

Weekly Message Weekly Message



Greetings everyone!

I hope your week has been fabulous and you are headed into an equally great weekend. As football season has passed the halfway mark, we are getting lots of interest in our competitions. Many of the hotels are filling quickly so make sure to check the contest site for information on the contest of your choice and make your reservations today. www.danceadts.com/contests.htm

Here are some thoughts for today and every day:



“In sports, you simply aren’t considered a real champion until you have defended your title successfully. Winning it once can be a fluke; winning it twice proves you are the best.” Althea Gibson (1927-2003) tennis player



“Conceit is bragging about yourself. Confidence means you believe you can get the job done.” Johnny Unitas (1933-2002) football player



“Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength.” August Wilson (1945-2005) playwright and Pulitzer Prize winner, Tony Award winner



“How well I have learned that there is no fence to sit on between heaven and hell. There is a deep, wide gulf, a chasm, and in that chasm is no place for any human being.” Johnny Cash (1932-2003) musician



I came across a long passage from George Carlin that really made me think. He has a way of delivering a message in words that make sense to all of us. I took an

excerpt from the passage on ways to keep young. I hope that some of the lines hit home to all of you today.

Have a great week, and, as always, please *keep in touch!*

--

Sincerely,

Joyce E. Pennington, Pres. CEO

American Dance/Drill Team®

www.DanceADTS.com

800/462-5719



HOW TO STAY YOUNG

By George Carlin

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.