

Red Fox Flier



No. 47
January 2003

MECC's student publication

New student center being built

It's finally here! The renovation of Holton Hall, resulting in a new student center, is about to happen. The design will feature lots of open space with a student lounge. To centralize many of the student support services, the Book-



President Suarez and SGA President Tony Russell discuss renovation plans.



See floor plans for the new Slemp Student Center on pages 6 and 7

store, Testing Center, and Student Services Office will be relocated from the 1st floor of Godwin Hall to the new student center.

Phi Beta Lambda installs officers



**Lynda Garrett
PBL President**

MECC's Phi Beta Lambda, Omega Tau Chapter held an installation of officers on November 12th at the Goodloe Center in Phillip Taylor Hall. A reception followed the installation. The new officers are: President: Lynda Garrett; Vice President: Sherry Tabor; Secretary: Tisha Dorton; Treasurer: Sarah Dings; Historian: Jennifer Williams; Reporter: Donna Bright; and Parliamentarian: Kimberly Mullins.

The goals of PBL are to promote competent, aggressive, business leadership; create an understanding of the American Business Enterprise; encourage members to contribute to improving the home, business, and community; help students create job goals; and facilitate the transition from school to work.

Congratulations on a job well done. This year, 46 new members joined PBL. See photo of club members on page 10.

Appreciating Diversity • Seeking Unity

Mountain Empire



Get To Know Your 2002-2003 SGA Officers

Tyrell Hardison Secretary

I was born in Washington, D.C., but was raised in Oxon Hill, Maryland. In my life thus far, I have moved around some. I have lived in Wise County for 5-8 years. I attended Appalachia High School from 1994-1999. At Appalachia High School I received an advanced diploma, and then continued my education at Virginia Commonwealth University (VCU) in Richmond. I completed three years of my education at VCU from 1999-2002. I wanted a break from the rigorous lifestyle of Richmond, therefore I decided to attend MECC. A positive step because I have found it easier to concentrate at a college with a small enrollment.

When I am not bound with school work, I enjoy simple things, i.e., company of family and friends. In a few words I describe myself as a simple man with confidence and high aspirations.

Donnie Artrip Treasurer

Hi, my name is Donnie Artrip. I am a second year student at MECC. My major is in the Correctional Services Program. I started my education at MECC in the spring of 2001, and will complete my Associates Degree in the spring of 2003.

I hope to continue my education and complete my Bachelors Degree in the Correctional Services Program. I also plan to obtain an Associates Degree in the Police Science Program at MECC.

I worked 17 years in the logging industry, and I am currently employed at MECC in the Buildings and Grounds Department. I understand the need and importance of higher education and the struggles and sacrifices of those who seek to obtain it. I believe the SGA is most definitely an important part of the student sector of any college institution, because we are students helping other students in our goal to seek educational attainment. You can email me at dartrip0001@email.vccs.edu.

Lynda Garrett Vice President

I am currently in the Legal Assisting Program here at MECC. I will graduate May 2003 with an Associate Degree in Applied Science. I am involved in many club activities. I am the President of the Phi Beta Lambda, a member of the Phi Theta Kappa, and a Student Representative for The Instruction and Curriculum Committee in advising the Vice President of Academic and Student Services on matters relevant to instructional programs. I also have attended leadership conferences representing MECC as well as being in state competitions for the Phi Beta Lambda.

The advantages that MECC is offering me, tutoring, counseling, and just a one-on-one with the teachers, has been a wonderful experience as well as a great education. It has allowed me to be able to move forward to Virginia Intermont with the confidence to go into pre-law and then on to law school.

I would like to thank everyone for your support, and I will do the job of Vice President to the best of my ability. Anyone can reach me at lgarrett@me.vccs.edu. Thank you again for your vote of confidence.

NOTE: Biographies of Tony Russell, President, and Chris Russell, Vice President, will be in the next issue of the Red Fox Flier.

The Red Fox Flier is a regular MECC student publication. Contributions to this publication should be delivered to R207

Student Writers

Amanda Clark
Justin Mullins
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Design/Layout

Lana Kennedy

If you would like to write for the Red Fox Flier, email sfisher@me.vccs.edu or lkennedy@me.vccs.edu.

