



# THE MT. ZION MESSENGER

## THE GOOD NEWSletter

**Mt. Zion Baptist Church, 33 Oak Street, Springfield, MA 01109**

**VOLUME 22; ISSUE 9**

**REV. DR. ATU WHITE, PASTOR**

**FEBRUARY 2021**

### **WEEKLY SERVICES FOR FEBRUARY**

*We continue with virtual worship services this month, no in-house services. All services will be livestreamed on our website, Facebook, or You-Tube, or accessible by phone. Here is how to access these virtual services:*

#### **Virtual Worship Service**

**Sundays at 10:00 a.m.**

*Livestreamed on Facebook.com; YouTube.com; or  
<http://www.wearemtzion.com>; or  
\*Dial-in Number: 1-646-749-3117  
Access Code: 140-800-541*

*If you desire special prayer or would like to join Mt. Zion,  
call the Church at 413-785-5664  
following Sunday service until 12 noon.*

~~~~~

#### **Prayer & Meditation Call**

**Wednesdays from  
12 noon to 12:10 p.m.**

*\*Dial-in Number: 1-646-749-3117  
Access Code: 140-800-541*

~~~~~

**Virtual Bible Study  
Wednesdays at 7:00 p.m.**

*Livestreamed on  
Facebook.com; YouTube.com; or  
<http://www.wearemtzion.com>;*

### **SALUTE TO BLACK HISTORY**

For the month of February, the Newsletter salutes  
Black History Month.

Inside this issue, look for a poem, a puzzle, several  
quotations, & a couple of brief bios by, from, or  
about Black Americans.

### **MT. ZION TURNS 44!**

In December 1976, a small group of Christians, mostly from Faith Baptist Church in Springfield, decided the time and spirit was right to form a new church. On February 6, 1977, the group was officially set aside as Mt. Zion Baptist Church of Greater Springfield. This month marks Mt. Zion's **44<sup>th</sup>** Church Anniversary!

Let's take a look at our history--by the numbers...

There were **42** original members.

Since its inception, Mt. Zion has had **4** Pastors:

1. Rev. Willie Wilkerson-----1978 to 1990
2. Rev. Morris A. Goggins, Sr.—1991 to 1999
3. Rev. James B. Williams-----2000 to 2008
4. Rev. Dr. Atu White----2010 to present

The Church has had only **3** addresses:

1. The basement of Gardner Memorial AME Church on Carew Street (**8** months)
2. 368 Bay Street (**39** years)
3. 33 Oak Street (our current location--over **4** years)

The Church has operated a Soup Kitchen for **22** years, where over **30,000** meals have been prepared and served.

As of this month, we have published **261** issues of "THE MT. ZION MESSENGER, THE GOOD NEWSletter."

We currently have approximately **450** members on the roll.

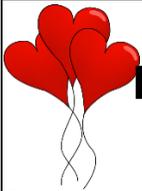
We have **20** Ministries, and **5** Bible Study sessions for Men, Women, and Youth.

And finally, and most importantly...

We worship the **1** and only true God!

*Happy 44<sup>th</sup> Anniversary, Mt. Zion!*

[More information about the Anniversary date & assessment is inside.]



## HAPPY FEBRUARY BIRTHDAYS

- February 1.....Sis. Zyina Volkinski
- February 2.....Sis. Frances Caldwell
- February 2.....Sis. Patricia Grundy
- February 2.....Sis. Lavone Johnson
- February 3.....Bro. Darrell Coppedge, Sr.
- February 3.....Sis. Shana Lowery
- February 3.....Sis. Naiya Torres
- February 5.....Sis. Shanice Coppedge
- February 11.....Bro. Linwood Garner
- February 11.....Rev. Milton White, Jr.
- February 12.....Sis. Priscilla White
- February 16.....Sis. Narvis Handford
- February 19.....Bro. Alfonso Shaver
- February 21.....Bro. Maxwell Maddox
- February 23.....Sis. Desiree Sierra
- February 24.....Sis. Adrieann Gabriel
- February 25.....Sis. Patricia Nulls
- February 26.....Sis. Delores Culp
- February 26.....Min. Beth Irving
- February 28.....Sis. Faye Caldwell
- February 28.....Sis. Patrice Caudle



## HAPPY FEBRUARY ANNIVERSARY

- February 9.....Sis. Phyllis Tolbert  
& Bro. John Tolbert

### SALUTE TO BLACK HISTORY: A Poem by a Black Poet

## “Sympathy”

By Paul Laurence Dunbar

I know what the caged bird feels, alas!  
 When the sun is bright on the upland slopes;  
 When the wind stirs soft through the springing grass,  
 And the river flows like a stream of glass;  
 When the first bird sings and the first bud opes,  
 And the faint perfume from its chalice steals—  
 I know what the caged bird feels!

