Please look this over carefully as this newsletter is filled with lots of good information and some have short deadlines!!

Additional Information

~ September 2018 ~

NEW INFORMATION...

Looking for Kinesiology Tutors

Tutors Needed!
Office of Student-Athlete Development

Iowa State University athletics is now hiring for fall of 2018 Subject and Mentor tutors to work with student-athletes. We are looking for students who are passionate about their subject and love to share their knowledge to help other’s better understand the material. These are paid positions in which you get to set your own availability, and work a consistent schedule. To be successful as a tutor, you need to be able to present information in multiple ways, be willing to work with different levels of academic ability, be patient and understanding, have a high level of integrity, and work with extreme confidentiality.

The following are current subject areas of need:
A TR, ACCT, AER E, AESHM, AF AM, AGRON, AN S, ANTHR, ART H, ARTIS, ASL, BIOL, BUSAD, C E, CHEM, CI, CJ ST, COM S, COMST, DSN, E M, ECON, ENGL, ENT, FIN, FRNCH, FS HN, GEOL, H S, HD FS, HIST, HSP M, INTST, JL MC, KIN, LD ST, MAT E, MATH, M E, MGMT,
To be eligible to tutor, you must meet the following criteria:

- Must have a GPA of 3.0 or higher (some exceptions apply)
- Must be academically classified as a sophomore or higher
- Must be knowledgeable in the subject matter and have earned a B or higher in the course you want to tutor.

If you are interested in applying, please follow the below instructions on how to apply:

1. Please fill out the online application by clicking here.
2. Email a cover letter, resume, and transcripts (can be unofficial) to smoler@iastate.edu.
### Friday, October 5th

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<thead>
<tr>
<th>Program</th>
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<tr>
<td>Athletic Training</td>
<td>Business Administration</td>
<td>Business Analytics</td>
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<tr>
<td>Finance</td>
<td>Chemistry</td>
<td>Dentistry</td>
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<tr>
<td>Education</td>
<td>Geographic &amp; Sustainability Sciences</td>
<td>Integrated Biology</td>
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<tr>
<td>Law</td>
<td>Nursing</td>
<td>Public Health</td>
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<tr>
<td>Social Work</td>
<td>Statistics &amp; Actuarial Science</td>
<td>Urban &amp; Regional Planning</td>
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</tbody>
</table>

If you have any questions, please contact The Graduate College (gradcoll@uiowa.edu, 319-335-2146).

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### Adult Non-Traditional Students Learning Community (ANTS)

Are you looking for a place to study or eat your lunch? Would you like an opportunity to meet other non-traditional students?

**Who is a non-traditional student?**

- Anyone who is:
  - Age 25 and over
  - Commuting from outside Ames
  - A parent
  - Married
  - A veteran or currently in the military
  - Pursuing a second bachelor’s degree

**Lunch/Study/Chat Hours**

**LeBaron Conference Room** - room 1009 LeBaron, by the snack machines in the LeBaron Foyer
- Every Monday from 10 – 11:00 a.m.
- Every Tuesday from 11:30 a.m.-12:30 p.m.
- Every Thursday from 2:00 – 3:00 p.m.

**135 MacKay** - the classroom near the Student Services Office.
- Every Wednesday from 12:00 - 1:00 p.m.

If this describes you, here are some opportunities for you to meet others with similar backgrounds or just find a quiet place to study.
Our theme for the 2018 Midwest Health Promotion Conference is inspired by the book *Silent Impact: Stories of Influence through Purpose, Persistence & Passion* by keynote speaker, Joe Schmit. *Purpose, Persistence & Passion*—I can’t think of three better words that describe why we do what we do to help others thrive!

**Why wellness?**

- **Purpose**: helping guide life decisions, influence behavior and shape goals that create meaning in someone’s life
- **Persistence**: continuing to do something and not give up, even though it may be difficult
- **Passion**: the driving enthusiasm that comes from something you love

These three words sum up why I own a business that focuses on helping people—we get to make a difference each day. As wellness enthusiasts, you get to experience the same!

**Don’t miss being part of this great event!**

Please join me on this empowering day. RECHARGE your passion by CONNECTING with like-minded people, sharing ideas, discovering solutions, and learning new ways to GROW your wellbeing offerings. You deserve one day to focus on your company’s wellbeing while enriching your own! I look forward to meeting you on October 1!

