

# Pass The M.I.C. - "12 days of Recess"

---

 [www.speedracing.com/blog/12-days-of-recess](http://www.speedracing.com/blog/12-days-of-recess)

Good Morning! You made it through the holiday weekend! The next one is coming fast. Let's slow down and have a little fun. There's never enough time for that. So I'm going to commit to it for 12 straight days and call it, "12 days of Recess". Are you with me?

My parents went kite-flying over the weekend. I can't remember the last time I've done that. We bought some kites a year or two ago but I think they ended up in....Never mind, if I start thinking about that, it will be "12 days of Clean Up". Okay, together we can do this. Go fly a kite, ride a bike, take a hike, do what cha' like. Sorry, I got caught up in the rhyme. Anyway, I'm going to commit to 30 minutes every day for 12 days, starting December 1st. If you can't do 30, try 10 or 20 but do it EVERY day. Then tell me about it in the "Comment" section. HAVE FUN!!

**MARK THE CALENDAR NOW!! - "12 DAYS OF RECESS!!"**

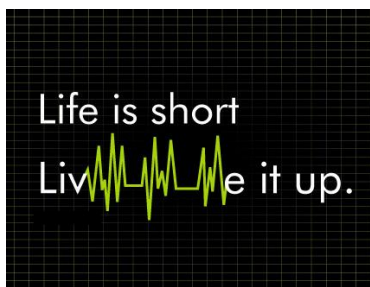
By the way, a few years ago, I had the wonderful opportunity to have fun on the dance floor with a woman in a wheelchair at her granddaughter's wedding. She loved music and her smile lit up the whole room. We remained friends until she danced up to heaven a couple of years ago. She would have been 97 years young today.

This issue is dedicated to her.

**HAPPY BIRTHDAY ELVIRA!!**

**MUSIC**

**INSPIRATION**



---

**CHOCOLATE**

Enjoy your week and don't keep this smile to yourself...Pass The M.I.C.

