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MARTIAL ARTS
MESSENGER 

Santa is a Ninja

"The heart becomes stronger through exercise, but it also becomes stronger through the art of giving."

By Allie Alberigo

The mission is set: a Ninja must first develop his plans, determine his route, decide on his methods, wear the proper clothing, fill his pack with the proper tools and then infiltrate the fortress. Once inside there are many things the Ninja must be mindful of: first of all, the Ninja must tread lightly as Samurai castle floors are specifically designed to creak upon weight to alert the Samurai for safety; next the Ninja must be conscious of all things around him, as there may be low light, sleeping dogs, and possibly even guards; and most importantly the Ninja must be very aware of where the cookies and the milk are stored so he may have a midnight snack.

If anyone is a Ninja, it most certainly is Santa. Maybe somehow he was trained in the ancient art of Ninjutsu. You never know!

The holidays are an amazing time for imagination, but most importantly they are a great time to exercise the heart. The heart becomes stronger through exercise, but it also becomes stronger through the art of giving. The holidays are a special time to exercise the heart muscles in both ways, one way through exercise and proper diet and the other through the sharing of good will and care of others. Here are some suggestions of things you may do to build your Ninja heart muscles.

1. **Adopt a family that may not be as fortunate as yours is.**
2. **Help organize a food drive or a fundraiser for a deserving charity.**
3. **Continue to share the holiday cheer by sharing a smile with all the people you come in contact with.**
4. **Send out holiday cards to everyone you know.**
5. **In the holiday cards to old friends, tell them you miss them.**
6. **Send a note or card to people who have helped change your life. This little gesture will make their day.**
7. **Do not be a stranger to your sensei – help out at the school, or at least tell your instructors what they have done for you.**
8. **Spend time helping the people you love.**



Should You Go Nuts?

By Jennifer G. Galea MS RD

The common perception of the nutritional value of nuts is "Sure they are healthy, but they are loaded with calories. Nuts will make me fat."

It *is* true that nuts are calorie-dense (160-200 calories per ounce), with most of the calories coming from fats (the "healthy" unsaturated kind). But much research shows that people who eat nuts actually weigh less than those who don't, or at the very least don't weigh any more!

The studies show that when people add nuts to their diets, they gain little, if any, weight. And if they are eating a calorie-controlled diet (trying to lose weight), consuming nuts doesn't negatively impact the weight loss and may actually assist it!

How can that be?

A part can be explained by the other components of nuts, namely fiber and protein, which help make you feel full longer, resulting in lower overall calorie intake. There are some studies that suggest that some component of nuts may actually increase calorie burning. And other studies show that not all the fat in nuts is absorbed by the body, resulting in a true energy release of less than would be expected.

So what should you do?



1. *Incorporate nuts into your diet, but don't go "totally nuts."* Limit yourself to an ounce or two per day, an ounce being a small handful (what would fit in your palm only)
2. *Replace other, less healthful food items in your diet with nut counterparts.*
 - Choose nut butters (especially almond, cashew and peanut) instead of other sandwich fillings
 - Choose unsalted nuts over salted nuts
3. *Beware of the salt, fat, and even sugar* that might be added to nuts and butters. Nuts without these additives are readily available if you look for them. **As always, be a label reader!**

Martial Arts Teaches Me to Work Hard

By Ian Gopie, Age 7

My name is Ian and I have been a Martial Arts student for 10 months. My sensei has taught me that hard work makes you a good student in Martial Arts class and in life. I practice my moves and skills at home so that when I go to Martial Arts class I know how to do it properly. By paying attention to my sensei I learned to never hurt someone in class and to use my skills should the moment come when I need to defend myself.

Although Martial Arts is hard work it's also fun. It has taught me a lot in life, such as in order to achieve greatness you must work hard and never give up no matter what color belt you are. I must thank my sensei for the respect and self discipline I have learned which I will always look back on as I grow older.

Ian Gopie is a student at Robert William's Shotokan Karate Studio of Self Defense in Queens Village, NY.

Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids' Zone.

If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

KIDSKORNER Positive Characteristic Word Maker

By Kathy Marlor

Positive Characteristic Word Maker: Below is a positive character word.

Using the letters in the word, see how many other words (four letters or more) you can make. You may use only the letters found in the word the same number of times as they appear in the word (for example, if the character word was HONOR, you would not be permitted to make the word NOON because there is only one letter N in HONOR). Good luck!

See how many words you can make from: **STICKTOITIVENESS**

Example: STICK

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Bonus _____



Possible Answers Include: KISS, STOCK, VETO, NOISE, TOKEN, KNOT, OINK, COIN, TICKS, EVICT, EVEN, STOVE

Take Note...

We will be closed for Christmas vacation from December 24th through January 1st 2009. We will re-open Friday January 2nd.

Powerful Challenge

*The Powerful Challenge for this month is to show **tolerance** at home, in school, in our academy, and out in the community. Tolerance means being understanding, patient, and accepting of people who have different beliefs, backgrounds, and views than your own. We show tolerance when we try new things and meet new people even when they seem different than things and people we know. We show tolerance when we listen to different people's points of view and learn about different ways of doing things. We also show tolerance when we compromise, empathize, and cooperate with different kinds of people. Take note of the ways that you show tolerance at home, at school, in the community, and in class this month. Challenge yourself! We know you can do it!*

Welcome

Welcome to our newest members

Little Dragons

Joshua Miele

Little Ninja's

Dylan Steffens
Alexandra Steffens
Wyatt Schmidt

Activities

Thanks to everyone who participated in our food drive. The Children defeated the adults again this year by more than 100 lbs of food.

The total amount of food provided the NH Food Bank was 505 lbs of food. I am sure that we were able to provide many meals for the families in need here in NH.

Upcoming Events

December 13th

Demo Practice at 9:00 am

BBC at 10:00am

Leadership 11:00am

Food Drive Winners Pizza at 12:30 at Sal's.

December 20th

10:00 Little Dragons / Little Ninja's

11:00 Kick'n Kids

4:00—8:00 Christmas Party