



December 2010

Jamie Pipher, Regional Vice President Retires

Wendy Ramos – Assistant to the VP, WestCare Florida

It is a beautiful day in the fabulous Florida Keys as Jamie Pipher, Regional Vice President drives up in her convertible to begin one of her last days with WestCare. This hard working woman has truly touched the lives of so many in the community. It is our pleasure to honor her years of service to our agency, our staff and our community as she gets ready to leave the Keys for the North to begin a new chapter in her life – retirement.

Jamie started out her career as a Mental Health Representative in Monroe County for the Florida Department of Health and Rehabilitative Services. After leaving the Keys in late 70's, she moved up North and worked in the Nursing Home field until moving back to her beloved Keys in 1998, where she joined GCMK as the Director of the CSU unit. In 2005 with the merger of the Guidance Clinic of the Middle Keys and Care Centers for Mental Health she became our Regional Vice President. According to Larry Prescott, Site

Manager for GCC Key West, "Jamie worked tirelessly yet energetically for GCC in terms of the merger and fostering a single identity for our organization."

She is described by her staff as an extraordinary leader, encouraging, detail oriented, and the "world's best mom." Former CEO and now WestCare Florida Board member, Dr. David Rice, says "Jamie has demonstrated an outstanding work ethic over her years at the clinic. She is an incredibly organized person with a true commitment to those individuals we serve. She has been a true member of our Keys community and both she and her husband Kevin, will be missed." Lynn Mapes, Florida Board Chairperson says of Jamie

"When our founder, David Rice, decided to retire several years ago, we wondered what in the world we could do to fill that giant void. We needn't have worried. Jamie turned out to be the most perfect replacement. She is that rare and most critical combination of manager and leader. She is not only our leader, but the leader of most of the not-for-profits in The Keys. She assays the strengths of others and puts them to work together. When Jamie speaks we all listen – for she is always on target. Not just we, but all of the Florida Keys will miss her. There is no other like her!"

Monroe County Undersheriff Colonel Rick Ramsey, Community Council Chairperson, has worked with Jamie since 1999. Colonel Ramsey says "Jamie is always well prepared for meetings and has welcomed community input." "She has always made sure services and support was made available to our department whether it is due to the loss of a deputy sheriff or the provision of services to inmates in our care and custody. The Guidance Care Center is a part of our family.

Well known through the agency are her "Pipherisms:" "Well, it is what it is." and "It's not what has happened to you in the past, but how you to choose to respond

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to it that matters." Dr. Jorge Aguinaga, GCC Medical Director stated, "Jamie and I started working in Marathon

about the same time. I remember her having high hopes and expectations, AND A SMILE. I have seen her take on whatever was needed, from consultant to consoler. From cleaning the floors to cleaning house! She has been both strong and soft, crazy and wise. And she has done it all with a smile. This organization will not be the same without her, but it is time for her to be selfish and finally retire (5 or so years after she said she would)."

Vice President for Florida Operations Frank Rabbito attributes the successful merger of the Keys services into a single entity the Guidance Care

Center, the accreditation of services at all 3 service locations and the reorganization of services from site specific to countywide to Jamie's leadership. WestCare President and CEO Dick Steinberg says of Jamie "We are losing a great leader but she leaves behind a wonderful legacy of service and a skilled and professional local leadership team to carry on. We are also hoping that Jamie will continue to help us in her retirement as a consultant enabling us to have her knowledge and great ideas for our agencies for years to come. From all of us at WestCare, we wish her the best of luck in her new journey in life."

Jitin and Mandeep Brar Wedding



Our IT expert in California, Jitin Brar, recently married the former Mandeep K. Rai in a gorgeous ceremony with full Punjabi regalia and customs. Here is the description of a traditional Sikh Indian Wedding.

Sikh Indian Wedding

Anand Karaj (Punjabi; anand kraj) is the name given to the Sikh Indian wedding ceremony, literally translated as "Blissful Event or Occasion." Sikhs regard marriage as a sacred bond of mutual dependence between a man and a woman. A true partnership in marriage is made between those who are united in spirit as well as in mind and body. Marriage is regarded as a strong bond between the bride and groom and the relatives of both families - it is accepted as a joining of the two families into one as well.

