



# American Inspiration

Greetings everyone!

We have been iced in here in Central Texas for three days now. It has been sleeting since Sunday night and finally stopped today. Hope everyone is safe and warm.

Here are some thoughts for the day:

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“Because time has been good to me, I treat it with great respect.” Lena Horne,  
entertainer

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“Maturity: acting your age instead of your urge.” author unknown

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“Many of our fears are tissue paper thin, and a single courageous step would  
carry us clear through them. Brendan Frances Behan (1923-1964) playwright

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“The greatest of all gifts is the power to estimate things at their true worth.”  
Francois de la Rochefoucauld (1613-1680)

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“The most important thing is this: to be able at any moment to sacrifice what you  
are for what you could become.” Charles Du Bos (1882-1939) literary critic

We are headed into our first competition this weekend in South Padre Island. We are looking forward to a warmer climate than we have had the past few days! Learn more about them at [www.DanceADTS.com](http://www.DanceADTS.com)

We all want to stay young. Someone sent this special passage below that has some very simple things we can do to keep our lives refreshed. I hope you enjoy them as much as I did.

Keep warm and, as always keep in touch!

*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team®*

*[www.DanceADTS.com](http://www.DanceADTS.com)*

*800/462-5719*

# HOW TO STAY YOUNG

**Try everything twice. On Madams tombstone (of Whelan's) she said she wanted this epitaph: Tried everything twice...loved it both times!**

**Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches)**

**Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's!**

**Enjoy the simple things.**

**Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.**

**The tears happen: Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. LIVE while you are alive.**

**Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.**

**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.**

**Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.**

**Tell the people you love that you love them, at every opportunity. I love you, my special friend.**

**Forgive now those who made you cry. You might not get a second time.**

**And if you don't send this to at least 4 people - who cares? But do share this with someone.**

**Lost time can never be found.**