

“By ourselves we either do good or do bad, and together we either do good or do bad; it is better to do good or bad together than by ourselves. Because together we have more minds, heads, hearts, and spirit. So I say to all, let us live each day with a U-CAN! attitude, telling ourselves first, and then each other. If we do this, success beyond our wildest dreams will happen. U-CAN!”

-John Wallace Isom Jr., December 27, 2007

"U-CAN! is a statement of belief to take note of daily, so you may consider it in order to reach your vision. According to John Wallace Isom Jr., there is no 'I' in TEAM (Together Everyone Achieves the Mission), but there is leadership throughout the team. We win, the coach wins, and the team wins together because U-CAN!"

My Family



My family consists of my bride of 22 years, Karen, and our four children, Joshua (19), Caleb (17), Joy (11), Christian (6), and Joel (2).

My family is big on quotes. Having a special quote that you adopt as your mantra can help you get through tough times, expect more from yourself, and deliver on those expectations. And so we've started something called the U-Can! Family Create Your Own Life Quote Challenge. Here are the inspirational quotes that each of us tries to live up to:

- John the U-Can! Man- “U-Can!”
- Karen- “God is going to bless our family.”
- Joshua- “Go for what you want, don’t wait.”
- Caleb- “Do the basics your best, and you will be better.”
- Joy- “Do your best by never believing that something’s not so!”
- Christian- “I’m fired up and ready to go!”
- Joel (age two)- Quote yet to be created.

