

# THE EAST VALLEY KICKER

“What you fear and want is in the future; what you regret is in the past; what you have is here – right now.”

-Ram Dass

## NOTES & TIDBITS

Mark your calendar! On Halloween (time to be announced,) we will have a Dojo Costume Contest and Party for our students and their families. Admission is free, and it will last for about an hour.

We strongly recommend that all of our students attend a minimum of two classes per week. If you can't make your two classes one week, please make up your missed class(es) before or after your time out. This will keep you moving forward and help you retain what you've already learned.

Remember, if you are absent for an extended period of time without notifying us or freezing your account, your classes and dues are considered used, and you may be subject to a late charge and re-registration fee. If you let us know when you're coming back (calls and notes work too,) it helps us plan for the future and we really appreciate it.

Keep reading for our Family Month special (this page) and for our October Retail Sale Items (pg. 3!)

## STUDENTS OF THE MONTH

Congratulations to our October Students of the Month: Adam Schiferl in Little Dragons, Jake Hall in Beginner's, and Daniel Hines, soon to be in the Advanced Program. Keep up the great work!

## RECENT PROMOTIONS

Congratulations to everyone who passed last month's test! Keep up the awesome work!

In the Kids' Programs: -Rashad Ceus, Reggie Ceus, Richard Ceus, Toren Craig (L.D.) Sheila Doane (L.D.) and Adam Schiferl (L.D.) earned their yellow belts; -Quinn Reynolds, Theodore Simmons, and Kristopher Watson (L.D.) earned their orange belts; -and Matt Barr earned his blue belt.

In the Adult Program: -Keith Kagen earned his yellow-striped belt; -Christine Simmons earned her yellow belt; -and David Edwards earned his 1<sup>st</sup> kyu brown belt.

## WELCOME NEW STUDENTS

Gaby, Stephanie and Alex Hendon  
Ashley Simmons (Adults)  
Welcome back, Isaac Vasquez!



## FAMILY MONTH

Now's the time for family members to join Karate! For the month of October, immediate family members of students can start Karate for only \$20 for the introductory program (two intro. lessons and a free uniform.) Also, there is no registration fee when an immediate family member (living in the same household) joins Karate!

## OCTOBER BIRTHDAYS

10/7 Gaby Hendon  
10/15 Beilee Kagen (Little Dragons)  
10/20 Ashley Simmons (Adults)

**HAPPY BIRTHDAY!!**

## THANK YOU

Thank you, everyone, for giving your support to my family recently when my father passed away.  
- Don Veitch

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Sensei Michael Newland  
Sempai Rob Reimer

## EAST VALLEY MARTIAL ARTS

3841 East Baseline Rd. – In World Gym  
Gilbert, AZ 85234 Gym Ph: (480) 926-4040

Cell: (480) 330-8886

Newsletter Editor: Janifer Tull-Cannon

Considering buying or selling a home or know someone who is? Michael and Deborah Newland are Gilbert/Mesa specialists and get *awesome* results for their clients. Please call with your needs and referrals:  
(480) 390-1161 or (480) 688-5358

## 🏠 HALLOWEEN SAFETY 🏠

### 🏠 COSTUME SUGGESTIONS:

Choose light or bright colored costumes and use light reflective tape.

Wear make-up instead of a mask, or cut large eyeholes in masks to keep from restricting vision.

Toy weapons, wands and brooms made of paper or cardboard are safer than plastic, wood or metal ones.

Put the child's name, address and phone number in the inside of their costume in case of an accident or lost child.

Children should wear comfortable shoes; poorly fitting shoes are uncomfortable and may cause a fall.

Trick or Treat bags should not be too large; they can obscure vision or cause your child to trip.

Make sure wigs and costumes are fire proof.

### 🏠 SAFE TRICK OR TREATING

Travel with an adult.

Eat a full meal prior to going out, and don't eat treats until a parent has checked them out.

Parents should know what route is planned.

Visit only homes in your neighborhoods that are well-lighted.

Never enter a home.

Carry a flashlight or glow stick.

Cross streets at corners, never from between two vehicles.

