



Lindamood's Taekwondo America

Kickin' Times

Dates to Remember

- November 3rd—Paint ball fun in Lynchburg. Ask Mr. Lindamood for times. The school will still be open for classes
- November 5th and 7th are the new Picture days. Sign up sheets available now.
- November 9-11—Closed for Winter Camp.
- November 22-24—Closed for Thanksgiving Holiday!
- December 3rd—After School Program begins! See back page for more information.
- December 7th—7:00pm Testing.
- December 9th—5:00pm Awards Ceremony/Pot Luck Dinner (There will be a surprise visitor—don't miss it!).
- Next National Tournament is Jan. 11-12th in Baton Rouge, Louisiana.

**SECOND FORM
FOR EVERYONE
TESTING IS :
DAN-GUN**

Volume I, Issue II

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Break-A-Thon is A HUGE SUCCESS

19 students and their parents gathered on October 20th to “break” for a cure for RETT Syndrome. Together we raised \$677.20! Great job everyone! If you didn't get to participate this year, there's always next year!



BACK ROW: Christina Nimmo, Mr. Lindamood, Michael Spangler, Michael Kantorski, Christian Garrison, Herb Spangler, Laurie Garrison, John Amburn, Alex Dunn. NEXT ROW: James Woolwine, Cole Pate, Mara Woolwine, Rachel Garrison. FRONT ROW: John Nimmo, Isabella Pate, Connor Brennan, Barty Woolwine, Abbey Nimmo. Not pictured: Taylor Lindamood

**THANKS FOR PARTICIPATING
AND
THANKS FOR ALL YOUR HARD WORK**

Thanksgiving Eating Survival Tips

Do you know that the average Thanksgiving dinner has over 2000 calories? Don't overdo those mashed potatoes, rolls, and desserts!



AFTER SCHOOL PROGRAM NOW FORMING!

Starting December 3rd we will be offering an After School Program for all students in the North Roanoke County/Botetourt County school systems. Elementary, and Middle Schools. For \$50.00/week (rate decreases \$10.00 per additional child) we will pick them up and bring the back to the school for a snack, homework time, and then their daily Taekwondo class. There will be no down-time. We will keep them moving and learning! Pick up time is between 5:30 & 6:00. When you pick them up their homework will be done and their class out of the way for the evening. You get to enjoy dinner and Family time! If you would like to sign your child(ren) up just let Mrs. Lindamood know. By the way, **we will be open for snow days, early dismissals, teacher work days, and bank type holidays.** We have an informational brochure, if you would like one we will email it to you.

MONTHLY ATTENDANCE AWARDS

Higher attendance = better performance = more fun

Adult class—Molly Brennan

Juniors class—Connor Brennan

Li'l Dragons class—Jonathan Brabham

***These students will receive a Gift card
from Bruster's Ice Cream***

Recipe substitutions

Recipe calls for	Substitution
1 whole egg	2 egg whites
sour cream	low fat plain yogurt or low fat sour cream
milk	skim or 1% milk
ice cream	frozen yogurt
heavy cream (not for whipping)	1:1 ratio of flour whisked into non fat milk (eg. 1 cup of flour + 1 cup of non fat milk)
whipped cream	chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
cheese	low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
butter	light butter
cream of mushroom	low-fat or fat-free cream of mushroom

Regional Winter Camp Closing

The school will be closed the weekend of Winter Camp—November 9th-11th.

HOW TO SURVIVE THE HOLIDAY SEASON!

Are your In-Laws coming to stay? Are the crazy holiday drivers getting to you? Are you dreading the "Some Assembly Required" Christmas Eve? Does the Christmas list get bigger and bigger with every commercial your child sees? Ah, the Holiday season is coming! The time of year that brings out the best in everyone, right?

Well, we are offering an escape from the craziness of the busiest season of the year! **FREE CLASSES FOR THE WHOLE MONTH OF DECEMBER!!** Take any taekwondo class or cardio kickboxing class you want for the entire month. There is no limit to the amount of stress you can punch and kick out of your system.

*(This offer only applies to parents of students **who are not currently taking either taekwondo or cardio kickboxing.** There are no additional fees and your monthly tuition rate will not increase.)*

So, if you would like to take advantage of this one month offer, take a look at the class schedule and make yourself a routine and stick to it. We promise that by Christmas morning you will still be the same cheerful parent you were on November 1st!

Free classes start December 1st and end December 31st. Start planning now!

Don't forget about the New Year's Eve lock-in. Parents make your plans and we'll entertain your kids!



A parent's night before Christmas

'Twas the night before Christmas when all through the house
I searched for the tools to hand to my spouse.
Instructions were studied and we were inspired,
In hopes we could manage "Some Assembly Required."
The children were quiet (not asleep) in their beds,
While Dad and I faced the evening with dread:
A kitchen, two bikes, Barbie's town house to boot!
And, thanks to Grandpa, a train with a toot!

We opened the boxes, my heart skipped a beat...
Let no parts be missing or parts incomplete!
Too late for last-minute returns or replacement;
If we can't get it right, it goes in the basement!

When what to my worrying eyes should appear,
But 50 sheets of directions, concise, but not clear,
With each part numbered and every slot named,
So if we failed, only we could be blamed.

More rapid than eagles the parts then fell out,
All over the carpet they were scattered about.
"Now bolt it! Now twist it! Attach it right there!
Slide on the seats, and staple the stair!
Hammer the shelves, and nail to the stand."
"Honey," said hubby, "you just glued my hand."

And then in a twinkling, I knew for a fact
That all the toy dealers had indeed made a pact
To keep parents busy all Christmas Eve night
With "assembly required" till morning's first light.

We spoke not a word, but kept bent at our work,
Till our eyes, they went bleary; our fingers all hurt.
The coffee went cold and the night, it wore thin
Before we attached the last rod and last pin.

Then laying the tools away in the chest,
We fell into bed for a well-deserved rest.
But I said to my husband just before I passed out,
"This will be the best Christmas, without any doubt.

Tomorrow we'll cheer, let the holiday ring,
And not have to run to the store for a thing!
We did it! We did it! The toys are all set
For the perfect, most perfect, Christmas, I bet!"

Then off to dreamland and sweet repose I gratefully went,
Though I suppose there's something to say for those self-deluded...

I'd forgotten that batteries are never included!