

American Inspiration

Thoughts for today and every day . . .

“If you love what you do, the world will fall in love with you.” Author unknown

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“There is one way, and only one way, to keep a bitter heart from staining your soul, and that is to forgive while you are still alive.” Contributed by Church Saufley

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“Many have sought light and truth, but they sought it outside themselves, where it is not.” Saint Augustine

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“Too many people confine their exercise to jumping to conclusions, running up bills, stretching the truth, bending over backward, lying down on the job, sidestepping responsibility, and pushing their luck.” Author unknown

American Update

We had a great experience at the **Texas Dance Educators** convention this past week in Houston. It is always a great way to start off the year in a positive way.

This weekend we will have our first competition of the year in South Padre Island. It will be our first attempt at the **Live Video Feed** from some of our contest sites. Make sure to visit our contest page and link to the Live Video feed to watch some of the events as they happen this weekend.

www.DanceADTS.com

We have adopted the motto that **“2010 will be the best year of our lives!”** This is a way to share this quote and direct our thoughts and daily lives towards a positive outcome. Today could be the start of something great for you. Carpe diem! Seize the day and make it positive!

It's not too early to register for contests this season so make sure to go online and login to our registration page. If you are a director and have misplaced or have not received your login and password information, simply reply to this e-mail and request that it be sent to you. Many contests are near capacity and registration is steadily coming in daily.

Inspiration of the Week

All I need to know in life I learned from my girlfriends

- * Good times are even better when they're shared.
- * A good long talk can cure almost anything.
- * Everyone needs someone with whom to share their secrets.
- * Listening is just as important as talking.
- * An understanding friend is better than a therapist; and cheaper too!
- * Laughter makes the world a happier place.
- * Friends are like wine; they get better with age.
- * Sometimes you just need a shoulder to cry on.
- * Great minds think alike, especially when they are female.
- * When it comes to "bonding," females do it better.
- * You are never too old for slumber parties!
- * Girls just want to have fun.
- * It's important to make time to do "girl things."
- * Calories don't count when you are having lunch (or any other food) with your girlfriends.
- * You can never have too many shoes.
- * American contests are like going to an endless slumber party with friends.
- * Gems may be precious but friendships are priceless!

This weekly message is generated from:

Joyce Pennington, Pres. CEO


American ★★★★★
Dance/Drill Team ★★
★★★★★

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