I know why the caged bird beats his wing  
 Till its blood is red on the cruel bars;  
 For he must fly back to his perch and cling  
 When he fain would be on the bough a-swing;  
 And a pain still throbs in the old, old scars  
 And they pulse again with a keener sting—  
 I know why he beats his wing!

I know why the caged bird sings, ah me,  
 When his wing is bruised and his bosom sore,—  
 When he beats his bars and he would be free;  
 It is not a carol of joy or glee,  
 But a prayer that he sends from his heart’s deep core,  
 But a plea, that upward to Heaven he flings—  
 I know why the caged bird sings!

Sympathy by Paul Laurence Dunbar | Poetry Foundation



## FEBRUARY 2021 UPCOMING MEETINGS

*The meetings listed below are scheduled for this month.  
Please read & govern yourself accordingly:*

### YOUTH BIBLE STUDY

Friday, February 12<sup>th</sup>  
at 6:00 p.m.  
All YOUTH are invited to attend  
via Zoom.

Meeting ID: 893 5399 9325  
Passcode: 208710

~~~

### MANCAVE

Friday, February 26<sup>th</sup>  
at 6:00 p.m.  
All MEN are invited to attend.  
The dial-in number is:

+1 (646) 749-3122

Access Code: 223-542-437

Topic: “Living by God’s Design”  
Scripture: Galatians 5:16-26

~~~

### SHE SHED

Friday, February 26<sup>th</sup>  
All WOMEN are invited to attend  
via Zoom.

Meeting ID: 861 7008 0435  
Passcode: 173488

Or the dial-in number is:  
+1-301-715-8592

Topic: “What do you see?”  
Scripture: 2 Corinthians 4:18

### JOINT BOARD MEETING

This month’s virtual Joint Board Meeting will be held **Tuesday, February 9, 2021 at 6:00 p.m.**

All Joint Board members should attend.

## UBC CONGRESS OF CHRISTIAN EDUCATION CANCELLED

The annual session of the United Baptist Convention (UBC) of MA, RI, & NH's Congress of Christian Education, normally held on the third Saturday of March, is cancelled for 2021.

Because of the directives from the Governor of Massachusetts and recommendations from medical professionals, the UBC Board decided that it is in the best interest of our members not to hold a Congress this year. The Board is hopeful that a Congress of Christian Education session will be held in March 2022.

**Dea. Steve Powell** serves as the Registrar for the Congress and is on the Board of Directors; **Deaconess Wanda Powell** is the UBC Congress Treasurer and also serves on the Board. **Pastor Atu White** is the 1<sup>st</sup> Vice President of the UBC Parent Body.

### *A New Member*

*Joining Mt. Zion in January was:*

**BRO. CHARLES WINSTON**

**Date Joined:** January 31, 2021

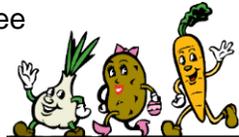
**Method:** Restoration

*Welcome Back, Bro. Winston!*

## MOBILE FOOD TRUCK

The Western Mass Food Bank Mobile Food truck will be in the Union Street parking lot on **Friday, February 26<sup>th</sup>** from **1:00 p.m. to 2:00 p.m.**

Tell family & friends. The food distribution is free and available to all, regardless of income.



## GIVING STATEMENTS AVAILABLE

2020 Giving Statements were mailed to your homes the last week of January. If you made donations in 2020 and have NOT received a statement but would like one, please call the Church at (413) 785-5664 and leave your name and telephone number. Our Financial Secretary, **Sis Phyllis Tolbert**, will get back to you.

## SOUP KITCHEN TURNS 22!

In February 1999, the Mt. Zion Baptist Church Soup Kitchen opened its doors for the first time to help feed those in our community who were hungry. This month, the Soup Kitchen marks 22 years of service.

