

FullContact

A Monthly Publication of LifeForce Karate & Fitness

Try These Tips for a Great School Year

By Allie Alberigo

As a martial arts student, you practice your skills again and again to become proficient; preparing for academic school is no different. Your goal is to stay balanced and engage your mind in activities that are stimulating, which will make you smarter, and prepare you for learning. After all, your brain is like a muscle and it becomes weak if it isn't used.

Strive for Black Belt excellence because a Black Belt's goal is to have the ability to anticipate situations before they occur and be prepared for those challenges. Excelling in school is your newest goal, so you must be ready for any academic challenges. Try these five tips and you'll also experience less stress and earn better grades.



lifeline

Words of Wisdom

"Education is the most powerful weapon which you can use to change the world."

**-- Nelson Mandela
Former President of South Africa and
winner of the Nobel Peace Prize**

1. Read continually. Watch less TV and read more. Find a good book. It's easy to be bored if you are not reading an engaging and interesting book. Take the time to choose the correct book; it will make a world of difference. Read about a subject or topic that will help you learn.

2. Practice math. Keep your mind active and ask your parents to quiz you, regularly. Make it fun.

3. Test yourself or ask your parents to test you. Determine if your mind is just as sharp as it was before summer vacation, Fall holidays or Spring break. Compete with your parents; it's healthy competition and a great family activity.

4. Study and review the subjects you are learning throughout the new school year. Contact one or more of your teachers to help keep you on track.

Be sure you are physically fit. You are a better learner when you are in shape and take care of your body. Physical activity provides your brain with more oxygen, which leads to more energy and learning power.



KIDS ZONE

Personal Profiles

Personal Profile

Martial Arts Taught Me Skills that Have Changed My Life

By Haleigh D. Locascio, Age 7



I am a 7-year-old Yellow Belt. There are eight skills that have changed my life. Concentration taught me to focus, which has helped me with my test scores and school work. Perseverance has taught me to give my all during class. Courage has helped me read to everyone in the classroom without being scared.

Intensity has helped me be a better softball player. Speed has helped me move faster during my everyday chores. Agility has helped me with my kicks. Techniques have helped me with how I carry myself. Flexibility has helped me improve my stretching. I feel that because of these skills I am becoming a more confident person who is ready to conquer any challenge.

Haleigh D. Locascio is a student at MVP Tae Kwon Do Center in Rochelle Park, New Jersey, where her instructor is Master Mike Alban.

Kickin' Kids Korner



Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 12, 11, or 10, you're a Grand Master; 9 or 8, an Advanced Student; 7, an Intermediate Student; 6 or 5, a Beginner Student; 4, do 10 sit-ups; 3, do 10 push-ups;

Unscramble the letters to create words that describe some of the qualities it takes to be a good friend. Write your answers in the blank spaces. Give yourself one point for each correct word.

Bonus: Once you've unscrambled the 10 words, use the 14 letters found

- 1. LAPENEDBDE (3, 8)
2. HTENOS (13)
3. YLALO (12)
4. HTWOSUTRRYT (11, 4)
5. OPLEIT (2)
6. RSNDNGNDITUAE (10, 1)
7. IPNTATE (7)
8. GNAICR (6)
9. ODOG LESNRIET (9, 5)
10. RPVPESTUIO (14)

Bonus: Most of all, a good friend always:

- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 !

Answer Key: 1. Dependable, 2. Honest, 3. Loyal, 4. Trustworthy, 5. Polite, 6. Understanding, 7. Patient, 8. Caring, 9. Good Listener, 10. Supportive, Bonus: Appreciates You!

Healthkick

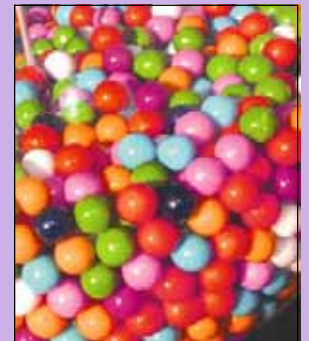
The Color of Health

By Jennifer G. Galea, MS, RD

I'm sure you've read or heard the warnings (both official and casual) about artificial colorings: "Don't eat yellow number such and such" or "Red number such and such causes cancer" or "The red M&M's are poisonous" or "Artificial coloring will make your child hyperactive." How do you sort through all the colors and number?

In general, artificial colorings should be avoided. Let's face it: any product that requires artificial coloring is probably lacking the natural ingredient that would have given it the appropriate color! Most of the foods that contain artificial coloring are nutrient-poor, calorie-rich foods, such as candy, soda/beverages and pre-baked goods. If you were to avoid artificial coloring completely, then you certainly would not be missing important nutrients or foods.

What's particularly scary about artificial colorings is that significant scientific research has shown that many of those colorings used in the food industry are not safe, and yet, they are still allowed to be on the market for a wide variety of reasons. Knowledge and avoidance are your best self-defense moves.



Totally avoid Blue #1, Blue #2, Green #3, Red #3 and Yellow #6. Some people should avoid Yellow #5, since it may cause mild allergic reactions, mostly in those who have an allergic reaction to aspirin. It is the second most commonly used coloring, so the fact that it may cause allergic reactions in some people means that you need to know your body. As always, avoidance is preferred, regardless of your "allergic potential."

Citrus Red #2 and Red #40 need more study. It is difficult to determine their exact risk, based on current data. Considering that Red #40 is the most widely used food dye, I suppose it is good news that it isn't conclusively on the "do-not-consume" list.

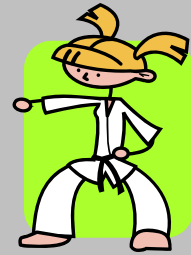
Remember, the best defense is: 1) Avoidance of the situations that may cause you to encounter the danger—don't eat foods containing these colorings, and 2) Knowledge—know which colorings to avoid totally and which you may consume occasionally.

Upcoming Events

October 04.....**Black Belts for Christ Tournament**

October 11.....**TCT Championships & Banquet**

October 18.....**Open Saturday (Bonus Class!!)**



Think!

Torrie is having fun at school. She's a member of the pep band and the yearbook staff. She's on the student council and is trying out for volleyball this fall. In fact, the only thing interfering with Torrie having an absolutely fabulous time at school is, well...school.

When it comes to her classes and studying, Torrie doesn't have the time. She would rather spend two hours after school trying to sell ads for the yearbook than hit her books. Consequently, she has not been doing very well in her classes.

Lately, her parents have been asking when the progress report will be coming home. Torrie hopes that hers will get lost in the mail.

Today, Torrie is the first to arrive home. She flips through the mail and sees a letter addressed to her parents from the school. It's her progress report.

Torrie knows that this can only be bad news. She tries to look through the envelope to see how bad the report is, and she considers steaming it open. But that won't solve her problem because Mom and Dad will still see the report.

If her parents see how poorly Torrie is doing in

school, they will make her give up some of her other activities -- and she doesn't want to do that. What do you think Torrie should do?

Should she . . .



A.) Open up the envelope and try to change her grades with a black pen?

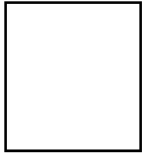
B.) Pitch the letter -- if her parents ask her about the report, say it must have gotten lost in the mail?

C.) Give her parents the report and explain her poor grades by saying that the teachers grade low to scare students into working harder?

D.) Give the report to her parents and agree to drop a few activities until her grades improve?

E.) Laugh when she gives them the report and say, "These things are such a joke?"

Check out Proverbs 12:13 for guidance in knowing what action Torrie should take.



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