Campus Calendar

January and February

To be prepared for MECC's semester events, mark your calendars today!

- January 13 Student Services Workshop, **Stress Management**, at 3 p.m. in G152
- January 20 Martin Luther King, Jr. Day
- January 21 ProArt presents **Iona** in "**Celtic Music and Dance**" at 12:15 p.m. in the Goodloe Center
- January 22 Last day to add a course, withdraw with a refund, change from audit to credit
- February 7 Student Services Workshop, **Stress Management**, at 2 p.m. in G152
- February 13-14 In-Service Days - **NO DAY OR NIGHT CLASSES**
- February 14 Valentine's Day
- February 18 GAINing Excellence Seminar, **Family Budget Management**, at 12:15 in G220. Presenter is Peggy Rusek
- February 21 National TRIO Day

WATCH FOR GAINing EXCELLENCE SEMINARS THROUGHOUT THE YEAR. Feel free to bring your lunch.

Pro-Art Presents

Iona's Celtic Music and Dance

Tuesday, January 21, 12:15 pm
Goodloe Center



Iona's music is a unique, acoustic weave of the traditional music of Scotland, Ireland, Wales, Cornwall, Brittany (France), the Isle of Man, Asturias and Galicia (Spain) and our own Appalachia. Blending songs, dance tunes, and marches into a rich and stunning tapestry, their style is outstanding in an arena where these traditions are seldom intertwined.

HotShots Exhibit in Wise

MECC's HotShots photography club will have a display of their pictures, *Appalachia Landscapes and Culture*, at the Lonesome Pine Regional Library in Wise beginning January 11. A reception will be held at the library's Gallery on the afternoon of January 12. The exhibit is in conjunction with the January Appalachia Coal Show. Also exhibiting is the Wise Shutterbugs Camera Club.

Sponsors of the HotShots are Neka Wilson, MECC photographer, and Bill Harris, MECC photography instructor.

**Get your Student ID Card in
the Learning Place
2nd Floor, Godwin Hall**

Huddle House Discount

Huddle House Restaurants is giving MECC students 10% off "Any Meal, Any Time." All you need to do is show your student ID card when paying for your meal. This offer is good at both the Big Stone Gap and Wise locations, 24 hours a day.

Live & Learn

By Amanda Clark
earth_angel_19@excite.com

“Express Yourself”

As I began to ponder what to write for this month’s column, I suddenly realized what a great need human beings have to express themselves. For centuries, men and women alike have expressed themselves through means such as art, music, and literature. Self-expression is everywhere, not only in art galleries and music or bookstores, but in some surprising locations as well.

Some of the most beautiful artwork, for example, can be found on a highway overpass. There, a hodgepodge of symbols and phrases are scrawled on the available surface. One of the most common phrases is a declaration of love, such as “Ricky Loves Lucy.” I have nothing against

declarations of love, but on an overpass? Maybe they just prefer to say it with Krylon.

Meanwhile, bathroom walls and stall doors contain interesting reading material. Want to find out what other people think of you? Check a restroom stall door, where a number of phrases (some non-repeatable) are scrawled. Maybe Archie Bunker was on target when he referred to the bathroom as his “library.”

Classroom desks are also great places for expression of the tortured soul of a student. Anything from math formulas to drawings to shocking or everyday phrases can be found in such spots. This leads one to wonder, though: What are they putting in the notebooks they bring to class?

Of course, let’s not forget about music as an example of creativity. It is probably one of the most controversial sources, but nonetheless can be quite enjoyable and interesting. From what I understand, it is used (along with art) as quite an effective form of therapy, whether one is listening to or composing it.

As you can see, there are many ways people can—and do—express themselves. From art to music to writing, the possibilities are endless. I urge you to get out there and express yourself! Just stay away from overpasses, okay?

Brain Work

1. Count the number of "F"s in the following text:

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS. Got it?

2. This is a most unusual paragraph. How quickly can you find out what is wrong with it? It's so usual, you would think nothing is wrong with it. In fact, nothing is wrong with it! It's unusual, though. Study it. What is so unusual about it? Do you know?