Up until last year, the Soup Kitchen had been opened on almost every Wednesday for over two (2) decades. The Staff had prepared more than 30,000 meals. Last year, 2020, was devastating to the Ministry. Due to COVID-19 restrictions and regulations, the Soup Kitchen had to close its doors and was unable to operate on a weekly basis. The Ministry did, however, continue to provide food for members' funeral repasts.

It is the prayers of the Soup Kitchen Ministry as well as the Church at large that this vital Ministry will be back in full operation again soon.

*Happy 22<sup>nd</sup> Anniversary,  
Soup Kitchen Ministry!*

## MLK PROGRAM

Last month, Mt. Zion hosted the Pastor's Council's Annual Dr. Martin Luther King, Jr. Scholarship Program. The guest preacher for this virtual service was Dr. Kirk Byron Jones, Pastor of Zion Baptist Church in Lynn, MA. Dr. Jones preached from the subject, *"Living a Dream in a Nightmare World."* If you missed it, you can view it on any of our social media platforms.

## Church Anniversary Celebration

Our 44<sup>th</sup> Church Anniversary is scheduled to be celebrated on Sunday, April 25, 2021. All members are asked to give a sacrificial offering of \$244 above your normal tithes and offering to help mark this occasion. You can begin paying on this offering now.

The Church has several needs, one of which is the need for a new boiler on the historic side of the building. We are prayerful that some of the anniversary funds will help us get one.

## CHECK OUT OUR NEW WEBSITE!

If you have not already done so, take a moment and browse our new, updated, website:

[wearemtzion.com](http://wearemtzion.com).

This new website should be easier for you to navigate and find what you are looking for. For instance, on the 'Watch Now' page, you can see both live and archived worship services and Bible study sessions. The 'About Us' tab will allow you to see names of our Leadership Team, read our History, and view photos of various events in the Photo Gallery. The 'Give' tab reminds us of several ways to make monetary donations, while the monthly Newsletter and other events are on the tab labeled, "News & Events." And so-on...

In short, if you want to know more about Mt. Zion, visit our website, [wearemtzion.com](http://wearemtzion.com).

# YOUNG SCHOLARS PROGRAM

1st Term Marking Period: 2020-2021

Young Scholar Awards for the 1st marking period of the 2020-2021 school year were awarded on Sunday, January 31, 2021. Pastor White and Youth Ministry Leaders handed out the monetary gifts in the Orleans Street parking lot from 11:30 a.m. to 12 noon as families drove eligible youth through the parking lot. Below are the names of the nine (9) youth who were recognized, earning a total of \$165 for 35 A's.

Congratulations to each of our Young Scholars for their hard work, perseverance, and results, especially in such a difficult school year! Keep up the good work!

Student's Name	Ministries	School	Grade	# of A's	Comments
Tayshaana Brown	Dance Ministry, Bible Study, Young Deborahs	Baystate Academy	11 <sup>th</sup>	3	
Tracetta Caudle	Junior Ushers, Media Ministry, Bible Study	Pope Francis Preparatory School	10 <sup>th</sup>	6	High Honors GPA 4.37
Zachary Caudle	Youth Choir, Bible Study, Young Joshua's	Pope Francis Preparatory School	9 <sup>th</sup>	5	Honor Roll GPA 3.83
Jordan Holmes	Junior Ushers, Dance Ministry, Bible Study, Young Deborahs	Springfield Honors Academy	11 <sup>th</sup>	3	GPA 3.92
Marcus Holmes	Bible Study, Media Ministry, Young Joshua's	Renaissance High School	10 <sup>th</sup>	2	Second Honors GPA 3.39
Brandon Smith	Bible Study, Youth Choir	Duggan Academy	7 <sup>th</sup>	5	First Honors GPA 3.94
Jalil Smith	Bible Study, Children's Choir	Glickman Elementary	3 <sup>rd</sup>	6	
Naiya Torres	Bible Study, Junior Ushers, Young Deborah's	High School of Commerce	9 <sup>th</sup>	1	
Danielle Ware	Children's Choir, Junior Ushers, Dance Ministry, Bible Study, Young Deborah's	MLK Charter School	5 <sup>th</sup>	4	

