**BEST MAN SPEECH**

**FOR**

**AMADOU N’DOW**

Hello everyone.... it’s wonderful to be here and to have the privilege of not only attending and witnessing, but also for being able to “stand up” as Best Man for my dear friend Mike and his beautiful wife, Whitney. Mike and I have had quite a history together. We’ve done so many things and shared so many experiences. He’s always been there when I needed him and although medicine is more my “wheelhouse,” fortunately my experience in “shock trauma” has prepared me for the daunting honor of delivering this speech (**Wait for the laugh**). But Mike has that affect on people... through his dedication to his family and friends and his devotion to his life’s purpose and career, to quote Jack Nicholson, “He makes me want to be a better man....” and Whitney does the same for Mike.

Mike Destine and I met a lifetime ago... or so it seems... pledging for a college fraternity can inspire a warped sense of time and so can college and medical school!!! ... (**Wait for the laugh**) We met while pledging for Phi Delta Epsilon, a pre-med fraternity at Binghamton University. Mike had emigrated to New York from Haiti after high school and there we were... diligently studying to become medical professionals in between costume changes... yes.. Would you believe Mike played Flava Flav and I portrayed Big Rick in our heartfelt homage to that VH-1 classic, “Flavor of Love?” Can you picture it? Strange... but that memory always puts a smile on my face.... Mike has consistently demonstrated his commitment to friendship.... and fun... I will **never forget** the time I was working 27 hour shifts in shock trauma.... believe me... I’ve **tried** (**Wait for the laugh**) ... but one night.... there was Mike. He had driven over an hour to rescue me.... I mean pick me up, late at night, so I would be able to have a little bit of fun with Whitney and him.... at a trendy bar in **Washington DC**.... and would you believe, he even drove me back to work early the next morning... yes.... our friendship has sustained **A LOT**!!!

I don’t know exactly how moments like those prepared us for the future, but it definitely brought us closer as friends, colleagues, and comrades and I learned early on what a fine person is... it’s Mike Destine. He’s driven, passionate about all that he does, respectful, resource, and intelligent. He’s the life of the party.... wherever that may be... he works hard and plays hard... we are all so blessed to have him in our lives... including all of the people he serves as he practices as a Physician’s Assistant in Maryland.

One day back in 2013, I got a rather stealth and secret message inviting me to a graduation party, and that’s how I first met Whitney. She demonstrated her commitment to Mike back then, by being thoughtful enough to reach out to me... someone she didn’t even know yet, to make sure I was included in Mike’s celebration, and their love and caring for each other and those around them have only grown.

In honor of this beautiful couple, I would like to invite all of you to raise a glass as I propose a toast:

To Whitney and Mike, although life is too short... and sometime trauma shifts are too long.... I know I speak for everyone in this room when I say.... Celebrate each other every day.... I wish you both a rich life filled with love and success, health and compassion, fun and friendship.... and costume changes!!! All of those things make for the true, authentic **FLAVOR OF LOVE!**!! Congratulations!!!