



news and events

THE EAGLE EXPRESS

Robin Sehrt Principal

Office 426 4256

December, 2008

Principal's Message

Child Safety

One of the school's goals this year is to provide parents and students with information and education about safety. Child safety is paramount at school. Pleasanton is a leader in the area of school safety planning and reaction. The City works well with regional agencies and the schools to insure effective response in case of emergencies of many types. We drill our students and staff on their reaction to a wide range of threats. We have many policies and procedures in place to ensure the safety of all the children at all times. These procedures include:



the school. Your help is greatly appreciated.

Playground

A recent letter went home to all parents in regarding playground supervision before and after school. We have had many students playing unsupervised on the playground structure before and after school. Many of these students are walking to and from school, or are not staying in the designated pick up area. To help keep all of our students safe, we are asking for your support. Our playground structure will be closed 10 minutes prior (7:50 am)

to school supervision starting and 15 minutes after school ends (3:05 pm). This will help to ensure that all students get to and from school safely and are supervised while on campus.

Wearing a Badge on Campus

At Mohr School and at all of the Pleasanton Unified School District school sites, it is required to sign in and wear a badge if you are on campus during school hours. We have a computer system for printing badges to make that process easy. If you find that you need to be on campus to pick up a child, volunteer in classes, bring a lunch to a child, or any other reason, please make sure you are wearing a badge. If you are waiting for the dismissal bell for children at the end of the day, please wait outside of the gates until the bell rings.

This policy is in place to help us keep the school safe from intruders and other unauthorized persons from having access to

School Safety Committee

As part of our safety plan, our staff is committing ourselves to meeting regularly to discuss our school safety plan and implementing procedures that will help to ensure the safety of all the children if there were an emergency situation on campus. We would like to recruit some of our parents to join us in our efforts. If you are a fireman, EMT, or have some specific skills that would help us in our safety efforts, please contact *Vice Principal Rich Gorton*. We would love for you to join our safety team.

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RESPECT
HONOR
SELF-DISCIPLINE
STAY
INTEGRITY

COMPASSION



2000 - 2004



2005

~~ Principal's Message Continued from Page 1 ~~

Driving Safety

You might have noticed a longer line when dropping and picking up your child. Many people are not pulling forward, or are asking their child to meet them at the end of the drop off lane. Recently we have seen many careless practices and attitudes of adults with regard to child safety around the school. We ask you to again review the basic rules of driving and crossing streets.

- Always drop and pick up students from cars **INSIDE** the coned lane in front of school.
- Never drop off from or encourage children to walk to a car that is not in a safe location.
- Use the crosswalks around the neighborhood, and do not cross between parked cars (J-Walking).
- Be patient! One minute of waiting may save a life.
- Do not pull into the staff parking area to drop off children unless previously arranged. (The gate code will change as of Dec. 1st)
- Please keep the driveway areas of our neighbors open and clear.
- Remember there are no U-turns from our coned lane.
- Keep speed to a minimum.
- Students should always walk bikes when on or near the school property.
- Practice good character when others make bad choices in their driving habits.
- Please always respect the staff members and student valets on duty. These duties are not always fun.

We will continue to be vigilant in trying to provide the safest environment possible for students. If you think that the rules are too stringent, please understand that it is for the safety of your child and everyone else's.

At Mohr, we are dedicated to keeping children safe. Please help us by having well-planned strategies that allow students to have confidence in unexpected situations.

- Robin Sehrt, Principal

Plastic Bag Recycling Is Off to a Great Start!



Through Mohr's families' efforts, we have already filled the 60-gallon collection bag **FIVE TIMES!** That's a lot of space that would have been taken up in a landfill. Not to mention that Mohr Elementary receives \$\$ for turning in the bags for recycling. So keep them coming – the collection bin is right outside the K1/K2 building, on the office side.

We will also be recycling Capri Sun juice pouches. Please drop them off in K2. Thanks!