**Mary Kruse**
President and CEO, HealthSource Solutions

“I would recommend this conference to anyone interested in their health, health of their employees and health of the community!”

— 2017 CONFERENCE ATTENDEE

**2018 PLANNING COMMITTEE**

Mary Kruse  
Conference Chair  
HealthSource Solutions

Jenna Andrews  
Conference Coordinator  
HealthSource Solutions

Karin Junge  
HealthSource Solutions

Jill Duevel  
HealthSource Solutions

Suzi Adams  
HealthSource Solutions

Stefan Gingerich  
StayWell

Mary Alice Noel  
Medica

Traci Kubisik  
HealthPartners

Stephanie Candon  
Willis Towers Watson

Gen Barron  
Medtronic
Check out what's new in our September Newsletter - 2nd Edition

https://mailchi.mp/34479e3b3957/aw61g1of4u-1497237?e=94dbff28a

Silent Impact
Joe Schmit

Joe is a storyteller, leadership expert, author and sports anchor for KSTP-TV. He has won 18 Emmys and numerous awards for his community service.

Joe has learned through interviewing and researching influential people that success and happiness are not related to your title or how many awards you have won, but to the impact you have on others. He shares this discovery in his book Silent Impact: Stories of Influence through Purpose, Persistence & Passion. Joe helps audiences discover ways to ramp up their influence, so they make better connections, have stronger relationships and lead a life of significance both personally and professionally.

KEYNOTE

REGISTRATION
Register by August 19, 2018 for best rates!

Register Online:
healthsource-solutions.com/midwest-conference/register

Download PDF online and Mail or Fax to:
HealthSource Solutions
Attn: Conference
10159 Wayzata Blvd., Suite 100
Minnetonka, MN 55305
Fax: 763-287-0789

Questions regarding registration:
763-287-0744
conference@healthsource-solutions.com

Conference Location & Accommodations
The conference will once again be held at:
The Saint Paul RiverCentre
175 Kellogg Boulevard
Hotel rooms can be reserved at a special discounted rate. See our website for more details:
Holiday Inn St. Paul Downtown
175 West 7th Street
651-225-1515 or 800-465-4329
The Saint Paul Hotel
350 Market Street
651-292-9292 or 800-292-9292

Participant Type and Tuition
Tuition includes syllabus, light breakfast and lunch.

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<thead>
<tr>
<th></th>
<th>Reg. by 8/19</th>
<th>Reg. 9/20-9/26</th>
<th>Reg. after 9/26 (walk-in)</th>
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<tr>
<td>Participant</td>
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<td>$225</td>
</tr>
<tr>
<td>Group (5+):</td>
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<td>$205 each</td>
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</tr>
<tr>
<td>Students</td>
<td>$80</td>
<td>$90</td>
<td>$95</td>
</tr>
</tbody>
</table>

Cancellation and refund policy
Substitutions are accepted at any time. An administrative charge of $30 will apply for all cancellations. If cancellation is necessary, you must cancel by Monday, September 24, 2018 to receive a refund (minus the $30 administrative charge). No refunds will be given after September 24, 2018. All activities are subject to cancellation. In the event that this conference would have to be canceled, HealthSource Solutions is not responsible for any airfare, hotel or other costs incurred by participants.
Check out what's new in our September Newsletter - 2nd Edition

https://mailchi.mp/34479e3b3957/aw61g1of4u-1497237?e=94dbff28a7
Want to become a Cyclone Aide?

PREVIOUS INFO...

We are here to help!

Please go to our Advising Office located in 203 Forker...

• Any time you have questions or need assistance
• To learn more about the careers in Kinesiology
• If you have questions about University policies
• If you start to struggle in your course(s)
• Before selecting or changing your major or option
• While planning your educational journey
• When considering adding or dropping a class
• When creating your schedule and choosing classes
• If you need information on tutoring in writing, math or other subjects
• When you are within 2-3 semesters of graduating

IOWA STATE UNIVERSITY
College of Human Sciences

Kinesiology Department
We are here to help!

Please go to our Administrative Office located in 237 Foraker...