Based on a concept depicted in Laava, the Sikh Indian marriage is not merely a physical and legal contract but is a fusion of the souls; a holy union between two souls, where physically they appear as two individual bodies but in fact are united as one. The couple must feel and think alike and both must be completely identified with the other, i.e. they need to become "Ek Jot Doe Murti" meaning "one spirit in two bodies."



Hal Rogers Appalachian Recovery Center Residents and Staff Participate in Community Trick or Treat

By Ashley Morgan – Case Manager

October 28th was Trick or Treat night in Ashcamp Kentucky, children and parents sprinted from one house to another in a rush to see how much of the coveted sugar confections they could acquire. It was a beautiful autumn evening in Ashcamp, Kentucky and the local roads and streets were speckled with trick or treaters looking not only for candy but wondering what WestCare would do next.

For the fifth straight year, WestCare Kentucky's Hal Roger's Appalachian Recovery Center has hosted its traditional community trick or treat event. Characters from Toy Story, The Incredibles, Monsters Inc., and Finding Nemo greeted and took pictures with area trick or treaters. A month prior to Halloween, sixteen of the facility's residents were assigned the task of

becoming a character from a Disney Pixar movie. One may never guess by the realistic costumes, the residents had to design and make their costumes from materials they could find around and within the facility. Clinical Director Mike Williams, and Case Manager Ashley Morgan assigned and worked along with the residents to help these characters come to life.

"You've Got a Friend in Me" blared from the intercom system while Buzz and Woody danced along with staff members in front of the facility. Various characters could be found at both entrances welcoming families to stop and participate. Over 160 area children were treated, the event was a true success.



Holiday Non-Alcoholic Beverage

Icy Holiday Punch Recipe

Ingredients:

- 1 package (6 ounces) cherry gelatin
- 3/4 cup sugar
- 2 cups boiling water
- 1 can (46 ounces) pineapple juice
- 6 cups cold water
- 2 liters ginger ale, chilled

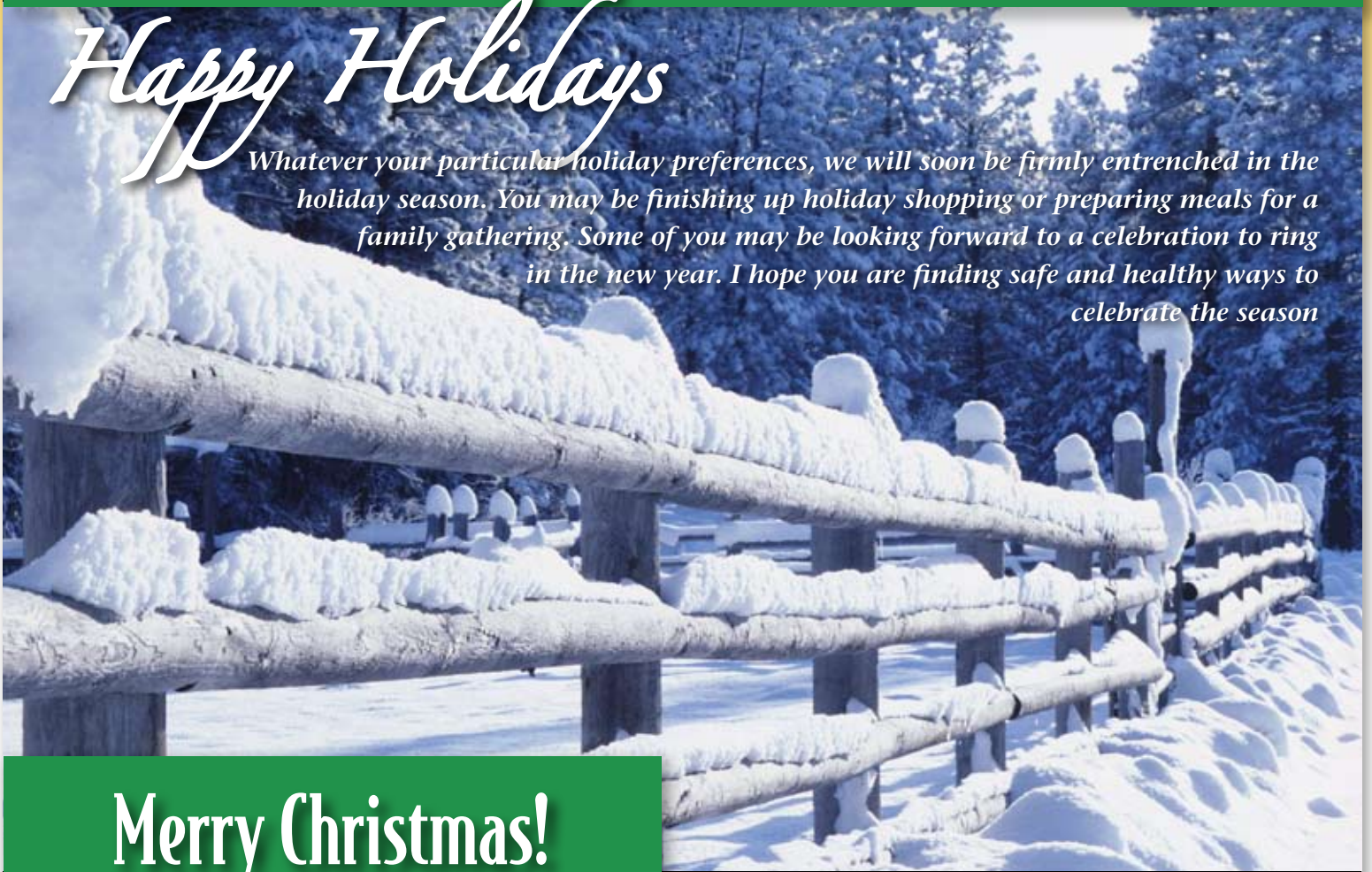
Directions:

In a 4-qt. freezer-proof container, dissolve gelatin and sugar in boiling water. Stir in pineapple juice and cold water. Cover and freeze overnight. Remove from the freezer 2 hours before serving. Place in a punch bowl; stir in ginger ale just before serving. Yield: 32-36 servings (5-3/4 quarts).



Happy Holidays

Whatever your particular holiday preferences, we will soon be firmly entrenched in the holiday season. You may be finishing up holiday shopping or preparing meals for a family gathering. Some of you may be looking forward to a celebration to ring in the new year. I hope you are finding safe and healthy ways to celebrate the season



Merry Christmas!



In the Seventeenth century the Puritans did not celebrate Christmas. December 25 was a workday.

In the late 1700's, Christmas was once again a happy holiday. The Colonists decorated their fireplaces with greenery, sung carols, and feasted. No one, however, had a Christmas tree.

In 1823 Clement Moore wrote the poem "A Visit From St. Nicholas." Saint Nicholas or Santa Claus began to play a big part in the celebration of Christmas.

In the 1840's, German immigrants introduced the Christmas tree. This decoration became a major part of the Christmas tradition.

In the 1890's, Victorians decorated their trees and homes with lots of lace, flowers, and glass ornaments. Sending Christmas cards became popular during this time.

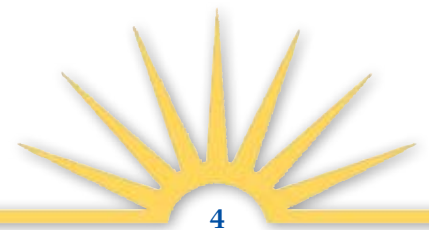
Today, we combine old and new traditions to celebrate Christmas in a way that is meaningful to our family and friends.

Happy Winter Solstice

Long before Christmas, people celebrated the Winter Solstice. People felt the celebrations made the Sun God happy and hurried the coming of Spring. Celebrations were held on the eve of the shortest day of the year.

A big log, called the Yule Log was burned in a great bonfire. Everyone danced and sang around the fire. Families hung mistletoe from the doorways of their homes for good luck. Some people decorated their homes with evergreens.

As you can see, many of the Winter Solstice traditions were made a part of the Christmas traditions as more people became Christians. The Winter Solstice is still celebrated, however, by many cultures around the world and is also a part of the Wiccan religion.



Happy Hanukkah

Significance of Hanukkah

According to Jewish law, Hanukkah is one of the less important Jewish holidays. However, Hanukkah has become much more popular in modern practice because of its proximity to Christmas.