## SALUTE TO BLACK HISTORY: A BIO OF A LESSER KNOWN BLACK AMERICAN

*Submitted by Sis. Andrea Dixon*

**Henry Box Brown** (c. 1815 – June 15, 1897) was a 19th-century Virginia slave who escaped to freedom at the age of 33 by arranging to have himself mailed in a wooden crate in 1849 to abolitionists in Philadelphia, Pennsylvania. With the help of a free black man, and a sympathetic white shoemaker, Brown devised a plan to have himself shipped in a box to a free state. Brown paid US\$86 (equivalent to \$2,643 in 2019) to accomplish the escape. The box was 3 feet long by 2 feet 8 inches deep by 2 feet wide and displayed the words "dry goods" on it. It was lined with a coarse woolen cloth, and Brown carried only a small portion of water and a few biscuits. There was a single hole cut for air, and the box was nailed and tied with straps. Brown later wrote that his uncertain method of travel was worth the risk: "if you have never been deprived of your liberty, as I was, you cannot realize the power of that hope of freedom, which was to me indeed, an anchor to the soul both sure and steadfast." During the trip, which began on March 29, 1849, Brown's box was transported by wagon, railroad, steamboat, wagon again, railroad, ferry, railroad, and finally delivery wagon, being completed in 27 hours. Despite the instructions on the box of "handle with care" and "this side up," several times carriers placed the box upside-down or handled it roughly. Brown remained still and avoided detection. The box was received by members of the Philadelphia Vigilance Committee on March 30, 1849. When Brown was released, one of the men remembered he sang a psalm from the Bible, which he had earlier chosen to celebrate his release into freedom. For a short time, Brown became a noted abolitionist speaker in the northeast United States.

Henry Box Brown - Wikipedia

# REMEMBER JANUARY 6, 2021

*Written by Deacon Steve Powell*

I want to deep 6 (bury) January 6, 2021, an unforgettable day. Why was 1/6/21 so unforgettable? To me, there are two aspects to January 6, 2021: 1) What happened, and 2) What flashed through my mind.

## 1. LET'S SEE WHAT HAPPENED:

- Congress counts the state-certified Electoral College votes to confirm the election of Joe Biden as the next president of the United States.
- There is a riot or insurrection at the Capitol, "the Citadel of Democracy," by President Trump's supporters. Ultimately, five (5) dead, others injured. This both disrupts the Electoral College vote count and threatens lawmakers. Congress reconvenes and carries out the count late into the night and next morning (@ 3:00 a.m.)
- Georgia's Senatorial election vote results are "in" from the previous day's election. Democrat Raphael Warnock defeats Republican incumbent Kelly Loeffler. Democrat John Ossoff has slim lead over incumbent Republican David Perdue. If Ossoff wins, the new Senate will have 50 Democrats and 50 Republicans. Democrats will have control of the Senate because in the case of a tie vote, the Vice President, Kamala Harris, will decide.
- COVID-19 virus hovers with a seemingly daily record of deaths (@ 4,000/day).

## 2. HERE'S WHAT FLASHED THROUGH MY MIND:

- Old Christmas is January 6 every year.
- Compared the peaceful Black Lives Matters and social justice protests verses the Capitol riot, including how the police presence and behavior differed among these incidents.
- Thought about what an earlier assault on the Capitol might have looked like in the 1800's.
- The deadly 2017 Charlottesville, Virginia protests and counter-protests and neo-Nazi images—one (1) dead and nineteen (19) injured.
- 12/7/41 Japanese attack on Pearl Harbor.
- 9/11 (2001)

It dawned on me later that what I didn't think about was the Civil Right marches and protests of the 1960's. This surprised me because this period was a formative part of my life. Why didn't I think of this? Is it maybe because not that much has changed since the 1960's, and therefore I didn't have to return to the '60s in my "flashbacks?" I wish I knew.

Today, we live in a world of misinformation where prominent political leaders can spread conspiracy theories and lies almost faster, it seems, than the COVID-19 virus spreads. Some of our fellowmen will believe anything based on who says it.

As a nation, we are in the need of prayer, healing, love, and the truth. 2 Chronicles 7:14 says, *"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."* 1 John 4:20 says, *"If a man say, I love God, and hateth his brother, he is a liar; for he that loveth not his brother whom he has seen, how can he love God whom he has not seen?"* We need God. God is the Healer. God is Love. God is Truth.

At the end of the day, I was exhausted. I would like to bury January 6, 2021, but my mind won't let me. In fact, I have now come to understand that I should remember January 6<sup>th</sup>. Borrowing a phrase from now President Biden who was speaking on his inauguration eve in memory of the 400,000 COVID-19 victims, "To heal, we must remember."

