

# Weekly Message Weekly Message



Greetings special friends,

Things are busy around here as I am sure it is for you getting ready for school to be out and summer to arrive. Hope you are maintaining your sanity through all of the activity.

Here are some thoughts for the day:



**“You are unique, and if that is not fulfilled, then something has been lost.” Martha Graham (1893-1991) dancer and choreographer**



**“Confidence is courage at ease.” Daniel Maher, psychologist**



**“The art of living is always to make a good thing out of a bad thing.” E.F. Schumacher (1911-1977) economist**



**“Nothing is predestined. The obstacles of your past can become the gateways that lead to new beginnings.” Ralph Blum**



We are fortunate enough here in our office to have office pets, including four cats and two dogs. They are a great source of comfort and joy to us and manage to give us peace and relieve stress. They don't talk back or demand much except a show of affection. I had a friend once tell me that “your pets will never hurt you until they pass away.” We have a special dog that we have had for fourteen years that is truly showing signs of age. It is so hard to watch her have difficulty moving around but it is a fact of life that we have to face. I found a neat passage about *inner strength* that brings some smiles about our family pets. I hope you are lucky enough to have a family pet to hug today.

Only two more Weekly Messages until we break for summer. Have a fabulous week, and, as always, please *keep in touch*.

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*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team®*

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## Inner Strength

If you can start the day without caffeine or pep pills  
If you can be cheerful, ignoring aches and pains,  
If you can resist complaining and boring people with your troubles,  
If you can eat the same food everyday and be grateful for it,  
If you can understand when loved ones are too busy to give you time, If you  
can overlook when people take things out on you when, through no fault of  
yours, something goes wrong,  
If you can take criticism and blame without resentment,  
If you can face the world without lies and deceit,  
If you can conquer tension without medical help,  
If you can relax without liquor,  
If you can sleep without the aid of drugs,  
If you can do all these things,

Then you are probably the family dog.