- Any time you have questions or need assistance
- If you are looking for a room
- If you want to rent a locker
- If you need help finding your instructor's mailbox
- If you are looking for Lost and Found
- To report any building issues

Meet our Administrative Team!

Hector Angus  
Assistant Scientist I

Jody Burdick  
Clerk II

Ron Leibold  
Storekeeper II

DeAnn Pitman  
Program Assistant II

Fran Sobotka  
Admin Spec II

Lori Willman  
Admin Spec III

Iowa State University  
College of Human Sciences

Kinesiology Department
Check out what's new in our September Newsletter - 2nd Edition

https://mailchi.mp/34479e3b3957/aw61g1of4u-1497237?e=94dbfff28a

**Text ISU to 741741**

Providing free, private and secure support with a trained Crisis Counselor 24/7

**STUDENT COUNSELING SERVICES**
Student Services Building, 3rd Floor
(515) 294-5056
Walk-In Hours: Monday - Thursday
8:00 am - 3:00 pm
counseling.iastate.edu

**THIELEN STUDENT HEALTH CENTER**
Corner of Union & Sheldon Drive
(515) 294-5801
Hours: Monday - Saturday
8:00 am - 5:00 pm*
CycloneHealth.org
*Hours vary, please refer to website.

**STUDENT WELLNESS**
Frieley Hall, Room A37
(515) 294-1099
Office Hours: Monday - Friday
8:00 am - 5:00 pm
studentwellness.iastate.edu

**ADDITIONAL SELF-HELP RESOURCES**

**ULifeline**
ulifeline.org/iastate/
800-273-TALK (8255)
Text "START" to 741-741

**The National Suicide Prevention Lifeline**
(800) 273-8255

**FIRST NURSE** (515) 239-6877

**IOWA STATE POLICE DEPARTMENT**
NON-EMERGENCIES (515) 294-4428
EMERGENCIES 911

**AMES POLICE DEPARTMENT**
NON-EMERGENCIES (515) 239-5133
EMERGENCIES 911

**MARY GREELEY MEDICAL CENTER** (515) 239-2011
Important Dates to Remember...

Saturday, September 29, 2018
- Schedule of Classes for Spring 2019 available for viewing on the Web at http://classes.iastate.edu/

Monday, October 1, 2018
- Advising period for Spring 2019 registration begins.

Friday, October 12, 2018 – 2:15 p.m.
- First half-semester courses end.

Monday, October 15, 2018
- Second half-semester courses begin.

Wednesday, October 17, 2018
- Registration period for Spring 2019 begins.
- Seniors graduating Spring 2019 should submit a Graduation Application after registering for final course work. Submit via AccessIowa (student tab, graduation, application).
A representative from Creighton University will be in the Career Services office on Wednesday, October 17th to meet with students interested in learning more about their accelerated nursing program. Sign up for these meetings is open in CyHire and will be filled on a first-come, first-served basis. Students can search for Creighton under the “Jobs” tab or click on “Interviews I Qualify For” under Shortcuts in CyHire.
Interested in attending a Doctor of Physical Therapy (DPT) Program?
Here, There and Everywhere Beatles Seminar

IOWA STATE UNIVERSITY

Spring Break March 14 – March 24, 2019

Program direction and academic content provided by Jason Chrysal and Jennifer Leptien

Your Ticket to Ride begins in London as we explore British culture and trace the Beatles rise to fame via the long and winding road stretching from Penny Lane to Abbey Road. We will take a Magical Mystery Tour through Liverpool, visiting the childhood homes and storming grounds of the Fab Four. Our journey concludes in London with an analysis of the Beatles Revolution of the British Music Experience.

Itinerary

Thursday, March 14
Depart from Des Moines Airport. Afternoon flight with connection in Atlanta to London (flights arranged by the university).

Friday, March 16
LONDON Arrival. Upon late morning arrival, meet and greet assistance at airport and transfer by private motorcoach to DOUBLETREE BY HILTON ISLINGTON for check-in (included complimentary wifi throughout). One 7-day travel card for zones 1-2 in London provided.

