



American Inspiration

Greetings everyone and Happy New Year!

I hope everyone has made their special resolutions and back in the swing of work and school. We are headed this week to the Texas Dance Educators Association convention in Houston and hope to see many of our Texas friends there.

Here are some thoughts for today and every day:

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**“Use life to provide something that outlasts it.” B.C. Forbes (1880-1954)  
founder of Forbes magazine**  
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**“We find by losing. We hold fast by letting go. We become something new  
by ceasing to be something old.” Frederick Buechner, cleric and novelist**  
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**“Whines are the product of sour grapes.” author unknown**  
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**“Leadership must be demonstrated, not announced.” Frank Tarkenton,  
former pro football player**  
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2007 is off to a great start here at American. We look to have the most successful contest season ever, using some of the latest technology and adding a new look to many awards as well as adding the Best of the Best at each of our contests. To learn more about American contests, visit our web site at www.danceadts.com

As we start the new year, it is important that we take steps each day to make the most of our life. I came across a passage below that will inspire you to make the most of everything. I hope you can find inspiration in the words.

Have a wonderful week, and, as always, please *keep in touch*.

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Sincerely,

Joyce E. Pennington, Pres. CEO

American Dance/Drill Team®

www.DanceADTS.com

Making the Most of Today

by Denis Waitley (Excerpted from *The Psychology of Motivation*)

What each of us is doing this minute is the most important event in history for us. We have decided to invest our resources in THIS opportunity rather than in any other.

It is helpful to remember this when we consider the passage of time. As I write this, my mother is in her eighties and I will never see fifty again. As the years pass, I am acutely aware that the bird of time is on the wing. At my fortieth high school reunion, I saw people who claimed to be my former classmates. We all had big name tags printed in capital letters so we wouldn't have to squint with our reading glasses on trying to associate the name with each well-traveled face. It was only yesterday that I was really enjoying high school. What had happened to the four decades in between? Where had they flown?

To the side of the bandstand, where the big-band sound of the late 1940s and 50s blared our favorite top-ten hits, there was a poster with a printed verse for all of us to see. I read the words aloud: "There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension."

"One of these days is YESTERDAY, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control all the money in the world cannot bring back yesterday. We cannot undo a single act we performed or erase a single word we said. Yesterday is gone."

"The other day we should not worry about is TOMORROW, with its possible adversities, its burdens, its large promise, and its poor performance. Tomorrow is also beyond our immediate control."

"This leaves only one day, TODAY. Anyone can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities - Yesterday and Tomorrow - that we break down."

"It is not the experience of Today that drives us mad, it is remorse and bitterness for something which happened yesterday and the dread of what tomorrow may bring. Let us therefore, Live this one full TODAY."

Malcolm Forbes believed the important thing is "never say die until you're dead," and he lived that example to the hilt. It is, as we realize when we suddenly attend our fortieth high school reunion, a short journey.

But it is difficult to be depressed and active at the same time. So get active! Live TODAY.