3. Other than being colors, what do the words orange, silver and purple have in common?

4. How could you rearrange the letters in the words "new door" to make one word?

1. Six (6). No joke! Read again. The reasoning is....The brain cannot process "OF". Anyone who counts all six "F"s on the first go is a genius. 3 is normal and 4 is quite rare.
2. It lacks the most common letter in the English language...the letter E.
3. There is no word in the English language that rhymes with them.
4. One Word

ANSWERS:

By Jessica Genco

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GAIN Program Counselor

Ask a Counselor

Jessica Genco, Program Counselor for the Student Support GAIN program, writes this column to address issues related to current mental health, your questions and answers regarding mental health, and discussion of ways mental health impacts your academic success. The "Ask the Counselor" forum allows students to submit questions, with the questions and answers posted sans the identifying information.

Genco is a Licensed Professional Counselor in Virginia and a Nationally Certified Counselor. If you would like to submit a question, please email her at jgenco@me.vccs.edu. Questions remain confidential. They may be used for a question and answer format, but with names omitted, of course.

Are you Sad?

Seasonal Affective Disorder

What is it?

Often referred to as winter depression, Seasonal Affective Disorder (SAD) is a kind of clinical depression that affects people during the autumn and winter months. SAD is characterized by low energy, sleep disturbances (sleeping too much, too little, or early morning awakening), appetite disturbances (especially carbohydrate cravings), difficulty concentrating, irritability, and an overall feeling of being down. SAD is caused by a neurochemical imbalance in the brain (specifically the pineal gland located close to the optic nerve) caused by shortened daylight hours and lack of sunlight in winter.

How is SAD different from other forms of clinical depression?

SAD is seasonal and responds to light therapy. While SAD shares many characteristics of clinical depression, its origins and treatment differ. SAD is associated with the body's circadian rhythm, sleep-wake cycle. The sleep-wake cycle is affected by the amount and brightness of full spectrum light that is received by the optic nerve and pineal gland. The less day light the pineal gland receives, the more melatonin (a sleep-related, brain neurochemical) it produces. As melatonin levels increase, the depressive symptoms increase. Light has been shown to decrease the levels of melatonin thus improving mood.