Saturday, March 16
LONDON. 24-hour ticket provided for Double Decker Bus Tour (Hop on/off) in London for independent exploration. This Double Decker Sightseeing Tour offers a flexible hop-on/hop-off with over 80 stops and 3 main sightseeing routes to see all of London and her landmarks. (B)

Sunday, March 17
LONDON. Morning travel by tube to visit the Tower of London, with a public yeastman, entrance included. After lunch on own, travel by tube to Brixton walking tour, entrance included. Evening arrangements by program director. (B)

Monday, March 18
LONDON. Today you will have a full day tour of the Beatles London Rock Tour “The Long & Winding Road.” On this tour you follow the Beatles history in London, from the first hotel they stayed at, to Macca’s current offices and home. You’ll see over 100 iconic sites and truly walk in the Fab Four’s footsteps. Group lunch at Turf’s Head (pending). (B, L)

Tuesday, March 19
LONDON/ LIVERPOOL. Make own way by tube to London Euston Station for departure to Liverpool (2nd class off-peak non-flex ticket provided). Arrive late morning into Liverpool Lime Street Station and walk to HOLIDAY INN LIVERPOOL CITY CENTRE. In the afternoon experience a guided walking tour of Beatles sites in Liverpool with Sylvia O’Malley (pending) including LIPA, Strawberry Fields, Woolton Pete and Eleanor Rigby grave sites, entrances included, ending on Matthew Street and The Cavern Club. Dinner on own. (B)

Wednesday, March 20
LIVERPOOL. Morning divide into two groups. Group one depart for the National Historic Trust Beatles Childhood Homes Tour. Group two depart to Albert Dock for the Beatles Story, entrance included. After lunch on your own, groups to switch visits from morning. Enjoy the remainder of the afternoon on own exploring the area of the Albert Dock. Visit the Tate Liverpool and Merseyside Maritime Museum. Dinner on own. (B)

Prerequisite to travel

Students must enroll in or have taken, the Beatles seminar (INTST 395/HON 322). The Beatles seminar class meets for 8 weeks: 1st. 1/3 of semester; Tuesdays: 6:10 – 8:00 pm; January 15 – March 5. Pre-departure preparations will take place on Saturday from 10:00 am – 12:30 pm; February 9. Study abroad component in London and Liverpool will be held over spring break: Thursday, March 14 – Sunday, March 24, 2019.

Throughout the study abroad component, students will:
- Reflect upon the influence of The Beatles on 1960s culture and beyond

For Further information contact:

Jen Leptien, Program Director, email: jen@iastate.edu, phone: 515-294-1948.

To apply, please go to iasabroad.iastate.edu; search Programs for Term = Spring Break 2019 and Program = ‘Beatles’. Then click the Apply Now button to start an application.
Yoga and Dance classes Available

Iowa State Dance is offering a yoga class on Tuesdays and Thursdays from 4:10-5pm. The course Dance 250X is a one credit class.

The course is design for restorative work with a relaxation emphasis for students who need to find ways to reach a calm and centered state to further their academic success.

All Dance courses here at ISU have an emphasis on the creative expression of the individual to foster a healthy body and mind.

Late registration is allowed.

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ScribeAmerica is a company that hires and trains medical scribes for physicians. We are currently hiring in the Des Moines and Marshalltown area for candidates with:

- Day time availability (8am-5pm) at least 2 to 3 times per week
- Able to commit max 2 years part time or 1 year full time
- Background or interest in science and medicine

There are several ways in which you would not only benefit the physician but you will benefit as well. Working as medical scribe opens up opportunities to learn medicine and be exposed to the environment without the need of any certification. You will be working alongside the physician, completing their documentation, and learning new things everyday. If planning to apply to medical school, PA school, or any graduate program, the doctor’s you build relationships with will be more than willing to write letters of recommendation.

If you wish to apply, log on to our website (http://www.scribeamerica.com/) or email desmoinehiringassociate@scribeamerica.com!
A few units on campus have had name changes:

- Office of Greek Affairs is now the Office of Sorority and Fraternity Engagement
- Student Disability Resources is now Student Accessibility Services

Did you know that Iowa State has a Lost and Found website where you can report your lost items? You can also use this website to report any items that you have found. Go to the ISU Homepage and then under the Index, click on the L, then scroll down to Lost and Found.

The Kinesiology Lost and Found is located in 237 Forerker.
The Let’s Talk program was initiated by the Student Counseling Center in response to rates of depression and anxiety in students increasing in the last decade.

