

# American Inspiration

Thoughts for today and every day . . .

“Giving and receiving love clears the nervous system of its muck and mire. You feel strong when you give love and worthy when you receive it. You can’t be distressed, confused, or unhappy in an atmosphere of love.” David Goodman



“Life is a steep grade, and we should welcome every opportunity to give our friends a lift when they need it.” Author unknown



“Dignity is fighting weakness and winning.” Lola Falana



“When a little bubble of joy appears in your sea of consciousness, take hold of it and keep expanding it. Meditate on it, and it will grow larger. Keep puffing at the bubble until it breaks its confining walls and becomes a sea of joy.” Paramahansa Yogananda

## American Update

We had a great weekend of events at the **Kansas Spectacular**. We had a live feed from the contest onto our web site that had over 450 viewers! This is a new technology that we are constantly working to improve. Make sure to visit our web site and watch “American Saturday Live” to see live streaming from some of the contest locations.

We were also very proud of partnering with **Heart to Heart**, a local charitable organization in Kansas City that sends food, clothing and essentials to needy locations around the world. They have a 2% administrative fee, which is one of the lowest of any charitable group. The team members and spectators donated well over \$3000.00 that will go to help **our neighbors in Haiti after the earthquake**. Congratulations to Blue Valley North HS North Stars for raising over \$1100 from their school and community within two days to donate to the Haiti relief efforts. Olathe South HS Golden Girls also donated important essentials such as soap, tooth brushes, toothpaste, and more. Make sure to raise awareness in your school or community by organizing help for our friends and neighbors in Haiti that need our support.

## Inspiration of the Week

# "The positive side of life"

Living on Earth is expensive, but it does include a free trip around the sun every year.

How long a minute is depends on what side of the bathroom door you're on.

Birthdays are good for you; the more you have, the longer you live.

Happiness comes through doors you didn't even know you left open.

Ever notice that the people who are late are often much jollier than the people who have to wait for them?

Most of us go to our grave with our music still inside of us.

If Walmart is lowering prices every day, how come nothing is free yet?

You may be only one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to only make once.

Don't cry because it's over; smile because it happened.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors....but they all exist very nicely in the same box.

A truly happy person is one who can enjoy the scenery on a detour.

This weekly message is generated from:

*Joyce Pennington, Pres. CEO*

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

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