Recent studies have found that, geographically,

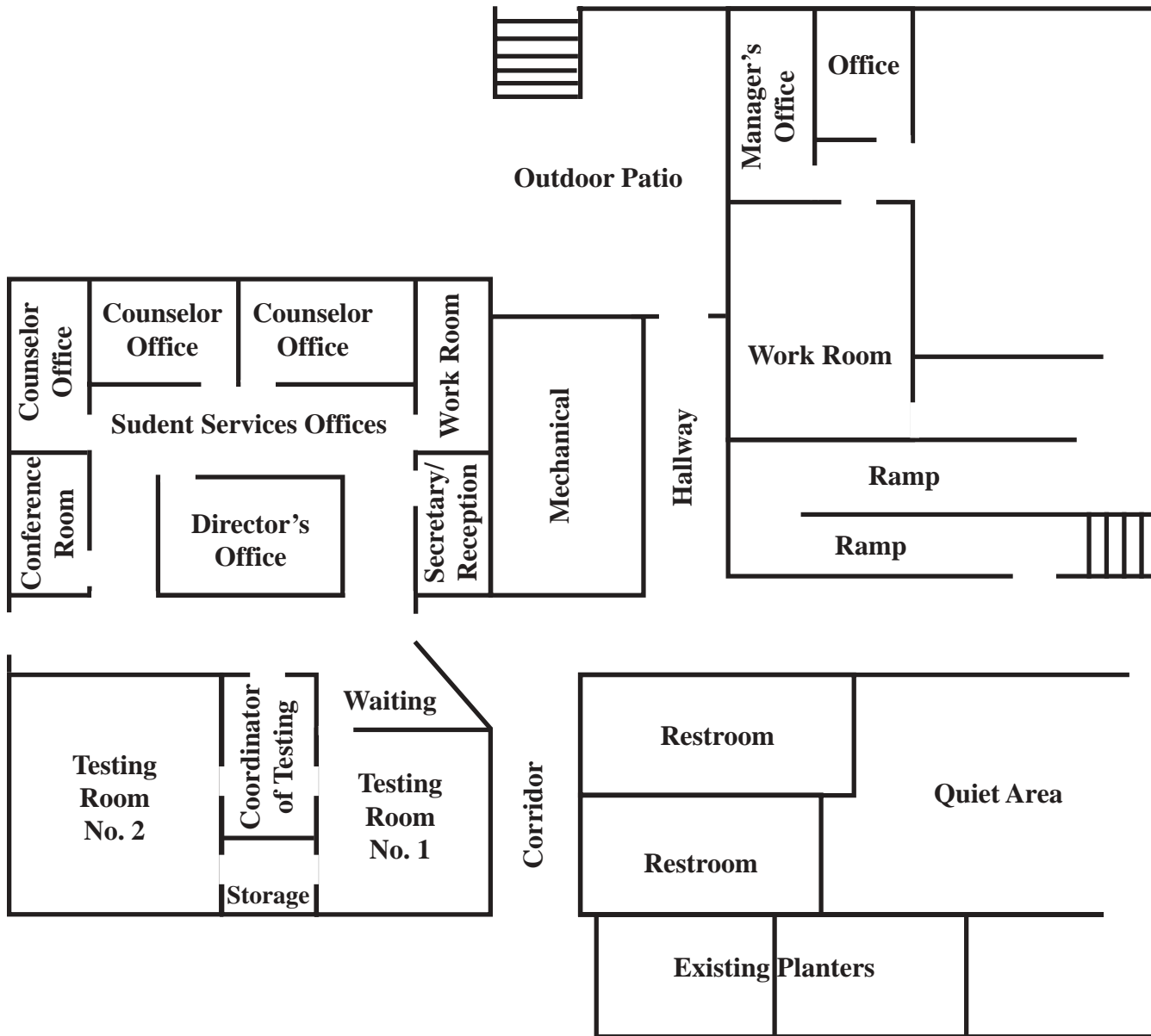
the farther north, the greater the incidence of SAD. Less than 1% of the general population in Florida suffers from SAD, while about 10% of Alaskans experience the disorder. SAD affects an estimated half a million people every winter. There are several kinds of treatment available. A particularly successful treatment method is exposure to bright, artificial light, called *light therapy*, or phototherapy which can be achieved through the use of a lightbox. The light intensity must be between 2500 and 10,000 lux (lux is a measure of how bright a light is) with at least 30 minutes of continuous exposure to the light each day. Sitting near a sunny window for 30 minutes around midday can be helpful too. It is important to note that tanning beds are **not** a form of light therapy and should not be used as such. Tanning beds emit high concentrations of damaging UV rays and fail to provide bright, full-spectrum light. Alternatively, lightboxes provide safe, full-spectrum light with very little, if any, UV radiation. The UV radiation from a lightbox is comparable to the radiation emitted from office fluorescent lighting. Certain antidepressant medications called selective serotonin reuptake inhibitors (SSRIs), have been shown to be extremely effective in reducing the symptoms of SAD. Of course exercise is also recommended for SAD symptom management. If you think you are suffering from SAD, see a counselor or other mental health professional.

There's a certain slant of light, On winter afternoons, That oppresses, like the weight Of cathedral tunes. From A Certain Slant of Light by Emily Dickinson.

