



## *American Weekly Inspiration*

### Thoughts for today and every day:

**“No man is a whole of himself. His friends are the rest of him.” author unknown**

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**“The man who works and is never bored is never old. Work and interest in worthwhile things are the best remedy for age.” Pablo Casals (1876-1873) composer and conductor**

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**“Your dream is not big enough if it doesn’t scare you.” Matthias Schmelz, entrepreneur and author**

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**“Perhaps the world little notes nor long remembers individual acts of kindness — but people do.” Herm Albright**

### **American Update:**

We have been in touch with many of our friends along the Gulf Coast and most will be back in school sometime next week after the wrath of Hurricane Ike. We have begun to organize ways to help the teams and their surrounding community in the recovery effort. Many teams have offered to help and support these dance/drill teams in their efforts to bounce back. Next week, we will have addresses where donations can be sent, including gently worn clothing, small (working) appliances) and other important items to help some who have lost everything. We have already had support from many industry related companies that are providing items at no charge, including In Step, The Costume Closet, Prop Warehouse, Happy Feet Boots, and many more.

If your team or school would like to help some of the schools and dance teams that have been affected the most, please contact our office by replying to this e-mail. Let us know what you wish to offer and we will put you directly in touch with the director of a team

that would most appreciate your help and support.

Attention Dancers (18 and older)! *America's Best Dance Crew* has contacted us to spread the word that they now are including all styles of dancers and not just Hip Hop that will be **featured on MTV**. They will be holding auditions in the month of October in Atlanta, Austin, Miami, St. Louis, Washington D.C., San Francisco, NYC, and Los Angeles. For more information, visit [myspace.com/dancecrewcasting](http://myspace.com/dancecrewcasting) or e-mail them at [thecrew@mtvmix.com](mailto:thecrew@mtvmix.com).

## Inspiration of the Week:

### Change Begins With Choice

by Jim Rohn

Any day we wish, we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year.

We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today. Those who are in search of the good life do not need more answers or more time to think things over to reach better conclusions. They need the truth. They need the whole truth. And they need nothing but the truth.

We cannot allow our errors in judgment, repeated every day, to lead us down the wrong path. We must keep coming back to those basics that make the biggest difference in how our life works out. And then we must make the very choices that will bring life, happiness and joy into our daily lives.

And if I may be so bold to offer my last piece of advice for someone seeking and needing to make changes in their life - If you don't like how things are, change it! You're not a tree. You have the ability to totally transform every area in your life - and it all begins with your very own power of choice.

This weekly message is generated from:

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