### **SALUTE TO BLACK HISTORY: A BIO OF A LESSER KNOWN BLACK AMERICAN**

*Submitted by Sis. Andrea Dixon*

**Mabel Fairbanks** (November 14, 1915 – September 29, 2001) was an American figure skater and coach. As an African American and Native American woman, she paved the way for other minorities to compete in the sport of figure skating. Fairbanks performed in shows in New York until the 1940s. She was not allowed to compete in the national qualifying event for the Olympics or any competition. In 1997, she became the first African American inducted into the US Figure Skating Hall of Fame. She was inducted into the International Women's Sports Hall of Fame in October 2001. Fairbanks coached singles and pairs, including Tiffany Chin, Billy Chapel, Scott Hamilton, Kristi Yamaguchi, Rudy Galindo, Tai Babilonia & Randy Gardner, and Debi Thomas. She also taught skating to the children of many celebrities.

Mabel Fairbanks - Wikipedia

## ANSWER TO LAST MONTH'S PUZZLE

### "PROPHETS" PUZZLE

*Submitted by Sis. Earlean Caldwell*

If you found the names of all the prophets, you should have noticed that the remaining letters-- from left to right--starting at the top spells out

Mark 9:23:

***"EVERYTHING IS POSSIBLE FOR HIM WHO BELIEVES."***



## SALUTE TO BLACK HISTORY: A 'BLACK HISTORY' MATCH GAME

*Submitted by Sis. Andrea Dixon*

*In recognition of Black History Month, test your knowledge of Black History.*

*Choose the title, phrase, or composition on the right that is generally associated with the name on the left.*

[Answers will be in next month's newsletters.]

- |                               |   |
|-------------------------------|---|
| 1. Charles (Chuck) Cooper     | A. The first bishop of the AME Zion Church.   |
| 2. George Washington Williams | B. The composer of "A Train."   |
| 3. Kenny Washington           | C. First Black woman to graduate from an American college.                                  |
| 4. Althea Gibson              | D. The composer of "Precious Lord."   |
| 5. Carter G. Woodson          | E. Author of "A History of the Negro Race in America."                                      |
| 6. James Varick               | F. The first Black to win a major tennis title.   |
| 7. Thomas Dorsey              | G. Only pro basketball player to score 100 points in a game.                                |
| 8. Billy Strayhorn            | H. The first Black signed by a National Basketball Association team.                        |
| 9. Otis Redding               | I. The first Black congressman from the North.  |
| 10. Duke Ellington            | J. The first Black player in professional football in the modern era.                       |
| 11. Daniel Hale Williams      | K. Musician who is often called, "America's greatest composer."                             |
| 12. Richard Allen             | L. The first Black manager of a Major League baseball team.                                 |
| 13. Frank Robinson            | M. The first Black to direct a major film in modern times.                                  |
| 14. Harry Belafonte           | N. Author of "The Negro in our History."  |
| 15. Lorraine Hansberry        | O. The first Black Democrat elected to Congress.  |
| 16. Wilt Chamberlain          | P. The first Black elected to Congress from the Deep South in the 20 <sup>th</sup> century. |
| 17. Mary Jane Patterson       | Q. The first Black to receive an Oscar for best performance of the year.                    |
| 18. Gordon Parks              | R. The composer of "Respect."   |
| 19. Oscar DePriest            | S. Performed the first operation on the human heart.  |
| 20. Andrew Young              | T. The first bishop of the African Methodist Episcopal Church.                              |
| 21. Arthur Mitchell           | U. The first Black woman to write a Broadway play.  |
| 22. Sidney Poitier            | V. The first Black to host a major TV network show.   |
| 23. Nat King Cole             | W. First Black producer of a major film in modern times.                                    |

**NOTE:** If anyone has a puzzle that they'd like to submit to the newsletter, e-mail it to [wearemtzion@gmail.com](mailto:wearemtzion@gmail.com).