Submit questions for "Ask A Counselor" to jgenco@me.vccs.edu

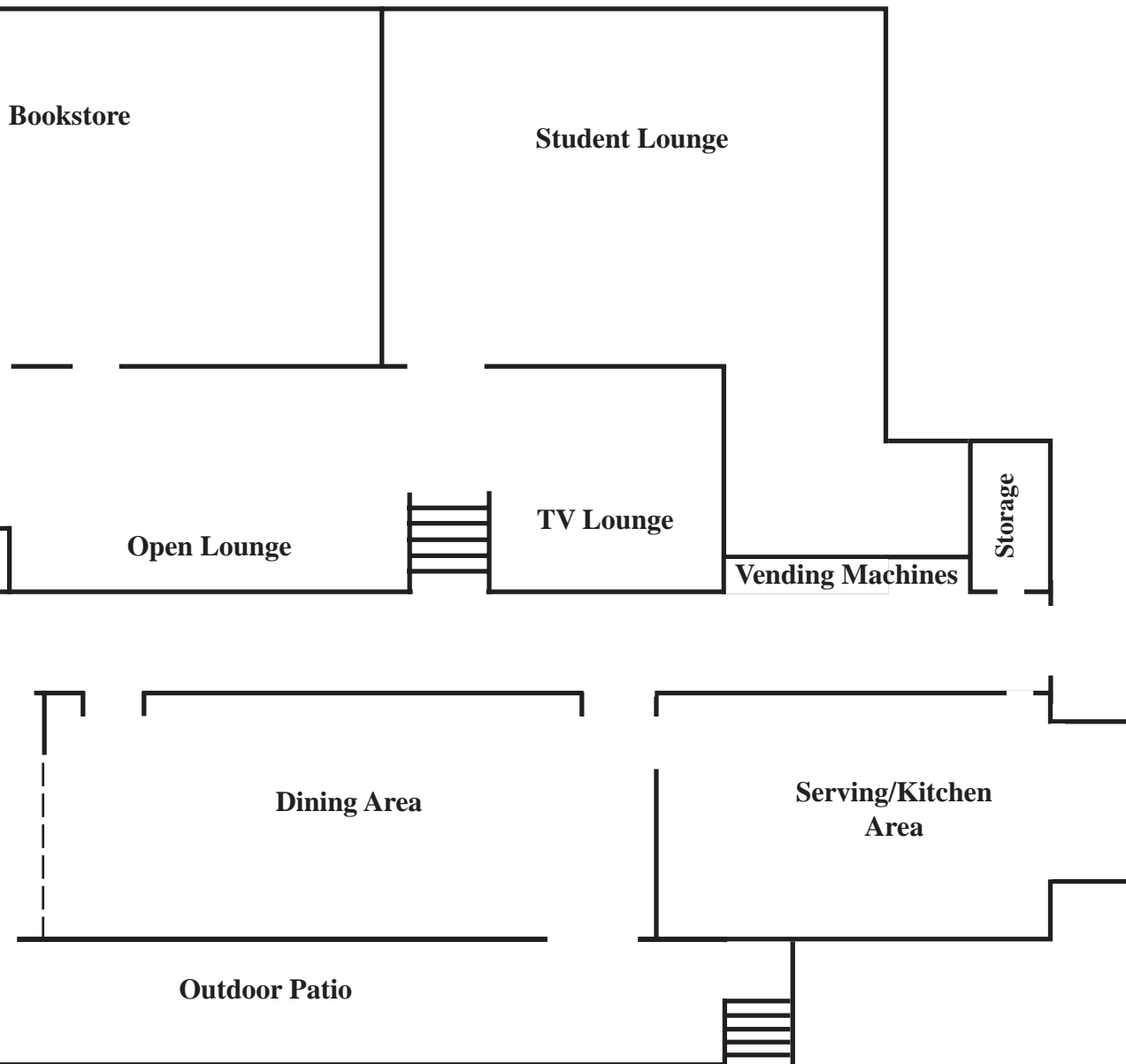
Holton Hall to be renovated

Renovations to Holton Hall is expected to begin in January. All of Holton will be closed during this project, which contain the College's Bookstore, Testing Center, and Student Services Office. The center is to be named "The Slem"



ed for new student center

is anticipated to take approximately nine months. In addition to new student lounges and dining area, the center will p Student Center” in recognition of the generous support of the Slemo Foundation.



Not exactly to scale. Adapted from blueprints by Sharon Fisher and Lana Kennedy, 12/2002

Explorations Art Contest

By Shawn P. Williams
fly_guy127@hotmail.com

Explorations, MECC's online student arts magazine, is now accepting submissions for the 2002-2003 art competition. This year's prizes include a \$50.00 cash prize for First Place, a \$30.00 cash prize for Second Place, and a \$20.00 cash prize for Third Place. Cash prizes are awarded in a total of six categories including Poetry, Short Story, Photography (Color and Black & White), Drawing, and Personal Essay.

Last year's *Explorations* contest was a great success. "I am really proud of the inaugural effort the students, staff, faculty, and community made last year in our first art competition, and I'm confident we'll have high quality submissions again this year," said Rita Sims Quillen, MECC Instructor of English and sponsor of *Explorations*.

