave me the tools to open the world of possibility and opportunity. The most important thing that they taught me was the different between faith and hope. Faith meant doing the right thing no matter how hard, overcoming the worst that life has to offer knowing that someone will come along and help when you need it the most; hope was sitting around and waiting for someone to show up and do it for you, someone to guarantee your success regardless of your efforts.



I am no better, no worse than other person I am in many ways that ugly duckling that people have repeatedly, my Sunday school teachers provided me with the moral and ethical tools to become the man I am today. They gave me the ability to become that Swan and to sore. We never know really know who and to what extend our acts of kindness changes lives. I just hope I didn't waste your time today.

“I condemned the principle involved in the word honour as foolishness; for according to it, a man loses his honour by receiving an insult, which he cannot wipe out unless he replies with a still greater insult, or

by shedding his adversary's blood or his own. I contend that a man's true honour cannot be outraged by what he suffers, but only and alone by what he does; for there is no saying what may befall any one of us.”
Arthur Schopenhauer

“I don't know anything about luck, I have never banked on it, and I'm afraid of people who do. Luck to me is something else; it is hard work and realizing what opportunity is and what isn't” Lucille Ball

“It is clear to you, I know, Lucilius, that no one can lead a happy life, or even one that is bearable, without the pursuit of wisdom, and that the perfection of wisdom is what makes the happy life, although even the beginning of wisdom makes life bearable.” Seneca

“That is the risk you take if you change; that the people you've been involved with won't like the new you. But other people who do will come along.” Lisa Alther

“No one can really pull you up very high; you lose your grip on the rope. But on your own two feet you can climb mountains.” Louis Brandies

“The manner in which one endures what must be endured is more important than the thing that must be endured.” Dean Acheson

“Where I am, I don't know, I'll never know, in the silence you don't know, you must go on, I can't go on, I'll go on.” Samuel Beckett

“We have no sympathy with the man who disregards the higher excellences of knowledge, and fails to appreciate the sublimity of patience, resolution, self-denial, soul-strengthening, patience a and sublime control. It is the struggle which ennobles us, and not the prize. He who thinks only of the prize will probably fail in the struggle; for, wanting the inspiration of a lofty and exalting impulse, his heart may well faint before the obstacles which fortune accumulates in the aspirants' path. Our admiration should and must be research for the heroic effort” S. T. Coleridge

“The best intentions, however, may not be enough. A gulf of perception can develop between leaders and followers. Leaders seeing things one way while the followers see them differently is a circumstance which no set of authoritative behaviors can predict, prevent or rectify. Ultimately the leader’s authority and success rests with the perception of those being led, and it therefore becomes the leader’s responsibility to identify and rectify the problem. Providing a forum for subordinate feedback and assessment, when coupled with the trust that leaders will act to resolve the problems and not resent constructive criticism, is the surest way of getting such contrary perceptions into the open and taking steps to solve potential problems.” Christopher D. Kolenda

“How many useless imprecations would be avoided, if it were given to men to know how to employ the arguments which common sense dictates, in order to distribute the weight of the mistakes committed among those who deserve the burden, without, at the same time, forgetting to assume our own share of the responsibility if we have erred.” Yoritomo-Tashi

“A lover not of a part of wisdom but of the whole; who has a taste for every sort of knowledge and is curious to learn and is never satisfied; who has magnificence of mind, and is harmoniously constituted; of a well-proportion and gracious mind, whose own nature will move spontaneously toward the true being of everything; who has a good memory, and is quick to learn; noble; gracious, the friend of truth, justice, courage, temperance.” Eugene C. Bransa



“Witness the American ideal; the self-made man. If we can stand on your own two feet, it is because others have raised us up. If as adults, we can lay claim to competence and compassion, it only means that other human beings have been willing and enabled to commit their competence and compassion to us.” Urie Bronfenbrenner

“With any statistical claim, you should ask how the data was collected. Sometimes just asking this question can point to problems, especially when a precise number is given. Suppose you are presented with the

statement that 33.87 percent of all forest fires are intentionally set. Initially, this statement may seem much more plausible than if it said that only some, or a few, forest fires are intentionally set. But if you reflect on it, how could you obtain reliable data to support the precise figure of 33.87 percent? By their nature, the causes of man forest fires must remain unknown. And once again, if you think about it, even if the cause of a fire is known, for example a cigarette, there must be some cases when there would be no way to know whether the burning cigarette was tossed somewhere to start a fire intentionally. Here the difficulties of determining an exact ratio of types of causes juxtaposed with the exact figure of 33.87 percent strongly indicate the practical impossibility of verifying the statistical claim as stated. This is a case in which we can reasonably question whether the argument commits the error of unknowable statistics.” Douglas N. Walton

“If men are going to remap their lives for exciting and fruitful second adulthoods, they should not wait until something blows, in body, on the job, or in bed. They need to begin laying the groundwork early so they have the flexibility to make major occupational changes as conditions call for them. A man has a much better chance of reviving his zest for life if he is shaken out of complacency of coasting along. Change will awaken his survival instincts, stimulate his brain, and renovate the very habits of thinking and behavior that may be contributing to his premature obsolescence. As it becomes harder to achieve material success as a result of one’s efforts and being a good corporate citizen no longer carries the same sense of mission, people are looking elsewhere for meaning and purpose.” Gail Sheehy

“He who loveth a book will never want a faithful friend, a wholesome counselor, a cheerful companion, an effectual comforter.” Isaac Barrow

Courage is the key to ending the war

Keene Sentinel, August 12, 2010

I wrote this article because of all the people who wanted it both ways. Too many people were taking sides for political benefits. I just laid it on the line, if the war is important then we such be willing to pay for it, if we are unwilling to pay for it, then it is worth fighting

Our political leaders expect a great deal from the young men and women who have earned the right to wear the uniform and if necessary go in harm's way to defend America. They expect these brave men and women to self-sacrifice, display courage and valor under fire, make correct split second decisions; this when the perception of errors in judgment often means a destroyed career, while demanding that our service members maintain the highest moral and ethical standards.

People in elected office show their support for our service members by wearing American Flag lapel pin as a sign of patriotism, holding photo ops with wounded troops, attending funerals of the fallen - as if they were close friends of the family, secretly flying in and flying out of a combat zone, attending VFW conventions, marching in parades, or making political speeches on Memorial and Veterans' Days.

Most disrespectful of all, some politicians steal the valor and honor of the very men and women they say they are honoring by claiming unearned wartime service, ranks and awards. If only our elected leaders could live up to the standards that they demand of our young men and women. If they did, they would understand that the war in Afghanistan has to end as soon as our troops and equipment can be safely redeployed to the U.S. Many of our elected leaders worry more about losing support and votes than considering the consequences of the shattered lives caused by a war that they are afraid to stop funding.

The 2000 Department of Defense budget was about \$304 billion with a 10-year projected budgets of \$3.4 trillion; since 2001 the budgets has been about \$4.4 trillion plus \$700 billion more in supplemental funding. In 2000 there were 2.79 million military and civilian personnel at a cost of \$229 billion; in 2006 there were 2.84 million personnel at a cost of \$408 billion.



Ken Burns stated in his documentary on World War II that Marines are highly trained professional killers. Their job is to go to war and quickly destroy the enemy's ability to wage effective warfare. Once that is achieved, the war is over; the war was over in 2003. The CIA director stated that there are about 50-100 al-Qaida in Afghanistan, so why do we have almost 100,000 troops there?

If the goal of the war in Afghanistan has been modified as stated in the 2007 White House Budget Report: "U.S. armed forces continue to hunt down those who seek a return to the past when Afghanistan was a failed state that oppressed its citizens while providing a safe haven for terrorists," shouldn't our elected leaders explain to us the importance of expending American lives, and resources on preventing a corrupt Afghan government from returning to a "failed state"?

Sun Tzu wrote in "The Art of War": "Again, if the campaign is protracted, the resources of the state will not be equal to the strain." Great Britain and France ceased to be superpowers not because of WW II but due to their protracted involvement in India and Indochina respectively. Sun Tzu further stated "There is no instance of a country having benefited from prolonged warfare." One only has to look to other superpowers over the course of history; they were all weakened due to the financial costs of protracted warfare. The cost

for Iraq and Afghanistan is about \$1 trillion. It is deficit funded - or about \$50 billion in interest payments for generations.

Politicians understand the value of fear. They tell us that they can create a world completely free of danger and risk; that is not only a myth, it is a very costly myth; everything costs. If this is a must war, then everyone has to pay. If it isn't worth funding then it ain't worth having our young men and women dying or having their youth shattered. The question is simple if it isn't worth you risking your own life, let alone your son's or daughter's it is not a must war.

What is the greater danger to the future and welfare of America, trillions on containing the Taliban or the lost opportunities for a world class education, highways, railroad, or deficit reductions?

It all comes down to political courage.

“No Strong character can be developed unless emphasis be placed upon the thought of personal responsibility.” Marian M. George

“Bullying, swearing, dogmatically assertion, and flat contradiction, so far from showing superior honesty or manliness, prove nothing except the over whelming self-conceit and tyranny of the ignorant people who use them. Though such men may for a moment appear to bear down all opposition, they really arouse dislike and contempt in their hearers, and thus defeat their own object. However praiseworthy our opinions may be, it is not enough to be coarsely straightforward in stating them.” Ernest Loumis



“Resolve, never to do anything, which, if I should see in another, I should count a just occasion to despise him for, or to think any way more meanly of him.” Jonathan Edwards.

“Oh, my friend, it is not what they take away from you that counts; it’s what you do with what you have left.” Hubert Humphrey

“Life is made up, not of great sacrifices or duties, but of the little things, in which smiles, and kindnesses and small obligations give habitually are what win and preserve the heart and secure comfort.” Sir Harvey Davy

“Management contributes to order and stability by planning, budgeting, organizing, staffing, monitoring processes to spot deviations from the plan, and taking action to correct those deviations. Leadership, on the other hand, establishes direction by developing a vision of the future; which can be rather what is; articulating this vision to others in compelling ways and aligning people into the coalitions that make the vision achievable; and providing the motivation and inspiration that keeps people working to overcome obstacles to attain that vision. In short, management stabilizes the status quo while leadership transforms, Good management without leadership results in stagnation, which forced leadership without stabilizing touch of management can result in chaos.” J. Kotter

“The first thing in education is to encourage a habit of observation and inquiry. When your child asks, what is the use of this? What is that? Don’t call it troublesome. The best education is that which the answer to our own inquiries is.” Robert Robertson

“The wise learn many things from their enemies.” Aristophanes

“On a narrow cot in the military hospital Major Charles H. Houghton a mere boy of twenty laid dying. His leg had been amputee and had been move to City Point so he could die I comparative peace and on a clean white cot. However, he lingered on the borderland of life for days. Sometimes at night it seemed that he zigzag back and forth across the mysterious line between life and death. In the morning all the surgeons could say was that he is alive. One early one morning President Lincoln appeared at the hospital to talk to wounded soldiers. President Lincoln stopped at Houghton’s cot and asked is this the man. So young, this is the man that held Fort Haskell. The president asked for a chair and sat down and as gent as a woman he took the wasted, colorless hand of Major Houghton. Just the suspicion of a pressure was there causing Houghton to open his eyes. He smiled at the president as the president spoke to him in soft tones tell him



how proud he was of the young man. Knowing that the young man would soon die he asked to see the wounds that was taking such a noble life. The doctors and nurses tried their best to dissuade Lincoln but he insisted. Once the bandages were removed the president straighten to his feet and stated “oh, this war! This awful, awful war! As he cried; Tears which he had no shame for. He took the pallid face of Houghton between his hands and kissed it, and stated ‘My Boy you must live, you must live! Houghton stiffened trying to drag a hand to his forehead, trying to salute and in faint, faint words told the president “I intend to, sir, and he did.” Anthony Gross

“When you face tragedies your dreams must go on. Your dreams must continue to be fed within you. You may experience waves of pain more devastating than you could ever imagine. The person that you love most may betray you. You children may refuse to visit you. Your father may never say a kind word to you. You may not even know your father or mother. The circumstances of your life may be unfortunate beyond description, but that is no reason to fail or quit.”
Author Unknown

“You may not be rich in houses and lands, but you may be rich is knowledge and virtue; and such riches no fire can burn, and no thief can plunder. You may not be skillful in invention, and art, but you may be, which is better, skilful in the art of living patiently and bravely in the midst of turmoil. You may not have the power to move multitudes to your purpose by the spell of genius, but you may have the finer power of giving comfort to many a trouble heart, and healing the hurts of sorrow. This you may have. Through misfortunes you may fail in business, you may be assailed by the envy or hate of men who misunderstand you; you cannot be hindered from possessing an impregnable peace.” Philip Stafford Moxom

“There is no earned man but will confess he hath much profited by reading controversies, his senses awakened, his judgment sharpened, and the truth which he holds firmly established. If them it be profitable for him to read, why should it not at least be tolerable and free for his adversary to write? Knowledge will not be acquired without pains and application. It is troublesome and deep digging for pure waters; but when once you come to the spring, thy rise up and meet you.” James Felton

“It is the interest of every man to live as much as his ease as he can; and if his emoluments are to be precisely the same, whether he does, or does not perform some very laborious duty, it is certainly in his interest, at least as interest is vulgarly understood, either to neglect it altogether, or, if he is subject to some authority which will not suffer him to do this, to perform it in as careless and slovenly a manner as that authority will permit. If he is naturally active and a lover of labour, it is his interest to employ that activity in any way, from which he can derive some advantage, rather than in the performance of his duty, from which he can derive none.” Adam Smith

Speech Given for the Party Leadership Position November 13th 2010

I stand here because leadership could not or was unwilling to see that the people of New Hampshire were losing trust in our ability to lead, they felt that they were losing their voice. In the 2008 election when Democrats across the country made gains we loss 15 seats. Did leadership ask why, no? Leadership began the “emperor “without clothes and woe to the person who questioned.

Despite a 50 seat majority; leadership couldn't get the Greek Marble or the Granny D resolutions passed. The Native American Commission bill just barely passed. Despite a 50 seat majority; despite being an major caucus addenda item leadership couldn't even get the Marriage Equality bill passed, it required a great deal of pressure and arm-twisting to get to Democrat members to vote for and pass reconsideration; keeping Marriage Equality alive. Two quotes from Rep Splaine, a longtime supporter of marriage Equality; “kris was the star of the show”, He is a trustworthy guy, I think he helped us hold onto our support and added some. Without his help we wouldn't have been able to pass the bill.” Leadership never asked for my vote.

I have been here when the republicans had a 122 seat majority and without assistance from party leadership despite asking for and receiving assurance of; I was able to play a major role in the defeat of the UN withdrawal Resolution, the attempt to turn NH police into immigration officers and got the stem cell research resolutions passed all Republican priorities. We need a leader that can win no matter the odds. With the majority; despite a luck warm reception from party leadership I was able to play a major role in get the New Hampshire medal of honor and protections of funerals from public disruptions law passed.

Some people here know who I am, others have heard of me, and still others know nothing of me. Over the past few days many people have been talking about the leadership abilities of the two other candidates. As for my leadership abilities; the following is what a senior Marine Corps officer has written about my leadership skills and style. “Unequivocally the most intelligent and experienced Combat engineer this officer has ever encountered; a wealth of expertise far surpassing that of his peers. I know of no other I would have when a critical task is presented.”

Without question we, the Democratic Party are facing a critical junction. We no longer have the luxury of telling the public, “We are new at this.” If elected I would start today picking the best team possible to ensure we protect our prior accomplishments and start down the road of regaining the majority.

Four years ago the people of New Hampshire were frustrated with the human and financial cost of two unending wars, disappointment with the Bush/Chaney policies, while many of our fellow citizens were beginning to feel the efforts of the financial downturn. So they decided to do something they haven't done in almost an hundred years, they gave us an opportunity to lead, to show leadership.

Instead of planting the seed of trust and displaying the leadership to warrant that trust we decided that we had to accomplish as many of our own personal agendas as quickly as possible. We even told the people; “we are learning as we go.” The people of New Hampshire didn't elect us to go to school, the elected us to lead.

They elected us to confront the serious underlying problems that were eroding the quality of life in our state and we told them that New Hampshire is the best state to retire in. You can buy the homes and farms of native born citizens that are being driven out by high taxes. We didn't learn four years ago, we didn't learn two years ago that we didn't win, we just didn't lose. We didn't learn from our opportunities, we didn't learn how to win. We told the people of New Hampshire, we are one best state to raise a family, 2nd safety state, healthy state, 4th best unemployment, etc, etc. Those were all true, they made have made us feel better, they were great talking points, but they mean nothing to the people without jobs, losing their homes, can't find a doctor, shopping at Wal-Mart and the Dollars store not out of choice but necessary.

Two years ago I stood here because I could see that we were becoming what we dislike the most in Republicans; we believed our own press releases, maybe because we were writing them. We were demanding group think. Leadership went so far as to demand public apologies from chair and vice chairmen. Three of us from Keene refused and gave up our leadership positions. Today Keene is 7 for 7 Democrat and Cheshire County is the only county in New Hampshire with a Democrat majority

Over the force objections of leadership this upcoming spring the 6,000 veterans of Keene and the surrounding area will have two VA medical clinics and a vet Center, c clinic in Keene and a clinic in Brattleboro, VT. With the new Vet Center the combat veterans of Cheshire, Sullivan and the tri-state area will have a place where they can seek mental health care from providers who been there, done that.

I careless who gets the credit; I just want to get things done. I stand up when I need to. Despite everything I have accomplished in my six years here, my proudest accomplishment is that I am known as someone that can't be brought. I know how and when to compromise without selling out our principles and values. Another senior Marine officer once wrote, "He gives deceptively placid and unassuming first impression." I observe, I questioned, I learn, I find answers. But don't be fooled I can be as forceful as necessary. I know how to win.

I can carry the burden of leadership. I know that we can win; I know that I can be the positive voice and face of our party. I know that I have the ability to build trust and confidence not only in you, but the people of New Hampshire.

Today it is your decision; you can elect someone who has lost 138 seat about 60% on her watch; someone with 113 supporters of which 56 loss their elections. You can elect someone you are comfortable with; someone who fail to win his own ward. Or you can elected me, someone who is really to fight for the future of our party, someone who will follow the leadership examples of democrats such as Jackson, Truman and Johnson; party leaders who understood that people expect their leaders to fighter, to fight for them.

It didn't matter how good a speech I gave. It didn't really matter how much I had accomplished. It didn't really matter how well I performed in the quick 20 minutes question and answer period we had. There was no way I that was going to be able to change anyone minds. In the end I only got 4 votes. Only three people believed that I had what it takes to be an effective leader. Just like last time I had more people tell me that they voted for me which I know was B.S. because I knew where the votes came from. If the three votes didn't come from the people I counted on and the other people we being trustful, then I don't what the hell or who to believe anymore.

I was upset that the people from Keene didn't vote for me at least on the first ballot. I was really upset that the people I had helped to get their bills passed didn't vote for me. It just make it rough, you ask yourself do they just want my help to get their agenda passed and then just cast me aside. If so I am the stupid one, it has to go both ways. Leadership does nothing to help you, you for and get my help and then you continue to support leadership. I am learning. I won't refuse to support someone just because they weren't willing to support me, but I can refuse to go down the road unless they are go down the road and carry some of the load. After all it isn't my load it is their and I am there to help not to be the ass.

The most important thing I learn was on Dec 1st at the party caucus. As stood in the back of the room I realized at age 56 I was by far one of the youngest members there. It was like being in a nursing home. The people were set in their ways and nothing was going to change that. The great the distress the more they refused to change. To think otherwise was dumb. It is like a fire starting during lunch time at a nursing home; most of the residents would refuse to leave until the dinner bell rings. Without question many of these people think the world revolves around them, the world hasn't changed, and if it did, it was because someone has been playing unfair. They just can't accept that things change.

It is simple, I can just sit down in a corner and feel sorry for myself, or I adjust to how the world has changed. You don't have to be on a team to qualify for cross-country championships.

“Prolonged absence of attunement between parent and child takes a tremendous emotional toll on the child. When a parent consistently fails to show any empathy with a particular range of emotion in the child, joys, tears, needing to cuddle; the child begins to avoid expressing, and perhaps even feeling, those same emotions. In this way, presumably, entire ranges of emotions can begin to be obliterated from the repertoire for intimate relations, especially if through childhood those feelings continue to be covertly or overtly discouraged. By the same token, children can come to favor an unfortunate range of emotion, depending on which moods are reciprocated. “Here Goleman

“Duty is the most over-lauded word in the whole vocabulary of life. Duty is the cold, bare anatomy of righteousness. Duty looks life as a debt to be paid. Duty is ever paying assessments. Duty if forced, like a pump. Duty is prescribed and formal; it is part of the red tape of life. It is good enough as a beginning; it is poor as finality. The boy who stood on the burning deck and who committed suicide on a technical point of obedience, the boy was the victim of a blind adherence to the red tape of life. He was placing the whole responsibility for his acts on some one outside himself. He was helplessly waiting for instruction in the hour of emergency when he should have acted for himself. His act was an empty sacrifice. It was a useless throwing away of a human life. It did no good to the father, to the boy, to the ship, or to the nature. The captain who has done everything in his power to save others and when he can save his own life without dishonor is the victim of a false sense of duty. He is cruelly forgetful of the loved ones on shore that he is sacrificing. His death means a spectator exit from life, the cowardly fear of an investigating committee, or a brave man’s loyal yet misguided, sense of duty. A human life, with its wondrous possibilities, is too sacred an individual trust to be thus lightly thrown into eternity. The man who has given one hour of his life to loving consecrated service to humanity is doing higher, better, truer work in the world than one paying useless tribute to the red tape of duty.” William George Jordan

“We human are the most complex and puzzling of living creatures. We can create, nurture, protect, educate and enrich. Yet we also degrade, humiliate, enslave, hate, destroy, and kill. A man can tenderly hold his newborn and moments later beat the baby’s mother. Violence permeates our history. In all societies and in each culture, past and present, violence has played a role in shaping our socio-cultural evolution. “Bruce D. Perry



“Character is a very different thing from reputation, though often the two are confounded. Reputation is what a man is thought to be; character is what a man is. The one is opinion; the other is fact. Circumstances and associations, or even artful management, may give one for a time a fictitious reputation; but his character is himself, and that at last makes his real reputation. A man may be honestly indifferent to reputation; but he cannot be honestly indifferent to character. The former may affect his temporal condition; but the latter determines his destiny. Your character is the mark or impress on you that declares your real quality and worth. That is, your character is what you are in moral

quality. You cannot escape from your character. A man may run away from a bad reputation for that is something outside of himself; he can never run away from bad character, for that is himself. A man’s reputation is like his shadow, which, according as the sun is high or low, may be longer or shorter than himself, or may even disappear altogether, as when the sun is at the zenith; but his character is like the color of his eyes, look which way he will, that is the same. Character is the result of forces, chief among which are your own choices and volitions; you make your own character. You did not choose the lot in which you were born; that was chosen for you. You did not create your temperament; that you inherited from your parents. But what you become is mainly the product of your own will. It is your prerogative to shape morally your own future. “Philip Stafford Moxom

“If we would judge ourselves we should not be judged. Let us consider the difficulty, the advantages, and the means of forming a correct estimate of ourselves. The portions of our character, which it most concerns us to understand aright, are, the extent of our powers, and the motives of our conduct. But, on the subjects, everything conspires to deceive us. No man, in the first place, can come to the examination of himself with perfect impartiality. His wishes are all necessarily engaged on his side; and, though he may place the weight in the balance with perfect fairness and accuracy he places them in scales unequally adjusted. He is, at once, the criminal, the accuser, the advocate, the witness, and the judge. Another difficulty, which prevents our passing a correct judgment, is that we can always find excuses for ourselves, which no other person would suspect. The idea of possessing an excuse, which it would be improper to communicate to others, is consolatory beyond expression.” Francis W. Greenwood



“The greatness in man consists of trying to be great and you cannot be great if you demand of yourself to be faultless. Such a ridiculous demand results in isolation and emptiness. The true greatness in any human being lies not so much in making mistakes as rising above them. We are all mistake makers, but thank God we have the power to be mistake breakers. The capacity to rise above a mistake is the beginning of success in the three worlds we live in, in the body, in the mind, and in the spirit. Thank God for a mistake, a blunder, a misfortune, an error. They give us the opportunity to

make something of ourselves, to find our true worth, our big self. That is what success is all about. Maxwell Maltz

“To trust is to risk being hurt. If you do not learn to trust you will go through life never being sure of what you mean to another person, for no matter what other people tell you, you won’t believe them so you will hold back your feelings, keeping your guard up and your distance. If you trust too soon, you may be regarded as a fool who gives away too much for too little. If you trust too late you may lose everything. If you trust another person only when you are sure of his or her feelings, you may undermine the very feelings you seek for the other person may resent being tested. If you cannot trust, you will not be trusted. You never know for sure because people change and grow. The person you trust today may not be the same person tomorrow. A person can only trust moment. You cannot trust anyone forever because no one really knows what tomorrow will bring.” David Viscott

“Every organization needs quiet heroes, reliable people who know their jobs and do them without calling a lot of attention to themselves. It is so easy to overlook dependable people, but they are the nucleus of any successful organization. But too often the deeds of quiet heroes are drowned out by squeaking joints who spend their time creating problems instead of results. Most people don’t mind working hard, but they do mind having their efforts taken for granted. It makes them feel used, discouraged, exploited, and unappreciated. And when that happens, they fight back by withholding effort or engaging in counter-productive pastimes.” Michael LeBoeuf

“Whatever I have tried to do in my life, I have tried with all my heart to do well. What I have devoted myself to, I have devoted myself completely. Never to put one hand to anything which I could not throw my whole self, and never affect depreciation of my work, whatever it was, I now find to have been golden rules.” Charles Dickens.

“The best leaders have always been able to put themselves in the minds and situations of others. This empathy both allows the leader to understand and predict another person’s behavior and causes the other person to realize that the leader appreciates his or her efforts. Leaders have always needed to grow constantly as intellects, repositories of information having the ability to see things differently from others. Such leaders seek out vast amounts of information, process it, and modify their leadership activities based

upon it. Curiosity and desire for information seems to be self-regenerating phenomena. Such leaders are persuasive. They ingest and digest large amounts of information and reprocess that information so that it can be formed into persuasive arguments. They use these arguments to persuade others of certain values or actions. Most persuasion is done in the absence of other forms of power over those who are being persuaded, so the ability to persuade is in itself a major source of leadership power.” Warren Wilhelm

“Freedom of thought and freedom of speech were proposed in theory, and in the practice of serious political reformers, in order to encourage the still voice of reason in a world that had always been dominated by fanaticisms and interests. How freedom of thought and speech came to mean the special encouragement and protection of fanaticism and interests is another of those miracles connected with the decay of the idea of the rational political order. The authors of *The Federalist* hoped their scheme of government would result in



the preponderance of reason and rational men in the United States. They were not particularly concerned with protecting eccentric or mad opinions or life-styles. Such protection, which we now often regard as the Founders’ central intention, is only an incidental result of the protection of reason, and it loses plausibility if reason is rejected. These authors did not respect the many religious sects or desire diversity for its own sake. The existence of many sects was permitted only to prevent the emergence of a single dominant one. ..Knowledge was the goal; competence and reason are required of those who pursue it. The disciplines are philosophy, mathematics, physics, chemistry, biology

and the science of man.” Allan Bloom

“The greatest results in life are usually attained by simple means and exercise of ordinary qualities. The common life of every day, with its cares, necessities, and duties, affords ample opportunities for acquiring experience of the best kind, and its most beaten paths provide the true worker with abundant scope for effort and room for self-improvement. The great high road of human welfare lies along the old highway of steadfast well-doing, and they who are the most persistent, and work in the truest spirit, will invariably be the most successful.” Herbert Spencer

“Conscience is harder than our enemies.” George Eliot

“If parents award freedom regardless of whether their children have demonstrated an ability to handle it, children never learn to see a clear link between responsible behavior and adult privileges.” Melinda M. Marshall

“I have one life and one chance to make it count for something . . . I’m free to choose what that something is, and the something I’ve chosen is my faith. Now, my faith goes beyond theology and religion and requires considerable work and effort. My faith demands -- this is not optional -- my faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference.” Jimmy Carter

“It’s mistake to think that only the major achievements matter. We don’t have to become president of the company or run the Boston marathon or graduate from an elite college to significantly boost our self-esteem. In fact the opposite is true. How we see ourselves is established more by the thousands and one small, daily things we do than by our infrequent moments in the limelight.” Carol Hegarty

“Self-knowledge is that acquaintance with ourselves, which shows us what we are, and do, and ought to be and do, in order to our living comfortably and usefully here, and happily hereafter; the means of self-government, and self-fruition. It principally consists in the knowledge of our souls; which is attained by a particular attention to their various powers, capacities, passions, inclinations, operations, state, happiness

and temper, for a man's soul is property himself. The body is but a house, the soul is the tenant that inhabits it, and the body is the instrument, the soul that directs it." John Mason

"The love of knowledge will of itself do a great deal towards its acquisition; and where it exists will that force and constancy which it exhibits in the characters of all truly great men, it will induce that ardent, but humble spirit of observation and inquiry, without which there can be no success. Sir, Isaac Newton, of all men that ever lived, is the one who has most extended the territory of human knowledge; and still he used to speak of himself as having been all his life but a child gathering pebbles on the seashore. That was a spirit, not of selection and system building, but of child-like alacrity in seizing upon whatever contributions of knowledge Nature threw at his feet." George L. Craik

"Give me the boy who rouses when he is praised, who profits when he is encouraged, and who cries when he is defeated. Such a boy will be fired by ambition; he will be stung by reproach, and animated by preference; never shall I apprehend any bad consequences from idleness in such a boy." Quintilian

"The majestic man attracts individuals just as he captivates masses. Where oratory does not need either knowledge or reflection, because the people are not intent upon great questions, or because the parties evade them, where power of voice and skill in words, and ready sympathy with the feelings and prejudices of the crowds, are enough to command the ears of monster meetings, there the successful speaker will pass for a statesman. He will seem a man to put forward for high office, if he can but persuade the managers to run him; and therefore the other side of his activity is spent among and upon the managers. It sometimes happens that the owner of these gifts is also a shrewd, keen, practical man, so that the first type is blended with the second. Nor is there anything to prevent the popular speaker and skilled intriguer from possessing the higher attributes of statesmanship. But the conjunction is rare; not only because these last named attributes are themselves rare, but because the practice of party intrigue is unfavorable to their development. It narrows a man's mind and distorts his vision. Is eye, accustomed to the obscurity of committee-rooms, cannot range over the wide landscape of national questions. Habits of argument formed on the stump seldom fit a man to guide a legislative. In none of the greatest public men that have adorned America do we discern the features of the type just sketched. Hamilton was no intriguer, neither was Clay or Webster. Jefferson, who added an eminent talent for party organization and management to his powers as a thinker and writer was no speaker; and one might go through the whole list without finding one man of the first historic rank in whom the art of handling committees and nominating conventions was developed to that pitch of excellence to which far inferior men have now brought it.' James Bryce Brice



"Don't believe that winning is really everything. It is more important to stand for something. If you don't stand for something, what do you win?" Lane Kirkland

"In order to become the winner that you will respect and admire you must have control of the authorship of your own destiny. The pen that writes your life story must be held in your own hand.' Irene C. Kassorda

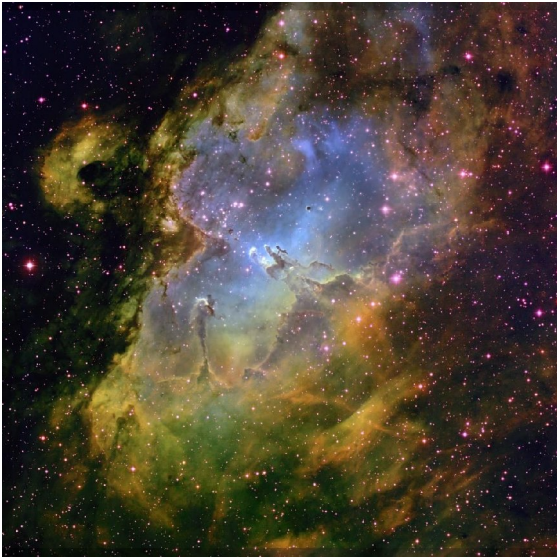
"It is said that when Empedocles told Xenophanes that it was impossible to find a wise man, Xenophanes replied: "naturally, for it takes a wise man to recognize a wise man."

"May God grant me the power to struggle to become not another man, but a better man." Samuel Taylor

“Hardship and suffering should be viewed as gifts, if we understand that the best teachers are strictest with those pupils to whom they see the most ability.” Epictetus

“I came to understand that it was all right to do things for people as long as I did it for the sake of doing...the value being more in the act than in the result.” Joanna Field

“No man is entirely free from weakness and imperfections in this life. Men of the most exalted genius and active minds are generally most perfect slaves to the love of fame. The greatest men have been the most envious, malicious and vengeful. The ambitious man rolls and repose, through anxiety about a preferment he has in view. The philosopher sweats and labors at his book, and ruminates in his closet; till his bearded and grim countenance exhibits effigies of pale want, cure and death. Is this perfection, or downright madness and distraction?” John Adams.



“The law of attraction works universally on every plane of action, and we attract whatever we desire or expect. If we desire one thing and expect another, we become like houses divide against ourselves, which are quickly brought to destruction. Determine resolutely to expect only what you wish for. Carry any kind of thought you please about with you, and so long as you retain it, no matter how you roam

over land or sea, you will unceasingly attract to yourself, knowingly or inadvertently, exactly and only what correspond to your own dominate quality of thought. Thoughts are our private property, and we can regulate them to suit our taste entirely by steadily recognizing our abilities to do so.” Ralph Waldo Trine 1897

“The problem of life is not to make life easier, but to make men stronger. The essence of tyranny lies not in the strength of the oppressor, but in the weakness of the weak.” David Starr Jordan

“Observation and judgment; a man with these rules things, not they him. He sounds of once the profoundest depts.; he is a phrenologist by means of physiognomy. On seeing a person he understands him and judges of inmost nature, from a few observations he deciphers the most hidden recesses of his nature. Keen observation, subtle, insight judicious inference: which he discovers, notices, grasps and comprehends everything.” Balthasar Gracian

“Always, when a new experience comes, regard it as the activity of the creative spirit. It calls for readjustment and assimilation, just as a new idea is at first combated, thought over, accepted, and finally given forth as one’s own. The incoming power from the highest touches the lowest, and sets it in motion. If we don’t understand it, we look down into it, thinking we have lost ground, and become discouraged. If we know what it means, we are thankful and rejoice. Thus one learns to be grateful for every evolutionary opportunity, will knowing that without regeneration and a severe test of faith the greatest gifts can never be ours.” Horatio W. Dresser

“It is, indeed, important that the standard of living in all classes should be high; that is, it should include the comforts of life, the means of neatness and order in our dwellings, and such supplies of our wants as are fitted to secure vigorous health. But how many waste their earnings on indulgences which may be spared, and thus have no resource from for a dark day and are always trembling on the brink of pauperism? Needless expenses keep many too poor for self-improvement. And here let me say that expensive habits among the more prosperous labourers often interfere with the mental culture of themselves and their families. How many among them sacrifice improvements to appetite! How many sacrifice it to the love of show, to the desire of out stripping others, and to habits of expense which grew out of this insatiable

passion! In a country so thriving and luxurious as ours, the labourer is in danger of contracting artificial wants and diseased tasks! And to gratify these, he gives himself wholly to accumulation, and sells his mind for gain. Our unparalleled prosperity has not been an unmixed good. It has inflamed cupidity, has diseased the imagination with dreams of boundless success, and plunged a vast multitude into excessive toils, feverish competitions, and exhausting careers. A labourer having secured a great home and a wholesome table, should ask nothing more for his senses, but should consecrate his leisure, and what may be spared on his earnings, to culture of himself and family, to the best books, to the best teachings, to pleasant and profitable intercourse, to sympathy and the officers of humanity, and to the enjoyment of the beautiful in nature and art.” William E. Channing 1884



“In order for a person may be a leader, it is not enough that one should have intellectual and practical qualification, that one should be a good speaker and writer, that one should have experience, that one should have sympathy with the people, that one should have done useful work. It is necessary that one should have tact. Intellectual and moral qualifications, tact and experience, are conditions of leadership in all situations.” Nagenda N. Ghosh

“The man of common sense knows how to recognize falsehood wherever he meets it; he knows how vain it is to conceal a positive fact and also how dangerous it is to deceive oneself, a peril which increases in power, in proportion to the effort made to ignore it.” Yoritomo-Tashi

“Reading is a ready accessible never-failing source of knowledge; but its value to you will depend upon the character of the books you read, and upon the degree of attention and thought you bring to their perusal and bestow upon their subjects.” Clara J. Moore

“Often volunteerism is perceived as different from real work, which defined as monetarily rewarding, typically in the service of one’s livelihood. Moreover, while volunteering to care for others can be a positive first step into a wider understanding and commitment, in a culture of individualism, volunteerism may serve primarily to comfort one’s own uneasy conscience. We reassure ourselves that though most of our energies are spent in shoring up our own immediate security, this can be balanced by giving sincere, if occasional, personal and material comfort to the less competitive, less fortified, and less successful others. Though we may volunteer as individuals to give an hour of such vital personal help as food, counsel, or child care, if we treat only the symptoms and fail to recognize the sources of the problems; poor housing, inadequate schools, or chronic unemployment then our capacity to imagine a way of helping that might illumine and heal the problems fades out like dying embers, and the commons becomes a cold and angry place.” Sharon D. Parks

“Every real and searching effort at self-improvement is of itself a lesson of profound humility; for we cannot move a step without learning and feeling the waywardness, the weakness, and the vacillation of our movement, or without desiring to be set upon the rock that is higher than ourselves.” W. E. Gladstone

“One plain and obvious duty of the teacher is to do the best that he can in promoting the moral and intellectual growth of the children entrusted to his care. Especially should he show patience, tact and kindness in dealing with the dull scholar. Nay, if he has a true enthusiasm for his vocation he will make the child the subject of special pains and attention, and spare no study and effort to awaken his dormant mental faculties. And, as encouragement to the teacher who is conscientious here, it is not unfrequently happens that the child, who is after life, by his usefulness and integrity, reflects the most honor on his school and teacher, is he who in the early period of his school life was designated as the dull scholar.” R. Murray Jr. Superintendent Rhode Island Board of Education 1884

“Oh. They are thoughts that have transfix’d my heart, and often (in the strength of apprehension) made my cold passion stand upon my face, like drops of dew on a stiff cake of ice.” B. Jonson

No matter how much I wish it not so, people have an unbelievable capacity to inflict needless pain and suffering on others; worst of all there doesn’t even have to be reason or justification.

When it comes to people I am never surprised what they have done or will do. There are so many people in this world that go around wearing masks in hope of fooling the world. In the end they have wasted so much time and energy that the only people that they have fooled were themselves. So many people wear public masks, a mask for work, a mask for family, a mask for friends, a mask for etc, that when they look themselves in the mirror they don’t even recognize the person looking back.

Mark Twain once stated that when it came to virtues and vices all standards are delusions and people have a limitless capacity for rationalizing and justifying any behavior that suits their self-interest. Mark Twain also stated in the end, the promises that we think life has made to us are always broken. That is because life has never made those promises. But, especially when we are young, we think it has.

He is so right, it is the rare person that will look you in the face and tell you that I caused you great pain because it just felt good and I enjoyed doing it. I believe that it is even rarer to find a person who had inflicted hurtful, brutal and unnecessary pain, especially if that pain was inflicted on a child to say that he or she is truly sorry. For most people; the I am sorry, only comes after they have been exposed to the light of public exposure.



Again as Mark Twain stated people will always find a reason, I believe not necessary to justify their actions but to rationalize their actions and deflect personal responsibility in order to escape being held accountable. Far too often it is the person who has suffered the most is the person who has to pay the highest price. There are far too many people in jail for molesting children, many who had their childhood stolen from them and

were molested themselves often by a family or a close friend of the family but either way by someone that they trusted to protect them from the pain and evils of the world. It is like a great pyramid scheme rarely does the person (s) that inflicted the initial abuse ever get caught and punished for their actions.

For many the physical pain will go away or will become bearable, for many the emotional pain of having the ability to trust ripped from one inner soul is so unbelievable that they tried to lose themselves in drugs, alcohol, or other types of addictive behaviors. For others the pain is so overwhelming that they can’t find the strength to live another day.

Society talks a great game but I don’t believe that they really want to solve the problems, too many people and organizations make a lot of money “helping abuse, starving, and neglected children.” Sometimes the worst abuse is inflicted by the “good people” who duties are to help us overcome the hardships that have been inflicted on us. As abuse children many of us have developed that inner survival sense that we know when adults are working in their own self-interest, not ours. So in their attempt to gain our trust, their actions results in many of us building more, thicker and higher walls, sometimes to the point when we will never have the ability to trust anyone.

I have gone through many of these cycles more than a few times. It is like getting caught in a whirlpool that just goes faster and faster until it just tried to pull you down, leaving you grasping for a air, wondering if you time has come, is it worth it to fight anymore. You are spinning faster and faster putting your hand out just hoping against hope that someone anyone will reach out and give you a hand.

On a number of occasions I have been able to reach out and grasp hold of some hand, but only if I let go of other people's baggage. At time one has to be very selfish in order to survive. I can't do anything to change what happen in my mother's childhood; I can't change who my father was, or what he did. I have no control over what my sister and brothers or their children do, nor my daughters.

Deep down inside I know that much of what I know about my childhood, my mother, her family and other things are not as they seem, chances are as time go by I will learn more and more and it will require a rewrite.

When I look back at my childhood, all I remember is a few events here and there; I have years and years of total blackness. It makes me sad that I can't even remember the good times; I know that it couldn't have been all bad. I can sometimes get really angry when I meet people my age talking about this event and that event in their childhood, I find myself telling myself that they have to be lying, that they have to be making that stuff up. If I can remember things like they were happening now, that people are blown away by my ability to remember things then there is no way they could be honestly remembering things in their life that I couldn't.

The inability to remember has its benefits; I think if I was to wake up with the ability to unlock the deep dark part of my brain, I would self-destruct with rage and hate; I would want to destroy the world for its hypocrisy. You really have to be very careful how much of the truth are you will to handle, because as the Marine Corps Colonel stated in "A Few Good Men" you can't handle the truth. Just how much truth can we handle? Just how much truth are we willing to handle?

I you LEARN the truths who do you share these truths with? One should always remember that most people don't want to hear these types of truths, if you tell someone who is unwilling or doesn't want to hear the truth you will always get yourself in trouble. You always have to be careful with the truth, your desire to slain the demons could release others demons.



As the song goes, no one has seen the troubles I have seen, for most people they don't care. You must always be aware of one thing, that the people you deal with will consider their advantage and not yours interests.

If you have been abused, the greatest loss is the ability to trust which means that you will have very few friends over the course of your life, no one to tell your secrets to, no one to cover your back, no one to tell you that you are a good person. Someone to tell you, it is time to rest, to shut down those over active self-defensive systems, you can trust me, I will protect you.

"Do not let the little boy who wants to be an acrobat in the circus receive an impatient categorical denial of his preposterous. Give him an old mattress or a pile of hay in the barn to practice on. Ste him to turning somersaults at first, then, if his desire continues find some older boy or some gymnasium instructor who can show him how to walk on his hands, or do the baby swing off a bar. One of two things will shortly happen. Either he will decide that the circus business is less attractive than he fancied, or he will develop a fondness for gymnastics that will give him an absorbingly healthy interest throughout adolescence, long after the ambition to perform in a circus ring has been forgotten. In no case will he think to himself, 'I wanted to lead a free and interesting life, but my family prevented it; they never sympathize with me.'" Dorothy Canfield Fisher

"If a man desires to be respected by the world, he must begin by making himself regarded with respect by his own family; not, however, through the slavish dominion of fear, but by the higher considerations of love and esteem." Louisa Bell

“All human society is based upon at least a minimum of honesty. Were men not generally honest in the use of this symbol (words) they could not even talk to each other? Language itself in order to be meaningful implies a minimum of honesty. Even a liar can only operate successfully because people generally mean what they say. All social organization is based upon a certain amount of trust, so that society is in danger when this basic minimum of human honesty evaporates. It is for this reason that every society makes perjury a crime and insists on “bearing true witness” at least when the essential interests of society are at stake.” George W. Forell

“There is no more valuable subordinate than the man to whom you can give a piece of work and then forget



it, in the confident expectation that the next time it is brought to your attention it will come in the form of a report that the thing has been done. When this self-reliant quality is joined to executive power, loyalty and common sense, the result is a man whom you can trust.” The Armed Forces Officer

“Character is a habit, the daily choice of right instead of wrong; it is a moral quality which grows to maturity in peace and is not suddenly developed on the outbreak of war. For, war, in spite of much that we have heard to the contrary, has no power to transform, it merely exaggerates the good and evil that are in us, till it is

plain for all to read; it cannot change, it exposes. Man’s fate in battle is worked out before war begins.” Lord Moran

“We often find that people of great experience are the most frank and cordial in their intercourse with complete strangers, in whom they have no interest whatever. The reason of this is that men of experience know that it is almost impossible for people who stand in any sort of mutual relation to be sincere and open with one another; but that there is always more or less of a strain between them, due to the fact that they are looking after their interests whether immediate or remote. They regret the fact, but they know that it so; hence they leave their own people, rush into the arms of a complete stranger and happy confidence open their heart to him.” Arthur Schopenhauer

“In principles and habits, follow no standards or example that involve the violation of any moral principle, or that tends in the slightest degree, either directly or indirectly, present a prospectively, to weaken a virtuous sentiment or habit.” Author Unknown

“Learn how to celebrate the small victories, but also that without a grasp of the larger issues; it’s hard to tell victory from defeat.” Rosalyn Williams

“Enjoy life and take one’s ease, for those who know how to enjoy life are not poor, and he that lives at ease requires no riches.” Yuan Hsien

“Self-esteem is a feel good phenomenon. Rather, it is a deep need that cannot be satisfied by shallow means. It must come from within, and like a muscle will get stronger and stronger the more we develop it. The more decisions we make that reflect our highest good, the better we feel naturally. The more should we have in our lives, the more justifications we have to come up with. We become covered in a cloak of excuses, while inside our confidence slowly ebbs away.” Nathaniel Branden

“The welfare state has done to Black Americans what slavery couldn’t do, what Jim Crow, what the harshest racism couldn’t do, and that is to destroy the black family.” Walter Williams

“Life is a picnic en costume; one must take part, assume a character, stand ready in a sensible way to play the fool.” Herman Melville

“It is our own fault, and our very grave fault, and now we must turn it to us. We have forty million reasons for failure, but not a single excuse.” Robert Kipling

We live in a very strange world, where we reward anyone who is a winner; we don't care what they did or how they did it as long as they won. We tell our children that it really doesn't matter if you win or lose as long as you did your best and you played honest and fair. But the world is full of winners that never played fair. Winners that had that something extra to give them an unfair advantage and we always seem to find a reason to explain it. The other guy was on drugs so I had to in order to compete. You can go any book store and buy a cheap book.

“Nothing in life just happens. You have to have the stamina to meet the obstacles and then overcome them.” Golda Meir

“As a Marine, you will master things others will never attempt, becoming a person of greater strength and character as you do so. As a result, the problem solving and decision making skills you gain in the Corps will have a huge impact on your performance. Trained Marines instinctively know how to approach a problem and solve it, which means you'll likely find yourself more capable.” USMC

“Leaders must have the ability to see patterns where others cannot and must have the courage to decide and act quickly. In the fog of the future there will be indecipherable patterns. In an age of compressed time



where opportunities for success can be fleeting, a leader must have the personal capacity to act decisively with alacrity. This requires decision making under much greater ambiguity, and with less staff work and analysis than in the past. Leaders will develop personal information systems to give them an edge, to try to bring the future into focus a little more sharply or a little more quickly than their competitors do, but they themselves must be prepared to follow through with their team as each situation develops. Leaders must take decisive action.” Michael V. Harper

“Integrity that strengthens an inner value system is the real human bottom line. Commitment to a life of integrity in every situation demonstrates that your word is more valuable than a surety bond. It means you don't base your decisions on being politically correct. You do what's right, not fashionable. You know that truth is absolute, not a device for manipulating others. And you win in the long run, when the stakes are highest. It's too bad some of our political and business leaders don't understand that; what you are speaks so loudly that no one really pays attention to what you say. You shall conduct yourself in such a manner as to set an example worthy of imitation by your children and subordinates.” In simpler terms, if they shouldn't be doing it, neither should you.” Denis Waitley

“We have no right to ask, when sorrow comes, why did this happen to me? Unless we ask the same question for every joy that comes our way.” Philip S. Bernstein

“Once you get rid of the idea that you must please other people before you please yourself, and you begin to follow your own instincts; only then can you be successful. You become more satisfied, and when you are other people tend to be satisfied by what you do.” Raquel Welch

“The oak takes long to mature; but when it does, it surpasses in strength and majesty every other tree in the forest.” Edwin P. Whipple

“I don't want your sympathy, but sometimes I wonder why does it has to happen to me.” Joey Roach

“The secret of growth is to do to-day what we could not have done yesterday. It requires no striving, or extra effort, to do to-morrow what we can do to-day as well as not. The effort of doing something greater and better is necessary; for this keeps the faculties at their highest tension, in which there is growth.” Albert G. Boyden

“As we have become all knowing and self-sufficient in our own self-declared enlightenment, we have rejected the tried and proven values of our fathers. We do so because we believe we are wiser and more reasonable. It is elitism at its worst. At the heart of the elitist mindset is pride; pride in one’s self, one’s knowledge and one’s abilities. Moderns fail to knowledge, or even worst, fail to realize, that we stand on the shoulders of all who have gone before us. Without their wisdom, their successes and their failures, we would be much less than what we are. In failing to retain the eternal truths and wisdom of the ancients we suffer the unavoidable consequences.”Richard G. Williams

“True self-respect challenges the respect of others. No man has reason to claim the respect of his fellows unless he first respects himself for this latter art is the outcome of the only elements of character that can command the sincere regard of men. A mean man, a dishonest man, a niggardly man, a lazy man, or a conceited man does not respect himself. He knows that he is not worthy of his own respect even, unless he



is living under the power of strong delusion. The person who was importuned by another to perform a wrong act by the plea, nobody will see you, replies I shall see myself; he possessed genuine self-respect. The eye of self-respect is always turned inside; its knowledge along lays the foundation for confidence. It is the basis on which we build self-reliant conduct and self-reliant conviction.” Frederick Tudor

and his worldly surrounding, he has reached the first stage of decline, Self-confidence, backed by good common sense, is one of the most important of human attributes. But we must be careful not to exaggerate ourselves, or rate ourselves too highly. There are dangers attending every virtue.” William F. Markwick

“If virtue be its own best recompense, so is the love of knowledge. The habit of diligent application, the habit of temperate living, the habit of high thinking, even carries in itself a blessing. The cultivation of such habits is the secret of success and it is a secret which lies within the reach of all of us, if we will but use our opportunities and our means right.” W. H. Davenport Adams

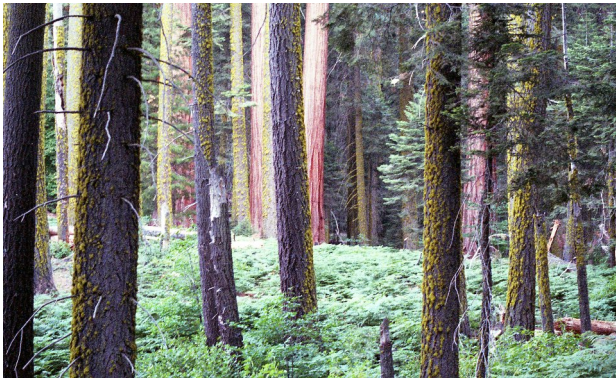
“Leaders make things happen. They are responsible for initiating and, in some cases, creating disequilibrium in order to maintain the vitality of the organization they lead. Too many organizations are crippled by the cancer of bureaucracy, with people caught up in the activities but not results, defending the status quo and preserving a position but not serving and creating value. Because leaders make things happen through others, they must be generous in their delegation of authority and responsibility. It is a grave wrong and injustice for a superior to steal the ability to make a decision from a subordinate. Servant leaders are givers, not takers. They never hold on to a position or title. They have a job because they can live without it. This requires all good leaders to have a plan for succession and for the development of future leaders. Servant leaders want to serve only until a successor is identified and ready and not one moment longer.”C. William Pollard

“Which of these are worthy of admiration? Those who condemn their children to a life of mediocrity in order to obey an egotistical sentimentality, or those who, with despair in their hearts, renounce the joy of their presence, and think only of their grief in order to build upon it the happiness of their dear ones.” Yoritomo-Tashi

“As the teacher goes so is the school is a maxim that should be universally recognized. If the teacher is slothful, carless, lifeless, and unconcerned, he must expect his school to be the same. On the other hand, if he desires to succeed and to keep his school interested, he must be deeply interested himself. I believe this is one of the true secrets of school teaching and will make the entire work of the school-room a pleasure. Be interested, enthusiastic, earnest, devoted, and you are sure of success.” G. A Thomas Superintendent Rhode Island Board of Education 1884

“When, it is time, the genius of the irregular person is of such an extraordinary nature, that it has only to spread its wings to sail with supreme dominion through the air, it may be vain for the most determined and persevering to attempt to rival it in its flight. One single spontaneous effort may then accomplish what centuries of resolute labour could not affect. All the learning and industry could never alone have produced one of Shakespeare’s plays or one of Burn’s tables, or earned for their possessor a tithe of the fame which these have secured. But Sir Egerton was not a bird of such pride and amplitude of pinion. His wings were not sufficient natural strength to enable him to soar into lofty region which he aspired to reach, without all the additional power they might have gained from proper training and care. These enabled others of inferior intrinsic buoyancy and elastically, to approached nearer to the sun than he could ever do.” Robert Walsh

“The whole of life may, of course, be viewed as one long process of transition; but it is never a steady progression, and the way is strewn with markers, like milestones which have been eccentrically placed, some fairly close together, others widely apart, and the journey between them is often tedious and uneventful.” Anthony Stevens



in solving original problems; in which the individual child is not likely to have much experience in performing tasks requiring originality and initiative. Add to this fact that the modern home gives the child practically no training in taking responsibility in solving problems, and it can be seen that we confront a serious situation.” M. V. O’Shea

“One effect of modern industrial development in particular has been to deprive children of experiences that are essential in order to make them resourceful and self-reliant. A child, brought up in a town or city, is likely to have but very little training which will develop in him a keen sense of responsibility and skill

“Only when one focuses, clear-eyed and in literal detail, on the centrality and depth of the behavioral changes necessary to improve health does the immensity of the task become apparent. We are not talking about peripheral or infrequent aspect of human behavior but about some of the most basic and often experienced aspects of life; what one eats, how often and how much; how long, how regularly, and how peacefully one sleeps; whether one smokes or drinks and how much; even the whole question of personality. Health then is a product of innumerable decisions made each day by millions of people. To oversee these decisions would call for a larger bureaucracy than anyone has yet conceived and methods of surveillance bigger than bit brother. The seatbelt buzzer that screeches at us if we do not modify one small bit of behavior would be but a mild harbinger of the restraints necessary to change bad health habits.” Aaron Wildavaky

“It is better to drink a wholesome draught of truth from a humble, than poison mixed with honey from a golden goblet.” Nennius

“It has always been important to me to try to see ways in which I could engage the opponent so as to educate and maybe change them. But I have also learned that the reasons why people oppose me or my beliefs are not always the reasons why I think they do it. I’ve realized there’s more to people’s opposition than is immediately apparent to me, and, in effect, there’s no way that I can really know all the reasons why they oppose me.” Clara Kennedy

No one knows

We all seem to believe that we are going to live forever, well maybe not forever, but we believe that the sands of life will much slower for us than others. But there comes a time where you start reading the obituaries and you see more and more people dying before the age of retirement and you start asking yourself just how much time do I have left. All of a sudden 60, 70 or even 80 don't seem that far off.

You start asking yourself what plans for the future did that 62 year old woman have for her retirement and her golden years. What did she miss in her life, what she purposely went without waiting for that day to come when she could just enjoy life, when she didn't have to get up and go to work, even if the job was enjoyable, just to have the freedom to stay home all day in her housecoat and slippers. I wondered what trip or cruise had she been planning for her life. The same with that 65 year old man who just retire a few months early, someone who may not have even received his first society security check and now too he was gone. I wonder if he had planned on spending more time with his grandchildren, maybe teaching them how to fish or hunt. Did he plan on making up for all those late hours at work, by spending more time with his wife, traveling doing things they always dreamed of.

It seems that time waits for no one, it moves much too fast, and has a way of reaching out at some unexpected moments and destroying all your future plans. But life can be very strange, every time someone unexpectedly pass, there are numerous times that some people that should have passed on don't.

I have a number of those events and when I look back at them I often wonder why my number wasn't called.



I remember being on a live fired combined arms exercise at 29 Palms, California. I was the Combat Engineer officer and it would be my job to get through the mine fields. While at the Officer's Club I ran into the Commanding General and he asked me if I was going to make it through the mine field and other obstacles, and I quickly told him that I was. He asked me how I could be so sure that I was going to be successful, because no one else has been successful. I told him I had done my homework and that I have studied a great deal. The more I talk the angrier my Battalion Commander became. It was easy to see that he did not expect me to make it through the mine field either and he didn't want to face the general during the after action debriefing. The Battalion Executive Officer a Major Zinni who later became a four star general supported my opinion.

I had studied on my own through the Army Engineer School program, because the Marine Corps Engineer only taught the basic. As Marine we only planned for a simply one lane assault. I knew that had failed in the past and would continue to fail in the future. I planned on three simultaneous assaults under the cover of smoke with the artillery walking forward. Only Major Zinni knew my plan. He was one of the few infantry officers that understood the usefulness of combat engineer.

Everything was going as plan, the smoke covered the minefield, and then I heard an explosion which ticked me off, then I heard another explosion. I was really pissed because the three explosions were to go off at the same time. I stood up and headed to the two other squads to chew butt when I heard a third explosion, and felt dirt and rocks hitting me. Not thinking, I forget that I had the hell-box with me, (a cardinal rule an officer never goes down range without the hell-box) so there was no way that there could have been a third explosion. Then all of a sudden the lead Amtrak came rushing into the minefield yelling everyone to get down. Then when the smoke cleared the commanding general flew in on his chopper.

We had not set off a single explosion, the artillery officer had made a serious mistake and order a number of 8 inch rounds on our position. No one caught his mistake; he has mistakenly transpose numbers on the map. The only things that saved us from being blown away was that the rounds had hit the side of the hills



on both sides of us sending the bomb fragments and explosive effects over our head. A few feet lower we would have all be dead. The commanding general and battalion commander came rushing in because they feared that Marines were killed on their watch which would be the end of their careers.

When I got back to the command post I saw Lt Jeff Ellis a 6 foot 2 inch, a solid 185 pound stud in a dazed, I asked him what the hell was wrong and he told me he almost killed a bunch of people. Which I joking reply you asshole it was me that you almost killed. It never dawned on me how closed I came to being killed before my 25th birthday.

A few days later we had to fire a rocket propelled line charge to clear a mine field. It was 350 feet long containing 1,500 pounds of C-4 explosive. However, there was a problem with the rocket that pulled out the C-4 from the container. Many of the rockets had too little fuel and often failed to pull the whole charge out. In a few cases some rockets had too much fuel. I fired the rocket and it took off, everything looked pretty good as the line charge was pulled from its container until I looked again the rocket hadn't peaked and I was running out of line. The rocket kept going taking all the line charge and flipping the container ripping out the control wiring.

The rocket finally landed leaving us with a serious problem we had to rewire the line charge by hand using blasting caps, and then one of us had to fire off the blasting caps. It was Cpl Koenig, Cpl Becktold, Cpl Conception and myself. We removed our blouses and equipment anything that could cause a static electrical charge. I made sure there were no helicopter flying overhead and we got rid of all our radios. It was hot and we were sweating as we bend over the line charge, legs on both sides, using our bayonets to make holes for the blasting caps. We were all nervous but no one wanted to show it to the others. Then Cpl Conception asked me, Sir what happens if this thing goes off, without thinking I replied it wouldn't matter because there wouldn't be anything for anyone to find, it would have been as if we never existed. We all laughed and continue to make more holes and insert more blasting caps.