When crossing a street, STOP and LOOK both ways before crossing streets and LISTEN.

Walk on the sidewalk or facing traffic if there are no sidewalks.

Watch for cars backing out of or driving into driveways.

### 🏠 GIVE THOSE TREATS A SAFETY CHECK

Check for holes or loose wrappers, pour powdered candy into a container and look for discoloration or lumps.

Don't eat opened candy, fruit, etc., unless you know the person it came from.

Wash fruit, then cut into bite-size pieces.

Soft candy can also be cut up into pieces before eating.

Homemade treats should not be eaten unless you are absolutely sure they came from a safe source.

Some hospitals will x-ray treat bag contents.

### 🏠 TRICKS: TELL YOUR CHILDREN:

Remember, Halloween is a good time for dangerous strangers, so be careful.

Don't play pranks. Damaging other people's property is a crime.

If your child is the victim of a crime (stolen candy, intimidation, threats, etc.) either talk to the suspect's parents or call the police if you wish to prosecute.

## SIMBATT A

### ASIAN GIFTS AND COLLECTIBLES

Unique Asian items: fans, chopsticks, jewelry boxes, accessories, wooden swords and more. We are located on the NE corner of Gilbert and Baseline in the Trader Joe's shopping center.  
2136 E. Baseline Rd. Ste. 1. Mesa AZ (480)  
545-9919 Mon.- Sat. 11am-7pm  
[www.simbatta.net](http://www.simbatta.net)

**GET TWO FREE PERSONAL TRAINING SESSIONS!**

*AFFA Certified Personal Trainer, Kirk Gauger, can help you look and feel great by showing you how to work out with proper form, for maximum results. Call today to get started on the road to a better you! Gym: (480) 926-4040 or Cell: (480) 330-8886*

**DOJO CLASSIFIEDS**

FOR SALE  
'91 ACURA LEGEND  
2 Door  
3.2L 6 Cylinder  
Power Moonroof  
Power Windows and Locks  
Leather interior  
10 Disk Sony CD Changer  
Gray Exterior  
Tan Interior  
127,000 miles  
\$3,950  
Call Sempai at 480-330-8886

**QUESTION**

Turn in by 10/28 to receive a ticket:

**Why is sparring important in Karate?  
How does it help you?**

**NAME:**

**KARATE STUDENT CHECKLIST**

Don't just come; come prepared! It is your responsibility to have these things in every Karate class:

- Karate uniform pants (*gi* pants)
- Karate uniform top (*gi* top) or Karate tee-shirt (with sleeves, tucked in)
- Belt (*obi*)
- Mouthpiece
- Groin cup & supporter (for males)
- Watch and jewelry off
- No gum in your mouth
- Positive attitude
- Sparring gear: headgear, gloves and boots in one of the Century brands (Sparring gear is currently on sale!)

And please, please, *please* try to be on time!

**OCTOBER RETAIL SALE ITEMS**

Century Classic Sparring Gear is on sale!! Classic Headgear is on sale for \$4 off (now \$33.99.) Classic Hi-Top Boots are on sale for \$3 off (now \$30.99/pair) and Classic Gloves are on sale for \$3 off (now \$30.99/pair.) This is finally a decent sale, and a great chance to buy one or two pieces at a low price! (If you need a complete set of gear, check out the Sparring Gear Combo Deal – below.) Prices do not include sales tax, but you get free shipping when you order through East Valley Martial Arts. Place your order by Tuesday, Oct 28<sup>th</sup> to receive sale pricing.

**SPARRING GEAR COMBO DEAL**

This is Century's best sparring gear deal this year! You get Classic Headgear, Gloves, Hi-Top Boots, Mesh Tote Bag, Mouthpiece (clear,) and Mouthpiece Carrying Case, all for about \$20 less than the normal price of sparring gear! The investment is \$84.99 plus tax when you buy the complete set. Sparring gear is available in a variety of colors. This Combo Deal is in the holiday gift guide, so should be offered for a couple of months. Century recommends ordering early for the holidays. Order through us and get free shipping!