Mrs. Finney

Important Dates

Parent Communication Council Holiday Luncheon, Bernal Room, PUSD	December 4
Aluminum Can/Recycling Drive	December 5
Whole school Panoramic Photo 11am	December 8
PTA Executive Board Holiday Luncheon	December 15
Gate Testing Nomination Forms Due	December 10
Multicultural/Heritage Event Planning mtg. 8:15am MPR	December 12
Eagle Express Articles Due	December 15
MINIMUM DAY/KG Early Day Grades 1-5 attend 8:15-12:30 All Kindergarten 8:10-11:30	December 19
NO SCHOOL – Winter Break	December 22 – January 2
School Resumes	January 5

The next issue of the Eagle Express will be distributed January 7

Last Call for GATE Nominations



Nominations for Gifted and Talented Education (GATE) testing in 2009 are being accepted now through **Monday, December 10, 2008.**

Parents may nominate their child for GATE testing by submitting a completed Parent Nomination / Questionnaire / Permission for GATE to the Special Projects Office by December 10, 2008. Parents wishing to nominate their child are encouraged to talk with their child's teacher about the benefits and implications of GATE testing.

The Parent Nomination for GATE form can be found on the district web site [<http://www.pleasanton.k12.ca.us>]. Click on the Educational Services button, then the GATE button, and then the Identification button. [<http://www.pleasanton.k12.ca.us/pub/gate/Nomination05.pdf>] There, parents can read the instructions and download the District GATE parent nomination form.

Nomination forms are also available at each school site.

Vice Principal's Message

To say Mohr is diverse is an understatement. Demographic data show that our school has twenty-two distinct language groups. After English, the second largest language group, which comprises just under 11% of the student population is "All Other Languages". The ethnic makeup of Mohr is as follows: 53.9% Asian, 34.3% White, 4.8% Hispanic/Latino, 2.3% Filipino, 2.2% African American, .3% Pacific Islander, and .3% American Indian/Alaska Native.



We are very fortunate at Mohr to have such a diverse student body. The benefits of racial and linguistic diversity are that students can share and learn from one another about the rich cultural traditions that they bring with them from home. In addition, parents and teachers are able to work as partners to educate students about the customs, geography, and cultural perspectives from all over the globe. Diversity provides for us an unlimited resource to tap into to develop our children's awareness and understanding of the larger world.

Last month I had the opportunity to meet with a diverse group of parents when we met for our first English Language Advisory Committee (ELAC) meeting. All California schools with 21 or more English Learners are required to hold ELAC meetings. Personally, I am strongly in favor of this requirement because it provides

schools with the opportunity to find out what input parents of English learners have about their children's education. By having this kind of open dialogue, understanding is increased, and children are the ones who benefit.

During our meeting, we also talked about the 8th Annual Mohr Multicultural and Heritage Event that will take place from March 16-20. This year's theme will be "Historical Faces and Places from Around the World". If you are interested in being a part of the planning or would like more information, please contact Hetal Giaimo at hgiaimo@yahoo.com or Elaine Marchant Panwar at elaine@panwar.name.

Finally, a major focus of the Pleasanton Unified School District this year is on equity in student achievement. Data from across the U.S. shows that a racially predictable achievement gap exists. PUSD and Mohr are working hard to address the achievement gap by analyzing data and developing strategies to ensure that all students are academically successful. If you would like more information about our efforts to ensure equity in student achievement, or have any other questions, I can be reached at rgorton@pleasanton.k12.ca.us or 426-4256 ext. 2152. Please feel free to contact me.

~ Rich Gorton, Vice Principal

The Mohr Multicultural Event is Coming March 16 - 20th, 2008!



Signup sheets to participate in the event went out to the kids on November 19, 2008 in the Wednesday packets. Please be sure to fill those out and return to the class teacher or the school office by Dec 12th, 2008. Children will be divided into groups and parents will be notified, at the beginning of January, via email. Practices for the show start on January 12th, 2009. Children will be expected to attend all practices. In addition to the weekly practices, please note the following show rehearsal schedule: **March 10th** 5-6:30pm, and **March 13th** 12:30pm to 2pm (dress Rehearsal).

Please contact Hetal Giaimo at hgiaimo@yahoo.com with questions regarding the show. Our next meeting is: Friday, December 12th at 8:15AM in the library.

We are looking for volunteers to help staff booths, (during school hours) bring food to the March 20th performance, and help with the event. If you have items to donate or would like to get involved, please contact Elaine Marchant Panwar at: elaine@panwar.name.