After we finished with the blasting caps we used radio wire to tie in all the blasting caps. Radio was the last choice but it was the long think we had. Once everything was wired I sent the Cpl's back into the hills to take cover. I had about a 100 yards of wire, I knew that if I was directly in line with and to the rear of the line charge I would be somewhat in good shape but I had no idea at all. I got behind the flipped container hugging the ground as close as possible, asking myself if I was being stupid, would this be the last thing I ever do. Would I see my wife and daughter again? I took a moment then I turn the handle on the hell-box and nothing happened, I did it again a number of times more hoping that it would go off, hoping that because it was radio wire and it was a 100 yard run there would be a delay; but nothing happen.

I was pissed and I violated the one number rule you never try a second time, with a dud. As I stood up and started walking toward the line charge I tried my best to convince myself that this was a second dud but only the first. After about 4 or 5 steps the charge went off. It was if I was watching movies of the A-bomb being dropped. The ground got very hot, go right through my boots, and bushes started bursting into flames as if I was watching Moses on the mountain talking to God. As a walked toward the line charge to ensure that all the C-4 had explosive I see a mouse its ear drums and eyes were hanging out force out by the pressure. Then I saw a lizard that had be running frozen in death with his back legs blown off.

I had been stupid and lucky, a few feet closer I would have been badly injured by the blast pressure, a few more feet to the side and I would have been killed just like the mouse and lizard, hopefully blown apart

rather than being burnt to a crisp like the bushes. Everyone was saying wow, the only reason I did it was because I did not want to risk the life of one of my Marines. Twice within a week I had come within inches and seconds of death, because I wasn't thinking clearly, I let my ego and desire to excel get in the way of my judgment.

As the senior engineer officer for the battalion during a six month deployment in the Mediterranean Sea I was responsible for all duds. During a live fire exercise on the island of Sardinia a number of 155MM white phosphorus rounds failed to dentate. So it was my responsibility to blow them us. I planned everything by the book and was ready to fire off the charge when my SSGT Benson told me I was wrong, he said I served in Nam and this isn't the way you do it, I told him that the book stated how to do it, he said damn you Lt's and the book. So I said OK you do it your way.



He did it his way after I heard the explosion I saw white piece of metal flying ever where. White phosphorus burn at about 800 C. Needless to say the dry grass started burning ever where and we were quickly surrounded by hot and high flames. SSGT Benson left saying that he couldn't help put out the fire because he has asthma. It didn't take very long to realize we were in serious trouble. I had the troops and myself take off our blouses and used them to beat a path through the flames. Our pants had burnt holes in them, our blouses we just burnt rags. Once we were out we were able to attack the fire and put it out before it

jump the stone wall and damage or destroy the village water line.

Again I had failed to use proper judgment and almost got myself and my men killed. I knew the right way, the safe way but instead I decide not to argue with my SSGT.

On three separate occasions I could have and should have suffered serious injury or death because of simple errors, things that could have be avoided, things that should have been avoided. Why I was able to live to see my 26th birthday I don't know why. But it changes you; you learn that life can be taken away from you at anytime. There are some things that are just foolish for you to wait for the right time. The right often comes without us take the time to realize it. None of us really know how much time we have left.

“For very young children, self-esteem is probably best thought to consist of deep feelings of being loved, accepted, and valued by significant others rather than of feelings derived from evaluating oneself against some external criteria, as in the case of older children. Indeed, the only criterion appropriate for accepting and loving a newborn or infant is that he or she has been born. The unconditional love and acceptance experienced in the first year or two of life lay the foundation for later self-esteem, and probably make it possible for the preschooler and older child to withstand occasional criticism and negative evaluations that usually accompany socialization into the larger community. As the children grow beyond their preschool years, the larger society imposes criteria and conditions upon love and acceptance. If the very early feelings of love and acceptance are deep enough the child can most likely weather the rebuffs and scolding of later years without undue debilitation. With increasing age, however, children begin to internalize criteria of self-worth and a sense of the standards to be attained on the criteria from the larger community they observe and in which they are beginning to participate.” Otto Kernberg

“Perhaps the most important thing we can undertake toward the reduction of fear is to make it easier for people to accept themselves, to like themselves.” Bonaro W. Overstreet

“You representative owes you, not his industry only, but his judgment; and he betrays instead of serving you, if he sacrifices it to your opinion.” Edmund Burke

“I cannot experience your experience. You cannot experience my experience. We are both invisible men. All men are invisible to one another. If we are stripped of experience, we are stripped of our deeds; and if our deeds are, so to say, taken out of our hands like the toys from the hands of children, we are bereft of our humanity. We cannot be deceived. Men can and do destroy the humanity of other men, and the condition of this possibility is that we are interdependent. We are not self-contained monads producing no efforts on each other except our reflections. We are both acted upon, changed for good or ill, by other men; and we are agents who act upon others to affect them in different ways. Each of us is the other to others. Man is a patient-agent, agent-patient, interexperiencing and interacting with his fellows.” R. D. Laing

“He should be impressed with its overwhelming importance. He should feel that his mistakes, though they may not speedily ruin him, may permanently injure his pupils. Nor is it enough that he says, ‘I did it ignorantly.’ He has assumed to fill a place where ignorance itself is a sin; and where indifference to the well being of others is equivalent to willful homicide.” Herbert Spencer



“Just as true as it is great thing to guide the mind aright—just as true as it is a deplorable, nay, fatal thing to lead it astray, so true is it that he who attempts the work, whether ignorant or skillful, whether thoughtless or serious incurs all responsibility of success and failure, a responsibility he can never shake off as long as the human soul is immortal, and men are accountable for such consequences of their acts as are capable of being forever seen.” David P Page

“In common with the public, those in authority assume that the goodness of education is to be tested by the quantity of knowledge acquired whereas it is to be much more truly tested by the capacity for using knowledge—by the extent to which knowledge gained has been turned into faculty, so as to be available both for the purpose of life, and for the purposes of investigation.” Herbert Spencer

“American politics seem at this moment to tend to the production of two-types, the one of whom may be called par excellence, the man of the desk or of the legislature, the other man of the convention and the stump. The first of these types is usually a shrewd, cool, hard-headed man of business. He is such a man as one would find successful in the law or in commerce if he had applied his facilities to those vocation. He has mostly been, is often still, a practicing counsel and attorney. He may lack imagination and width of view; but he has a tight grip, a keen insight into men, and probably also tact in dealing with them. That he has come to the front shows him to possess a resolute and tenacious will, for without it he must have been trodden down in the fierce competition of a political career. His independence is limited by the necessity of keeping step with his party, for isolated actions count for little in America; but the tendency to go with one’s party is so inbred there that a man feels less humiliated in waiving his private views.” James Bryce Brice

“First of all, his work must be suited to the child’s age and strength. It is both cruel and unwise to saddle a child with work that is beyond his physical powers or which severally overtaxes them. Man-size tasks are not good for any child. The exceptional child may not be permanently injured but it does not develop the best sort of power in any child. So I would say that, first of all, our children’s tasks should be sufficiently hard to call forth their best efforts, but not to overpower them, either physically or mentally. It takes an exceptionally strong will not to become discouraged if one is constantly expected to do more than one can. As we said before, we must not let our children get into the habit of expecting failure. On the other hand, we must not make every task so easy that it requires no effort on the child’s part, effort is needed for growth.” Mary S. Haviland

“The higher one climbs the lonelier one is.” Mary B. Gilson

“Predictability of threat is important in determining the impact of a trauma. Stress is much more tolerable when it is relatively predictable. Indeed, there are a number of behavior features of traumatized children which initially appear to be very maladaptive but are in fact very highly adaptive. This is seen with behaviors which solicit or promote either physical or sexually abuse. A child who has been a victim of unpredictable sexual or physical abuses learns consciously or unconsciously that if this abuse is going to happen, it is far preferable to control when it happens. As a result, children who have been violently physically assaulted will frequently engage in provocative aggressive behavior in an attempt to elicit a predictable response from their ‘environment’. This behavior is often misinterpreted, and the school will



punish them severely, thereby reinforcing the child’s view of the world; adults are aggressive and solve problems using force. This lesson is taught over and over again, until the child becomes big enough, smart enough, or violent enough to turn the tables.” Bruce D. Perry

“The building of a ship is more wonderful than the lurching of it on its first cruise; the sculpturing of a statue is a greater thing than the unveiling of it; and so the making and grow of the infant in the womb are more momentous than its entrance into the life that

follow birth.” Dr. J. W. Ballantyne

“The traveler gratifies his taste by treading on classic ground. He visits places celebrated in the writings, and distinguished by the actions of the ancients. He views the ancients and modern specimens of the arts; architecture, sculpture, medals, pictures, books. He investigates the state of government, religion, commerce, agriculture, etc., and remarks their combined effects upon the manners, customs, and prosperity of nature; the general result of his travels shown by their beneficial influence upon his opinions and conduct.” Henry Keft

“The very existence of envy is an evidence of the perception of a higher excellence of character or possessions than is attained by the envious child, and this perception may induce the desire to bring down the more fortunate child to the level of the less fortunate, or, on the other hand, it may lead to the formation of a high and noble ideal and to a struggle to reach it.” Francis B. Palmer

“Even genius often misses its mark; tact never. Tact is a mysterious quality, hard to define, a combination of good temper, ready wit, quickness of perception, and ability to take in the exigency of the situation instantly. It is never offensive, but is a calm allaying suspicion; is smoothening, and is appreciative, and plausible, without being dishonest; apparently consults the welfare of the second party, and do not manifest any selfishness. It is never antagonistic, never opposes, never strokes the hair the wrong way, and never irritates. There need be no deception in this use of tact, only such a presentation of rightful inducements as shall most effectively appeal to a hesitate mind. It is the fine art of getting the right thing done in the nick of time.” John Mason

“When faced with overwhelmingly traumatic situations from which there is no physical escape, a child may resort to going away in his or her head. During a traumatic experience a child may dissociate the memory of the place and circumstances of the trauma from his ongoing memory, resulting in a temporary mental escape from the fear and pain of the trauma. This ability is typically used by children as an extremely effective defense against acute physical and emotional pain, or anxious anticipation of that pain. By this dissociative process, feelings, thoughts, memories, and perceptions of the traumatic experiences can be separated off psychologically, allowing the child to function as if the trauma had never occurred, allowing individuals enduring hopeless circumstances to preserve some areas of healthy functioning. Over time dissociative escape becomes so effective for some children that they may automatically use it whenever they feel threatened or anxious, even if the anxiety-producing situation is not abusive.” Sidran

“The forbearing use of power does not only form a touchstone, but the manner in which an individual enjoys certain advantages over others is a test of a true gentleman. The power which the strong have over the weak, the magistrate over the citizen, and employer over the employed, the educated over the unlettered, the experienced over the confiding, even the clever over the silly—the forbearing or inoffensive use of all this power or authority, or a total abstinence from it when the case admits it, will show the gentleman in a plain light. The gentleman does not needlessly and unnecessarily remind an offender of a wrong he may have committed against him. He cannot only forgive, he can forget; and he strives for that



nobleness of self and mildness of character which impart sufficient strength to let the past be but the past. A true man of honor feels humbled himself when he cannot help humbling others.” Robert E. Lee

“Once society change begins, it cannot be reversed. You cannot uneducated the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore. We have seen the future and the future is ours.” Caesar Chavez

“There is, of course, a blatant, empty conceit, which produces, and must produce, nothing but meaningless words, and vain glorious acts. It is a bubble which cannot be for sorely or quickly punctured, and which leaves no relation to the quiet, intense conviction of a soul’s belief in itself.” Orison S. Marden

“Yet it is a fact of life that an unlettered peasant is considered ignorant, however much he may know about nature and man, and a Ph.D. is never considered ignorant however barren his mind might be outside his narrow specialty and however little he gasps about human feelings or social complexities.” Thomas Sowell

“Education is the enlargement of perception. It is extension of thought. It is enfoldment. It is growth. It is the flowering of mind and morals. It is the means whereby character is made. Education is more than an effort of memorizing. It is the opening of latent talent, the loosing of the soil of the mind; the new roots may stir to action. It is the fact of independent acting; the awakening of dormant powers, the starting of thought, the flashing of observation, the kindling of reflection. It is facts put to use. It is application, enfolding the physical and mental, the moral and intellectual. Education combines the vigor of both mind and body. It holds all parts of the human system complete and able to compete with the world. Education is the changing of the ideal into the real. It is gained always by personal effort. Money may procure diplomas, but cannot buy that which makes diplomas. An education cannot be purchased or given. It has to be earned in all cases, by the one who aspires to it.” Leslie Stephens

“Soldiers will fight for a bit of colored ribbon because of their pride in the achievement that the ribbon symbolizes. Recognition of achievement in the eyes of your superiors, peers, and subordinates when accomplished against tough demanding standards, is a powerful force that drives us all. Many outside the Army have difficulty understanding this sort of motivation.” General Carl E. Vuono

“There are some minds who love the truth for truth’s sake, and are resolutely determined to follow it whithersoever it may lead them, who at the same rime no less resolutely determined to not to be imposed on either by others or by themselves, and who also posses confidence enough in their own judge, to pursue an investigation manfully. Others are greatly deficient in this true mental nobility. They are narrow minded, superficial, prejudiced, captious, cowardly or fickle. Some of these seem to have the power of believing or disbelieving anything; just as it may happen to strike their feelings, taste, fancy wishes or predetermination for the time being. Sound, far-reaching comprehensive reason has little to do with the facts and consideration of cases under their adjudication.” Adin Ballou

“It is I who have rough you into the strait and I will have no advantage of you in meat or drink.”
Edward I

“Why should work be opposed to play? Is the one less indispensable than the other? The unregulated freedom we demand for play has no excuse except in the trouble and inconvenience that we believe to be inseparable from work. As regards school discipline, how much truer and nobler is it to regard what is called play as the exercise of one part of our faculties, mainly physical, and what is called work is the exercise of another part, chiefly of our intellectual faculties! Now, both would fain to be free and regulated at the same



time. In the one, as in the other, we ought to find harmony between spontaneity and proportion in which grace and perfection consist. And finally, we shall perhaps be told that study: as we understand it, makes the teacher less necessary. But then, is it not the true mission of the latter to teach his pupils to do without him? The teacher who worthily accomplishes his task instructs the children how to suffice unto themselves, to become men. He, too, when his work is finished, says to his pupils, not without a tinge of regret, though with the satisfaction afforded by the consciousness of duty usefully performed: ‘Now go, dear children, you

have no longer any need of me.’” Emile Boutroux

“When a man of superior organization, finer temperament, and more intense vitality addresses us, there is vividness in his ideas, with freshness in his language and a force in his expressions which arouse and interest us. Even when he tells us what we already know he makes it interesting. Now and then he brings out some interesting remark which had not been expressed before, and, feeling that he is expressing our own thoughts better than we could have done it ourselves, we are charmed by him. Such are the superior men of society, who lead their time, who are the mouthpieces of their generation, and, who, embodying themselves the general sentiment of their countrymen, become the leaders for the time, and are sometimes called great men; for, although not intellectually great, they may have personal greatness and force of character. Such men are the natural rulers of mankind; but though it may seem paradoxical, they are not the leaders. The true leaders are the pioneers, the men who advance beyond their age, who think as future ages think and do as future generations do. Such men are often neither rulers, nor leaders in their lives; but being dead, they shall speak; their leadership is recognized; and at length all humanity advances to stand in their footsteps, to think their thoughts and acknowledge their leadership; thus leadership and rulership are distinguished. The rulership belongs to the talent and force; the leadership belongs to genius and consecration. The rulership of talent in all countries fills their historic annals with starring names of heroes and statesmen; the leadership of genius is rare, like the advent of the comet, and a century may pass without a single example. Though Copernicus, Kepler, Galileo, and Newton were the clustered leaders of the awakening intellect of Europe, none of them were rulers. Copernicus was quiet in life and published as he died; Kepler, a transcendent genius, was worn out by poverty and disappointment and Galileo narrowly escaped the fires martyrdom.” Joseph Rodes Buchman

“Some people think that, if they keep everlastingly at it, they will succeed, but this not so. Working without a plan is as foolish as going to sea without a compass. A ship which has broken its rudder in mid-ocean may keep everlastingly at it, may keep o a full head of stream, driving about all the time, but never arrives anywhere, it never reaches any point unless by accident.” George R. Devill

“Men often make use of self-knowledge they may possess to frame for themselves skilful flattery, or to amuse themselves in fancying what such persons as they are would do under various imaginary circumstances. For flatteries and for fancies of this kind, not much depth of self-knowledge is required; but for he who wants to understand his own nature for the purpose of self-discipline must strive to learn the

whole truth about himself and not shrink from telling it to his own soul; any truthful examinations into our actions must be good; but we ought not to be satisfied with it, until it becomes both searching and progressive, its aim should be not only to investigate instance, but to discover principles.” Sir Arthur Helps

“In times of disaster, of trouble, of any misfortune, the masses of people indulge so much sympathy for the suffering that they can do nothing else. All their strength goes to it. The number of those who can carry a cool head into places of distress and need, and patiently seek out the causes of misery, and apply remedy is exceeding small. This is not because of indifference. It is because sympathy has been rated too high a value in itself. To cultivate the emotion of sympathy without doing more, to read works that excite this emotion for the sake of itself, is dangerous.” Francis B. Palmer



“Nothing is more pitiful in a great town than the sight of children who do not even know how to play or whose playground is limited to the gutter. It is equally sad, however, though it may not be so pathetic, to see grown-up people who do not know how to amuse themselves; who cannot appreciate books or pictures or music, or natural amusements, and who are therefore doomed to spend whatever time that is left by the struggle for existence upon the distraction which comes from coarse stimulants, from the excitement of gambling, or the oblivion of care of that is produced by

strong drink. But that is to be said, in other words, that play both for old and young, is an essential demand in human life; and that the moral work of a people must be tested by its amusements as much as by its directly useful pursuits.” Leslie Stephen

“When another with whom you have dealings, endeavors to overreach you by unprincipled means, trust your success in evading them to your penetration, judgment and energy, and persevere in the even tenor of your own honorable way. But whileacing yourself upon correct principles; be cautious how you trust to their existences in others, on occasions when a wrong estimate might be fatal to your interests. Without being suspicious or distrustful, a man who has seen any thing in life, must be aware of the numberless modes of dishonesty practiced in business, and of the danger of trusting too readily to the integrity of others of whom he has not an intimate knowledge also the difficulty of knowing even then, the secret character which often lies hidden under the spell of circumstance, and is bad in many whom the world deems trusty and honorable. But never forget that, in every relation of life, a suspicious temper, that too readily attributes unworthy motives or designs to the acts of another, is a very unjust, odious, and offensive one.” W. W. Pell

“For the want of moral courage, how often do we stop and cringe, and submit to contumely, and eat the bread of humiliation, and wear the rich garments that ought to cover us with shame because we are despicable enough to live upon what is not lawfully our own and what is often granted without good-will, and received wit-out satisfaction? For want of moral courage, how often, and how fatally, do we fail in the sacred duty of reproving what we see amiss, until the evil grows and magnifies, and extends itself and becomes so obvious to the general perception, that we scruple not to join in its condemnation, forgetting that our own wants of faithfulness may possibly be changeable with it existence?” Sarah Stickney

“Personal influence by the commanding officer on his troops is of the greatest importance. He must be located near the fighting troops...A divisional commander’s place is with his troops...During encounters with the enemy seeing for oneself is best. Commanders are to live with the troops and share with the danger, deprivation, happiness, and suffering. Only thus can they gain a real insight into their troops’ combat power and requirements.” Major French L. MacLean

“Capital is, like every other good, only a chance. Man may abuse it to his destruction or may use it for his advancement. That is where the moral deduction comes in, with which the economist has nothing to do.” William Graham Sumner

The Long Road

Looking back I guess there were a number of reasons why I decided to do my own TV show. As a kid, teenage and adulthood I watched the “On the Road with Charles Kuralt” almost every Sunday, often alone because everyone was usually sleeping. He was always talking about Montana, the beauty, the people, so in some ways we developed a connection, him with Montana, me with my birth state Wyoming; states that had much in common.

There was also something about the show; it always gave me a sense of freedom and it allow me to learn a great deal about people, the people that always seem to be overlooked. It taught me the importance of each person, how when seeing a need to help their fellow citizens they would almost always stand up and do the right thing, things that would never be of interest to newspapers and TV shows. There were no Paris Hilton’s, no movie star getting a DWI’s or beating his girlfriend or wife, no college educated person blaming the government for failing to stop him or her from buy a Mac-Mansion that he or she knew they couldn’t afford and now were facing foreclosure.

It was always about the beauty of nature and about people who took personal responsibility and always held themselves accountable for the actions or inactions. Maybe it wasn’t as real as Mr. Kuralt showed it to be, but to me it was something worth believing in.



Maybe that is why when I have made numerous trips across this country of ours by bus, car and trail, I have never had a set schedule and I tried by best to stay off the high speed interstate highways and traveled the “old back roads” of the United State Highway System going through small town after small town seeing people and sights most Americans will never see.

Maybe it is because of Mr. Kuralt that I enjoy taking long trips 2,000, 3,500, 5,000, 7,500, 9,000 and even 12,000 miles trips in my car during the heat of the summer 112 degrees in Death Valley or a sub-freezing blinding snow storm on Price Edward Island or deep Yellowstone snows. Always living out of my car and sleeping at Wal-Mart motels, rest areas, and camp grounds; refusing to waste money on fast food outlets and costly motels as I capture the beauty and wonder of North America and its people.

May be it is all about freedom, about being not trapped, not being forced to be this or that, about being limited by other’s expectation of you and your abilities or limitations. I think Charles Kuralt’s “On The Road” was about the freedom of moving rather than being trapped in one’s high price castle with all its expensive must have luxuries. A castle that demands that one spend countless hours at a job that they may endure at best, longing for the freedom of the open road, the freedom to chose.

On the dark selfish side of it, I got around to starting the show because I was angry about being over looked. I have accomplished a great deal by being on the school board, city council, and being in the state house. I had been more than someone that went through the motions, on more than a numerous occasions I have stepped forward and spoke out and made the tough decisions. However, I was rarely noted in the local paper, invited to functions, etc. I also knew that I couldn’t trust the Democratic Party leadership and that if I wanted to ensure my competitiveness I needed to get out in front of the people. I had been on the radio a number of times and always got very positive feedback for level of; and width of knowledge and my willingness to be straight forward and open. The TV show gave me a platform to the public.

The TV show gave me the ability to pick the type of shows that Charles Kuralt aired every Sunday morning. Subjects that were important to people from organ donations, health, school bully, World War

Two veterans, POW's senior center, etc, shows that increased people's knowledge, shows that would allow them to make more informed decisions or just to understand why things were happening.

I have just recently completed my 23rd show and I have learned that planning for, producing and just getting ready for each show is not easy at all. It cost money, not much, it takes time, and sometimes, I just don't feel that well and I can't push it off to another day or time. I don't get to do any major do over's, what comes out and how it comes out is what going to be seen by the public.

Doing your own show is nothing like the real TV shows. I use to watch Morning Joe, Hardball and other shows in order to learn how to do a better job. But I rarely watch those shows anymore because most of their questions and answers are on the teleprompter. Many of the questions and even the answers are planned out in the green room. There are very few times when they ever go off script. Also often much of when they talk about has already been written out for them. There is rarely any real discussion going on.



I have only seen a few bits and pieces of the shows, and the ones I have seen I see myself as overweight, gray, balding and someone with a bad voice. I see myself suffering from some of the pain of the broken bones, the head injuries and side-effects of the strokes. Then I sometimes ask myself what the hell am I doing this for, is it really worth it?

There three answers, more and more of the power people in the area watch it, I think they are worried about what information I will provide to the people. I think some are worried that too many people will agree with me. 2nd more and more people have been coming up to me to tell me that they want the show and really like it. So that is a good reason to continue on doing the

show.

But in the end the most important reason is that there is someone child, some teenager who liked me was trapped in a situation of hopelessness just looking for 60 minutes to escape like I did with "On The Road" by Charles Kuralt. Maybe there is an adult that wants to move their life in a different direction and the beauty of the photos will open something up from within.

So for me it is just another opportunity to "Pay it Forward" so as I try to end my show with, Hope to see you out there on the Long Road.

"The world in which we live will not let us rest. It keeps prodding us, challenging us with problems to be solved, demanding that we act wisely or be destroyed by the forces which inhabit our world. In this way experiences are born-hungers and satisfactions, pains and pleasures, sights, feelings, sounds, and a host of others. But we cannot rest contented with a mass of unrelated experiences scattered at random throughout life. We must take our experiences and weave them into some kind of a pattern, a whole which is more or less satisfying. This pattern, this whole, is our philosophy. Your philosophy, then, is the meaning which the world has for you. It is your answer to the question. 'Why?' Having filled your experiences into a whole, having related them to each other, you say of the world, 'this is the way things fit together.' This is the world as I understand it." S. E. Frost Jr.

"The principal goal of education in the schools should be creating men and women who are capable of doing new things, not simply repeating what other generations have done; men and women who are creative, inventive and discovers, who can be critical and verity, and not accept, everything they are offered." Jean Piaget

“If one only wished to be happy that could be easily accomplished; but we often wish to be happier than other people, and that is always difficult, for we falsely believe others to be happier than they are.” Charles de Secondat Montesquieu

“When disaster strikes, for example, genuine heroes do emerge. Hurricanes, floods, earthquakes, or war create a breach in our usual fortified arrangement, enabling many people to set aside narrow self-interest; sometimes at the cost of heroic personal sacrifice. These occasional acts under unusual conditions tell us something important about what we are capable of, but disaster and heroes are always cast as special in ways that set them apart from our everyday lives.” Sharon Daloz Parks



“I leave you love. I leave you hope. I leave the challenge of developing confidence in one another. I leave you a thirst for education. I leave you responsibility for use of power. I leave you faith. I leave you racial dignity. I leave you a desire to live harmoniously with your fellow man. I leave you responsibility to our young people.” Mary McLeod Bethune

“How difficult the task to quench the fire and pride of private ambition, and to sacrifice ourselves and all our hopes and expectations to the public weal! How few have souls so capable of so noble an undertaking! How often are the laurels worn by those who have had no share in earning them! But there is a future recompense of reward, to which the upright man looks, and which he will most assuredly obtain, provided he perseveres unto the end.” Abigail Adams.

“The candidate for the office of the teacher should look well to his motives. It is easy to enter upon the duties of the teacher without preparation; it is easy to do it without that lofty purpose which an enlightened conscience would ever demand; but it is not so easy to undo

the mischief which a single mistake may produce in the mind of the child, as that tender period when mistakes are most likely to be made. Too many teachers are found in our schools without the spirit for their work which is here insisted on. They not only have not given attention to preparation for their work, but resort to it from motives of personal convenience, and in many instances from a consciousness of being unfit for every thing else! In other professions this is not.” Herbert Spencer

”I believe we are placed here to be companions- a wonderful word that comes from cum panis; with bread. We are here to share bread with one another so that everyone has enough, no one has too much and our social order achieves this goal with maximal freedom and minimal coercion. While this goal is too vast to be realized solely on this planet, it is still our task to create foretastes of it on this planet; living glimpses of what life is meant to be, which include art and music and poetry and shared laughter and picnics and politics and moral outrage and special privileges for children only and wonder and humor and endless love, to counterbalance the otherwise immobilizing realities of tyrants, starving children, death camps and just plain greed.” Robert McAfee Brown Presbyterian Minister (For Ralph Sumner and eighty plus dairy farmer, cabinetmaker, churchgoer from Heath MA.)

“Never do a wrong thing to make a friend or keep one; the man who requires you to do so is dearly purchased at a sacrifice.” Robert E. Lee

“That which we witness, we are forever changed by, and once witnessed we can never go back.” Angeles Arrien

“It may be doubted whether close conformity of opinion and feelings is essential, or even favorable to friendship. Friends are not infrequently the complements, rather than the likenesses of each other.” Andrew P. Peabody

“The root of the word character is the Greek word for engraving. As applied to human beings, it refers to the enduring marks left by life that set one apart as an individual. Commonly, distinctive marks of character are carved in by parental and religious imprinting, by a child’s early interactions with siblings, peers at school, and authority figures. The manners of one’s social class and the soil in which one grows up often remain indelible, and certain teachers and coaches or books and ideas may leave a lasting impression. Character is also marked by where a person stood at great divides in his or her nation’s history. But what a matter even more, particularly in a would-be leader, is how many of the passages of adult life have been met and mastered, and what he or she has done with life accidents dealt by fate...The study of character, involves placing the individual in his subculture, then studying his development through each stage of his life, looking for the pivotal turning points, and marking what has changed and what remains repetitive or inflexible about his responses. The object is to pull through the important threads of experience that form a pattern of behavior.” Gail Sheehy

“All well-made men are self-made men; the majority of self-made are men who had a liberal education. A strictly college made man is one who has adopted and obey the arbitrary and indiscriminating laws of the schools for his development; who has submitted himself; with his fellows, to all the presented processes; who had swallowed, without a question, the food prepared able for him and them, and who has gone to the work of his life without a particle of training addressed to his special individuality. Such are the men who pray by rote and preach by rules; whose individual personal power is absolutely nothing, who are simply tolerated as necessary and cheaply procured parts of ecclesiastic machines. Self-made men arise, men who know their own individual powers; who intelligently select the nutriment which those powers demand, who understand the relations of their individuality to the life of the world; who place themselves in contact with facts and affairs, and who, with an ideal of excellence before them, what their own imaginations have built, build themselves up to it, and into it. The prominent characteristic of self-made men is individuality. They never allow their self-hood to be crushed. They take in that which they need; they reject that which they don’t need, that which bears no relation to their individuality. They made themselves, and are not made by others, that is, they voluntarily bring their powers up to the work which they see themselves adapted to do; they feed themselves with relation to their work; they grow from the centre and organize as they grow; and all the efforts of their life go out on the lines of the relations of their individuality to the world and its affairs. It would not be difficult to see why the man who educates himself without the aid of professional preceptors, always surpasses in personal power him who is simply a college made man.” Josiah Gilbert Holland

“According to the traditional immigration story, immigrants arrive in the United States by invitation only. Immigrants who accepted the invitation were expected to make a permanent commitment to their new country; most became citizens through the naturalization process. By undergoing naturalization, immigrants forswear allegiance to their homelands and ally themselves exclusively with the United States. Through this commitment, newcomers could expect to traverse a steady path of upward mobility; whatever sacrifices they made would redound to the benefit of their children and grandchildren. This story is seriously incomplete, particularly insofar as it omits the instances of racial intolerance that have marred immigration policy. Due to the concerns that some newcomers would be incapable of assimilating to an American way of life, the federal government has at various times restricted immigration from particular areas of the world. In, addition, state governments often adopted Americanization programs in public schools to ensure that immigrant populations assimilated to dominant norms and values. These federal and state initiatives punished certain newcomers for their perceived inability to conform to dominant norms.” Rachel F. Mora

“Children do not affect their parents as much as their parents affect them. Parents have an awesome authority in the lives of their children, not only in the realm of physical survival, but because they have the power to define what is real and what their children should expect from life. Parents define the way things agree and the way things are supposed to be.” Michael J. Bader

“There are men and women whose lives are ordered from within; who are loyal to conscience, earnest in all benevolent enterprise, self-sacrificing, most happy in the communication of happiness, without jealousy and without hypocrisy; who esteem it a more honorable thing to forgive an injury than to resent one. Who are humble in the estimate of themselves, and who in honor prefer one another. One seeks only to make the world useful to himself; the other, to make himself useful to the world.’ J. G. Holland

“Education, in its true and complete meaning, is not the acquisition of any particular habit or knowledge, but rather the cultivation of the human being, with all his physical, intellectual, and moral powers; it is not the confiscation of his freedom for the benefit of a machine, however, scientific and power this latter be regarded; it is the development of this freedom itself.



The task the educator is a strange one; to act on mind and conscience in such a way as to render them capable of thinking and judging, of themselves; to determine initiative, arouse spontaneity, and fashion human beings into freedom. The work is as glorious as it is difficult.” Emile Boutroux

“Pleasure consists in the satisfaction of desire, actual or potential; that desire is a special form of pain, as proved by the universal effort to put an end to it, and that it is this putting an end to desire; i.e. satisfying it, that yields, or rather constitutes pleasure. But this can only

be accomplished through activity. It is this sense of successful effort which yields all the reward, and that life secures the greatest pleasure is the most virtue.’ Lester F. Ward

“Remember, there are political morals, commercial morals, ecclesiastical morals, and morals. The last of these will always be in short supply. Human beings have a limitless capacity for rationalizing and justifying any behavior that suits their self-interest” Mark Twain



“When you find your conversation exposing another’s deficiency and making him uneasy, drop the subject, it would be unfeeling to persist; and he would probably dislike you for your perseverance in enlightening him. To display your power at the expense of another, however creditable it might be to your intellect, would be an ungenerous gratification of selfishness, that would justly place you in an unfavorable position before every judicious mind.” Charlotte Eliza Sergeant

“A democracy not less than any other form of government needs great men to lead and inspire the people...What is wanted is not so much an impassioned popular leader not a great philosophic legislator as men

who will administer the affairs of the nation with skill and rectitude, and who, fortified by careful study and observation will grapple with the economic problems which the growth of the country makes urgent’ Viscount James Bryce 1888

“Never utter any thing carelessly or unjustly that can wrong the reputation of another. Calumny is the vice of a despicable mind. It inflicts its injuries upon character, regardless of truth or of justice, and from the most vile motives, by the most vile means, so the aspersions of malice, which insidiously wounds; where it wants the courage openly to resent. Both merit the deeper odium from the fact, that purity of character insures, not security from their attacks. They are vices which a depraved mind only could descend to.” Charlotte Eliza Sergeant

“Images implanted on the soul, at whatever age, can disturb, delight, move, haunt, and compel. Sometimes we are conscious of the images at play in our formation; more often, at least initially, they capture us unawares.” David Bradley

“Leaders must face reality. Reality starts with the person in charge. Leaders need to look themselves in the mirror and recognize their role in creating the problems. Then they should gather their teams together and gain agreement about the root causes. Widespread recognition of reality is the crucial step before problems can be solved. Attempting to find short-term fixes that address the symptoms of the crisis only ensures the organization will wind up back in the same predicament. In order to understand the real reasons for the crisis, everyone on the leadership team must be willing to tell the whole truth. Leaders can’t solve problems if they don’t acknowledge their existence. No matter how bad things are, they will get worse. Faced with bad news, many leaders cannot believe that things could really be so grim. Consequently, they try to convince the bearers of bad news that things aren’t so bad, and swift action can make problems go away. This causes leaders to undershoot the mark in terms of corrective actions. As a consequence, they wind up taking a series of steps, none of which is powerful enough to correct the downward spiral. It is far better for leaders to anticipate the worst and get out in front of it. If they restructure their cost base for the worst case, they can get their organization healthy for the turnaround when it comes and take advantage of opportunities that present themselves.” Bill George



“It will be a hard pill for many Americans to swallow; the idea of doing with less so that big business can have more. Nothing that this nation, or any other nation, has done in modern economic history compares in difficulty with the selling job that must be done to make people accept the new reality.” Business Week

“Fortune has often been blamed for her blindness, but fortune is not so blind as men are. Those who look into practical life will find that fortune is usually on the side of the industrious, as the winds and waves are on the side of the best navigators. Success treads on the heels of every right effort; and through it is possible to over-estimate success to the extent of almost deifying

it, as it is sometimes done, still, in any worthy pursuit, it is meritorious nor are the qualities necessary to insure success at all extraordinary. They may, for the most part, be summed up in there though common sense and perseverance.” Author Unknown

“There is no instituted process by which a true manhood may be manufactured; that there is no educational mill which takes in boys and turns out men; that all who become men of power reach their estate by the same self-mastery, the same self-adjustment to circumstances, the same voluntary exercise and discipline of their faculties, and the same working of their life up to, and into, their high ideals of life. The popular notion is, that only he is a self-made man who, without the aid of schools, or the regular processes of education, arrives at excellence in knowledge, or who without the advantages of wealth and culture, achieves high position. The self-made man is thus in the popular apprehension, a remarkable man, a most honorable and worthy exception to the general rule.”

“I'm not going to give you any answers, because there are always many different ways to approach problems, but I'm going to give you the questions you should ask.” Peter Drucker

“It appears to me that the high opinion which a man has of himself is the nursing-mother of all the false opinion that prevails in the world, whether public or private.” Montaigne

“Things don’t go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be.” Charles Jones

“You have no more right to deceive a child than you have to deceive a man; it is wrong to make him believe that he wants, of his own accord, what, as a matter of fact, is suggested to him. Even were your fraud never to be discovered, you have still done wrong in setting falsehood to serve truth. But as the chances are a thousand to one that the truth will be found out, the result is that, you pervert the child’s inmost nature.”
Emile Boutroux

“We need to re-think leadership. The financial crisis and the continuing turbulence have exposed a crisis of values. Acres of newsprint have been consumed with what people did, but little serious consideration has been given to the moral underpinning to their behavior. There can be no lasting restoration of confidence without answering the question: what kind of leadership can take us through the transition to greater stability? I believe the answer is the leader as steward. The legitimacy of leaders comes from their followers.



Command-and-control does not work in this Wiki-world of swirling ideas and data that reinforces informal power structures. The potentially undemocratic nature of leadership can be redeemed by the leader's values and behavior—above all, by achievements that followers see as based on good values and as beneficial to them. The leader, in short, is a steward of the community's interests. But the steward does not just manage. He or she has a moral obligation to conserve resources for the future, if necessary by making cuts now to generate growth later. The most demanding test of the servant-leader is whether those

served grow as people—the opposite of old-fashioned coercive leadership. In this sense, the steward is the moral spirit in action, the self confronting good and evil in the real world.” Ken Costa

“All experience shows that ideas are like seeds, they must either die and vanish, or go on to grow; they cannot abide unchanged. If they seem to survive unchanged, in the form of religious or political creeds or of established scientific theories, it is only their verbal expression that is fixed; and if the ideas are really fruitful, if they are capable through criticism of giving birth to new ideas, they inevitably tend to break up their fixed expression and demand its restatement. The crystallized, clear-cut expression must be inadequate to the thought. And the thought itself, may be inadequate to the reality which it endeavors to express or represent. For although thought is a real function or activity of the human mind, with a structure and laws of its own, yet it may be very imperfectly aware of its own nature and aims; and, again, the whole mind is not merely a thinking activity, but is more and these other functions of nature may, and often do grow and develop more fully than the thinking function, so that the latter fails to comprehend them, and the intellectual expression which it gives to them may be thoroughly inadequate.” James Bryce

“You must never confuse faith that you will prevail in the end – which you can never afford to lose – with the discipline to confront the most brutal facts of your current reality, whatever they might be.” Vice Admiral James Stockdale

“This is the great truth, life has to teach us, that gratification of our individual desires and expression of our personal preferences without consideration for their effort upon others brings in the end nothing but ruin and devastation.” Hortense Odlum

“Do not follow the ideas of others, but learn to listen to the voice within yourself, your body and mind will become clear and you will realize the unity of all things.” Dogen

“Unless a man has been taught what to do with success after getting it, the achievement of it must inevitably leave him a prey to boredom.” Bertrand Russell

Speech for Martin Luther King Jr. Holiday State House 14 January 2010

This speech was almost 80-85% different the speech that I had prepared, but for some reason I didn't feel comfortable with it. I made at least five changes to the speech over the course of the day. I wrote the speech because we talk but I couldn't remember someone else giving a speech to honor Dr. King. I was pretty sure if I did nothing, no one else would stand up. I wasn't going to let another Memorial Day happen. I was told not to give the speech because it would only make the members angry because they just wanted to go home; I was told I could give it on our next session. I said that wouldn't be until the 28th or maybe even February so I was going to give it. I received very little comments from my Democracy colleagues, but I received quite a few very positive comments from my Republican colleagues.

I stand here to take a few minutes of your time to honor one of the greatest individual our nation has ever given the world. Dr. Martin Luther King Jr.; A man that stands shoulder to shoulder with the likes of Gandhi, Mother Teresa, and Nelson Mandela. A man influenced by the likes of Lincoln, Thoreau, Gandhi, Mays and Rustin; men and women man who transcended race, gender, religion, and nationality. These were truly people of the world.

These were people who had compassion for their fellow man. Men and women who unselfishly Made this world a far better place, people who unselfishly enriched the lives of countless people for no other reason than they saw an injustice, they saw a wrong, and they had the courage of their conviction not to turn a blind eye and walk away.



It is hard to believe that this would be Dr. King's 81st birthday. It is still harder to believe that he was killed over 41 years ago. Over those 41 years the world has recorded the death of many powerful national and world leaders, but none today have the effect on the living as Dr. King has.

I could talk about how Dr. King suffer a tragic and violence death at the result of a bullet fired from an assassin's rifle, a bullet that plugged our nation into a deadly crisis which threaten to rip our

country apart as tanks rolled though our major cities as buildings burned and our citizens died. I believe to do so would be to dishonor him, because despite all he accomplished in his lifetime, Dr. King has accomplished far more in death than most of us will do in our lifetime. He is a living legacy

I could talk about Dr. King's greatest achievements from the Nobel peace prize, Time's Man of the Year, to his I have a Dream Speech, but I won't. Dr King's list of achievements is long and I believe that many of his most important and valuable achievements, the one that gave him his greatest satisfaction will never be known.

I could talk about a flawed man, a man who felt fear and worried about not only his safety but also the safety of his family. A man arrested over twenty times, a man who was physically assaulted on numerous occasions. But I won't because all great men are great not because of their flaws but despite their flaws. They are great because somehow, someway despite their fear, despite self-doubt they find a way to display the courage and resolve necessary to empower others to achieve greatness.

I want to talk about the man who said, "I would rather be a man of conviction than a man of conformity."

In his “Free at last” speech Dr King spoke of how all God’s children, blacks, whites, Jews and gentiles, Protestants and Catholics would one day sing out “we are free at last” Dr King understood that until every single one of us had the same rights to use our god-given talents, the same opportunity for a quality education, the same opportunity to be treated equal under the law, many of us would remain a slave. Dr King understood that you didn’t need to be black to be enslaved.

Gandhi once spoke that only the strong have the ability to apologize; I believe that if Dr. King was here today he would tell this body that there are no little people except the ones we create by protecting them from life’s hardships and that we should use our power to stand on the shoulders of our forefathers and beside our contemporaries to uplift and enrich the lives of our fellow men and women without doing it for them..



In the Dr. Martin Luther King Jr, museum there is a photo titled “Strength” in that photo are 22 former slaves. The caption under that photo is as following:

“The strongest people in the world aren’t those most protected; they are the ones that must struggle against adversity and obstacles and surmount them to survive.”

We must remember that every time a person comes face to face with adversity and obstacles the result of that encounter is character. If we want to be true to Dr King’s dream where every man and woman is judged

not by the color of their skin but the content of their character we must not out of good intentions no matter how well meaning rob people of their opportunity to fail; for Character is based on a foundation of overcoming failure.

So today I ask each and everyone you that we do more than honor Dr. Martin Luther King Jr’s legacy but build on it by taking a few moments to do what we can to enrich the lives of our fellow men, women and children.

“What the liberal mind is passionate about is a world filled with pity, sorrow, neediness, misfortune, poverty, suspicion, mistrust, anger, exploitation, discrimination, victimization, alienation, and injustice. Those who occupy this world are workers, minorities, women and the unemployed. They are the poor, weak, sick and victimized. They bear no responsibility for their problems. None of their agonies are attributed to faults or failings of their own: not to poor choices, bad habits, faulty judgment, wishful thinking, lack of ambition, or defects in character. None of the victims’ plight is caused by failure to plan for the future or learn from experience. Instead the root causes of all this pain lie in faulty social conditions; poverty, disease, war, ignorance, unemployment, racial prejudice, ethnic and gender discrimination, capitalism and globalization.” Lyle Rossiter

“A teacher may have all the knowledge, all the education, that is necessary; but if he is not in possession of the power of imparting to others, his work becomes a failure and he may as well consider that he has mistaken his calling.” L Howard, Superintendent Rhode Island Board of Education Annual Report 1884

“Capital is like every other good, only a chance. Man may abuse it to his destruction or may use it for his advancement. That is where the moral deduction comes in, with which the economist has nothing to do.” William G. Sumner

“I am not a Virginian, but an American.” Patrick Henry Continental Congress, Sept 5, 1774

“If you are creatively, you should be able to use crises to move the world towards the structural solutions that are necessary. Often the crises themselves are the symptom of the need for a structural change.” Henry Kissinger

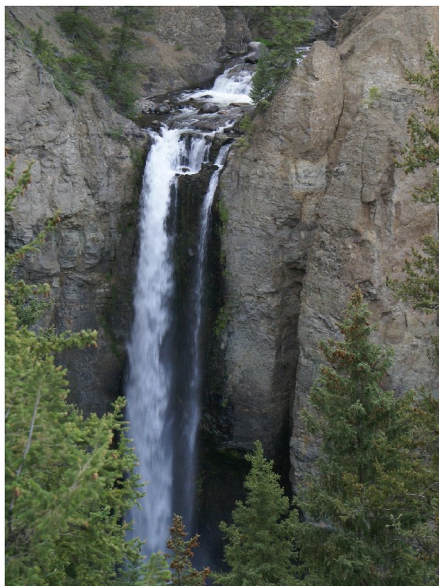


“Doing quality work is what brings you self-respect and that is something folks seem mixed up about today. You hear all this talk about self-esteem or self-respect, as if it were something other people could give you. But what self-respect really means is knowing that you are a person of value rather than thinking I am special in a self-congratulatory way. A big part of self-respect is self-reliance; knowing that you can take care of yourself.” Sadie Delany

“We must listen to our subordinates even when we dislike what they have to say; and we must be willing

to offer dissent to erroneous views of superiors even if there may be adverse repercussions. Major Luther F Carter

“To think meanly of one’s self is to sink in one’s own estimation, as well as the estimation of others. And as the thoughts are, so will be the acts be. A man cannot live a high life who grovels in a moral sewer of his own thoughts. He cannot aspire if he looks down; if he would rise he must look up. The very humblest may be sustained by the power indulgence of this feeling, and poverty itself may be lifted and lighted up by self-respect.” Frederick Tudor



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“Enthusiasm is the yeast that makes your hopes rises to the stars. Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas.” Henry Ford

“The secret of growth is to do to-day what we could not have done yesterday. It requires no striving or extra effort, to do tomorrow what we can do to-day as well as not. The effort of doing something greater and better is necessary; for this keeps the faculties at their highest tension, in which there is growth. It is the effort to improve or excel, taxing the powers more and more, that develops manhood and womanhood, mentally and morally.” Albert G. Boyden

“Most people give up just when they’re about to achieve success. They quit on the one yard line. They give up at the last minute of the game one foot from a winning touchdown.” Ross Perot

“To live content with small means, to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to listen to stars and birds, babies and sages, with open heart; to study hard; to think quietly. Act frankly, talk gently, await occasions, hurry never; in a word, to let the spirit, this is my symphony.” William Henry Channing

“Pain any pain; emotional, physical, mental has a message. The information it has about our life can be remarkably specific, but it usually falls into one of two categories. We would be more alive if we did more listening, once we get the pain’s message, and follow its advice the pain goes away.” Peter McWilliams.

Sometime it can be really hard not to impose yourself on the situation of another. At times it is so early and so tempting to judge others based on what you have done yourself. When the local FedEx closed down in town my wife was giving the option of moving to a new position, both which would require at least an hour drive each way. She had been working for FedEx for almost ten years and was earning a very good pay with good benefits.

She took the position that was near her sister's house which would have allowed her to spend the night if the weather was bad, or she was tired. After about five months she made the determination that the drive was just too much. While I told her the choice was hers, I would be lying if I stated I wasn't upset with her choice. It would be easy to say that the economy was bad, the unemployment rate was really high and that there was little to no chance that she would be able to find another position that came to paying her what she was earning.

However, I would have known that whenever, I thought back to us living in California, and the decisions I made to make sure my family suffered the least, the open chest surgery out of the hospital in 48 hours and back to work within four, the pacemaker work in the day hospital in the afternoon and implantation the next morning and then back to work. The long rides to San Diego while still suffering from the stroke, and spending six months in Panama. But in the end all of those were my decisions. I made those decisions from a different position. It is and can be very hard to fight off those demons.

I grew up knowing that there was a possibility that I would never get another opportunity and that I had to make the most of it, to squeeze as much as possible out of it until another possible either shown up or I was able to find. I spent most of my life looking for and finding opportunity. She grew up in a family when everyone just went along. One of those steady troopers you could count on to get the job done and someone who you didn't have to pay a great deal of money to. Someone who would tell you I could make a lot more money over there but I know what I have here.

Maybe I get upset at times because I haven't had a job in ten years, it is destroying me mentally. I see people with far less talents, skills, experience and education than me working I know that I could do a better job than them, want to have the opportunity to do that job. The School Board, City Counselor, State Rep, they have served their purpose but there just isn't the challenge there, I can perform at a very high level at any one of them. I know I can and I have often far out-performed my peers. But no matter how much better I perform I don't see any personal growth.

I try my best not to live a life with any regrets, but I find that it is getting harder and harder to. I served over 21 years as a Combat Engineer and the two opportunities to come face to face on the battlefield were ripped from me. Deep down I always wanted that opportunity, not for the sake of killing someone but as a test, did I learn my job well enough, was I able to protect my men; did I bring them all back safely? But no, I have to face a life where I am forced to suffer more and more small wounds wondering when the combined effects will finally overwhelm me.

I don't want to ever find myself feeling sorry for myself, telling myself why was the world so unfair, what did I do to deserve this. I deserve better. Maybe that is the real reason why I have problems with people quitting a job because I don't like my boss, the hours suck, I don't like the drive, and so on and so on. Maybe I am jealous; I know that given the opportunity I would have taken her job in a heartbeat.

Life such can suck and it takes a lot of strength not to get sucked into that whirlpool of no escape. If you impose yourself on someone else's decision making you will get sucked in.

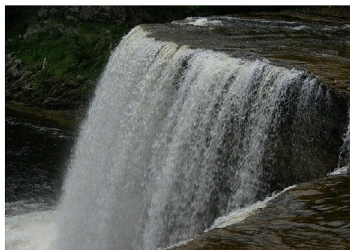
"Poverty is uncomfortable, as I can testify; but nine times out of ten often the best thing that can happen to a young man is to be tossed overboard and compelled to sink or swim for himself." Charles Garfield

"Weak men are the slaves of what happens. Strong men are masters of what happens. Weak men are victims of their environment. Strong men are victors in any environment. Strong men may not change the

circumstances but they will use them, compel them to serve, and bend them to their purposes. They may not be able to change the direction of the wind, but somehow they will coerce the wind to fill their sails while they drive the tiller to keep their course.” George Craig Stewart

“Nothing changes more consistently than the past; the past that influences our lives is not what actually happened but what we believe happened.” Gerald W. Johnson

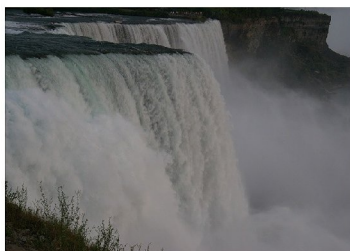
“An important questions for leaders; Am I building people, or building my dream and just using people.” John Maxwell



Upper Michigan



Glacier National Park



Nigeria Falls



Yosemite National Park



Ei Portal Puerto Rico



Yellowstone National Park

“Even the smallest victory is never to be taken for granted. Each victory must be applauded, because it is so easy not to battle at all; to just accept and call that acceptance inevitable.” Audre Lordee

“Lying is done with words and also with silence.” Adrienne Rich

“I like living. I have sometimes been wildly despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be alive is a grand thing.” Agatha Christie

“There is a wealth of unexpressed love in the world. It is one of the chief causes of sorrow evoked by death: what might have been said or might have been done that never can be said or done.” Arthur Hopkins

“A man who fears nothing is a man who loves nothing. If you love nothing, how is there joy in your life?” King Arthur

“If you want to succeed in the world you must make your own opportunities as you go on. The man who waits for

the seventh wave to toss him on dry land will find that the seventh wave is a long time a-coming. You can commit no greater folly than to sit by the road side until someone comes along and invites you to ride with him to wealth or influence.” John B. Gough

“There is only one way to cope with life, namely, to find that system of values which is not subject to fashionable trends, which will never change, and will always bear good fruit in terms of bringing us peace and health and assurance, even in the midst of a very insecure world.” Thomas Hora

“Man’s main task in life is to give birth to himself.” Erich Fromm

“We live in deeds, not years; in thoughts, not breaths; in feelings not in figures on a dial. We should count time by heart-throbs. He most lives who thinks most, feels the noblest, acts the best. Life’s but a means unto an end.” Philip James Bailey

“As we sow we shall reap. No one has ever gathered figs from thistles. If you have been sowing thistles in your mind; thoughts of fear or selfishness, of weakness or disease, do not cry out against fate when your crop matures. Do nothing to further to foster the growth of the weeds. Let your weak patch die for lack of recognition and meanwhile do you cultivate new fields and plant this time good seeds. If we have been all our lives sowing thistles we cannot expect in a day to reverse this order. But if any one will sow seeds of love and truth, and foster them with the same care and energy he has devoted to thoughts of fear and error, he shall be repaid and shall reap a hundred-fold.” Stanton Davis Kirkham



Valley Of Fire

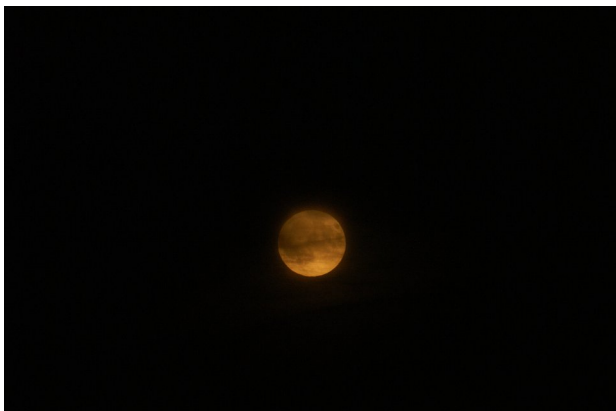
“We require more of prospective car drivers than we do of our leaders. The former must at least pass a test on the rules of the road, but leaders’ understanding of leadership is untested until they are already in the driver’s seat. If only our leaders would have first to understand how the world works as a physical system...So too, for good reason, do we penalize those who drive when drunk. The same should be true of those intoxicated by ego, power and ideology. We should not ask less of our leaders than we do of drivers.” David Worr

“To regret one’s own experiences is to arrest one’s own development. To deny one’s own experiences is to put a lie onto the lips of one’s own life. It is no less a denial of one’s soul.” Oscar Wilde

“When the missionaries came to Africa they had the Bible and we had the land, they said. ‘Let us pray.’ We closed our eyes. When we opened them we had the Bible and they had the land.” Desmond Tutu

“When you get something for nothing, you just haven’t been billed for it yet.” Franklin P. Jones

“Learning without wisdom is a load of books on an ass’s back.” Japanese Proverb



“When you possess great treasures within you, and you try to tell others of them, seldom are you believed.” Arab Proverb

“Hardship, poverty and want are the best incentives and the best foundation for the success of man.” Bradford Merrill

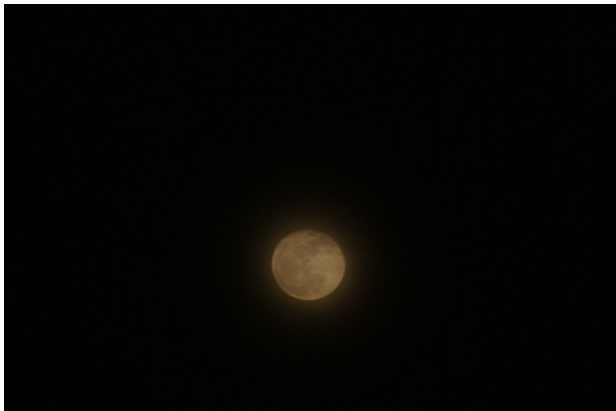
“We are born and reborn many times in a lifetime, and we die many a death to many of things before we die that final time.” Robert H. Hopcke

“Self-respect can’t be hunted. It can’t be purchased. It is never for sale. It can’t be fabricated out of public relations. It comes to us when we are alone, in quiet moments, in quiet places, when we suddenly realize that, knowing the good, we have done it; knowing the beautiful, we have served it; knowing the truth, we have spoken it.” Whitney Griswold

"If we value independence, if we are disturbed by the growing conformity of knowledge, of values, of attitudes, which our present system induces, then we may wish to set up conditions of learning which make for uniqueness, for self-direction, and for self-initiated learning." Carl Rogers

"A person's master is someone who has the power over what he wants or does not want, either to obtain it or take it away. Whoever wants to be free, therefore, let him not want or avoid anything that is up to others? Otherwise he will necessarily be a slave." Epictetus

"Give yourself an even greater challenge than the one you are trying to master and you will develop the powers necessary to overcome the original difficulty." Plutarch



"Every man has his weak side. The ruling passion, be it what it will. The ruling passion conquers reason still." Seneca

"I assure you, that without running any of the heights of skepticism, I am apt in a cool hour to suspect, in general, that most of my reasoning's will be more useful by furnishing hints and exciting people's curiosity, than as containing any principles that will augment the stock of knowledge that must pass to future ages." David Hume

"Every great decision creates ripples-like a huge boulder dropped in a lake. The ripples merge, rebound off the banks in unforeseeable ways; the heavier the decision, the larger the waves, the more uncertain the consequences." Benjamin Disraeli "To be nobody-but-yourself — in a world which is doing its best, night and day, to make you everybody else — means to fight the hardest battle which any human being can fight and never stop fighting" E. E. Cummings

"Once upon a time, I dreamt I was a butterfly, fluttering hither and thither, to all intents and purposes a butterfly. I was conscious only of following my fancies as a butterfly, and was unconscious of my individuality as a man. Suddenly I awoke, and there I lay, myself again. Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly, dreaming that I am a man." Chuang Tzu

"Do everything. Love as much as you can. It may hurt but it helps us grow. Give all you have . . . you may be poor but you will be content. Always forgive . . . your heart can't afford not to do so. Teach what you know and learn what you don't. Stay open to all you can, but most importantly, dream your dream and then capture it." Author Unknown

"When you make a mistake, don't look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power." Hugh White

"Each and every one of you has the responsibility to protect children; your child, my child, your next door neighbor's child. You have a responsibility. Every single one of you has a responsibility for children; every single one of you." Xylina Bean

"Learn from me, if not by my precepts, then by my example, how dangerous is the pursuit of knowledge and how much happier is that man who believes his native town to be the world than he who aspires to be greater than his nature will allow." Mary Wollstonecraft

"When you say that you agree to something in principle you mean that you haven't the slightest intention of agreeing in practice." Otto von Bismarck

“The danger of democracy is in its excesses. It does not clearly distinguish the extent and limitations of the principles that it advocates. And thus the idea of liberty is often confused with the idea of license. In nothing is this seen so clearly as in the present conditions of the press. The necessity for a free press was so



clearly perceived, that it was guaranteed in the 1st Amendment of the Constitution. But liberty may be used for evil purposes as well as for good. Thought in our anxiety for the preservatives of the press we have been inclined to lose sight of this. The press of today is useless because it considers news of too much importance. So intensely does it feel this that it does not hesitate to manufacture news, until the average reader does not know what to believe and what not to believe., and he solves the problem by accepting nothing. Nor is this the chief abuse against the cause of liberty that can be charged to the press. A morbid desire for sensation has drawn it from the legitimate field of

newspaper comment, until it invades the sanctity of private life. ‘The public would like to know’ is a skeleton key to unlock the doors of the most private chambers of domestic life. In his search for sensation the reporter delves in the social waste heaps and cesspools, and the more repulsive his find the more glee he exhibits as he exposes it to public gaze. If the spirit of liberty requires that press should this become a social scavenger the spirit of fair play should suggest some limitations to its action. Where private misfortunes are this dished up as a choice repast for the ghouls of society, we should consider that it is the innocent person, and not the guilty one who undergoes this process of mental vivisection. What excuse can there be in inflicting such anguish of mind upon one already suffering perhaps to the extremity of human endurance? “
F. I Vassault



“He who loses his sight loses his view of the universe, and is like one interred alive who can still more about and breathe in his grave. Do you not see that the eye encompasses the beauty of the whole world?” Leonardo da Vinci

“I don't mind living in a man's world as long as I can be a woman in it.” Marilyn Monroe

“I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not our circumstances.” Martha Washington

“The better part of every person’s education is that which he gives him or herself.” James Russell Lowell

“The sea does not reward those who are too anxious, too greedy, or too impatient. To dig for treasures shows not only impatience and greed, but lack of faith. Patience, patience, patience, is what the sea teaches; patience and faith. One should lay empty, open, choicelessness as a beach - waiting for a gift from the sea.”
Anne Morrow Lindbergh

“A leader must remember he is responsible for his charges. He must tend his flock, not only cracking the whip but washing their feet when they are in need of help.” Vice Admiral James Stockdale

“If there is a trait which does characterize leaders it is opportunism. Successful people are very often those who steadfastly refuse to be daunted by disadvantage and have the ability to turn disadvantage to good effect. They are people who seize opportunity and take risks. Leadership then seems to be a matter of personality and character.” John Viney

“The ultimate measure of the man is not where he stands in moments of comfort and convenience, but where he stands in time of challenge and controversy.” Martin Luther King Jr.

