

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Make Every Moment Count!



Anyone who has ever worn corrective lenses can tell you that the first time they put them on the world was brand new to them. Things came into focus that they had never known existed. A friend once said that, as a child, before she got her glasses, she thought that trees had one

large green leaf on them, and that the leaves she could pick up from the ground and look at were smaller pieces of the big one on the tree. How fascinated she was when she wore her glasses for the first time and could see the distinct leaves on the branches! All of us have the same type of experience at one point in our lives regardless of whether or not we have twenty-twenty vision.

Sometimes we see tasks as one large picture with pieces that drop off at random that need our attention. From a different perspective, we might tackle each step of the task as a distinct step toward accomplishing our goal. Our current theme will help us recognize that if we focus on our goals, and "make every moment count," we will fulfill our quest for personal success. We each have the opportunity every day to choose to focus on the positive aspects of our lives, or to focus on the negative aspects that continually drain our spirits and our productivity.

The best gift we can give to ourselves is a positive outlook that will positively influence everything we do. Every martial arts student should strive to be the best that they can be, both in martial arts and in life. By focusing on achieving a Black Belt, each lesson they have will be a clear step toward reaching their goal. Through this process each student will learn that by setting goals and focusing on them, they can accomplish any task.

How often do we anticipate a special event like a holiday or vacation and look forward to it weeks in advance, only to wake up the morning of the event to realize that we are not ready? All it takes to be on track for anything is knowing that each moment of our lives is ours to work with, and knowing how to manage that time to our best advantage. Too often we let moments slip away by allowing distractions to draw us away from a focused path to our goals. At our school, we "Make Every Moment Count" in order to fulfill our dreams.

lifeline

Words of Wisdom

"I figured that if I said it enough, I would convince the world that I really was the greatest."

-- Muhammad Ali,





WHO AM I?

Don't peek: The answers are upside down below.

1. Martha Jane Cannary is better known by this name. a) Martha Washington, b) Calamity Jane, c) Jane Seymour, d) Jane Fonda.
2. Who coined the greeting 'Hello' used for answering the telephone? a) Thomas Edison, b) Dwight D. Eisenhower, c) Benjamin Franklin, d) Albert Einstein.
3. Who wrote the 'Star Spangled Banner'? a) George Washington, b) Francis Scott Key, c) Henry Mancini, d) Aaron Burr.
4. Sally Ride became the first American female in space what year? a) 1963, b) 1983, c) 1973, d) 1993.
5. Which man claims to be both "The Greatest" and the most recognized man in the world? a) Richard Nixon, b) Harry Krishna, c) Muhammad Ali, d) Superman.
6. Most people have heard of the "King James" Bible. Of whom was he a contemporary? a) George Washington, b) Columbus, c) Shakespeare, d) William the Conqueror.

Answers

1. Calamity Jane; 2. Thomas Edison; 3. Francis Scott Key; 4. 1993; 5. Muhammad Ali; 6. Shakespeare

ANSWERS:

Healthkick

Replacing Fluids

During a heavy workout, your body sweats to remove the heat. It is not unusual for endurance athletes to sweat off 2 to 4 quarts of water an hour during an event. On a warm day, a runner can lose a cup of water every mile. Failing to replace lost fluid can result in dehydration and heatstroke.

Fluids to the Rescue

To keep from overheating, you need to replace fluids as they are lost. You should drink...

- ... at least 2 1/2 cups of fluid, 2 hours *before* an event;
- ... 2 more cups, 10 to 15 minutes *before* the event;
- ... 1/2 to 1 cup every 15 minutes *during* the event;
- ... enough fluids *after* the event until weight lost during the event is regained.

Recommended Fluids

Plain water is excellent for replacing fluids. Fruit juices may be used to provide energy along with fluid replacement, provided they are diluted to no more than 10% sugar. Usually this can be accomplished by mixing the juice

with an equal amount of water. Sports drinks that are below 10% sugar are also acceptable. Chilled fluids help cool the body. Contrary to popular belief, chilled fluids do not cause stomach cramps or overheating. However, room temperature fluids actually enter the system faster than warm fluids.



Avoiding Dehydration

During an event, follow the above guidelines for fluid intake, if you feel thirsty or not. Avoid caffeine, alcohol, or carbonated drinks which actually rob the body of fluids. Also, avoid salt tablets, unless doctor recommended. Learn to recognize the signs of dehydration and heat injury...

- ... chills and/or shakiness;
- ... a strong throbbing pressure in the head;
- ... nausea and/or disorientation;
- ... dry skin;
- ... lack of urination within an hour after the event.

Providing your body with enough fluids before, during and after a heavy workout will assist you turning in your best performance possible.

Upcoming Events

April02 Winter/Spring Martial Arts Open - Gastonia, NC

April02 Open Saturday

April09 Foothills Karate Classic - Salisbury, NC

April15-16 Southern Classic - Greensboro, NC

April22-24 Easter Vacation (Studio Closed)

April29 Black Belt Ceremony - Studio 6 p.m.

Lori is a pretty, outgoing girl who makes friends easily. She is involved with her church's youth group and really enjoys being with her friends at church. They all believe in Christ and want to live the right way. They have a fun time when they get together, whether it's playing games or doing a Bible study.

Lori always feels good after she has been with her "church friends." But Lori only sees those friends on Sundays. The kids in her youth group all go to different schools. It's rare for them to see each other during the week outside of church.

Lori has a big group of friends at school, too. She enjoys them because they are fun and they like her, but it's different. None of her school friends are Christians. They seem to tune Lori out when she speaks about going to church. They don't make fun of her, but Lori can tell that they don't understand it either.

Because they aren't Christians, her school friends often say and do things that she doesn't agree with. Sometimes she feels downright uncomfortable around them. Sometimes Lori feels as though she is being pulled in two different directions. What do you think Lori should do?

Should she...

A.) Ditch her church friends? (After all, she spends more time at school.)

B.) Find ways to get together with friends from church other than on Sundays and make an effort to form close friendships there?

C.) Just leave things as they are? Her school friends aren't that bad, after all.

D.) Invite her school friends to church so they can get to know Jesus?

E.) Flip a coin to decide which group of friends to associate with?

For the biblical principle underlying how Lori should respond, read 2 Corinthians 6:4-7.

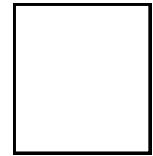
Think!

APRIL BIRTHDAYS



- Ernest T. McKnight 09**
- Zara Carpenter 12**
- Thomas Lee Mays..... 12**
- Harvon Addison 13**
- Mathew K. Forsberg 14**
- Joey Leone..... 15**
- Casey Bishop..... 21**
- Kayla K. Washington..... 23**





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