10 Best Reasons to Put Books on Your Gift Lists



10. Dr. Seuss is great for all ages.
9. Reading makes you smarter.
8. You can read a book just about anywhere.
7. Reading *The Empty Pot* together can generate a conversation about honesty.
6. Everyone needs a good laugh. Try Shel Silverstein or Jack Prelutsky's poetry.
5. Reading *Owen & Mzee* inspires us to reach out to others.
4. Reading is the most powerful way to increase vocabulary.
3. Reading poetry together is fun! (Read *Casey at the Bat* during baseball season.)
2. Kids caught up in a good book are quiet kids.
1. Cuddling up with a good book is a great way to spend a few special minutes with your child.

Happy Holidays!
Gail Crawford, Reading Specialist

PTA PRESIDENT'S CORNER

I sincerely hope that all of you are enjoying this wonderful time of the year. This time of sharing, giving and love brings us closer to our friends and families and makes us reflect on how fortunate we are here at Mohr.

The Board would like to express our gratitude and appreciation to all of our coordinators and parent volunteers for their tireless efforts in organizing fun family events and supporting wonderful educational programs here at Mohr. Your continued support of the PTA is always appreciated and you should feel proud of all of your efforts in making Mohr soar!

Thank you to **Laura Murdock** and **Paula Bursley** for making Picture Day run so smoothly, to **Sucheta Patil** for organizing the Reflections Program and to all the students who participated. A special thanks to **Ann Gushurst** for

working tirelessly on the 2008-2009 Student Directory.

Thank you also to Mohr parent **Rupesh Shah** for sharing his financial expertise with us regarding saving for our children's college educations at our November PTA meeting.



Please join us for our first PTA meeting of 2009 on Tuesday, January 27th at 7 p.m. Social and 7:30 p.m. Business in Library.

On behalf of the board, I would like to wish you and your family a Happy and Healthy Holiday Season & a Joyous and Prosperous New Year! See you in 2009!

everychild.onevoice.

-- **Beth Limesand, PTA President**

Picture Retakes



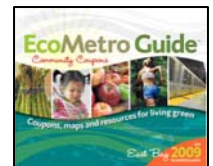
We would like to thank the volunteers who helped make picture retake day run smoothly again this year. A sincere thank you to **Heather Babati**, **Kathy Kobayashi**, and **Cathy Nielsen** for helping us this year. We couldn't have done it without you! A big thank you also to **Karen Vifian** and **Sue Lyon** for their help and support.

Paula Bursley and Laura Murdock
School Pictures Co-chairs



Earth Friendly Fundraiser

Having trouble finding a gift for that Environmentally Conscious person in your life? Mohr PTA has just the thing: the EcoMetro Guide!



What is the EcoMetro Guide? It is a coupon and resource book featuring environmentally friendly products, businesses and attractions. There are discounts on grocery items, restaurants, theaters, museums, family attractions and entertainment. "Green" products and services for home and garden, clothing, yoga and fitness, bikes and outdoor gear, all in the East Bay area. The coupons may be used through November 2009. There is a sample book display set up in the school office so you can see exactly what you're buying.

You will want one for yourself, too! As well as shopping, dining and grocery items, there are lots of 2-for-1 admission coupons for interesting destinations – Lindsey Wildlife Museum, Children's Fairyland, Chabot Space and Science Center, etc. Take a few fun outings with the kids, and the book's paid for itself!

For each \$20 book sold, Mohr PTA will make \$10! Order forms went home in the last Wednesday packet. Return your order form with your payment by Monday, December 15, and you will receive your order—just in time for the holidays – by Thursday, December 18.

The Eagle Express is generously provided by the PTA. Your comments and/or suggestions are always welcome. Please submit articles for the January publication to theeagleexpress@comcast.net by December 15th, 2008. All articles are subject to approval, and may be edited for space or content. Mohr Elementary is a **Go Green Initiative** school. Please recycle this newsletter when you have finished reading it.

PTA Reflections Award Ceremony



On Monday, Nov 10th 2008, Mohr students and their families enjoyed a special evening of art appreciation during the PTA Reflections Award Ceremony. This year 80 student entries reflecting the theme “Wow...” were showcased in the library in the categories of visual art, literature, photography, and film/video production. Following the viewing of art entries in the library, students were presented with certificates for their participation during an award ceremony hosted by **Mohr PTA Reflections Chairperson, Sucheta Patil. Principal Mrs. Robin Sehrt** spoke about the importance of art education through programs like Reflections. Sucheta Patil then introduced our special guest **Mrs. Pat Smith, President of Pleasanton Art League**. Mrs. Smith presented award certificates to all students participating in the Reflections program and spoke a few words to the students.