“Wisdom stands at the turn in the road and calls upon us publicly, but we consider it false and despise its adherents.” Kahlil Gibran

“It is most likely safe to assume that there is no person capable of thought and action who has not experienced the problems of unsound thinking, at one time or another, both in personal misjudgments and



in the mistakes of others. Fortunately, if the desire exists, there are ways to make corrections. No one is exempt from poor judgment. Invariably and inevitably, all of us do things we later think foolish and wonder how we persuaded ourselves to do them in the first place. Unfortunately large shares of the serious problems we face in life are the reason of poor decisions, often the result of deficient judgment are either made by ourselves or by others. Fortunately the problem of poor judgment with proper effort is correctable. There are few difficulties we experience in life that were not, in the first place, avoidable, nor for which there are now no remedies.” Benjamin Franklin

“Dear Edward, I've gone back and forth the last few days trying to decide whether or not I should even write this. In the end, I realized I would regret it if I didn't, so here it goes. I know the last time we saw each other, we weren't exactly hitting the sweetest notes—certain wasn't the way I wanted the trip to end. I suppose I'm responsible and for that, I'm sorry. But in all honesty, if I had the chance, I'd do it again. There's no way I can repay you for all you've done for me, so rather than try, I'm just going to ask you to do something else for me—find the joy in your life. You once said you're not everyone. Well, that's true—you're certainly not everyone, but everyone is everyone. My pastor always says our lives are streams flowing into the same river towards whatever heaven lies in the mist beyond the falls. Find the joy in your life, Edward. My dear friend, close your eyes and let the waters take you home.” *The Bucket List*

“It is easy thing to devise good laws; the difficulty is to make them effective.” Viscount Bolingbroke

“A mind, by knowing itself, and its own proper powers and virtues, becomes free and independent. It see its hindrances and obstructions, and finds they are wholly from itself, and from opinions wrong conceived, the more it conquers in this respect, the more it is its own master, feels its own natural liberty and congratulates with itself on its own advancement and prosperity.” Cicero

“He who is the maker of his own position is more able to maintain it; he knows the price of the efforts which he had to make it order to construct it, and, armed with common sense, he is able to defend his treasure as to enjoy the sweet savor of a thing which he has desired, longed for, and won by the force of his will and judgment, placed at the service of circumstances and directed toward success.” Yoritomo-Tashi

“Unequivocally the most intelligent and experienced 1302 Combat Engineer this officer has ever encountered...A wealth of expertise far surpassing that of his peers...Literally pioneering this new concept...immediately tapped as resident expert for would eventually develop into the most crucial engineering effort in recent Corps history...without the parking spaces this installation provided the 3rd Marine Aircraft wing simply could not have competed its mission. I say without confidence I know of no other 1302 I would have when a critical task was presented.” Major M. J. Wasielewski

“When you are willing to follow your bliss there will be doors that will open where you would have never thought there would have been doors; and places where there wouldn’t be doors for anyone else.” Joseph Campbell

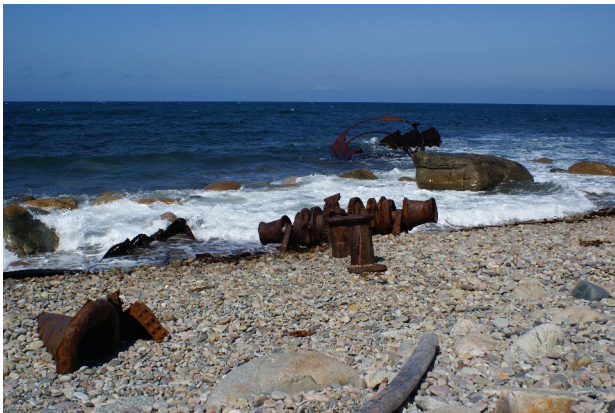


“No one would be more pleased with your advancement than I; and if you should be placed in my position, and I put subordinate, it would not change our relations in the least. I would make the same exertions to support you that you have done to support me, and I would do all in my power to make our cause win.” General Ulysses S. Grant

“What reformer will society bring about them, having recognized that certain traditional features of marriage no longer fit modern conditions, it seeks to adjust ancient conceptions to its growing need rather than its need to its inherited conceptions? What steps will it

take to prevent unhappy marriages since it is unthinkable that society shall crudely content itself with treating the symptoms rather than the causes of the disease?” William E. Carson 1915

“All human minds need cultivation. Men should especially impress upon their minds that intellectual culture is their own work. If others assist them, the cultivation of the mind must be principally done by themselves. And if they be without a teacher, then the work is wholly their own. There are many instances on record of strong and original minds educating themselves, and exercising an immense influence on society, notwithstanding the disadvantage of no particular systematic training. The birch is sometimes seen



growing upon the ledge of the rock, but with little soil in which to root itself. An occasional wildflower is found where it seemed impossible for it to grow and nature. But this is no sound argument against cultivation, either naturally or mentally. Some men have wonderfully distinguished themselves by their native talent, without book-learning, but it is not for us to say how high they might have risen, had they but attended to regular and systematic self-culture. Men obtain knowledge by hard effort, and not by intuition alone. And the probability is that angels themselves acquire knowledge, for the most part by study and effort. Human beings obtain knowledge by great

mental toil, men must calculate upon hard labour, if they are to elevate themselves intellectually. It is commonly but truthfully said, ‘there is no royal road to knowledge.’ All men of solid mental build, of lasting eminence in literature, have been close, patient, preserving student, and this is the only way for all classes of society to mental elevation. Peer and peasant have to travel on the same old hard beaten path. Even genius of the hardest character must not scorn hard work.” William Unsworth

“Heroes today are not born. There are packaged. They are thrust upon us by marketing strategies. In place of legends, we create personalities. Instead of gods, we manufacture superstars. Instead of admiring greatness, we worship celebrity. It is a consumer’s heroism, and the shelves of our culture supermarket are crammed to capacity with competing brands. We are free to purchase the heroism that best suits our fancy. It is one of the final freedoms of the pluralistic, individualistic society: to each man, his own store-bought hero. It is far better than totalitarian heroism, where the imposition of a single demigod with a touched-up, aging face hangs in every shop and home. But consumerist heroism can also be oppressive. We are more often in communion with the media than with our senses. It is easy to evade the difficult, sometimes traumatic search for our own identity by adopting one prescribed by someone else.” Mark Gerzon



“There is beauty all around us if we only take the time to open our eyes to see. Beauty is not what someone tells you it should be. Deep inside of us we each know what true beauty is. Beauty is something that gives meaning to life and makes one happy to be alive.” Photos by Kris E Roberts 2005

I know that people are very conformable with predictability and because I much more of an enigma, they tend to feel uncomfortable about me; some people say that I act standoffish, aloft and egotistic. They get upset when I don't dress the part. When I don't act the part or when I don't address them with one of my titles or accomplishments. You learn a lot about people when they think they are better than you or that you offer no completion to them. I know that I have a strong sense of self and with that a high self-confidence that if I study, observe and work hard enough I can accomplish what I need to accomplish. I believe that most people have hidden agenda so that is how they view the world. I don't think people expect someone to come in help out and leave, they are always waiting for the other shoe to drop, what it will cost. I don't think that they understand that they can't repay me, and that I don't expect anything in return. In many ways you could say that is true power, the ability to never have to owe someone a favor. Most people can't handle being in debt to someone else. If you feel indebted to me, the only way that you can clear that debt is to do something for someone else without expecting or demanding anything in return. So if people really wanted to get a better understand of whom I am they have to stop looking at me through negative eyes. If they do so they would understand that when it comes to a core value I will always do the right thing to the best of my abilities, regardless of the personal cost. May be dumb on my part, but it is very less stressful and I don't need any more stress in my life. I have very little need for notoriety; to me results are far more important than image. Results can be ever-lasting but image always fade. Plus there is just no way that I could put into words whom I am and even if I tried very few people would understand. If I have to be in the background to achieve the results necessary so be it. They would find away to leave because their personal crisis's and hardships are very important to them. I am the person I am because how I have reacted and confronted my crisis's and hardships, I have refused to allow my crisis's and hardships define or limit me as a person. Again it is like the "highlander" the people who truly understand me have confronted their own obstacles in life and as such don't need to explain, there is just an aura around them.



“There is around every man or woman, every boy or girl, a certain atmosphere that keeps him or her separate and distinct from all other persons. We realize the truth of this statement very early in life; and unless we can learn to respect and rely upon our own distinctive self-hood, our lives will never reach their largest possibilities. There is, however between self-reliance and self-respect, though each partakes of the nature of the other. Self-respect is the root of which self-reliance is the growth in various acts and plans. It is the basis on which we build self-reliant conduct and self-reliant convictions. It is generally the man who thinks well of himself who comes to be thought well of. But it is also true that when a man becomes perfectly

satisfied with himself and his worldly surroundings, he has reached the first stage of decline. Self-confidence, backed by good common sense, is one of the most important of human attributes. But we must be careful not to exaggerate ourselves, or rate ourselves too highly. There are dangers attending every virtue. Pushed to excess, even conscience, justice, and earnestness, may become injuries. Self-respect must be guarded by common sense.” William F. Markwick

“It never pays to respect a man who does not respect himself.” Chinese Proverb

“In a real sense, we can stand on the shoulders of all the great philosophers of the past. As we too look out upon the world we can build our philosophies with the benefit of their experience and advice. We can learn from them, and by learning can make our picture more accurate and complete. Each philosopher says to us, ‘here is what the universe of human experience means to me, and here are the mistakes which I have found in the other philosophers who have preceded me. This is the best I know, take it and begin your thinking from here.’ Indeed, we should be greater philosophers than any of the past since we have all the past to help us. Let Us, then, consider what they of the past tell us. Let us ponder their advice carefully. And let us carry on from where they have had to step. This is the way to progress.” S. E. Frost Jr.

“It is easy to look down on others; to look down on ourselves is difficult.” Lord Peterborough

“Public opinion is the tyrant of the world. It is that which makes cowards of us all; that drains the voice of conscience. The fear of losing the esteem of others makes even those whose intentions are virtuous retire abashed and silent. Men are afraid not only of being worse than others, but also of being better. Many a good man conceals his worth until this weakness is overcome there can be no independence of mind. A man is not a master of himself. He is the slave of other men; and not of their power or superiority, but the slave of their contempt.” Henry Mills Alder 1855

“Those who are aware of their dangers sometimes appear to be courageous; those, whose courage was due to a false belief, ran away the moment they perceive or suspect that the case is different.” Frank H. Peters

“Somewhere along the line of development we discover who we really are, and then we make our real decision for which we are responsible. Make that decision primarily for yourself because you can never really live anyone else’s life and not even your child’s. The influences you exert is through your own life and what you become of yourself.” Eleanor Roosevelt

“Most people are like falling leaves that drift and turn in the air, flutter, and fall to the ground. But a few others are like stars which travel one defined path; no wind reaches them, they have within themselves their guide and path.” Hermann Hesse



“In present-day American it is no longer stylish to be an ‘atheist’ or even an ‘agnostic.’ To admit that you do not believe in God or that you are not sure you believe in Christianity stamps you almost as a subversive and an enemy of the nation. Defenders of the faith spring up everywhere and in some very unexpected places. Among politicians, businessmen and educators, it has become fashionable to be religious. But in view of the obvious confusion of values and faiths we shall ask what this ‘religion’ is which is being sold so aggressively in our time? Does this emphasis upon religion and Christian values mean that we really want to take Christian life seriously, or is this emphasis upon religion merely an effort to hide deep uncertainty

concerning all moral values that threatens and frighten us?” George W. Forell

“When you are insulted by someone more powerful than you are, there is always a temptation to make a hapless subordinate pay for your humiliations. The tormented becomes the tormentor.” Elizabeth D. Samet

“A desire for knowledge is natural to the mind of man; and nothing discovers the true quality and disposition of the mind more, than the particular kind of knowledge he is most fond of. Thus we see that low and little minds are most delighted with the knowledge on trifles: as in children: an indolent mind, with that which serves only for amusement, or the entertainment of the fancy; a curious mind is self pleased with facts, a judicious penetrating mind, with demonstration and mathematical science; a worldly mind esteems no knowledge like that of the world.” John Mason

“Let every man be swift to hear, slow to speak, slow to wrath.” Epistle of St. James

“If there were a man who had sufficient force, he would shake off the break through, and escape from all this; he would trample under foot all our formulas and spells and chains and all laws which are against nature.” Callicles

It is as insignificant to ask whether a man's will to be free as to ask whether his sleep be swift or his virtue square, because the will is the power of an individual to think his own actions, and to prefer their doing or not doing. If one is able to think about his actions and is able to prefer one action over and above another, he has will. On the other hand, freedom is also a power, the power to do or not to do any particular thing in terms of what he will. Man may have both powers. He may be able to think clearly about his actions and reach a preference among possible actions. Further, he may be able to do that which he prefers or he may find himself unable to act in accord with his preference. But these are two powers and must be recognizant as such.

"The great mistake is that of looking upon men as virtuous, thinking they can be made so by laws: and consequently the greatest act of politician is to render vices of serviceable to the cause of virtue." Viscount Bolingbroke



"Don't rely completely on any other human being, however dear. We must meet all life's greatest tests alone." Agnes MacPhail

"Running to overtake lost time or opportunity only exhausts the breath; one can never catch up. Failing to begin on task or duty promptly shoves it upon the heels of the next; and soon they will crowd and jostle each other, and confusion and inefficiency ensure. Each duty has a place, and that place has a beginning and end. Give it the beginning and it is sure of the end." Albert G. Boyden

"Who in their right mind makes a big deal out of doing something that they're supposed to do in the first place." Billy Wagner

"You know the nature of that assembly; they grow like hounds, fond of the man who shows them game, and by whose balloo they are used to be encouraged." Henry St. John

"mundus vult decipi, eggo decipiation; "The world wishes to be deceived, let it therefore be deceived." Zingref

"There is nothing that people bear more impatiently or forgive less, than contempt; and an injury

is much sooner forgotten than an insult. " Lord Chesterfield

"The highest point to which a man can attain is the consciousness of his own sensations and thoughts, the knowledge of himself." Goethe

“Sir, I would rather be right than president. If Kentucky should to-morrow unfurl the banner of resistance unjustly, I will never fight under that banner. I owe a paramount allegiance to the whole Union, a subordinate one to my own state.” Henry Clay

“The nearer we approach great men, the clearer we see that they are men. rarely do they appear great before their valets.” Mme De Cornuel

“In family life there comes a time when the parents, after having, for long years, found their happiness in the care and devotion they have bestowed on their children, say to them, not without considerable anguish of heart, ‘your education is now at an end; the time has come to depend on your own exertions.’” Emile Boutroux



“Remember that each child is a separate person, yours forever, but never fully yours. She can never be all you wished or wanted, or all you know she could be. But she will be a better human being if you can let her be herself.” Stella Cheis

“If you have fault to find with any one, tell him, not others, of what you complain; there is no more dangerous experiment than that of undertaking to be one thing before a man’s face and another behind his back.” Robert E. Lee

“There is no danger that office will spoil a man who is fit for office. No man who has been spoiled by an office either by holding it or by losing it was ever fit for it. A true man is just as much a man when his coat is off as when it is on. In all case where office injures a man, it is too large for him, and he has no business with it, let a man hold an office for any length of time, to which the individuality of his nature and character bears no legitimate.” Author Unknown

“There are many reasons why the flow of information gets stunted in an organization. One widespread problem is the difficulty of “speaking truth to power.” When speaking to their bosses, most people inevitably color the message - softening bad news, or spinning it in a way more that’s more likely to please the person in power. That can cause problems to go unaddressed. Another problem is the tendency of managers to hoard information as a source of power. If they have it, and others don’t, they can use that to justify their existence, or wield it selectively to achieve their own goals. Sunk costs are yet another reason why people hinder the flow of information. If they’ve invested heavily in a project, they may be reluctant to pass on information showing that project has problems, or is failing. To overcome these very natural human tendencies, managers must insist on candor at all times. They must reach out and solicit intelligence from as many people as possible. They must accept, and even welcome, troubling information when it’s delivered to them, and praise those with the courage to surface unpleasant news. They must create systems designed to ensure good information flows to those who need it. And they must make it clear they are not interested in incessant happy talk.” Patricia Ward-Biederman

“We do not have to risk the adventure alone, for the heroes of all times have gone before us. Where we had thought to travel outward, we will come to the center of our own existence; and where we had thought to be alone, we will be with the entire world.” Joseph Campbell

“To dominate oneself to the point of not allowing oneself to become the slave of miserable contingencies which appear as temptations to self-indulgence, and conceal from their pettiness the beauty of the consistent action; this is only given to the chosen few and can only be understood by those who cultivate common sense.” Yoritomo-Tashi

“I had three rules that I followed in World War II in combat with respect to relieving an officer in battle. First I must know him and what he has done personally over a sufficient length of time by personal observation up in his own area. Second, what would be the effect on his unit if he was relieved? I have in mind one of the very fine examples, the men just loved this man, they thought highly of him, there wasn't



anything wrong with him except he was just mediocre and you do not want mediocre leadership when the lives of too many men are at stake. The third requisite was that you had someone else on hand who was better, to put into place right away.” General Matthew B. Ridgway

our humanity. We cannot be deceived. Men can and do destroy the humanity of other men, and the condition of this possibility is that we are interdependent. We are not-self-contained monads producing no effects on each other except our reflections. We are both acted upon, changed for good or ill, by other men; and we are agents who act upon others to affect them in different ways. Each of us is the other of others. Man is a patient-agent, agent-patient, interexperiencing and interacting with his fellows.” R. D. Laing

“A man can estrange himself from himself by mystifying himself and others. He can also have what he does stolen from him by the agency of others. If we are stripped of experience, we are stripped of our deeds; and if our deeds are, so to say, taken out of our hands like toys from the hands of children, we are bereft of

“If you are going to be in politics you have to be a soldier on the battlefield.” Hubert H. Humphrey

“they want to be able to trust people to do what they say they are going to do. They want people to hold true to their word or agreement.” Elk Hunter

“What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset.” Crowfoot

“You can't help but worry. When you are worrying you're concerned about the future. What is the greatest unknown for all of us? It's the future and the greatest antidote to worry, whether you're ready for a spaceflight or facing a problem of daily life, is preparation. The more you prepare, the more you think, the more you try to envision what might happen and what your best response and options are, the more, I've found, you are able to allay your fears about the future. Your best antidote to fear is to try and prepare yourself in advance as thoroughly as possible. Obviously, there is a limit to how well we can prepare for everything, because our lives are continually made up of unforeseen events. That is why I stress the value of education. Education enables us to have as much preparation as possible for the unknowns that are in the future for all of us.” John Glenn

“Be an individualist and an individual. You will be amazed at how much faster you can get ahead.” J. Paul Getty

“Moral cowardice that keeps us from speaking our minds is as dangerous to this country as irresponsible talk. The right way is not always the popular and easy way. Standing for right when it is unpopular is a true test of moral character.” Margaret Chase Smith

“If we never go through any valleys how will we know when we've reached a mountain top? How will we know if the mountain is even any good if all our lives we stay up on the mountain and never experience any valleys? I know we'd all like to avoid those "valleys" at all costs, but the most growth for anything happens during adversity.” Kim Bloomer

We suffer from a leadership deficit **The Keene Sentinel; Saturday, January 8, 2011**

We as a people have repeatedly refused to acknowledge the undeniable fact that we are suffering from the most serious fiscal crisis that; despite a long civil and two world wars, numerous economic panics, recessions and depressions, we as a nation have ever confronted. A fiscal crisis that will threaten our status as the world's largest, most productive, wealthiest and innovating economies; a crisis with the potential of degrading our standard of living.



According to U.S. DebtCheck.org our current federal debt is approaching \$14 trillion, or about \$125,000 per taxpayer. At the current rate of spending the federal debt will increase to approximately \$24.5 trillion by 2015; about \$200,000 per taxpayer or \$750,000 per family; about \$13,000 per person in yearly interest, much too foreign debt holders, or about the cost of educating an American child. The greater the interest payments the larger the holes in our safety net; which over 95% of all Americans will come to depend on before their death. Regardless of how grim our nation's fiscal deficit maybe, it pales to our nation's leadership deficit.

I can't recall any moment in our history from Jamestown to the present where we as a people have suffered from a greater leadership deficit. Yes, throughout our history there have been serious self-serving political divides; sometimes resulting in death on the dueling fields or even physical violence on the floor of congress, or a brutal and deadly civil war.

The majority of our political leaders, from both parties don't have the courage to tell us that our current fiscal policies, our ever increasing fiscal deficits at the local, state, and national levels are on life support, that without effective and proactive leadership it is only a matter of time before a number start suffering catastrophic failures.

We can talk about smaller government, lower taxes, expanding the safety net, increasing services, winning the war on terror regardless of the cost, but everyone has scared cows. But no one seems to be willing to say I will give up these things in order to pay for my wants. We want everything for ourselves, decreasing our taxes while reducing services to others.



This is where visionary leaders and effective leadership is a must.

Leaders understand that everyone has the capacity, but few have the desire to contribute to the benefit of the whole. They understand that far too many of us believe we are special and that one day we will be "rich" while very few of us believe that we will be affected by life's tragedies; cancer, job loss, divorce, short or long term disability, unexpected death, bankruptcy, etc. Effective leaders make us understand that we each have responsibility not only to ourselves but the whole. That

life happens and at some point we will need the help of others.

We need people who can inspire and lead. True leaders not people in leadership positions. Unless we solve our leadership deficit, we will be consumed by our fiscal deficit. The bills are coming due now.

“Common sense demands a keen alertness of understanding, placed at the disposal of a reflection which appears at times slow of action, but which is long in being manifested only because of the desire to surround itself by all the guaranties of truth concerning the object in question.” Yoritomo-Tashi

“Self-regulation is important for leaders for several reasons, when leaders are not self-managers, negative trends emerge. This is, leaders who are not self-managers do not take care of themselves, they are not a source of physical, emotional, and spiritual health, and they do not believe that their learning process depends on their own participation. Self-regulation is important because leaders become alienated when there are constrained by predetermined strategies or decisions that are not under their control and that they cannot influence. In addition the pace of organizational change due to technological, economic, and other facts is often so great that those who are not self-regulators find themselves burned out quickly. Self-management allows channeling personal and interpersonal energies productively, and avoiding wasted time and effort. Self-regulation is not easy. There are a number of tough barriers to being an effective self-regulator who can translate values into concrete behavior. A leader’s actions can be a barrier to self-regulation. This may happen when leaders stop using their own and organization’s resources, become defensive when interacting with others, ignore or deny realistic feedback about what is actually happening in the environment, and/or are inflexible in the face of change repeating ineffective behaviors that are anchored in the past rather than the future. These barriers can be overcome or avoided when leaders take the initiative to apply their own resources; knowledge, competence, information, and awareness to accomplish a particular goal. They can also be overcome when leaders develop meaningful relationships, take feedback to heart, make decisions based on a sense of reality, and act with the flexibility and a view to changing situations and expectations now and in the future.” Manuel London

“Religious thought, as we have seen, emphasizes the greatness of the race to which we belong; the greatness of what it has already accomplished, and the far more exceeding and eternal greatness of its possibilities and its destiny-compared with which even its present state is one of insignificance and unworthiness. Which is greater, the immensity of the universe as a bare dead fact, or the mind of man who has succeeded in grasping and understanding that immensity?” S. H. Mellor



“How many men have been deluded by a party name or bullied by their party associates into supporting it, when they did not believe in the measures the party proposed, were ashamed of the methods resorted to for party success, and held the characters of the leaders and managers in abhorrence, and, their abilities in the smallest esteem. But leadership and management are nearly as essential to party success as the success of an army, and the want of good leadership and honest management is often quite as disastrous in the first case as in the last, provide the members of the party are sufficiently informed to know what good leadership is,

or sufficiently pure themselves not to be tolerant of dishonest methods in others who manage their canvass.” Senator George F. Edmunds 1882

“For fame’s sake men endure all kinds of bodily hardship and mental pain, because those desirous of real fame to be disinterested, and disinterestedness means poverty; and likewise they must be unostentatious, and this is equivalent to humble condition. The ignorant while seeking to maintain fame, sacrifice reality. By doing so they will have to regret that nothing can rescue them from danger and death, and not only learn to know the difference between ease and pleasure and sorrow and grief.” Yang Chu

“Is man free to choose the good life? ‘Is he the master of his fate and the captain of his soul?’ Man may be free to make any number of important decisions, but there is one choice he cannot make. He cannot choose not to choose. Whether he likes it or not, whether he believes it or not, he must live a life of constant and unavoidable decisions.” George W. Forell

“For anything worth having one must pay the price; and the price is always work, patience, love and self-sacrifice.” John Burroughs

“Every great improvement has come after repeated failure. Virtually nothing come from one right the first time. Failures, repeated failure, are the posts on the road to achievement.” Charles F. Kettering

“We are much more capable than we can imagine. Having confidence in ourselves is not to be confused with conceit... we are all vulnerable to pain and we are capable of using painful circumstances to understand more clearly. Pain can spark the urgency within us to find the truth, to live in a better way, to give up counting on superficialities for happiness, to not to be dependent on that, which crumbles, changes and dies.” Sharon Salzberg

“Strong commanders are those who can impress upon their troops that they must be followed even through fire or danger of any kind. People follow because they recognize his qualities; it would be reasonable to say that a man like this goes to war with strength in his hand, since so many hands are prepared to obey his mind’s directions; and great indeed is the man who can use his mind rather than his physical might for great achievements.” Xenophon

“The average man finds life uninteresting as it is. And I think that the reason why is that he always waiting for something to happen to him instead of setting to work to make things happen.” A. A. Milne

“Good thinking does not grow on tree, nor do good thinkers. We have no real difficulty finding people of good character to fill jobs. Not much more difficulty is involved in finding people who combine with good character an adequate command of relevant business experience and an acceptably pleasant personality. The real hitch is in finding people who know how to use their minds. We have the more extraordinary trouble in finding people who know that faced with a problem to be solved; they have to do certain things in a certain order, to solve the problem. Even such simple rules as finding out whether the information is dependable, seem to be honored more in breath than the observance; the rule that to solve a problem property you must first state what the problem is does not always seem noticeable to influence the thinking people.” Richard Weil Jr.

“From repeated failure in any undertaking few men learn their own incapacity; because success depends



upon such a concurrence of circumstances, minute as they are numerous, that it is much easier to lament the blameless omission of something, which would have ensured success, than to look full in the face our own deficiencies. By frequently defenders, also, the purity of our motives, we learn, at last, to believe that they are precisely what they ought to be; and mistake the eloquence of self-apology for the animation of conscious integrity. Another, and very essential cause of our ignorance of ourselves, is, that few men venture to inform us of our real character. We are flattered. We fondly imagine that no one knows us as well as we know ourselves; Hence, when reproved, we cannot

admit, that we have acted amiss. It is much easy to conclude, that we have been misrepresented by envy, or misunderstood by prejudice, then to believe in our ignorance, incapacity or guilt. Nothing, also, more directly tends to swell into extravagance a man’s opinion of his moral or intellectual worth, than to find, that his innocence has, in any instance, been falsely accused, or his powers inadequately estimated.” George B. Emerson

“Fear is your best friend or your worst enemy. It’s like fire. If you can control it, it can cook for you; it can heat your house. If you can’t control it, it will burn everything around you and destroy you. If you can control your fear, its makes you more alert, like a deer coming across the lawn.” Mike Tyson

“Have the courage to be ignorant of a great number of things, in order to avoid the calamity of being ignorant of everything” Sydney Smith

“It is not in the still calm of life or in the repose of a pacific station, that great challenges are formed. Great necessities call out great virtues.” Abigail Adams

“If the worlds see that you do not honor yourself, it has a right to reject you as an imposter; because you claim to be worthy of the good opinion of others when you have not your own. Self-respect is based upon the same principles as respect for others.” William A. Smith



Life Can Grow In The Harshesht Conditions

“We are rare and precious because we are alive, because we can think. We are privileged to influence and perhaps control our future. We have an obligation to fight for life on Earth-not just for ourselves but for all those humans and others, who came before us and to whom we are beholden, for all those who, if we are wise enough, will come after. There is no cause more urgent than to strive to eliminate on a global basis the growing threats of nuclear war, environmental catastrophe, economic collapse and mass starvation. These problems were created by humans and can be solve by humans. No social convention, no political system, no economic hypothesis, no religious dogma is more important. The hard truth seems to be this: We live in a vast and awesome universe in which daily, suns are made and worlds destroyed, where humanity clings to an obscure clod of rock. The significance of our lives and our fragile realm derives from our own wisdom and courage. We are the custodians of life’s meaning. We would prefer it to be otherwise, of course, but there is no compelling evidence for a cosmic Parent who will care for us and save us from ourselves. It is up to us.” Carl Sagan

“The choices that voters make are fraught with unimaginable consequences and they know it. Who in their right mind feels comfortable basing their decision solely on gauzy thirty-second commercials and poll-tested speeches that obedient candidates read off the teleprompter? Who can derive lasting insight from newspaper charts dutifully listing the candidates’ health-care plans? Rightfully suspicious of media manipulation, and yet supinely dependent on television and the press for information, voters are desperate to cut through the phoniness of a presidential campaign in search of any larger truths about the character of the candidates.” Howard Shapiro

“Daniel Webster never spoke in public without careful preparation. He despised the affectation of those who trusted to the spur of the moment, and he thought it is a duty he owed to those before whom he was to speak to consider carefully beforehand what he intend to say. He never appeared before the court, the bar, the Senate or the people without making out a well-considered plan of his speech and weighing every point to be made. The result is that all his speeches are as worthy of being read to-day as they were of being listened to when spoken, for they contain sentiments that are always fresh and new, always applicable, and probably no speeches in our language are more largely read at the present day than those of this master of eloquence.” Robert Waters

“An unprecedented study by Richard Arum that followed several thousand undergraduates through four years of college found that large numbers didn’t learn the critical thinking, complex reasoning and written skills that are widely assumed to be at the core of a college education. Many of the students graduated without knowing how to sift fact from opinion, make a clear written argument or objectively review of conflicting reports of a situation or event...Students who majored in the traditional liberal arts-including the sciences, humanities, natural sciences and mathematic-showed significantly greater gains over time than



other students in critical thinking, complex reasoning and writing skills. Students majoring in business, education, social work, and communications showed the least gains in learning...greater gains in liberal arts subjects are at least partly the results of faculty requiring higher level of reading and writing, as well as student spending more time studying. ..The study authors also found that large number of students didn’t enroll in courses requiring substantial work. In a typical semester, a third of students took no courses with more than 40 pages of reading per week. Half didn’t take a single course in which they wrote more than 20 pages in a semester.” Sara Rimer

“I am not an advocate for frequent changes in laws and constitutions, but laws and institutions must go hand in hand with the progress of the human mind. As that becomes more developed, more enlightened, as new discoveries are made, new truths discovered and manners and opinions change, with the change of circumstances, institutions must advance also to keep pace with the times. We might as well require a man to wear still the coat which fitted him when a boy as civilized society to remain ever under the regimen of their barbarous ancestors.” Thomas Jefferson

“It is easy to simply say yes when someone offers to make everything easy for us as long as we are nice to them. Yet we should resist. We knew well enough not to take candy from strangers because we knew we



would be making a bad bargain of some sort, even if we didn’t know the details. The same wariness should caution us when someone gives a deal that looks too good to be true. We have to know the cost of whatever it is we are doing, of whatever choice we make. It’s like going into a small elegant store where there are no price tags on anything; that doesn’t mean that everything is free. What it means is that it probably cost more than we can afford. Anything that looks like a free ride isn’t.” Regina Barreca

“We Americans are taught throughout our lives that our government is a sea of waste, a swamp of incompetence, a mountain of unchecked power, an endless plain of mediocrity. Our media and politicians tell us that public bureaucracy is bloated in size, inefficient compared to business, a stifling place to work, the problem rather than the solution. While this deeply embedded mistrust of our public administration may be a good thing to fuel our spirit of individualism and our readiness to revolt against injustice, it leads us to a grossly misleading picture of our public employees and government agencies. Even worse instead of addressing the many problems that do exist in bureaucracy, this attitude can exacerbate them by encouraging the kinds of political rhetoric and public policy that demoralize agencies to the point that their performance is adversely affected and the best staff members leave. Furthermore, a set of negative attitudes about government employment is spread across the land that keeps the brightest of our young people from considering a public service career.” Charles T. Goodsell

“While there are no perfect men; there are those who become relatively perfect a leader of men because of something in their makeup brings out in strength the highest virtues of all who follow them. This is the way of human nature. Minor short-comings do not impair the working loyalty, or growth, of the follower who has found someone whose strengths he deems worth emulating. On the other hand, to recognizing merit, you must have it. The act of recognizing the worthwhile traits in another person is both the test and making of character. The man who scorns all others, and thinks no one else worth following, parades his own inferiority before the world. He puts his own character into bankruptcy just as does the other sad camp follower of whom Thomas Carlyle wrote: ‘to recognize false merit, and crown it as true. Because a long tail runs after it, is the saddest operation under the sun.’ Sherman, Logan Rawlins and the many others hitched their wagons to Grant’s star because they saw in him a man who had a way with other men, and who commanded them not less by personal courage than by patient work in their interest. Had Grant spent time brooding over his civilian failure, he would have been struck with a disorderly camp and would have never gotten out of Illinois.” The Armed Forces Officer

“Silence remains, inescapably a form of speech.” Susan Sontag



“All over the country there are successful schools which devote themselves to the instruction of salesmen. Men naturally acute, keen-witted and forceful find wherever they turn, well-written books and experienced teachers to perfect them in the art of selling’ the ideal of this vast army of sales people is not to sell people which they desire and for which they feel a legitimate need. No, any fool can sell under those conditions. Their avowed ideal is to cultivate their personality, their imagination, their knowledge of psychology, until they are masters of the situation and can sell people what they do not desire, and do not need, and in many cases

can not afford; in the picturesque language of one of these highly gifted individuals, “when I’m in tip-top condition I can sell a man the shirt on his back.” Add to this great army of resolute, well-drilled, experienced salesmen, the innumerable scintillating department stores where the best quality of brain is put into tempting passers-by to become purchaser; add this to the loose vague American open handedness and distaste for the idea of thrift; who without preparation or thought are pushed by circumstances into copious buying, and the sum total is enough to stagger the imagination. And yet, in our industrial society organized as it is, a considerable part of one’s usefulness, and a large part of one’s happiness depends upon one’s developing somehow the capacity not to buy. Those who never acquire that capacity go down to shipwreck in modern America as surely as morphine victims.” Dorothy Canfield Fisher

“For life is so full of uncertainty; there are on all sides so many discomforts, burdens, sufferings, dangers, that a safe and happy voyage can be accomplish only by steering carefully through the rocks. As a rule, the fear of the ills; the pain of solitude, for example drives us into society, and the first society that comes, the discomforts of society drive us into solitude: we exchange a forbidding demeanors for in caution confidence and so on. It is ever the mark of folly to avoid one vice by rushing into its contrary or else we think that we shall find satisfaction in something, and spend all our efforts on it; and thereby we omit to provide for the satisfaction of a hundred other wishes which make themselves felt at their own time one loss and omission follow another, and there is no end to the misery. “Arthur Schopenhauer

“This is generalizing, but a lot of kids have this feeling of entitlement. They have grown up in situations where everything has been given to them; Except for the wherewithal to deal with adversity. When things go badly perhaps for the first time, perhaps for the first time, the player who has never been benched or disciplined or been the subject of a coach’s tirade chooses to walk away rather than work through the problem. What you are not seeing is the athlete looking in the mirror and asking what can I do to improve this situation?” Jamie Pollard

“Truth is sown and germinates in the mind itself, and is not to be struck out suddenly like fire from a flint by knocking another hard body against it. So I am accustomed myself to learn by inducting others to deliver their own thoughts, and to teach by scattering my own.” John Stuart Mills

“In order to take control of our lives and accomplish something of lasting value, sooner or later we need to



learn to believe. We don't need to shift our responsibilities on the shoulders of some deified Spiritual Superman, or sit around and wait for Fate to come knocking at the door. We simply need to believe in the power that's wishing us and use it. When we do that, and stop imitating others and competing against them, things begin to work for us.” Benjamin Hoff

“Be every caution in making plans, and employing your resources. Make an outward display of confusion while actually being well ordered. Show an appearance of hunger while actually being well fed. Keep your sharp

weapon within, and show only dull and poor weapons outside. In order to attack the strong you must nature them to make them even stronger, and increase them to make them even more extensive. What is too strong will certainly break; what is too extended must have deficiencies. Attack the strong through his strength.” Tai Kung

“Only when we truly reveal ourselves can we ever be truly loved. When we relate as we genuinely are, from our essence, then if we are loved, it is our essence that is loved. Nothing is more validating on a personal level, and more freeing in a relationship.” Robin Norwood

“A long success in life, which often falls to men who are at the same time skilful and ambitious, generally destroys the simplicity and hearty of a man. He contemplates the difficulty he has overcome, and he regards himself as a hero; he believes his merit to be regarded more than of any one else, and he seeks to reward himself.

As fully as he can when he does give away to his ambition, he generally ruins himself or the state. James Hain Friswell



“Every insincerity we harbor weakens the mental and moral fiber and will make itself known by inviting negative conditions. In this, every man is his own friend or his own foe.” Stanton Davis Kirkham

“It is not the quantity of the study that one gets through, nor the amount of reading done, that makes one a wise man; but the suitability of the study to the purpose for which it is pursued; the concentration of the mind, for the time being, on the subject under consideration, and habitual discipline by which the mental powers are thus regulated.” Samuel Smiles

“Life is never more fun than when you're the underdog competing against the giants.” H. Ross Perot

“People who are capable of thinking for themselves will rarely be part of any herd.” Donald J. Trump

“Civilization is a stream with banks. The stream is sometimes filled with blood from people killing, shouting and doing things historians usually record, while on the banks, unnoticed are people building homes, making love, raising children, singing songs, writing poetry and even whittling statues. The story of civilization is the story of what happened on the banks. Historians far too often ignore the river banks.” Will Durant

“An important part is recognition of individual rights. The father and mother think they know so much better what the son should become, that they find it almost impossible to let him have his experiences. They forget that he, too, is an individual which a work in the world, and just because of that work he necessarily has ideas and methods differing from their own. It is futile to think we can spare another the test experiences of life. It is the order of nature that each soul should start out from the paternal home to seek the experiences essential to its development. The soul can be trusted to seek such conditions as it needs. No parent can own a soul, and more than there can be ownership in a true marriage. That parents have given a soul physical birth should be esteemed; a privilege. They have not made the soul. Their part, however great, is secondary for the primary cause is the God-given individuality. He, who understands this is himself, and recognizes it in others, has the key to the solution of life’s problems.” Horatio W. Dresser

“Always keep reminding yourself that that self-esteem is ephemeral. You will have it, lose it, cultivate it, nurture it, and be forced to rebuild it over and over again. Self-respect is not something that can be achieved and preserved, but rather a lifelong process to be explored and cultivated.” Cherie Carter-Scott

“Freedom is essentially a condition of inequality, not equality. It recognizes as a fact of nature the structural differences inherent in man, in temperament, character and capacity; and it respects those differences. We are not alike and no law can make us so.” Frank Chodorov



“The two-party system has given this country the war of Lyndon Johnson, the Watergate of Nixon and the incompetence of Carter. Saying we should keep the two-party system simply because it is working is like saying that the Titanic voyage was a success because few people survived on life rafts.” Eugene J. McCarthy

“In the end, more than freedom, they wanted security. They wanted a comfortable life, and they lost it all; security, comfort, and freedom. When the Athenians finally wanted not to give to society but for society to give to them, when the freedom they wished for most was freedom from responsibility, then Athens ceased to be free and was never free again.” Edward Gibbon

“Real leadership is never a matter of simple rank. Leaders are effective when other people acknowledge them as such, by listening seriously to their ideas, valuing and following their calls for action, and turning to them for advice. Opportunities to lead aren’t limited to times when you have formal authority over a particular team or venture. When you step forward and demonstrate leadership, you add value and you strengthen your leadership skills.” Alan Sharp

“Never study on speculation; all such study is vain. Form a plan; have an object; then work for it; learn all you can about it, and you will be sure to succeed. What I mean by studying on speculation is that aimless learning of things because they may be useful some day; which is like the conduct of a woman who bought at auction a brass door-plate with the name of Thompson on it, thinking it might come in useful some day! You should study things that you know cannot fail, under ordinary circumstances, to be useful.” Author Unknown

“Genius is often said to be common sense intensified. It is the power of lighting one’s own fire. No culture can give genius, but talent may be acquired. All the education in the world cannot give the natural aptitude men call genius. Culture cannot make an imbecile into a philosopher, or convert a real simpleton into a man into a sense and prudence. There must be a peculiar fitness furnished by nature for any particular department of art, science, or literature, gave re it is possible to excel. But when any special gifts are

bestowed by nature, culture brings them out to great advantage. Education can polish the gem, revealing beauties that would have escaped our observation had it always remain in the rough; and yet no polishing under heaven can convert the common pebble in to a precious stone. The mind is impartially bestowed by nature. It is not a gift given to any one privileged class; no class of society has any monopoly here. And for the encouragement of poor men, be it remembered, that poverty so far from crushing talent or extinguishing natural genius, rather acts as a stimulus.” William Unsworth



“Do I say, that you can command success without difficulty? No: difficulty is the condition of success. Difficulty is a severe instructor, set over us by the supreme ordinance of a parental guardian and legislator, who knows us better than we know ourselves. He that wrestles with us strengthens our nerves and sharpens our skills. Our antagonist is our helper. This amicable conflict with difficulty obliges us to an intimate acquaintance with our object, and compels us to consider it in all relations. It will not suffer us to be superficial.” Sir Robert Peel

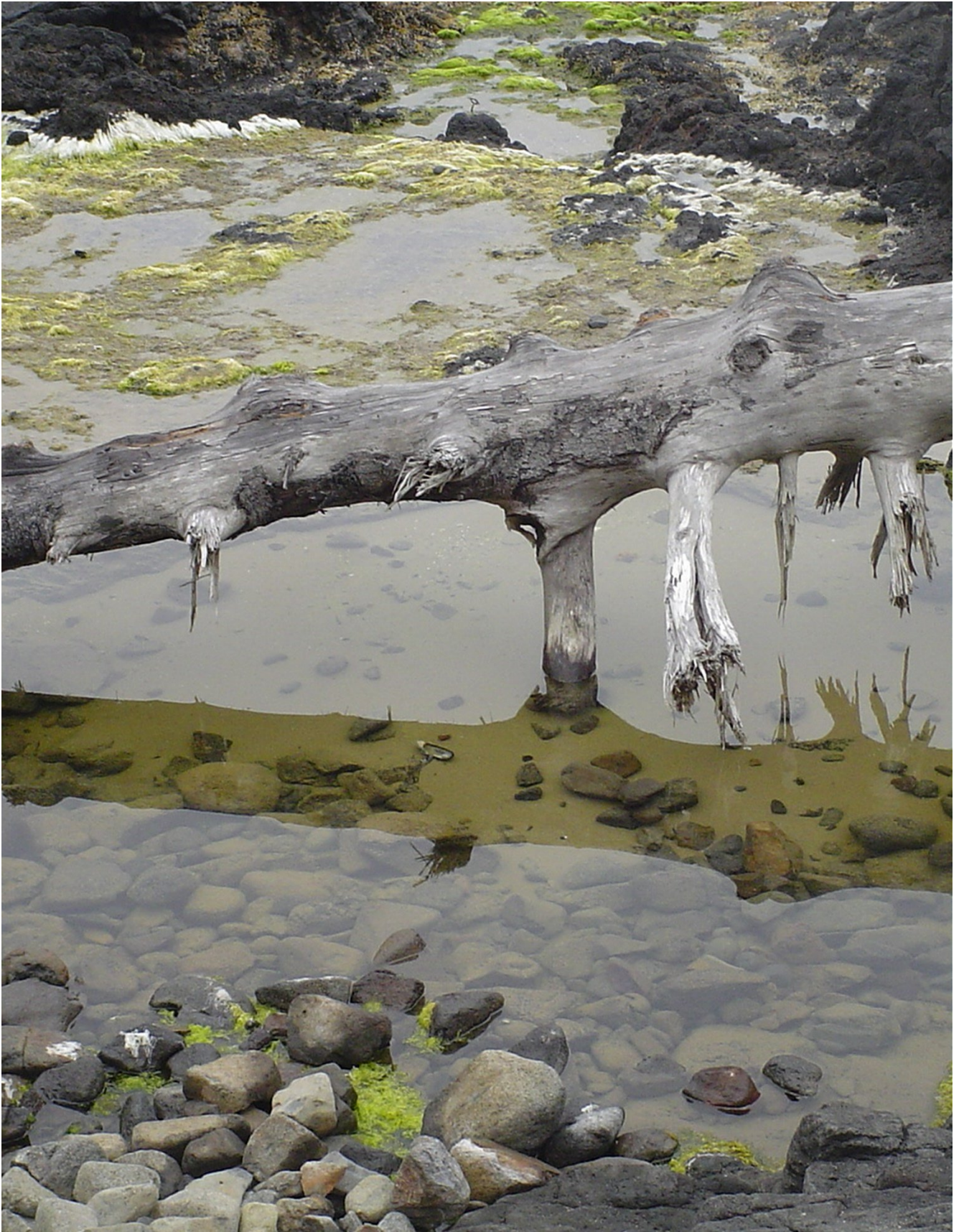
“It has been shrewdly remarked that great difference between me, between the feeble and the powerful; the great and the insignificant is energy; invincible determination; Energy and determination; these qualities, when directed toward legitimate objects, gain respect in every grade of society. But a man may have energy without determination; he may be always busy, yet never accomplish that is useful, because his energies are not directed towards one point when, however, a man possesses both of these qualities, and which is of equal importance, or right balance of mind, he weights the proportionate value of things. He then marks out the course which, should divine providence permit, he desires to pursue.” Charlotte Eliza Sergeant



“This power of imagination is a kind of defense in childhood. If used correctly imagination makes it possible for you later on to imagine what other people are like and what they think and feel. It helps to keep you curious, anxious to understand what is going on around you. If it is nourished and directed; it can become a flame that lights the way to new things, new ideas, and new experiences.” Eleanor Roosevelt

“Aim for success not for perfection. Never give up your right to be wrong, because then you will lose your ability to learn new things and move forward in your life. Remember that fear always lurks behind perfectionism. Confronting your fears and allowing yourself the right to be human can, paradoxically, make you a far happier and more productive person.” Dr. David M. Burns

“In matters of government, men are continually mistaking cause for effect and assigning some one thing as the cause, when in reality there are numerous other things that are equally potent in their influence in the same direction. Politics, as a rule, is built up largely upon unfounded assertions and assumptions. Each party put forth its claims, without the slightest regard to evidence and the facts. If there is any good thing that has happened, the party in power is sure to claim that as a proof of the wisdom of its policy, while if something bad happens to occur, it is sure to be charged up to the account of the other party. If an opportunity were given, while the plain and unquestioned fact remains that the wisest statesman never knows what is or what will be the direct effect of any particular party.” Jacob Wilson



Civil Lawsuit Former Employee vs Keene Senior Center & Kris E. Roberts

I am sitting outside the courtroom waiting for the jury to report out. I have endured six days of a civil trial when I, two others board of directors and a non-profit organization was sued by a former employee of that non-profit organization. An employee that walked out of a committee meeting stating that the employee's lawyer would contact our lawyer concerning separation settlement rather than answering questions to a number of concerns, some to poor judgment concerning purchases; such as paying \$15-\$20 for an item, which an \$3 like item would have served the same purpose. Or why that employee was buying both personal and organizational items on the same receipt rather than taking the time to do them separately. Or a number of other items that did not make or follow good business practices. Or in some case were just plain confusing.

I don't even understand why we had to go through this whole trial. The person was either let go, or leave on their accord but however one would like to believe how the action was taken, the employee either left or was let go from a position that paid \$30,000 with little to no benefits except a \$2,000 yearly retirement contribute by the organization. Prior to the end of the employer-employee relationship that employee had accepted a position with another non-profit organization for \$45,000 plus benefits which were later increased to \$47,000 plus benefits; a great than 50% increase in salary alone. Whatever the cause or causes that contributed to the end of the relationship that employee employment and financial future had been greatly enhanced.



Despite this betterment of financial future the employee decided to sue only selected members of the board of directors. I feel that this was based on that employee picking the three people that, that employee felt has the greatest financial assets along with the non-profit organization with its insurance policy which would come almost all the actions of the board of directors. I firmly believed that the employee and his or her lawyer believe that it would be a quick and easy settlement with one of that letter's where either side could speak about. However, the non-profit organization due to cost had made the decision not to renew the insurance policy, so there was insurance company that would have made a quick settlement to make the matter go away.

In the beginning the former employee demanded \$125,000 to make everything go away, this for a person that had already made up their mind to accept another position with a 50% increase in salary. Later we had made an offer somewhere in the \$25,000 range to save the expense of going to court, that offer was quickly refused instead we were told that our offered had to be in excess of \$65,000 or we would see you in court.

So today I am sitting here by myself waiting for the verdict. I was told that there was no need to be here, the two other people had no desire to be here. Me if I am going to be found guilty and be forced to take money from my family and their future I want to be told face to face than over the phone.

If there was a \$100,000 judgment, I could be found to be XX% at fault being required to pay anywhere from \$0 to \$100,000 of that judgment. It really sucks waiting for the verdict and judgment if any. What is worst is that I had a feeling that it didn't matter who much I made sure that I followed both the letter and spirit of the law that this lawsuit was going to happen. At times as I sit here I ask myself why I went out of my way to ensure that the employee had every benefit of the doubt as possible. In all likelihood if the majority of the board had its way she would have been fired just because she was an at will employee. If that had happen that employee would never have even been granted an interviewed much less offered the much highly position.

For some reason after a little more than two years at the new position that former employee and possibly three others who held same level positions were laid-off. The former employee was given a buy-out that provided bi-weekly pay-checks for a lengthy period of time condition on him or her giving up his or her right to take future legal action against that company. It appeared that once that former employee accepted the buy-out and signed the release the other two or three laid-off employees were rehired.

Why that former employee and his or her co-workers were laid off, I don't know and I do not care to know and there is no way I will ever inquire. There are many things in life that there is no need to know, and if you did know they could only result in something negative. The only question I would have is why anyone



would put at risk, a position that would pay almost \$500,000 plus benefits over the next ten years; which would have resulted in a much larger social security check in hope of getting a position that would have paid less than \$325,000 and lesser benefits over the same period. That person would need to get his or her job back at the first non-profit organization plus \$175,000 to \$250,000 in damages just to break even. That would require a great leap of faith, unless the person plan this thing from way back, get a better higher paying position, plus damages from a lawsuit; otherwise all gravy.

Somehow, for some reasons, maybe the gods are watching over this world, that person no longer has his or her \$47,000 position that person stands to lose \$500,000 less whatever meaningful if any employment he or she will be able to get over that same time period. Even if that person was to win this case and is awarded \$150,000 for lost wages, pain and suffering and other damages it will make the newspapers, not that I will even think about talking to any newspaper concerning this matter that would have such a negative effect on possible future employment.

I rarely if ever get really angry at anyone, wish them bad ill, or even enjoy them suffering ill will, pain, or lost. But after 8 days, over 6 hours on the stand being beaten over and over again with the worst part listening to the former employee's lawyer closing argument where he lied and lied. Where you just had to set and listen. The worst part was that you could not defend yourself at all, it was so much worse than being in the chair being drilled over and over again. If you are in the chair no matter how bad it could get, no matter how overwhelming it could become you never found yourself in a hopeless or powerless position; when the question being asked was finished you had a chance to state your point. It felt like you were hopeless, powerless and were the subject of brutal abuse that you had no idea how worst it would get or how long it would last or when it would end. I never want to be a situation like that again.

There is no fun whatsoever sitting in court listening to people say one lie on top another. MaryAnn Mucha the wife of and office manager a very well known CPA in town who also served as the board secretary told the court that she attended a special combined facilities and personnel committee hearing where I was present and was told by me not to take any notes. First if I called a special combined meeting I would have called a special board meeting because there would have been a quantum. Second if it was a committee meeting she would have not been there because she wasn't on either committee. Third as president I rarely if ever attend committee meetings. Just sitting there listening to her lying knowing that she played a very major role in starting this whole matter in the first place by getting way to close to the employee. When asked if broke the confidentiality rules she said no, when asked again she said no, when asked if she ever she stated only after she left the board. She left the board on August 12th and felt she was no longer cover by the board rules or the law. She was the one wanted to know the complete aspects of the bookkeepers concerns.

What made matter worst was the e-mail between her husband Robert Mucha and the Keene Senior Center's lawyer John Wrigley concerning the status of the investigation dated August 01, 2008. Robert Mucha has no legal right to request such confidential information concerning a legal matter that he had no standing. What

was worse was that John Wrigley should have known better; that it was unethical to pass on such information. Even stating "I worried about him near the end of his term. He occasionally seemed unable to concentrate and reacted oddly to situations."; this during the time frame where I had stage 3 prostate cancer and was preparing for major surgery.

The e-mail stated this may contain confidential information is legally privileged...any disclosure of this information is prohibited without my consent. I only learned of this e-mail when the former employee's lawyer tried to use it against me concerning my state of mind. It seemed in the end they were trying to protect Mr. Mucha and Mr. Wrigley more than me.

I feel no sadness whatsoever that the former employee doesn't have a position, that, that employee may go years without any meaningful employment. That the former employee maybe reduced to finding work at some Wal-Mart or that the plans and dreams that former employee had for that \$500,000 in all likelihood are gone forever. I really don't care if that employee's life is change forever because every single action has consequences. There was no need whatsoever for us having being drag through this whole process. If in fact had happen, and I had been told and that there was a high probability that such comment had been made I would have ensured that person or persons who stated such remarks would have been asked to resign from the board. There was and still is no room for anyone making such remarks on any board of directors.

The more and more I review this matter over and over the more I come to believe that it didn't matter much at all, we were going to end up in court anyway. That person already had already inquired about that other position in early June, prior to "the numerous events" that happened prior to termination.



We have been sitting here for more than six hours without a final verdict. The only thing that we know is that the jury has reached verdicts on some issues and has become hung-up on others. The judge has told them to go back to work and come up with verdicts on all counts. It is now 4:PM and the court usually closes at 4:00-4:30 but if the jury doesn't finish up today they have to come back next Tuesday, meaning they would be in their third week.

Me I just want this done, I want the matter closed, whatever the outcome, I can deal with the final result, I may not like it one bit, but at least I can start dealing with the outcome. It is almost 5:00 PM, and the bailiff just walked into the room and told our lawyers that the verdict is in. Now it is all over except for the reading. It has taken almost eight hours so I know that is can't be all good, that they will be some pain, just a matter of how much pain.

We were all found guilty but not always on the same count, and likewise found innocent on other counts. But in the end it was far less worse than it could have. I think the damages added up to about \$12,000, of which \$3,500 was for back pay, about \$1,200 for medical costs which will be paid by the Keene Senior Center. A damage award of \$2,500 against the two other people, leaving less than \$5,000 to be split among the three based on the percentages of fault awarded by the jury. Worst case I may be the hook for about \$3,500; a small price to get this B. S. over with. I know the lawyers stated that I didn't have to be in the court room, that they would just give me a call when the verdict was reached. Well when the jury had to come back into the court room to get more information from the judge I was there. I really believe that they would have nailed me big time, if I hadn't taken the time and effort to be present; after all the former employee was there.

I am pretty confident that the ride home for the former employee was far less enjoyable than he or she had envisioned; \$12,000 minus the 30-40% he or she will have to pay the lawyer will result in an award of about \$7,500 at best, far less than the possible \$20,000 he or she could have walked away with a year prior. It

remained me of the Ms. Martin lawsuit years ago, she too got \$12,000, far less than she counted on. Hopefully the former employee didn't go out and spend the money before the final verdict came it. Ms. Martin got herself a new car. After that every time she saw me Ms. Martin would always give me that look of disgust and I just smiled back. I expect I will be on receiving end of "looks of disgust" in the future. As with Ms. Martin I will just politely smile back ensuring that I don't even make the quietest of sounds under my breath just hoping that if that person has a major anxiety attack that I am long gone and out of hearing range because I would be hard press to come to that person aid.

I think it will take me a very long, if I ever again serve on a board of directors again, the two I have served on have had some very serious issues. Now according to the results of this court case, if anyone brings up something concerning the performance or the fiscal management of the director you risk being found guilty in court defaming that person character, which could result in a large judgment against you. It will be a no win situation, if your CPA tells you that an employee may be stealing or misusing funds and you bring it forward you could end up in court. If you do nothing you count end up in court. So how can you convince yourself that the time and energy is worth it, as I said right now I can't? Why should I put my family's finances and myself at such a risk?