To be eligible to enter the Explorations contest, you must meet the following guidelines:

- Only current or former MECC students are eligible to enter.
- All manuscripts must be original and unpublished (**NOTE:** Students may also submit short stories to the Lonesome Pine Short Story Contest and Explorations at the same time)
- Students must submit two paper copies of work: One bearing the student's name and one without.
- Written work **must be typed** in Microsoft Word and **submitted on disk**. **Failure to submit the disk with your entry will result in disqualification.**

Each submission must be accompanied by a submission form. Submission forms are available in both the Wampler Library and the Division of Arts & Sciences office. The submission form should be attached to your submission(s).

For those planning to submit a drawing, please note that 8x10 is the ideal size for reproduction. However, the judges will consider any size up to 18x24. Put your work inside a protective cover.

Please title your work and write it on the back.

If you are submitting color photography, keep in mind that 8x10 is the ideal size for reproduction, but the judges will consider any size up to 11x17. Put your work inside a protective cover. If you are submitting photography from a digital camera, the requirements are 300 DPI, and you must submit the photo on a disk or CD-ROM in either of the following formats: JPEG, TIF, or EPS. You must also submit a paper copy. Remember to title your work and write it on the back.

Last year's submissions can be viewed online at MECC's web page at <http://www.me.vccs.edu/explorations/index/html>. Winners of last year's Explorations contest were the following:

COLOR PHOTOGRAPHY: **1st Place**, Donald Sorah; **2nd Place**, Jody Cussins; **3rd Place**, Neka Wilson; **Honorable Mention**, Neka Wilson, Jody Cussins.

DRAWING: **1st Place**, Sara Jane Potter; **2nd Place**, Erin Patterson; **3rd Place**, Adam Barnette; **Honorable Mention**, Shawn Williams, Kathleen Anderson, Mathew Rentfrow.

PERSONAL ESSAY: **1st Place**, Name Withheld; **2nd Place**, Donna Kolb; **3rd Place**, Alice Lynch.

SHORT STORY: **1st Place**, Tristan Rose; **2nd Place**, Justin Chase Mullins; **3rd Place**, Joyce Skidmore; **Honorable Mention**, Ladonna Cantrell, Donna Kolb.

POETRY: **1st Place**, Donna Kolb; **2nd Place**, Donna Kolb; **3rd Place**, Jessica Moore; **Honorable Mention**, Bradley Davis, Katherine Maine, Leanne Stallard.

Submissions for this year's *Explorations* contest are to be turned in at the Wampler Library (located on the second floor of Robb Hall) no later than Monday, February 17, 2003. Students may enter up to 5 poems, one short story, one personal essay, and up to 3 photographs or drawings. Students may enter more than one category.

For more information on *Explorations*, contact Rita Quillen via E-mail (rquillen@me.vccs.edu) or telephone ((276)-523-2400, ext. 352).

Quillen would like to also add, "We recognize all kinds of achievement and ability here at MECC, and this is just another way to do that."

Americans with Disabilities Act

By **Kenneth Davenport**

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Kenneth will be writing a column each issue on ADA and other issues involving the disabled. His main priority is to increase public awareness of the obstacles the disabled face and the laws regarding these issues. If you would like Kenneth to address a specific issue, email him your question or comment.

What does ADA mean to you? Do you have a friend or a family member who has a disability? If not, you may have seen someone who is physically challenged, hearing impaired, or visually impaired during your daily activities. Over 29% of the Wise County population has some type of a disability (US Census Bureau 2).

The Americans with Disabilities Act of 1990 prohibits discrimination of people who are physically challenged. In the areas of employment, public services, transportation, public accommodations, and telecommunications services these laws were written to prevent discrimination (Legal Rights 183). ADA codes were signed into law by President George Bush on July 26, 1990. Please support these laws that give people with disabilities freedom, independence, and the ability to become part of our fast paced mobile society.



English Instructors Penley & Quillen to be Published

By Shawn P. Williams
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MECC is proud to announce that English instructors Tami Penley and Rita Sims Quillen are to have short stories published in short story magazines. Tami Penley, English Department Chair, will have her short story "Paying Tribute" appear in the Winter 2003 issue of *Now and Then* magazine. Rita Sims Quillen (author of *Counting The Sums*, *Looking For Native Ground*, and *October Dusk*) will have her short story "How Anna Got Religion" appear in the Winter 2003 issue of *Appalachian Heritage*.

