

The East Valley Kicker

“Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment.” -Benjamin Franklin

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MARCH 2011

SPRING CAMP

Join our 4th Annual Spring Camp **Friday March 25 through Sunday March 27th!** This special intensive training is for all ranks of martial artists, age 6 through adult. Allan Amor Kaicho, founder and head of the United Ryukyu Kempo Alliance, will be here teaching throughout the camp. We anticipate several additional guest black belts and guest kyu ranks as well. Many special seminars will be offered including Redman/Self Defense, Weapons, Empty-Hand Katas, Tuite, Padded Weapons Sparring, and MORE! A custom-designed dojo t-shirt is included in the camp fee, as well as meals from Saturday lunch through Sunday's potluck. The kids will enjoy a dojo sleepover (optional) on Saturday night.

We are looking for adult volunteers to supervise the sleepover, and more to help with set-up and clean-up. We are also looking to borrow shade canopies, drink dispenser/coolers, CHAIRS and tables. Sign-up at the dojo.

Early Bird Discount when you register and pay by Sat. 3/12!



Junk Food Disclosed: SWEETENERS

By Jenifer Tull-Gauger Shihan, 4th Dan

The population is catching on to the fact that high fructose corn syrup (HFCS) is detrimental to health. In response, the food industry is starting to promote foods “made with *real* sugar” as somehow being better, or natural. But is sugar much better for us? What’s really so bad about sugar and corn syrup anyway? They both originally come from nature, in plants harvested from the ground for our use, so they can’t be that bad, can they? Yes, devil’s advocate—that bad and more.

Because I care, I’m telling you what I’ve learned, mostly from Dee McCaffrey’s Plan-D book. We’ll go from the bad, to the worse, to the really ugly sweeteners. I’ll try to keep it short and sweet, with a minimum of Dee’s highly scientific organic chemistry terms.

Whole sugar cane from the ground is a nutritious food, with vitamins, minerals, enzymes, fibers and

phytonutrients. However, refined sugar (including table, beet, raw, organic, turbinado, and “evaporated cane juice”) has lost its minerals and nutrition in processing. Our bodies need several minerals (including calcium, phosphorous, and many others) in order to digest sugar. When we eat processed sugar, our bodies use the calcium and other minerals in our *teeth, bones, and tissues* in order to digest it. So not only is it not nutritious, eating sugar actually subtracts things that our bodies need.

Soda with high fructose corn syrup sounding better now? Think again. HFCS is made mostly from corn that has been genetically modified so it can live through the application of tons of pesticide. After harvest, it goes through a complex 15-step process, which actually alters its molecules. When we ingest HFCS, our bodies do not know how to handle it, so it does not get converted

into energy as sugar does. HFCS gets sent directly to the liver to be stored as fat, (causing fatty liver disease and/or obesity.)

Ready to turn to artificial sweeteners? Not so fast. To make all of these, scientists use complex chemical processing. They contain carcinogens, and are associated with too many health problems to list.

I recommend reading labels, avoiding the above, and using healthy sweeteners. Raw Blue Agave Nectar and Stevia (ask me to try this at the dojo) do not cause blood sugar to spike. Raw Local Honey is full of nutrients. Other whole sweeteners: Maple Syrup, Unsulphured Blackstrap Molasses, and Brown Rice Syrup (can be pricey). Organic Unrefined Whole Cane Sugar (“Rapadura”, or “Sucanat”) is a granular sugar substitute that has much of its original nutrition still intact (tasty, but doesn’t dissolve). To your health!



March 2011

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW SAI, 2-pt weapon 10% OFF in March By request when ordering.</p> 	1	2	3	4	5	<p>Teen Meeting 9:05am, Bring a pic of your fav cartoon character.</p>
6	7	8	<p>9 Black Belt Club for BBC members 7:10pm</p>	<p>10 Tull-Gauger Shihan in 9:10am class</p>	11	<p>12 Early Registration Deadline for Spring Camp!</p>
<p>13 Gilbert School District Spring Break>></p>	<p>14 Evening Classes: (no 5:10) 6:10p Kids & Adults, 7:10p Weapons</p>	<p>15 9:10am Adults, Kids & Little Dragons, (no pm classes)</p>	<p>16 Special Training with Newland Renshi 6:10pm, G.F. 7:10pm.</p>	<p>17 9:10am Adults, Kids & Little Dragons, (no pm classes) <i>Gauger Shihan's Birthday</i></p>	<p>18 Regular Schedule Resumes, except where noted.</p>	<p>19 Last day to place orders this month.</p>
20	21	22	<p>23 Special Training with Newland Renshi 6:10pm.</p>	<p>24 <i>Tull-Gauger Shihan's B-day</i></p>	<p>25 Regular Classes Cancelled, Spring Camp Reg. begins 6:30pm.</p>	<p>26 Regular Classes Cancelled, Spring Camp 9:30am-8:30pm.</p>
<p>27 Spring Camp 8am-lunch. <i>Dallin Hamel's Birthday</i></p>	28	<p>29 Certificates & Test 6:10pm* (sparring cancelled) <i>Neubert Sensei's B-day</i></p>	30	31	<p>* = Wear full formal gi/uniform.</p>	