The program will allow students to come to the counseling office for a less formal counseling session.

It is meant to encourage students to go find out more information about counseling, whether it be for them or someone they know.

http://www.counseling.iastate.edu/outreach/talk

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**Academic Coaching Workshop Series**

The Academic Coaching staff offers free workshops during the fall and spring semesters. Below is a schedule of the upcoming semester's workshops.

**Procrastination, Motivation and Goal Setting**

**Tuesday, October 2 | 6:00PM - 7:00PM**  
**Thursday, October 18 | 6:00PM - 7:00 PM**

0060 Hixson-Lied Student Success Center

Students will determine reasons for procrastination and develop strategies to overcome their procrastination. We will also assist students with developing goals and finding motivation during their academic journey.

**Study Skills**

**Thursday, October 4 | 5:30PM - 6:30PM**  
**Wednesday, October 17 | 6:00PM - 7:00PM**

0060 Hixson-Lied Student Success Center

Students will become aware of ways to improve their study skills and exam preparation strategies.
To request an appointment with Career Services

**Students can now schedule appointments via CyHire! 😊**

You can view availability and pick a time that works with your schedule as well as select what you would like to discuss during the appointment. CyHire also sends a confirmation of the appointment as well as an appointment reminder.

In addition to scheduling via CyHire, students are still welcome to stop in or call our office to set up an appointment.

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Human Sciences Week is a time for the Iowa State University College of Human Sciences to celebrate its unique, innovative, people-oriented programs and rich traditions with food, dance, speakers, and philanthropic events.

The week showcases the college’s commitment to expand human potential and improve people’s lives through diversity and social responsibility, wellness, entrepreneurship, personal financial literacy, and STEM (science, technology, education, and mathematics) education.

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Volunteer opportunities...
A TR/KIN AFFILIATED CLUBS
INFORMATION & MEETING TIMES

CARDINAL TAP CLUB

This group has weekly meetings that centers on learning, sharing, and refining tap and rhythmic dance skills. The membership is open to all Iowa State students who are interested in learning tap and other rhythmic dance. No previous experience is necessary. You have the opportunity to perform with the group during the Orchesis II semester showcase if you are willing to make the commitment.

Meetings are held in 198 Forker Building on Tuesdays from 8:30 – 9:00 p.m.

For more information, contact club President - Kendra Beaman

EXERCYSE IS MEDICINE

To encourage regular physical activity and understanding of its health benefits by members of the ISU campus and the Ames, IA community. A secondary aim of ExerCYse is medicine is to encourage health care providers to include physical activity as a ‘vital sign,’ including the consideration and recommendation of physical activity when designing treatment plans. ExerCYse is Medicine is committed to the belief that physical activity is integral in the prevention and treatment of disease and should be a part of medical care. ExerCYse is Medicine ambassadors will be active volunteers at events to help communicate this message. This organization is directly affiliated with the Iowa State University Department of Kinesiology and the American College of Sports Medicine.

For more information, contact club President - Ryan True

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS

The Fellowship of Athletic Training Students is a student organization dedicated to the education and training of future athletic trainers. The club provides opportunities for students to gain hands-on experience and network with professionals in the field. Meetings are typically held on campus and cover a variety of topics related to athletic training.

For more information, contact club President - [Contact Information]

Meeting Times:

- Location: [Location Information]
- Schedule: [Meeting Schedule]

www.cardinaltapclub.com
To provide leadership and educational opportunities for Athletic Training Students at ISU.

For more information, contact club President - Alexis Ring

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**HEALTH PROMOTION CLUB**

To encourage healthy living among the campus and community while providing students with an opportunity to practice what is learned in the classroom and gain knowledge in relevant health topics.

For more information, contact club President - Amber Schwarting and Ethan Segerstrom

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**KINESIOLOGY & HEALTH CLUB**

Facilitates activities that relate to physical activity, wellness and health. In addition to introducing students to the ideas of establishing and maintaining an active and healthy lifestyle, while sharing that information with the community.

For more information, contact club President - Maria McDonough

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**KINESIOLOGY GRADUATE STUDENT ASSOCIATION**

To increase cohesiveness of graduate students on assistantship and those who are not on assistantship, to increase the visibility of HHP graduate program, as well as the dept. in general, to serve as an academic and social forum for HHP graduate students.