"There is a prize we are all aiming at, and the more power and goodness we have, so much more the energy of that aim. Every human being has a right to it, and in the pursuit we do not stand in each other's way. I prefer to call it greatness. It is a fruitful study . It is the best tonic to the young soul. And no man is unrelated; therefore we admire eminent men, not for themselves, but as representatives. It is very certain that we ought not to be, and shall not be, contented with any goal we have reached. Our aim is no less than greatness; that which invites all belongs to us all; to which we are all sometimes untrue, cowardly, faithless, but of which we never quite despair, and which in every same moment we resolve to make our own." Ralph Waldo Emerson

"When facing a single tree, if you look at a single one of its red leaves, you will not see all the others. When the eye is not set on any one leaf, and you face the tree with nothing at all in mind, any numbers of leaves are visible to the eye without limit. But if a single leaf holds the eye, it will be as if the remaining leaves were not there." Takuan Soho

"One learns that the world, though made, is yet being made; that this is still the morning of creation. Those mountains, long conceived, are now being born, brought to light by the glaciers, channels traced for rivers, basins hollowed for lakes. When we try to pick out anything by itself, we find it hitched to everything else in the universe. Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul alike." John Muir

"As hard as it is to believe, there can be blessings in the most painful of experiences, even at the vortex of a scandal or the break-up of a marriage. In the midst of the turmoil, everything looks bad. Helpful friends may assure you that it's always darkest before the dawn, but when you are living with pain, optimism seems impossible. Yet everyone need and deserves these assurances, because the assurances are true. Even the most horrible experience can be big with blessings." John Ehrlichman

"The sages do not consider that making no mistakes is a blessing; they believe, rather, that the great virtue in man lies in his ability to correct mistakes and continually to make a new man of himself." Wang Yanh-ming

“New truths are not the gifts which the old offer to the young; the lesson we learn last is but the fullness of the meaning of what was only partially apprehended before.” Thomas Carlyle

“Next to doing things that deserve to be written, there is nothing that gets a man more credit, or provides him more please, than to write things that deserve to be read.” Lord Chesterfield

“It’s important to feel that your abilities are being challenged. In the same way that the body needs physical challenged, to get exercise, to push against something. I think our spirit needs challenges. We have to do something strenuous from time to time. You have to measure yourself. You have to see how good you are.” Rabbi Harold S. Kushner

“If you lend a person any money, it becomes lost for any purposes of your own. When you ask for it back again, you find a friend made an enemy by your own kindness. If you begin to press still further-either you must part with that which you have instructed, or else you must lose that friend.” Plautus



“There is no question that environment, the things which are around a human being has a tremendous effect in molding one’s character, but it is equally certain that the traits born in a man are enormously important. Just as good soil can do much but it cannot quite make up for poor seed.” Matthew Arrda

“We can conquer anything that lies between us and our destiny. It would be strange, indeed, if granting than an infinitely intelligent spirit sent us here for some purpose, this were no so. It would be strange, too, if any experience in the individual career were without its meaning. If then, we can assume this, too; if in place of the cruel facts which, as we thought, cheated us out of our just dues and defeated our hopes, there is a larger fate that somehow needed for us just what we passed through, there is no room for regret, no cause for complaint, since in regretting and complaining we are finding fault with omniscience itself. It is not for us to say that life is not worth living, it is equally necessary to rate the difference between wise adjustment to circumstances which for the time being we cannot alter and that utter contentment and ease in our surroundings which leads to inactivity and invalidation.” Seneca

“The American heritage was one of individual liberty, personal responsibility and freedom from government...Unfortunately...that heritage has been lost. Americans no longer have the freedom to direct their own lives...Today, it is the government that is free; free to do whatever it wants. There is no subject, no issue, no matter that is not subject to legislation.” Harry Browne

“Opium and morphine are certainly dangerous, habit-forming drugs. But once the principle is admitted that it is the duty of the government to protect the individual against his own foolishness, no serious objections can be advanced against further encroachments ... Is not the harm a man can inflict on his mind and soul even more disastrous than any bodily evils? Why not prevent him from reading bad books and bad plays, from looking at bad paintings and statues and from hearing bad music? The mischief done by bad ideologies, surely, is much more pernicious both for the individual and for the whole society, than that done by narcotic drugs.” Von Mises

“He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.” Harold Wilson

“If you don’t run your own life, someone else will.” John Atkinson

“There can be supreme moments in everyone’s life that can overwhelm the personality. It may come from as a result of being in love. It may descend upon us when a particular piece of music or a painting, or a piece of sculpture, any work of art, that really grips and stirs us. Or it may be the kind of intense rapture of which the mystic speak. It may be the oceanic sense of intensity that overtakes one when faced with a beautiful mountain landscape or a glorious sunset. Such moments are a very real part of the world of human experience. Most of us have such experiences, although we may not label them as such. Perhaps a few do not. Most people have undergone such experiences these are those high, exalted moments. These moments simply happen. We cannot command the. Often they come unbidden, gripping us almost from the outside. These moments come as gifts to remind us just how wondrously life could be lived.” Author Unknown



“When we know there will be a lot of uncertainty up front, we need to think about how we handle it. Leadership moments disproportionately affect others’ perceptions of our leadership. If we are not aware of our potential leadership moments and make conscious choices that consider how others might perceive our choices, we risk having unintended, sometimes negative leadership qualities and styles ascribed to us.” Ezzat Kenawy

“Common school education which once was thought to afford the average child full and sufficient instruction as a preparation for life and citizenship has ceased to be the ideal goal of popular education. The patent fact of the insufficiency of common school education, when the average child must leave school at the age of fourteen, has compelled thoughtful men and women to consider the problem of the education of the youth of the community forced to spend their days in offices, shops and factories, for whom education of the common schools has furnished in average only the most elementary means of knowledge. The virtual darkness and poverty of thought, the hopeless monotony, that characterize the life of the great masses of people under the present industrial system, have impressed upon educational institutions and upon the educational classes of the community in general the gravity of their responsibility. It is often held that the laboring classes do not desire self-improvement. If this be so, it will be remembered that it was the greatest stigma of slavery that the slaves were often contented. If the people do not desire self-improvement, how shall we account for the marvelous development of free lecture system of the board of education of New Your City?” The Citizen Vol. 3, 1897

“Many opponents of affirmative action are less concerned with the policy per se than with a broader assertion that racial or gender discrimination no longer exists and that African Americans’ continued claims of its persistence are merely whining or self-seeking. At their crudest, opponents are racially hostile. Less crudely, they are unable or unwilling to see structural barriers or institutional advantages that are independent of individual intentions or awareness. The most sophisticated opponents are more concerned about class or individual, rather than racial or gender barriers, or they hold a principled vision of individual meritocracy which supersedes all caveats or shading. Many proponents of affirmative action demonstrate an equal but opposite dynamic. They are less concerned with the policy per se than with a broader assertion that racial or gender discrimination is just as virulent as it has always been and that whites’ opposition is merely covert racism or inexcusable naiveté. At their crudest, proponents are paranoid or self-seeking. Less crudely, they believe that blacks have just as much right to a class structure as whites do, and just as much right to use every tool legally available to reach the top of it. The most sophisticated proponents see affirmative action as an essential means for individual African Americans to overcome persistent racism and attain resources that will help the African American community and the nation as a whole to overcome a shameful past.” Jennifer Hochschild

The Social Agenda

It is frustrating to sit and watch people needlessly heading into a deep dark tunnel not knowing that there is a high speed train coming head on. What makes it worst is the train is loaded with people who believe that overall they are safe and when the train stops they will be a better and more secure place.

To-day we have the majority of political leaders of both parties more worried about political and personal self-interest that they just don't seem to care what is going to happen in that dark tunnel. All they care about is maintain power and increasing their financial positions. They talk and talk about how big government is and should be cut down to size. Others talk about how important it is for government to help the neediest of Americans. That we have to live within our financial means while only offering minor cuts here and there.

If they really wanted to do what is right they would be like Lincoln, I am going to do what I believe is in the best interest of the country and if I don't get re-elected so be it, but I would do my best. Very few are willing to take that risk. Many will pay millions, some tens of millions of dollars out of their own pocket for a position that pays less than \$200,000 per year. It is not about the American people, it is about power, personal power. When they say it isn't about the money they are not lying it is all about power.



But I ask myself, most of them had power, some a great deal of power, so why government power. To me the answer seem to be becoming clearer and clearer, it is about social power. All the money in the world can't get the ability to force people how to think, act or believe. But government power can.

The political parties understand this; he who controls government controls the social agenda. It is all about the Social Agenda. When people fear terrorism they will spend trillions of dollars and fight decade long wars. When people have no confidence in their livelihoods, their future they will listen to anyone who promises them security. In the end there is no plan, there is no solution to the fiscal problems but in the end the goal wasn't Fiscal it was Social.

In the end the people heading into that dark unknown tunnel and the people on that high-speed train will collide and will be forced to pay a heavy price.

The operators at the switch-board don't seem to understand is "We cannot adopt the way of living that was satisfactory a hundred years ago. The world in which we live has changed, and we must change with it." Felix Adler

Rep Kris E Roberts Rejecting federal aid will destroy New Hampshire

The Union Leader Mar 3 2011-The Keene Sentinel Mar 2011

THE NEW Hampshire House has given overwhelming preliminary approval to House Bill 590, which I believe is the most dangerous bill that has been passed during my six-plus years in House.

HB 590's title states that it is a bill "expressing the position of the New Hampshire general court that the offering and acceptance of federal grants-in-aid relating to matters not included among the defined powers of the federal government is unconstitutional under the state and federal Constitutions and establishing a committee to review state participation in federal grant-in-aid

Section II of HB 590 “Said few and defined powers of the government of the United States were and are set forth in the 18 clauses of Section 8 of Article I of the federal Constitution, none of which authorizes the government of the United States to engage in or regulate matters of health, safety, and welfare within the boundaries of any state.”

If HB 590 becomes law, access to hundreds of millions of dollars of highway, fire, police, homeland security, education, Medicare, food stamps, fuel assistant, low income housing, violence prevention, homelessness, mental health care, elderly care, water and sewer upgrades, FEMA disaster aid funding, and hundreds of other federal-grant-in aid funding programs will be determined by a committee of four House members and two senators who would have sole power to “assess the value to the state” of each federal grant in aid program.

It is very dangerous for six people to have sole authority to determine which federal grant-in-aid programs that the state can participate in. What few people understand is that the State of New Hampshire administers most federal grants-in-aid and acts as a pass-through for such aid to local municipalities. If the committee determines that Section 8 of Article I does not authorize the federal government “to engage in or regulate” public safety, then municipalities could lose access to federal grants-in-aid for their fire and police departments, or highway monies for all non-military designed roads.

“If the committee determined that any program had merit and was feasible to retain without federal aid, the committee shall consider and make recommendations as to the most expeditious and practicable means to make feasible the transition to support entirely from state, local and/or private sources of funding.”



HB 590 will give the committee the power to submit “recommendations for proposed legislation” to require the state to replace federal funding or down-shift the cost to local municipalities. For a city such as Keene, that could add at least \$400 to \$600 to the tax bill of a \$200,000 house. Failing that, it would be expected that local churches and charities would make up the difference. Failing that, the New Hampshire Constitution would require local municipalities to cover the cost of local social services.

If HB 590 were to pass, would it mean that all municipalities that accept unapproved federal funding would be in violation of the New Hampshire Constitution? Would this result in mayors, locally elected school boards and selectmen being haul off to jail?

What about the hundreds of millions of dollars that the citizens of New Hampshire pay to the federal government, wouldn't this result in making New Hampshire a donor state?

HB 590 has the ability to destroy the very fabric of New Hampshire.

HB 590 is not only short-sighted and self-servicing to the Tea Party, but a very dangerous law. But even worse, HB 590 is pure duplicity because without a doubt some of the sponsors and many of the members who voted in favor are presently receiving federal aid while others will sooner or later come to count on federal aid for their health, safety and welfare -- all of which HB 590 would determine to be unconstitutional.

Rep Kris E. Roberts is a Democrat from Keene.

NH lawmaker advocates eugenics in bid to save money. It all about the society agenda

The current political battles have very little to do with fiscal responsibility. That is just a front. Except for the real leadership and courage being displayed by the “Gang of Six” far too many people in leadership positions of both political parties are far more concerned about self-interest, party ideology and setting the social agenda.

It doesn't matter if one is a Republican, a Democrat, A Tea Party, A Green, a Libertarian, a Independent, or member of anyone of the other fifty plus political parties in America , we only have ourselves to blame for our current fiscal state. In many ways our political leaders have been as the Sammy Davis' song, “The Candy Man” they provided us whatever we asked for, and they have a wide variety of free samples.

If we wanted to build a house on the beach in a hurricane area, no problem we will cover you with emergency funding to help you build a new home. If we want to build a 400 million dollar sport stadium no problem, we will build new roads, and bond the cost. If we wanted a program to cover the cost of rising a severely disable child we will just use the social security system to cover the cost. If a business wants to shed its pension plan, let it go bankrupt and have the federal government cover the cost. If hundreds of banks go belly up because they have hundreds of thousands of low interest mortgage loans during a period of rising interest rates no problem, the taxpayers will cover the cost. If we demand cost of living increases every year that is no problem. If we are convince that we could be attacked at any moment by terrorists, people whom we are lead to believe have a greater possibility than Hitler, Tojo, or Stalin to destroy us, we will be more than willing to spend almost 3 trillion dollars and ten years to fight two wars. (This year about 40,000 Americans will be killed in vehicles accidents and another 65,000 will die from the flu.) If we want to make an investment that seems too good to be true we can demand and expect the government to make us whole again. So on, and so on, and so on. All on the government credit card.

Our political leaders have told us over and over again that we can live in a totally safe world, free from fear, fear from personal responsibility and accountability, no moral hazards. And we have bought it; the cost was our individual and financial freedoms. Most of us have lost the ability to learn the difference between wants and needs, the life skills necessary to maintain our independent, to deal with a crisis; instead the Candy Man has hooked us, and hooked us good.

Our political leaders for the most part just consider us as an ignorant mob, which doesn't have the ability to think for ourselves, just hoping for a savior. Once that happens they would be free to set the social agenda. First it was “Starve the Beast” make sure the government was so far in debt, once that happen stand back and allow the people to fight it out to determine who wins and who loses. The young workers paying into social security or the retirees collecting social security, the home owners who children have finished school or the children currently in school, the free market businesses or the American worker, etc.

Then for the party in control it will be like Pontius Pilate washing his hands taking no responsibility; for anything, just make the decisions the people demanded, without having to make a single leadership decision, without having to take the heat for anything. Once the fear has set in, once the American worker has no idea if he or she will have a job next month, once the American worker has lost faith in the future, you send out the picadors to lessen the danger to the matador(s).

In newspapers across NH the headline reads “Lawmaker advocates eugenics in bid to save money”. In which a 91 year old NH state representative told a constituent that there are “too many defective people”, “you know the mentally ill, the retarded, people with physical disabilities and drug addictions-the defective people society would be better off without,” and “can we afford to bring them through?”

A fellow party representative stated “he doesn't condone the comments on any level, but he takes into account into the fact that he is a World War II (supply) veteran. Another fellow party representative stated “he's shown signs of great confusion.” While the Speaker stated, “he has given far more to our country and

our ideals than most of us ever will. I would certainly hope that in the future Rep will choose his comments more carefully. “

As someone who served more than 21 years on active duty as a Marine Officer I have never ever, nor will I ever believe that I have earned the right to determined when someone is no longer a productive member of society. An awful a lot of Americans died on the battlefields of Europe, Asia and are currently dying to ensure men such as Hitler, Saddam Hussein and others could not make that decision for their own people. Now we have political leaders thinking it is okay for America.

For leadership to say that “I would certainly hope that in the future Rep will choose his comments more carefully, speaks volumes. This from a leadership team that believes that every fetus is a living person and should be afford legal protection to allow it to come to full term even in the case of rape, incest and possible death of the mother; the same leadership team that believes that a patient and his or her doctor doesn’t have the legal right to make end of life decisions or be afforded the opportunity to die with dignity.

It makes me wonder if a woman suffering from drug addiction is pregnant would the Rep allow her to have her baby before determining she would be one of the “defective people society would be better off without?” What would happen to the child if he or she was born with a drug addiction?

Some words go so far against the American ideal of, “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” That they demand public dressing down, not “I would certainly hope that in the future Rep will choose his comments more carefully.”

Or as Desmond Tutu once stated, “If you are neutral in situations of injustice, you have choosing the side of the oppressor. If an elephant has its foot on the tail of tail of the mouse and you say you are neutral, the mouse will not appreciate your neutrality.”

Many of New Hampshire most valuable citizens have suffered a great injustice, and now is not the time for the Republican Party leadership to be neutral unless of course they agree with Rep. Which I certainly hope is not so.

Maybe the Rep who advocates eugenics will get his wish to eliminate those “defective people society would be better off without” by convincing his party to simply not fund the very social service programs that help these defective to become more productive members of society.

“Democracy is a sentiment not to be appalled, corrupted, or compromised. It knows no baseness; it cowers to no danger; it oppresses no weakness. Fearless, generous and humane, it rebukes the arrogant, cherishes, honor, and sympathizes with the humble. It asks nothing but what it concedes; it concedes nothing but what it demands. Destructive only of despotism, it is the sole conservator of liberty, labor and property. It is the sentiment of freedom, of equal rights and equal obligations. It is the law of nature pervading the land. The stupid, the selfish and the base in spirit may denounce it as a vulgar thing; but in the history of our race, the Democratic principle has developed and illustrated the highest moral and intellectual attributes of our nature. It is noble, a sublime sentiment which expands our affections, enlarges the circle of our sympathies, and elevates the soul of man, until claiming equality with the best; it rejects as unworthy of its dignity any political immunity over the humblest of his fellows. Yes, it is an ennobling principle; and may that spirit which animated our revolutionary fathers in their contest for its establishment; continue to animate us, their sons, in the impending struggle for its preservation.” Senator William Allen

“All the parts of oratory succeed as they are delivered. Delivery, I say, has the sole and supreme power in oratory. Without it a speaker of the greatest mental power cannot be held in any esteem: while with this qualification, one of the moderate abilities may surpass those of the greatest talent.” Cicero

“When sacrifice is perpetrated on the vulnerable and the weak by the strong and prosperous, it is social abuse. If there is belt-tightening to be done, we should be tightening our won belts and coming up with the resources to do what a civilized society does; to care for, and not cut services for, the impoverished elderly, the uninsured and children living in poverty. Do what you are going to do, but make no mistake; this budget is simply irresponsible and immoral.” Rev Gene Robinson

“He will have to learn, I know, that all people are not just, that all men and women are not true. Teach him for every scoundrel there is a hero, for every enemy there is a friend. Let him learn early that the bullies are the easiest people to lick.” Abraham Lincoln

I have seen numerous self-centered and vicious people in my life, but usually out of pure greed. I have rarely seen people so vicious that they get pure enjoyment out of causing as much needless pain as possible. There is no doubt in my mind that there is a group of people not only in the NH House and other state houses across America that are using the cover of the current serious fiscal situation-this while demanding less and more limited government while being very willing to use the power of government-to impose their personal, religious and social agendas.

There is no doubt in my mind that many of these people either careless or realize that they will never be reelected; that they want to use this opportunity to repeat Sherman’s March through Atlanta. They don’t care who they leave in their wake, they don’t even care if they weaken or destroy the Republican Party. They have one single goal; the survival of the fittest. (They have a very unrealistic opinion of their abilities) They understand that if they can create enough destruction it will take decades for the states and country to recover.

I have watched as person after person walk down to the well and provide partial and sometimes totally false information in order to justify their agenda. Some know their information is false. I believe most are providing false and misleading information out of ignorance, they just haven’t been willing to take the time to seek out the facts or fact-check. But that is no excuse, the people expect us to be knowledgeable. I believe deliberate ignorance is worse than a deliberate lie.

“Starve the Beast” Has been a goal of ultra right for decades; the followers of Social Darwinism; Total destruction of the social safety net. Anyone who thinks that we aren’t in an era of starving the beast will be eaten alive. Many of most vicious people, those who really believe in Rep Hardy’ comments don’t realize; like the Jewish guards outside the gas chambers, or the Judas goat, those who sold their souls for a few extra day of life will be consumed in the end. The day will come when they will need what they helped destroyed. They will come to realize that they have contributed to their own death and will demand that we the people for the "common good" save them from themselves.

It would be unfair to paint the Republican Party with the paint brush of the Tea Party. Just like the Republican Party where the majority of the members want what is best for their country, many members of the Tea Party want what they believe is best for their country. They just like many members of the Democratic Party have lost faith in government at all levels to act in a manner that is beneficial to the country’s needs.

Members of both parties understand that they are only valued when it comes election times where they are presented with a faulty slate of candidates; people who have work through the party system for years and chosen usually not out of a proven record of achievements but out of length of service and party loyalty; old bulls with little in common with the general public. Wealthy men and women with a proven track record in business, where they could hire the best who produced based on maximizing profit and shareholder value, with in most cases people were a replaceable product of capital production; Where there was little to no need for daily contact with or the need to inspire the masses to a greater social good. Business leaders who attended the world class business school, but never picked up the political skills normally acquired by those who developed political and people skills by paying their dues as a school board member, a city counselor, or state rep or senator.

People who are prepackaged and highly marketed based on the findings of focus groups.

Lincoln also state if you want to know a person's character give him power and his true character will come out. The 2010 election has taking the cover off a lot of elected officials in New Hampshire and many people don't like what they have seen. Without question a number of people who have ran under the cover of the Republican body will meet they political death on November 6th 2012.

Hopefully the people of New Hampshire will realize that the vicious self-serving elements falsely serving under the Republican Party are no different than some of the far left self-serving elements whole falsely serve under the Democratic Party banner and won't do to the Republican Party in 2012 what they did to the Democratic Party in 2010 by eliminating some of the most knowledgeable, dedicated and most effective political leaders thus robbing the people of New Hampshire of the leadership that they deserve.

It take effective leaders from all parties who are willing to ask questions and are willing to talk with respect of the other side's point of views if we hope to have any chance of solving our current problems let alone our future problems.

Right now out of party loyalty we aren't solving any problems, we are creating new problems and that is not leadership.

“Notice first that people often think one thing and say another because social pressure and social norms affect what can be said in public. In many groups in which religious convictions are both deep and widespread, people cannot confess their uncertainty about whether God exists; they may attend church regularly despite their doubts. In other places, people cannot acknowledge that they are deeply religious; in such places social norms punish public declarations of religious convictions. The general point is simple: social norms drive a wedge between public statements and private beliefs, hopes and convictions. ‘Political correctness’ is no isolated phenomenon limited to left-leaning intellectuals. It is a pervasive fact of social life. It appears whenever prevailing norms discourage people from taking issue with a widely held social belief. Sometimes social norms gave a healthy ‘laundering effect,’ by imposing sanctions on vicious or invidious judgments. The existence of social sanctions can make people embarrassed about the judgments and eventually make them recede or even disappear. If hypocrisy is the tribute vice pays to virtue, then social norms should identify both vice and virtue as such and enable citizens to tell which is which.



Hypocrisy can therefore have valuable social uses. It has a civilizing effect. It can produce justice by making unjust behavior seem vicious or otherwise unacceptable. On the other hand, social norms can cause damage in two different ways. First, they may prevent people from offering arguments that are productive, reasonable, or even right. If prevailing norms are invidious or rooted in confusion, they may even perpetuate invidious or confused practices. Second, social norms may discourage the expression of doubt, even when doubt exists and when debate is desirable. In a well-functioning democracy, facts and options are clarified through doubt, and people have a sense of

what their fellow citizens think.” Cass R. Sunstein

“People are driven to social comparison largely because they care about status, and status, of course has social comparison built into it. Part of the satisfaction from achievements and possessions comes from the awareness that not everyone can match them. As others start to catch up, the desires of those who are ahead in the race escalate so that they can maintain their privileged position.” Barry Schwartz

“If we know such a man's principles we may judge with something like certainty, how we will act when placed in particular circumstances; for there is a consistency in his character. He never draws hasty

conclusions; when, therefore, his opinions and purposes are once formed, they are not easily shaken. There is, if we may allow the expression, moral nobility about him. His every movement expresses the character of his mind; his countenance tells of integrity and decision of purpose and his ship is firm and even. How much higher such a man stands in the estimation of his fellows, than one who drones through the world without energy and decision. Such an individual rather exists than lives. He may be amiable, but his virtues are of a negative character—the mean absence of vices. He may be possessed of talent, but he makes little use of it, either for his own benefit or for others. Such a man is never known to perform a great action. He is always wavering, he has no fixedness of purpose, and what he does, becomes rewardless for want of concentrated energy in the carrying out. Thus he passes through life, pitied by some, and by others despised. We want not, however, judge altogether from the outward seeming; the physical constitution of some men differ widely from that of others. These physical peculiarities are often erroneously regarded as indication of the tone of the mind. By this cursory glance, they often pass by as unworthy of notice; or even hold up to ridicule the man of genius, or profound research, who's retiring habits and weakness of constitution, may have produced a timidity of manner. Natural temperament, habits of thought, and peculiar circumstances must, therefore, be taken into account, before we can come to a just estimate of character." Charlotte Eliza Sergeant

There will come a day when every one of us will come face to face with our own mortality. While for the great majority of people that day will come much sooner than they wanted or they expected but at least it will come much closer to the end than the beginning of their life. Most people will spend most of their lives trying to earn the most money. collect the most toys, gain the most status, gain as much power as possible. It usually isn't until the day when they come face to face with a catastrophic event in their life, such as



being let-go from work, voted out of office, life-threatening illness or finance ruin do they realize that they weren't as important as they once believed, their weren't as power as they once believed, nor were they as irreplaceable as they once thought.

It is usually after such an event (s) that people usually take stock of their lives and ask themselves, where have I been, where am I going, and most of all is this really where I want to be heading at this point in my life. If they have their health, time and resources along with the desire they can determined where they want to go, not where others want them to go.

For some unknown reason some people are force to face their own mortality, often numerous times and far too early in their lives. For most it will be is a death sentence and they will spend the remainder of their lives in living being consumed with regret, self-pity and angry as they wait to die. In many ways they are already dead. For others is it a totally new outlook on life. You get to understand that there are so many things that are just not that important. That you are not as important as you think, that you are not irreplaceable and that people just don't have the power over you that you once believed. Or as I have often told myself, they can't kill someone who has already been dead.

If you are force to confront your own mortality far too early you come to understand how precious, how important your time is, you learn to value others but most of all you learn to value yourself. You learn that you have been given a 2nd, 3rd, 4th and sometimes more chances. It is a gift that very others will ever get.

“Life is controlled by complex, abstract systems, like banking and finance. Citizens place a trust in these systems without understanding them. Even experts in one system don't understand the working of other systems. All of this goes on behind the backs of ordinary citizens. There is a contradiction here; people don't trust the media, but don't have other sources. The way the media generate its audience by salacious emotional appeal and also by appearing, by creating an illusion of being objective which is done by

criticizing itself and offering opposing but flat and un-nuanced cartoon-like views, suggesting that those are the extremes. In this process the media eliminates other points of views.” Susan Silbey

“Since a society is far more than the sum of the individuals within it, no understanding of individual genes and brains-however sophisticated-could fully encompass all human behavior. And the fact that our behavior is always shaped by the social environment in which it takes place, even when it is also influenced by genetic factors is an important justification for a system of law grounded in personal accountability. After all, the law; especially its attitudes toward fault and responsibility helps to shape the social environment that interacts with our natural predispositions. An enormous amount of what we do in life is a response to what other ask expect of us; by setting clear, strictly enforced standards of behavior agreed upon by all society...It therefore makes sense for the law to hold people accountable even for some actions that are clearly involuntary. A person driving a car who suffers a grand mal epileptic seizure will lose control of the vehicle and may well kill somebody. The law will take his condition into account in assigning fault, but this does not mean that the driver will bear zero responsibility for his actions. The driver must take some blame, though probably a lesser charge than murder, in order to make clear the value of human lives he has destroyed. He must take even more blame if he knew that he had epilepsy and almost everyone will know this long before applying for a driver’s license and drove anyway. In that case the driver will generally be found guilty of reckless endangerment; he should have known better than expose others to the dangers posed by his condition. One way the law helps him to know better is by setting out clear consequences for such actions. “James Q. Wilson

‘Let no moment pass until you have extracted from it every possibility. Watch every grain in the hour glass.’ John Ruskin

“The democratic spirit represented in Jackson has been promoted by the westward movement, by the equality among the pioneer settler. Jackson could not plead pride of ancestry, for he had been born in a hut of poverty and had been reared in trail and adversity; by this he came the better to know and represent the humble people. Property-holding, educated and influential clergy in New England; men of manor lands, of country-houses, ships and commercial connections, in the middle state; the aristocracy of slave-plantations, of cavalier gentlemen of traditional ‘first families’ in Virginia and the South, these were the forces that had been in actual control of the country. The perversion of the popular will in 1824 was the natural and logical result of this aristocratic regime, and it had been possible because the classes continued to have the audacity to think that they were wiser and could govern better than the people themselves, the plain honest folk, whom these aristocrats looked upon as an incompetent and ignorant mob. Such was the democratic feeling.” James A. Woodburn

“In order to deliver a discourse with power, the speaker must believe that there is power in it. For if the speaker himself does not think it worthy of being spoken, how can he deliver it so, as to impress them with the feeling of being heard? In spite of himself, in every tone and inflection of his voice, in his articulation, emphasis and gesture, he cannot fail to reveal, express, and impress upon the audience his own leading state of mind, which in this case is that condemnation of what he is delivering; and thus he leads them to condemn it. Add to this the torment of anxiety and fear, or rather the conviction that he is making a fool of himself. It is impossible for a person of dull, heavy or sluggish soul to speak well. The true orator is a man of keen and deep sensibility; he is all alive, even to his fingernails. It is this which gives him that charming animation or vivacity, which enables him always to command the attention and sympathy of his audience, and which is almost irresistible. It is this which inspires the tones, inflections, articulation, emphasis and gesture, so that it seems to be the feelings itself which speaks, rather than the man.” Joshua H. McIlvaine

“Bigotry has no head, and cannot think; no heart, and cannot feel. When she moves, it is in wrath; when she pauses, it is amid ruin; her prayers are curses-her God is a demon-her communion is death-her vengeance is eternity-her Decalogue written in the blood of her victims; and if she stops for a moment in her infernal flight, it is upon a kindred rock, to whet her vulture fang for a more sanguinary desolation.” Daniel O’Connell

Reality; deal with it, or go home and die

Moisei Ostrogurski (1922) *Democracy and The Party System*

The American government was not intended at all to be a party government; the fathers dreaded party and took precautions against its getting hold of the constitutional fabric, by building barriers between the several branches of government. ..The membership of a party was brought together most frequently by a common desire to get out of politics 'what there was in it' for the benefit of the organization or the allied special interest; to preserve the external unity of the party... that is to say, the name and style under which it conducted its operations; the organization was always trying to hush up the gravest problems, 'to agree to disagree,' 'to stand pat', to juggle with principles and programmes. The parties were in consequence incapable of initiative or responsibility; they could not put forward measures of national import or display constructive statesmanship. Long and high-sounding platforms were good only for catching votes." Political action was determined more often than not by the balance of conflicting private interests connected with or represented by the parties...Party organizations undertake to supervise the conduct of the legislative bodies only so far as the party interests distinctly require. And what are the party interests?... There is no longer in Congress any opposition in the parliament sense. Party division have been practically reduced to a difference in the titles and to the distinction of 'ins' and 'outs'...the only sincere and consistent opposition comes from within the majority party, from a handful of courageous men branded as 'insurgents'...Party is reduced to the level of electoral contrivance, to manage the elections and to win their prizes." Moisei Ostrogurski (1922) *Democracy and The Party System*



"Real leadership can be obtained in a political community only in four essential conditions: the men capable of exercising the leadership must have easy access to political life; these men who are allowed political influence, must assume the responsibilities attaching to it; for this responsibility to be a reality it must be enforced by proper control; to be efficacious the action of the leaders must be sure of continuity. Now under the caucus regime, ideas, convictions, character, alike disqualify a man from public life; they make him to use the regular expression, 'unavailable.' The party organization always gives the preference to the colorless, weak, easy managed men. In

any event its assent, its visa is required for entering public life. And if men, even the most distinguished, aspired to lead from the outside the ranks of officialism, they would again be stopped by the caucus regime, unless content to act through the Press. If in theory, the first duty of a leader consists in giving his adherents ideas, his first and only duty in the United States, is to give them places. To be able to bestow these he must have some sort of hold over the party machinery. One is therefore in a vicious circle" Moisei Ostrogurski (1922) *Democracy and The Party System*

"The steady growth of the large cities and the social and economic differentiation at work in them prevent men capable of leading from making themselves known and from getting accepted over the heads of politicians. The leveling spirit which the American appears to be imbued does not, again, create an atmosphere very favorable to the development of leadership... Moreover, the natural leaders of whom American society has a potential supply abstain from assuming political leadership...Men who have entered the official sphere of public life shrink from asserting their political individually there: they have not the courage of their convictions, if they possess any, they avoid taking up a decided line in the clash of opinion; they are always 'non-committed,' for fear of compromising themselves and from a wish to be 'safe.' The unreasoning discipline of the party, and the innumerable concessions and humiliations through which it drags every aspirant to a public post, have enfeebled the will of men in politics, have destroyed their courage and independence of mind, and almost obliterated their dignity as human beings. The sign of the party is their conscience, when there are no powerful private interests they have precedence; the waves of popular feelings are their compass. Along the whole line, public life evolves leaders, who do not lead, who deliberately put in practice the well known saying: 'I am their

leader, I must follow them.' The public man loses heart and shirks responsibility all the more readily that there is hardly anyone to keep him up to the mark. The party committees do not care much about the doing of the representatives provided they do not kick against the party or organization...The combination of 'regular' candidatures has made external conformity the sole criterion which dispensal with the private judgment and individual responsibility, henceforth, even a 'yellow dog' had to be voted for, once he was put on the party ticket, The ticket could not be meddled with on pain of sacrilege, the party had become an object of fetish worship. The man who diverged from his party was a 'kicker' a sort of public malefactor, whereas he who followed the party with eyes shut was a 'patriotic citizen.' The fear of not heavy regular, of appearing heterodox and schismatical, developed in the citizen that defer one to the world's opinion, that fatalistic submission which makes a man lose himself in the crowd is a hardship and cowardly fashion. Civil courage shrivelled up in this atmosphere like a body exposed to the cold. No one ventured to raise his voice and protest loud enough." Moisei Ostrogurski (1922) *Democracy and The Party System*



"All men dream but not equally. Those who dream by night time the dusty recesses of their minds, wake in the day to find that it was vanity; but the dreamers of the day are dangerous men, for they may act on their dreams with open eyes, to make them possible." Thomas E. Lawrence

"The great man, unlike the strongest lion, promotes progress by increasing the food-supply not of himself, but of others; or if he increases his own, as he no doubt generally does, he does so only by showing others how to increase theirs. He is like a lion who should be better fed than the rest of the lions in his region, not because he took a carcass from them for which they are were fighting, but because he showed them how to find others which they

never would have found unaided, and took for himself in payment a small portion of each. The great man, in fact, as an agent of social progress, is great not in virtue of any completed results which he produces directly, by the actions of his own hands or brains, or which he exhibits in his own person, but in virtue of the completed results which, by some simultaneous influence which he exercises over the brains or hands of others, he enables others to exhibit in themselves or produce or do in the forms of products or social services." W. H. Mallock

"From a social standpoint, dependence denotes a power rather than a weakness; it involves interdependence. There is always a danger that increased personal independence will decrease the social capacity of an individual. In making him more self-reliant, it may make him more self-sufficient; it may lead to aloofness and indifference. It often makes a individual so insensitive in his relations to others as to developed an illusion of being really able to stand and act alone, an unnamed form of insanity which is responsible for a large part of the remediable suffering of the world." John Dewey

"Education is the enlargement of perception. It is the extension of thought. It is unfoldment. It is growth. Education is more than an effort of memorizing. It is the opening of the latent talent, the loosing of the soil of the mind that new roots may stir to action. It is the fact of independent acting; the awakening of dormant powers, the starting of thought, the flashing of observation, the kindling of reflection. It is facts put to use. Education is the changing of the ideal into the real. It is gained always by personal effort. There is no greater harm to any country than that its government should neglect the impartially educate its children. That government is always best that affords the best means of education, an education that is rational, substantial and equal to all...But what shall we say to those whom circumstances seem to have deprived of the common privileges of education." Susan H. Wixon

"He who has large individuality comes nearest to being a whole man. They who have little individuality and who go with the crowd, who follow the popular tide, are only copies of the throng they follow." Goethe

“When your beliefs don’t mater, it’s costless to cling to them. So that’s what people do. We’re tenacious about such beliefs precisely because nothing hangs in the balance. Misunderstanding protectionism can make you an unwise voters, but so what? Your vote never swings an election anyhow. It makes perfectly good sense for you to get these things wrong. At worst, your false beliefs will earn you scorn of the few people who have actually thought about the issues, and perhaps of the many who take their cues from those few.” Steven E. Landsburg

“There are ill discovers who think there is no land, when they can see nothing but sea.” Sir Francis Bacon

I believe that one of the greatest freedoms we have as Americans is our ability (long as we take care of our responsibilities, don't hurts others, and follow the laws) to get up and go where we want, when we want without having to get government permission. We have the ability to live our life as simple as we desire, we could live in a Gulf Stream Trailer in the middle of 160 acres in Wyoming, on houseboat in the Mississippi Delta, or in fast-paced downtown LA.

I enjoy have the ability to get on a Greyhound bus with a 30 day pass and just go where the next bus is going. I enjoy having the opportunity to throw a sleeping bag, some camping gear, and some clothes in my old beat up Passport; and hit the open roads of the old United States Highway system sleeping where I may, being as invisible as possible, and traveling where I may. No fancy hotels, no comfortable motel, no fancy clothes, just being myself. The opportunity to see the real America. Where you get to see the real Americas, to see the small towns where people get up every day and give more than honest day work, where they asked for very little, where they understand life has risks and that they have to take personal responsibility and hold themselves accountable for their actions not the government, where their don't need to prove their love for their country by wear a flag pin. When many of the young men and women who service this country worldwide and willingly accept the risks and dangers of far off battlefields because that what Americans do. They understand with the privileges of being an American comes responsibility.

The ability to sit in awe of the grant redwood, glaze over the Grand Canyon, climb deep into the earth, watch old faithful, hear the winds rush across open space, hearing the sound of roaring waterfalls, and be overwhelmed by the majestic mountains; that is the beauty of real America. That is true freedom. That is the American freedom, which is the real American Spirit.

“Suppose a man sets up as a surgeon, having made a very imperfect study of his art. He is aware, that for want of knowledge and skill, he should endanger many lives: still h neglects opportunities of making himself competent and goes audaciously to work. If any harm comes of his bungling, he can plead intellectual error, an error of judgment for the time being; he did his best as well as he knew it. Doubtless he did, and in that he is unlike the malicious maker of mischief: still he has chosen lightly and recklessly to hazard a great evil. To that extent his will is bound to the evil: he has chosen it, as it were, at one remove.” Joseph Rickaby

“In all who are extravagantly happy there are extravagantly refined sensibilities? If everything does not respond to their beck and call, then they because they have no experience of any adversity, are knocked flat by each and every little thing- that’s how insubstantial are the things that decrease the sum total of true happiness. For those who are extravagantly fortunate. To be sure, nothing is pitiable except when you think it is: conversely, every lot in life is delightful for one who endures it with detachment, who is the man who is so happy that he would not want to change his standing, if once he gave free rein to his frustration? How many are the bitterness with which the sweetness of honor and happiness is stripped? And, though it may seem delightful as one enjoys it, nevertheless it cannot be kept from going when it wants to. So it is clear just how pitiable the happiness that consists of mortal things is; it does not persist in perpetuity for those who are detached, nor does it perfectly please those who are fretful.” Boethius

“Immature poets imitate; mature poets steal; bad poets deface what they take, and good poets make it into something better, or at least something different.” T. S. Eliot

“There was never a difficulty that had not a path leading out of it.” Author Unknown

“When Reason speaks to you, hearken to what she says, and you shall be saved. Make good use of her utterances, and you shall be as one armed. For the Lord has given you no better guide than Reason, no stronger arm than Reason. When Reason speaks to your inmost self, you are proof against Desire. For Reason is a prudent minister, a loyal guide, and a wise counselor. Reason is light in darkness, as anger is darkness amidst light. Be wise-let Reason, not Impulse, be your guide. Yet be mindful that even if Reason be your side, she is helpless without the aid of Knowledge. Without her blood-sister, Knowledge, Reason is like houseless poverty; and Knowledge without Reason is like a house unguarded. And even Love, Justice and Goodness avail little if Reason be not there too. The learned man who has not judgment is like an unarmed soldier proceeding into battle. His wrath will poison the pure spring of life of his community and he will be like the grains of aloes in a pitcher of pure water. Reason and learning are like the body and soul. Without the body, the soul is nothing but empty wind. Without the soul, the body is but a senseless frame. Reason without learning is like the untilled soil, or like the human body that lacks nourishment. Reason is not like the goods sold in the market places-the more plentiful they are, the less they are worth. Reason’s worth waxes with her abundance. But were she sold in the market, it is only the wise man who would understand her truth value. Each day look into your conscience and amend your faults; if you fail in this duty you will be untrue to the Knowledge and Reason that are within you.” Kahlil Gibran

“Certainty the direction of a state is more difficult than that of a ship; nevertheless, if a ship on an unknown sea had on board with a thousand ignorant persons one skillful pilot, these ignorant would be mad if they did not give up the helm to him, or if they pretended to regulate his navigation by the majority of suffrages. It is not the pilot who has the right to direct the ship; it is the right of all those who are running a common risk, to profit by the skills of the most skilful for the safety of the lives and property of all. The object of association is, in fact, to bring forward the greatest talent and the greatest virtue, in order to employ them for the greatest good of all. In time of great danger, of deep feelings, the instinct by which to discover greatness is not wanting to the masses, and genius often takes its true place without trouble. But it is rare that political questions inspire the people with the sentiment of danger and the necessity of confidence at the same time. Most frequently, if we asked each individual for his opinion, we should be far from obtaining in reply the expression of the national opinion. The ignorant populace, given up almost everywhere to retrograde prejudices, will refer to favour its own progress. The more ignorant the people are, the more are they opposed to all kinds of development; the more they are deprived of all enjoyment, and the more are they obstinately, angrily attached to their habits, as to the only possession they have left; like horses, which in a fire it is impossible to force them out of a stable of flames. It suffices to teach us that the masses hold to opinions ready made, only the small number of thinkers rise above them to consider them anew.” Sismondi

“It is the inequalities of this world that rouse into activity either the cupidity or ambition of men, and stimulate them to steady, persisted action after an object in life, the object in the majority of cases being some form of self-distinction. You may call this selfishness; I call it human nature. But call it what you will, all history teaches us that no matter how noble may be the aim of statesmen, inventors, philosophers, or merchant, the legitimate hope that sustains them in the pursuit of their aim is the hope not only that what they are striving after will be attained by someone, but that it will be attained by them. Every successful man, every man who has wished to be successful, will, if honest, admit that it is this highest form of selfishness that sustained them in their struggle and was the incentive that made them eventually succeed in their enterprise; and to increase the number of these men, we want a science to show mankind that their present miseries are remediable; we want to send all men forth in the battle of life not only with a belief in progress, but the hope within them that they aid in the work, and that, by their own advancement, they are taking the surest means to elevate and improve the conditions of their fellow men. Our object should be make the poor richer, and not the rich poorer. Those men are leading the working class to ruin to destroy them. Those men are leading the working class to ruin in giving them hopes that are impossible. There can be no worse advisors for the poor than those who tell them to look for improvement in utterly wrong directions, who professing to take them out of bondage, only to lead them into a wilderness beyond which there is no promise land. The world will not adapt itself to us; we must adapt ourselves to the world. We must press on; leave the individual free to develop his powers; starting him in the world’s struggles, determined to go onward, nothing daunting him, seeing success more or less before him, if he but voids those causes of failure in so many-a careless indifference and a culpable ease.” James Platt 1888

That is what the leadership of both political parties don't understand. That is what the Tea Party doesn't understand. This is the American Freedom, these are the people who have dealt with numerous crises before and not only overcame them, but became strong because of them. I think that very few of our nation's leaders and even at the state level have no idea what the everyday average American faces every single day. Political leaders fly across country in first class seats and maybe every once in a while look out the window. If they drive they drive as fast as possible on the Interstate. Unless of course it is election season when they hired the best marketers that money can buy try to market themselves in order to tell us that they too are the common folks.

“Some of us feel there have been some abuses in the mental health system. Not all mental illness requires treatment. Some cure themselves. The budget is a message to mental health agencies; you need to look for a temporary cure. You need to do some triage. I’ve heard it all before, we passed a budget and things went OK. The dire results were not there.” Rep Kenneth Weyler

Who gave you the boots?

Recently I had the opportunity or misfortune to sit and listen as a number of fellow representatives spoke about the current “liberal social agenda”. One representative forcefully stated that he was sick and tired with government using his taxes to support people who were either too lazy to work, unwilling to take any job available; especially those 99’ers who always seemed to find work the week after their unemployment runs out, otherwise those people who felt that government owes them.

He further stated that his only objective for running for elected office was to lower taxes, shrink government, and to make sure that those people, the lazy ones who placed all the blame for their problems on others, the ones who believed they have been and still are being victimized by big business and society to take individual responsibility and stand on their own two feet.

When asked what about the kids, the answer was it wasn’t government’s problem. Another representative stated that the answer was simply lets pass a few laws, one preventing divorce as long as there were children under the age of 18, the other require all fathers to take responsibility for their kids. I asked what about dangerous households, how would you have an 18 year old father take responsibility for a child when he wasn’t even responsible enough to buy three condoms for a dollar? The reply children are not government’s responsibility, they have parents. We need to go back to the past when local charities took care of the children.

One representative stated that there was not a single representative that had a worse or tougher childhood than he did. That nothing in life was ever given to him. That he had to work for every single thing he has. That he start work at a very early age, worked long hours. That if people wanted something bad enough they needed to get off their butts and work for it. People needed to do what he had to do, pull themselves up by their own boot straps.

As I sat listening in total disbelief I was so tempted to call him on it, to me he was just one of those people who tell the world “I walked five miles up hill in the snow to go to school and then five miles up hill to go home.” Something that is possible but highly unlikely.

I have always been amazed by how some people have the desire to convince the world just how harsh and difficult their childhood and early adulthood were; how many obstacles they had to overcome. They are a lot like veterans, the ones who talk the most usually saw little and sometimes no combat.

No matter how upset I was with these Tea Party Representatives, I knew in many ways they are no different than many of the socially liberal Democrats in my party.

I recently wrote that it was important that everyone take responsibility for their actions and hold themselves accountability and I was told that I was no different from many of the other people who “pull themselves up by their boot straps”; the ones that seem to have forgotten how difficulty life had been and just how lucky they

have been. I was told that I was being unfair to all the other people who just didn't have the resources and opportunities I had. I was further told that it was government responsibility to help people.

I don't care who you are, I don't care what your political party is, there is no one in this life that get anywhere on their own. No matter who much you may believe that you pulled yourself up by your "own boot straps" someone had to give you the boots. Someone had to show you how to make the boots. Someone had to show you how collect the material to make the boots; anyone who states otherwise, is either fooling themselves or lying, most likely both.

The great majority of us who had to work hard to achieve what we have are grateful for the opportunities we had. We are grateful, for the teachers, coaches, the adults, even the unknown strangers who we had a chance encounter with and the many others that have help us along the way. We fully understand and acknowledge the time and efforts of others that helped us along the way. Americas go out of their way to help others who are helping themselves. We have a clear understanding that we have a moral obligation to pay it forward; that we need to help others up when they failed, allowing them to fail again and fail again, because success comes from the ability to fail.

I haven't forgotten where I have come from nor will I ever, but I do have the ability to know when someone is lying about "how they pull themselves up by their boot straps" or is trying to placate me, or patronize me to make themselves feel good about helping the "people who can't help themselves."

That is where both parties are wrong, dead wrong; one enhances their belief about pulling themselves up by their bootstraps and the other says I will pull up the bootstraps for you.

So the next time you tell me that you tell me that "you pulled yourself up by your bootstraps," be ready to tell me who gave you the boots. The next time you tell me that you want to help me put on my boots, be prepared to tell, for whom benefit; yours or mind.

"Taken absolutely, instead of comparatively, immaturity designates a positive force or ability, the power to grow. We do not have to draw out or educe positive activities from a child, as some educational doctrines would have it. Where there is life, there are already eager and impassioned activities. Growth is not something done to them; it is something they do. The positive and constructive aspect of possibility gives the key to understanding the two chief traits of immaturity, dependence and plasticity. (I) it sounds absurd to hear



dependence spoken of as something positive, still more absurd as a power. Yet if helplessness were all there were in dependence, no development could ever take place. A merely impotent being has to be carried, forever, by others. The fact that dependence is accompanied by growth in ability, not by an ever increasing lapse into parasitism, suggests that it is already something constructive. Being merely sheltered by others would not promote growth. For (II) it would only build a wall around impotence." John Dewey

"I think it's mostly happy accidents. It's really nice that you would even intimate that there could be any kind of planning going on. It looks like a marathon and I'm proud that I'm nor a DNF (did not finish). I am not a DNF yet. I just keep going and really try to get better and try to be as truthful as I can and hope that good things come my way." Jennifer Beals

"Part of leading is allowing mistakes. One can't move forward without making errors. Making mistakes means we are continuing to try experiment and reach out. When we make a mistake, we should admit it and look carefully to discover why it was made in the first place and try to find a way to make it right. We must then to work to incorporate any lesson learned into our lives. It is not the mistakes that we make but how we address them that is the measure of our success as leaders and in life...It is important that you never surround yourself

with people who will always agree with you. A leader has to have confidants who are willing to gently but firmly point out the leader's mistakes and weaknesses, and suggest ways to improve and grow...It would be naïve to think that all the people we work with will reward our trust in them with outstanding performance. It would be foolish to believe that the people we step aside for won't trip, stumble, or even fail. Just as we must admit our mistakes, correct them, and learn from them, we should be willing to help others do the same." Stephen LeGault

"The ignorant, while seeking to maintain fame, sacrifice reality. By doing so they will have to regret that nothing can rescue them from danger and death, and not only learn to know the difference between ease and pleasure and sorrow and grief." Yang Chu

"Courage is a morally neutral virtue. If physical valor enables both the soldier to hold his ground in the face of the enemy's fire and the robber brazenly to steal your money in the middle of the road, it cannot serve as a guarantee of good character." Susan Sontag



"The nature of experience can be understood only in nothing that it includes an active and a passive element peculiarly combined. On the active hand, experience is trying, a meaning which is made explicit in the connected term experiment. On the passive, it is undergoing. When we experience something we act upon it, we do something with it; then we suffer or undergo the consequences. We do something to the thing and then it does something to us in return: such is the peculiar combination. The connection of these two phases of experience measures the fruitfulness or value of the experience. Mere activity does not constitute experience. It is dispersive, centrifugal, dissipating. Experience as trying involves change, but

change is meaningless transition unless it is consciously connected with the return wave of consequences which flow from it. When an activity is continued into the undergoing of consequences, when the change made by action is reflected back into a change made in us, the mere flux is loaded with significance. We learn something. It is not experience when a child merely sticks his finger into a flame; it is experience when the movement is connected with the pain which he undergoes in consequence. Henceforth the sticking of the finger into the flame means a burn. Being burned is a mere physical change, like burning of a stick of wood, if it is not perceived as a consequence of some other action. To learn from experience is to make a backward and forward connection between what we do to things and what we enjoy or suffer from things in consequence. Under such conditions, doing becomes a trying; an experiment with the world to find out what it is like; the undergoing becomes instruction; the discovery of the connection of things." John Dewey

"Great leaders inspire. They have the ability to change hearts and minds. They find solutions and show the way. We who have served our country in a time of war know that great leadership is not limited to rank or billet. Great leadership comes from within." Anthony L. Baskerville

"If you look to congress, or the political class in general, leadership seems to be getting to where the crowd is already going and pretending you led them there." Vince Farrell

"It should not be forgotten how much the loser contributes to almost every game." Lord Dunsany

"Specks of knowledge are scattered through a vast emptiness of ignorance, and everything depends upon how solid the individual specks of knowledge are, and how powerfully linked and coordinated they are with one another. The vast spaces of ignorance do not prevent the specks of knowledge from forming a strong structure, though sufficient misunderstanding can disintegrate it; Ideas, as the raw material from which knowledge is produced exist in superabundance, but that makes the production of knowledge more difficult rather than

easier. Many ideas, probably most, will have to be discharged somewhere in the process of producing authenticated knowledge. Authentication is as important as the raw information itself and the manner and speed of the authentication process can be crucial.” Thomas Sowell

“Ignorance is mental darkness. We live in a cycle of free libraries. We live in the age of science. The newspaper is everywhere. Then is it not almost criminal to remain stifled in ignorance? For, if we have not the advantages of free schools, we still may have the newspapers and libraries. Who are the ignorant? They are the blunders. They are the plodders, who do the bidding of others in any menial service commanded. When is it to be ignorant? It is to grope the way, to stumble, to see through a glass darkly, to peer this way and that, and



know not the light. Ignorance it was that once a strip of rag in a cup of lard, for a lamp to read by. Knowledge, after a time, gave a tallow candle. To-day, the same science, extended, has revealed the incandescent light, flooding the spaces with brilliance and glory. To be ignorant is to take a back seat. It is to be pushed aside while learning and intelligence grasp the prizes of life. We ought to be ashamed to be ignorant. But ignorance is never bliss. It may stand for inaction. Content, stupidity, but it is not bliss in the true meaning of the word. No community is in a blissful state that has a majority of ignorant people. It is a concern of the general public, as well as the individual, that the people shall not be ignorant. Why so? Because it

may be observed that where poverty largely exists, there is ignorance.” Susan H. Wixon

“I felt betrayed by my own naiveté, the modern world had snuck up on me, and I hadn’t seen it coming. The rules had changed, and I hadn’t noticed, my fault basically. We have always been profitable but the new guys wanted more. They got it by cutting costs to the bone. I was a cost. I got cut.” Lee Child

“In every calling we can see leaders and winners who possess no special talent or ability. The one common denominator is work. Hard work has no stand-in and no successor. Cultivate good relations with others, but work. Study as much as you can, but work. If your talents and natural abilities are limited, work harder.” D. P. Luben

“I have learned as much in my career from failures as successes, something that is true for most of us, but which few of us like to admit. I also realize that a significant amount of what I consider important learning occurred under conditions where I was at some risk. I do not believe we should set people up to fail in the name of learning, but we should not be afraid to take risks which increase the probability that true learning will occur. The next time someone asks if they can dig a hole in your backyard, think about it before responding. The risk that you may have to help fill in a messy void may be low compared to the potential for longer term payoff greater than you ever imagined.” Robert E. Mittelstaedt, Jr.

“The human heart cries out for help; the human soul implores us for deliverance; but we do not heed their cries, for we neither hear nor understand. But the man who hears and understands we call mad, and flee from him.” Kahlil Gibran

“The true victories are the only ones which we need never lament, are those won over the dominion of ignorance.” Napoleon Bonaparte

“The straightest way, perhaps, which may be sought lies through the great highway, man call-I ought” Author Unknown

“Strive to do well, to do the best possible, and rejoice if another can do better.” Greek Proverb

“Don’t wait until you are backed into a corner to set limits and you are at the mercy of others and are forced to fight on their terms. Unless you have established such a minimum point and are prepared to stick to it, you will find it difficult to win any argument or win any negotiation. You will just lose over and over. If you have set a minimum point you will know when something is not acceptable. So when you see you are getting what you want, you can just get out and move on to where the odds are better. This do not mean compromising your goals, it just means accepting the fact that every situation has some drawbacks and some offer very little chance for success. Learn which situations which are likely to help you attain the result you seek which will not. Learn not to accept bread today in place of cake, only to be discouraged tomorrow. Learn to accept the realities of the present to avoid losing control over your tomorrows.” David Viscott

“Many times long-term prisoners and lifelong cage animals will remain inside the walls that are familiar to them, even if the door is open. The only way one takes on it on is if one’s comfortableness becomes too painful to bear. Sometimes we have to be blasted out of our familiar way in order to move to the next level. So many people spend major portions of their lives living in harmful situation. We unconsciously poison ourselves by being afraid not to become victims. They cannot imagine what live would be if they were not tossed around and beaten down by it.” Connie Kaplan

“Here I had time to ask myself, what is my life about? What are my options? Would it be possible to get my career back on track? With hard work and knuckling under, would it be possible to reestablish myself? I could see now that this wasn’t realistic. I have been suffering from what is known in psychiatric circle as the delusion of a reprieve. The condemned man, in the period after he is sentenced, suffers from the illusion he might somehow be reprieved. I imagined that there has been some mistake that somehow the mistake would be corrected and would be well. Now clearly, there was no mistake, no failure of communication, on several occasions they had the opportunities to allow me to proceed and they have actively blocked forward progress. Now it was clear: there would be no reprieve. I pondered was what was my life about? Was my life really about a career? Or was it about accomplishing something significant? Now I had to choose.” Stephen Denning



“It sometimes struck me that when this young person returned to her native village for a holiday, her former companions must have felt surprised to see the success of the girl they had thought dull, while they who had thought themselves clever were so completely beaten by her in the race of life, and were still pursuing comparatively unimportant and ill-remunerated employments. Her success was, in fact, owing to moral causes. She began by acknowledging her ignorance and taking lessons to improve herself; then she was contented to begin with low wages and an inferior situation. Finally, her diligence attracted her master’s attention, and when placed in a position of trust she continued careful and painstaking. A

conceited, proud, or careless person would have failed in the same position; her success was due not to the presence of great abilities, but the absence of bad qualities. The absence of bad qualities goes a long way towards forming good sense. Persons, who are not guided by vanity, or temper, or jealousy, or a love of amusement, will be guided by reason, and to be guided by reason is to possess good sense.” Jessie Boucherett

“The blind allegiance to party is the cause of a large part of the evils in our public life. The corrupt and self-seeking count on it to sustain them in power, when they have once gained control of the party organization, bossism and its attendant evils can be directly traced to it, and nothing short of an emergency that threatens the destructions of our institutions can shake it. Political Principle is the only safe guide for political action, and the spirit of partisanship is the deadliest menace to the permanence of our government. Allegiance to purity has become synonymous with patriotism, and a man who deserts his party is a traitor as despicable as the man who abandons his country in her hour of need. Principle as a guide for political action is sneer at.” F. I Vassault
1889

“First, therefore, we must seek what it is that we are aiming at; then we must look about for the road by which we can reach it most quickly“ and on the journey itself, if only we are on the right path, we shall discover how much of the distance we overcome each day, and how much nearer we are to the goal toward which we are urged on by natural desire. But so long as we wander aimlessly, having no guide, and following only the noise and discordant cries of those who call us in different directions, life will be consumed in making mistakes, life that is brief even if we should strive day and night for sound wisdom. Let us, therefore, decide both upon the goal and upon the way, and not fail to find some experienced guide who has explored the region towards which we are advancing; for the conditions of this journey are different from those of most travel. On most journeys some well-recognized roads and inquires made of the inhabitants of the region prevent you from going astray; but on this one all the best beaten and the frequented paths are the most deceptive. Nothing, therefore, needs to be more emphasized than the warning that we should not like sleep, follow the lead of the throng in front of us, traveling, thus, the way that all go and not the way that we ought to go.” Seneca

“For a generation, no matter who was in power, the prevailing winds had been blowing in the direction of autonomy, individualism, and personal freedom, not in the direction of society, social obligations, and communal bonds. Conservatives embraced the individualism of the market, liberals the individualism of the moral sphere, and both side emphasized materialistic approaches to public policy while fighting fiercely over the proper size of government. Hamilton, Lincoln and Theodore Roosevelt had been able to assume a level of



social and moral capital. They took it for granted that citizens lived in tight communities defined by well-understood norms, a moral consensus, and restrictive customs. Today’s leaders could not make that assumption. The moral and social capital present during those years had eroded, and it needed to be rebuilt.” David Brooks

“Western parents are extremely anxious about their children’s self-esteem. They worry about how their children will feel if they fail at something, and they constantly try to reassure their children about how good they are notwithstanding a mediocre performance.

