

# American Inspiration

Thoughts for today and every day . . .

“Everyday heroes don’t let life’s challenges bring them down. Instead, they stay positive and find a way to overcome their obstacles. Everyday heroes don’t always succeed, but they consistently act on the belief that they can do something to improve their situations and those of the people around them.”

Noah Blumenthal, *Be a Hero*



“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.” Charles Dickens



“The distance is nothing. It’s only the first step that’s important.”

Marie Anne De Vicy-Chambond



“Everyone is born with a limited amount of time. Every moment we live—whether we’re working, playing, complaining, or being thankful—is time that we’ve spent.

Nothing is more valuable than the time we have left.” Cynthia Kersey

## American Update

2010 is flying past at a rapid pace. We are already less than two weeks from Valentine’s Day! I hope that your year is off to a great start. This weekend we have three contest locations and will be *live video streaming* from North Texas Regionals and Texas All Star State/Austin Sr Classic. Make sure to visit our web site on Saturday to catch some of the live performances. ([www.DanceADTS.com](http://www.DanceADTS.com))

We are in our third season of offering to teams and directors the **USB flash drives** with the video/audio feedback from the judges. We had a great idea passed along to us from one of the teams that they uploaded their video/audio comments to *You Tube* and placed a password protection on the videos to offer their team members the chance to view all the routines and hear the comments from the judges. Other teams are uploading the MP4 video files to their team web site so that team members can benefit by watching and listening to the comments. We hope you find this technology helpful to your team, officers and individuals.

## Inspiration of the Week

# Natural Highs

Falling in love.  
Laughing so hard your face hurts.  
A hot shower.  
No lines at the Super Wal-Mart.  
A special glance.  
Getting mail.  
Taking a drive on a pretty road.  
Hearing your favorite song on the radio.  
Lying in bed listening to the rain outside.  
Hot towels out of the dryer.  
Walking out of your last final.  
Finding the sweater you want is on sale for half price.  
Chocolate milkshake.  
A long distance phone call.  
Getting invited to a dance.  
A bubble bath.  
Giggling.  
A good conversation.  
A care package.  
The beach.  
Finding a \$20 bill in your coat from last winter.  
Laughing at yourself.  
Midnight phone calls that last for hours.  
Running through sprinklers.  
Laughing for absolutely no reason at all.  
Having someone tell you that you're beautiful.  
Laughing at an inside joke.  
Friends.  
Falling in love for the first time.  
Slumber parties.  
Accidentally overhearing someone say something nice about you.  
Waking up and realizing you still have a few hours left to sleep.  
Your first kiss.  
Being part of a team.  
Making new friends or spending time with old ones.  
Playing with a new puppy.  
Late night talks with your roommate that keep you from sleeping.  
Having someone play with your hair.  
Sweet dreams.  
Hot chocolate.  
Road trips with friends.

This weekly message is generated from:

*Joyce Pennington, Pres. CEO*

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

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**800/462-5719 [DanceADTS.com](http://DanceADTS.com)**

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