



American Weekly Inspiration

Thoughts for today and every day:

“You struggle with money. You struggle without money. You struggle with love. You struggle without love. But it’s how you manage. You have to keep laughing, you have to be fun to be with, and you have to live with style—not *fancy-schmancy*, but in a way which is present and meaningful and has some beauty to it.”

Pierce Brosnan, actor

“Our future expectations must be turned into present realities.” James Cone, theologian

“The secret of life is that all that we have, and are, is a gift of grace to be shared.”

Lloyd John Ogilvie, cleric

“Peace is people talking together with a heart between them.” author unknown

American Update:

This Saturday is Valentine’s Day when we express gratitude for the ones we love. As we think about the ones we love, let us also think about heart health, both for women as well as men. Take care of yourself! You are someone who is loved by many. The habits that you begin as a young person will determine your health later in life. Start healthy habits now and make them an important part of your daily routine.

We are delighted at the success of our contests this season. It is so uplifting to watch the excitement and talent of the young women and men that compete. It takes us to a new level of delight to see the smiles and excitement on their faces. Join us at a contest this season and visit our web site to learn more. www.DanceADTS.com

Directors, recharge your batteries by planning to be a part of the Legend’s Ball at the **Dance/Drill Team Directors of America** national convention **April 2-4, 2009**, in the Dallas area. Visit www.DTDA.org for more information

Inspiration of the Week:

Friends

A friend is someone we turn to
when our spirits need a lift.
A friend is someone we treasure
for our friendship is a gift.
A friend is someone who fills our lives
with beauty, joy, and grace.
And makes the whole world we live in
a better and happier place.

• Jean Kyler McManus -

The Miracle Of Friendship

There is a miracle called Friendship
that dwells within the heart
and you don't know how it happens
or when it even starts.

But the happiness it brings you
always gives a special lift
and you realize that Friendship
is God's most precious gift.

- Jean Kyler McManus -

This weekly message is generated from:

Joyce Pennington, Pres. CEO

American Dance/Drill Team®

Celebrating over 50 years