## SOME CORONAVIRUS HISTORY

## CORONAVIRUS UPDATE AS OF FEBRUARY 1, 2021

<p>The first case of COVID-19 in Massachusetts was confirmed by health officials one year ago this month, on February 1, 2020.</p> <p>Massachusetts became the 5<sup>th</sup> state in the US to report a COVID-19 case.</p>	LOCALE	CONFIRMED CASES	RECOVERIES	DEATHS
	MASSACHUSETTS	526,423	439,887	14,607
	UNITED STATES	26,910,518	16,628,608	454,198
	GLOBALLY	103,918,489	75,708,851	2,246,951
source: worldometers.info				

### Should you wear a mask after getting a COVID-19 vaccine? 5 reasons why the answer is 'Yes.'

By Liz Szabo, Kaiser Health News

*Below are excerpts from an article on why we should continue to social distance & wear masks after the vaccine:*

#### 1.) No vaccine is 100% effective

Large clinical trials found that two doses of the Moderna and Pfizer-BioNTech vaccines prevented 95% of illnesses caused by the coronavirus. While those results are impressive, 1 in 20 people are left unprotected.

#### 2.) Vaccines don't provide immediate protection

No vaccine is effective right away. It takes about two weeks for the immune system to make the antibodies that block viral infections. COVID-19 vaccines will take a little longer than other inoculations, such as the flu shot because both the Moderna and Pfizer products require two doses. The Pfizer shots are given three weeks apart; the Moderna shots, four weeks apart. In other words, full protection won't arrive until five or six weeks after the first shot. So, a person vaccinated on New Year's Day won't be fully protected until Valentine's Day.

#### 3.) Vaccines may not prevent you from spreading the virus

Vaccines can provide two levels of protection. The measles vaccine prevents viruses from causing infection, so vaccinated people don't spread the infection or develop symptoms. Most other vaccines – including flu shots – prevent people from becoming sick but not from becoming infected or passing the virus to others. While the (COVID-19) vaccines clearly prevent illness, researchers need more time to figure out whether they prevent transmission, too. Until researchers can answer that question, wearing masks is the safest way for vaccinated people to protect those around them.

#### 4. Masks protect people with compromised immune systems

People with cancer are at particular risk from the coronavirus. Cancer patients are vulnerable in multiple ways. People with lung cancer are less able to fight off pneumonia, while those undergoing chemotherapy or radiation treatment have weakened immune systems. Leukemia and lymphoma attack immune cells directly, which makes it harder for patients to fight off the virus. Continuing to wear masks helps protect those with cancer and others who won't be fully protected.

#### 5.) Masks protect against any strain of the coronavirus

Global health leaders are concerned about new genetic variants of the coronavirus, which appear to be at least 50% more contagious than the original. So far, studies suggest vaccines will still work against these new strains. One thing is clear: Public health measures – such as avoiding crowds, physical distancing and wearing masks – reduce the risk of contracting all strains of the coronavirus, as well as other respiratory diseases.

**The best hope for ending the pandemic isn't to choose between masks, physical distancing, & vaccines, but to combine them.**

*KHN (Kaiser Health News) is a nonprofit news service covering health issues. It is an editorially independent program of KFF (Kaiser Family Foundation) that is not affiliated with Kaiser Permanente.*

Should I wear a mask after getting a COVID-19 vaccine? Yes. (usatoday.com)

#### SALUTE TO BLACK HISTORY: QUOTES FROM BLACK AMERICANS

"IT'S NOT THE LOAD THAT BREAKS YOU DOWN, IT'S THE WAY YOU CARRY IT."

*Lena Horne, Singer, Dancer, Actress, & Civil Rights Activist*

"IF YOU'RE WALKING DOWN THE RIGHT PATH AND YOU'RE WILLING TO KEEP WALKING, EVENTUALLY YOU'LL MAKE PROGRESS."

*Barack Obama. 1<sup>st</sup> African American President of the United States*

"IF YOU DON'T LIKE SOMETHING, CHANGE IT. IF YOU CAN'T CHANGE IT, CHANGE YOUR ATTITUDE."

*Maya Angelou, American Poet*

"YOU'RE NOT OBLIGATED TO WIN. YOU'RE OBLIGATED TO KEEP TRYING TO DO THE BEST YOU CAN EVERY DAY."

*Marian Wright Edelman, Founder and President Emerita of the Children's Defense Fund*

"HOW FAR YOU GO IN LIFE DEPENDS ON YOUR BEING TENDER WITH THE YOUNG, COMPASSIONATE WITH THE AGED, SYMPATHETIC WITH THE STRIVING, AND TOLERANT OF THE WEAK AND STRONG. BECAUSE SOMEDAY IN YOUR LIFE YOU WILL HAVE BEEN ALL OF THESE. "

*George Washington Carver, American Agricultural Scientist, and Inventor*