



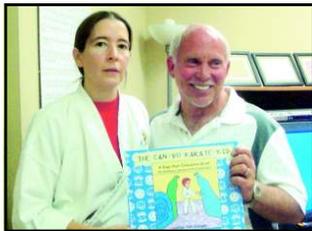
The East Valley Kicker

"Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward." -Napoleon Hill

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Renshi's Cell: (480) 330-8886

MAY 2020

"So, If you're like me, this whole situation gives me pause, and it gives me time to reflect on what/who is important in my life, where my source of strength comes from, who is in control, and what priorities are most important. ... One question I have is, after remembering 911—the flags flying on so many neighbors' houses, and when the churches were full—why does it take a tragedy for these things to happen? Do we not learn much or do we forget quickly? Please don't forget where your blessings come from because, just like this last month, we never know when stuff and people will start going away!" -Michael Newlsnd Kyoshi.



The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:
Kirk Gauger,
Renshi, 6th Dan &
Jenifer Tull-Gauger,
Renshi, 6th Dan

Nutrition for Health

By Jenifer Tull-Gauger

My grandma Laura was born in 1918, in the midst of the Spanish Flu. She and her mom were sick and while her mother sadly didn't survive, my grandma did. She grew into a healthy girl and a healthy woman who lived to be over 100 years old.

Grandma Laura spent much time and energy learning about a healthy lifestyle. She exercised daily and researched nutrition and healthy recipes. She cooked from scratch, helped raise me, and taught me to bake.

As an adult, I also spend a lot of time learning about nutrition and the science behind it. I'm sharing so that we can all focus on health and boosting our immune systems with nutrition.

For good nutrition basics, eat foods in their least processed states. Vegetables and fruits are

very important, both cooked and raw. Try to have fruit instead of dessert or candy.

Some additives are like poison to the cells of the body. That includes trans fats, hydrogenated and partially hydrogenated oils. It's also better not to consume fake sweeteners like aspartame, as they are unnatural chemicals.

Then there are things that we are better off without. But they are not too bad if eaten rarely, in moderation. That includes white sugar and flours. White sugar spikes blood glucose and your body has to rob calcium from your bones and teeth in order to process it.

What to eat then? My family has been much healthier since focusing on a simple Paleo concept. It is to eat at least one cruciferous vegetable and one allium vegetable daily.



I learned from my Grandma to invest time and energy into healthy eating.

Cruciferous vegetables have vitamin C and immune-boosting, inflammation-kicking, cancer-fighting phytonutrients. These veggies are: arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kale, etc.

Allium vegetables contain beneficial organosulphur compounds which help them quell cancer. Garlic is a natural antibacterial and garlic and onions are known historically for "cleaning the blood stream." They are alliums and so are chives, leeks, scallions and shallots.

Broccoli and onions are frequently on our menu. Grandma Laura would be proud.

SEEKING

Shade Gazebo Construction—help with building, and/or experience with having one built.

Adult volunteers for the Clearance Sale, Sat. May 16th, 9am until noon

Help with moving Sat. May 30th, 11:30am.

Dojo Family Meeting

We would like to touch bases with our active students about our Dojo plans and adventures. Please join us for one of these meetings:

- 1) Online Mon. May 18th at 6:30pm via Skype (unlimited # of dojo family members), OR
- 2) at the dojo Tues. May 19th at 7:10pm. There are a limited number of spots for the in-person meeting, please reserve your spot with one of the Renshis. Thank you for continuing your karate path with us.

MAY. WEAPON: *Nunchaku*,
Chizikunbo
 FOCUS: *Self Discipline*



May 2020

RENSHI'S CELL: (480) 330-8886

Deep Discounts on
 all Retail. Shop our
 Fire Sale!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Testing will be scheduled by appointment toward the end of this month on an as-needed basis.*</p> <p>This month's Certificate Ceremony is planned for the end of our Last Class of the Month, Sat. May 30th at 9:40 am.*</p>					1	2
3	4	5	6	7	8	9 Black Belt Club for BBC members 10:40-11:30am. (No Weapons.)
10	11	12	13	14	15	16 Clearance Sale 9 am – noon, open to the public, with social distancing and virus protocols.
17	18 Online Dojo Family Meeting 6:30pm via Skype.	19 Dojo Family Meeting 7:10pm (Reserve a spot with a Renshi.) (No 7:10pm weapons.)	20	21	22 No classes, Dojo closed for Memorial Day weekend.	23 No classes, Dojo closed for Memorial Day weekend.
24	25	26	27	28	29	30 Last Class of the Month 9:40a*, Moving On Brunch Party 10:30, Moving Time 11:30am.
31	Memorial Day					

= Wear full formal gi / uniform.