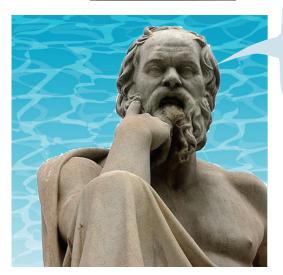
food for thought





"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

— Socrates

"One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself." — Lucille Ball



"Life's persistent and most urgent question is... "What are you doing for others?"

— Martin Luther King Jr.

