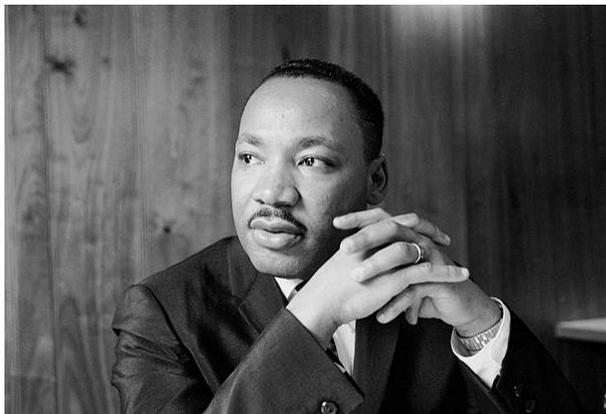


inspire

Welcome to **Inspire!**, a segment dedicated to sharing words that uplift, motivate, and remind us of the power of perseverance and purpose. Each edition will feature timeless wisdom to spark reflection and action in our daily lives.

Honoring Dr. Martin Luther King Jr.



As we celebrate **Black History Month** throughout February, we take time to rediscover the truths and contributions of Black Americans to every facet of American history. It's a moment to honor their achievements and reflect on the indelible impact they've had on civil and human rights across the nation.

This month, we also recognize the January birthday of **Dr. Martin Luther King Jr.**, a leader whose vision and courage transformed the course of history. Dr. King embodied the principle of love over hate and demonstrated unwavering strength in the face of adversity—breaking barriers to create a path for generations to follow. His words remain a beacon of hope and resilience for all.

In his own words, here are a few of Dr. King's most powerful reminders to carry with us:

"I have decided to stick to love... Hate is too great a burden to bear."

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

"We must accept finite disappointment, but never lose infinite hope."

"Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others."

Dr. King's words remind us that progress often begins with persistence, and hope is the foundation for change. In our work and in our lives, let us choose love over division, courage over fear, and action over complacency. Every step forward—no matter how small—brings us closer to a future shaped by justice, compassion, and unity.

Special thanks to LaShera Kirk, Division of Administration for her contributions to this article.