

# The East Valley Kicker

*"Choo kani ru deeichi. /Common sense is essential" -Okinawan Proverb*

2401 E. Baseline Rd. Ste. 98, Gilbert, AZ 85234 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

NOVEMBER 2007

Guest Day Tues. 11/13

- Get invitations.
- Circle class time(s).
- Invite lots of guests.
- Have an awesome time.
- You may win a prize!

## Sugar Busters

- When baking or making something sweet, half the sugar.
- Keep that Halloween booty in an out-of-the way place and let your child have just two pieces a day.
- Use Halloween candy to make cookies.
- Donate your Halloween booty to a food bank (you could get a call from the Sugar Witch asking for the candy and she might leave a small token of her appreciation, like a small car, in its place.)
- Wean yourself off of soda by switching to iced tea or lemonade, and then wean yourself off sugary drinks by cutting back on what you add to the iced tea or diluting the lemonade with water. Dilute by a little bit more each week or so, until you are used to a healthy drink. Your body will thank you!
- Buy canned fruit in fruit juice instead of syrup.
- Have plenty of fruit on hand. (apple slices with non-sugar peanut butter satisfy my sweet tooth.)

## Want Something Sweet?



Martial Artist's Topic of the Month, by Jenifer Tull-Gauger

Sugar is my weakness. More specifically, chocolate chips are my weakness. It's better to eat a few chocolate chips than a standard candy bar, and if there's dark chocolate in there, aren't they good for you? That's how I rationalize it. If I have no other candy in the house, chances are good that I still have some chocolate chips.

Any other chocolate is okay too. In fact, just about any candy is fine. Even the dictionary says sugar is important (did you catch that?) *important* as a sweetener and preservative of other foods. It can't be all that bad, can it? The American diet begs to differ with all the Type II diabetes popping up. I recently got an email that said cancer thrives on sugar. The long-lived Okinawans eat very little, if any, sugar.

When my three-and-a-half-year-old son Phoenix's dentist said he had several new cavities, sugar became my enemy. I thought we had been doing well with dental hygiene and cutting back on sugar. I started making plans to get all sugar out of our house. 'What are we going to do with Halloween coming?' I thought, 'Can we enjoy cold breakfast cereal and oatmeal with *no* sugar?' I've tried the natural sweetener stevia and it doesn't taste right and has an aftertaste. I feel the same about the not-so-natural sweeteners, plus I question their safety. How could we buy only foods with no sugar in them? I might have to make everything from scratch and I don't have the time for that. I don't want to be a full-time chef - with or without pay. Did you know most peanut butters have lots of sugar included? How do diabetics do it?

My husband, Gauger Shihan, is not that big into sweets. If he has any bit of a sweet tooth it's because mine rubbed off on him. I have decided to eat healthier, and at times I've cleared the house of candy (even chocolate chips.) But after a week and a half, my cravings for sugar become stronger and more frequent. Pretty soon, my mind becomes preoccupied with cravings for sweets.

I have read that sugar is highly addictive to people and if you don't want your kids to eat sugar, you should abstain from it; they will smell it on your breath. My step-sister said long ago that McDonald's food has something in it that is addictive. Later the documentary Super-Size Me confirmed the addictiveness of McDonald's, crediting it partly to sugar which was included in nearly all of their foods. Fat in the food coupled with sugar was the secret addiction recipe. (To their credit, McDonald's now offers healthier options.)

Maybe if I completely cut sugar out of my family's diet for long enough, the sugar cravings would subside. I wonder how long that would take? That would be very difficult in this day and age. We went to Walgreens for stronger toothpaste when my husband accredited those cavities to using "crappy kids' toothpaste." We were surrounded by candy as we entered, walked through the store, and checked out. My older son asked if he could get a drink, as that's the treat I usually get him when we run errands. I said both boys could get one and when I got over to the refrigerator, I realized my mistake. The only non-sugar drinks were water (not much of a treat) and diet soda. I re-routed my three-and-a-half-year-old from a Mountain Dew Game Fuel to a bag of cheese popcorn and sharing a sweetened tea with his dad. At least he would have less sugar.

My husband told the boys I was on an anti-sugar rampage and it would blow over after a few days. My mom said of the cavities that she's heard that they are not necessarily from eating too much sugar but from poor nutrition overall, which weakens the tooth enamel. I think my family's nutrition is better than that of the average American family, which might not be saying much.

Nutrition is important to us anyway, and could always be improved. So maybe I should replace most of my candy and chocolate chip snacks with grapes and cherries and apples. (Organic of course, but don't get me started on that subject!) How about you, do you want something sweet? ☺

# Kenshin Kan November '07 Events

## Shihan's Cell: (480) 330-8886



*Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat*

<i>Nov. Weapon = Nunchaku,  Topic = Nu- trition</i>				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>  <i>Doug's Birthday</i>	<b>5</b>  <i>Sheila's Birthday</i>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>  <i>Joe Ambagis' Birth- day</i>	<b>10</b> BBC 9:05 - 9:50am, adults class at 11:20am today.
<b>11</b>	<b>12</b> Dojo Closed, no classes  <i>Veteran's Day</i>	<b>13</b> Guest Day during your regular class time(s) Free, open to the public. Bring the most guests today & win a prize!	<b>14</b>	<b>15</b>  <i>Heidi's Birthday</i>	<b>16</b>  <i>Matt Barr's Birth- day</i>	<b>17</b> Teachers' & Assistants' Meet- ing 9:05am during adult class. Certifi- cate Ceremony* & Testing* 1:00pm *wear full white gi.
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>  <i>Marty's Birthday</i>	<b>22</b> Dojo Closed, no classes. Your dojo is thankful for you!!  Thanksgiving	<b>23</b> Classes cancelled. Extreme Play starts 9am (Game Truck, Dodgeball, Lunch, etc.) Sword Semi- nar 12ish. SALE!	<b>24</b> Dojo Closed, no classes
<b>25</b>	<b>26</b>  <i>Griffin's Birthday</i>	<b>27</b>	<b>28</b> Padded Weapon Sparring 6:10 - 7:00pm (counts as your weapons class this week.)	<b>29</b>	<b>30</b>	<b>1 (Dec.)</b>  Demo for Parents 11:20am.