



## *American Weekly Inspiration*

### Thoughts for today and every day:

“Character is doing what’s right when nobody’s looking.” J.C. Watts, Jr, politician

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“I would not waste my life in friction when it could be turned into momentum.”

Frances Willard (1839-1898) educator

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“A moment’s insight is sometimes worth a life’s experience.” Oliver Wendell Holmes  
(1809-1894) physician and writer

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“Don’t cry because it’s over—smile because it happened.” author unknown

### American Update:

There is a warm breeze blowing through Central Texas today, and the plum trees are in full bloom. It is hard to believe that last weekend we were below freezing! With springtime comes dance team tryouts and the excitement of a new team. Many of you are already thinking about **Summer Camps**. We now have the links up on the web site for you to pre-register for camp as soon as you have had tryouts. We have some great locations for Teams, Individuals (Jazz Camp), Officers, Social Officers and Directors at our 2009 Summer Camps!

You can also get a customized bid for your **Private Camp** that will allow you to pre-select routines from our **2009 Visual Notes DVD** that you want taught at your camp. All teams attending a team camp, private camp and officer camp will receive a **FREE Visual Notes DVD** of the routines. Make sure to visit our web site to learn more about the dates and locations of summer camps ([www.DanceADTS.com](http://www.DanceADTS.com)).

Now that we are into March, our **National/International Championship** is only a few weeks away. We are just under 100 teams that have pre-registered as of today and we don’t want you to miss out on this fantastic opportunity. Make sure to visit our **Contest Season** page for more information.

## Inspiration of the Week:

Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here goes:

1. Life isn't fair, but it's still good
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. Love your parents because they will be gone before you know it.
11. Make peace with your past so it won't mess up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath...it calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice linens, put out the good china. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words: 'In five years, will this matter'?
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.

35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

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