Such parents may worry that their child does not test well or have aptitude in the subject or that there is something wrong with the curriculum and possibly the whole school. If the child’s grades don’t improve they may eventually schedule a meeting with the principal to challenge the way the subject is taught or call into question the teacher’s credentials. Such parents worry a lot about their children’s self-esteem, but one of the worst things any parent can do for their child self-esteem is to let them give up, on the flip side there is nothing better for building confidence than learning you can do something you thought you couldn’t” Amy Chua

“Life is an island in an ocean of loneliness, an island whose rocks are hopes, whose trees are dreams, whose flowers are solitude, and whose brooks are thirst. Your life, my fellow man, is an island separated from all other islands and regions. No matter how many are the ships that leave your shores for other climes, no matter how many are the fleets that touch your coast, you remain a solitary island, suffering the pangs of lonesomeness and yearning for happiness. You are unknown to your fellow men and far removed from their sympathy and understanding. Your life, my brother, is a solitary habitation separated from other men’s dwellings. It is a house into whose interior no neighbor’s gaze can penetrate. If it were plunged into darkness, your neighbor’s lamp could not illumine it. If it were emptied of provisions, the stores of your neighbors could not fill it. If it stood in a desert, you could not move it into other men’s gardens, tilled and planted by other hands. If you stood on a mountaintop, you could not bring it down into the valley trod by other men’s feet. Your spirit’s life, my brother, is encompassed by loneliness, and were it not for that loneliness and solitude, you would not be you, nor would I be I. Were it not for this loneliness and solitude, I would come to believe on hearing your voice that it was my voice speaking; or seeing your face, that it was myself looking into a mirror.” Kahlil Gibran

“To bear whatever comes with a brave mind and closed lips is a symbol of greatness.” Author Unknown

“It would be easy to go on enumerating instances and examples of men in every department of business, art, science and literature, who have risen from the ranks and left a name engraved on the affectionate memories of their countrymen. It was so in ancient Greece and Rome, it is so in Europe and America at the present day. It is well known that there have been noble example of mental and moral worth in the higher and middle classes of society, in all ages and nations. And men ought to acknowledge and appreciate worth and excellence wherever found, whether in the humble cottage or beautiful mansion, whether seated on a throne or toiling for a livelihood in a garret or a cellar. It is no disgrace to be poor. Christ himself was a poor man. There may and frequently is to be found, poverty without any connection whatsoever with talent and moral worth. The condition of birth is a mere accident of existence, and to no man’s praise or blame. But being poor, goads men on in self-culture, rather than fetters the strong-minded, or keep a truly noble soul from rising. Generally speaking genius is rarely nursed upon the lap of fortune. Riches are a strong temptation to ease and self-indulgence, and it is perfectly clear they are not necessary for man’s highest cultivation. It should be remembered that the majority of great and distinguished men have risen from the middle and lower classes. True talent or genius, like the lark or the eagle soars upward and upward and circumstances or men can seldom if ever keep it down.” William Unsworth

“Never neglect the little things. Never skimp on the extra effort, that additional few minutes, that soft word of praise or thanks, that delivery of the very best that you can do. It does not matter what others think, it is of prime importance, however, what you think about you. You can never do your best, which should always be your trademark, if you are cutting corners and shirking responsibilities. You are special. Act it. Never neglect the little things.” Og Mandino



“It is impossible ever to prove that will is free. Never the less, because such a belief is necessary, we can act and live as if the will is free. When we so act and live, we discover that certain more insights are possible. For example, we are then able to hold each individual responsible for his actions, and we are in a position to strive for a better life; we are not drowned in complete moral despair, not caught in the inevitable tangle of cause and effect which characterizes the world of nature. Life becomes meaningful for us as human beings when we can believe that what we do is the result of free choice, and has, thereby, a moral meaning. The moral consciousness of man implies that will is free.” Immanuel Kant

“It is important to observe that virtue and vice are not acts but habits. Vices do not make a man guilty, nor do virtues make him innocent. A man is not guilty or innocent according to his acts, but according to his habits. A man may do a wicked thing and not be vicious, or a good action and not be virtuous. But no man is vicious who has not done one, two, aye, many wicked things; and to be virtuous, a man must have performed many acts of virtue.” Boethius

“Some propositions again are self-evident only to the wise, who understand the meaning of the terms; as, do one who understands that an angel isn’t a body, it is self-evident that an angel is not in a plane by way of circumscription.” Anicius Manlius Boethius

“To be an inspiration to other is one of the most powerful gifts you can give. However, the rewards of your efforts are multiplied as the energy you expand attracts unto itself, and returns to you tenfold. Real charity shows itself in action, succoring a neighbor in need, which is something a counsel, sometimes a duty. It is an axiom that charity is not binding with grave inconvenience.” Author Unknown

“Opportunity has hair in front, behind she is bald; if you seize her by the forelock, you may hold her, but, if suffered to escape, not Jupiter himself can catch her again.” Author Unknown

“Life is a great problem, much of it insoluble to us, but a great deal of it that might be made plain to the commonest understanding poverty, its causes and remedies, is a subject of interest to all, and one that is to be made understandable by all, if we study the game as it is now played, and introduce truth in place of colourable impostures and delusions. We want our thinkers to give their minds more to everyday life to address themselves to the commonest occasion of life, as much as to the highest. We want a greater personal intercourse with the poor by the middle and better classes of society, a better knowledge of the poor, and the way they live, their incomes, how earned, how spent; a better appreciation of the difficulties in the way of their



upward progress, owing to their being removed every humanizing influence by the squalor of their surroundings; living from the cradle to the grave in the midst of debasing and degrading conditions. We have relied too much upon the philanthropic aid of the benevolent, the charitable institutions that have strung up in the past ages, our workhouses, and the lavish or careless expenditures of our poor-law administration; forgetting that all these effects are only palliative, not one attempting to get rid of the diseases; the object is not to get the poor out of their abject condition, but to relieve them a little from its temporary effects. It would be kinder to be more cruel. One of the

most efficient remedies for the amelioration of the misery of the poor, for the elevation of the lowest class, would be an alteration of our system, so as to secure this personal interest, not some off-hand, curt, paid government official, between the reliever and relieved.” James Platt 1888

“Success is not a prize that you win, it must be earned. If you want to make something of yourself, no matter what hand you have been dealt, you must have faith in yourself and play your hand realistically. You will always face uncertainty. You will have both real and imagined doubts and fears to conquer. And you will find that very often, success comes to those who persevere and never give up.” Wess Roberts

“Life takes us up and bears us from one place to another; fate moves us from one point to another. And we, caught up between these twain, hear dreadful voices and see only that which stands as a hindrance and obstacle in our path.” Kahlil Gibran

“Do what thou canst, and then invoke the gods. God helps the man who toils to help himself.” Author Unknown

“The desire should be to help the fallen, but to do so in such a manner as not to keep down the temporality unfortunate, but to help to raise them up to be self-supporting. To do this, we must root out the prevalent idea that the poor have a right to be relieved. It would be inhuman not to help the destitute, but justice must also think of the rights of the industrious poor, struggling manfully to be independent, and where effects are made more difficult, and their small incomes lessened by increased rates for the relief of the poor. We have to think of those that have to pay as well as of those that are to receive.” James Platt 1887

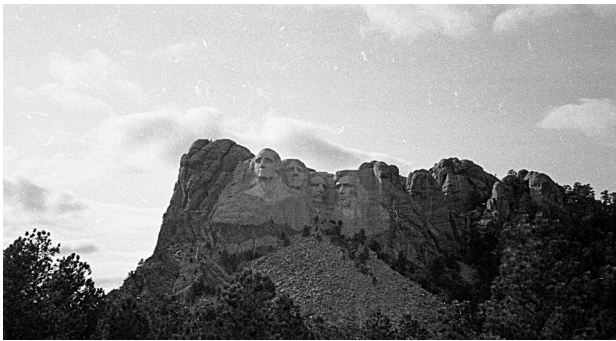


“Long not mournfully into the past, it comes not back again; wisely improve the present, it is thine; go forth to meet the shadowing future without fear.” Henry W. Longfellow

“Precisely when the storm rages loudest the pilot will be most wanted; but he will not be found. The mutinous crew in the hour of peace has cast the wise captain overboard, and in the hour of imminent shipwreck nothing remains for them but to choose for their master the most energetic of the mutinous. This has been the experience of all democracies.” Professor Blackie

“Words have the power to both heal and damage. Parents or teachers should never use words deliberately to hurt a child. Once those words are said, they can resonate for a lifetime. Too many children have been emotionally scarred by spiteful and untruthful words.” Rose Rock

“How few men can rise above some prejudice, or often, how rare to meet with a leader who has the moral courage to stand by principle, and resolute enough to push aside expediency however tempting. We want such a leader at the present time. We want politicians who have the courage of their convictions and who will not shrink from the consequences of explaining and maintaining them, more especially the danger of deviating from a right principle, as once you depart therefrom, where can you stop. It is impossible once you put aside the restraining principle, the only true policy is strict adherence to what is right, observance of principles, it is the first steps that count, once you begin to go down the wrong road, there is no knowing how far you will go for you have parted with that powerful protector-principle. The importance of a steadfast adherence to what is right, the keeping on the straight road, never turning to the right or the left is greater than ever. We must remember that so for the people showed a preference for those who flatter them, it may be natured, but is none the less dangerous-with Democracy as with an Oligarchy, the same care will be necessary. It is the most undisputed of all maxims in political science, that, whosoever is entrusted with political power is disposed to abuse it, and will certainly abuse it, unless a sharp -eye precaution be kept constantly awake. The working classes merely because they can out vote the rest of the community have no immunity from the common frailties of human nature. There is a contagious power in a multitude which naturally leads to excesses. Political and ecclesiastic majorities have been in the constant habit of cheering themselves on to deeds of injustices thinking that they were doing God’s service. The majority, in the most perilous and critical matters, is pretty sure to be either wrong together, or wrong in the excess of what it passionately feels to be right.” James Platt 1872



“Keep a watchful eye over yourself as if you were your own enemy; for you cannot learn to govern yourself, unless you first learn to govern your own passions and obey the dictates of your conscience. Every evil has its remedy, except folly. To reprimand an obstinate fool or to preach to a dolt is like writing upon water. Christ healed the blind, the halt, the palsied, and the leprous. But the fool He could not cure. Study a question from all sides, and you will be sure to discover where error has crept in for he who tries to seize an opportunity after it has passed him by is like one who sees it approach but will not go out to meet it.” Kahlil Gibran

“When I approach a child he inspires in me two sentiments; tenderness for what he is and respect for what he may become.” Louis Pasteur

“What matters is not to know the world but to change it.” Frantz Fanon

“One of the greatest dangers of kindergarten is narrow-minded teachers, who believe in certain parts of a curriculum, and who fix the mind of a child in some lower stage of construction from which it is very hard to step to a higher plane. In the hands of such teachers, the kindergarten degenerates. Thus the child may be hindered in the primary school as a result of narrow culture.” Amalie Hofer

“The average man votes below himself; he votes with half a mind or a hundredth part of one. A man ought to vote with his head and heart, his soul and stomach, hid eye for faces and his ear for music; also (when sufficiently provoked) with his hands and feet. If he has ever seen a fins sunset, the crimson colour of it should creep into his vote. The question is not so much whether only a minority of the electorate votes. The point is that only a minority of the voter votes.” Gilbert K. Chesterton

“Knowledge is the most valuable treasure, for it cannot be stolen nor consumed.” Hitopadesa

“To think for one’s self, to always endeavor to act from one’s own honest convictions of truth is the duty of all. It may lead sometimes to discussion, possibly, to some difficulties, complications, troubles of various kinds, for those who imitate, as a class, are quick to find fault, quick to take exceptions to one of pronounced individuality, especially, if he gives to the people a new truth. To be original in thought and expression, you fear may make you unpopular. Fear not to be thought unpopular. It is the sometimes unpopular men and women who have made this world a good place to live in. The term “unpopular” is the crown of thorns woven by the ignorant and unthinking that, eventually, changes into a wreath of roses and laurel. To be ground into the dust by a furious mob to day means grace and glory to-morrow. It may be readily seen why we should strive for individuality. It is right that each should be his own self and not the copy of another. One who is imbued with great independence stands out from among his fellows. He is a leader. He helps to mould the times in which he lives. He is a builder. By him individuals arise to higher altitudes. He is an inspirer. He is a stronghold. The strongly individualized character inspires others with energy and confidence. Individuality is the marked characteristic of free men. Without it, society suffers, business stagnates and nations become weak. All great reforms, all progression, is due to the individualized characters of men who thought independently of established forms and usages.” Susan H. Wixon

“Think wrongly if you please, but think for yourself.” Gotthold Lessing 1778

“I learned grammar when I was a private soldier on the pay of six pence a day. The edge of my berth, or that of my guard bed, was my seat to study in; my knapsack was my bookcase, and a bit of board my writing table. I had no money to purchase candles or oil; in winter-time it was rarely that I could get any light but that of the fire, and only my turn, even, that. To buy a pen or a sheet of paper, I was compelled to forego some portion of food, though I state of half-starvation. I had no moment that I could call my own and I had to read and write



amid the talking, laughing, singing, whistling and bawling of at least half a score of the most thoughtless men, and that, too, in hours of freedom from all control. And I say, if I, under circumstances like these could encounter and overcome the task, can there be in the whole world a youth who can find an excuse for the non-performance?” William Cobbett

“When it is working the best, you’re hearing well and taking into account a lot of people’s views and perspectives and trying to focus on an owned outcome. Think about that coffee cup, and what you can see, and what I can see. We both can more fully describe what we’re seeing if we both make contributions to its description, because there are things on that side of the cup that I can’t see. There are going to be things that are obscured to someone else’s in the circle of shadows or lighting. So when we’re trying to examine the whole of a new project, the most effective way is to draw on the contributions of where people of very different backgrounds sit and how they see things.” Todd North

“Even if you're going to live three thousand more years, or ten times that, remember: you cannot lose another life than the one you're living now, or live another one than the one you're losing. The longest amounts to the same as the shortest. The present is the same for everyone; its loss is the same for everyone; for you can't lose either the past or the future; how could you lose what you don't have?” Marcus Aurelius

“People who succeed in life are those who have learned how to take any challenge life gives them and communicate that experience to themselves in a way that causes them to successfully change things. People who fail are people who accept the adversities of life as limitations...In every person’s life there comes a time of ultimate challenge, a time when every resource one has is tested. A time were life appear to be unfair. A time when one’s faith, values, patience, compassion and one’s ability to persist are all pushed beyond our limits. Some use this time to become better people others allow these life experiences to destroy them.” Anthony Robbins

“Our times of greatest pleasures are when we have won some high peak of difficulty, trodden under foot some evil, and felt, day by day, so sure a growth of moral strength within us that we cannot conceive of an end of growth.” Stopford Brooke

“The lunatic is the man who lives in a small world but thinks it is a large one; he is the man who lives in a tenth of the truth, and thinks it is the whole. The madman cannot conceive any cosmos outside a certain tale or conspiracy or vision. Hence the more clearly we see the world divided into Saxons and non-Saxons, into our splendid selves and the rest, the more certain we may be that we are slowly and quietly going mad. The more plain and satisfying our state appear, the more we may know that we are living in an unreal world. For the real world is not satisfying. The more clear become the colours and facts of Anglo-Saxon superiority, the more surely we may know we are in a dream.” Gilbert K. Chesterton

“We live in a country where we're supposed to have freedom of the press and religious freedom, but I think to some degree, there's a sense of fear in America today, that if you say the wrong thing, what some people will consider what is wrong, if you step out of line, if you dissent, whether you be an entertainer, that somehow and some way this government or the forces to be will come down on you.” John Lewis

“It requires a mind of strong fiber to suffer in silence and grow strong through suffering; to bear insult and injury without exhibition of passion or outburst of anger. It is fortitude that enables one to do that; it is a great possession. Why? Because it is helpful all the way through



if, helpful in sickness and in health, in sorrow and grief, in reverses of fortune and perils of pain, in adherence to right, under all persecuting influences. It gives strength and power. It is strength itself. It enables one to face any foe, grapple with any wrong, endure any privation and bear with equanimity all suffering for the right. It helps its possessor to be firm under all difficulties, to be brave under all circumstances. If none had this sterling trait, it may be plainly seen that in the event of a great conflagration, in a severe panic or riot, or a suddenly calamity of any kind, how difficult it would be to maintain order and discipline. No one could be able to direct, guide,

or preserve the peace in an emergency, without fortitude.” Susan H. Wixon 1887

“I have always observed that we are utterly uncompromising when it comes to athletics. We know the pathway to success—that is, to push the athlete to the point of failure. That’s how you produce the best athlete. Academics are no different. To get the best academics, the best intellects, they must be pushed to the point of failure. This is not a thing to be dreaded; it is a thing to be pined for. If we accept anything less than that, we have failed them.” William B. Allen

“Conscience tells us that it is better, not alone for ourselves, but for everybody else, for the whole world, to do the right thing. It may be hard at the time of doing it, it may be difficult to overcome temptation, but, to be true to that we know is right is always best in the end. It may be asked how shall we know what is right. It is not always easy to discover. That which seemeth right to one may appear entirely wrong to another. But, if our doing is according to our highest convictions, above all prejudice, what more can be expected? The world may often condemn our actions, may call us cranks, fanatics, and worse names, but, having the approval of our own inherent sense of right, we must experience the satisfaction and inward approval. Thos is superior to the applause of a multitude in a popular, but false, course. It sometimes requires a vast deal of courage to adhere to the right in face of adverse circumstances. But he, who holds steadfast to the action he feels, is right and true, under all conditions, is the real hero. The great aim should be through a; perplexities to discover the right and do it.” Susan H. Wixon 1887

“I will take the responsibility” General Stonewall Jackson

“In knowledge the man only is to be contemned and despised who is not in a state of transition nor is there anything more adverse to accuracy than fixity of opinion.” Faraday

“Man should do all things he know right, and fear to do not act save what is wrong.” Phere Carey

“We suffer much from the faults of others, but we lose much more by our own ignorance.” John Ruskin

“That which we know is all our own. The more we know-the more we absorb of useful knowledge, the richer we become. Does not actual knowledge put to flight all extremes of errors and misunderstanding? Take a fact in Nature; prove it; it becomes yours, and not all the hyenas and bloodhounds of ignorance can take it from you. As some one has said before, ‘there are two most valuable possessions which no search warrant can get at; and which no reverse of fortune can destroy: there are what a man puts into his head-knowledge; and into his hands-skill. To store the mind with dates and figures is not so important as to know how to interpret the devices of Nature, to apply that which we do know to the life we live. That, which is termed invention or discovery, is only applied knowledge. We may fill our minds with huge collections of thoughts of others; but they serve little purpose unless we deduce from them new and original thoughts of our own. The accumulation of much knowledge avails nothing unless for helpfulness toward others as well as to ourselves. Knowledge is needed in the emergencies of life and the pursuit of happiness. It is craved as an incentive to gain more knowledge, and to induce others to apply for more. No humble aid should be overlooked in seeking knowledge. Nothing should be thought beneath our notice, even though coming outside our particular range. Unforeseen difficulties are constantly arising whereby that which we know, however simply it may be, will come in play. Let no moment flit by unimproved.” Susan H Wixon

“Be not ashamed to be helped, for it is thy business to do thy duty like a soldier in the assault of a town. Therefore, if being lame, thou canst not mount upon the battlements alone, but with the help of another, accept help.” Marcus Aurelius



“Without education men are as bears and wolves. It is the clearest duty prescribed by nature herself under silent but real and awful penalties, on governing persons in every society, to see that the people, as far as possible, are taught that wherever a citizen is born some chance be offered him of becoming a man and not a bear or a wolf.” Thomas Carlyle

“Living will teach you how to live better than or preacher or book.” Goethe

“Nothing will increase risk more than by shifting it to somebody else. If I thought the government would back me up, I’d go into the commodities market and put a million dollars in soybean futures. Knowing that the government is not going to back me up, I won’t go within a hundred miles of the commodities market. Politicians know that politically it pays to have the taxpayers pick up the bill. Please ask me sometimes ‘why do politicians keep making the same mistakes? Don’t they ever learn? And I reply, they do learn! They learn that they can get away with it. That’s what they learn.” Thomas Sowell

“Most people would easy that the government should treat everybody alike, judge them by the same standards, reward and punish them according to the same rules. That we can pretty much agree on. But there is a more esoteric notion of fairness. Is it fair if one person is born into the world in circumstances that virtually guarantee their failure and others are born into circumstances that virtually guarantee their success? “Thomas Sowell

“The ink of Science is more precious than the blood of martyrs.” Arabic Proverb

HB 1610 Native American Commission

Years ago I was assigned to Air Alert and was being inspected by my Battalion Commander. He asked me about my Marines. I proudly and loudly replied I have 51 Green Mean Lean Fighting Machines; Big Mistake; Serious Mistake. He gave me that look, and let me know I was wrong, very wrong. He told me that I had 51 Marines and each one was an individual and their cultural, their religion, their heritage, their names were important to each and every one of them.

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It was a lesson that I never forgot. Today I stand here in support of HB 1610 because over 10,000 New Hampshire citizens and residents who recognize themselves as Indians or Native Americans. Native American men and women, Indian children who are asking this body not to repeat the same mistake that I did; Asking us not to be blind to their culture, their language, or their customs. They are not asking us for special treatment, there are not asking for a free hand out, they are just asking us as a state to recognize their culture and acknowledge their contribute to New Hampshire and America. An important goal of HB1610 is to help provide the tools to assist the Native Americans of our state to protect and strengthen their heritage.



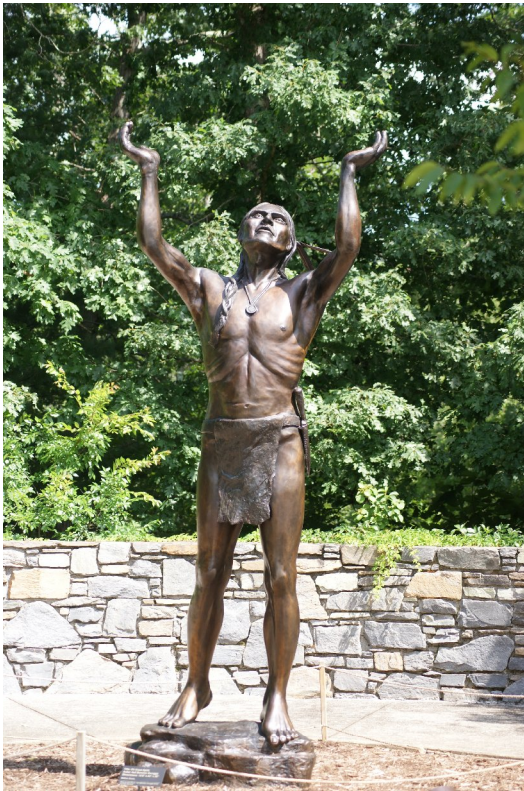
Some people have stated that this is an attempt by one tribe to gain state tribal recognition to assist in that tribe's attempt to gain federal recognition. Across America there are hundreds of state recognized tribes; state recognition appears to have little impact on federal tribal recognition, there are seven Bureau of Indian Affairs requirements that must be met for federal recognition. Two of the almost impossible requirements are first the tribe must prove their continuous existence since 1900, and that the tribe has maintained political influence or authority as an autonomous entity over its members since historical times, usually supported by treaties between two sovereign nations, (a relationship originally set forth in the Constitution) for example the United States and the

Arapahoe or resulting from the 1934 Indian Recognition Act. Even when tribes believe they have met all seven criteria, it could take 5 to 10 years for an answer, most can expect to wait decades before a final decision is made.

HB 1610 is the Recognition of all Native Americans living in our State, One our greatest freedom as Americans is our freedom to choose where we want to live, Since 1924 ever single Native American has been an American. I respect their right to determine where they desire to live.

Some people have stated that HB1610 is an attempt by Native American to get a free hand out from the federal and state government, an attempt to get on the welfare rolls. Very few people understand that as a result of treaties between sovereign nations such as the Treaty of Fort Laramie, in which the United States government agreed to honor Indian Nation boundaries and make annual payments, or that the federal government holds over 50 million acres of land in trust for federally recognized Indian tribes and their members. The royalties from coal, oil, uranium, water, minerals and others sales is not welfare. In many ways HB1610 attempts to do for our Native American Citizens what we as a state do for our veterans, when we take a proactive approach to help our veteran indentify eligibility, file claims and coordinate benefits we don't call that welfare, so why should we say the HB1610 is a welfare bill.

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Some people had a serious concerns over just who is a Native American, what percentage of Indian blood made one a Indian, who determined who could become a member of a tribe. Without question there are untold Wantabes, no different than fake war heroes, there are many people who think being an Indian is cool. Anyone can call themselves an Indian on the census form, but that is not good enough for the BIA, they have standards, usually DNA testing and or professional approved genealogical research. Many tribes have certain percentage standards, some have none.

That is a very dangerous road to travel, who are we to determine what is race, nationality or culture, sometimes they are one and the same, most often not.

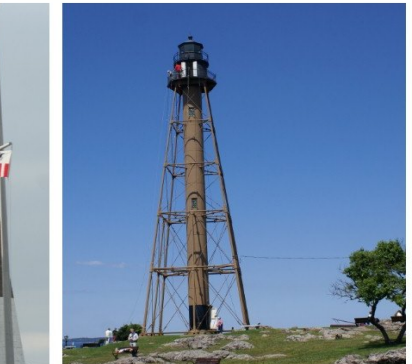
The National Center for Health Statistics currently assigns the race of the mother to multiracial children. On my mother side of the family; the Robertson's, Cavanaugh's, Maddox's, to name a few making me while darker than most far, more Scottish then many of the men that wear Kith on Tartan Day. I don't believe it is the responsibility of this body to come up with a percentage to determine who is black, who is white, who is Native American; likewise with nationality.

HB1610 is very simple, there is nothing in it to fear, and it won't make anyone less Irish, less German, less Chinese, less Nigerian, less French. Culture is important, taking pride in one's culture; one's heritage doesn't make anyone less American.

I try to follow the wisdom of Chief Joseph by carrying his The Good Words Letter around with me, I try to follow the courage and leadership standards of Crazy Horse, if the cause is just, today is a good day to die, I know of the horrors of Sand Creek and the King Philip War. I know of the countless lives saved by the Wind Talkers. I know about Mount Saraboci, However, I know very little of the Native Americans that have lived or currently live in our state.

The sponsors of HB 1610, along with the Native Americans of New Hampshire are hoping that we as a body won't allow our brothers and sisters to become extinct, that we value their culture, their heritage, their contributions to our state, they are not asking us to rewrite history; they are not asking us to rejudge the actions of our forefathers based by today's standards. They are asking us to allow them to be part of our history, but more important part of our future.

Rep Kris E Roberts: Keene, Cheshire 3





"One will never find a lighthouse in safe or calm waters; for there is no need. Lighthouses are built along rocky shorelines, upon hidden dangers, and waters that have the potential to without notice to become rough, stormy, foggy and dangerous. In itself a lighthouse can't save you. It is just a light to show you a safe passage. To make that journey safety it is all up to our efforts, our skills, our determination, and sometime just pure luck. To me lighthouses show me possibilities. Lighthouses don't judge and they don't take pity. They just warn us of potential dangers which could lie ahead if we fail to plan, if we fail to think. A lighthouse never tells me that something is impossible. Most of all lighthouses prove that others before me have accomplished what I hope to accomplish. There are certain dangers we all must brave if we desire to grow. Lighthouses won't tell us which way to go, that is our choice, but lighthouses will show us which way not to go. The choice is ours, the hazards are ours." Kris E. Roberts

"I will be as harsh as truth, and as uncompromising as justice. I am in earnest. I will not equivocate; I will not excuse; I will not retreat an inch; and I will be heard." William L. Garrison

“When the choice is tough and there is no clear path forward, a hearty debate can be the best tool you have for uncovering the right solution. We aren’t taking about seeking compromise. Tough decisions by their nature brook no compromise. Otherwise, they wouldn’t be tough. To get the best thinking from their teams, wise leaders actively seek dissent. Seeking and fostering dissent provides two advantages. First, it forces the participants to expose their opinions to a wide range of counterarguments. The strengths and weaknesses of each opinion surface for all to see and think about as each viewpoint is tested against the strongest possible challenge. Second, diverse and well-founded arguments can reframe a problem so that everyone sees it in a new way. Suddenly, a unique solution can emerge that no one had considered before. That is why creating a culture of candor is so important. They know that when it is over, there will be no winners or losers, just honest opinions honestly rendered. People can say whatever they want as long as they avoid person attacks. When a person presents an opinion-it is expected that others will challenge it. As the leader, you must facilitate the debate, but your opinions are no more valuable than and just as vulnerable to attack as anyone else’s. Truth is the goal, and when the decision finally emerges, everyone is expected to sign on to support it. If the debates are done in the right atmosphere, people will look forward to the sessions. But most important of all, when a culture of candor is established, consensus is no longer needed to keep the peace. Leaders can make the right decisions rather than inferior and compromised decisions.” Bryn Zeckhauser



“We may be deceived in so many ways, we often take pleasure in self-deception; ourselves spreading the snares, and too often succeeding in surprising ourselves. Sometimes we seem for a moment to be what we desire to be; at other times, we seem to be what we fear we may become: our fears and our hopes pass from the future into the present; we think we can do all that we conceive. This is why enthusiastic people are so strangely deluded about themselves, and all in such good faith.” Elizabeth P. Peabody

“It is not true that the rolling stone gathers no mass. Mr. Churchill has gathered a great deal of moss. Not that a stone, whether stationary or rolling, is a suitable symbol for this extraordinary man. He is like a rocket that intermittently dazzles the night sky, disappears, and dazzles it again; flashes now from this quarter, now from that; is always meteoric but never extinguished. The principal difference between Mr. Churchill and a cat, as Mark Twain might say, is that a cat has only nine lives. By all laws of mortality, Mr. Churchill should have perished a score of times, sometimes in laughter, sometimes in anger, but the funeral has always been premature, the grave always empty. You may scotch him for a moment, but you cannot kill him, and we grow weary of pronouncing his obsequies.” A. G. Gardiner 1926 on Winston Churchill’s 50th birthday.

“We put on all sorts of masks to deceive ourselves. We are singularly favored, in these artifices, by the numerous obstacles which naturally render the study of self so difficult. We point out often with rare skill the kind of analogy which is found between good qualities and the faults which correspond to them; and as the latter are only the excess of the former, and belong originally to the same generating principles, we shall easily succeed in deluding ourselves with regard to the limit that separates them. But nothing favors more the illusions which leads us astray in the study of ourselves, whether they are sincere, or arise from our own bad faith, than the mixture and confusion which we allow to come into the motives of our conduct. If we have complicated intentions, we may give our actions any explanation, even to ourselves; for these are laudable aims sold by sale with those we do not like to confess to ourselves. A confusion of sentiments and ideas throws a profound obscurity over all within: in this darkness we see whatever we desire to see; we create a romance upon ourselves; we want the means of comparing it with reality and consequently of recognising what is only pure romance. Besides, the more agreeable it is the more we love to believe it; and we always end by believing what we desire.” M. Le Baron Degerando

“Words without thoughts are dead sounds; thoughts without words are nothing.” Max Muller

“Take care thou be not made a fool by flatters, for even the wisest men are abused by these. Know therefore, that flatterers are the worst kind of traitors; for they will strengthen thy imperfections, encourage thee in all evils, correct thee in nothing, but so shadow and paint all thy vices and follies, as thou shalt never, by their will, discern evil from good, or vice from virtue. And because all men are apt to flatter themselves, to entertain the additions of other men’s praise, in most perilous. Do not therefore praise thyself, except thou wilt be counted a vain-glorious fool, neither take delight in the praise of other men, except thou deserve it, and receive it from such as are worthy and honest, and will withal warn thee of thy faults; for flatterers have never any virtue, they are even base, creeping, cowardly persons. A flatterer is said to be a beast that biteth smiling; but it is hard to know them from friends, they are so obsequious and full of protestations; for a wolf resembles a dog, so doth a flatterer a friend. Thou mayst be sure that he that will in private tell thee thy faults, is thy friend, for he adventures thy dislikes, and doth hazard thy hatred; for there are few men that can endure it, every man for the most part delighting in self-praise which is one of the most universal follies that bewitcheth mankind.” Sir Walter Scott

“There are some men of narrow views and groveling conceptions who, without instigation of personal malice, treat every new attempt as wild and chimerical, and look upon every endeavour to depart from the beaten track as the rash effort of a warm imagination, or the glittering speculation of an exalted mind that may please and dazzle for a time, but can produce no real or lasting advantage. These men value themselves upon a perpetual skepticism, upon believing nothing but their own senses, upon calling for demonstration where it cannot possibly be obtained, and sometimes upon holding out against it when it is laid before them; upon inventing arguments against the success of any new undertaking, and, where arguments cannot be found, upon treating it with contempt and ridicule. Such have been the most formidable enemies of the great benefactors to mankind for their notions and discourse are so agreeable to the last, the envious, and the timorous, that they seldom fail of becoming popular and directing the opinions of mankind.” Samuel Johnson



“I believe that college honors make little or nothing in practice, so far as they bear upon a man’s future success. That is, the prestige of them does little in life-is forgotten, or slightly looked upon, by the large world. But the mental habits got insensibly during the preparation for them are, I think, incapable of being replaced by anything, and this quite independently of whether a man succeeds or fails in his attempt. To my idea, the chief advantage is the precluding of discursiveness. For three years or four, a man has an aim-a long-distant, definite aim. I defy any young man to create this aim himself.” Frederick W. Robertson

“Some men, to show their learning, or often from the prejudices of a school-education, where they hear of nothing else, are always talking of the Ancients, as something more than men, and of the Moderns as something less. They are never without a Classic or two in their pockets; they stick to the old one sense; they read none of the modern trash; and will show you plainly, that no improvement has been made, in any one art or science, these last seventeen hundred years. I would by no means have you disown your acquaintance with the Ancients; but still less would I have you brag of an exclusive intimacy with them. Speak of the Moderns without contempt, and of the Ancients without idolatry; judge them for their merits, but not by their ages: and, if you happen to have an Elzevire classic in your pocket, neither show it nor mention it.” Philip Dormer Stanhope Chesterfield Lord Chesterfield

“There is no way to predict what will occur on one’s deathbed except to recognize that the mind tends to follow its usual patterns. As Ondrea says, ‘We die the way we live.’” Stephen Levine

“A trauma is that against which an individual has no organized defense so that a confusional state supervenes, followed perhaps by a re-organization of defenses, defenses of a more primitive kind than those which were good enough before the occurrence of the trauma.” D. W. Winnicott

“The knowledge of trauma is fiercely defended against, for it can be a momentous threatening, cognitive and affective task, involving an unjaudiced appraisal of events and our own injuries, failures, conflicts and losses. To protect ourselves from affect we must, at time avoid knowledge for situations of horror destroy the detached sensibility necessary for articulation, analysis, elaboration. Knowing requires a capacity for metaphor which cannot withstand atrocity. Notwithstanding the difficulties around and the struggle against knowing, the reality of traumatic events is so compelling that knowledge prevails, despite its absence to consciousness and its incompleteness. The different forms of remembering trauma range from not knowing, fugue states, fragments, transference phenomena, overpowering narratives, life themes, witnessed narratives, and metaphors. These vary in degree of encapsulation versus integration of the experience and in degree of ownership of the memory, i.e., the degree to which an experiencing “I” is present as subject thus erecting barriers against knowing is often the first response to such trauma. Unintegrable memories endure as a split-off part, a cleavage in the ego. When the balance is such that the ego cannot deal with the experience, fragmentation occurs.” Auerhahn Laub

I really don't know what I went through as a baby, a child, a teenager. I sometimes get jealousy of the people who remember growing up. I wonder how some people can remember all their good moments and times growing up. I know that everyone had to have bad times. I wonder if they just block out the bad times. I wonder if they are making most of it up, I know that no one has a perfect life. I know no one has one of those dream TV lives where nothing bad happens to them or their family. No one gets sick, no goes off to war and gets killed, no one loses a job and then loses their home, usually the worst thing that happens is the parents get divorced. Maybe growing up without a father, and my mother having numerous men live at our house, where it was always a good thing when they left for good, I don't understand how parents getting divorce throws so many children in a deep tailspin having such a negative impact and sometimes scaring them for life. I know a lot of times parents shouldn't be parents, they shouldn't be living together, and splitting up can be the best thing that happen to the children. It is easy to see that most children love and trust their parents no matter how painful and evil their parents' maybe. Maybe it is just one of those innate things we're born with. I wonder why so many children blame themselves for their parents' actions, and even more I wonder adults are so willing to allow them?



On the other hand when I read, hear, and see people talk about how bad their childhood was, how their were physically, sexually or emotionally abuse by adults that they loved and trusted to protect them, I wonder how they can remember so clearly as if they were standing there reporting in real time as they watch the events happening to their twin. I have no doubt for most of the people the events did happen because I know adults can be and often are cruel, and some downright evil.

I believe in ways it is the animal side of us, In the animal world it is not uncommon for the weaker males, the ones lower on the pecking order, the ones that have little chance of mating that try to take advantage of the young females while the boys it is like the “Lord Of The Flies” it can be really brutal. I know that many really suffer but at the same time I wonder if we reward people for being victims, as if the bigger the victim you are the greater right to have to stay a victim. They are a lot of people and organizations that make a great deal of money off dealing with victims, I know that in order to earn money to support the organization, to pay their salaries, or just to feel like they are saving a little part of the world they look for victims, and if they can't find enough they do their best to find them, if they haven't been victimize enough they convince the victim they need to “open up” let those buried traumas come out, failing that some will even create victims. In the end they are not much different than the original victimizer.

We are all damaged, we all carry scars. Damages can be repaired, and scars can be healed, not always completely, for some much longer than others. But as I was once told by a executive director of a social service organization there is no money in prevention, there is no money in long-term care or recover of victims, the

money is in the number of victims' contacts. Take care of the current crisis and then out the door, making room for someone else.

Abuse is such a dangerous word. What is abuse to someone may be nothing to another. It is just dumb to compare abuses, or level of abuses. It is amazing how many famous people feel that is so important to talk about their abuse, as if it is a badge of honor. Abuse as a child charges you forever, in many ways no one sees, the physical pains that no one believe, because they don't show up in the medical exams or tests. The lack of ability to trust people, to get close to others, the fear of success because you were told you are not good enough, that you don't deserve such, that you are the cause of the abuse, because if you were a good person I would have done, this, it is all your fault, you don't even realize the pain that you have caused me.

There are countless people who have been abused that will never get 15 minutes of lime light, but they will have celebrated their personal victories in silence, with the only rewards is that they have protected their own children, they have broken the cycle. That in their own special way they helped others to help themselves, but maybe the most important thing is that they keep others honest. If you have been there you know down in your gut, when someone isn't being honest, it is no different when you have that same gut feeling when you meet a stranger and your body goes on the defense because you get that childhood feeling of danger, it is something that never goes away.

In the end I have no desire, nor any need to know what happen in the past. I get those moments of unexplainable moments. I know it is my childhood experience; both known and unknown that drives people crazy. I hate it when people use the power of their position unfairly, to force their will on others who have little or no power. It does matter the issue, I will take whatever side is necessary to protect others from the abuse of power. As if I refuse to be helpless. There have been so many times when an issue came forward that for so under known reason, I took a certain side, sometimes just the opposite of what I would normally do for myself. It is always seems that is was the right thing to do, something I have to do, somehow, someway, the information I need to defend the position comes forward allowing me to do the right thing.



sometimes make a different. Who really knows?

I know for some reason I know it is the result of something that I happen to me in my past, giving me the opportunity to change other people's lives for the better. Or maybe I don't do any such thing, maybe I am just shoring up my own ego, just doing something to make myself believe that I am more important than I think I am. That I have accomplished more than I have or just providing myself with excuses for not going farther. Maybe that I have wasted so much time, time I should have been far more productive with, may I would have earned my eagle, maybe I would have race a 2:20 marathon, maybe, maybe, just maybe. Or maybe I do

“Victims of a devastating trauma may never be the same biologically. It does not matter if it was the incessant terror of combat, torture, or repeated abuse in childhood, or a one-time experience, like being trapped in a hurricane or nearly dying in an auto accident. All uncontrollable stress can have the same biological impact. If people feel there is something they can do in a catastrophic situation, some control they can exert, no matter how minor, they fare far better emotionally than do those who feel utterly helpless. It is the element of helplessness that makes a given event subjectively overwhelming. “Dennis Charney

“I think these difficult times have helped me to understand better than before how infinitely rich and beautiful life is in every way, and that so many things one goes around worrying about are of no importance whatever.”
Karen Blixen

“Men in great place are thrice servants; servants of the sovereign or state, servants of fame, and servants of business; so as they have no freedom, neither in their persons, nor in their actions, nor in their times. It is a strange desire to seek power and to lose liberty: or to seek power over others, and to lose power over a man’s self. The rising unto place is laborious, and by pains men come to greater pains; and it is sometimes have and by indignities men come to dignities. The standing is slippery, and the regress is either a downfall, or at least an eclipse, which is a melancholy thing. Certainly great persons have need to borrow other men’s opinions to think themselves happy; for if they judge by their own feelings, they cannot find it: but if they think with themselves which other men think of them, and that other men would fain be as they are, then they are happy as it were by report perhaps, they find the contrary within: for they are the first that find their own grief, though they be the last to find their own faults. Certainly men in great fortunes are strange to themselves.” Sir Francis Bacon 1612

“A conscientious man would be cautious how he dealt in blood. He would feel some apprehension at being called to a tremendous account for engaging in so deep a play without any sort of knowledge of the game. It is no excuse for presumptuous ignorance that it is directed by insolent passion. The poorest being that crawls on earth, contending to save itself from injustice and oppression, is an object respectable in the eyes of God and man. But I cannot conceive any existence under heaven which, in the depths of its wisdom, tolerates all sorts of things, that is more truly odious and disgusting than an impotent, helpless creature, without civil wisdom or military skill, without a consciousness of any other qualification for power but his servility to it, bloated with pride and arrogance, calling for battles which he is not to fight, contending for a violent dominion which



he can never exercise, and satisfied to be himself mean and miserable in order to render others contemptible and wretched. If you and I feel our talents not of the great and ruling kind, our conduct, at least, is conformable to our faculties. No man’s life pays the forfeit for our rashness. No desolate widow weeps tears of blood over our ignorance. Scrupulous and sober in a well-grounded distrust of ourselves, we would keep in the port of peace and security; and perhaps in recommending to others something of the same diffidence, we should show ourselves more charitable to their welfare than injurious to their abilities. “Edmund Burke

“Mankind, as I have often told you, is more governed by appearances, than by realities: and, with regard to opinion, one had better be really rough and hard, with the appearance of gentleness and softness, than just the reverse. Few people have penetration enough to discover, attention enough to observe, or even concern enough to examine, beyond the exterior; they take their notions from the surface, and go no deeper; they commend, as the gentlest and best-natured man in the world, that man who has the most engaging exterior manner, though possibly they have been but once in his company. An air, a tone of voice, a composure of countenance to mildness and softness, which are all easily acquired, do the business; and without farther examination, and possibly with the contrary qualities, that man is reckoned the gentlest, the modestest, and the best-natured man alive. Happy the man who, with a certain fund of parts and knowledge, get acquainted with the world early enough to make it his bubble, at an age, when most people are the bubbles of the world! For that is the common case of youth. They grow wiser, when it is too late: and, ashamed and vexed at having been bubbles so long, too often turn knaves at last. Do not therefore trust to appearances and outside yourself, but pay other people with them; because you may be sure that nine in ten of mankind do, and ever will, trust to them.” Philip Dormer Stanhope Chesterfield Lord Chesterfield

“Knowing the truth is one thing-being able to express it is quite another thing; and then, again to be able to express a truth is one thing- but to dare to do it is another thing altogether. Utterance implies both power and courage. Hence it comes to pass that the deepest theologians are not necessarily the world’s greatest benefactors. A truth hidden is unproductive. “Frederick W. Robertson

“When students still aren’t able to learn it, despite the reduced expectation, they are simply given inflated grades that they did not earn. Today’s college students are aware that there is an alternative path to a passing grade. They could study hard, as minority of them do, or they can show up in the professor’s office the last week of classes and negotiate a deal for a grade. So many students show up during this week of classes to request grade manipulation that it has come to be known as slacker week. Students know that professors cannot flunk very many students because it is no longer considered acceptable by the administration. They know that colleges consider them valuable customers in the debt-for-diploma exchange. Students want a diploma and they are willing to pay for it, but for most of them, reading, writing, and studying are not part of the deal. Only chumps waste time studying for exams or reading the textbook when they can get a B just for showing up, this system of awarding passing grades to students who would have flunked out seem like a genuine win-win situation for everyone involved. The students are awarded their diplomas without doing much work and the college gets to keep the money. Anyone who can follow a few simple rules and keep their tuition bills paid can purchase a diploma. If we take a closer look at this process, it begins to resemble a massive scam that damages students, the education system, and even the country, which depends on colleges to educate our future leaders. Awarding students grades they do not deserve for work they did not perform, which pleases the students in the short term, severely shortchanges them in the long run by giving them false feedback about their abilities, skills, and level of knowledge.” Craig Brandon

“A great empire has been established for the sole purpose of rising up a nation of customers who should be obliged to buy from the shops of our different producers all the goods with which these could supply them. For the sake of that little enhancement of price which this monopoly might afford our producers, the home-consumers have been burdened with the whole expense of maintaining and defending that empire. For this purpose, and for this purpose only, in the two last wars, more than a hundred and seventy millions [in pounds] has been contracted over and above all that had been expended for the same purpose in former wars. The interest of this debt alone is not only greater than the whole extraordinary profit, which, it ever could be pretended, was made by the monopoly of the colony trade, but then the whole value of that trade, or than the whole value of the goods, which at an average have been annually exported to the colonies.” Adam Smith

“No one remains unscathed by traumatic events. First, trauma can have a devastating impact on the individual child, profoundly altering physical, emotional, cognitive, and social development. Second, the child's experience directly impacts his or her family and community. Ultimately, we all pay the price exacted by childhood trauma, whether we are dealing with individual children or large numbers of scarred adults assuming their places in society. After the trauma passes, the child remains. While the mental and physical adaptations used during a traumatic event will slowly subside, there will be residue from the experience. Indeed, for some children, this post-traumatic period is filled with more confusion, emotional pain, distress, and fear.” Ronnie A. Pollard

“An important attribute of leadership in any enterprise is a listening ear. The rule applies to presidents of nations and generals of armies as well as managers of mom and pop stores. A listening ear doesn’t assure agreement, nor does it necessarily mean acquiescence, and it certainly doesn’t signify weakness. It’s simply a sign of genuine interest in what others have to say.” Paul R. Miller

“The test of our progress is not what we add to the abundance of those who have much; it is whether we provide enough for those who have too little.” Franklin Roosevelt

“An enormous conflict between word and deeds is prevalent today. Responsibility cannot be preached but only borne, and the only possible place to begin is with oneself.” Vaclav Havel

“The best and most beautiful things cannot be seen or even touched. They must be felt by the heart.” Helen Keller

“A vision without a task is but a dream. A task without a vision is drudgery. A vision with a task can change the world.” Mount Abu Declaration

I just hope that these men and women of principle stand up before it is too late.

Politics is a lot like war. The wrong decision can destroy you. However, unlike war where you can only be killed once, in politics not only can you suffer death numerous times, you can become a pariah and exiled. Unlike war where you could learn from your mistakes and built a winning team, in politics is all about forming the right coalition, it is always about the party, often for personal power and rarely for the public good.

In war it take leadership to win, in politics is about scurrilous character assassination and the willingness to make deals with the devil if it helps you rise to the top. In war if you make a mistake people get killed, nations can be destroyed, in politics you just find new faces and wait to market them in the next election. In politics is always about the party.

Alexis de Tocqueville state that “There are many men of principle in both parties in America, but there is no party of principle.”

Last December the former House Speaker Norelli refused her party’s nomination for speaker then made the motion to close nominations allowing Rep O’Brien. If I remember correctly no one in the House casted a vote for Speaker; I think the Clerk did it on her own. I have often wondered if she had that right, because I would have stood up and objected to such a unanimous vote. After all I refuse such an offer when I was beaten 182-18. If you can’t be up front with the vote for leadership why would be about other votes?

Both Rep Norelli and Rep O’Brien knew that if there was a ballot vote there was a possibility it would be very close. There could even be a possibility that Rep O’Brien wouldn’t have won on the first ballot, if that happen, his chances of being elected Speaker would have decreased sharply.

The leadership of the Democratic Party cut a deal with Rep O’Brien and he cut a deal with many of the Tea Partiers and Free Staters. And now under his direction to understate revenues, and pay-off to his coalition the people of New Hampshire will be forced to endure far more pain, suffering and sacrifice then need be. Under the banner of smaller government, reduced taxes, and returning to the original intent of the founding fathers when they wrote the constitution many of our citizens, most who are using the most of their God-Giving talents just to maintain a Wal-Mart standard of living will live in fear that even that quality of life is at risk.

The New Hampshire General Court may be the third largest elected body in the free world, but even at \$100 per year the people of New Hampshire are not getting their monies worth. Instead the majority of New Hampshire’s citizens are just like chess pawns willing given up for sacrifice for political and personal agendas. Instead of taking a hard and realistic look at state revenues, instead of taking a hard look at the words of President Franklin Roosevelt, “The test or our progress is not what we add to the abundance of those who have much; it is whether we provide enough for those who have too little,” and doing the right and moral thing; we are looking to bury the cutting knife in the backs of the people who due to no fault of their own were not blessed with the opportunities in life that many of us who have served or are currently serving in leadership position had.

In politics when you make political deals for power and leadership positions there is always a huge price to pay, unfortunately it is usually the hard working citizens who pay the price.

If I were the citizens of New Hampshire I would ask every single member of the House and Senate how much has their standard of living fallen in the past two years, and what does the next two years look for them? Without question I think our citizens would quickly find there is a reason why many of us can not only survive on a \$100 per year but we can still live in large homes, wear \$300 plus suits, drive expensive cars, sent our kids to expensive colleges and so forth.

We have a lot of people filling leadership positions in the New Hampshire General Court, but I don’t know one single person in leadership in either party that I would be willing to follow into war, to trust with my life.

That is pretty sad because we are at war. We are at war for our families' future, our state's future and unless we get new leadership, leadership that is will to take the personal risks and make the personal sacrifices necessary to united the citizens of our state for a common goal, for the common good, it won't matter which party wins 2012, who is the Speaker in 2013 or who is sitting in the Corner Office it will take years for the state to recover.

We would have stolen two to three years of education form our school children, we will have ensure that hundreds of children will never go to college, we would have driven the one's lucky enough to go to college out of NH, we would have denied many of our disable of a higher quality of life, we would have sent hundred to jails around the state, we will have denied thousands of people with mental health issues medical treatment allowing them to become productive members of society, we will force children to remain in dangerous households, and on and on.

The people of New Hampshire elected us to cut spending, to ensure share sacrifices based on ability to sacrifice, they expected us to develop a realistic not a political budget.

The people did not elect us so we could impose our personal agendas on them. The people of New Hampshire didn't elect us to inflict needless pain.

As I look around Rep's Hall I see men and women who know how to lead, people I would follow in a burning building because I know I can trust them not only to save the people inside the burning building but to get us all out safely.

Alexis de Tocqueville state that "There are many men of principle in both parties in America, "That is the type of leadership New Hampshire deserve, I just hope that these men and women of principle stand up before it is too late.



"We go with them one and all. we are by their side on all the glory fields, in all the hospitals of pain. We are with them in ravines running with blood. We are with them between contending hosts, unable to move, wild with thirst, the life ebbing slowly away among the withered leaves. We see them pierced by balls and torn with shells in the trenches of forts, and in the whirlwind of the charge, where men become iron with nerves of steel. We are at home when the news comes that they are dead. We see the maiden in the shadow of her sorrow. We see the silvered head of the old man bowed with the last grief. The past rises before us. We hear the roar and shriek of the

bursting shell. The broken fetters fall. There heroes died. "These heroes are dead. They died for liberty, they died for us. They are at rest. They sleep in the land they made free, under the flag they rendered stainless, under the solemn pines, the sad hemlocks, the tearful willows, the embracing vines. They sleep beneath the shadows of the clouds, careless alike of sunshine or storm, each in the windowless palace of rest. Earth may run red with other wars, they are at peace. In the midst of battle, in the roar of conflict, they found the serenity of death. I have one sentiment for the soldiers living and dead, cheers for the living and tears for the dead." Colonel Robert Green Ingersoll

"Prosperity is not without fears and distastes; and adversity is not without comforts and hopes. We see, in needleworks and embroideries, it is more pleasing to have a lively work upon a sad and solemn ground, than to have a dark and melancholy work upon a lightsome ground: judge, therefore, the pleasure of the heart by the pleasure of the eye. Certainly, virtue is like precious ordors, most fragrant when they are incensed, or crushed; for prosperity doth best discover vice, but adversity doth best discover virtue." Alexander Spieress

"There are more men who have missed opportunities than there are who have lacked opportunities." La Beaumelle

“All boys love liberty, till experience convinces them they are not so fit to govern themselves as they imagined. We are all agreed as to our own liberty; we would have as much of it as we can get; but we are not agreed as to the liberty of others; for in proportion as we take, others must lose. I believe we hardly wish that the mob should have liberty to govern us. Poncici

“Certainly to men of great judgment, bold persons are a sport to behold; nay, and to the vulgar also boldness hath somewhat of the ridiculous; for if absurdity be the subject of laughter, doubt you not but great boldness is seldom without some absurdity; but with bold men they stand at a stay; like a stale at chess, where it is no mate, but get the game cannot stir; but this last were fitter for a satire than for a serious observation. This is well to be weighted, that boldness is ever blind; for it seeth not dangers and inconveniences; therefore it is ill in counsel, good in execution; so that the right use of bold persons is, that they never command in chief, but be seconds and under the direction of others; for in counsel it is good to see dangers, and in execution not to see them except they be very great.” Sir Francis Bacon

“In order to climb the ladder of the two political parties in our current system, you have to condone their corruption. I believe most people, when they initially start in politics, are good people. They come into the system wanting to do their jobs, to change things. But the longer you stay in the system, the more corrupt you become. The two parties to me are today no different than joining the Hell’s Angels: Once an Angel, always an Angel. That’s what holds true for Democrats or Republicans- unless you separate from them and join a third party movement, knowing that you’ve broken away and beaten the addiction.” Governor Jesse Ventura

“We are full of mysteries; we have both inclinations and faculties, which we do not suspect, till an unforeseen circumstance points them out. The most subtle motives are often those which influence our determinations the most; they envelope our will as with a kind of invisible net-work. We may feel that we possess, but we do not see what we want. The less progress we make, the less we discover what is still wanting; the more we lose, the more we become incapable of appreciating the value of our losses. But can we even truly estimate what we possess, if we do not know what we want?” Elizabeth P. Peabody



“We think things impossible because we have not been daring; we think ourselves capable, because we have been assisted. Like the navigator who thinks the shore of the river moves, when we change, we think the world changes. We take borrowed qualities for elements of our character; we take habits we have contracted, for a condition inherent in our nature; we attribute to our faculties what is due to instruments and circumstances; we judge of all situations by those which are known to us. And even when we succeed in remarking effects, we, in a thousand ways, mistake their causes.” Joseph M. Degerando

“We all complain of the shortness of time, and yet have much more than we know what to do with. Our lives are spent either in doing nothing at all, or in doing nothing to the purpose, or in doing nothing we ought to do; we are always complaining our days are few, and acting as though there would be no end to them.” Author Unknown

“Any adjunct will tell you that the scariest part of the semester is the arrival of course evaluations, in which students grade their teachers. At some schools, these documents appear to be the only things administrators use to judge an adjunct’s performance, which is unsettling. Accountability is essential, of course, but sometimes these reviews real like popularity contests, good professors are funny and their courses are easy; bad ones are strict and assign too much boring reading. I worry teachers, especially those holding onto their jobs in a recession, might be tempted to give students what they want in an education, not what they need.” Nick Parker

“There are few persons, however fortunate, who can look back to eight years of their life, and not feel somewhat of disappointment in the retrospect: few persons, whose fortunes the world envy, to whom the token of past time, suddenly obtruded on their remembrance, does not awaken hopes destroyed, and wishes deceived, which that world has never known. We tell our triumphs to the crowd, but our own hearts are the sole confidants of our sorrows.” E. Bulwer-Lytton

“There are few souls who are so vigorously organized as to be able to maintain themselves in the calm of a strong resolve: all honest consciences are capable of the generosity of a day, but almost all succumb the next morning under the effort of the sacrifice.” George Sand

“When well-made decisions fail, there is a reason. Perhaps a key assumption was wrong, or the market changed in an unexpected way, or a major risk was overlooked. Too often, people want to set aside the failure and channel their energy into new initiatives. But wise leaders push themselves and their organizations to figure out what went wrong. They try to be as possible and learn from the failure so they can better assess the risks in future decisions. They become transparent to themselves. For most people, a bad outcome is what results from taking an action that doesn’t work out. But bad outcomes can also occur when people decide not to do something and that inaction becomes an opportunity for a competitor to seize the initiative and leap ahead. Most organizations consider errors of commission much more serious than errors of omission, but they



shouldn’t. Analyzing missed opportunities is just as important as analyzing failed opportunities. But why stop an analyzing failure? Analyzing success, what factors went right that led to the success. After all, the best long-term outcomes come from making a series of great decisions, not just one. If you are taking the right amount of risk, some decisions will work out and others won’t.” Bryn Zeckhauser

“We have knowledge long before we think about knowing. This knowledge is always growing, but the internal mental development is not much considered. Knowing is predominantly an outward looks towards things, and is

expressed by a series or collection of mental judgments respecting objects of thought. One judgment leads to another in a succession of steps we climb a ladder, mounting higher and higher, ever gaining a wider outlook on things in general. Now what we ordinary think of as knowledge is the upward climb from one rung of the ladder to the next, and the new view obtained from the higher point. If we take a larger view of knowledge we note the immense advance from a point much below us to that at this moment reached. The view we take of knowledge, as we commonly regard it, begins from an already acquired stock of knowledge and means an addition to that stock.” Frederick S. Turner

“If I’ve got to make a policy decision. I don’t want anyone to be able to come up to me after I’ve made the decision and make a criticism of that I haven’t already thought of. That means I haven’t thought about it enough and I’ve done my job badly. I’m not comfortable doing anything unless I see very clearly both sides of what a decision may mean. If the people I’m looking to for advice have already developed a complete set of downsides and they’ve clearly thought about them and I’ve had a chance to think about them, then I’ll be comfortable with the decision. But if somebody just ‘I think we ought to do X,’ then I’m likely to say, ‘what are the best three reasons for not doing X?’” Larry Summers

“I reverence the individual who understands distinctly what he wishes; who unweariedly advances, who knows the means conducive to his object, and can seize and use them. How far his object may be great or little, may praise or censure, is a secondary consideration with me. A great part of all misery and mischief that we find in the world arises from the fact that men are too remiss to get a proper knowledge of their object in life, and, when they do know it, intensely in attaining it. They seem to me like people who have taken up a notion, that they must and will create a tower, and who yet expend on the foundation no more material and labour than would be sufficient for a hut.” Johann Wolfgang von Goethe

“We well know that there is no king so great, but that all the while he walketh here, walk he never so loose, ride he with never so strong an army for his defence, yet himself is very sure, though he seek in the mean season some other pastime to put it out of his mind, yet he is sure, I say, that scape can he not; and very well knoweth that he hath already sentence given upon him to die, and that verily die he shall, and that himself; though he hope upon long respite of his execution, yet can he not tell how soon. And therefore, but if he be a fool, he can never be without fear, that either on the morrow, or on the selfsame day, the grisly, cruel hangman, Death, which, from his first coming in, hath ever hived aloof, and looked toward him, and ever lain in await on him, shall amid all his royalty, and all his main strength, neither kneel before him, nor make him any reverence, nor with any good manner desire him to come forth; but rigorously and fiercely gripe him by the very breast, and make all his bones rattle, and so long and divers sore torments, strike him stark dead., and then cause his body to be cast into the ground in a foul pit, there to rot and be eaten with the wretched worms of the earth, sending yet his soul out further unto a more fearful judgment, whereof at his temporal death his success is uncertain.” Sir Thomas More

“Falsehood is so easy, truth so difficult. The pencil is conscious of a delightful facility in drawing a griffin, the longer the claws and the larger the wings, the better: but that marvelous facility which we mistook for genius is apt to forsake us when we want to draw a real unexaggerated lion. Examine you’re your words well and you will find even when you have no motive to be false, it is a very hard thing to say the exact truth, even about your own immediate feelings, much harder than to say something fine about them which is not the exact truth.” George Eliot



“Is man free to chose the good life? Is he the master of his fate and the captain of his soul? Or has he been shaped by forced beyond his control to be what he is? Man may indeed be free to make any number of important decisions about his life. He may have something to say about his job, his spouse, his friends, or the kind of life he wants to lead. But there is one choice he cannot make: he cannot choose not to choose. He cannot escape his freedom. Whether he likes it or not, whether he believes in it or not, he must live a life of constant and unavoidable decisions. It may be true that all man’s choice may ultimately be meaningless. Not to make a decision is also a decision. The world keeps on

moving. There is nothing we can do about it. We cannot make it stop. Life does not merely demand decisions; life is decision. The very act of staying alive involves daily decisions. Man cannot escape decision.” George W. Forell

“Wherever there is uniformity of action there is necessity. There is uniformity in nature and there is a like uniformity in man’s actions. Consequently, we can infer from one act to it cause just as we can infer from one thing in nature to its cause. Man’s actions result from his character and are necessary results of his character. Giving him another character and his actions will be different. Freedom is merely this necessary connection. So long as man’s actions arise from his own character, nature, or desires they are free. If, however, he acts because of some external compulsion contrary to his character or desires, he is not free.” David Hume.

