

*For anything worth having one must pay the price and the price is always work, patience, love and self-sacrifice.*

*- John Burroughs*

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

- Mark Twain

*Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.*

*- John Wesley*

*There are two ways of spreading light; to be the candle or the mirror that reflects it.*

*- Edith Wharton*

**Whatever you are, be a good one.**

**- Abraham Lincoln**

The significant problems we face cannot be solved at the same level of thinking we were at when we created them.

- Albert Einstein

*Our lives begin to end the day we become silent about things that matter.*

*- Martin Luther King, Jr.*

My basic principle is this: you don't make decisions because they are easy; you don't make them because they are cheap; you don't make them because they are popular. You make them because they are RIGHT.

- Theodore Hesburgh,  
Former President of  
Notre Dame

Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically and psychologically unwell.

- Ernest Boyer (Campus Life:  
In Search of Community)

*Never separate the life you live from the words you speak.*

*- Paul Wellstone*