



# American Inspiration

Greetings to you all,  
We are continuing an exciting trail through a great competition season enjoying the fabulous teams we see each week. I hope you are keeping up with them on our web site.

Here are some thoughts for the day:

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**“A rotting tree leans long before it falls.” Finnish proverb**  
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**“Remember when you were at your best? Now be there again!” author unknown**  
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**“Old age and the wear of time teach many things.” Sophocles (c. 496-405 B.C.) playwright**  
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**“You gotta be original, because if you’re like someone else, what do they need you for?” Bernadette Peters, entertainer**  
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**“Live and work to make a difference, to make things better, even the smallest things. Give full consideration to the rights and interests of others. No business is successful, even if it flourishes, in a society that does not care for or about its people.” Eugene C. Dorsey, journalist and philanthropist**  
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We are so excited that Martha Deen, a former Kilgore Rangerette and American Staff Member, has completed a book that provides a bit of history, called **“Remembering Gussie Nell.”** It is a fabulous book of quotes, stories and remembrances from hundreds of people who knew Gussie Nell Davis, the first lady of drill team. If you are interested in purchasing this book for your school library, dance/drill team library, or for your own personal collection, go to the Rangerette web site at: [www.rangerette.com](http://www.rangerette.com) You will find a link at the top of the page with information on how you can get a hard back copy of this great book of historical importance to our industry.

Everyone has heard about the “Golden Rule.” It is a basic teaching at home and

school. Here is a special interpretation by Dr. Richard Carlson that should help guide you to be a better friend, citizen and team player.

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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# REMEMBER THE GOLDEN RULE

by **Richard Carlson, Ph. D.**

Do you remember the golden rule that most of us were taught as youngsters? It goes like this: Do unto others, as you would have them do unto you. What are some other ways of saying this magical formula? Let's see. What goes around, comes around. As you treat others, so shall you be treated. If you don't have something nice to say, don't say anything at all. There are many variations of this, and it's one of the first lessons we try to teach our children.

This must be one of the simplest, most easily implemented formulas for the creation of abundance. Simply put, all you have to do to ensure that you will be treated fairly, respectfully, and with kindness—and to ensure that others will reach out to help you and praise you—is to do these things yourself?

Become a thoughtful person. Offer assistance. Be nice. Reach out to others. Become even more generous. Say "thank you." These, and hundreds of other similar little gestures, are the ways you can reach out and tell the world you care.

Giving and receiving are two sides of the same coin. They are different manifestations of the same universal energy. Ultimately, what you offer to the world is exactly what you get back. So, if your goal is to create a joyful life filled with abundance, the most important thing you can do is help others do the same. This is one area of life you can control. You can control how generous you are. You do have the capacity to offer praise and help, to be of service, and to be kind to others.

Don't make the mistake of becoming upset or frustrated if your acts of kindness don't come back immediately. The universe has its own set of rules and its own sense of timing. Be patient and loving. If you are committed to the Golden Rule, it's only a matter of time before your life will be filled with everything you desire.