



# American Inspiration

Thoughts for today and every day . . .

**Trust things will change in your favor.** “You may be going through great difficulties, and you’re tempted to think, I’m never going to get out of this. This is never going to change. I’m never going to win this situation. Stand strong. When negative thoughts come, reject them.”

**Be kind to people even when they aren’t kind to you.** “Take the high road, and be kind and courteous. Keep walking in love and have a good attitude.”

**Believe in yourself.** “Friend, you’ve got to believe in yourself and believe that you have something to offer this world that nobody else has.”

**Change your self-image.** “Are you allowing your weaknesses and insecurities to keep you from being your best? God loves to use ordinary people just like you and me, faults and all, to do extraordinary things.”

**Encourage others.** “Give a compliment. Hold the door for somebody—don’t be so busy that you can’t take five seconds for somebody else. It’s not always the big things. Don’t let the big things keep you from doing the small things.”

**Wake up in gratitude.** “How you wake up in the morning sets the tone for the whole day. Find something to be thankful for. Remind yourself you’re equipped to do what you were called to do.”

**“I believe that character is not something that just happens by itself, any more than a chisel can create a work of art without the hand of an artist guiding it. Character is the result of hundreds and hundreds of choices you make that gradually turn who you are, at any given moment, into who you want to be.”—Jim Rohn**

## American Update

We are excited to launch our new **Contest Registration page** on our web site that will allow directors to have more flexibility to enter multiple events without re-entering the information. The Contest Registration page will go live on Thursday, October 8<sup>th</sup>. Many contests will fill quickly so make plans to enter early. Head Directors should receive an e-mail with their password for the registration page this week.

We are also excited about the possibility of a **live video stream** from our **National/International Championship** on our web site so that family members that live a great distance away can still view the performances as they happen, online.

Keep in mind that we will be in our third year of offering **audio/video judges critiques** on a USB flash drive. This year, we have eliminated cassette tapes and will have all critiques, including solos, duets, ensembles, officers and teams on digital USB flash drives. This is a new technology that will bring a successful use to preparing your team for future performances.

## Inspiration of the Week

### Good to know something as simple as salt might help

Dr. Vinay Goyal is an MBBS, DRM, DNB (Intensivist and Thyroid specialist) having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital, Bombay Hospital, Saifee Hospital, Tata Memorial etc.

Presently, he is heading the Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad (W).

The following message given by him makes a lot of sense.

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is. While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe).
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. Blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
5. Boost your natural immunity with foods that are rich in Vitamin C (Oranges, grapefruit and other citrus fruits). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. Drink as much of warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

This weekly message is generated from:

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