The following are the talented Mohr students who participated in this year's PTA Reflections program:

Students from Kindergarten – 2nd Grade

Sharwin Patil (Honorary Mention for Photography), **Sadhana Pani, Nikita Gautham, Vienna Lee, Parth Saxena, Ronit Krovodi, Hailyn Park** (Honorary Mention for Literature), **Shrey Agarwal, Dominick Cardella, Medha Gautham** (Honorary Mention for Literature), **Spencer Murdock** (Honorary Mention for Photography), **Sruthi Kalavacherla** (Honorary Mention for Visual Arts), **Anika De, Sathya Venugopal, Erica Chiu, Anisha De, Anjali Gupta, Jocelyn Tao, Rishikesh Ingle, Mason Rogers, Anshul Panda, Charles Tang, Soumya Bakshi, Haison Park**, (Honorary Mention for Visual Arts), **Parna Praveen, Manasa Krishnana**.

Students from Grades 3 -5

Katrina Webb (Honorary Mention for Film), **Varsha Ramakrishnan, Jiho Choi, Vishnu Arul, Madhumitha Krishnan, Tania Gupta, Gaurav Joshi, Sandhya Kalavacherla** (Honorary Mention for Literature), **William Huang, Matthew Lin, Hannah Scarborough**, (Honorary Mention for Literature), **Sreelekha Bollu, Krishna Balgopal, Niklas Bengtsson** (Honorary Mention for Photography), **Nora Emerson, Keara Greenan** (Honorary Mention for Photography), **Eve Schiano, Surya Venugopal, Krutika Ingle, Jonathan Tao, Oliver Li, Sanjanthi Somayajula, Adil Abbuthalha**

(Honorary Mention for Visual Arts), **Japjot Singh, Ethan Jagasia, Katherine Arakkal, Amber Xie** (Honorary Mention for Visual Arts), **Jessle Charpentier, Jenny Sin, Pranav Praveen**.

Judging of the entries was performed by qualified experts, **Mrs. Pat Smith**, president of Pleasanton Art League judged the Visual Arts entries, **Mrs. Nancy Krakauer**, script writer and media producer judged the film entries, **Mrs. Jacki Stewart**, a former teacher for 10 years and current Go-Green chair person at Harvest park judged the Literature entries. **Mr. Jack Ligon**, a professional, free-lance photographer from Pleasanton, who also teaches photography at Las Positas and City of Pleasanton, judged the Photography entries.

Seven Mohr entries were advanced to the Pleasanton PTA Council level of judging for which the ceremony will be held on December 1st. Winners from the Council judging will advance to the PTA Peralta District level of judging.

Winners for this year (2008-2009) Mohr PTA Reflections program:

Primary K-2

Visual Arts	Vienna Lee
Photography	Sruthi Kalavacherla
Literature	Ronit Krovodi

Intermediate 3-5

Visual Arts	Jenny Sin
Photography	Eve Schiano
Literature	Jenny Sin
Film/Video Production	Varsha Ramkrishnan

Thanks to **Nancy Krakauer** for her help during the artwork display in the library and **Rekha Joshi** for her help during the awards program and artwork sorting.

Special Thanks to our Principal **Robin Sehrt**, our special guest **Mrs. Smith**, our Librarian **Mrs. Leilani Thomson**, and our office staff **Mrs. Sue Lyon** and **Mrs. Karen Vifian** for all their help and support in making the PTA Reflections program such a great success.

Sucheta Patil,
Reflections Chair

Stay Healthy During the Cold and Flu Season

Achoo, snuffle, cough. Yes, winter is knocking on our front door again and it is just a couple of weeks away! Winter brings shorter days, less time spent outside, and the excitement of the holidays. Along with these comes our "not so favorite" time of the year. The dreaded cold and flu season! The season typically runs from November until April. It is estimated that nearly 22 million school days are lost annually due to the flu and common cold. Our well meaning mothers and grandmothers used to tell us that the cold weather, not wearing a jacket or going outside with wet hair would surely put us in bed feeling miserable. These are all timeless myths that will probably continue to be passed on through time and will **NOT** cause the common cold or the flu. But here are a few tips that will help to prevent the more than 200 virus that cause the common cold and flu from spreading:



