



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

The time is always right to do the right thing.

The title of this week's edition of Mondays with Mike is actually a quote from Dr. Martin Luther King, Jr. At times, quotes such as these are seen and processed, but rarely do we get to see them in action.

At Jesse Owens Stadium in Columbus, Ohio, on June 5, 2012, athletes and spectators alike were able to see this quote in action in a very profound way.

Meghan Vogel, a junior runner for West Liberty-Salem High School, had won the 1600 meter State Championship earlier that day. She had a great career up to that point and would eventually go on to be a successful collegiate runner. Despite the success she attained, she would become known for what happened later that same day in the 3200-meter race.

Vogel did not have her best race that day in the 3200-meter race. In fact, the 1600 meter champion found herself in last place with only a few meters left in the race. Suddenly, one of the competitors that was in front of her collapsed. Instead of advancing from last place and passing Arden McMath, Vogel stopped, helped her opponent up, and finished the race by carrying her competitor across the finish line. McMath finished the race just barely ahead of Vogel because Vogel made sure her opponent earned her rightly deserved spot. McMath was ahead the whole race, and Vogel just did not think it would be fair to finish in front of her at the last moment due to her cramping.

You could take the short-term view that the race was competitive and that whatever happens within the rules of the race are just that, part of the race. The longer-term view was the one taken by Vogel. Life needs champions for those who are in need. The greater message was just that.

It has been said that success is our ability to make ourselves better and significance is our ability to make others better. Truly, Meghan Vogel was significant AND a message of that quality for all of us.

This week, let's find a way to be a "champion" for those in need.

Have a great week!