Hanukkah falls on the twenty-fifth day of the Jewish month of Kislev. Since the Jewish calendar is lunar based, every year the first day of Hanukkah falls on a different day – usually sometime between late November and late December. Because many Jews live in predominately Christian societies, over time Hanukkah has become much more festive and Christmas-like. Jewish children receive gifts for Hanukkah – often one gift for each of the eight nights of the holiday. Many parents hope that by making Hanukkah extra special their children won't feel left out of all the Christmas festivities going on around them.



Smoked Salmon Frittata

Recipe courtesy of
the Barefoot Contessa, 2002

Ingredients

- 1 medium onion, diced
- 1 tablespoon unsalted butter
- 12 extra-large eggs
- 1 cup heavy cream
- 4 ounces fresh goat cheese, such as Montrachet, crumbled
- 1/2 pound smoked salmon, chopped
- 3 scallions, chopped, white and light green parts
- 3 tablespoons chopped fresh dill
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

- Preheat the oven to 350 degrees F.
- Sauté the onion and butter in a 10-inch oven-proof omelet pan over medium-low heat until translucent, about 5 minutes.
- In a large bowl, beat the eggs. Add the heavy cream, goat cheese, smoked salmon, scallions, dill, salt, and pepper and combine. Pour the mixture over the onions and place the omelet pan in the center of the oven. Bake the frittata for about 50 minutes, until it puffs and a knife inserted in the middle comes out clean. Serve hot directly from the pan.

Cook Time: 55 min. • Yield: 8 servings

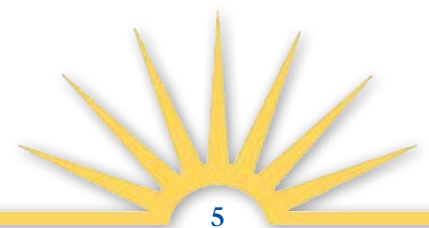
Happy Kwanzaa

A Celebration of Family, Community and Culture

Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach, created Kwanzaa in 1966. After the Watts riots in Los Angeles, Dr. Karenga searched for ways to bring African-Americans together as a community. He founded US, a cultural organization, and started to research African “first fruit” (harvest) celebrations. Karenga combined aspects of several different harvest celebrations, such as those of the Ashanti and those of the Zulu, to form the basis of Kwanzaa.

Theme 2010

“Kwanzaa and the Nguzo Saba: An Ethics of Sharing Good in the World”



Tremendous Honor for Village South's Marina Aviles

By Wendy Ramos

Florida

The Minority Chamber of Commerce in Miami bestowed its highest honor, the "Non-profit Organization of the Year" award to the Miami Beach Coalition, a project under the direction of WestCare's Marina Aviles. The prestigious award is given annually to an agency that "provides high-quality community services for minority groups, as well as demonstrating exemplary contributions and support for those seeking help against substance abuse."

Praise for Ms. Aviles and her staff came quickly from the likes of Frank Rabbito, Leslie Balonick, Dick Steinberg and many other WestCare leaders, not to mention 500 community notables, as Marina proudly accepted the coveted award at the MCC gala banquet in Miami on November 18th.

WestCare is very proud of Marina Aviles for achieving this outstanding honor.



Minority Chamber of Commerce 10th Anniversary Annual Awards Recognition Gala



New Trend on Campus? 'Drunkorexia'

A Join Together Article

What the heck is "drunkorexia?" That's when you cut down on food calories and replace them with alcohol, a practice that some college students engage in, according to the Denver Post.

Experts don't like the term "drunkorexia" much, but seem resigned to it: Dr. Kenneth L. Weiner, who directs Denver's Eating Recovery Center, said, "The term 'drunkorexia' is not my favorite, but as it brings awareness to the problem, it's probably fine."

And Emily Hedstrom-Lieser, of the University of Northern Colorado's Drug, Alcohol & Tobacco Education Office, said, "It's a sensationalized term, but it's a tangible idea for students."

Sensational or not, it's difficult to say how many students are affected – the Post doesn't give statistics – but apparently, there are enough for health educators to have picked up on the behavior.

Pam McCracken, communications director at the Colorado State University Health Network, speaks to a lot of students about their alcohol habits. "They

will think, 'I'm drinking, therefore I don't want to eat so much, so I'm going to have a mixed green salad and a Diet Coke,'" she said. "I say, 'Look, the day that you're consuming alcohol is not the day to cut back on your calories.'"

