



# American Inspiration



Thoughts for today and every day . . .

“The people who make a difference are not the ones with the credentials, but the ones with the concern.” Max Lucado



“Cruelty is one fashion statement we can do without.”  
Rue McClanahan



“In love you must give three times before you can take once.”  
Brazilian proverb



“For me it’s the challenge—the challenge to try and beat myself or do better than I did in the past. I try to keep in mind not what I have accomplished but what I have to try and accomplish in the future.” Jackie Joyner-Kersey

## American Update

**National Breast Cancer Awareness Month** is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention and cure. The campaign also offers information and support to those affected by breast cancer. As well as providing a platform for breast cancer charities to raise awareness of their work and of the disease, BCAM is also a prime opportunity to remind women to be breast aware for earlier detection.

American Dance/Drill Team chose to support breast cancer awareness this summer at our camps. We have asked for teams to take the bold step forward to support breast cancer charities and awareness in their schools and community. We hope that they will submit

photos and documentation of their projects that will profile these projects. We will be choosing the team that we feel has made the most impact in their school and community and offer a \$500 grant towards their contest fees to a 2011 American regional or national competition. Make sure that you take the time to wear pink and get involved during the coming month!

## Inspiration of the Week

### Attitude

There once was a woman who woke up one morning, looked in the mirror and noticed she had only three hairs on her head. 'Well,' she said, 'I think I'll braid my hair today.' So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. 'H-M-M,' she said, 'I think I'll part my hair down the middle today.' So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. 'Well,' she said, 'today I'm going to wear my hair in a pony tail.' So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. 'YAY!' she exclaimed. 'I don't have to fix my hair today!'

Attitude is everything. Be kinder than necessary, for everyone you meet is fighting some kind of battle. Live simply, love generously, care deeply, speak kindly, and pray continually.

Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.

It's not what you **gather**, but what you **scatter** that tells what kind of life you have lived.

*"A Gift to Humanity"*

*"What we do for ourselves dies with us. What we do for others and the world remains and is immortal."*

This weekly message is generated from:

*Joyce Pennington, Pres. CEO*

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

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