When asked to comment on "Paying Tribute," Penley responded, "This story started over a year ago. My family holds its annual reunion in a very bizarre setting: an old abandoned family cemetery. That setting just kept coming to me demanding a

story." Penley also explains, "The resulting story, like most fiction, has little to do with my family, and everything to do with my family. I take bits and pieces of family stories and weave them into a new vision. It also contains some of the most personal material I have ever put in a story."

Quillen's story "How Anna Got Religion" is based on a poem bearing the same title which appears in her book of poetry entitled *Counting The Sums*. *Appalachian Heritage* (published by Berea College) will reprint the poem in addition to the short story. "The story is about the lessons of life and love learned by the main character, Anna, during her too-brief marriage to a man with a secret — a war secret." Quillen also commented, "This story is also part of a short-story-in-progress entitled *The Writings Of Grace*."

If you wish to read the short stories "Paying Tribute" and "How Anna Got Religion" and are unable to pick up a copy, both *Now And Then* and *Appalachian Heritage* will be available to students in MECC's Wampler Library. To purchase a copy of *Counting The Sums* (containing the poem "How Anna Got Religion"), contact Rita Sims Quillen.



By Justin Mullins
 justy4life@hotmail.com

Obviously it's useless to write of films debuting in December. Since this issue will be printed in January, the movies would be yesterday's news. The films debuting in January are more horrific than Eddie

Murphy's movie career, or Rosie O'Donnell in spandex. So, this is a preview of "films" and projects in the works for future releases.

Indiana Jones 4 is scheduled to debut on July 1, 2005. The series is honestly my favorite of any series, and I greatly look forward to it. Returning as Dr. Indiana Jones is Harrison Ford, and Dr. Henry Jones is Sean Connery. The film is set in the 1950's, nothing else is known.

Fury Road: Mad Max 4 is scheduled to debut in the summer of 2004. The film continues Max's journeys as the post-apocalyptic hero (Mel Gibson).

Meet the Fokkers debuts in 2004. It's a sequel to the popular movie *Meet the Parents*, the returning cast is Ben Stiller and Robert De Niro. The first film dealt with Stiller meeting his

hopeful fiance's family; this time around they travel to Detroit, to meet Stiller's folks.

Troy debuts in the summer of 2004. This is of course about "Homers Trojan War", starring in the role of Achilles is Brad Pitt, and Hector is played by newcomer Eric Banna, who also stars in this summer's **Incredible Hulk** as The Hulk.

Movies that you'll hear about in later issues are Matrix 2 (July 2003), Matrix 3 (November 2003) Xmen 2 (Summer 2003), Freddie vs. Jason (Summer 2003), Fast and the Furious 2, Terminator 3, Anger Management - starring Adam Sandler and Jack Nicholson (April 2003) and American Wedding aka American Pie 3 (August 2003). As always I am your very own personal hero and Jedi-Master.

For movie times go to, www.gocinemacentral.com

2002-2003 Phi Beta Lambda Club Members



Gift of Love: MECC Student Donates Hair to Help Others

By Amanda Clark
earth_angel_19@excite.com

Most people are familiar with the Golden Rule: “Do unto others as you would have them do unto you.” Every day, people across the nation and the world live out this creed by devoting their time to helping other human beings. Some people give the gift of their time to a worthwhile organization, while others prefer to make a financial donation. Still others provide food, clothing, toys, and (like MECC student Jennifer Williams) *hair*.

The cause Williams supported is known as Locks of Love, a non-profit organization that provides hairpieces to financially disadvantaged children across the U.S. Most of these children are under the age of eighteen and are suffering from long-term medical hair loss, such as with cancer or alopecia areata, which has no known cause or cure.

Williams said she heard about Locks of Love through a variety of sources, among them an article in *The Kingsport Times*. The article featured an elementary school child who had donated several inches of her hair to the cause. “If a child that small can do it,” an emboldened Williams decided, “then so can I!”

In November 2002, she did. After having six inches of hair cut off at a salon, she mailed the hair to Locks of Love. “I had second thoughts at first,” she admitted, “but hair grows back. It was worth losing a few inches to think I may have helped someone.”

Such a sentiment is not uncommon for Williams, who stated that she tries to support cancer associations. “A lot of my family members had cancer,” she explained. “This is my way of helping to make a difference.” Williams added that she urges others to support Locks of Love, whose donation procedure is fairly simple.

