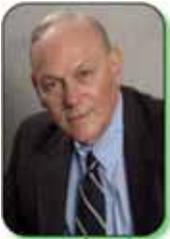


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AS WE LIVE AND WORK



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THE MARK OF A TRUE CHAMPION

This has been a remarkably hot year for Boston sports fans. After 86 years, the Red Sox made the impossible, possible. And the Patriots added the winning bookend to the one they built two years ago. As we reflect on the past year, we offer some words of wisdom that transcend the worlds of baseball and football.

_ It's not whether you get knocked down. It's whether you get up. (Vince Lombardi)

- _ Winning isn't the only thing, but wanting to is. (Catfish Hunter)
- _ Slumps are like a soft bed. They are easy to get into, but hard to get out of. (Johnny Bench)
- _ Nobody who ever gave their best regretted it. (George Halas)
- _ Don't give up at half time. Concentrate on the second half. (Bear Bryant)
- _ The bigger the game the better. I'm an adrenaline junkie. (Curt Schilling)
- _ I never question the integrity of an umpire. Their eyesight, yes. (Leo Durocher)
- _ If you don't invest much, winning is not very exciting. (Dick Vermeil)
- _ If you're not prepared, it's not pressure you feel. It's fear. (Bruce Bochy)
- _ I never dreamed of being President. I wanted to be Willie Mays. (George W. Bush)

The message is clear and compact: desire and determination pay off. The Red Sox and The Patriots have taught us some valuable lessons: Invest in your projects with all that you have: body, mind, and spirit. Understand that the only lost cause is the one you give up before you try. Know that talent needs challenge to maintain its competitive edge. Maintain your sense of humor; it's a great antidote to pressure. Never confuse a single defeat with a total defeat. Appreciate that the will to prepare is as important as the will to win. Recognize that fundamentals are essential in the short term; and they're the most effective way of assuring success in the long term. Be aware that making a living is not the same as making a life. Continue to dream. If your dream doesn't pan out, have another one in reserve.

Life is not measured by the breaths we take, but by the moments that take our breath away. To paraphrase the late songwriter Warren Zevon: may you have the health, enthusiasm, and desire to enjoy every sandwich. And may you, our readers, have the health, energy, and enthusiasm to make your dreams a reality during the coming year.

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