



## daily GOOD

Not all that is gold glitters, Not all who wander are lost. --From Lord of the Rings

The Kiwi, national bird of New Zealand, can't fly, lives in a hole in the ground, is almost blind and lays only one egg each year. Yet it has survived for 70 million years. (Source: San Diego Zoo)

### **Be The Change:**

Instead of watching TV, wander on a nature trail.