“Our government has been tried in peace, and it has been tried in war, and has proved itself fit for both. It has been assailed from without, and it has successfully resisted the shock; it has been disturbed within, and it has effectually quieted the disturbance. It can stand trial, it can stand assault, it can stand adversity, it can stand everything but the marring of its own beauty, and the weakening of its own strength. It can stand everything but the effects of our own rashness and our own folly. It can stand everything but disorganization, disunion, and nullification.” Daniel Webster

"Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters." Abraham Lincoln

“Students pay tuition to buy the diploma that the college is selling. You can learn something if you want, but if you’re rather not bother, that’s okay. They’ll see you a diploma anyway. Cooking your grade book to give students passing grades they do not deserve is so common at party schools these days that faculty and administrators don’t even think twice about doing it. The practice is so essential to the operation of colleges that they simply could not function without it. Without grade inflation and dumbing down of classes, many colleges would be facing nearly empty classrooms and professors would have to be laid off. When a college’s retention policy conflicts with maintaining academic standards, academic standards lose every time. What is actually taking place is a form of widespread fraud: certifying that students have learned something that they have not learned. If you probe deeper, professors who advocate this kind of grade inflation see it as a form of social engineering to increase the number of college graduates and hopefully increase their earning potential. This widespread fraud allows party schools to collect tuition money that keeps the wheels of Diplomas Inc. happily turning and avoids angry confrontations with its student customers. Everyone gets to go home happy by pretending that those high grades really mean the students learned something. Higher education is less interested in education and more interested in keeping students happily paying their tuition bills, which increases their revenues. Failing students, no matter how little they have learned or how little effort they are making, is considered a poor business practice. After all, why drive paying customers away? Why ruin these students’ future by flunking them out of college?” Craig Brandon

“Sir, it shall not be till the last moment of my existence,-it shall be only when I am drawn to the verge of oblivion, when I shall cease to have respect or affection for anything on earth- that I will believe that the people of the united States capable of being effectually deluded, cajoled, and driven about in herds, by such abominable frauds as this. If they shall sink to that point, if they so far cease to be men, thinking men, intelligent men, as to yield to such pretences and such clamor, they will be slaves already; slaves to their own



passions, slaves to the fraud and knavery of pretended friends. They will deserve to be blotted out of all the records of freedom; they ought not to dishonor the cause of self-government, by attempting any longer to exercise it; they ought to keep their unworthy hands off the cause of republican liberty, if they are capable of being the victims of artifices so shallow, of tricks so stale, so threadbare, so often practiced, so much worn out, on serfs and slaves. Daniel Webster

“Do not accuse any man of any crime, if it be not to save thyself, the prince, or country; for there is nothing more dishonorable next to treason itself than to be an accuser. Notwithstanding I would not have thee for any respect lose thy reputation, or endure public disgrace; for better it were not to live, than to live a coward, if the offence proceed not from thyself: if it do, it shall be better to compound it upon god terms, than to hazard thyself, for if thou overcome, thou art under the cruelty of the law, if thou art overcome, thou art dead or dishonored. If thou therefore contend, or discourse in argument, let it be with wise and sober men, of whom thou must learn by reasoning, and not with ignorant persons; for thou shalt thereby instruct those that will not thank thee, and will utter what they have learned from thee for their own. But if thou know more than other men, utter it when it may do thee honor, and not in assemblies of ignorant and common persons.” Sir Walter Scott

“You might not know what the future will bring, but you want to be prepared for it, to respond to it, and to take advantage of the opportunities that come along. Your people must have the skills so they can work in a wide range of jobs, and not just skills, but the mind-set that will allow them to work in a wide range of jobs. You don’t want to have the same person or the same team having the same role for a very long time because they become set in their ways. You have to change the ministers bring in new people and new ideas. We lose people who are still useful to us, but if we didn’t do that, I think you would find some people who have stayed longer than they should.” Lee Hsien Loong

“The truth is that no matter where I went, I was always looking for myself. That journey into myself as I evaluated my beliefs and values, whether living at home or in far-flung corners of the world, has been the most important journey of all. That journey is what led to my search to understand the true meaning of spirituality. I was learning that I truly was creating everything. I was attempting to understand the character I had created as myself in the theater of life. The older I get, the more adventurous my script becomes, maybe even risky. But there is no fun to be had in a safe script. I believe I always traveled alone because I wanted to force myself to get over the fear that had been inculcated in me of daring too much. So my relationship with fear has never been paralyzing. I live to travel to places where there was conflict because I wanted to learn how to problem solve. Maybe we choose our destiny but we never know exactly what we’re getting into until we’re actually there. So my journey in this lifetime with all its success, failure, fame, searching for my true identity and exploring new lands, is a mirror of my soul’s journey through time to understand not only who I was, and most of all, what is my relationship with the Creator.” Shirley MacLaine

I truly wonder if there is a heaven or hell. I really find it hard to believe that there are over 10 billion souls. When I think of the billions of people who have lived and died, the billions that are alive today, the almost 250,000 who die today and the more than 250,000 people who will be born tomorrow, It just doesn’t make sense to me that God would find the time to create a million and half new souls next week. I know that man is not the beginning or the end. Man is far too selfish and violence and he always seems to be destroying far more than he creates.

I have never understood why any God would require millions of innocent people suffer through some of the worst conditions possible in order to earn their way into heaven when it would have been much better not to allow them to be born in the first place, after all with God being all powerful he would have known about the Hitler’s, the Stalin’s, and the countless other men and women who seem to have taking pure pleasure in killing and inflicting needless and unbelievable pain on their fellow man.

Why would any God allow a two year old child to suffer through the agony and pain of cancer, is it to punish the child or is it to punish the parents for something they did to displease God? While would God allow Hitler to order the killing of millions of people it doesn’t make any sense to me almost fifty million people died as the result of World War II many of them innocent children burnt to death due to fire bombing. I don’t understand how any God would find any reason, even a bad reason for them suffering the way they did. Why would any God allow children to be punished for the actions of their parents, how could he or she allow children to be born HIV positive?

I don’t understand why we all think our god is the only truth god, and it gives us the right to inflicted pain and punishment on non-believer in our god. I don’t understand how people find it so easy to go to war over god, to enslave or murder countless in the name of their god.

I have often wondered if we can all agree that our God is all knowing, all powerful where do we get the right to believe that we know what he is thinking, that we know what he wants us to do. I have often wondered if God is as all knowing as we like to believe why would he worry or be concern about who win some high school baseball or football game. Does God really have the time to determine whether a coin lands head or tail in 15 NFL football games every Sunday when we are suppose to be observing a day of rest let alone almost a 150 college football games every Saturday.

If there is a hell, based just on the time frame of recorded history there has to be billions of evil and non-believing souls down there toiling in the burning sulphur pits.

If there is a heaven there has to be billions of souls there just sitting around in white clothes doing nothing. I just don’t understand why that would be a reward for a good life. Just sitting there doing nothing, facing no evil, no pain, for eternity.

Maybe there is a heaven and it is here on Earth. Maybe the reward for being a good person is that you are granted the opportunity to live again and again. If you are evil you are condemn to hell. Maybe there is far

more to the saying that “someone is an old soul” than many of us want to believe. Why won't God want to reward the good souls and punish the evil souls? For all the negative moments we face in our lifetime, for many of us there are special moments that seem to outweigh all dark and painful moments. Maybe people are right when they talk about karma, there is good karma and bad karma, and in the end if you create bad karma, bad karma will come to you.

After all there are some many things that happen in our lives that we can't explain. I have had more lives than most cats, but for some reason there has been very little fear, almost as if this wasn't the first time I had gone through this. It is almost that I have never had to endure it has a single person, as if there are different parts of me that deal with certain things. If I sat down and just real thought about just the medical events I have been confronted with there would be not way that I would of or could of survived. I would have just be overwhelmed, I just would have been so angry at the world. I would have convinced myself that I have been treated unfairly.

There are so many times when I have been confront by something new or unexpected and instead of being overwhelmed I just have a feeling that everything will be okay, and when I listen that feeling has never failed me. It is almost as if I have been the person I needed to be in the present in the past. I know that I know far more than I should, I know far more than I have studied or trained for, it just is. I know that people hate me for it. I have been told that I understate my abilities, my level of knowledge, that I make it seem like everything is so easy or as if I was trying to make them appears as fools.

I have the ability to read books from the 19th century and earlier and feel has if I have read them before, that I clearly understand them and in the manner they were written. I am just so much more comfortable in the demands and expectation that was expected of the people by the writers. Weird or not I have learned not to waste time questioning. Just use the information to help others. My number one purpose has always seemed to be is to educate others in order for them to think for themselves. A person who can think for him or herself is very dangerous; the person that can get others to think for themselves is extremely dangerous.

I have no desire to play with someone's mind, let alone make anyone look like a fool. I guess very few people really get me, I value my freedom over everything else, I refuse to be trapped in anyway. I have played by the rules in order to ensure my freedom, now no matter how bad the world gets, no matter how bad my health gets I have given myself a safety blanket. I have ensured myself that I will never get myself trapped in a world of have too's: A world that you couldn't just get up and go. It is really painful to watch the anguish on the faces of countless people, the beaten down look in their eyes, and the lack of hope in their souls. The strangest thing about it all is that many of these people have higher positions in life than I ever, they have more money, bigger houses, better cars, and when they vacation they fly and good to top notch places. Me I just go in my beat up car, driving thousands of miles, sleep in my car, hoping that it won't be too hot or too cold, and eat food out of cans. But I have my freedom. I am not trapped.

I have never refused the opportunity to rise to a higher office or position, but I have refused to be trapped by that position. Maybe that is the major reason I haven't gone farther, I just have been unwilling to sacrifice my freedom. You really have to give up part of your soul if you desire or have any hope of moving up the ladder. No matter if you sell a little or even most of your soul there is always a very heavy price to pay. Maybe over the years I have learned that it doesn't matter what you have in this lifetime or the next, it is all worthless, and even you body will rot away or will be burnt into a few cups of ashes, the only that you really have, the only thing that really defines anyone of us is our soul. Me I just feel like General Maximus and Marcus Aurelius in the movie the Gladiator, I just want to help make thing better, I just want to help people become better people, I just want to do the right thing and most important I just want to move on.

Maybe that belief is unacceptable to most people, maybe that belief has caused me and will cause me even more pain and grief but I tell you though monuments when you have helped changed a person's life for the better are priceless. When they have no idea that you helped them you know you have a life worth living.

I have to believe that there is a God, maybe not the person I have been taught to believe. After all I don't accept that God had to spend almost eternity all by himself before he came up with the idea of man. There are too many beautiful things in the world not to have something greater than mankind.

"Yet you have never been there. You have not seen what it has become. I am dying, Maximus. When a man sees his end... he wants to know there was some purpose to his life. How will the world speak my name in years to come? Will I be known as the philosopher? The warrior? The tyrant...? Or will I be the emperor who gave Rome back her true self? There was once a dream that was Rome. You could only whisper it. Anything more than a whisper and it would vanish... it was so fragile. And I fear that it will not survive the winter. Won't you accept this great honor that I have offered you? 'With all my heart, no.' Maximus, that is why it must be you." Won't you accept this great honor that I have offered you? Marcus Aurelius in the movie *Gladiator*

"I find myself always aided by synchronicity of events and people. If I need to know something and don't know where to go, I find someone popping up in my life who informs me of that very thing. If I want to find someone but don't know how to reach them, they often call me out of the blue. If I feel physically sick, I ask my higher self what caused it. And I always get some kind of answer." Shirley MacLaine

"Everything that happens to us leaves some trace behind; everything contributes imperceptibly to make us what we are. Yet it is often dangerous to take a strict amount of it. For either we grow proud and negligent, or downcast and dispirited; and both are equally injurious in their consequences. The surest plan is just to do the nearest task that lies before us." Johann Wolfgang von Goethe

"Difficult decisions are often difficult because they will have profound consequences. That's why it is so important that the ideas that will form the foundation of a difficult decision are thoroughly analyzed and tested through rigorous challenges. Not only does the back-and-forth of serious debate result in the best ideas coming to the top, it also identifies the potential problems and hurdles that may arise when executing the decision. The knowledge that the pros as well as the cons of a decision have been argued and refined provides a level of confidence that is lacking in snap decisions or decisions made "from the gut." The toughest decisions are made one at a time. There will be winners and losers each time, but they're seldom the same for each decision. And there is no room for trade-offs or back scratching when it comes to these decisions." Aaron Sandoski

"The judicial power comes home to every man. If the legislature passes incorrect or unjust general laws, its members bear the evil as well as others. But judicature acts on individuals. It touches every private right, every private interest, and almost every private feeling. When we possess is hardly fit to be called our own unless we feel secure in its possession; and this security, this feeling of perfect safety, cannot exist under a wicked, or even under a weak and ignorant, administration of the laws. There is no happiness, there is no liberty, there is no enjoyment of life, unless a man can say when he rises in the morning, I shall be subject to the decision of no unjust judge to-day." Daniel Webster



"That which is past is gone and irrevocable, and wise men have enough to do with things present and to come; therefore they do but trifle with themselves that labour in past matters. IF any man should do wrong, merely out of ill-nature, why, yet it is but like the thorn or brier, which pricks and scratches because they can do no other." Sir France Bacon

"As we ought never to go to war for a profitable wrong, so we ought never to go to war for an unprofitable right." Edmund Burke

“We read of a philosopher who declared of himself that the first year he entered upon study of philosophy he knew everything; the second year he knew something; but the third, nothing. The more he studied, the more he declined in the opinion of his own knowledge, and saw more of the shortness of his understanding.” Author Unknown

“Predictability of threat is important in determining the impact of trauma. Stress is much more tolerable when it is relatively predictable. Indeed, there are a number of behavioral features of traumatized children which initially appear to be very maladaptive but are in fact very highly adaptive. This is seen with behaviors which solicit or promote either physical or sexually abuse. A child who has been a victim of unpredictable sexual or physical abuse learns consciously or unconsciously that if this abuse is going to happen, it is far preferable to control when it happens. As a result, children who have been violently physically assaulted will frequently engage in provocative, aggressive behavior in an attempt to elicit a predictable response from their environment. This behavior is often misinterpreted, and they are severely punished, thereby reinforcing the child’s view of the world.” Bruce D. Perry

“The prudent man always studies seriously and earnestly to understand whatever he professes to understand, and not merely to persuade other people that he understands it; and though his talents may not always be very brilliant, they are always perfectly genuine. He neither endeavours to impose upon you by the cunning devices of an artful impostor, nor by the arrogant airs of an assuming pedant, nor by the confident assertions of a superficial and imprudent pretender. He is not ostentatious even of the abilities which he really possesses. His conversation is simple and modest, and he is averse to all the quackish arts by which other people so frequently thrust themselves into public notice and reputation. For reputation in his profession he is naturally disposed to rely a good deal upon the solidity of his knowledge and abilities; and he does not always think of cultivating the favour of those little clubs and cabals, who, in the superior arts and sciences, so often erect themselves into the supreme judges of merit; and who make it their business to celebrate the talents and virtues of one another, and to decry whatever can come into competition with them. If he ever connects himself with any society of this kind, it is merely in self-defence, not with a view to impose upon the public, but to hinder the public from being imposed upon, to his disadvantage, by the clamours, the whispers, or the intrigues, either of that particular society, or of some other of the same kind. The prudent man is always sincere, and feels horror at the very thought of exposing himself to the disgrace which attends upon the detection of falsehood. But though always sincere, he is not always frank and open; and though he never tells any thing but the truth, he does not always think himself bound, when not properly called upon, to tell the whole truth. As he is cautious in his actions, so he is reserved in his speech; and never rashly or unnecessarily obtrudes his opinion concerning either things or persons. The prudent man, though not always distinguished by the most exquisite sensibility, is always very capable of friendship. But his friendship is not that ardent and passionate, but too often transitory affection, which appears so delicious to the generosity of youth and inexperience. It is a sedate, but steady and faithful attachment to a few well-tryed and well-chosen companions; in the choice of whom he is not guided by the giddy admiration of shining accomplishments, but by the sober esteem of modesty, discretion, and good conduct. But though capable of friendship, he is not always much disposed to general sociality. He rarely frequents, and more rarely figures in those convivial societies which are distinguished for the jollity and gaiety of their conversation. Their way of life might too often interfere with the regularity of his temperance, might interrupt the steadiness of his industry, or break in upon the strictness of his frugality. But though his conversation may not always be very sprightly or diverting, it is always perfectly inoffensive. He hates the thought of being guilty of any petulance or rudeness. He never assumes impertinently over any body, and, upon all common occasions, is willing to place himself rather below than above his equals. Both in his conduct and conversation, he is an exact observer of decency, and respects with an almost religious scrupulosity, all the established decorums and ceremonials of society. And, in this respect, he sets a much better example than has frequently been done by men of much more splendid talents and virtues.” Adam Smith

“There is a certain race of men; critics, that either imagine it their duty, or make it their amusement, to hinder the reception of every work of learning or genius, who stand as sentinels in the avenues of fame, and value themselves upon giving Ignorance and Envy the first notice of a prey.” George B. Norman

“Maybe we ought to put ourselves in the position of the little Vietnamese farmer who did nothing but raise his rice. They handed him an AK-47 and in came the powerful United States, and we dropped more armaments on Vietnam than we did in World War II. We threw everything we had at this little rice farmer and we couldn’t beat him, could we? When push came to shove, he outlasted us. Why? Because he had the resolve for freedom. That Vietnamese farmer wanted to be self-govern, not be part of colonialism. Maybe, we in the United States should start viewing our government as colonialists. Now the rest of us, in our own country, are becoming the colony. And somehow, we’ve got to reclaim our nation.” Governor Jesse Ventura

“No man is distraught with the man he fears, or the woman he loves; which is a proof that every man can get the better of that distraction, when he thinks it worth his while to do so; and take my word for it, it is always worth his while. For my own part, I would rather be in the company with a dead man, than with an absent one; for if the dead man gives me no pleasure, at least he shows me no contempt; whereas the absent man, silently indeed, but very plainly, tells me that he does not think me worth his attention. Besides, can an absent man make any observations upon the characters, customs, and manner of the company? No. He may be in the best

companies all his life-time, if they will admit him, which, if I were they, I would not, and never be one jot the wiser. I never will converse with the absent man; one may as well talk to a deaf one. It is, in truth, a practical blunder, to address ourselves to a man, who we see plainly, neither hears, minds, nor understands us. Moreover, I aver that no man is, in any degree, fit for either business or conversation, who cannot, and does not, direct and command his attention to the present object, be that what it will.” Philip Dormer Stanhope Chesterfield Lord Chesterfield



“Self-sacrifice, self-denial, are large words, which contain much beauty, and are easily got by rote. And the facility of utterance is soon taken for a spiritual state; and while fluently talking of these high-sounding words, and of man’s or woman’s mission and influence, it never occurs to us that as yet we have not power to live them out.” Frederick W. Robertson

The beginning of hardship is like the first taste of bitter food; it seems for a moment unbearable; yet, if there is nothing else to satisfy our hunger, we take another bite and find it possible to go on.” George Eliot

“The nature of fraud as distinct from other violations of right of property seems to consist in this, that the man injured is induced to concur in the act by which the injury is done. Thus to take away anything valuable without the owner’s knowledge is a theft; to take it away against his consent by threats or force is a robbery; to borrow it without intention of returning it is a fraud, because the owner consents to the act by which it passed out of his own hands.” Samuel Johnson

Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful.” Norman Hill

“Normal life with its ups and downs: Love and marriage, birth and death, recognition and persecution, wars destruction, reconstruction and living on, all ensure that this creative work is not carried on in an ivory tower, as many people believe.” Otto Schulze-Elberfeld

“We seem to be approaching to a great crisis in our affairs, which calls for the whole wisdom of the wisest among us, without being able to assure ourselves that any wisdom can preserve us from many and great inconveniencies.” Edmund Burke

“I am the sole proprietor of myself. No party, no organization, has any deed of trust on what little brains I have, and as long as I can get my part of the common air I am going to tell my honest thoughts. One man in the right will finally get to be a majority.” Colonel Robert Green Ingersoll

Our sensibility to personal danger and distress, like that to personal provocation, is much more apt to offend by its excess than by its defect. No character is more contemptible than that of a coward; no character is more admired than that of the man who faces death with intrepidity, and maintains his tranquillity and presence of mind amidst the most dreadful dangers. We esteem the man who supports pain and even torture with manhood and firmness; and we can have little regard for him who sinks under them, and abandons himself to useless outcries and womanish lamentations. A fretful temper, which feels, with too much sensibility, every little cross accident, renders a man miserable in himself and offensive to other people. A calm one, which does not allow its tranquillity to be disturbed, either by the small injuries, or by the little disasters incident to the usual course of human affairs; but which, amidst the natural and moral evils infesting the world, lays its account and is contented to suffer a little from both, is a blessing to the man himself, and gives ease and security to all his companions. Our sensibility, however, both to our own injuries and to our own misfortunes, though generally too strong, may likewise be too weak. The man who feels little for his own misfortunes must always feel less for those of other people, and be less disposed to relieve them. The man who has little resentment for the injuries which are done to himself, must always have less for those which are done to other people, and be less disposed either to protect or to avenge them. A stupid insensibility to the events of human life necessarily extinguishes all that keen and earnest attention to the propriety of our own conduct, which constitutes the real essence of virtue. We can feel little anxiety about the propriety of our own actions, when we are indifferent about the events which may result from them. The man who feels the full distress of the calamity which has befallen him, who feels the whole baseness of the injustice which has been done to him, but who feels still more strongly what the dignity of his own character requires; who does not abandon himself to the guidance of the undisciplined passions which his situation might naturally inspire; but who governs his whole behaviour and conduct according to those restrained and corrected emotions which the great inmate, the great demi-god within the breast prescribes and approves of; is alone the real man of virtue, the only real and proper object of love, respect, and admiration. Insensibility and that noble firmness, that exalted self-command, which is founded in the sense of dignity and propriety, are so far from being altogether the same, that in proportion as the former takes place, the merit of the latter is, in many cases, entirely taken away. But though the total want of sensibility to personal injury, to personal danger and distress, would, in such situations, take away the whole merit of self-command, that sensibility, however, may very easily be too exquisite, and it frequently is so. When the sense of propriety, when the authority of the judge within the breast, can control this extreme sensibility, that authority must no doubt appear very noble and very great. But the exertion of it may be too fatiguing; it may have too much to do. The individual, by a great effort, may behave perfectly well. But the contest between the two principles, the warfare within the breast, may be too violent to be at all consistent with internal tranquillity and happiness. The wise man whom Nature has endowed with this too exquisite sensibility, and whose too lively feelings have not been sufficiently blunted and hardened by early education and proper exercise, will avoid, as much as duty and propriety will permit, the situations for which he is not perfectly fitted. The man whose feeble and delicate constitution renders him too sensible to pain, to hardship, and to every sort of bodily distress, should not wantonly embrace the profession of a soldier. The man of too much sensibility to injury, should not rashly engage in the contests of faction. Though the sense of propriety should be strong enough to command all those sensibilities, the composure of the mind must always be disturbed in the struggle. In this disorder the judgment cannot always maintain its ordinary acuteness and precision; and though he may always mean to act properly, he may often act rashly and imprudently, and in a manner which he himself will, in the succeeding part of his life, be for ever ashamed of. A certain intrepidity, a certain firmness of nerves and hardiness of constitution, whether natural or acquired, are undoubtedly the best preparatives for all the great exertions of self-command. Though war and faction are certainly the best schools for forming every man to this hardiness and firmness of temper, though they are the best remedies for curing him of the opposite weaknesses, yet, if the day of trial should happen to come before he has completely learned his lesson, before the remedy has had time to produce its proper effect, the consequences might not be agreeable." Adam Smith

"Every man must think for himself, and he will always find upon his path some truth, or at least a kind of truth, that will help him through life; yet he dare not allow himself to drift; he must be self-controlled; mere naked instinct does not befit a man." Johann Wolfgang von Goethe

“Throughout the course of the day your senses and perceptions take in an enormous amount of data which they correlate and then translate into reactions. These reactions may be in the form of thoughts, words, actions, or beliefs. Every reaction an individual has is totally based on past experience or experiences that the individual’s mind correlate as being as close to the current situation as possible. Reactions can change as the focus of the individual’s thoughts and concerns change. Triggers are words, symbols, situations, items, sounds, smells, colours just about anything that the mind correlates to a negative past experience and causes a reaction based on it. As an individual’s focus changes, things that once did not cause them to react now do. However, the reverse is also true. Some people have a delayed reaction to some triggers. Triggers can also be cumulative in nature. A person can encounters three distinct or dominant sounds over a two-day period that match the sounds experienced in the past. With no response or cognitive recognition may occur for the first two sounds, but at the third one therefore not connecting that third sound, especially off there were many other things occurring at the same instant that the third sound went off.” Alexandra Rogers

“Any coward can fight a battle when he is sure of winning; but give me the man who has pluck to fight when he is sure of losing.” George Eliot

“Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not; it is the first lesson that ought to be learned, and however early a man’s training begins, it is probably the last lesson that he learns thoroughly.” T. H. Huxley

“I can forgive, but I cannot forget, is only another way of saying, I will not forgive. A forgiveness ought to be like a cancelled note, torn in two and burned up, so that it never can be shown against the man.” H. W. Beecher

“Men are frequently like tea, their real strength and goodness is not drawn out till they have been for a short time in how water.” Cruikshank’s Almanac

“The great mistake in teaching is to suppose that, in order to teach elements, only rudimentary knowledge is required. I believe the foundations must have been approfondis; not that such teachings need to be deep, but it must rest of depths. Results are for production and the public; but it may cost years to get the freedom of stroke which passes for an off-hard inspiration of the moment; and long familiarly with a subject is the only condition on which facility of expression, abundance of illustration, and power of connecting the smallest parts with principles and with the whole, can be obtained.” Frederick W. Robertson 1816-1853



Summers

“I have been round so many times before. Broke my back, been split open so oft. Tried to make it to the finish line; been knocked down, get up every single time. They're up in your face, they don't think you belong. Man, you got it, you got it going' on. What breaks the weak just makes you strong you ain't going', you ain't going' down. Rain comes in every player's life. Gotta stay in the game, not on the sidelines, Gotta throw down, you gotta stand and fight Keep your eye on the prize, don't get caught up in strife. Go, go for the shot boy, make that play just right. Bragging' about your swag won't get you through the night. Make me proud! Stand up and fight!” Donna

“The rule is that no one speaks twice until everybody has spoken once. It’s absolutely enforced. No matter how great an idea you have in the middle, nobody speaks out of turn. Everybody speaks once and then we go back. It’s a very, very helpful rule.” Justice Stephen Breyer

“Once you walk into a man’s office and walk through his company, you then have a very good feel for the culture and the way he does business. You see the body language between his employees and him that tells you how they regard him. You see how the office is set up, how lavish it is, how tightly it’s controlled, and you get a feel for how frugal he is and what he thinks is important. One walk through the office tells you immediately more about the person than you can ever find out if he makes a presentation in your boardroom.” Victor Fung

“All of us who give service and stand ready for sacrifice are the touch-bearers. We run with the touches until we fall, content if we can pass them to the hands of the other runners. These are the torch-bearers; these are they who have dared the Great Adventure.” Theodore Roosevelt

“Kindness is not on political agendas. Kindness is not on financial agendas. Kindness is not on the scientific agendas. Kindness is not on technological agendas. Why not? It’s inexpensive, simply understood, and universally approved.” Marc Estrin

“We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.” Marion Wright Edelman

“Trauma is not just relived in dreams, cognitions, and memories but also in behavior. Behaviors reflective of traumatic intrusions are called reenactments. Reenactments can take many forms but they are usually unconscious attempts to master or resolve trauma. Reenactments can occur in disguised form or in exact replica of the trauma.” Margaret Walden



“Too much cannot be said against the men of wealth who sacrifice everything to getting wealth. There is not in the world a more ignoble character than the mere money-getting American, insensible to every duty, regardless of every principle, bent only on amassing a fortune, and putting his fortune only to the basest uses.” Theodore Roosevelt

“Most people do not know how to describe what they want, because they don’t have a clue what it really is. Think about those times in your life when you have been

brought to a standstill by a simple choice. If you can’t decide which movie to see, what to wear, is it any wonder you find it hard to identify goals? Indecision creates inaction. Inaction leads to result that you do not want. This makes your journey through life like that of an unguided mission. Not knowing exactly what you want is a major problem for a number of reasons. You live in a world where the most you will get is what you ask for.” Phillip C. McGraw

“It is one of the defects of modern higher education that it has become too much training in the acquisition of certain kinds of skill, and too little an enlargement of the mind and heart by an impartial survey of the world.” Bertrand Russell

“If you can develop an adequate self-image, then you are capable of directing your life, of making your own decisions. You have to have confidence in your own abilities to be able to go it alone, to go against what the rest of the world is doing.” Eunice Baumann

“The power of ideas that can call men and women to make great sacrifices can only be trumped by the power of more compelling ideas that summon forth nobler sacrifices.” George Weigel.

“You can get all A’s in school and still flunk life.” Walker Percy

“A warrior knows that he has learned something with every battle he has fought, but many of those lessons have caused him unnecessary suffering. More than once he has wasted his time fighting for a lie. And he has suffered for people who did not deserve his love.” Paulo Coelho



“There is a wrongheaded notion of what exactly a leader is. This misguided notion of leadership often results in the wrong people attaining critical leadership roles. Search committees and voters alike fall into the trap of choosing leaders for their style rather than their substance, for their image instead of their integrity. The only valid test of a leader is his or her ability to bring people together to achieve sustainable results over time. Real leadership requires years of development and hard work. People want to be inspired by a greater purpose. Leadership is about being authentic, about being uniquely yourself, the genuine article. Authentic leaders know who they are. They are good in their skin, so good they don't feel a need

to impress or please others. They not only inspire those around them, they bring people together around a share purpose and a common set of values. Authentic leader know the true north of their moral compass and are prepared to stay the course despite challenges and disappointments. They are more concerned about serving others than they are about their success or recognition, which is not to say that authentic leaders to be perfect. Every leader has weaknesses and all are subject to human frailties and mistakes. Yet by acknowledging failings and admitting error, they connect with people and empower them to take risk.” Bill George



“In myths the hero is the one who conquers the dragon, not the one who is devoured by it. And yet both have to deal with the same dragon. Also, he is no hero who never met the dragon, or who, if he once saw it, declared afterwards that he saw nothing. Equally, only one who has risked the fight with the dragon and is not overcome by it wins the hoard, the treasure hard to attain. He alone has a genuine claim to self-confidence, for he has faced the dark ground of his self and thereby gained himself. He has acquired the right to believe that he will be able to overcome all future threats by the same means.” C. G. Jung

“The hero on his journey often has no idea how he is going to overcome their adversary, until he meets the witch. No matter how hideous the witch may be, the hero is required to help the witch in some manner, whereupon she either gives him various gifts which will help him or the witch metamorphoses into a beautiful woman whose knowledge becomes important to him. Once this is accomplished, there are new perspectives to be gained and there is new knowledge to be assimilated.” Pamela J. Ball

“I feel that there is someone in the world who can complete me, make me feel whole, and who I can laugh with. That person will love me not because he decides to, but because of the fact that when he is near me, he will feel the way I do: like one full entity, concerted. I also believe that love is something that no one person can fix the limits of, because it is as infinite and mysterious as the stars that it's written on. No one really should attempt to explain it, because it is one of the greatest natural phenomena in the world that all people should just have blind faith in. Love is trust and certitude in the unknown, for without that faith, emotions can die.” Mary Pat Michalek

“Divorced from ethics, leadership is reduced to management and politics to mere technique.” James Macgregor Burns

“Every morning is a fresh beginning. Every day is the world made new. Today is a new day. Today is my world made new; I have lived all my life up to this moment, to come to this day. This moment—this day—is as good as any moment in all eternity. I shall make of this day—each moment of this day—a heaven on earth. This is my day of opportunity.” Dan Custer



“Humanity needs practical men, who get the most out of their work, and, without forgetting the general good, safeguard their own interests. But humanity also needs dreamers, for whom the disinterested development of an enterprise is so captivating that it becomes impossible for them to devote their care to their own material profit. A well-organized society should assure to such workers the efficient means of accomplishing their task, in a life freed from material care and freely consecrated to research.”
Marie Curie

“A child should be taught to expect success, to believe that he is born to succeed, as the acorn is destined to become an oak. It should grow up in the firm belief that it will succeed. Adults often lessen their child’s faith in themselves by telling them they are going to fail, instead of inspiring them with hope and confidence of success.” George R. Devitt

“Outside of character there is nothing which is more detrimental to kill or motivate than one’s self-confidence and self-respect; and yet, strangely enough, this virtue, for it is a virtue, and a great one, is one which parents, friends, teachers, and companions who wish to help and never to hinder, often think it is wise to suppress or largely to check.” Sam Walters Foss

“Do you think that a man’s power amounts to anything if he cannot ensure that what he can do to someone else someone else cannot do to him in turn? Add to this the fact that if there were present in these positions of honor and power any measure of good that belonged to them by their own nature, they would never become the possession of those who are most despicable for it is not the habit of opposites to join themselves together. Nature disdains the conjunction of pairs of opposites. Therefore, since there can be no doubt that the most despicable people are commonly installed in position of power, this then is clear. These things are not good in their own nature that allows themselves to attach to despicable people. Indeed, one many entertain the same ideas in still more compelling terms about all the gifts of fortune, which once in still greater abundance for each and every one of the most unrighteous of men. And this too is a point that I think needs to be taken into consideration in these matters, that people do not doubt that a man is brave, if they catch the sight of bravery within him; it is perfectly clear that a man is swift if swiftness is present within him, in just the same way musical training makes musicians, medical training makes doctors, rhetorical training makes rhetoricians. The nature of each particular skill effects what is appropriate to it: it does not combine itself with the effects of opposite skills: it drives from itself things that are beyond its scope. And yet wealth and resources cannot extinguish insatiable greed, nor can power make a man master of himself if corrupt acts of lust hold him bound in chains he cannot break. Rank when conferred upon unrighteous men, not only does not make one honorable, but more than this, it betrays them and shows them as dishonorable. Why does it work out this way? Because you all so happily conjure up under false names, things that have quite a different nature, names that are readily contradicted by the effects of the things themselves. And so it is that those riches cannot rightly be called riches, nor power; power, nor that rank; rank. Fortune does not always ally herself with good people nor does she make good those with whom she has allied herself.” Boethius

“We build character every day with our thoughts and acts and the way to build the best character is to be kind and useful. Every good thoughts and act that we put into each day of our life is a valuable block of stone in the character we are building...If our work to-day does not make us stronger then yesterday, does not add good stones or blocks to our structure, it is standing still.” Marion M. George

“Wisdom never forces herself on men. If we use lock and bolt to keep her out, she will make no forcible entry. If an empty bottle is corked up, you may throw it into the sea, but it will not be filled thereby. Wisdom only flows in where there is a clear entrance for it. Few men will ever be hanged for being too wise.” Edmund Burke

“Put simply, people tend to do what they know and fail to do that which they have no conception of. In that way, ignorance profoundly channels the course we take in life. And unknown unknowns constitute a grand swath of everybody’s field of ignorance. To me, unknown unknowns enter at two different levels. The first is at the level of risk and problem. Many tasks in life contain uncertainties that are known — so-called “known unknowns.” These are potential problems for any venture, but they at least are problems that people can be vigilant about, prepare for, take insurance on, and often head off at the pass. Unknown unknown risks, on the other hand, are problems that people do not know they are vulnerable to. Unknown unknowns also exist at the level of solutions. People often come up with answers to problems that are o.k., but are not the best solutions. The reason they don’t come up with those solutions is that they are simply not aware of them. Unknown unknown solutions haunt the mediocre without their knowledge. The average detective does not realize the clues he or she neglects. The mediocre doctor is not aware of the diagnostic possibilities or treatments never considered. The run-of-the-mill lawyer fails to recognize the winning legal argument that is out there. People fail to reach their potential as professionals, lovers, parents and people simply because they are not aware of the possible. This is one of the reasons I often urge my student advisees to find out who the smart professors are, and to get themselves in front of those professors so they can see what smart looks like.” David Dunning

“The lack of clarity about what exactly defines a good leader, and how to distinguish a good leader from a bad one, is mirrored in the followers consider this question: should followers follow the leader, or the dictates of their conscience? On the other hand, a strong argument can be made that to maintain order and get the work done; followers should go along with their leaders except in dire circumstances. On the other hand, followers are not sleep nor should they necessarily, be part of any herd.” Barbara Kellerman



“Why would it be our responsibility to help these parties move forward? It seems to me, if parties stood for something, or if they did things, they on their own would do find. Why should we rig the rules to strengthen the parties? Isn’t that the parties’ own business? The problem gets to be, as a lot of us here, both Democrat and Republican, know, is that the parties want to be nurtured. Should we also be nurturing the Communist Party? If the parties stand for something, they will survive; if they don’t stand for anything, maybe they shouldn’t survive.” John K. White

“You cannot leave personality and character out of leadership. These are some qualities that you have to have. Basically you should possess, exemplify and perhaps even personify the qualities expected or required in your working group. I have, emphasized that because it is so fundamental. Without it you lack creditability. Incidentally here is one of the first differences between leaders and managers. The latter can be appointed over others in a hierarchy regardless of whether or not they have the required qualifications.” John Adair

“Knowledge is a process of piling up facts, wisdom lies in their simplification.” Martin Fischer

“The wisest leaders bring deep knowledge, but no personal agendas, to the advice they give others, what they say they believe, and their counsel is always genuinely tailored to the recipient rather than applied indiscriminately or cut and pasted from a previous conversation. When a wise leader is approached with a problem, he or she lets go of personal biases and abandons any thoughts of personal gain. They offer the gift of experience only. Leaders who demonstrate wisdom do so by encouraging others to develop their own abilities to reflect on experiences and derive important and applicable lessons.” Richard Davis

“We are a nature built on hope, purpose and belief in better times, better ways of doing things, and a better life for our children. We are hungry for inspired leaders who will show us the way. The winds of change are blowing across the globe. We need bold new leaders at every level of society to solve our most pressing issues. Insightful questions open doors and throw light on unresolved problems. They free us from extended ideas and outdated procedures. Truly successful leaders have the courage to pause and ask why.” Sheila M. Bethel

“A lot of classes I’ve been exposed to, you just go to class and they do the PowerPoint from the book. It just seems kind of pointless to go when you’re probably not going to be paying much attention anyway and it would probably be worth more of your time just to sit with your book and read it. It seems like now, every take-home test you get, you can just go and Google. If the question is from a test bank, you can just type the text in, and somebody out there will have it and you can just use that. This is not senioritis; this is the way all four years have been. In a typical day, I just play sports. Maybe go to the gym. Eat. Probably drink a little bit, just kind of goof around all day. I have a 3.3 grade-point average.” College Senior

“A pension promise can be easy to make but expensive to keep. The employers who promised higher pensions in the past knew they would not be in their posts when the bill became due. That made it tempting for them to offer higher pensions rather than better pay. Over the past 15 years the economics of the deal have become clear, initially in the private sector, where pensions and health-care costs after retirement were center to the bankruptcy of General Motors and many other firms.” Philip Coggan



“There are five classes of men who weave their own souls and those of their neighbors: the ignorant man who devoteth himself to the teaching of others; the man who desireth that which cometh not to him; the governor who taketh not counsel with his friends; the man who undertaketh a work which is too great for him; and the man who serveth the king deceitfully.” Indian Sage

“We alongside the mujahidin bled Russia for ten years, until it went bankrupt. For bin Laden, success was not to be measured in body count. It was to be measured in deficits, in borrowing costs, in investments we weren’t able to make in our country’s continual economic strength, and by those measures, bin Laden landed a lot of blows. Nobel laureate Joseph Stiglitz estimates that the price tag on Iraq alone will surpass \$3 trillion. Afghanistan likely amounts to another trillion or two. Add in the build-up in homeland security spending since 9/11 and you are looking at another trillion. Bin Laden didn’t-couldn’t-bankrupt us. He could only provoke us into bankrupting ourselves. And he came pretty close.” Ezra Klein

“Nobody function in a crisis if everyone is running around screaming of course, that’s how most people react in a crisis. You don’t act like most executives often do when they are in a pressing situation, and start pointing fingers. It is amazing how many people want to move right to reacting to a situation before they actually act on it. Act first; react later.” Gil Schwartz

“Actual rebellion against the laws of the United States exists at this moment. What may be the consequences of such violent and outrageous proceedings is painful in a high degree even in contemplation. But if the laws are to be so trampled upon, with impunity, and a minority, a small one too is to dictate to the majority, there is an end, at one stroke, to republican government, and nothing but anarchy and confusion is to be expected thereafter. For some other man, or society may dislike another law and oppose it with equal propriety until all laws are prostrate, and every one the strongest I presume will carve for himself.” George Washington

“If I have ten people in the room, and I think they’re all smart and I’m paying them all for the passion they have on this subject, if I don’t get ten violently supported different opinions, there are some people in the room who are wasting oxygen. I like it when ten people walk into the room with ten different opinions and are so passionate they’re yelling at each other. I expect people to walk into the room carrying spears, ready to defend their position. My job is to decide when we’ve had enough battle and make a decision. And when people leave the room, everybody’s got to be working toward the same goal.” Dean Kamen

“Could I climb to the highest place in Athens, I would lift my voice and proclaim, Fellow citizens, why do you turn and scrap every stone to gather wealth and take so little care of your children to whom one day you must relinquish it all.” Socrates

“He that waits for an opportunity to do much at once, may breathe out his life in idle wishes; and regret, in the last hour, his useless intentions and barren zeal” Author Unknown

“As we contemplate our body, we begin to realize that we don’t direct most of the processes. We don’t live, so much as life lives through us.” Wes Nisker

“I can get violently angry when I see an act of injustice firsthand. I get perturbed at inefficiency and impatient at a lack of work ethic. But injustice truly infuriates me, particularly injustice and cruelty directed toward innocent human beings like small children. In fact, at times it makes me violent. I’ve noticed that showing my violent fury can often put a stop to the injustice.” Shirley MacLaine



“Cowards do not count in battle; they are there but not in it.” Euripides

“The progressive reformers can be even more self-interested than their conservative opponents.” Mary Ann Evans

“Parents are so convinced that a bachelor’s degree is the magic key that opens the door to future success that they pay the outrageous admission price, despite the endless tuition hikes, hidden fees and surcharges. They take out second mortgages, cash out their retirement plans, and go deeply into debt. For them, this is an emotional issue. They want the best for their children and are willing to make tremendous sacrifices to get them the best for them. Neglecting to get their child into a top college seems like a form of child abuse. But for party schools, this unlimited demand for their product makes it easy to keep pushing up the price year after year.” Craig Brandon

“Though the wolf be lean, he can contend with a goat.” African Proverb

“The avaricious man is like barren, sandy ground, which sucks in the rain and dew with greediness and thirst; but yields no fruitful herbs or plants to the inhabitants.” African proverb

“There is no despair so absolute as that which comes with the first moments of our first great sorrow, when we have not yet known what it is to have suffered and be healed, to have despised and to have recovered hope.” Author Unknown

“One important criterion for hiring the very best is to find people who want to learn and understand rather than people who think they know what is right.” Pete Peterson

The person who can think for him or herself is very dangerous to the status quo, the person who can teach others to think for him or herself, is extremely dangerous and usually destroyed.

Because of my life experiences I don't accept the possibility that nothing can't be done to make the situation better. If we are willing to accept the fact that everyone have something to offer and then we put all those pieces together we can solve any problem. We may not be able to get everything we want or desire but we can surely accomplish everything we need too to make our lives and the lives of people around us better. That is leadership; taking the time to see the possibilities in everyone, get them to see the possibilities in themselves for themselves and then helping them achieve those possibilities. Not doing it for them, not giving something to them that they haven't earned but helping them achieved it on their own. People before me place that trust in me and because of that I have come a long way and I want to do everything possible to place the same trust in others till the point they no longer need my help or that their actions have proving them untrustworthy.

“The greatest danger, is that losing one's own self, may pass off quietly as if were nothing; every other loss, that of an arm, a leg, five dollars, etc., is sure to e noticed.” Soren Kierkegaard

“Have the courage to live. Anyone can die.” Robert Cody

“Nature is painting for us, day after day, pictures of infinite beauty if only we had eyes to see them” John Ruskin

“Critics have their purposes, and they're supposed to do what they do, but sometimes they get a little carried away with what they think someone should have done, rather than concerning themselves with what they did.” Duke Ellington

“A man of character finds a special attractiveness in difficulty, since it is only by coming to grips with difficulty that he can realize his potentialities.” Charles de Gaulle

There really is no competition. People may do the same thing you do. They may have the same or similar goals as you, but that is only on the surface. The underlying truth is there are no two people the same. Not even twins. Each person brings to the table their own unique self. Each person has to learn to emphasize their unique qualities and let other people know what sets them apart from others

Nothing in life is ever wasted. Everything that has happened to you had been laid out like a landscape in your mind, molded and transformed

by your own unique thought processes. It is the core of your originality, which you could spend the rest of life trying to understanding but you will never finish. Remember, your wishes are the little course corrections that your innate talents keep sending you. No one else can tell you where your combinations of unique skills, talents and experiences will lead you

“I have often been asked, "Do not people bore you?" I do not understand quite what that means. I suppose the calls of the stupid and curious, especially of newspaper reporters, are always inopportune. I also dislike people who try to talk down to my understanding. They are like people who when walking with you try to shorten their steps to suit yours; the hypocrisy in both cases is equally exasperating.” Helen Keller



New Orleans, LA July 29th, 2005

“Slaves in chains have always understood they were slaves. Black American slaves worked nearly naked in the cotton fields on very little food sometimes only a handful of corn a day; often going without meat and sometimes they were whipped, without mercy, for small offenses. But they understood they were slaves. But what of the people who are told they are free but cannot get a job. What of the people in America, the land of the free that are trapped in slums, in filth and poverty, whose children go to bed at night hungry? For many of these people the difference between slavery in the old South and entrapment in today’s ghettos are confusing.” Abram Harris

“If wealth is the obedient and laborious slave of virtue and of public honour, then wealth is in its place, and has its use; but if, this order is changed and honour is to be sacrificed to the conservation of riches, riches which have neither eyes or hands, nor anything found vital in them, cannot long survive the being of their vivifying powers, their legitimate masters, and their potent protectors as if we command our wealth, we should be rich and free; if our wealth commands us, we are poor indeed.” Edmund Burke



“I say that the choice of a general is made not with an eye to noble birth, nor because of wealth, but because he is temperate, self-controlled, vigilant, frugal, weathered has his wits about him, is free of greed, neither young nor too old, perhaps also a father of children, an adequate, and of good repute. The general who is chosen must be honest, affable, ready for action, unflappable, not so gentle as to be despised, nor so terrifying as to be hated, so that his camp is not made lax by his favors, nor is estranged through fear. The general must be sharp as a bird, or as thought, darling in his swiftness of mind at every matter. Many times unanticipated disturbances arise which force him to

devise off-the-cuff what is expedient.” Onasander

“In a way, when compared to a professional player the living-room player is lucky . . . He has no idea how miserably he fails with almost every turn, how many possible words or optimal plays slip by unnoticed. The idea of Scrabble greatness doesn’t exist for him.” Stefan Fatsis

“You will not always know as much as your subordinates, this is no disgrace. Don’t pretend that you have knowledge or ability that in fact you do not have. Ask for advice (we are most flattered to be asked anyway) and if you like the advice you receive, act on it. If it works give the credit to the originator. If it doesn’t work, say nothing!” Major D. G. Sayers Royal Marines

“We all dream; but not equally. Those who dream by night in the duty recesses of their minds wake in the day to find that it was vanity; but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible.” T. S. Laurence

“There are good reasons for suggesting that the modern age has ended. It is as if something was crumbling, decaying and exhausting itself, while something else, still indistinct, were arising from the rubble. We are in a phase when one age is succeeding another.” Vaclav Havel

“In today’s economy parents rarely teach children the work skills they will need as adults. Instead the role of family in socializing children to an occupational future should consist of arranging for schooling and exposing children to the values, motivations, attitudes, and expectations they will need to find a satisfying productive niche when they reach adulthood.” Molly Pei-lin Huang

“People have to understand that wars are not won or lost by the number of people killed, but by the ability of the opponents to fight efficiently and within their means. We must always weight the cost of any action against the benefit of that action. Bjuhasz

“I have already intimated to you the danger of parties in the State, with particular reference to the founding of them on geographical discriminations. Let me now take a more comprehensive view, and warn you in the most solemn manner against the baneful effects of the spirit of party generally. This spirit, unfortunately, is inseparable from our nature, having its root in the strongest passions of the human mind. It exists under



different shapes in all governments, more or less stifled, controlled, or repressed; but, in those of the popular form, it is seen in its greatest rankness, and is truly their worst enemy. The alternate domination of one faction over another, sharpened by the spirit of revenge, natural to party dissension, which in different ages and countries has perpetrated the most horrid enormities, is itself a frightful despotism. But this leads at length to a more formal and permanent despotism.” George Washington

“Cautious, causal people, always casting about to preserve their reputation or social standing, never bring about reform. Those who are really in earnest must be willing to be anything or nothing in the world’s estimation, and

publicly and privately, and in season and out, avow their sympathy with despise and persecuted ideas and their advocates, and bear all the consequences.” Susan B. Anthony

“You are the nourisher of every virtue; what you bring to mind is true, and I cannot deny the amazingly swift course of my success. But that’s the thing that burns me so painfully as I recall it: I mean, in all of fortune’s adversities the most unhappy sort of misfortune is the one was happy once. But that is a punishment that you suffer because of your false opinions about things; you cannot in justice blame the things themselves for it. After all, if it is the empty name of fortune-born happiness that excites you so, you many go over with me just multiform and magnificent in your abundance still then, if that which was your most valuable possession in



every register of your goal, Fortune is still kept for you by the powers above intact and safe from harm. Will you be within your right to bring a complaint about your misfortune when you still possess all the better parts?” Boethius

“Many of the beliefs that create your perceptions and state of mind have been adopted, unconsciously, over time. As a child, you may have accepted the ideas your parents, teachers and culture told you, without question. Social circumstances may have dictated your religion, ideas of acceptable behavior, your self-worth and even your opportunities in life. This belief system originated from outside sources and became your truth, quite possibly, without internal examination. Through repetition, you have become conditioned to accept the ideas of others as the truth of your being. If you learned from others to appreciate yourself as a magnificent creation of life with the capacity to creatively express yourself, you have truly been blessed.” Lynne Lambert

“For all that can my discourse be about position of honor and power, positions that all of you, who know nothing about true honors and true power, raise to the level of heavens? If your honors

and power fell to each and every one of the most unrighteous of men, what Aetnas with torrents of flames, what universal flood could wreak such destruction? As a matter of fact and I believe that you remember this, the ancestors of all you Romans wanted to do away with the consular power, the things that was the very fountainhead of liberty, because of the arrogance of the consuls themselves; earlier, the same ancestors had violently taken the name of king away from the state because of the same sort of arrogance. But should your

positions of honor and power ever be conferred upon righteous people, an extremely infrequent occurrence what is there in such positions that is found pleasing other than the righteousness of those who exercise them? And so it is that true honor attaches itself not into one's innate virtues because of one's position, but to one's position because of one's innate virtues." Boethius

"To lose one's life is a little thing and I shall have the courage to do so if it is necessary, but to see the meaning of this life dissipated, to see our reason for existing disappear, that is what is unbearable. One cannot live without meaning." Albert Camus

"We all have our good reasons for overlooking the role random chance plays in our lives. Our petty intentions and grand ambitions seem pointless if we're too mindful of how easily forces beyond our control can obliterate them. But it's just not in our nature to accept that we're being buffeted around by a fate we can't control." James Graff

"There never was a just war, never an honorable one on the part of the instigator of war, statesmen will always invent cheap lies placing the blame upon the nation that is attacked; every man will be glad of those conscience-soothing falsities and thus he will by and by convince himself that the war is just and will thank God for the better sleep he enjoys after the process of grotesque self-deception." Mark Twain

"Shatter the glass. In our society that is so self-absorbed, begin to look less at yourself, and more at each other." Sargent Shriver

"In confidence I assure you that my movements to the chair of government will be accompanied by feelings not unlike those of culprit who is going to the place of his execution: so unwilling am I, in the evening of my life nearly consumed in public cares, to quit a peaceful abode for an ocean of difficulties, without the competency of political skills, abilities and inclination which is necessary to manage the helm. I am sensible, that I am embarking the voice of my countrymen and a good name of my own on this voyage, but what returns will be made for them, Heaven alone can foretell. Integrity and firmness is all I can promise; these, be the voyage long or short, never shall forsake me although I may be deserted by all men." George Washington

"In the last analysis, the essential thing is the life of the individual. This alone makes history, here alone do the great transformations take place, and the whole future, the whole history of the world, ultimately springs as a gigantic summation from these hidden sources in individual." Carl Jung

"Habits of thinking need not be forever. One of the most significant findings in psychology in the last twenty years is that individuals can choose the way they think." Martin Seligman

"True leadership is not something you learn once; it is an ever-evolving patter of skills, talents and abilities that you craft and seek to perfect over a life time. Your leadership journey will never be finished. One word of caution; nobody can teach you leadership. It is something you have to learn. You learn principally from experience. But experience or practice has to be illuminated by principles or ideas; it is when the sparks jump between the two that learning happens. So you have to think hard, as with everything in life, the more you put into this the more you receive." Sheila M. Bethel

"The vision thing is a sense of purpose with competence. It's not intended to be a statement of who we are, but of what we dream of becoming, realizing that the journey never ends." David Gergen

"The brave man is not he who feels no fear, for that is stupid and irrational; but he, whose noble soul its fear subdues, and bravely dares the danger nature shrinks from." Joanna Baillie

"Let me tell you something. Nobody around here will take the time to tell you how you are doing. And if you ask, there's a good chance they'll be evasive. But remember one thing: you're being watched. You're being watched and judged all the time. Never let your down your guard." Author Unknown

“Do not reveal secret unto two men lest, if it be revealed, thou be unable to be certain which of the two hath made it public, and if thou punishes both of them thou wilt then certainly an injury upon him that revealed it not, and if thou forgives both of them thou wilt not do even an act of grace because of him who revealed it not.” Aristotle

“To obey custom is, of course, often very useful and intelligent. In many instances custom is the accumulated goods sense and experience of our social group, and he who obeys custom often benefits unconsciously from the insights of his ancestors. It would be foolish indeed to reject all custom merely because it has been uncritically accepted in other times. The acceptance or rejection by others should not in any way validate or invalidate the commandments of custom... Whenever we attempt to measure the health of our democracy merely by the number of people who will render the customary lip-service to democratic phrases, we are confusing custom with personal decision, and our evaluation will be most inaccurate. Since so much our everyday morality is not the result of ethical decision but merely imitation of behavior observed in others, we live a great deal of our moral life on a pre-ethical stage. We must realize that all of us continue on this stage of custom.” Henry Sidgwick



“It is a common complaint that the race of great statesmen has died out, that their modern representatives are dwarfed and dwindled, and that statesmanship itself has become low, time-serving, and mediocre. The sentiment is no new one: as the men of our days look up to Pitt, and Fox, and Burke, the men of their time looked back at Bolingbroke and Chatham: but the truth is that the statesmen of one age or country are unsuited to the requirements of another; and it is from failing to bear this in mind that we are so generally desponding about our future. Our age demands very different qualifications in its public men from those which made men eminent and serviceable in the times of our forefathers, the very qualities which made men great

in public life formerly, would bar them out of public life now. A vast change has taken place in the nature of the statesmanship required; and it is still in progress. The statesmanship required now is far less initiative and more administrative than formerly. He is powerless except in as far as he can induce others to agree with him. He has not only to conceive and mature wise schemes, he has to undergo the far more painful and vexation labour of persuading others of their excellence, of instructing the ignorance of some, of convincing the understanding of others, of combating the honest prejudices of one’s party, of neutralizing the interested opposition of another; he has to clip to modify, to emasculate his measures, to enfeeble them by some vital omission in order to conciliate this antagonist, to clog them with some perilous burden in order to satisfy that rival, till he is fain to doubt whether compromise has not rob victory of its profit as well of its charms.” William R. Greg 1853

“Your life results begin with the mindset you choose. Learning to deliberately shift your thinking one day at a time will help you create a permanent state of being that supports your goals for life. The influence your thoughts have in your life become clear when you look at some of their effects. Have you ever been so angry you felt your head was going to explode? Have you ever been so deeply hurt, you were certain that there was a knife in your heart? These are extreme examples of physical responses to your thoughts. These responses occur on many different levels, some quite obvious and others, subtle enough that you might not realize they are affecting your everyday choices. Your daily thoughts can become an unconscious habit with undesirable impacts, preventing you from making choices that support your goals. It is your mental habits that dictate your physical actions and reactions. Your body and mind work in unison. You are the only one choosing your thoughts. Take a moment to consider how much impact your thinking has in your day. You are initiating your actions and creating your perception reality through your thoughts and self-talk. Look to keep your thoughts and intentions focused on your goals, rather than your regrets.” Lynne Lambert

“The only graceful way to accept an insult is to ignore it; if you can’t ignore it, top it; if you can’t top it; laugh at it; if you can’t laugh at it, it’d probably deserved.” Russell Lynes

“The makers of laws are the majority who are weak; and they make laws and distribute praises and censures with a view to themselves and their interests; and they terrify the stronger sort of men, and those who are able to get the better of them, great men of history have been those who refused to obey the laws of the weak majority, who have organized to hold them done.” Plato

“A man fails in wisdom if he is ignorant of any facts pertinent to the situation in which he is called upon to act, or if, knowing any pertinent fact, he has insufficient command over his knowledge to bring the facts up at the right time, a wise man has breath of knowledge, i.e. he knows all the facts necessary, he is acute or keen; i.e. he knows each fact with sufficient precision; and he is resourceful i.e. he has command over his knowledge and



is fertile in ideas. But a man falls far short of wisdom if he fails of sagacity. He may be a very encyclopedia of learning, and yet be quite foolish in his views and actions, if he is not sagacious. For sagacity or mother-wit is the faculty of holding to the pertinent considerations and unburdening one’s self of considerations that are not pertinent, and without that faculty good judgment is impossible, as a man then neglects the essentials and allows himself to be annoyed and influenced by the inessentials. So important is sagacity that it is popularity thought to fall little short of constituting the whole of good judgment, a sagacious man being called a man of judgment.” Henry Kett

“In animals instincts provides for the sacrifice of individuals, where the interest of the group requires it. And instincts are able to impel to self-sacrifice when uninterfered with for instincts are blind to the consequences that flow from the actions to which they lead. Where necessary, instincts leads social animals to put themselves in disadvantages positions for the general good, and from this self-sacrifice they do not shrink, partly because, if they knew they still could not control their instincts. To the individual bee it a disadvantage to sting an enemy, for in doing so it lacerates its bowels by pulling out its sting, and dies in consequences. But these acts of self-sacrifice benefit the species, as they cause it to be feared by its enemies. And of similar individual disadvantage and social advantage is the assumptions of the post of danger by individuals belong to groups of elephants, horses, wolves and birds of various gregarious species, all such acts of self-sacrifice being instinctive performances. But now comes man with his growing foresight of personal advantage and disadvantage, with his determination to obtain the former and escape the latter, and with his capacity for controlling his instincts and following his own determinations. Individual foresight and purpose would have checked self-sacrifice, for the general good, once, it became consciously such; association consequently have become weakened and eventually disrupted.” Sidney E. Mezer

“If it becomes necessary to save ones country, to save it, from the invasion of a despotic invader, from slavery, devastation, and misery, a man could certainty be justified in sacrificing his own life and the life of his followers, and even those of many innocent people. Not to admit that would certainly be to cease to admire some of the noblest and most virtuous of heroes. But, even in such a case, we admire a man, who is guided and governed by a chivalrous principle; who shrinks from the use of some motives because they appear to be base, even though they might contribute to a good immediate end. “ Nansen

“One’s experience, whether be yours or mine may be thought of as many pieces of a jig-saw puzzle. The pieces are scattered everywhere in time and space. Some date back to earliest childhood while others are now in the process of being born. Some are the result of events far out near the horizon, while others are within one’s own body. Often they have baffling shapes. Each one of us attempts to fit the pieces which are our experiences together so that they will form a picture that satisfies us. You and I will often try to force pieces together when

they are not made to fit in the way we desire. We will push and shove the pieces until the spaces between them are as small as possible. In doing this, we often force them out of shape. Thus, the final picture will be full of gaps which we may not be able to see but which are obvious to another of more experience and a keener insight and understanding. There will come times of crisis when our picture will not proved adequate. A new experience may not fit into the picture at all. At such times we may try to rearrange the pieces so as to make a place for the next experience, so as and thus fashion a very different picture, or we may throw the pieces away, saying that it is an unreal experience, a fake, an illusion.” S. E. Frost Jr.

