

Weekly Message Weekly Message



Greetings special friends,

It is exciting to be in the beginnings of October. The days are getting shorter as it is darker when I get up for my morning walk. I am kind of looking forward to the time change so we can find a little more light in the mornings.

Here are some thoughts for the day:



“There are dreams of love, life, and adventure in all of us. But we are also sadly filled with reasons why we shouldn’t try. These reasons seem to protect us, but in truth, they imprison us. They hold life at a distance. Life will be over sooner than we think. If we have bikes to ride and people to love, now is the time.” Elisabeth Kubler-Ross (1926-2004), psychiatrist and writer



“The real challenge is not simply to survive. Anyone can do that. It’s to survive as yourself, undiminished.”

Elia Kazan (1909-2003), actor and stage and film director



“While we are living in the present, we must celebrate life every day, knowing that we are becoming history with every work, every action, every deed.”

Mattie Stepanek (1990-2004), poet



“All of us have a voice inside that will speak to use if we let it. Sometimes it’s easy to hear; sometimes we have to turn down the volume of the distracting noise around us so we can listen. It lets us know if we give as much as we take, if we welcome the opinions of others, and at least accept diversity even if we are not able to embrace it.” Christopher Reeve (1952-2004), actor and activist



Even though most of you are midway into football season, many are already thinking about where they want to take their team to contest.

We have some **great destination contests** including South Padre Island, Galveston Island, San Antonio, Santa Fe, New Mexico, and two



events in the beautiful American Airlines Center in Dallas including the Dallas Mavericks and the Dallas Desperados. Don't forget our National/International contest with teams already committed from Alaska, Hawaii, Japan and South Africa. Visit our web site to see the contest profiles, contest results and more information about these and other events. www.danceadts.com/contests.htm

Many of you have asked about **purchasing T-shirts** during the off season. We offer some of the best styles in dance t-shirts for \$10 each. You can either go online or request an order form from us by e-mail. We can ship to you within 3-5 business days. www.danceadts.com/orderrequest.htm



I came across a passage that I have included below that has many powerful lines that will impact your life today. One of the most poignant is, "Life is not a problem to solve, but a gift to cherish." I hope that you cherish life today and every day.

May you have a glorious week, and, as always, please *keep in touch!*

Sincerely,

Joyce E. Pennington, Pres. CEO

American Dance/Drill Team®

www.DanceADTS.com

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Everybody Knows

You can't be all things to all people.
You can't do all things at once.
You can't do all things equally well.
You can't do all things better than everyone else.
Your humanity is showing just like everyone else's.

So:

You have to find out who you are, and be that.
You have to decide what comes first, and do that.
You have to discover your strengths, and use them.
You have to learn not to compete with others,
Because no one else is in the contest of “being you.”

Then:

You will have learned to accept your own uniqueness.
You will have learned to set priorities and make decisions.
You will have learned to live with your limitations.
You will have learned to give yourself the respect that is due.
And you'll be a most vital mortal.

That you are a wonderful, unique person.
That you are a once-in-all-history event.
That it's more than a right, it's your duty, to be who you are.
That life is not a problem to solve, but a gift to cherish.
And you'll be able to stay one up on what used to get you down.

Author unknown

