



Lindamood's Taekwondo America

Kickin' Times

Volume 1, Issue 6

July 1, 2007

Dates to Remember

- Closed for July 4th holiday: July 3-7. Enjoy the fireworks!!
- July 14th,—Emerald Pointe! Meet in the school parking lot between 8:30-9:00am if you want to follow us down. No classes.
- July 21st—Lock-in! Drop off is at 6:30 and pick up is at 7:00am Sunday morning. Parents—feel free to make cookies or cup cakes or anything else.
- August 4th—Promotional Testing, here at the school 9:00 am sharp. Wear full white uniform, with all patches. Orange belts and above remember your sparring gear.
- August 6th—Awards Ceremony is at 6:30. Wear street clothes.
- August 11th—School picnic at Troutville Park. Food sign-up sheets will be available closer to that date. TA will provide meat and drinks.
- September—National Tournament in Cincinnati, OH! More information as date approaches.

Second Form

For August testing:
Red belts—*Ki Bon*
Sr. Red belts—*Won Hyo*
Prob. Black belts—*Won Hyo*
1st Degree Decided black belts and above—*Gwang Gae*

Dealing with Disappointment

In everyday life, our friends, work, school and family can be sources of disappointment. No matter how much you try to avoid people or situations that are disappointing, some will always be beyond your control.

The best way to cope with disappointment is to work on your attitude. If you have a negative attitude, for example, and always see “the glass as half empty,” then that attitude will most likely bring more disappointment. If you see “the glass as half full,” then you will have a more positive attitude, which can help you cope with disappointment more constructively.

Answer the statements below with “true” or “false” to test how well you cope with disappointment.

True or False:

T or F: If someone disappoints me, then I always calm myself before I react.

T or F: If I don't reach my goals according to my deadline, then I always search for lessons that will help me achieve my goals on time in the future.

T or F: If it rains on a day that I planned to be outdoors, then I enjoy my day, anyway.

T or F: When I am down and not feeling confident, I lean on a friend or family member to help me feel more positive.

T or F: If a valuable of mine is lost or breaks, then I don't dwell on the fact that I no longer have it.

If you answered “true” to all of the statements above, then you have a positive outlook on life and cope with disappointment in a constructive manner. If you answered “false” to any of the questions above, then you may want to practice the following key tips.

1. Don't react too quickly. Take a moment to calm yourself and think about why you're disappointed; you may come to realize that it is not so bad.
2. Don't bottle your emotions and feelings. Lean on a good friend or family member when necessary. Discuss why you're disappointed and move forward.
3. Don't judge yourself. Even if you make a mistake, learn from the mistake how to become a better person. You are not a failure if you are willing to learn and grow from your mistakes.

Remember, coping with disappointment is not easy for everyone. It does take practice. If you are willing to use thought and effort when dealing with disappointment, then you will live a happier and healthier life.

By Melody Shuman



personalPro-

MONTHLY ATTENDANCE AWARDS

Higher attendance = better performance = more fun

Adult class– **Rick Barnes**

Juniors class– **Connor Brennan**

Li'l Dragons class– **Will Howell**

These students will receive a

Gift card from Bruster's

Ice Cream

Health-kick

Healthful Fried Foods?

By Jennifer G. Galea MS RD

Frying increases the fat in food, but it doesn't necessarily make food unhealthy. The amount and type of fat and the number of calories determine the impact of frying on your health.

Unsaturated oils (mono- and polyunsaturated) are your best choice. Olive oil is more stable when heated than other vegetable oils, but it can't be heated high enough for deep-frying. Small amounts of tropical oils, such as palm or coconut, are also acceptable. Even though tropical oils are saturated, they don't seem to raise blood cholesterol as much as other saturated fats, such as butter or beef tallow. Partially hydrogenated oils, such as those used by most restaurants, are high in trans-fats and should be avoided.

Avoid re-using frying oil. Heating oil to high temperatures (such as those necessary for deep-frying) breaks the fat into a variety of compounds. Research studies have shown that many of these compounds have detrimental health effects. Restaurants are unlikely to change their frying oil frequently, so avoid the fried foods they serve.

Pan-frying is better than deep-frying, since pan-frying uses significantly less oil. Heat the oil prior to adding the food. (Don't heat it too high, as that leads to more breakdown of the fat. Fumes indicate that the oil is breaking down quickly, so never heat it to that level.) Food absorbs



more oil the longer it's in the oil. In general, vegetables absorb more oil than proteins. Breaded food also absorbs more oil. Drain the food well on paper towels after frying. Don't use the frying oil for sauces; even if it is flavored with the food it adds unnecessary calories.

Finally, when dining out, be aware of "fried" terms, such as battered, breaded, crispy and tempura. Some may be pan-fried rather than deep-fried, but they are all fried. Ask your server before ordering.

Combine more healthful frying options with an otherwise healthful diet and active lifestyle to reduce the effects of fried foods.

Kickin' Kids Korne



Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more,

Martial Arts Word Search: Everyone's life is busy and can become stressful. To help stay balanced and calm, try some of the suggestions found in this month's puzzle. How many words can you find that can help you reduce stress? Give yourself one point for each word or phrase you find.

M P T U O T I K L A T L
 Y U B R E A T H E H H J
 H K S F H Y T R U S S F
 R W C I T E D E Q D G J
 K M U B C B R A U U R O
 F R E S T T A D Y M C U
 F W I N V B W P I N U R
 N E R P Y V F B A C Q N
 O E X E R C I S E I X A
 R Q R M H X G G J I N L
 L G Q Z B S H P M U T T
 E K R E R A C T E P Z Q

The following words or phrases can appear either across, up, down, diagonally or backwards: Exercise, Rest, Breathe, Journal, Draw, Read, Music,