



daily GOOD

Every year, I get frustrated. I get tired. I get sore, and I say 'This is my last year.' But then I go, and I get up at 5 in the morning and work until midnight ... on my feet all the time. And then when I finally sit down, I realize I could do this another year. --Gerald Tamayo, volunteer doctor in Philippines

Doctors Going the Extra Mile

Every year, about 160 Filipino born doctors in California, pack-up and head to the Philippines to provide free medical services, including medication and operations, for the indigent. This year, 160 of them made the trip and saved many lives.

Be The Change:

Send information about volunteering abroad to your family doctor or a doctor in your family. <http://www.doctorswithoutborders.org>