But, 'drunkorexia' is not the same thing as anorexia nervosa. As Weiner said, "Anorexia nervosa has the highest death rate of any psychiatric illness. It's an incredibly serious disorder."

The two are not mutually exclusive, either. In fact, 2009 research in the International Journal of Eating Disorders showed that college-age women who were at risk for developing eating disorders did a lot of binge drinking.

As if binge drinking weren't dangerous enough already.



Trouble Waking Up? *Here's how to rise and truly shine in the morning – even if you aren't a "morning person."*

By Susan Davis – *WebMD Health News*
Reviewed by Louise Chang, MD

Even as a child I hated waking up early in the morning. Something about being startled out of a deep sleep by a clanging alarm made me feel disoriented and lonely. Alas, now, as a working mother, I often have to wake early – to fit in a workout, check business emails, or make preparations for my children's school days.

I still don't like it.

For many of us, getting up before we would naturally is painful – because it's too early, too sudden, or too dark. Is there a path to kinder, gentler awakenings? Yes, say sleep experts, but forging it is equal parts art and science.

Sleep Cycles

Humans go through four to six "sleep cycles" every night. Each cycle consists of five stages, ranging from very light sleep (stage 1) to very deep sleep (stage 4) and then the rapid eye movement stage, during which you are most likely to dream.

Waking up out of a deep stage 3 or stage 4 sleep is notoriously difficult. That's why being awakened from a nap can be so disorienting. It's also why waking too early in the morning can mean a miserable start to your day. "Most people hit their deepest sleep between 4 a.m. and 6 a.m.," says WebMD sleep expert Michael Breus, PhD, D, ABSM, "so it's very hard to wake up during that time."



WestCare Wellness Watch



How Much Sleep Do You Need?

If you can avoid waking that early, the next step is to figure out what time you should go to bed to get a good night's rest. Sleep cycles take, on average, about 90 minutes. "That means you need about 7.5 hours of sleep each night," Breus says, "and if you count backwards from when you have to wake up, you can figure out what time you need to go to sleep in order to wake more easily."

Of course, some people require six hours of sleep a night, while others need nine. To complicate matters further, sleep cycles range from 90 minutes to two hours. That's where the "art" part of easy awakenings comes in. "Most people haven't been told what time to go to bed since they were children," Breus says. "So they have to listen to their body's own rhythms to figure it out."

After talking to Breus, I decided to stop trying to rise before 6 a.m. And since I have to get up at 7 a.m. to see my kids off to school, I made a firm "lights out at 11" rule for myself. Surprisingly, it works. After holding to this schedule for two weeks, I feel more rested, more relaxed, and more alert during the day.

Tips for Waking Up

- **Set your alarm** for the latest possible moment so you're not tempted to fall back asleep.
- **Lose the snooze button.** You might go back to sleep for a few minutes each time you hit the knob, "but you're getting crappy sleep," Breus says. "You just feel worse."
- **Sit up** and swing your legs over the side of the bed.
- **Breathe deeply** three or four times to orient yourself to the real world.
- **Exercise** first thing in the morning to energize your mind and body and boost your fitness. But don't choose exercise over getting the sleep you need.

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Break the Silence; Make the Call

By Tracy Stevens – Area Director

October was National Domestic Violence Awareness month and WestCare Arizona held its 12th Annual Domestic Violence Fun Run/Walk on Saturday, October 16th. The annual event is focused on raising awareness in the community of the prevalence of domestic violence, letting victims know where they can go for help and to raise money for the Safehouse Domestic Violence Shelter which has been operated by WestCare Arizona since 1998.

The weather was warm and sunny which made the 123 participants who turned out to register between 7 and 8am very happy. There were about 30 staff and community volunteers to get the event set-up, work the registration tables, water station tables and cheer the participants on.

Cameron Broadcasting's KFLAG radio station provided live broadcasts during the event. They also promoted the event through PSA announcements. There were raffle drawings for over sixty gifts donated by over 40 area businesses as well as games and prizes for the little ones. The Area Director thanked all who participated and the volunteers for their help and support, as well as provided some facts about domestic violence in a short speech to the crowd. Clients from the Safehouse participated in the event; however none of them were willing to share their "story" as it was very overwhelming for most of them and their children.