- Frequently wash hands with soap and water for 15-20 seconds. Tell children to sing the ABC's (2 times).
- Remember to wash between fingers, top and bottom of hands as well as under the fingernails.
- If soap and water is not available, use an alcohol based hand cleaner. Send one to school in your child's lunch box to use before eating lunch, back pack and keep one in the car.
- Get plenty of exercise. Moderate exercise boosts the immune system and helps prevent infections. Walking to school, bike riding, playing ball or have your children join the 80 mile club at school.
- Get plenty of rest! The body needs ample sleep to keep it healthy.
- Eat healthy and drink plenty of water and fluids.

- **LAUGH!** Studies show that laughter seems to enhance immunity while stress dampens it.
- Cover nose and mouth with a tissue when coughing or sneezing. If a tissue is not available use the inside of your elbow **not** your hand. Then immediately wash hands to prevent the spread of germs. Germs are spread through the air (coughing, sneezing) and by touching objects where germs have been left behind (desks, door knobs etc)
- Encourage children to keep their hands away from their nose, mouth and eyes as germs easily enter the body this way.

Remember, there is no cure for the common cold despite the many marketing claims. There are flu shots to help prevent the flu, but again there is no cure yet. It is likely that someday there will be a cure. Until then if you fall victim to the cold or flu the best thing to do is get plenty of bed rest, drink fluids and check with your doctor if it becomes worse.

Please remember keep your children home from school if they are ill, have a nasty cough or extremely runny nose or have a fever. Germs pass rapidly, especially among children.

Finally, stay healthy and enjoy a wonderful holiday season!

Information gathered from 1)www.msn.com (health and fitness) 2)www.aware.md 3)www.childaware.org 4)www.cdc.gov 5)www.scrub.org. This website contains games and animated videos geared toward young children.

Beth Gallagher, Health and Wellness Chair

Pleasanton Partnerships In Education



PPIE Foundation Student Grant applications are now being accepted for the second cycle of funding. Funding is available in amounts up to \$500 per project/year for extracurricular or co-curricular PUSD student projects. Remember, all applications must be student authored. See the application packet for complete details. Application packets may be obtained from the PPIE Foundation website, www.ppie.org or your school's PPIE Parent Ambassador, Terry Messick-Cass at terrymessick@yahoo.com, or (925) 417-5998 OR by contacting the PPIE office at mail@ppie.org or (925) 846-5620. Application deadline for cycle #2 is March 10, 2009.

PPIE Foundation Education Grant application packets may be obtained from the PPIE website, www.ppie.org.

This year's deadline for Education Grant applications is April 21, 2009. Education Grants are available to teachers and faculty of PUSD and fund in amounts up to \$2500. For more information, contact your PPIE Parent Ambassador, or contact the PPIE office at mail@ppie.org or (925) 846-5620.

Terry Messick-Cass, Mohr PPIE Chair

PTA Tidbit



At this point, the new millennium has been a time for the National PTA to focus on the return on arts in the schools and community. Health and nutrition are also part of its platform.

eScrip News

December Reminders...

YOUR HOLIDAY SHOPPING can benefit Mohr when you register your credit cards or debit cards at www.escrip.com, and visit the list of participating merchants! You can also shop online via **ESCRIP ONLINE MALL** when you log in to the same web site.

TARGET SHOPPERS: If you have a target credit card, make sure you go to www.target.com to register your card and designate Mohr as your school. Then a percentage of all your purchases will benefit Mohr.

IT'S NEVER TOO LATE TO HELP MOHR RAISE MORE AT NO COST TO YOU!

NOB HILL SHOPPERS:

If you have never picked up a Quality Life Card, they are now available in the office. Before using it at Nob Hill/Raley's, go online to activate the card.

Then each time you shop there, make sure you show the cashier your card!

SAFEWAY SHOPPERS:

1. You have all been renewed for the 2008-9 school year!

2. If you would like to support Mohr with your Safeway purchases but misplaced your Safeway Club Card, just call Safeway at 1-877-723-3929. Then log on to www.escrip.com and register your card!

Thank you for continuing to support Mohr with your shopping!

Questions? Problems?

