IN A GALAXY NOT-TOO-FAR-AWAY »

Some of us are of a vintage that grew up on the original Star Wars movies. Thinking about famous movie quotes, it occurred to me that at CVHS, we don't need the Force to move us toward successful outcomes for our clients. Consider these musings from a galaxy known as the alumni office and my personal experiences as a client.

- "Our focus determines your reality." - Qui-Gon Jinn - This wisdom is true of anything. Success requires the investment of your entire mind.
- "Do. Or do not. There is no try." - Yoda - We give our best in every situation. We deploy no half-measures.
- "In my experience there is no such thing as luck." - Obi-Wan Kenobi - We are never powerless in the face of obstacles (with the exception of the occasional alien beast catheter placement.)
- "I find your lack of faith disturbing." - Darth Vader - Anything is possible. We believe in our abilities to achieve excellence.
- "It is not my fault." - Lando Calrissian - Even if we are not at fault, we take responsibility and make a plan to prevent recurrence of the issue.

May the Force be with us.

POULTRY NOT PALTRY »

I don't know, you decide.

Is that big bird ridiculously insulting, utterly worthless and/or just. plain. contemptible. ugly? Here in Middle Earth it's still a November thing for sure. Whatever your traditional values, if you are celebrating thankfulness this season, remember these turkey protocols. Bird murder might be offensive (somewhere) unless you're a pathologist. They play with knives legally. Stuffed? Or not? Plan your attire accordingly but remember the hues of this (and every month) are orange and black. Selfie with the bird? Just no.

Whatever your feast-beast plans, family dynamics, food prep, seating arrangements, and home keeping can be likened to a slow form of medieval torture. Here are some practices to help you enjoy the Celebration of the Bird without the temptation to use the knives 'um, creatively.

- Prep table topics. Politics is a violation of, say, propriety.
- Promote equality. Embrace the sibling species.
- Evoke climate change. Human extinction kinda redirects the consciousness.
- Remember love? It's a form of courage.
- Weapons-grade-debate-in-progress? Hit pause. The turkey will eventually take out the enemy.
- Hail Mary? Open the bubbly. Effervescence is magical!

AAEP CONFERENCE - CVHS ALUMNI RECEPTION, SAN ANTONIO »

CVHS is headed to the 63rd Annual AAEP Convention in San Antonio. Meet Interim Dean, Chris Ross, Chris Sitz (OSUF), and me at the alumni reception on Sunday evening, Nov. 19, 6:00 p.m. in a private suite at Marriott Rivercenter Hotel, 101 Bowie Street. Alumni and friends enjoy complimentary beverages, food, door prizes and college updates. Special thanks to Drs. Rocky Bigbie ('81), Dave Mitchell ('62), and Thomas
Loafmann ('63) reception sponsors. Message/call 405-612-5359 or email Sharon if you need assistance. Registered attendees, watch your email for notification of the room number on Sunday, Nov. 19.

Class Representatives and friends, Alumni Affairs at CVHS is a giving option that works directly for you. Please share the Friday Bit with classmates. Self subscription is available here. And... that orange GIVE button? You know what to do.

"RWGWGWRAHHHHW." - Chewbacca. Tap into the Force of ORANGE FRIDAY.

(The Friday Bit will resume publication 15 December.)