The Safehouse Domestic Violence Shelter provides a safe, home-like environment for victims (and their children) that have been or are in an abusive relationship or situation. From July 1, 2009 through June 30, 2010, there were 384 women and their children from our local community who sought help and support through crisis calls/intervention or actually entered the shelter. At the shelter, the women receive case management, resources referrals, educational and life skills groups, help with legal assistance referrals, job and employment assistance and help pursuing their GED or enrolling in higher education.

The event was a success and all who participated had a great time. As the world economy continues to struggle and families face uncertain times, the incidence of domestic violence in our community has increased. We at WestCare Arizona will continue to raise awareness about domestic violence and do all we can to help the victims and the innocent children to recover from the trauma of abuse.

Arizona



WCAZ Area Director Tracy Stevens and Office Manager Kim Mitchell reach the finish line!



A beautiful fall day drenched participants in warm sunshine for the 12th annual Domestic Violence Awareness event.

Alcohol Ranked Most Harmful Drug

Join Together Article – November 2, 2010

A group of British scientific experts has concluded that when combining its effects on the individual and on society, alcohol far outpaces other substances as the most harmful drug, the Associated Press reported Nov. 1.

The Independent Scientific Committee on Drugs, meeting via an interactive workshop, used multicriteria decision analysis to evaluate drugs' effects on the body and their impacts on society, including effects on families and on costs in areas such as health care and corrections. Heroin, crack cocaine and methamphetamine were ranked in the analysis as the most lethal drugs to the individual, but alcohol, heroin and crack were judged most harmful to others.

The combined harm score for alcohol was the highest, at 72 out of a possible 100, followed by heroin (55) and crack (54).

The authors explained that the rankings, based on 16 criteria, do not correspond to how drugs are

currently classified in the United Kingdom. For example, last year the British government increased penalties for possession of marijuana, a drug that ranked far below alcohol and other illegal drugs in the experts' assessment of overall harm.

"What governments decide is illegal is not always based on science," said Wim van den Brink, professor of psychiatry and addiction at the University of Amsterdam.

Yet study co-author Leslie King, an adviser to the European Monitoring Centre for Drugs, urged against interpreting the results as a call for alcohol prohibition. "Alcohol is too embedded in our culture and it won't go away," King said.

The findings were published online Nov. 1 in *The Lancet*.



'Risk Takers-Dream Makers 2010'

Senior VP-Western Region Maurice Lee and WCCA Deputy Administrator Lynn Pimentel represent WestCare at the annual 'Risk Takers-Dream Makers' event sponsored by the Fresno West Coalition for Economic Development.



California



WestCare California Honors Graduates of Several WestCare Programs

By John Wallace – Resource Development Coordinator

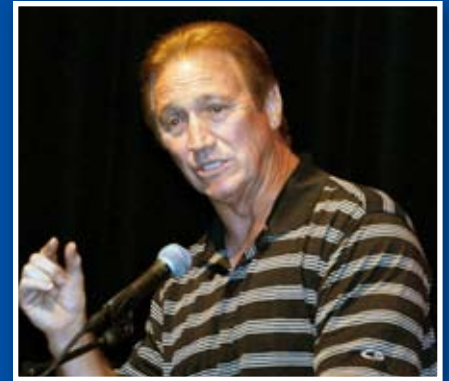
Hundreds of proud friends and relatives jammed Fresno's historic Tower Theater for another spirited and emotional ceremony honoring graduates of several WestCare programs.

Those clients who earned the right to wear the angelic-like flowing gowns and mortarboards, shed tears and gave shout-outs as they were presented to the audience.

A highlight of the evening was the mesmerizing remarks of former Hollywood actor and 2-term

Fresno mayor Alan Autry. Best known for his role as 'Bubba' in the TV series 'In the Heat of the Night,' Mr. Autry told tales of his own battle with addiction. With 20 years clean and sober, he remarked: "Imagine, going from crack-head to Mayor."

Inspirational stories like those can certainly buoy the courage of those in recovery. And to be sure, all human spirits are uplifted on Graduation Night at WestCare California.



▲ Former Fresno Mayor and Hollywood actor Alan Autry was the perfect keynote speaker.