Contact Virginia Hwang, Scrip Chair, at 931-1078 or virginia.hwang@gmail.com

BIRTHDAY MARQUEE

Looking for a way to make your child's birthday a little more special? You can have their name advertised on the birthday marquee at the front of the school. The cost is just \$5.00. All you have to do is fill out the form below and then place it in the gift-wrapped box in the office with a check made out to Mohr PTA. We'll take care of the rest. There are more forms inside the office next to the marquee box. We ask that you turn in the form at least a week before their birthday, no "same day" requests can be honored. Thanks for your support. If you have any questions, contact Kati and Joshua Higgins at 596-0363.

Mohr School Birthday Marquee Request Form

Please submit your request at least one week in advance of the date you'd like your child's name on the marquee, with payment of \$5.00 per child. Please attach your check made out to Mohr P.T.A. We will make every effort to accommodate all requests as close to the preferred date as possible. Sorry, no same day requests can be honored. Thanks for your support.

Your Name _____ Your Child's Name _____
Grade _____ Date Needed _____ Actual Birthday _____ Phone _____

Parent Education

Amador Valley Adult & Community Education and Pleasanton Unified School District Present the following courses for December:



- **College Admissions: Financial Aid Night.**
- **Parenting Your Aging Parent**
- **Understanding Our Sons**
- **You Just Don't Understand: Improving Couples Communication**

To register, call Amador Valley Adult & Community Education at (925) 426-4280. For more information, visit us at: www.pleasanton.k12.ca.us/adulted

SELPA Workshop



<http://trivalleyselfpa.org>

The Tri-Valley Special Education Local Plan Area is offering the following free workshop:

Informed, Empowered Parents

Thursday, December 11, 7 p.m., Pleasanton USD, Bernal Room, Building 400, 4665 Bernal Avenue, Pleasanton. Presenter **Linda Wurzbach** will help you learn how to improve your IEP meetings and gain a better understanding of your parental rights. Reservations not required.

Mini Cheer Camp



Nationally ranked Foothill High Competition Cheer squads will teach dances and cheers to kids grades K-6, Saturday, December 20th, from 8:30am – 2:30pm. Cost is \$45, includes class, certificate, lunch and t-shirt. Space is limited, register now!

For more information, call or e-mail: Kim DeJoy at 426-2374 or kdejoyfhscheer@comcast.net, or Suzanne Oliveira at 510-226-8832 or suz96GT@aol.com.

Cheer Clinic

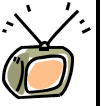


Amador Valley High School Competition Cheerleaders are offering a clinic on Saturday, December 20, at Amador Valley High School.

Open to all children grades K-8, the day begins at 10 a.m., with a parent show at 3:30 p.m. that afternoon. Cost is \$45 for pre-registration, or \$50 at the door if spots are available. Price includes lunch and snacks.

To register, contact Vikki Mahoney, at 484-4805.

TV Converter Box Coupon Program



The California Department of Education (CDE), Nutrition Services Division, is pleased to provide information regarding the TV Converter Box Coupon Program which is available for on a first come, first served basis.

On February 17, 2009, the nation's full-power television stations will make the switch to digital broadcasting. According to a recent report by the Nielsen Company, more than nine million households are not ready for the upcoming transition to all-digital broadcasting and would be unable to receive any television programming at all if the transition occurred today. The United States Department of Commerce has established the TV Converter Box Coupon Program to assist consumers that plan to continue to use their analog televisions, necessitating a converter box. The federally sponsored coupon program offers a three step process to obtain up to two \$40 coupons to help pay for the anticipated cost of the television converter box.

Applications for these coupons must be received by December 31, 2008. The CDE is cooperating with the U.S. Department of Commerce in distributing information promoting the availability of financial assistance for consumers in preparing for this historic switch. Information sheets that explain these steps are available at www.DTV2009.gov.

Community Service Awards

Citizens of Pleasanton and members of the Pleasanton Chamber of Commerce are invited to nominate businesses, non-profit organizations, and individuals who have made a significant contribution to the Pleasanton community. Nominees do not have to be Chamber members. The deadline for nominations is December 31.



The Community Service Awards will be presented at the 46th Annual Community Service Awards and Chamber of Commerce Annual dinner on January 30. Visit www.pleasanton.org for details and a nomination form.

Community of Character

This month's focus is on **Compassion.**

"The purpose of life is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

-- Ralph Waldo Emerson (1803 - 1882), American poet