



American Weekly Inspiration

Thoughts for today and every day:

“Next time you find yourself looking at a dream and thinking, *That’s not possible*, turn that on its head and force yourself to take the contrary view. Tell yourself: *Success is inevitable. Now prove it!*” Curt Rosengren, motivational speaker

“Happiness is not some emotional phantom floating in and out of your life. You can choose happiness every day. Laughter and enthusiasm are the fuels that move the world. The world belongs to the enthusiastic, and people will follow them anywhere.”
Andy Andrews, inspirational writer and speaker

“Honest criticism is the highest form of praise.” author unknown

“The bottom line about success in life isn’t whether you are financially successful, but whether you have given of yourself in some way to help others less fortunate than you and to serve your community and your country.” P. Anthony Ridder, newspaper executive

American Update:

I hope everyone has bundled up and kept warm and safe from the cold that has plagued the country for the past few weeks. Hopefully it will give you more time to spend on the computer and educating yourself with a hobby or information about your career. In your ‘surfing’ make sure to visit our web site often as we add information weekly. The Tyler Jr College Apache Belles will be holding two one day workshops: one in Houston and one in Dallas, for young women interested in college dance auditions. Visit our One Day Workshop page for more information. For more information on all college dance teams around the country, visit

<http://www.danceadts.com/edsupport/officers/officerheadquarters.htm> and link to a listing of college teams from around the country.

Also, visit www.cathywheat.com and see what routine that Roy has chosen for his “Most

Entertaining Routine” of the competition and watch the video of the performance. It is always fun to see what our favorite camera man has seen through his lens. See contest results, photos and schedules linked to our web site: www.DanceADTS.com

Inspiration of the Week: **Law of the Garbage Truck**

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly.

So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.'

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so... love the people who treat you right. Pray for the ones who don't.

**Life is ten percent what you make it and ninety percent how you take it!
Have a blessed, garbage-free day!**

This weekly message is generated from:

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