Another successful WestCare graduation couldn't have happened without the terrific work of these volunteers. These greeters, ushers and backstage helpers were honored on stage. ▼



WestCare California graduates are seated for their big night

Clients Put 'Service Above Self'

By WestCare Express Staff

One of the oldest community service organizations in the world is Rotary International, and its mantra has always been 'service above self.'

WestCare California clients have long embraced that compassion as part of their recovery curriculum. And just prior to Thanksgiving, the men of

WestCare join volunteers from the neighboring West Fresno 7th Day Adventist Church in distributing dozens of boxes of food for needy families in the area surrounding WestCare's Martin Luther King Boulevard residential facility.

Our MLK clients have been extremely busy this year.



Our men at work



December Calendar

DECEMBER 1

CAC Monthly Report Due 12:00pm
(Executive Committee)

DECEMBER 1

Arizona CAC - 6:00pm PT/9:00pm ET
(Bullhead City, AZ)

DECEMBER 2

Florida-VS CAC 2:00pm PT/5:00pm ET
(3050 Biscayne Blvd., Miami, FL)

DECEMBER 3

MN - Indian Affairs Council Board 6:00am
PT/9:00am CT (Shakopee, MN)

DECEMBER 3

10:00am Ribbon Cutting -
Sober Living Apts 10:00am 11:00am
CAC Kentucky - Immediately Following
Ribbon Cutting

DECEMBER 3-5

Arizona - Toy Drive Tournament
10am - 4pm PT/1pm - 7pm ET
(River Palms Hotel & Casino,

DECEMBER 4

6:00pm WC Nevada Annual

DECEMBER 7

Minnesota - 10:30am CAC - 8:30am
PT/10:30A CT
(VICTRI, Minneapolis, MN)

DECEMBER 13

AZ Employee Dinner 6:00pm PT/9pm ET
(Colianno's Restaurant, Bull Head City, AZ)

DECEMBER 15

Exec Committee Meeting

DECEMBER 21

CAC MN - 8:30am PT/10:30am CT
(VICTRI, Minneapolis, MN)

DECEMBER 24

Christmas Eve Observed

DECEMBER 25

Christmas Day Observed

DECEMBER 28

MHA Committee Meeting
(FND Offices)

DECEMBER 31

New Year's Eve Observed

More Iraqi Security Personnel Using Drugs, Alcohol on Duty

Join Together article – October 26, 2010

Increasing numbers of Iraqi military and police personnel are using drugs and alcohol while on duty, raising questions about their ability to maintain order once American troops leave in 2011, the New York Times reported Oct. 24.

The Times based its story on interviews with “dozens” of security personnel, public officials, politicians, pharmacists, and drug dealers, and said the trend had grown worse over the past year. The Iraqi police refused to comment, and the military said that the problem was uncommon.

According to the Times’ sources, in high-risk areas of the country, as many as 50 percent of soldiers and police, including their commanders, use drugs and alcohol to cope with fear, stress, and boredom.

“Pills are cheaper than cigarettes and they make you more comfortable and relaxed,” said Nazhan al-Jibouri, a police officer. “They help us forget that we are hungry, and they make it easier to deal with people. They encourage us during moments when

we are facing death.”

Iraqi health officials pointed out that 30 years of war and economic hardship had fed abuse of drugs and alcohol, and not just in the security forces. Illegal drugs -- from heroin, hash, and marijuana to stolen prescription medications -- are now easy to obtain on the street. Security officials working on the Iranian border believe that drug smuggling funds the insurgents they are fighting.

A soldier in southern Iraq said that lack of treatment contributed to the problem. “The percentage of the addicted among the police and army has increased because there’s no medical staff to help and there are no drug tests,” said Col. Muthana Mohammed.

Maj. Gen. Mohammed al-Askari, a spokesman for the Iraqi Defense Ministry, said that drug use was unusual in the army. “We have great intelligence systems in which one of our main duties is to follow the military’s rule breakers,” he said. “We h

ave medical staff concerned with the matter of drug users, and if medical tests prove drug use, we will take the harshest punishment against them.”

Other security personnel said that the police and the military were reluctant to discipline drug users because, according to the Times, they were “among their most fearless fighters.”



Thought for the Month

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve . . .

You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.

– Martin Luther King, Jr.

