

**From:** Will Ford <[REDACTED]>

**To:** undisclosed-recipients;

**Bcc:** "[REDACTED]" <[REDACTED]>

**Subject:** July 13th tidbits & quotes

**Date:** Wed, 13 Jul 2016 12:54:11 +0000

---

"I just got one last thing. I urge all of you, all of you, to enjoy your life, the precious moments you have. To spend each day with some laughter and some thought, to get your emotions going. To be enthusiastic every day and as Ralph Waldo Emerson said, "Nothing great could be accomplished without enthusiasm," to keep your dreams alive in spite of problems whatever you have. The ability to be able to work hard for your dreams to come true, to become a reality." - Jim Valvano

<https://www.youtube.com/watch?v=HuoVM9nm42E>