

*This book is dedicated to
SNYN Katie Andrews*



20 October 1981 – 11 January 2003

*No longer with us, but
forever in our hearts*

*Don't give up,
don't let go of your dreams,
life is never as bad as it seems.
Don't be afraid of what's new or strange,
don't worry about what you can't change.*

*Don't lose faith in better days ahead,
dwell on thoughts of hope and joy instead.
Romances may fail and fortunes fall,
but courageous hearts survive them all.*

*Raise your spirit and face your fears,
bury your sorrows and dry your tears.
Storms never last and after the rain,
sunshine and rainbows comfort the plane.*

*If you keep trying, you can make it, and
though times get tough, you can take it.
When you're feeling down, depressed, and blue,
remember that I believe in you.*

- Katie Andrews