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"Remember this, it is never too late to make an impact upon the world. It may not be a life changing, world wide event/impact, but it may be earth shattering good for the one(s) who you have had an effect on. You may not become the CEO of a multi-national company, a news anchor for a national network, or an elected leader. At the same time your daily routine may provide stability for someone else who is in need. A kind word may help lift someone from despair. The child you encourage in a sport may learn how to have fun even if they are not the best athlete in the world. And perhaps, the one who you made an impact on will have an impact on someone else who makes a medical breakthrough; who brings peace to a conflict; or helps a couple stay together. Our dreams of changing the world can still happen." - Dave Westlake, as relayed by Larney Ford

A good illustration of what is happening in DC. <http://www.youtube.com/embed/Li0no7O9zmE>

"A man without self-restraint is like a barrel without hoops, and tumbles to pieces." - Henry Ward Beecher

"You can lose when you outscore somebody in a game. And you can win when you're outscored." - John Wooden

"When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost." - Billy Graham

New York State is home to the most (44) ski resorts in the US.

"If they can make penicillin out of mouldy bread, they can sure make something out of you." - Muhammad Ali

"That was always the difference between Muhammad Ali and the rest of us. He came, he saw, and if he didn't entirely conquer - he came as close as anybody we are likely to see in the lifetime of this doomed generation." - Hunter S. Thompson

"I know where I'm going and I know the truth, and I don't have to be what you want me to be. I'm free to be what I want." - Muhammad Ali

"I studied, I met with medical doctors, scientists, and I'm here to tell you that the way to a more productive, more inspired, more joyful life is: getting enough sleep." - Arianna Huffington

"I love that woman. I love her more than sharks love blood." - Francis Underwood, *House of Cards*