

# Weekly Message Weekly Message



Greetings special friends,  
We have had a fabulous few weeks with our competitions and looking ahead to regional events in Lake Charles, Louisiana, and Santa Fe, New Mexico. Our **American National/International Championship** has grown to over 140 teams including college teams, high school teams, community teams as well as two teams from Japan, one from Australia and one from Hawaii. If you are near the **Dallas/Fort Worth area March 24th and 25th**, you will not want to miss this fabulous event! To find out more, visit our web site at <http://www.danceadts.com>



Here are some thoughts for the day:

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“Light is immaterial. You grab it with your mind, your soul, your heart. I think of it as a friendly ghost that surrounds us.” Ingo Mawer  
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“Everything is determined, the beginning as well as the end, by forces over which we have no control. It is determined for the insect as well as for the star. Human beings, vegetables or cosmic dust, we all dance to a mysterious tune, intoned in the distance by an invisible player.” Albert Einstein  
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“When someone does something good, applaud. You will make two people happy.”  
Samuel Goldwyn (Metro Goldwyn Mayer Productions)  
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“All that can be done for you is nothing to what you can do for yourself.”  
Emerson  
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We are all on a life search to be happy in life. Below is a special passage with some simple observations about finding happiness. I hope that it inspired you as it did me.

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



*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team*

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## Rules to Be Happy

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably coifed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.



As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window. "I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mr. Jones, you haven't seen the room; just wait." "That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. "It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life. Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my Memory bank. I am still depositing." Remember the five simple rules to be happy:

- 1. Free your heart from hatred.**
- 2. Free your mind from worries.**
- 3. Live simply.**
- 4. Give more.**
- 5 Expect less.**