The donated hair must be fashioned in a ponytail and can be any length, although a standard length of ten inches is preferred. The reason lies in the manufacturing process, during which two inches of hair are used to fashion a wig. Thus, if a child wants a ten-inch long wig, at least twelve inches of hair must be donated.

The majority of the children who approach Locks of Love are girls. An organization representative speculated, “Perhaps this is because it is generally more socially acceptable for boys to have short, shaved, or even no hair than it is for girls.” Whatever the case, Locks of Love still helps both boys and girls in need.

The hairpieces and their subsequent repairs are given to children for free or on sliding scale, based on the financial need of those responsible for the children. Such a standard is truly beneficial, for a hairpiece could cost \$3,000 or more retail.

Donors can also specify to what age group they want their hair given. Williams revealed that she wanted her hair to benefit a small child. “Hair loss can be difficult for any age, but it’s especially hard for children, who may be taunted by people who don’t understand their situation,” she remarked.

Unfortunately, donors are not allowed to meet the recipients of their hair, due to a policy enforced by Locks of Love. Since most of the recipients are minors, the organization is required to protect the recipients’ rights to privacy. Also, such a search would, in all likelihood, not be financially feasible. Even so, Williams said she is confident that she did the right thing. “By donating your hair, you’re giving someone a new lease on life. It’s a worthwhile sacrifice.”

If interested in making a donation (hair or monetary) to Locks of Love, log onto <http://www.locksoflove.org> or call 1-888-896-1588 for more information.



Class Snow Schedule

If the college goes on a snow schedule, the following is the schedule for classes on those days:

Monday/Wednesday/Friday		Tuesday/Thursday	
If your class meets:	Snow schedule is:	If your class meets:	Snow schedule is:
8:00 - 8:50 am	10:00 - 10:40 am	8:00 - 9:15 am	10:00 - 11:00 am
9:00 - 9:50 am	10:45 - 11:25 am	9:25 - 10:40 am	11:05 am - 12:05 pm
10:00 - 10:50 am	11:30 am - 12:10 pm	10:50 am - 12:05 pm	12:10 - 1:10 pm
11:00 - 11:50 am	12:15 - 12:55 pm	Activity Period	1:15 - 2:00 pm
12:00 - 12:50 pm	1:00 - 1:40 pm	1:25 - 2:40 pm	2:05 - 3:05 pm
1:00 - 1:50 pm	1:45 - 2:25 pm	2:50 - 4:05 pm	3:10 - 4:10 pm
2:00 - 2:50 pm	2:30 - 3:10 pm	4:15 - 5:30 pm	4:15 pm Resume
3:00 - 3:50 pm	3:15 - 3:55 pm		normal schedule
4:00 - 4:50 pm	4 pm Resume		
	normal schedule		

Schedule Announcements

Although it is the intention of MECC to remain open except during regularly scheduled holidays, there may be times when the College is forced to close or operate on a delayed schedule (snow schedule) due to inclement weather. Announcements of closings and snow schedules can be heard by calling 276-523-7495 or by tuning to the local radio and TV stations.

Spring Semester 2003 Calendar

January 22	Last day to add a course, withdraw with a refund, change from audit to credit
February 13-14	Faculty/Staff In-Service Days - No day or night classes
March 3	Deadline - Application for Graduation
March 17-21	SPRING BREAK
March 24	Last day to withdraw without penalty, change from credit to audit
April 11	Last day to make up incomplete grades for Fall
April 21 - May 2	Early Registration for Summer and Fall Semesters
April 24	Graduation Practice D/C Auditorium
May 2	LAST DAY OF CLASSES
May 5-8	FINAL EXAMS
May 9	GRADUATION

The Positive Side of Life

Living on Earth is expensive, but it does include a free trip around the sun every year.

How long a minute is depends on what side of the bathroom door you're on.

Birthdays are good for you; the more you have, the longer you live.

Happiness comes through doors you didn't even know you left open.

Ever notice that people who are late are often much jollier than people who have to wait for them?

You may be only one person in the world, but you may also be the world to one person.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors....but they all exist very nicely in the same box.

A truly happy person is one who can enjoy the scenery on a detour.