For more information, contact club President - Andrew Zaman

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**LADIES IN FITNESS TRAINING (LiFT)**

To help women advance in all fitness related activities. LiFT provides members with a place to ask questions and learn about weightlifting and fitness related activities, an encouraging and motivating atmosphere, resources to build a support system of strong willed and compassionate friends, and opportunities for involvement with activities in the club, at Iowa State University, and in the community.

For more information, contact club President - Anna Fleming
**ORCHESIS I DANCE COMPANY**

Orchesis I is a student organization specializing in aspects of professional dance training. The company was established in 1926 as Iowa State's first dance group. We look for the best and brightest dancers who are open to change, growth, and development with their dancing and performing.

MEETS: **Thursdays from 7:00 to 8:30 p.m. in Forker 0196**

For more information, contact club President – [Alaina Mattimiro](mailto:alaina.mattimiro@iastate.edu)

**ORCHESIS II**

Orchesis II is a non-audition dance company in which all individuals are welcome to participate regardless of their experience in dance training. Orchesis II strives to enhance a comfortable learning environment by providing performance opportunities for members. Orchesis II works in many genres of dance including tap, hip-hop, modern, jazz, Latin, and many, many others.

MEETS: **Tuesdays from 7:00 to 8:30 p.m. in Forker 0196**

For more information, contact club President – [Trevor Kliever](mailto:trevor.kliever@iastate.edu)

**PHYSICAL EDUCATION CLUB**

To promote staying active through a variety of planned activities. In addition, the club will provide knowledge and information about physical education and related areas, while creating professional relationships among members, faculty/staff at Iowa State University, and professionals throughout the state of Iowa.

For more information, contact club President – [Bryce Smith](mailto:bryce.smith@iastate.edu)

**PRE-CHIROPRACTIC CLUB**

The Pre-Chiropractic Club is an organization dedicated in providing opportunities for students who are interested in pursuing a career in the chiropractic field upon completion of his or her undergraduate degree. The Pre-Chiropractic Club will allow students to learn the art, science, and philosophy behind chiropractic medicine, as well as network with current doctors, and learn about the admissions process and various chiropractic colleges.

For more information, contact club President – [Abby Loew](mailto:abby.loew@iastate.edu)
PRE-MEDICAL PROFESSIONS CLUB

To better prepare Pre-Medical students for acceptance into the medical field and to answer any questions about the path to and beyond medical school.

For more information, contact club President - Benjamin Dralle

PRE-OCCUPATIONAL THERAPY CLUB

To give students the resources and information they need to be successful in a career in Occupational Therapy. The goal is to prepare students in many different aspects to become accepted into a graduate program. Including admission requirements, networking, and other necessary skills that will help them gain the knowledge and experience they need to achieve their goals in this field.

For more information, contact club President - Callan Barrick

PRE-OPTOMETRY CLUB

Explores the field of optometry as well as optometry schools by visiting local optometrists, listening to optometry school representatives speak about their school and related activities.

For more information, contact club President - Phaedra Lipsey or Samantha Rivet

PRE-PHARMACY CLUB

Meetings will generally be held once a month on evenings of weekdays. The activities of each meeting will vary, but will aim to further our primary goal of preparing members for the pharmacy school application process. Activities include speaking to current pharmacy school rotation students, discussing application requirements, and sharing opportunities for volunteering and job shadowing. In addition, pharmacy school representatives come to Iowa State to share information specific to their application process and requirements.

For more information, contact club President - Brody Tritle

PRE-PHYSICAL THERAPY CLUB

To promote networking, individual growth, and preparation for future physical therapy professionals.
For more information, contact club President - Benjamin Mallinger

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**PRE-PHYSICIAN ASSISTANT CLUB**

To educate students about the Physician's Assistant profession. We also help students with the application and interview process so they are adequately prepared when meeting with a potential employer or school.

For more information, contact club President - Hannah Mendez

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**THE KIN COLLECTIVE**

This organization serves to build a stronger sense of community within students of color in the Kinesiology department, connect them to more resources and opportunities, and to help create a departmental connection so that students can foster the relationships necessary to excel in their field of study.

For more information, contact club President - Kendra McGhee
Everyone you meet is fighting a battle you know nothing about. Be kind. Always.