“Life lies always at some frontier, making sorties into the unknown. Its path always leads further into the truth. We cannot call it trackless because as the path appears, it seems to have always been there awaiting one’s steps; thus the surprise; thus the continuity.” M. C. Richards.

“A fundamental principle of true Democracy is the choice of persons to fill the officers of the government, it is essential to the existence of a free republic that every citizen should act according to his own judgment, and, therefore, any attempt to corrupt or delude the people in exercising the right of suffrage either by promising the favors of one candidate or traducing the character of another, is an offense equally injurious to moral rectitude and civil liberty.” The Democratic Society of Philadelphia 1795

“Many are brave out of ignorance; and when they stop to think, they begin to fear. But the man who can most truly be accounted brave is he who best knows the meaning of what is sweet in life and of what is terrible, and then goes out undeterred to meet what is to come.” Pericles

“When you make your peace with authority, you become that authority.” Jim Morrison

“Genius chooses its channel of expression with no desire for wealth, or fame, or happiness but because it cannot do otherwise. Just as the nightingale sing because it hears its music; Genius has only one aim in life to find an outlet in the way best adapted for it. It may be enslaved for a while, cribbed, cabined and confined, unpropitious circumstances but sooner or later it will burst its bonds and ply its wings in the free open air. The time comes at least when it will no longer constrained. Be humble and be patient. We cannot all of mount Pegasus.” W. Cunningham



“It is the business of the future to be dangerous. It is the business of the future to be different than what we have known. The danger lies in the unknown. But without the unknown, there is only the sameness of no-growth.” Alfred North Whitehead

“The great men of our nation have risen from the lower ranks and they will continue to do so, because it takes opposition and struggle to bring out the best there is in a man. It will be regrettable and dangerous condition for this nation if ever our boys and girls do not admire and honor the Lincoln who studied by the light of the fireplace, the Garfield who towed the canal boat and the Jackson who worked for a daily wages.” William Coligny Doub

“There are tremendous riches around us all the time, but we must tune ourselves in to seeing them. Imagine how it is when you live near a mountain. Every time you see it, it seems completely different. Sometimes the mountain is blazing gold, burnished by a brilliant sunset. Other times it is a forbidding block of black on the horizon, and it appears truly menacing. Still other times, the mountain can be the palest lavender, baby pink or after a snow a soft gray; sometimes it disappears altogether in a storm. Our view of the mountain is continuously changing, and one can never predict what it will look like next.” Suzanne Falter-Barns

“Your journey in life is unique and cannot be compared to others. Your goals will be specific to your individual needs. If you are currently dealing with a physical challenge, its origin or reason may be a mystery to you. We are all human and subject to human conditions. We all seek answers and healing for our physical challenges and the feeling of being powerless that accompany these unwanted conditions. Often, it is our feeling of being powerless that prompts us to turn to a higher source of power for solace. Whatever your situation, your creative word, your attitude and how you choose to focus your attention always has an impact in your life. Regardless



of your past, today you have the power to choose perspectives that will initiate improvements in your experience of life. Life is moving, changing, and expanding. Don't allow yourself to miss out on the joy of now by becoming stuck in the events of yesterday. When you decide to trust and enjoy the process of life, your decision will allow you to be comfortable, even enthusiastic about the dynamics of change. It is your nature to move, transform and expand, in the infinite possibilities of the universe. If you are not willing to realize and appreciate the joy of the moment, you will become a victim of your past experiences, and stagnate mentally and physically. Remember your childlike wonder and fearless exploration?

Choose to live in the present and allow the freedom of being in the now.” Lynne Lambert

“Every now and then go away, have a little relaxation, for when you come back, your judgment will be surer; since to remain constantly at work will cause you to lose power of judgment...Go some distance away, because the work appears smaller, and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen.” Leonardo DaVinci

“The hardest, is to know thyself; the easiest, to blame another's actions.” Thales

“In 1830 there were more than 3,500 black slave owners living in the United States. These slaveholders owned more than 10,000 black slaves. Most black slaveholders were light-skinned mulattos. Over 90% of the slaves were of dark skinned.” Abram Harris, Howard University

“Politicians are so ineffectual that the only way they feel they can appeal to voters is by bringing home the pork,” Wheeler said.” Winslow Wheeler,



“The road to self-insight really runs through other people. So it really depends on what sort of feedback you are getting. Is the world telling you good things? Is the world rewarding you in a way that you would expect a competent person to be rewarded? If you watch other people, you often find there are different ways to do things; there are better ways to do things. I'm not as good as I thought I was, but I have something to work on.” David Dunning

“If you keep trying for things you can't possibly get, you'll end up getting sixty or seventy percent of them. That's because most people are afraid to try.” Charles Watts

“They would be men who would undertake to do the business for the candidate, and return him: men who have no real opinions, but who pilfer the words of every opinion, and turn them into anything which will serve their purpose at the moment; men who look out for the dirty work to make their fortunes by because dirty words want little talent and no conscience; men who know all the in's and out's of bribery, because there is not a cranny in their own souls where a bribe can't enter. Such men as there will be the masters whenever there's a

majority of voters who care more for money, more for drink, more for mean little end which is their own and nobody else.” Felix Holt

“This is why the Marines have a long tradition of good leadership. The whole process of forming leaders is the essence of the Corps. High morale, readiness, professional competence, tradition: that is the historical environment that attracts talented leaders. They want to be part of and they are in the Corps for generations because they all are willing to serve their country and accept the challenge of command. It is very important to maintain the esprit de corps well known to the young men who want to join the Marines. If they are well informed, they will be well motivated.” CDR J. A. Poeck, Brazilian Marine Corps

“The line dividing good and evil cuts through the heart of every human being. And who is willing to destroy a piece of his own heart?” Aleksandr Solzhenitsyn

“To know a thing, what we call knowledge, a man must first love the thing. Sympathize with it; that is be virtuously related to it. If he have not the justice to put down his own selfishness at every turn, the courage to stand by the dangerous true at every turn, how shall he know? His virtues, all of them, will lie recorded in his knowledge, nature, with her truth, remains to the bad, to the selfish and the pusillanimous for ever a sealed book; what such .” Author Unknown

“Over the past months, we’ve seen a fascinating phenomenon. The public mood has detached from the economic cycle. In normal times, economic recoveries produce psychological recoveries. At least at the moment, that seems not to be happening. There are structural problems in the economy as growth slows and middle-class incomes stagnate. There are structural problems in the welfare state as baby boomers spend lavishly on themselves and impose horrendous costs on future generations. As these problems have gone unaddressed, Americans have lost faith in the credibility of their political system. This loss of faith has contributed to a complex but dark national mood. The country is anxious, pessimistic, ashamed, helpless, and defensive.” David Brooks



“I am very suspicious of the moral honesty that guides the transactions of the Money Market; of men who grow wealthy not by producing wealth, but by shuffling the cards. I consider mercantile enterprise carried to the extent of the last three years, as putting on too much the character of gambling; putting honest principles in jeopardy, destructive of real, wealth-producing industry and wholesome tempted frugality. Excessive importations are tempted by the facilities of bank competition. The consumer is tempted beyond his means of paying. Overtrading and wasteful consumption, lead to the direct and downward road to insolvency. These are common-place remarks: so are all important truths.” Dr. Thomas Cooper

“Leaders should embrace rather than avoid formidable challenges because they bring out the leader’s greatest strengths. It is crucial for leaders to distinguish the positive from the negative conflicts and adversities are leader’s best opportunities for learning and growing. Great leaders usually perform well in times of great conflict and adversity. The more one deals with problems and setbacks successfully, the more one becomes a true leader.” Krishna

“To have wisdom is to be rich in the best wealth of life; the wealth that cannot take to itself wings and vanish, except in the dethronement of the intellect. One may have great knowledge of books and yet lack wisdom. Some children without much knowledge, yet possess wisdom. To have wisdom is to have the capacity of seeing right, of discerning, also, the path to which the right points. It is to adopt means to an end. Wisdom is to have a sense, deep and true, of the morals, to know what they are, and knowing, to apply their use to everyday life, gauging conduct from day to day; From hour to hour, by this comprehension. In learning wisdom, keen

observation teaches much, reflection, reason, common sense are pointers and the experience of others, is helpful, strengthening, guiding power. It is perhaps impossible for one to have wisdom in all things. But all can try to secure a little, as much as resources will permit. Susan H. Wixon

“Good sir, keep yourself still and hear the speeches of others, who are better than you, while you are unwarlike and weak, neither to be counted ever in battle or in council. In no way shall we Achaeans all be kings here. Multiple rule is no good thing. Let there be one ruler, one king, to whom the child of Kronos the devious has given scepter and legal authority in order that he deliberate for his own people.” Homer

“Truth isn’t always beauty, but the hungry for it is.” Nadine Gordimer

“It is true there is no substitute for experience. Through successful experience and knowledge is gained overtime, wisdom is created. Leaders have to have it in order to make sound decisions on the information they receive. We have talked about process becoming more important than results. If all of your employees are buried in the process when will they have time and freedom to think at a higher level? Process is important, but it’s not the most important. Success is the most important. Success is achieved through leadership. If you want lasting success you need an organization of strong leaders. Everyone has to participate in providing the input and ideas that lead to lasting success.” Author Unknown

“Nations are wading deeper and deeper into an ocean of boundless debt. Public debts which at first were a security to government by interjecting money in the public tranquility are likely in their excess to become the means of their subversion.” Edmund Burke

“It is wonderful, when a calculation is made, how little the mind is actually employed in the discharge of any profession. No man would be a judge, upon the condition of being obliged to be totally a judge.” Dr. Johnson



”What would I not give to see the neighbors here making the most of their poor land. The hardest of hard labour, alone, won’t enable them to rise above poverty. Capital they must have. Why cannot I convince them that it is to co-operative banks they should turn? Recent I seen the desert made to blossom like the rose, by means of these very banks?” Charles Rayneri

“To encourage thrift; to locally absorb the savings of a locality; to place them in perfect security; to give to agriculture the use of these savings, thus bringing together social elements that are sometimes almost hostile; there seem highly desirable objects to strive for.” Father

Callaghan

“Marriage, in a civil sense, is the legitimate union of a man with a woman for the procreation of children, to secure their due nurture and education, and in order to assure unto them their rights and properties under the protection of the laws. In order to confirm and establish this union, it is accompanied by a religious ceremony, regarded by some as a sacrament, and by others as a portion of public worship; a genuine logomachy, which changes nothing in the thing. Two points are therefore to be distinguished in marriages, the civil contract, or natural engagement; and the sacrament or sacred ceremony. Marriage may therefore exist, with all its natural and civil effects, independently of the religious ceremony. The ceremonies of the church are only essential to civil order, because the state has adopted them. A long time elapsed before the ministers of religion had anything to do with marriage. In the time of Justinian, the agreement of the parties in the presence of witnesses, without any ceremonies of the church legalized marriages among Christians. It was the emperor who towards the middle of the sixth century made the first laws by which the presence of priests were required, as simple witnesses, without however prescribing any nuptial benediction. The emperor Leo, who

died in 886, seems to have been the first who placed the religious ceremony in the number of necessary conditions. The terms of the law itself indeed, which ordains it, prove it to have been a novelty. But the essence of marriage which is the principle one in society ought uniformly, as a branch of civil and political order, to be placed under the order of the magistrate.” Voltaire

“I want also to recommend that the Marine Corps be merged into the artillery or infantry, as the best mode of curing the many defeats in its organization. But little exceeding in number any of the regiments of infantry that corps has, besides its Lieutenant Colonel Commandant, five brevet lieutenant colonels, who receive the full pay and emoluments of their brevet rank, without rendering proportionate service. Defects for marine service could as well be made from the artillery or infantry, there being no peculiar training requisite for it.” Andrew Jackson Dec 8, 1829

“Arbitrary powers are wholly inapplicable under our form of government, and so far as persisted in, place individuals and incorporated association above the control of law, and wholly independent of what is usually considered the province of legislation. They are invested with privileges that were created as a defense against abuses which can have no existence in a free commonwealth.” Justice Blackstone

“We are shaping the world faster than we can change ourselves, and we are applying to the present the habit of the past.” Winston Churchill

“Other people can serve us as mirrors in which we can see our own vices, faults, and bad qualities. But we usually react to the sight like a dog reacts to its reflection in a mirror. It barks at the mirror, thinking the reflection is a different dog.” Arthur Schopenhauer

“While the United States has had to struggle with an array of political problems since its inception, the threat of autocracy has not been any of these. The importance of the American Creed means by and large ideology plays a larger role in determining political outcomes than performance. American voters are more interested in whether or not their political leaders do what they want them to do than in how well they do it. In keeping with this principle, it makes no difference to most voters that since the time of Franklin Roosevelt the size of the federal government has grown exponentially. By 1972, federal spending on human resources regularly exceeded spending on national security.” Author Unknown



“Dreams which have come to pass, are always predictions which no one can doubt, no account being taken of the dreams which are never fulfilled; a single dream accomplished has more effect than a hundred which failed. Antiquity abounds with these examples. How constructed are we for the reception of error! Day and night unite to deceive us! You see, gentlemen, that by attending to these ideas, we may gather some fruit from the book of my compatriot, the dreamer; but I finish, lest you should take me myself for a mere visionary.” John Dreamer

“If you are taking risks, and you probably should, you can find yourself failing 90% of the time. The trick is to get paid while you are doing the failing and use the experience to gain skills that will be useful later. You can’t manage luck directly, but you can manage your career in a way that makes it easier for luck to find you. To succeed, first you must do something. And if that doesn’t work, which can be up to 90% of the time, do something else. Luck finds the doers.” Author Unknown

“The fool is known by two things; by his much speaking about that which benefited him not, and by his giving answers about subjects concerning which men ask him not.” Plato

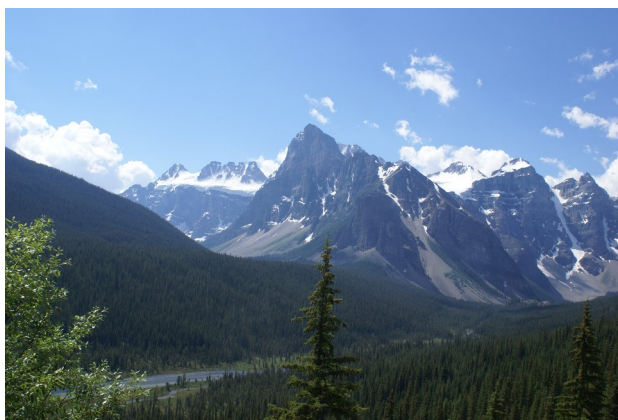
“If the general is in a rush to finish a project he has in hand, he should not be slow to be especially conspicuous in doing it. For it is not so much the threat from immediate superiors as the persuasion of leading men that compel soldiers to activity for when a soldier sees that his commander is the first to put hand to the task, he realizes the need for speed, is ashamed not to take action, and is afraid to disobey orders. Furthermore, the rank and file are no longer treated like a slave under orders, but are persuaded by a peer’s encouragement.”
Onasander

“Any change, even a change for the better, is always accompanied by drawbacks and discomforts.” Arnold Bennett

“Companies should see to lower costs and maximize profits by moving operations wherever it is cheapest. Ideally you’d have every plant you own on a barge to move with currencies and changes in the economy.” Jack Welch

“One day he may come back to pay us back for all we have done. We will all be at his mercy if he decides to hunt us down; there will be no place to run to. All he wants is the chances that you have taken from him, nothing that you own. What are you going to do? Ain’t no place to run. What do we do if he finds himself a reflection of us all? “Tracy Chapman

“United States Marines represent the best young men and women our Nation has to offer. To be a Marine is to



be a member of America’s warrior class- to be one of the few who steps forward with the courage and conviction to face whatever dangers await. Our Nation expects her Marines to be ready when the Nation calls; to leave family and the comforts of home behind; to march into battle and thrive under austerity; and to come home under a victory pennant.” General James T. Conway

“The cradle rocks above an abyss, and common sense tells us that our existence is but a brief crack of light between two eternities of darkness.” Vladimir Nabokov

“We do not live to think, but, on the contrary we think in order that we may succeed in surviving.” Jose Ortega y Gasset

“It is time to retire the false choice. As a political rhetorical device, the phrase has become a substitute for serious thinking. Politicians have employed the false-choice device in assessing financial reform, environment regulation, defense contracting, civil liberties, crime policy, health care and most recently, the situation in Libya. An especially is the false false choice: Set up too unacceptable extremes that no one is seriously advocating, and position yourself as the champion of the reasonable middle ground. And so, readers, you should indeed beware of false choices; when an elected official uses the phrases, prepared to be snookered.” Ruth Marcus.

“Resentment is like taking poison and waiting for the other person to die.” Malachy McCourt

“As a 24-year-old American, I can tell you that even though we live in an affluent democracy, my generation is losing faith in its future. The unemployment rate among those 24 and under is 21%, not far below Egypt’s. Many of those without a job are like a friend of mine, a brilliant guy who studied Chinese and international relations at a top-tier college, but wound up in unpaid internships and making minimum wage as a lifeguard; unable to pay his rent, he moved back in with his parents. Even if the economy improves and we do find good jobs someday, young people know that we’ll be responsible for paying off the huge budget deficits run up by our parents. Who’ll be off collecting their entitlement benefits while programs for young people are cut. It may be hard to imagine “an Egyptian-style revelation in a rich democracy,” but watch out: The American dream is unavailable to my generation, and our frustration is growing.” Matthew C. Klein

“Let thine enemy who is feeble be considered a mighty man by thee in order that thou mighty not neglect to beware of him, and let the strong friend be accounted a feeble man by thee, thus that thou mayest rely upon his support and thou shalt not be harmed by thy companions” Hebrew Proverb

“The fact is, there are not many easy lots to be drawn in the world at present: and such as they are I am not obvious of them. I don’t say life is not worth having; it is worth having to a man who has some sparks of sense and feeling and bravery in him. And the finest fellow of all would be the one who could be glad to have lived because the world was chiefly miserable, and his life had come to help someone who needed it. He would be the man who had the most power and the first selfish wants. But I am not up to the level of what I see to be best.” Author Unknown

"Kind people help each other even without noticing that they are doing so, and evil people act against each other on purpose." Chinese Proverb

“A general must be crafty, energetic, careful, tough, and quick witted; both gentle and brutal, simultaneously straight forward and scheming, a guard and a thief, lavish and rapacious, magnificent and grasping, defensive and aggressive and there are many other attributes, owned either to nature or to study, that the individual who would be a great general must have.” Xenophon

“Few Americans realize it, but our leaders who lack military experience tend to be more hawkish than leaders who have served in the military. In recent decades, we’ve have fewer veterans in the executive and legislative branches than any time since World War II. As a result, we’ve grown increasingly willing to use military force aboard, and for a broader range of reasons. For example, we’re more willing to intervene to prevent human-right abuses. Leaders who are military veterans have been, on the whole, more reluctant to intervene in places like Somalia, Bosnia, Kosovo, Haiti, Iraq and now Libya.” Captain Matt Pottinger USMC

“In order to become the master, the politician poses as the servant.” Charles de Gaulle



"For if our ideas were only our perceptions, if our modes were representative, how would we know that things correspond to our ideas, since God does not think, and consequently does not act, according to our perceptions but according to His own; and therefore He did not create the world according to our perceptions but in accordance with His ideas, on its eternal model that He finds in His essence. God never does in very complicated fashion what can be done in a very simple and straightforward way. For God never does anything uselessly and without reason. His power and wisdom are not shown by doing lesser things with greater means — that is contrary to reason and indicates a limited intelligence. Rather, they are shown by doing greater things with very simple and straightforward means." Nicolas Malebranche

“Policy makers need to learn to calibrate the fear of failure to encourage entrepreneurship without suggesting that failure be vaunted. Early failures are important because they generate systematic learning about where opportunities are and are not, and they quickly free up people, capital, and ideas for more-promising projects. Rapid failure functions like the draft of a chimney: the fast exit of failures sucks in new entrants. Treating failure as a normal aspect of venturing into new business, and developing the right perspective on its value, will help fix the fear of failure without going overboard with festivities in its name.” Daniel Isenberg

“In the arena of human life, the honors and rewards fall to those who show their good qualities in action.” Aristotle

“The problems of life have a way of cascading down upon the individual who sets his or her course to become a high achiever, relentlessly, adversities dog their ever step. Those who have what it takes to become high achievers learn to endure whatever difficulties they encounter, and they transform difficulties into opportunities.” Author Unknown

“Today’s leaders want to be served, rather than serve. Today’s leaders do not seem to have the interest of the people at heart. Most of them are driven rather by greed, corruption, jealousy and hatred.” Nnenna Kingston Ekeke

“Two years ago, I lost my job of 18 years, writing and editing at this newspaper. I am living the effects of the recession while you are just observing it from the sidelines. You take your vacations involving airplanes and hotels; I travel on miles and house swap. You dine out in restaurants for convenience as much as pleasure. For me, meals out are generally things that other people buy me. You probably don’t even double back home if you forget the grocery coupons on the kitchen counter. Barter? I do it all the time. It’s how I get my son coached, my closets organized, my web sites built, and the dog groomed. I live in a world where everyone knows that February is \$5 foot-long sandwich month at Subway and only fools enter Macy’s when it is not One-Day Sale.” Ann Brenoff

“Political leaders love budgetary deficits and monetary inflation of the early stages that enable them to do what they want at the moment and put off until the next election. All that is required is intentional denial of the inevitable consequences demonstrated repeatedly during 2,500 years of economic and monetary history.” Allen H. Meltzer

“People who have a dislike of some policy; for example, abortion if they are unsophisticated they can just reject it out of hand. But if they are sophisticated, they can go one step further and start coming up with counterarguments. These individuals are just as emotionally driven and biased as the rest of us, but they’re able to generate more and better reasons to explain why they re right and so their minds become harder to change.” Milton Lodge

“In the market place of ideas, people with a lot of money can buy whatever they want, and that is fins. Unfortunately, they have also have the power to influence other people's ideas in ways that violate principles of justice, undermined democracy and distort the truth.” Nancy Folbre



”By the time we are consciously reasoning we may instead be rationalizing our prior emotional commitments. We may think we are being scientists, but we’re actually being lawyers. Our reasoning is a means to a predetermined end, winning our case, and is shot through with biases. These include confirmation bias, in which we give greater heed to evidence, and arguments that bolster our beliefs, and disconfirmation bias, in which we expend disproportionate energy trying to refute views and arguments that we find uncongenial. Plainly put, if I don’t want to believe that my wife is unfaithful, or that my child is a bully, I can go to great lengths to explain away behavior that seems obvious

to everybody else.” Jonathan Haidt

“One of the greatest needs off this century is developing authentic, courageous, compassionate and wise leaders. Leadership wisdom is the ability and capacity to lead wisely, morally, courageously and compassionately.” Chima Kingston Ekeke

“Whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave just as the son of man did not come to be served, but to give his life as a ransom.” Jesus

“Religion is instituted only to preserve order among mankind and to render them worthy of the bounty of the Deity by virtue. Everything in a religion which tends not to this object, ought to be regarded as foreign or dangerous. Instruction, exhortation, the fear of punishment to come, the promises of a blessed hereafter, prayer, advice, and spiritual consolation, are the only means which churchmen can properly employ to render men virtuous on earth and happy to all eternity. Every other means is repugnant to the freedom of reason; to the nature of the soul; to the unalterable right to conscience, virtue infers liberty, as the transport of a burthen implies active force with constraint there is no virtue, and without virtue no religion. Make me a slave, and I shall be the worse for it. Even the sovereign has no right to employ force to lead men to religion, which essentially presumes choice and liberty. My opinions are no more dependent on authority than my sickness or my health.” Paul Joseph Rieger

“A general and popular error, which it is the interest of a rich and powerful party to support, may resist the attacks of truth for a long time. It is the same with political truths, which are opposed to the interests of certain classes, who feed in all countries on the errors of governments and the miseries of the people. These truths can only prevail after a long struggle. The truth will not have to combat with self-interest, and in this sense his reason is incontrovertible, such is the character of truth, which belongs to all time and to all men. It is only to be produced to be acknowledge, and admits of no opposition. A long dispute signifies that both parties are in error.” Voltaire

“There be four things which are little upon the earth, but they are exceeding wise. The ants are a people not strong, yet they prepare their meat in the summer; the conies are a feeble race, yet they make their houses in rocks; the locusts have no king, yet they go forth all of them by bands; the spider taketh hold with her hands, and is in King’s palaces.” Solyman



“Effective leaders are not lazy or coward individuals but action minded people who are constantly achieving results despite differing and difficult circumstances. They inspire, motivate, and mobilize followers to action; authentic leaders know their abilities and who they are. They are pure, genuine, true and honest leaders. People believe and trust in them no matter what. Change is an essential ingredient of effective leadership. Transformational leaders are change makers for without change, growth is impossible. Leaders should never be afraid of change.”
Author Unknown

“Leaders bear the highest level of accountability in an organization. When conflicts and adversity over shadow an organization its leader is responsible for the consequences of those problems. Sooner or later, every leader must deal with adversity? Every leader need to face adversity to become a more effective leader. It is through adversity that a person’s or a leader’s character is revealed. Great and effective leadership is impossible without character.” A leader should learn from conflict and adversity to become more effective.” Pujar Roka

“Self-awareness helps leaders grow accustomed to their guiding values. Leaders with high levels of self-awareness assess their own strengths and weakness well. Since they can identify their strengths, they also tend to be confident in their actions.” Krishna

“The soul is never born; it never dies. The soul is external and indestructible and it is not destroyed even after the end of mortal life it inhabits.” Author Unknown

“If you don’t want it bad enough to risk losing it, you don’t want it enough.” Tom Krauss

“Let us leave every man at liberty to seek into himself and to lose himself in his ideals.” John Locke

“History have given us great leaders who have risen in times of adversity, Winston Churchill rose as a prominent leaders when he led the British from the verge of defeat during World War 2. Franklin Roosevelt rose as a value-driven leader when he led the United States through the Great Depression. Gandhi rose as a luminous leader and the father of India when he led his country against the rule of the British Empire. Each historical figure shows us that great leaders rise to greater purpose at the time of greatest adversities and need.”
Author Unknown

“Man may know himself, and thus apprehend what is due to himself, and thereby attain to an ultimate rule of life for his own direction. He may also carry out the ultimate rule in its application to all men, and determine what is due from each to each, and from one to all, and thus attain a universal science of morals, and in that position is his highest dignity. Morality is fulfilled, and virtue consummated, and reason satisfied, when man has cultivated his sprit to its highest worthiness the process of this growth in rational wisdom is the same in all the three ways in which reason is revealed. Only reason can speak to reason, and only a contemplation of the beautiful, the true, and the good can quicken us to a keener apprehension of the same. The ugly, the false, and the wrong can lead us no light, nor lead us to any wisdom. Thy have no light, not even a light which can disclose themselves, and, incapable of self-revelation, they are only revealed by the shining of the beautiful, the true, and the good.” Alexander T. Ormond



“A lie is a statement of one person to another, which contradicts the conviction of the person making it. It may be made by direct declaration, by equivocation, by delusive gesture and signs, or, even by utter silence, in circumstances where truth demands assertion or denial; but however effected; it makes use of the power which a person has of communication thought in a way subversive of the very end for which that power was given. It is thus a conscious and voluntary dethronement of that rational personality by which alone one is capable of an interchange of thoughts with another; it is an abandonment of one’s own, and a direct affront to humanity itself. The liar is willing to declare himself to be no man, and that others are not men. Respect for the rational being of others, and the integrity of your own spirit in personal worthiness, demand perpetual; veracity.”
Sidney Zink

“The effective leader champions peace and growth, regardless of the potential changes that may lie ahead. A leader should know that he or she is a change agent. Sometimes, one must sacrifice personal interest for that change and sometimes this cost might mean one’s own life. Why would a leader sacrifice his or her own life for a change? We could call this an extreme measure of leadership, but we do not have to go that far in history to collect stories of leaders who risked their own lives on

bringing about change and transformation to their organization and causes. Their bold beliefs and values cost them their own lives. Countless leaders have had to place their lives at risk to bring about change within their organization or for their causes; Gandhi, Abraham Lincoln, Dr. Martin Luther King, Jr., Yitzhak Rabin, all these leaders were assassinated chiefly because of their beliefs and values. Leaders who accept the impermanence of life and changes develop into fearless leaders that is, leaders who do not fear change. They become true change agents and transformative leaders.” Pujan Roken

“In reality there can be no personal dishonor to a man except through his own deeds. It must be to the man’s own disposition which forms his character, and this disposing of himself must be at his own responsibility. But detraction and defamation may affect the estimation in which he is held by others. The good name of a man in society may be determined by our representation of him. His true character may be believed, and his good reputation lost by no fault of his own. One man has no right to be injuring the good name of another, even by reporting that which may be true of him, unless some grave interest of the public may demand it. If a man is plotting mischief against society, or any individuals in it, an exposure of his iniquity for the defence of the community may be righteous. But no exposure can be made by any, for the mere end of giving a bad reputation in public, even though the man may deserve it.” Laurens. P. Hickok

“There is no profession so exacting, none that breaks down so early as that of faithful teachers; and there is no economy so penurious and no policy so intolerably mean. As that by which the custodian of public affairs screw down to the starvation point the small wages of men and women who are willing to devote their time and strengths to teaching the young. For political movement thousands of dollars can be squandered, but for the teaching of the children of the people the cheapest teachers must be had, and their pay must be reduced whenever a reduction of expenses is necessary. If the salaries ever should be ample, it is in the profession of school teaching. If there is one place where we ought to induce people to make their profession a life business, it is in the teaching of schools.” Henry Ward Beecher

‘A teacher must have some assurance that he can retain a position as long as he does good work and that he will not be compelled to hunt up a new position at the end of each school year. Greater care in the certification of teachers is one long step toward making this condition possible. If all those who held certificates were good teachers, it would be safe to pass a law preventing the removal of teachers except for good cause, which cause must be duty proven. To place the selection and removal of teachers in the hands of an upright and able superintendent would be the best solution of the question; but the selection of the superintendent would then become a question of prime importance.’ William Coligny Doub



“Business colleges, my fellow-citizens, originated in this country as a protection against the insufficiency of our system of education, as a protect against the failure, the absolute failure, of our American Schools and college to fit young men and women for the business.” James A. Garfield Spencerian Business College, Washington DC, June 29th, 1869

“Any earnest student of the times must see the necessity for wider knowledge, for a more varied education, for a stronger self-reliance, and for a greater power of self-help and determination than have been given by old methods of education. The inhabitants of the civilized world are increasing rapidly; competition becoming keener and closer. There is a demand for an education that not only gives scholarship but prepares for citizenship in relation to lifework. We have had much trouble because of workers who will not think; we may have more serious difficulty with the thinkers who will not work.” Professor Addicott

“A republic is safe as long as its citizens comprehend the meaning of liberty as embodied in its institutions; but to value liberty they must understand the nature and history of those institutions. The cheap politician and the demagogue will not lose their occupations until voters know enough about our institutions to detect the false in their statements and to see that their contentions are impractical, leading inevitably to disaster and ruin, when the voter is well grounded in the knowledge of the grow of our institutions, he will bring to the ballot box and force into public life generally a respect for honest labor. And an intelligent civic virtue-ideas which he will derive from studying the lives of men who have made our institutions what they are.” M. DeVoltaire 1824

"The development of enlightened government teaches that democracy is the inspiration of progress. Socialism, as revealed by its objects, stands convicted the enemy of freedom. democracy expands, socialism circumscribes. Democracy is the general and judicious exercise of the distinct elements of will; its strength exists in patriotism and industry. Socialism is the enemy of development, a leveler of aspiration, an invitation to sloth, and a destroyer of our higher ideals. Unless patriotism assumes a broader sway, the coming century will witness a battle royal between the two principles for supremacy in government. " Frederick W. Schultz



“Effective leaders know or can find out what should be done. In other words they have vision, and they know how to fulfill that vision. They set clear, challenging goals and they know what needs to be done to reach the goals. Effective leaders are not omniscient, all knowing or all wise, but they know how to gain access to knowledge of others, and they know how to work with people to convert that knowledge into action. People trust effective leaders giving them loyalty and commitment. Effective leaders earn trust by disclosing relevant information, sharing influence and competently using knowledge. They earn trust by fairness in their dealings with others-fulfilling the spirit of their agreements, sharing rewards and hard times and not abusing their power. Effective leaders are not necessary liked or loved although they may be. Some may be famous such as "Lee Iacocca or Jack Welch but they are not saints without human foibles and shortcomings. People, however, have confidence in how they will use knowledge and power. They use their power appropriately. They know when and how to be directive or to delegate. They know how to review and evaluate constructively. They know how to be consultates, providing

guidance, rather than issuing commands. Effective leaders use power appropriately, leadership therefore consists of the principles, skills and attitudes that harness and integrate, knowledge, trust, and power. “Dale E. Zand

“Knowledge is like intellectual quicksilver, fluid, elusive, and intangible. Understanding how people create and use knowledge in an organization requires a revolution in leadership thinking. Knowledge travels with the speed of thought but can be blocked by the smallest emotional barrier. Leaders need to liberate knowledge and creative thinking at all levels and in all corners of their organization. Leaders need to move knowledge from where it is to where it can be used to define and achieve appropriate goals.“ Frederick Taylor

“Moral courage then, without the saving grace of common sense, cannot be called a virtue: a man so obtuse to the nature of conscience as to put absolute trust in his own, and to set it up against the world, may be heroic, but he is also dangerous. It remains accordingly to hold that moral courage is a virtue only in so far as the conscience resolutely followed with the standard conscience. In a word, only men who, can be counted on to be beneficent in spite of disinclination, discomfort, and pain, present and prospective, are endowed with the virtue of courage. In men, if any such there be, whose judgments are perfectly sound, so that they always, and, as it were, inevitably know what will best minister to social welfare, moral courage is an unmixed goal. It is easy on the basis of this conclusion to infer that courage is merely a kind of beneficence. But such a view is erroneous, for it confuses a quality of character with the conduct to which it leads.” Henry Kett

“The first thing for a child to do is to learn to read and to read will. Reading well does not mean the mere calling of words, but the power to analyze and to understand what is read. The mere ability to recall words, to raise at intervals the eyes from the book, and to employ elocutionary or stage methods of any kind, is not



reading. In fact, in so far as the reader or public speaker attracts the attention of his audience to his manner of delivery, in so far he fails as a reader or a speaker. We no longer try to sway men by emotion, but by reason. The pupil should be taught to make clear the meaning of what he is reading and this he cannot do unless he can explain the meaning of what he is reading, and this he cannot do unless he can explain the meaning of each word and each sentence. If he does understand what he is reading he will read it so that those who hear him will also get the meaning. More attention should be directed to thought reading and less attention to form

reading. From an educational standpoint the mental discipline derived from a thorough mastery of the reading lesson is almost invaluable. The number of lessons which a pupil reads is of very little importance to him, but the power to understand, to analyze what he reads is quite important for without the power to get from the written page the meaning of the writer, a pupil cannot make any real advancement along any line of study. The ability of the pupil to get from the written page the meaning of the writer is, perhaps, the most valuable because it secures him the power to study and investigate the best that has been produced along any line of human activity. The ability to express his thoughts orally and in writing with force and clearness stands next in importance because it gives him the power to make a practical use of what he may have obtained from the written page, from experience, and from independent investigation.” William Coligny Doub

“Men change and differ in their intuitions of right and wrong. Everyone can think of actions once looked upon as indifferent, but now known to be wrong, and of others once looked upon as wrong, but not less seriously regarded, and honest differences are probably even more frequent, as the briefest consideration will show. For instance, only bigots will assert that their opponents on the liquor, the women, or any other large contemporary question, are dishonest in the opposed view they express. But, much as there is of, concrete evidence is unnecessary here. Hesitation once established, for deliberation have different issues and the same may be said of error in moral perception, of the mistaking of right actions for wrong and vice versa. For, the evidence is equally abundant. In short, to admit that the same act may appear right to one man and wrong to another, is to admit the point at issue.” Sidney Zink

“Mere good intentions, however faithfully fulfilled will not administer well the affairs of a bank, of a railroad, or of a government; and to be sought as administrator, men must be capable as well as conscientious. The fact is, that while different points of our nature have different values and significance, every part has some value for every end; and far morality wisdom is as indispensable, or nearly as indispensable, as good intentions, being requisite for their formation and guidance. Nor is it logical to take a pessimistic view of the world, because in it there is a penalty for stupidity according to its degree, and a proportionate recompense for good judgment.”
George H. Calvert

“Envy it has been said permits everyone to be the panegyrist of his own probity, but not of his own wit. It allows us to be the apologists of the one, but not the other. And why? Because it is very necessary to pass for an honest man, but not at necessary to have the reputation of a man of wit.” John Cassell

“One of the first lessons of logic is that no species can be known until its genus is found and to some extent understood many important truths about man were unknown until the fact was faced that, although the highest, he is still an animal. And similarly, the moral emotions will remain dark and mysterious until we fully realize that they are emotions. It is difficult to describe emotion, and impossible to describe them sharply.”
Sidney E. Mezer

“The lack of opportunity is ever the excuse of a weak vacillating mind. Opportunities! Every life is full of them. Every lesson in school or college is an opportunity. Every examination is a chance in life. Every patient is an opportunity. Every newspaper article is an opportunity. Every business transaction is an opportunity, an opportunity to be honest, an opportunity to make friends. Every proof of confidence in you is a great opportunity. Every responsibility thrust upon your strength and your honor is priceless. Existence is the privilege of effort, and when that privilege is met like a man, opportunities to succeed along the line of your aptitude will come faster than you can use them, If a slave like Fred Douglass can elevate himself into an orator, editor, statesman, what ought the poorest white boy to do, who is rich in opportunities compared with Douglass, who did not even own his body. It is the idle man, not the great worker, who is always complaining that he has no time for opportunity. Some young men will make more out of the odds and ends of opportunities, which many, consistently throw away. Then others will get out of a whole lifetime. Like bees they extract honey from every flower. Every person they meet, every circumstance of the day, must add something to their store of useful knowledge or personal power.” Orison S. Marden

“To accomplish great things we must not only act, but also dream; not only plan, but also believe.” Antole France

“For years leaders used their formal power to divert knowledge and to down play external threats. Position power, in other words, was used to displace rather than seek knowledge and wisdom. Leaders defined loyalty to mean conformity with their thinking. They demanded that subordinates agree with and not question their superior’s proposed action. Subordinates astutely comply, self-censoring adverse information, concealing critical analysis, and suppressing creative thinking. Leaders used their position power to protect their turf. They filter poor results through rose-colored glasses, watching the organization’s capabilities erode for years as performances slipped into catastrophic decline. The ultimate step in the process of systematically suppressing distributed knowledge not because knowledge was untrue, but because it was annoying to hear. Leaders can no longer assume that they, either alone or with their staff, have all the knowledge necessary to make an organization successful. Environment and competition are changing regularly and many organizations have become large and unresponsive.” Dale E. Zand

“There is a success, so-called, to be avoided and a failure to be sought. To seek to acquire wealth or fame by sacrificing moral principle is always an unfortunate venture. If money, honor, or pleasure is all that a person can show for his business career, he is an object of pity rather than congratulations. He has paid too much for what he has received. True manhood and womanhood are people than riches or fame. If there are gotten, life is not a failure though poverty’s burden is close. Without these, the wealth of Croesus and the fame of Alexander are worthless possessions.” Sidney E. Mezer

“They strike out for themselves, they leave the beaten track; they penetrate the unknown and unexplored; they dare to think and act for themselves; they despise laziness and cowardice; they court hardship and difficulties; they expect hard force and hard work; and they also expect to succeed. These are the self-reliant.” Author Unknown

“Wars and election are both too big and too small to matter in the long run. The daily work that goes on, it adds up.” Barbara Kingsolver

“Pin thy faith to no man’s sleeve. Hast thou not too eyes of thy own?” Author Unknown



“The all-important question for us to consider, will our democracy be indefinitely preserved or will it be scarified to a newer political structure, based upon social welfare, inspired by selfish objects? Unfortunately, we are in the habit of looking upon our government as being impervious to the accidents of destiny, and consequently requiring but little care at the hands of the citizens. We are essentially an industrial people, and usually deem material success the commanding object of life for which all men should strive; we therefore permit our patriotic vigilance to be allayed by the unbounded faith in the security of our government, and by our confidence in the fact that it was erected by the will of the people, and that it could only be dissolved by the same sovereign power, a contingency which appears to us altogether improbable. This fancied security is a danger-point at which we have arrived. It is not the possibility of the dissolution of our government that we need fear; the danger lies in the increment of features divergent in their effect from our democratic foundation, brought about by vicious legislation, which may in time change the structure and destroy its fundamental principles. Should this unfortunate moment ever come, it will result altogether from selfish absorption of the people in matters pertaining to their domestic welfare, and their failure to exercise their political duties as citizens. The poor man finds his time absorbed by striving to keep his family from want. the man in moderate circumstances is unremittingly engaged in building up a fortune. The wealthy man has every moment employed in caring for that which he has accumulated. Thus we find but little time to devote to the cares of the government, and dismiss the matter with vague expectation that some one else will have more time to assume the duties which we neglect...Returning to the consideration of our own affairs, we find that men frequently forget their democratic principles and lose their republican identify in their anxiety to secure organization and direct it to the purpose of obtaining individual advantage. They fail to remember that the cardinal virtues of democracy are self-help and self-reliance, combined with a due regard for the rights of others, and taht the object sought by our government through the exercise of its purest principles is to secure to all men such equal opportunities under the law as will teach them to rely solely upon their own abilities in gaining that success in life which all aspiring natures desire.” Frederick W. Schultz

“I not only use all the brain that I have, but all that I can borrow.” Woodrow Wilson

“He was never averse to availing himself of the ideas of others; but the suggestions of others were simply presented, and either accepted or rejected, as General Grants’ judgment dictated: he was never persuaded. And if he took up an idea that he found, it was developed by his own mind that it became as original in reality as if he had conceived the germ. Every one who might be an associate felt this. Sherman resented the ascription of himself of the origin of the Vicksburg campaign, and often told the story of his objection to the movement with loyal and splendid magnanimity.” Adam Badeau

“It is not necessary for me to be re-elected but it is necessary for the soldiers at the front to be reinforced by five hundred thousand men, and I should call for them; and if I go down under the act. I will go down like the Cumberland with my colors flying.” Abraham Lincoln

“Poverty is a very terrible and sometimes kills the very soul with in us, but it is the north wind that lashes men into Vikings: it is the soft luscious south wind which lulls them to lotus dreams.” Quida

“All that I have accomplished, or expect, or hope to accomplish has been and will be by that plodding, patient, persevering process of accretion which builds the ant-hill particle by particle, thought by thought, fact by fact, and if ever I was activated by ambition reached no further than the hope set before the young men.” Elihu Burritt

“The longer I live, the more deeply am I convinced that , that which make the difference between one man and another; between the weak and powerful, the great and insignificant, is the energy; invincible determination, a purpose once formed, and then death or victory.” Fowell Buxton

“He who would do some great things in this abort life must apply himself to the work which such a concentration of his forces, as, to idle spectators, who live only to amuse themselves, looks like insanity.” Francis Parkman



“We have to half believe that the person is possible who can counter poise all other persons. We believe that there may be a man who is a match for events, and who never found his match, against whom other men being dashed are broken, and who can give you any odds and beat you.” Ralph Waldo Emerson

“Every man stamps his own value upon himself, and we are great or little according to our own will.” Samuel Smiles

He who resolved to conquer or die is seldom conquered; such a noble despair perishes with difficulty.” Pierre Corneille

“What can you do with a man who has an invincible purpose in him; who never knows when he is beaten; and who, when his legs are shot off, will fight on the stumps? Difficulties and opposition do not daunt him. He thrives upon persecution; it only stimulates him to more determined endeavor. Give a man the alphabet and an iron will, and who shall place bounds to his achievements? Imprison a Galileo for his discoveries in science, and he will experiment with the straw in his cell. Deprive a Euler of his eyesight, and he but studies harder upon mental problems, thus developing marvelous powers of mathematical calculation. The world always listens to a man with a will in him.” James Garfield

“How much grows everywhere if we do but wait! Not a difficulty but can transfigure itself into a triumph; not even a deformity, but if our own soul drive imprinted worth upon it, will grow clear to us.” Thomas Carlyle

“To know how to wait is the great secret of success.” Xavier de Maistre

“Let the young man remember there is nothing derogatory in any employment which ministers to the well-being of the race. It is the spirit that is carried into an employment that elevates or degrades it. The ploughman that turns the clod may be a Cincinnatus or a Washington, or he may be brother to the clod he turns. It is every way creditable to handle the yardstick and to measure tape: the only discredit consists in having a soul whose range of thought is as short as the stick and as narrow as the tape.” Horace Mann

“If you have great talents and great talents are what some people call genius; industry will improve them. If you have but moderate abilities, industry will supply the deficiency. Nothing is denied to well-directed labor; nothing is to be obtained without it.” Sir Joshua Reynolds

“Genius is the power of lighting one’s own fires, true genius condescends to do anything that must be done in order to succeed.” John Foster

“Genius is not a simple power, but a combination of great powers, it reasons, but it is not reasoning; it judges, but it is not judgment; it imagines, but it is not imagination; it feels deeply and fiercely, but it is not passion. It is neither, because it is all.” Edwin P. Whipple



“Modesty shields a man from mortification and disappointments which assault the self-conceited man in every direction. A modest man conciliates to esteem even of any enemy and a rival; he disarms the resentments of those who feel themselves most injured by his superiority; he makes all pleased with him by making them at ease with themselves! The self-conceited man on the contrary, sets the whole world against himself, because he set himself against everybody: every one is out of honor with him, because he makes them ill at ease with themselves in his company.” George Crabbe

“A just and reasonable modesty does not only recommend eloquence, but sets off every great talent, which a man can be possessed of. It heightens all the virtues which it accompanies; like the shades in paintings, it raises and rounds every figure, and makes the color more beautiful, though not so glaring as they would be without it.” Joseph Addison

“It is not unusual for persons to claim rank and wealth for their ancestors, who were commonplace and poor. Frequently men and women will praise a popular book which they never have read, in order to leave the impression of literary taste. A class furnish house and support turn-outs to give the appearances of riches where they do not exist. All that is done in society simply for appearance tends to make people vain and showy, instead of real and sensible. It is only decision and determination that can resist the pressure of social life to be what one is not. The highest kind of courage alone is required to be and not seem in these circumstances. Sincere, frank, honest, true, candid and ingenuous are adjectives we must apply to the man who means to be himself. He cannot assume to be what he is not, because these qualities forbid. Seeming is out of the question; being is imperative. It is the man who is trying to be somebody else who is under restraint. He must do much for appearance only. He is anxious, nervous, and apprehensive lest he should fail to seem. In this is the most irritating restraint. It is slavery, and not freedom.” Sir Richard Steele

“There is a lot of empirical research showing that almost all human beings are subject to a range of biases against certain stigmatised groups; like blacks, gay people, women, disabled people and so on and so forth. These biases operate at an unconscious level, they're often totally contrary to the person's explicit, genuine conscious beliefs; they may devote their lives to fighting racism and sexism, and yet still there are tests that reveal in the laboratory that they do have these biases. Even psychologists, who know about this stuff, are subject to these biases.” Jennifer Saul

“Common sense adapts men to circumstances, and makes them equal to the occasion. Without it, they may say even their prayers out of time, and may aspire to take the second step before the first has been taken. Common sense that successfully manipulates the smaller things in life is competent to utilize the greater; therefore, have it at any cost.” Baron Humboldt

“I do not believe in forgiveness as it is preached by the church. We do not need the forgiveness of God, but of each other and of ourselves. If I rob Mr. Smith and God forgives me, how does that help Smith? If I, by slander, cover some poor girl with the leprosy of some imputed crime, and she withers away like a blighted



flower and afterward I get the forgiveness of God, how does that help her? If there is another world, we have got to settle with the people we have wronged in this. No bankrupt court there. Every cent must be paid.” Colonel Robert Green Ingersoll

“The fact is that, in order to do anything in this world worth doing, we must not stand shivering on the bank and thinking of the cold and the danger, but jump in and scramble through as well as we can. It will not be perpetually calculating risks and adjusting nice chances. It did all very well before the flood, when a man could consult his friends upon an intended publication for one hundred and fifty years, and then live to see its success for six or seven centuries afterwards; but at present a man

waits, and doubts and hesitates, and consults his brother, and his uncle, and his cousin, and his particular friends, till, one fine day, he finds that he is sixty-five years of age; that he has lost so much time in consulting his cousins and particular friends that he has no more time left to follow their advice.” Rev Sydney Smith

“We can expect that life will not be perfect and if we acknowledge this, we will be able to avoid that impulse to quit. But even if you are strong enough to persist through the obstacle course of life, sometimes you will encounter an adverse event that will completely knock you on your back. Such an event comes out of the blue and is out of your control that can affect your life or health so profoundly that it may seem like the end of your dreams. Or it might be a complete or utter failure that devastates you. An event that makes you question every single thing you have worked so hard to accomplish. These major setbacks can leave you doubting yourself and wondering if things can ever change for the better again. Adversity happens to all of us, and it happens all the time. Some form of major adversity is either going to be there or else it is going to be lying in wait just around the corner. It is as much part of your life as the air you breathe. History is full of examples of men and women who achieved greatness despite facing situations so dire and hurdle so steep that so easily could have crushed their spirit and left them lying in the dust. These are the people who not only looked adversity in the eye but learned valuable lessons about overcoming the circumstances and were able to move forward. They did it through sheer will, hard work and unwavering belief in themselves and maybe most important of all; strength of character, Nothing more!” Author Unknown

“Your education is supposed to be finished; in reality it is about to commence. The roads that lead to knowledge useful and ornamental have been pointed out to you; but we can only put you on the path; we have done so; and you must now pursue it for yourself. Our first and leading object on the road of life is to acquire, by industrious and honorable pursuits, a sufficient income to support ourselves and our families in reasonable comfort and to accumulate within reasonable bonds, for the wants of old age, and the claims of our offspring. It is seldom, that this cannot be done by the exertions of commonly used; sometime is indeed, the want of success arises from the want of reasonable industry, but this is not often the case. The failures that I have seen are those that have arisen from want of keeping accounts, from carelessness of minute expenses, from anticipation of resources, and facility of incurring debt.” Thomas Cooper 1822

“Every survivor is unique, and the word itself generates considerable controversy. Some people reject the label survivor because they don’t want to be branded for life. Like some sort of stigma, they want their ordeal expunged. Others prefer to be called cured and not reminded of the uncertainty, unpleasantness, and struggle along the way. Some oppose the seriousness and gravity of survivor. They dealt with their problem, put it behind them, and press forward without looking back...Survival is typically seen as a pass/fail proposition. In reality survival is messy and complicated, a bumpy road, not a final destination. The path from crisis to normalcy isn’t smooth, straight, or one-way. In fact, it’s wild and wavering. Survivors aren’t superheroes who vanquish adversity every time, and live happily ever after. If you think they’re always triumphant, you’re wrong. They are regular people who win some and lose some. They share a mind-set but they don’t all possess the same personality. They overcome adversity but they don’t necessarily accomplish it in the same way. There aren’t always adaptable and optimistic; they feel stuck and gloomy too. They don’t always live to a ripe old age; sometimes they only make it a few months. Ultimately, what defines a survivor is the talent for making the most of life, however much remains. They are true to their feelings. They don’t necessarily spend every moment fighting. They struggle. They succumb.” Ben Sherwood

The Survivor Profiler

Your Survivor IQ tells you precisely which kind you are. After analyzing your answers, it’s clear that you’re a **Thinker**. You use your mind to overcome your obstacles. Your intelligence has many dimensions. You rely on a combination of smarts, creativity and ingenuity to solve problems. Book learning isn’t your only resource. You’ve also got street smarts and common sense. You see your challenges clearly and are good at diagnosing the underlying nature of a problem. In tough times, you look at all the angles, generate new ideas and discover unexpected solutions. You don’t get distracted easily. You’re highly focused, analytical, and rigorous and you concentrate on what needs to get done. Your mind is practical, not up in the clouds. You’re good at turning ideas into action. When others get stuck, you can improvise and find a way out. Logic and reason help you understand the real facts of your situation and the consequences of your choices. Common sense helps you apply your knowledge and experience in creative and productive ways. While some people depend on muscle and brawn to win life’s battles, you rely on your mind. Above all, you’re a Thinker.

Your Survivor Toolkit: Let's take a look at what you've got inside your Survivor Tool Kit. We're going to focus on your top three strengths.

You’re a highly adaptable person. You’ve got the capacity to adjust readily to different situations and to change your attitude and behavior to handle new challenges. In a crisis, you’re flexible. When you confront an obstacle, you’re able to modify your approach to accomplish your goals. You quickly let go of the way things used to be and tailor your strategy and tactics to fit the new reality. It may sound simple or easy, but not everyone can do this. Indeed, when adversity strikes, many people refuse to accept their new circumstances. They go into denial. They act like nothing has changed. They pretend everything is okay. They’re rigid and unbending. You’re the opposite. You’re attuned to your dynamic surroundings. You recognize that life brings ups and downs. It may not be your preference, but you make necessary changes in order to prevail. You find new ways to cope with your problems. In everyday survival, that translates into the ability to adjust to adversity and fit into new and challenging situations. More than any other psychological strength, adaptability determines who survives.

The African proverb says the wind does not break a tree that bends. This wisdom describes you: You have the ability to bend but not break. Resilience comes from the Latin *resiliens* – to rebound or recoil – and it is defined as the power to return to an original form after being twisted, compressed or stretched. In science, it means elasticity, the capacity of a substance to change its shape in response to a force and then recover its original form. In survival, it means you can bounce back when you’re knocked down. In difficult times, you pick yourself up, dust yourself off, and persevere. You’re accustomed to hardship. You’ve overcome rough times and you’re stronger and smarter because of what you’ve endured. When others give up, you keep trying.

You’re a person who goes with the flow. The concept of flow derives from the motion characteristics of fluids.

When moving water encounters a rock, it can go over or around the obstacle. Eventually, the river will smooth the stone and ultimately wear it down to nothing. The same applies to you. You move forward, steadily, relentlessly, and with apparent ease and effortlessness. Adaptable people quickly change their attitudes and actions to fit their new circumstances. Resilient people bounce back rapidly from adversity. But you're different. You've got Flow. You don't need to make adjustments: You sail along, freely and calmly without fuss or muss. You don't need to pick yourself up when you're knocked down: You stay down, take adversity as it comes and you're confident that you'll eventually get where you're going. You stay cool when others panic. You relax when others stress out. You understand the futility – and danger – of trying to control the uncontrollable.

“Why did our friend never succeed in business? He had sufficient capital, a thorough knowledge of his business and exceptional shrewdness and sagacity. ‘He was sour and morose’ was the reply; he always suspected his employees of cheating him, and was discourteous to his customers. Hence, no man ever put good will or energy into work done for him, and his patrons went to shops where they were sure of civility.” A. T. Stewart

“The only conclusive evidence of a man's sincerity is that he gives himself for principle. Words, money, all things else are comparatively easy to give way; but when a man makes a gift of his daily life and practice, it is plain that the truth, whatever it may be, has taken possession of him.” James Lowell

There are important cases in which the difference between half a heart and a whole heart makes just the difference between signal defeat and a splendid victory.” A. H. K. Boyd

“There is nobody whom fortune does not visit once in his life, but when she finds he is not ready to receive her, she goes in at the door and out at the window.” Cardinal Richelieu

“Resolved, when I began to read law to make everything I acquired perfectly my own, and never go to the second reading till I had entirely accomplished the first. Many of the competitors read as much in a day as I did in a week; but at the end of twelve months my knowledge was as fresh as on the day it was acquired, while theirs had glided away from their recollection.” Edward Sugden

"it is easy to be misled by passing fancy, temporary infatuation, lack of imagination, self-deception, indoctrination, bullying authorities, ignorance of the prevailing possibilities and limits, or by envying the glitter of fame, money, fashion, power or success. basic commitments can be and often are mistaken, because they are not to a way of life we most deeply care about. many are those who have been living and acting according to their basic commitment, reach middle age, and find that it has all palled. They got what they wanted, and they realise that what they got, after all, is not what they wanted. making a basic commitment involves risks, and one of them is not merely that we form a mistaken basic commitment, but that we change over the years, and the basic commitment that was right for who we were is no longer right for who we have become. there are strong reasons for taking the risks. One is that there is no reasonable alternative to it. The other is that there is much we can do to reduce the risks. Why is there no reasonable alternative to making a basic commitment? because a life without it is adrift in an ocean of indecision. If we do not know what we most deeply care about, we have no standard of our own for deciding what choices we should make, what alternatives are better or worse, and what is important and unimportant. we still have to make decisions of course, otherwise we die, but having no standard of our own, we will have to rely on the standards of others that we accept under the influence of the most forceful or persuasive voice we happen to be hearing. The decisions we make then will not be really ours. we surrender our individuality and independence, we risk living as we are told by an authority whose judgment of what matters we have substituted for our own." John Kekes

"Poverty is uncomfortable, as I can testify; but nine out of ten the best thing that can happen to a young man is to be tossed overboard and compelled to sink or swim for himself. In all my acquaintance I never knew a man to be drowned who was worth saving." James Garfield

The Veterans Administration (Enough is Enough)

It never stops with the Veterans Administration. Despite the photo of the buried leaky barrels being lifted out of the ground they refuse to give me tests to determine how much chemical exposure I had in Okinawa because I did not make their defined time frame and I wasn't in Vietnam. They have refused to address my prostate cancer this despite the fact that I lived right down the road from the Camp Lejeune base laundry that released toxic chemicals into the drinking water for almost three years. They told me that I had no proof at all in my medical records that I ever sustained an injury in my pelvis or hip area, or that I could not have possibly have been in a hard helicopter landing in Panama forceful enough to fracture my lower back. I had to prove all the paperwork over again, and now I have been waiting for about three years hoping to get a reply back, wondering if I have to go to court on these matters.

At times I find myself getting really mad at the Veterans Administration and the Disabled American Veterans or (DAV) they along with numerous other veteran service organizations talk a good game about how they are looking out for the veterans, when in fact that really isn't so. Yes there are some people better than others who do try their best to help. But there are far too many in these organizations that just don't go the extra mile. I don't know if I am mad at the people because of their lack of effort, or if I am mad at the organizations. It could be very easy to say that the organizations reward the people for not rocking the boat. But then again maybe the people like it because they are protected by the organizations.

