



# American Weekly Inspiration

## Thoughts for today and every day:

“Personality is the original personal property.”

Norman O. Brown (1913-2002) philosopher

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“Let me remember that each life must follow its own course, and that what happens to others has absolutely nothing to do with what happens to me.”

Marjorie Holmes, novelist and columnist

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“It is never too early, but it is always too late.”

contributed by Michael R .Virardi

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“Optimism doesn’t wait on facts. It deals with prospects.

Pessimism is a waste of time.”

Norman Cousins (1912-1990) editor and writer

## American Update:

We just finished a fantastic weekend with contests in San Antonio and in Galveston. The facilities at **Moody Gardens Convention Center** in Galveston offer a luxury venue for our **Galveston Island Festival**. Plan now to attend in 2009. This weekend we have three more great contests then on to Santa Fe, New Mexico, where teams will have the chance to snow ski, snowmobile, hike, and dance! Then, we are only 3 weeks away from our **National/International competition** at the University of North Texas in Denton, with teams from Australia, Hawaii, all over the US and dozens of college teams as well. The deadline for entering Nationals is this Friday so make sure to go online and register today.

## Inspiration of the Week:

*Good Advice to Live By*

If you want your dreams to come true, don't oversleep.

The smallest good deed is better than the grandest intention.

Of all the things you wear, your expression is the most important.

The best vitamin for making friends....B-1.

The 10 commandments are not multiple choice.

The happiness of your life depends on the quality of your thoughts.

Minds are like parachutes...they function only when open.

Ideas won't work unless YOU do.

One thing you can't recycle is wasted time.

One who lacks the courage to start has already finished.

The heaviest thing to carry is a grudge.

Don't learn safety rules by accident.

We lie the loudest when we lie to ourselves.

Jumping to conclusions can be bad exercise.

A turtle makes progress when it sticks his head out.

One thing you can give and still keep...is your word.

A friend walks in when everyone else walks out.

**AND FINALLY...**

The pursuit of happiness is the chase of a lifetime!!!

-- Author Unknown

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