I have seen over and over people who cook the system, a man who owned and operated a successful business for decades and then is told by a "veterans service office" how he can apply for a PTSD disability and how he had to do it before he retired. Following the cheat sheet that he was provided he was told that he had PTSD so bad that he was awarded 100% due to the fact that he was unemployable. Another man who had worked for years as a successful head hunter until a few years ago. The economy went south and a "veterans service officer," told him you served in Vietnam, here is what you need to tell them, he did and he was awarded 100% due to the fact that he was unemployable. Both men along with others have told me how they worked the system, and told me that I could do it also. Yes there are nights that I sleep in 15-20 minute cycles, dreams that don't know the differences between dreams and reality, or I wake up soaking wet. Yes I can get angry without a moment's notice, but maybe I am like the majority we don't want to be labeled with those guys. At times I know that being about people like them have a far more negative impact on me than any positive benefit impact of a PTSD or any other label.

In many ways it is just a game, at certain times, it is more politically correct to award more and higher ratings. If one was to reviewed the different VA's offices around the country one would see that the numbers sometimes just don't make sense. A common factor may be the number of veterans the local VA is serving, if there are more than needed like in large cities the awards could be very different than in small VA's who may be hard pressed to find enough veterans. Service-connected veterans they need for their own very survival. With over 500,000 veterans dying each year, with the total number of veterans shrinking each year, they will be an internal fight for survival between the large and small VA's.

For about three years I have been trying to have the VA stop taking 10% of my monthly award. They told me that I owed them almost \$77,000. After submitting the paperwork at least three times, they wrote me and told me that they had made a mistake and would now start withholding 20%. Again I resubmitted the paperwork for both the Defense Finance Accounting Service and the VA Debt Management Office showing in fact that the debt had been repaid in full back in 2003.

After a hearing the VA told me that they made a mistake and would stop withholding the 10% from my monthly payment. A few months later I received a letter from the VA telling me that my benefits had changed and that I now owned the \$28,000 and they would start withholding payment until the debt had been paid off. The last time my benefits were changed was when my daughter finished high school and turned 18 or a little more than 8 years ago. They provided me with a form to request waiver of the debt. Which I didn't compete, instead I told them I didn't agree with their opinion that I owed them \$28,000 and request a hearing address their opinion. I was provided with a copy of a letter from the DVA to the Manchester VA stating that I

wanted a hearing. Then a few weeks ago I received a letter from the VA stating that they would start withholding my monthly checks (which would be for the next 13-14 months) starting this upcoming August. They started that they were doing this because I had not replied to their earlier letter.

I was so angry, here it was the VA causing me more mental and emotional problems, the same people who are suppose to be watching out for my well-being. I sat down and replied to their letter for the second time, I enclosed copies of the certified letter and the Address Return forms showing that I had replied to the original letter not own to the St Paul office, but the Manchester VA and DAV offices. i also enclosed a copy of the 2003 letter I received from the VA Debt Management Office, St. Paul, Minn, stating that my debt was paid in full and not to sent anymore money.

I gave the VA and the DFAS every opportunity to determined how much I owed them way back in 2003 and they took a lot of money from me back then. Now after almost nine years they want \$28,000 more. Their reason being that my benefits changed, well if that is the real reason there is no way that I owe the VA \$28,000. If I do owe them \$28,000 it has to be due to an error on their part, some mistake they made back in 2002-2003. They have refused to tell how or why I owe them the money, they just keep sending me debt waiver forms. As I stated in my first letter how can I request a waiver for something I don't believe I owe. Wouldn't I have to admit that I owe them the money then risk being denied and then find myself being stuck with a \$28,000 debt and not getting a month check for at least the next 12-13 months?

This is the following government guidelines for Debt Waivers: *To apply for a waiver you must not indicate on the waiver application that you dispute the validity of the debt or your application could be rejected. If a debt is disputed you can ask to have an audit conducted before you proceed with the application process. Upon final determination of your audit, if you would like to request a waiver , you may proceed with the waiver process. If you get an audit determination, please ensure that you include the results of your audit with you, and a statement acknowledging the validity of the debt, with the waiver application.*

The VA knew that if I applied for a waiver I would be in fact acknowledging that I owed the debt. Nowhere was there any paperwork explaining that I had a right to dispute the validity of the debt. The worse part about this whole situation is that there are people in the VA and veterans service organizations that are playing games with people's lives, the families of veterans. I sometimes if it just a sick game that some people just enjoy playing with veterans.

As I wrote in the last letter I wrote to the VA I had enough. I have put up with a great deal of unnecessary bull shit, I have received a level of medical and others services that have been very sub-standard at best. I now that I have been selfish because I had other means to overcome everything that the VA did wrong. Even if the VA refused to pay me for a year or more, I would survival. Maybe because I have never trusted the VA . To me the VA is a lot like some of those bad people that hurt me growing up, those people who believe that I owed them, and that they could make me pay whenever they demanded it. So the question I have to ask myself, am I one of the very few that have received such poor and possibly deathly service from the VA or am I one of many. The only differences is that they have to fight every single day to survival, to take care of their family, to find a sense of security.

Every time I hear another politician, a service organization, some medical expert, or some public affairs officer for the VA tell the public that the VA is a perfect example of how to deliver effective and cost effective health care, and we have the patient satisfactions reports to prove it, I just want to yell out to the work, why in almost twenty years I have never once been asked to complete one of those patient satisfaction reports.

Oh yea, I have to make at least one visit to a PCP each year or my medicine will stop and I will be dropped from the system, then would have to wait in line at urgent care and hopefully I will be assigned a new PCP within 30 days. In the mean time I wife's insurance will be billed over a \$1,000 for that urgent care visit, this despite the fact that I am 90% service connected and everything is service-connected. Instead of being a Priority I, war-time greater than 50% service-connected veteran, I become a Priority I outside insurance reimbursement, or free money.

“When nobody thinks you will ever amount to anything do not acknowledge pain; keep your pain to yourself, keep your pain inside. Allow your pain to become your mental blast furnace accepting the fact that life owes you nothing. That way no one will see the hurts, the loneliness, the pressure, the fear that drives and shoves you toward greatness. You are then driven by what you lack and once you achieve something you are then driven by whatever new injustices that are forced your way.” Author Unknown

“Men get their political faith second hand. There are certain things in politics because a party is. All independent investigation is hindered. This is what the office seeking politicians wants when men think for themselves, there is a danger for the usurper of the people’s rights, be the Pope, Priest or King. When men



blindly follow the lead of organization there is danger, but it is to the masses. Show the man who would or does advice against independent investigation in religion, politics or sociology. He has an ax to grind.” Charles M. de Talleyrand

“No man can exist apart from his circumstances; there must , in any case, be the field of his effort, and, in great measure, must determine the means what he uses, and the end which he proposes to reach.” Francis Cabot Lowell

“When men have disputed well and long on matter and spirit, they always end in understanding neither one another nor themselves. No philosopher has ever been able

to be lift by his own strength the veil which nature has spread over the first principle of things. They dispute, while nature is acting.” Author Unknown

"What would I not give to see the neighbours here making the most of their poor land. the hardest of hard labour, alone, won't enable them to rise above poverty. Capital they must have, why cannot I convince them that it is to co-operative banks they should turn? haven't I seen the desert made to blossom like the rose by means of these very banks?" Charles Rayneri

"To encourage thrift; to locally absorb the savings of a locality; to place them in perfect security: to give to agriculture the use of these savings, thus bringing together social elements that are sometimes almost hostile; there seem highly desirable objects to strive for." Father Callaghan

“The individual can attain self-control in great things only through self-control in little things. He must study himself to discover what is the weak point in his armor, what is the element within him that ever keeps him from his fullest success. This is the characteristic upon which he should begin his exercise I self-control. Is it selfishness, vanity, cowardice, morbidness, temper, laziness, worry, mind-wandering, lack of purpose? Whatever form human weakness assume in the masquerade of life he must discover. He must live each day as if his whole existence were telescoped down to the single day before him. With no useless regret for the past, no useless worry for the future, he should live that day as if it was his only day. The only day left for him to asset all that is best in him, the only day left for him to conquer all that is worst in him. He should master the weak element within him at each slight manifestation from moment to moment. Each moment then must be a victory for it or for him. Will he be king, or will he be slave; the answer rests with him.” William George Jordan

“Promptness takes the drudgery out of an occupation. The mill can never grind with the water that is passed.” John Quincy Adams

“That what may be done at any time will be done at no time.” Military Maxim

“Vigilance in watching opportunity; tact and daring in seizing upon opportunities; force and persistence in crowding opportunity to its utmost of possible achievement; there are the martial virtues which most command success.” Austin Phelps.

“The man who stands above his fellows must expect to be the target for the envious arrows of their inferiority. It is part of the price he must pay for his advance. One of the most detestable characters in all literature is Iago. Day by day Iago dropped his position; day by day did subtle resentment and studied vengeance distill the poison of distrust and suspicion into more powerfully insidious doses. Iago still lives in the hearts of thousands, who have all his despicable meanness without his cleverness. The constant dropping of their lying words of malice and envy have in too many instances at last worn away the noble reputations of their superiors. To sustain ourselves in our hasty judgments we sometimes say, as we listen, and accept without investigation, the words of these modern Iagoes: well, where there is so much smoke, there must be some fire. Yes, but the fire may only be the fire of malice, the incendiary firing of the reputation of another by the lighted torch of envy, thrown into the innocent facts of a life of superiority.” William George Jordan



“Who cannot but see oftentimes how strange the treads of our destiny run? Oft it is only for a moment the favorable instant is presented. We miss it, and months and years are lost.” Cervantes

“When I have something to do, I go and do it. The man who always acts promptly, even if he makes occasional mistakes, will succeed when a procrastinator will fail, even if he have the better judgment.” Sir Walter Raleigh

“If a man has no regard for the time of another why should he have for their money? What is the difference between taking a man’s hour and taking his five dollars? There are many men to whom each hour of the business day is worth more than five dollars.” Horace Greeley

“I have generally found that the man who is good at an excuse is good for nothing else,” Benjamin Franklin

“Sometimes a hero will break out of the group norms of ethical life to follow his or her own conscience and do what he or she believes to be the right thing. In such cases we clearly see the difference between morality and ethical life. The hero is morally justified: reasons tell the hero that her actions are correct. However, the hero's actions are at odds with the community. The hero experiences this as a struggle, and the community may experience it as a betrayal. We are in turn awed by the courage of the hero, yet at the same time we have a sinking feeling about the ultimate consequences of the hero's actions.” Jane Dryden

“Young people are often told to aim high, but we must aim at what we would hit. He who cannot see an angel in the rough marble can never call it out with mallet and chisel. No, a general purpose is not enough. The arrow shot from the bow does not wander around to see what it can hit on its way, but flies straight to the mark. The magnetic needle does not point to all then lights in heavens to see which it likes best, The sun dazzles, the meteor beckons, the stars twinkle to it, and try to win its affections; but the needle, true to its instinct and with a finger that never errs in sunshine or in storm, points steadily to the North Star; for, while all the other stars must course with untiring tread around their great centres through all the ages, the North Star, alone, distant beyond human comprehension, moves with stately sweep on its circuit of more than 25,000 years, for all practical purposes of man, stationary, not only for a day but for a century. So all along the path of life other luminaries will beckon to lead us from our cherished aim; from the course of truth and duty; but let no moons which shine with borrowed light, no meteors which dazzle but never guide, from the needle of our purpose from the North Star of its hope.” William M. Thayer

“To succeed in the world, it is much more necessary to possess the penetration to discern who is a fool, than to discover who is a clever man.” Author Unknown

"And suppose after all that death does end all. Next to eternal joy, next to being forever with those we love and those who have loved us, next to that, is to be wrapped in the dreamless drapery of eternal peace. Next to eternal life is eternal sleep. Upon the shadowy shore of death the sea of trouble casts no wave. Eyes that have been curtained by the everlasting dark, will never know again the burning touch of tears. Lips touched by eternal silence will never speak again the broken words of grief. Hearts of dust do not break. The dead do not weep. Within the tomb no veiled and weeping sorrow sits, and in the rayless gloom is crouched no shuddering fear. I had rather think of those I have loved, and lost, as having returned to earth, as having become a part of the elemental wealth of the world. I would rather think of them as unconscious dust, I would rather dream of them as gurgling in the streams, floating in the clouds, bursting in the foam of light upon the shores of worlds, I would rather think of them as the lost visions of a forgotten night, than to have even the faintest fear that their naked souls have been clutched by an orthodox god. I will leave my dead where nature leaves them. Whatever flower of hope springs up in my heart I will cherish, I will give it breath of sighs and rain of tears. But I cannot believe that there is any being in this universe who has created a human soul for eternal pain. I would rather that every god would destroy himself; I would rather that we all should go to eternal chaos, to black and starless night, than that just one soul should suffer eternal agony." Colonel Robert Green Ingersoll

"Every aid should be sought to deepen and strengthen moral conviction. A wise word, timely spoken, has saved men from a convict's cell. Sound advice is the rope thrown to those in the mire and doubt and despair. It is the stairway leading from danger. Appropriate sayings, similes, bits of wisdom here and there are the golden nails that fasten facts in the memory forever. Philosophers have dropped them all the way along. Yet all wise precepts are valueless unless practically carried into use, not for one day alone, but for every day." Susan H. Wixon

"There are moments which are worth more than years. We cannot help it. There is no proportion between spares of time in importance or in value. Stray, unthought-of five minutes may contain the event of a life. And this all-important moment; who can tell when it will be upon us." Dean Alfred



"The art of putting the right man in the right place is perhaps the first in the science of government, but the art of finding a satisfactory position for the discontented is the most difficult." Charles M. de Talleyrand

"I 1990, 8% of the poor children on SSI, had qualified because of mental, learning, or behavioral disorders; in 2009, more than half did. Some advocates for the poor defend the current system as a substitute for welfare, the only resource for some needy families. But the damage done to children who are misclassified as mentally ill is incalculable: Some linger in special education classes when they are capable of accelerated work; others come to

believe themselves to be impaired when no such impairment exists. The numbers alone suggest that too many low-income children are being classified with attention deficits and other disorders that are diagnosed in relatively subjective ways; nationwide 199,904 children received SSI benefits in 2009 because of ADHD, and 155,023 more received them for speech delays. Anecdotal evidence goes further, suggesting that some families, encouraged by disreputable lawyers and doctors, have coached their children in behaviors that can get them diagnosed with ADHD. According to the Social Security Administration, a whopping \$1.5 billion per year in SSI benefits are withheld to cover the legal fees of families who sue to get benefits after having been rejected. Advocates for low-income families and people with disabilities should support the request for an investigation to be conducted by the Institute of Medicine, and not only because the overuse of disability checks is a provocation to budget-cutters who'd just as soon scrap children's SSI altogether. Worse yet, it is a disservice to children who are being nudged toward disability diagnoses and in many cases drugs that are unneeded, and doing more harm than good." The Boston Sunday Globe Editorials May 29, 2011

"Although competition and justice may have little else in common, it is as much a commendation of competition as of justice that is no respecter of persons. That it is impossible to foretell who will be the lucky ones or whom disaster will strike, that rewards and penalties are not shared out according to somebody's views about the merits or demerits of different people but depend on their capacity and their luck, is as important as that, in framing legal rules, we should not be able to predict which particular person will gain and which will lose by their application. And this is nonetheless true, because in competition chance and good luck are often as important as skill and foresight in determining the fate of different people...in a system of free enterprise chances are not equal, since such a system is necessarily based on private property and though perhaps on inheritance, with the differences in opportunity which these create. There is, indeed, a strong case for reducing this inequality of opportunity as far as congenital differences permit and as it is possible to do so without destroying the impersonal character of the process by which everybody has to take his chance and no person's view about what is right and desirable overrules that of others. The fact that the opportunities open to the poor



in a competitive society are much more restricted than those open to the rich does not make it less true that in such a society the poor are much more free than a person commanding much greater material comfort in a different type of society. Although under competition the probability that a man who starts poor will reach great wealth is much smaller than is true for the man who has inherited property, it is not only possible for the former, but the competitive system is the only one where it depends solely on him and not on the favors of the mighty, and where nobody can prevent a man from attempting to achieve this result. "F. A. Hayek

"I congratulate you on your leisure. I recommend you keep it as your gold, as your wealth, as your means, out of which you win the leisure you have to think, the leisure you have to be let alone, and the leisure you have to throw the plummet with your hand, and sound the depths and find out what is below; the leisure you have to walk about the towers of yourselves, and find how strong they are, or how weak they are, and determine what needs building up, and determine how to shape them, that you may make the final being that you are to be. Oh, those hours of building!" James Garfield

"Narcissists are happy when they are younger, because they're the center of the universe. Their parents act like their servants, shuttling them to any activity they choose and catering to their every desire. Parents are constantly telling their children how special and talented they are. This gives them an inflated view of their specialness compared to other human beings. Instead of feeling good about themselves, they feel better than everyone else. People who feel like they are unusually special end up alienating those around them. They don't know how to work on teams as well or deal with limits. They get into the workplace and expect to be stimulated all the time, because their worlds were so structured with activities. They don't like being told by a boss that their work might need improvement, and they feel insecure if they don't get a constant stream of praise. They grew up in a culture where everyone gets a trophy just for participating, which is ludicrous and makes no sense when you apply it to actual sports games or work performance. They grew up in a bubble, so they get out into the real world and they start to feel lost and helpless. Kids who always have problems solved for them believe that they don't know how to solve problems. And they are right; they don't." Jean Twenge

"So in every well-balanced life, no matter how versatile in endowments, or how board in culture, there is one grand central purpose, in which all the subordinate powers of the soul are brought to a focus, and where they will find fit express. In nature we see no waste of energy, nothing left to chance. Since the shuttle of creation shot for the first time through chaos, design has marked the course of every golden thread. Every leaf, every flower, every crystal, every atom, even, has a purpose stamped upon it which unmistakably points to the crowning summit of all creation-man." William M. Thayer

“Economists have long been a natural constituency in favor of growth. Since even the richest country has limited resources, the center economic problem is choice” Shall we fund tax cuts for the rich or investment in infrastructure and research and development, war in Iraq or assistance for the poor in developing countries and our own? By providing more total resources, growth should, in theory, make these choices less painful. The United States, however, has powerfully demonstrated that while growth increases supply, it also raises aspirations. Choices that rich countries have to make thus seem to be no easier than those confronting poor countries, even though the tradeoffs are more heart-wrenching in the case of the poor. Brazil, for example, must choose whether to use its limited health budget to pay full-market price for AIDS drugs; some AIDS



victims may live as a result, but people in need of other health care will die, because money that could have spent on their needs is simply not there. More growth-provided resources, in this instance, mean the difference between life and death.” Joseph E. Stiglitz

“I have discovered that there are actually several levels of ignorance. A lower rung of ignorance hell is knowing something that is not so, and then telling everybody about it. An even lower rung, and maybe the most dangerous, is thinking that what you know, whatever it is, even if its right, is all there is to know. I began to see that no matter

how much I thought I knew, if I actually listened to what other people were saying, I would wind up knowing more. Even if I thought I knew more than they did. Because letting other people in always led to hearing what was behind what they were saying. Somewhere in them there was something valuable that I would have missed if I stopped them and made them check their forbidden ideas at the door.” Alan Alda

Political parties, they talk a great game about how they care for us, how much they are fighting for us. when in fact it comes down to two simple things, power and control of the party, along with imposing their own personal addenda on the rest of us people. One party thinks that we are incapable of helping ourselves and believe that we needed to be care for as if we are some pet. They seem to have forgotten, that dogs, horses and birds were pretty successful before humans came along and domesticated them. I don't believe that people need to be domesticated, I know most don't want to be domesticated. We are not are not children, we need to be treated like the adults we are.

The other party firmly believes that government is the root cause of all evil, that they had to work harder because of government was always taking away the fruits of their labor and giving it to those people sucking on the nipple of America. No matter how much you try they will never admit that their lives weren't as hard as they would want the work to believe. For some reason most seem to believe that the secret to success is hard work, pulling themselves up by their own bootstrap without any help whatsoever. I would think before they keep thinking that were bless with great talents and worked to make the best of those talents they should read the "Winner-Take-All Politics.". If they did may be they will admit that many have gotten where they are as a result of government policies and now they want to enact more government policies to protect them; all under the guise of reducing government, getting government off our backs and out of our wallets.

"Americans have always believed in upward social mobility-both as an ideal and a description of reality...According to a number of innovative new studies, American mobility may well have declined over the last generation. This is true of both individual mobility and intergenerational mobility. Only around one in ten has risen from the bottom 80 percent down from around one in seven in the 1970's. Compared with other rich nations, United States intergenerational mobility is surprising low. The American Dream portrays the United States as a classless society where anyone can rise to the top, regardless of family background...In fact, of affluent countries studied, only Britain and Italy have lower intergenerational mobility than the United States. The differences are often stark. In the United States, more than half of the earning advantage or disadvantage of fathers is passed on to sons. In Canada, only about a fifth or less." Jacob S. Hacker

Floor Speech on Hall Floor on Senate Bill 2

It took me a long time to prepare my speech for SB2 the tax-cap or budget cap bill. I knew it was an attempt to trick people into rushing into something that looked as an easy fix to limit higher taxes, and control budget growth. Nowhere was anyone in leadership willing to tell the people that everything has a cost, that we had to make choices. It was just a game where the people would be forced to make the choices while leaving the elected leaderships blameless and providing the political parties ammunition for the next election cycles.

I had to make up my mind do I just sit there and go with the flow, or do I stand up and do the right thing. Well I did do what I believed was the right thing, and more than a few people on both sides told me that I did. But in the end, I know that it did little good except to allow me to keep my personal integrity. I paid a tough price as I barely made it home, then I crashed and sleep through the night in a deep black sleep.

If I told you that I wasn't nervous, that I wasn't scared, that my heart wasn't pounding, that my knees weren't weak, that my field of vision wasn't narrowing; I would be lying. I was scared shit. That is how I knew I was doing the right thing.

I know that it really doesn't matter what I say today, because I know that the majority of the members have already made up their minds on SB 2. So I will take this opportunity to speak to the citizens of New Hampshire. It doesn't really matter how powerful my arguments may be. In fact the more powerful, the more convicting my arguments are, the greater the possibility that some people will tune them out. For the some who have developed a conviction that SB-2 is the cure-all to limiting local property taxes growth, it becomes far more important to question my reasoning, my facts, and my sources. For others it becomes more important to limit the discussion to one-sided evidence while overlooking certain arguments in order to defend that conviction than it is to admit that the real reason for the tax increases are the promises that this body has made over the past twenty years.

Promises that earned us votes, power, and front roll seats but promises we hoped we never had to held accountable for nor pay for. So now the sponsors of SB 2 want us to tell the people of New Hampshire that you should not trust us; the people you elected to make the right decisions, the hard decisions because we are either incapable or unwilling to make those tough choices, after all we all want to be like, reelected, so we need to pass enabling legislation hoping that you, the people, will help us grow a backbone while providing us political cover.

I believe the people of New Hampshire deserve leaders not followers. SB 2 will allow us to be follower while allowing us to claim that we are leaders. If doesn't even matter how powerful the facts may be, recent history has shown that there is a very high probability that at least one member will stand up here and give a prepared speech, a speech very limited on detail or facts and will tell us that SB 2 is needed to control the growth in the cost of education and local government.

To that I would to say that if the majority of any community wanted to limit growth, reduce the quality of its education system, degraded its public service sector or just lower the overall quality of life they don't need SB 2, they already have the ability, the same ability that the majority of our citizens have had for over 300 years the ballot box, town hall meetings.

As one Representative was quoted in the March 2011 edition of New Hampshire Magazine; entitled The Ultimate Tax Haven and more tips to lower your property taxes, stated, "The people made it clear that increasing government and increasing taxes and fees to pay for it is not acceptable. That's way we have the super majority we do." So why do you need SB2 if you have the super majority? This is New Hampshire, not a tax haven like Panama or Costa Rica.

But for many supporters of SB-2 that isn't good enough, there has to be a way in which we can give more power to the minority. We the third largest freely elected body in the world, demand that we strip power from the majority. That is the only way we can limit the voters choice at the ballot box. We have to do something

about those voters who keep reelecting the same people over and over. If the voters would only elected the people we want.

Maybe the same people get reelected because they are the only ones who can afford to run, or are the only ones willing to put forth the effort. Well Abraham Lincoln stated that "Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters." We no matter what our personal beliefs may be, we have no right whatsoever to tamper with the people's decisions no matter how much we may dislike those decisions. SB2 tampers with the people's ownership of elections.

Let's be honest, if SB2 passed and the local communities adopted a tax cap or a budget cap, it could result in greater growth in government not limited. For example if communities used the CPI, the April CPI was 3.2%, (this year very few communities exceed the CPI). Knowing that it could be lower next year, there would be a very high possibility that budget or finance committees will ensure that they get as close to possible to the 3.2% cap. Plus SB 2 will give us cover; we were only working within the law. For other communities it would become very important to max the cap every year to take advantage of the compounding effect.

If 41% of the voters refused to allow budget increases in their school budget two things could happen, necessary school repairs could be delayed, resulting in greater cost later or maybe even the state fire marshal could demine that the building is unsafe requiring the community to tuition their students to another school district. or maybe the quality of education drops so low that people refuse to live in the community reducing the economy of scale forcing the one's that couldn't afford to leave to pay higher taxes, after all education quality play a major role in home value.

I could make believe that I was Dave Letterman and make a top ten bad reasons list to support SB-2 but I won't. But I really find it strange, well I don't that the many of the people that are in support of SB-2 come from communities that have some of the lowest tax rates in the state.

Maybe it is because; far too many New Hampshire's families are living the New Hampshire advantage, they are surviving pay check to pay check praying that they will still have a job in six months; a job that pays a living wage and some benefits, hoping that their one vehicle, the one with over 125,000 miles and out of warranty won't blow an engine, or drop a transmission, living in fear that their child will suffer a major injury or illness that they couldn't afford to pay for. You know, the almost 50% of us, well maybe not many of us here today, the Wall Street Journal stated couldn't even come up with \$2,000 in the next 30 days no matter how critically important. That is fear and fear is destructive.

Let be honest with ourselves, the reason for the growth in government over the last forty years is that we have play on fear and we have made promises that we couldn't afford to pay for. SB-2 is another promise that pays on fear; SB-2 is another promise that won't deliver. SB-2 is like another government accounting trick where we propose a 10% increase, reduce it to 5% and then tell the people it was a budget reduction. SB 2 just won't deliver as promise.

SB-2 has very little to do with capping taxes, to limiting budget growth, it is a back door way of changing the culture and social fabric of New Hampshire. I want no part of that, so I will be voting red.

"Certain events in your life present you with a choice for which you get one chance and one chance only to do what should be done. We must seize those moments and hold them close, no matter how difficult they may be, for they are the stuff of which destiny is made." Gil Schwartz

"What you are prepared for rarely happens. the precise thing that you expected comes not once in a thousand times. A confused state of mind results from long experience of such cases. Your real feeling often is, such a thing seems quite sure to happen. I may say I expect it to happen, and yet I don't expect it, because I do; for experience has taught me that the precise thing which I expect, which I think most likely, hardly ever comes." Country Parson

"Honor your calling, don't worry about how successful you will be. Don't worry about it. Focus on how significant you can be in service and the success will take care of itself. And always take a stand for yourself. Your values, you are defined by what you stand for. Your integrity is not for sale. The human death of our integrity is the most we have to offer and I would beseech you to remember what Harriet Tubman said of her efforts to spirit slaves from the plantation. Harriet Tubman once said that she could have liberated thousands more if only she could have convinced them that they were slaves. So do not be a slave to any form of selling out. Maintain your integrity. It has always been, I believe, the only solution to all of the problems in the world and it remains the only solution. Through your presence here today, you come from a long line of giants whose shoulders you stand on, giants who graduated from this school and giants who never made it to school. I believe in the words of Jimmy Baldwin, your crown has been paid for, so put it on your head and wear it. Your crown has been paid for and so as you walk forth from this place, these hallowed grounds today, the most important lesson I can offer you from my own life is that in order to remain successful, to continue to wear the crown, as you walk the path of privilege, you must not forget the less privileged you left behind. You cannot continue to succeed in the world or have a fulfilling life in the world unless you choose to use your life in



service somehow to others and give back what you have been given. That's how you keep it. That's how you get it. That's how you grow it." Oprah Winfrey

"There was never a day that did not bring its own opportunities for doing good, that never could have been done before, and never can again." W. H. Burleigh

"Whilst we are considering when we are to begin, it is often too late to act." Quintillan

"There is a well of thought there which has no bottom; the more you draw from it, the more clear and fruitful will it

be. If you neglect to think yourself, and use other people's thoughts, giving them utterance only, you will never know what you are capable of. At first your ideas may come out in limps, homely and shapeless, but no matter; time and perseverance will arrange and polish them. Learn to think, and you will learn to write; the more you think, the better you will express your ideas." Author Unknown

"Talent alone won't make you a success. Neither will being in the right place at the right time, unless you are ready. The most important question is: Are you ready?" Johnny Carson

"Congressman Starkweather had one experience that almost every man must have before his character can be fully tested. He was tried in the fiery furnace of detraction and abuse. I remember well, in that period of assault, how calmly, how modestly, and yet how bravely he bore himself without bitterness and without shrinking, boldly meeting all assaults, calmly answering, bearing himself through the storm like a genuine man as he was. That was the test that set the seal of character and gave assurance that he was made of the real stuff of which genuine heroic men are made." James Garfield

"Most big, long-term investments—a house, a security, a 401 (K) plan—come with more information than you can use. But a four-year degree, which is a \$100,000 to \$200,000 investment at many private and public schools, is a black hole of data. Better data wouldn't cure education inflation, but it would be a good start. The government should require every college to post a standard fact sheet about its degrees. The fact sheet could include the total cost of attendance, loan default rate by degree, six-year graduation rate, employment rate and median salary 12 months after graduation." Derek Thompson

"Today every child is either learning-disabled, gifted, or both; there's no curve left, no average. Parents would prefer to believe that their child has a learning disability that explains any less-than-stellar performance, rather than have their child be perceived as simply average. They believe that average is bad for self-esteem." Wendy Mogel

"Stereotype threat occurs when members of a stigmatised group in some particular area are presented with a situation that's said to be threat provoking, where they become preoccupied with fear of confirming stereotypes about their group and they actually under perform as a result of this. So black students in any test which is presented as a test of intellectual ability will under-perform; women who are asked to tick a box indicating their gender before taking a math test will under-perform; five-year-old girls will do worse on a math test if they first colour in a picture of a girl holding a doll rather than a picture of a sunset. Anything that reminds you of the stereotypes about your group will cause you to underperform in the area that your group is stereotyped as performing badly in." Sally Haslanger

"The way the partisans tell the story, whatever is good in America's economy has always evolved with no guidance while whatever is bad has been designed by government. This claim is, of course ludicrous. For as long as America has existed, its political leaders have designed the economy. Alexander Hamilton championed



a sophisticated banking system to support the growing economy. John Adams used government money to fund experiments in (then) high-tech industry. Federal policies cleared the way for the transcontinental railroad. In our own time, government redesigned the economy and the landscape by building the federal highway system and subsidizing home mortgages. Thanks to such good decisions, Americans are relatively and absolutely rich today." J. Bradford DeLong

"Every fall, new education theories arrive, born like orchids in the hothouses of big time university education departments. Urban teachers are always first in line for each new bloom. We have been retrofitted as teachers a dozen times over. This year's innovation is the Data Wall, a strategy in which teachers must test endlessly in order to produce data about students' progress. The Obama administration has spent lavishly to ensure that professional consultants monitors its implementation. Every year, the national statistics summon a fresh chorus of outrage at the failure of urban public schools. Next year, I fear, will be little different." Gerry Garibaldi

"Sometimes the people who will offer us advice really don't have our best interests at heart. You may think they do, but believe me the people who live with you now are the ones who care the most about you. Strangers who offer to sell you stuff and advice are suspect. Anyone who urges you to go against the advice of your parents is suspect. Anyone who is trying to convert you is suspect. Not necessarily bad, just suspect. Consequences are the results of actions. It applies to everything you will ever do or not do. Do not be coaxed. What I am asking of you is that before you choose, before you jump, observe. You really need to think about the consequences before you act on impulse and under pressure to be accepted. You will be encouraged, perhaps even dared to act in order to fit it. Once you do something-anything-it cannot be un-done. You can learn from it, but you cannot undo it." Anne Armand

"Well, I have made a million mistakes that surprisingly didn't affect my life on a big scale, but I think the most regrettable moments come from when I had been in a position to influence and haven't extended my arm to someone I felt needed him. It wasn't always clear what that person needed, but it bothers me that maybe I didn't do the right thing at the right time." Mikhail Baryshnikov

"There is much in life to make one sad and disheartened; but whether we maintain a cheerful spirit or not, depends largely on the way in which we view the events and outcomes of life. I think the main point of safety is to look upon life with a view of doing as much good to others as possible, and, as far as possible to strip ourselves of what the French call egoism." James Garfield

"There is no honor or profit merely to appear in the arena. The wreath is for those who contend." Author Unknown

Why doesn't America elect great men to be president?

"But since the heroes of the Revolution died out with Jefferson, Adams, and Madison some sixty years ago; No person except General Grant has reached the chair whose name would have been remembered had he not been president and no president except Abraham Lincoln has displayed rare or striking qualities in the chair. Who now knows or cares to know anything about the personalities of James K. Polk or Franklin Pierce? The only thing remarkable about them is that being so commonplace they should have climbed so high.

Eminent men make more enemies and give those enemies more assailable points than obscure men do; they therefore in so far less desirable candidates. It is true that the eminent man has also made more friends that his name is more widely known, and he may be greeted with louder cheers. Other things being equal, the former



man is preferable. But other things never are equal. The famous man has probably attacked some leaders in his own party, has supplanted others, has expressed his dislike to the crotchet of some active section, and has perhaps committed some errors which are capable of being magnified into offences.

No Man stands long before the public and bears a part in great affairs without given openings to censorious criticism. Fiercer far than the light which beats upon a throne is the light which beats upon a presidential candidate, searching out all the recesses of his past life. Hence, when the choice lies between a brilliant man and a safe man, the safe man is preferred. Party feelings, strong enough to carry in on it's back a man without conspicuous positive merits, is not always strong enough to procure forgiveness for a man with positive faults.

In America party loyalty and party organization has been hitherto so perfect that any one put forward by the party will get the full party vote if his character is good and his "record" as they call it is unstained. The safe candidate may not draw in quite as many votes from the moderate men of the other side as the brilliant one would, but he will not lose nearly so many from his own ranks. Even those who admit his mediocrity will vote straight when the moment for voting comes.

Besides, the ordinary American voter does not object to mediocrity. He likes his candidate to be sensible, vigorous, and above all, what he calls "magnetic" and does not value, because he see no need for, originality or



profoundly, or a wide knowledge. Candidates are selected to be run for nomination by knots of persons who, however expert as party tacticians, are usually commonplace men; and the choice between those selected for nomination are certainly no better than ordinary citizens.

Now to the party it is more important that its nominee should be a good candidate than that he should turn out a good president. It will be a misfortune for the party, as well as the country if the candidate elected should prove a bad president. But it is a greater misfortune to the party that it should be beaten in the impending election." Viscount James Bryce Bryce

"We hold reunions, not for the dead, for there is nothing in all the earth that you and I can do for the dead. They are past our help and past our praise. We can add to them no glory, we can give to them no immortality. They do not need us, but forever and forever more we need them." James Garfield

“You owe people your authenticity. The Truth was that I could never have possibly come through on everything I had promised, and although I meant well; if I had followed the principle of truth up front, I would have made everything very easy. There is a natural law and order in the world, and things flow if you just follow it. In this particular case, If I had promised less and delivered 100% of what I promised, it would have gone a lot further than my promising more but not being able to deliver the whole package. If you remain true to yourself and do what’s really doable rather than promise too much because you think you are supposed to, the gift of love you have to offer will remain true.” Khaliah Ali

“We may have done away with Jim Crow laws, but we have a Jim Crow public education system, The reality is that if you are middle-class or wealthy, you can live in a community with good schools, or send your kids to private school. If you’re black and you are poor, you are out of luck.” Kevin Huffman

“We have created a 30 year string of politicians that are "Pre-Purchased" before they even get to Washington and they really don't give a damn if we know that they are or that they care nothing about their reputations. That is a pretty bad combination and it is from Both parties. As long as it cost \$8 million to get elected to an office that pays \$175K, the Mainstream Media is interested in ratings and ideology over truth and honesty, and if someone doesn't like your stance on an issue they can find something dirty from your past and smear it all across the airwaves, we will never get quality people back in elected government; no matter what party. Unfortunately, I don't think that we have any DNA Samples of either Cincinnatus or George Washington available to us anymore. They believed in doing their civic duty and then going home. But I also think we get the politicians that we deserve because, rather than look for a qualified person for office, we vote for the lesser of the evils. How many time have you voted for someone that you didn't like because he was better, in your mind, than the person he was running against. Sometimes, because of the major party structure, the only choices we have are between John Wayne Gacey and Jack the Ripper (kill you slowly or quickly; either way you are dead). We are damned if we do and damned if we don't. That is where the real problem lies. As Pogo once said: 'We have met the enemy and the enemy is us.'" Blog Author Unknown

“If kids can’t experience painful feelings, they won’t develop psychological immunity. It’s like the way our body’s immune system develops. You have to be exposed to pathogens, or your body won’t know how to respond to an attack. Kids also need exposure to discomfort, failure, and struggle. I know parents who call up



the school to complain if their kid doesn’t get to be in the school play or make the cut for the baseball team. I know of one kid who said that he did not like another kid in the carpool, so instead of having their child learn to tolerate the other kid, they offered to drive him to school themselves. By the time they are teenagers, they have no experience with hardship. Civilization is about adapting to less-than-perfect situations, yet parents often this instantaneous reaction to unpleasantness, which is ‘I can fix this.’”Dan Kindlon

“Granted that we have the courage of our convictions, the will to act well; still, how do we know that our convictions are not, in the eyes of others, purely individual fancies of our own; Or that our actions will not be looked upon as a species of moral oppression, an attempt to monopolize others?” Emile Boutroux

“Since you alone are responsible for your thoughts, only you can change them. You will want to change them when you realize that each thought creates according to its own nature. Remember that the law works at all times and that you are always demonstrating according to the kind of thoughts you habitually entertain. Therefore, start now to think only those thoughts that will bring you health and happiness.” Paramabansa Yogananda

"Solitary trees, if they grow at all, grow strong." Winston Churchill

Every speech, every blog, every blurb that I wrote this session all led to this speech on HB-2. I knew that no matter what I had to say; had to be said. I knew my purpose being there was to stand up and give the people a voice or as Lincoln said do what you know in your heart is right and if you have to go down go down with your guns blasting and your flag flying.

When the majority of the body voted that none of the debate would be recorded in the journal, that only the last two question one supporting and one opposing HB-2 would be printed I knew that I had hit home.

Why Am I voting against HB2?

I feel John Quincy Adams Standing here.

Why Am I voting against HB2? Two years ago I stood and provide this body my reasons for voting against what some in leadership were calling a historic achievement. Today I stand here and again I will provide this body my reasons for voting against what some in leadership are calling a historic achievement.

Why am I voting against HB2 There is no question in my mind that government is too large, too expensive and too ineffective. Government has to become smaller, leaner and more productive. There is no question whatsoever in my mind, that government needs and should be spending its limited resources where it can do the most good. The budgeting process in my four teams here, under the control of both parties has left a lot to be desired. It has been our number playing for political purposes; it has been our unwillingness to make the hard, the necessary, and the right choices that has us where we are today.

Not once have I seen any party sit down and ask the simply questions what is really important to this state, what defines us as a people, what are the government services that we are just unwilling to go without, and just what level of these bare minimum services that we must fund regardless of the availability of revenue.

With this version of HB2 we didn't do that, we told the people that not only will we cut government services, we will also reduce taxes on cigarettes, after all it will be only outer-staters who will get lung cancer. I don't



see how selling cigarettes a dollar cheaper and the potential for increased sales on other products will save or create new jobs. It takes an increase of \$75,000 in additional profit to offset the cost of a minimum wage job. We told people we would reduce fees on cars, who cares about our roads, or the drop in productivity or increased vehicle damage. We will reduce the costs of fishing licenses after all, the out of state tourists will increase the number of low-paying hospitality jobs.

The right way to do a budget not only in hard times, but every time is to determine the minimum cost for the necessary level of services that define us as a people, if it requires cutting out wants in the budget so be it, if it means raising some fees or even a few taxes so be it. We

have a moral responsibility to the people of New Hampshire, and to me HB2 doesn't not reach that high moral standard.

Two years ago I stood in front of this body and asked the question, what is fairness? Everyone here has a totally different idea what fairness is. Fairness doesn't mean that we get it done now and go home and say it's fair. Fairness is making sure that we do the right thing not for ourselves, not for our political parties, not for the lobbyists, not for the groups with the loudest voices, but for the people of New Hampshire. Does fairness mean that when it comes to paying % of income for local property taxes, compare to the 3,149 counties; in the

United States; Cheshire County rank 21st up from 58th, Sullivan County 36th up from 90th, or Grafton County 43rd up from 97th. HB2 will increase local property taxes, possibility allowing Cheshire and Sullivan counties to make the top 20.

To me Fairness means as leaders putting ourselves at the end of the line, Fairness mean as leaders we get the leftovers, not the prime pickings. HB2 is not about fairness, The 2011 HB2 is no different than the 2007 HB2; I have the power the ram it through, and so be it. Just because one has the ability doesn't make it right.

We didn't do the right thing in 2009 and there is no doubt in my mind when the vote is taken we again will have failed to do what is best for the people of New Hampshire. There will be many reasons why we will vote one way or another, some will vote red or green not based on the merits of HB2 but due to party pressure, well there are a lot of former members who were not reelected because they placed more importance on party loyalty than responsibility to the people. Well a large number of people sitting in his hall won't get the opportunity to vote on HB2 come 2013.

Some will vote out of pure personal ideologies. Some will say that the government has little to no responsibility for education, health care, public safety, child protection, etc.. Some will say that they had to pull themselves up by their own bootstraps, that they had to deal with the obstacles and hardships that life threw at them. That it is time for government to stop trying to guarantee equal outcomes. If people want it bad enough they just need to work harder. Is it time that the citizens up in the North Country accept the fact that they are the cause of their own financial problems and it is their responsibility; not governments to solve their problems?

Without question I firmly believe government has no right whatsoever trying to ensure equal outcomes. However, government does have a responsibility to ensure that every citizen has the opportunity to make the best of their god given talents and personal effort. HB2 goes too far. HB2 rewrites history; despite how high the mountain we had to climb or how deep a hole we had to climb out of, there is not one single person in this Hall that has accomplished what he or she has on his or her own. There has been a teacher, a coach, a government program, somebody, and something that has provided that necessary lift up. Somebody, some organization gave them the material, the knowledge to build those bootstraps.

It is our responsibility to help the people who can't help themselves; it is our responsibility to give a hand, not a handout to the people need a temporary hand. But more important it is our responsibility not to give public resources to people or organizations that have the necessary resources to succeed, but lack the willingness to put forth the effort. HB2 punishes the ladder while rewarding the former.

Without such opportunities, I like countless others would have never had, had the opportunity to reach our potentials. Instead of being productive members of society we would be a financial burden. Some of the supporters of HB2 believe that it is a wise investment to reduce funding to the New Hampshire University system while increasing funding to the Prison system. I believe if we educate our young men and women right there would be less of a need to correct them later.

HB2 will drastically reduce funding to our hospitals, it will reduce Medicare funding. To me it is really not funny that some of the same people who want to reduce medical services to the people of NH have no problem hiring a lawyer to hide mom's and Dad's wealth so they can be sent to the county nursing homes on the taxpayers' dime.

Two years ago I stated that the projections of future growth were too high and that there was a possibility of 200-300 million shortfall if the economy didn't grow at 3.5% or higher.

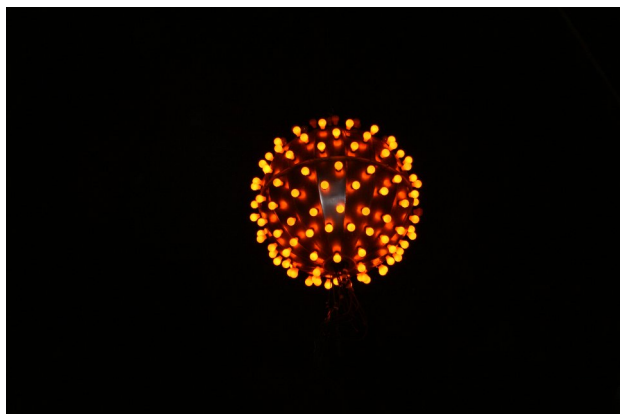
Well today we again are faced with situation when it comes to the projections of growth for the retirement system. The Social Security system uses a projection of 7%, The Federal Reserve model shows 5.8% over the next 10 years, Morningstar model gave a projection of 5.7% over the next ten years. The only model that I was able to find showing an 8% increase was based on a 1% fed rate, and an inflation factor of 2.5%. It stated anything over 5.5% is based on inflation.

Yes the retirement system could reach their projections of 8.5% only if we have 3-3.5% inflation or higher. But then again the higher the inflation the higher the pay outs. The report on the New Hampshire retirement system was based on July 2010 figures but since then there are 3,100 less public employees, more than 400 people have retired early, there is a possibility that another 400-500 more will retire early. HB2 eliminates 200 plus real jobs and 800 empty jobs. This comes to about a 10% reduction to members paying into the fund. If the projections are wrong we could find ourselves with a 100 million dollars hole. If the projections are wrong, if the economy fail to growth at 3-3.5% over the next 2-5 years, come 2014, our communities will be forced to make major cuts in public safety, education and public services.

If we are going to make changes to the retirement let's make real changes, let's keep our promises to the people all ready working for us. Let's stop making our public workers the bad guys, In Keene our city employees refused their Cost of living increases, they will be paying more for medical care, and with the increase retirement cost will take home between \$800-1200 less. Our public employees are citizens too.

Senate Orrin Hatch of Utah, without question a very conservative person once stated; I learned that legislation often goes beyond cold policy calculations and congress has a responsibility to consider the impact that policy will have on real people. All I ask is that before you vote today you consider the impact of HB2 on real people. But most important our actions today will teach our children, our grandchildren how to treat us in the future.

"Who is this "economy" for, anyways?? Is anybody happy working 50+ hours a week, with less than 2 weeks vacation a year, in order to buy all the stuff our ancestors used to make through purposeful work at home?? Are you?? As Ellen Goodman once said, "Normal is getting dressed in clothes that you buy for work and driving through traffic in a car that you are still paying for - in order to get to the job you need to pay for the clothes and the car, and the house you leave vacant all day so you can afford to live in it." How many of you does this describe? The only choice we have to make in the near future is whether or not we will CHOOSE to simplify our lives, or be FORCED to when the s---house of cards comes falling down. Choose now, or be sorry later." Blog Author Unknown



"The planning for security which has such an insidious effect on liberty is that for security of a different kind. It is the planning designed to protect individuals or groups against diminutions of their income, which although in no way deserved yet in a competitive society occur daily, against losses imposing severe hardships having no moral justification yet inseparable from the competitive system. This demand for security is thus another form of the demand of a just remuneration; a remuneration commensurate with the subjective merits and not with the objective results of a man's efforts. This kind of security or justice seems irreconcilable with the freedom to choose

one's employment... We all know the tragic plight of the highly trained man whose hard-learned skill has suddenly lost its value because of some invention which greatly benefits the rest of society. The history of the last hundred years is full of instances of this kind, some of them affecting hundreds of thousands of people at a time...Certainty of a given income can, however, not be given to all if any freedom in the choice of one's occupation is to be allowed. And, if it is provided for some, it becomes a privilege at the expense of others whose security is thereby necessarily diminished. That security of an invariable income can be provided for all only by the abolition of all freedom in the choice of one's employment is easily shown. Yet, although such a general guaranty of legitimate expectation is often regarded as the ideal to be aimed at, it is not a thing which is seriously attempted. What is constantly being done is to grant this kind of security piecemeal, to this group and to that, with the results that for those who are left out in the cold the insecurity constantly increases. No wonder that in consequence the value attached to the privilege of security constantly increases, the demand for it becomes more and more urgent, until in the end no price, not even that of liberty, appears too high." F. A. Hayek

“If enough people don’t like something, it becomes a problem; if the intellectuals agree with them, it becomes a crisis; any crisis must be solved; if it must be solved, than it can be solved, and creating a new organization is the way to do it. If the organization fails to solve the problem and when the problem is a fundamental; it will almost surely fail, then the reason is politics or mismanagement, or incompetent people, or meddling, or socialism, or inertia.” James Q. Wilson

"What other people label or might try to call failure, I have learned is just God's way of pointing you in a new direction. So it's true. You may take several paths that end up on what might be a dead end for you at the moment. But this is what I also know for sure. You must trust in the words of my favorite Bible verse that say: 'And know the lord will lead to you a rock that is higher than thou.' Every one of us has a calling. There is a reason why you are here. I know this for sure. And that reason is greater than any degree. It's greater than any paycheck. And it's greater than anything anybody can tell you that are you supposed to do. Your real job is to find out what the reason is and get about the business of doing it. Your calling isn't something that somebody can tell you about. It's what you feel. It's a part of your life force. It is the thing that gives you juice. The thing that are you supposed to do. And nobody can tell you what that is. You know it inside yourself. "Your calling isn't something that somebody can tell you about. It's what you feel. It's a part of your life force. It is the thing that gives you juice. The thing that you are supposed to do. And nobody can tell you what that is. You know it inside yourself." Oprah Winfrey

“To every man of great original power, there comes, in early youth, a moment of sudden discovery, or self-recognition, when his own nature is revealed to himself, when he catches for the first time, a strain of that immortal song to which his own spirit answers, and which becomes thenceforth and forever the inspiration of his life.” James Garfield

“It is so easy to talk yourself out of an ethical decision, especially when you are going to directly benefit from your unethical behavior. When the situation is complex and the line between right and wrong is obscured, the only way I know to figure out the right thing to do is to try to listen to the voice inside me.” Gordon Edelstein

We live our lives to die. With each exhalation. Each letting go. Each moment of release, ... we seek, as lemmings to the sea, to die into the 'one,' into the 'all,' the 'everything' of existence. We practice this in the way of our lives. We worship it in our heroes, who, in the face of great adversity and symbolic or very real death, are able to stay present, acknowledge their fear, and from that place of awareness, of consciousness, are able to achieve heroic results. We rejoice in it when we stand with our hero to home plate, bottom of the ninth, bases loaded, score tied, two outs, last game of the world series and he hits a home-run. We rejoice in it in the well hit golf ball or tennis ball. In the transcendence of a performance, a great discovery, a heroic sacrifice, in the birthing of a child, in the communion with anything or anybody that gives us our sense of being one. Of belonging. We seek and search to surrender to a higher ground, ... a place of peace and oneness. A state of being that is change, where we get to visit, pass through, pass from, and let go of." Paul Glazer



“When ego-boosting parents exclaim “great job!” not just the first time a young child puts on his shoes but every single morning he does this, the child learns to feel that everything he does is special likewise, if the kid participates in activities where he gets stickers for “good tries,” he negative gets negative feedback on his performance; all failures are reframed as “good tries.” But what starts off as healthy self-esteem can quickly morph

into an inflated view of oneself, a self-absorption and sense of entitlement that looks a lot like narcissism. In fact, rates of narcissism among college students have increased right along with self-esteem. Meanwhile, rates of anxiety and depression have also risen in tandem with self-esteem. Why is this?” Lori Gottlieb

The ugly truth about our job market, by Rep. Kris Roberts

Keene Sentinel June 26, 2011

There is a reason why both political parties have stopped talking about creating new jobs.

They know that we need almost 7 million jobs to recover the ones we lost during the recession, plus 5.4 million additional jobs to cover the 150,000 new people that had hoped to enter the job market every month for the past three years; the ones that don't count as unemployed because they were in school.

We need maybe about 10 million new jobs to cover the people who are underemployed, or have just been beaten down by hundreds of rejections or the 30 million who have been downsized or outsourced over the past 30 years.

Whoever our next president is, he or she has to develop a plan to create about 500,000 jobs per month for the next five years just to bring us back to the 2006-2007 levels.

Just isn't going to happen.

Furthermore the 500,000 new jobs each month for the next 60 months doesn't take into consideration the 1.6 million people that are being laid off every month.

We have been repeatedly told how important small businesses are to the American economy. According to the U.S. Census Statistics of U. S. Businesses for 2008, there were 120,903,551 people working in the United States; for 5,930,132 firms. However, 5,294,970 or almost 90 percent of those firms, employed fewer than 20 workers earning about \$35,000 per year.

What our political leaders refuse to tell us is that when a large firm ships a job overseas, it has a very negative effect on the profitability of small businesses. That job loss means fewer trips to the gas station, one less newspaper, fewer stops at the hairdressers, the ice cream stand, the local restaurant, etc. — all small businesses.

When a hundred high paying jobs are lost and are replaced by lower-paying nursing assistants, fast food, teachers' aides or retail salesperson positions, dozens of small businesses, many with maybe one to 10 workers, are at serious risk of failure.

When our political leaders talk about helping small businesses, changing our tax code, our environment requirements, work safety requirements, or reducing payroll taxes, it is code for increasing the profits of the top 20,000 firms.

Failure to do so is code for looking for a country where the workers can be required to work longer, for less pay, little benefits and under conditions that we wouldn't stand for in America.

Corporations have come to understand that America will never be a 70-percent consumer driven economy again. The great majority of us no longer have the availability of over-inflated home values to fund a personal and government provided lifestyle far above our means to pay.

That is why our political leaders won't provide any real details concerning how they would improve the job situation. They want to be elected or reelected and they know that if they tell us the truth they wouldn't get the campaign funds they need; they believe that Americans don't want to hear the truth: we always kill the truth-telling.

I think they are wrong, I believe that Americans not only want the truth, we can handle the truth.

"Selling out is usually more a matter of buying in. Sell out, and you're really buying into someone else's system of values, rules and rewards. You will find your own ethical dilemmas in all parts of your lives, both personal and professional. We all have different desires and needs, but if we don't discover what we want from ourselves and what we stand for, we will live passively and unfulfilled. Sooner or later, we are all asked to compromise ourselves and the things we care about. We define ourselves by our actions. With each decision, we tell ourselves and the world who we are. Think about what you want out of this life, and recognize that there are many kinds of success. Creating a life that reflects your values and satisfies your soul is a rare achievement. In a culture that relentlessly promotes avarice and excess as the good life, a person happy doing his own work is usually considered an eccentric, if not a subversive. Ambition is only understood if it's to rise to the top of some imaginary ladder of success. Someone who takes an undemanding job because it affords him the time to pursue other interests and activities is considered a flake. A person who abandons a career in order to stay home and raise children is considered not to be living up to his potential-as if a job title and salary are the sole measure of human worth. You'll be told in a hundred ways, some subtle and some not, to keep climbing, and never be satisfied with where you are, who you are, and what you're doing. There are a million ways to sell yourself out, and I guarantee you'll hear about them." Bill Watterson

"There are all different kinds of freedom, and the kind that is most precious you will not hear much talked about in the great outside world of winning and achieving and displaying. The really important kind of freedom involves attention, and awareness, and discipline, and effort, and being able truly to care about other people and to sacrifice for them, over and over, in myriad petty little unsexy ways, every day. That is real freedom. David Foster Wallace

"When you deal with youngsters, when you get into jobs of any kind, don't send people to do it, meet them there and help them do it, and you'll be amazed how it works." Woody Hayes

"My idea of success is different today. Definition of success changes. Success is to live your life with integrity and to not give in to peer pressure to try to be something that you're not. Success is to be honest and to contribute in some way... Follow your passion, stay true to yourself, never follow someone else's path unless you're in the woods and you're lost and you see a path then by all means you should follow that." Ellen DeGeneres

All that anyone should take from this book is that we are all dealt some pretty bad hands at times, but we still need to play that hand. That with the right attitude there are others out there that can and are willing to help. Always remember things are never as bad as they smell and nothing is as cheap as others tell you.

We all have limitations and it is very important that we understand this as fact so as I stated on the first page of this book, there are no unbreakable people, it is just that some take longer to break. No matter what the world will break everyone. Sometimes the best you can do is control how and when the world breaks you. Sometimes the best thing you can do is suffer a break and allow the world to move on to another person. If you want Mother Nature you will see tree branches that bend in ice-storm, move back and forth in hurricanes, and give up their leaves in fires. The ones that do get to recover and become stronger than before. The ones that refuse to accept the uncontrollable forces of the world are destroyed. This is far too common.

If I had one bit of wisdom to pass on to my children and my grand children it would be to replace every one of the pictures contained in this book with pictures of your own. To replace all these writings with one that have and will help you overcome the barriers you will confront. Replace these writings and pictures with the ones that touch your soul and allow you to become the person that you were born to become. As many have stated in the past success is not dependant on where you finish in life but how far you have traveled. Success is not based on how much you have improved your life but how much you have helped others to improve their. Because regardless if you want to admit it or not every single success you have had, and will have in the future is the direct result of actions by countless others both known and unknown. So in the end I hope you enjoy this book and when the world gets you down you search out some quiet place known only to you and just flip through the pages and get lost in the photos or read the wisdom of the sages and I know that you will feel better. Take care and I wish the best for you.

Kris E. Roberts, still just a kid from a little town in western Wyoming.



Always play each hand as if it will be your last, you may never get the opportunity to play again. Far too many people think that there will always be tomorrow so they often put off acting on anything that has a risk. However, for many the only thing that will come tomorrow is the opportunity to say that there will always be another tomorrow. Life demands risk taking, but most of all life never guarantee anyone of us another tomorrow. Maybe the biggest risk any of us will ever take is counting on another tomorrow. Even if tomorrow comes it doesn't mean that we will be able to take advantage of what the day will have to offer. I only hope that when people talk about me is that they say he came into our lives and he not only told us that we could do better he showed us how. He helped us to help ourselves to become a better person without expecting anything in return.

If you have read this book from beginning to end then you have done something that I have not done. I have not once sat down and read this book from beginning to end. I have read it bits at a time and the only changes I have made were spelling or grammar. It is as it was cast in stone. Maybe I am afraid if I read it from beginning to end I would try to make my life harder than it was. Maybe someday I will be ready to read this from beginning to end, but I really doubt it. If you have read this book from beginning to end you must understand that you should not be thinking about what has happened to me in my world, but instead understand that you have ability to control how you react to everything in your world. We all have been victimized; that is life. But just because we have been victimized that is not even a bad excuse for allowing others let alone ourselves from turning us into victims. Again I apologize for my spelling and grammar mistakes. Thanks for allowing me to share myself with you and I hope I didn't waste a moment of your time.

The story of my life as a child is filled with so many missing pages, at times I wish the pages were there so I could write a childhood story the way I would have liked it to have been. I know that most of the missing pages are things that I don't need to know or relive. If they weren't good enough the first time when I was there I don't see any way they could become

better if I allow someone to not only read me my life's story but then try to explain it to me from their eyes and their life's experience. Deep down inside of me it doesn't matter if 95% or even 99% of what could have been written on those missing pages are horrible, the only thing that truly matters is the 2%-5% that help make me the person I am today. There may come a day when my only way of knowing who I am will be on the pages I write today.

"The important thing is not what they have done to you, but what you do with what they have done to you." Jean-Paul Sartre

Always remember the importance of adding pages to this play call life. You should be the author of your own life. You need to write and direct this play call life. You should never have to buy a ticket to observe your own life's story. If you are not writing the screen play and you are not directing your life's story then you are just playing a bit part in someone else's story.

Most of us are convinced that our problems are greater than anyone else's. They are not, unless you are a person living in an iron lung who can only move her eyebrows. So don't view me as a victim because I am not. I may have suffered more than my share of broken bones and bruises along the way but for every low point there has always been a high point or moment that put everything in its proper place. I have done my best to use my heart as my compass and it has worked pretty well so far so I don't see any reason to change.

But most or all I am not going to start feeling sorry for myself. I am not going to lie down and die. I plan to be as used up as possible when my time comes.

Always remember never to look back for your future the best that can ever happen is that you stumble forward.

Always remember life is not like a video game where you can always press the reset button whenever something you don't like happens. You can't say I don't like it, I want to start over. You either play your game or someone will play for you.

That is why the rest of this page is blank. I have many more battles to fight; I have many more chapters to write in my life.

"Gnothi seauto"

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