

Don't Just Celebrate: Give Thanks

Kin 1621, the Plymouth, Massachusetts colonists and Wampanoag Indians shared an autumn harvest feast, establishing a tradition that millions of people have celebrated for almost 400 years. The harvest meal was a symbol of cooperation and interaction between English colonists and Native Americans. For centuries before the arrival of Europeans in North America, many Native American groups, such as Pueblo, Cherokee and Creek, enjoyed this type of harvest festival, which included ceremonial dances and other celebrations of thanks. Today, in the U.S., we spend time with our families eating delightful meals and enjoying good companionship in celebration of the holiday "Thanksgiving." Many other countries and cultures around the world have similar days, although they may not call them Thanksgiving.

It's important to remember why you should be thankful, such as the holiday meal on the table, the roof above your head and the clothes on your back. Sometimes, we must be reminded of how lucky we truly are, and, most importantly, the people who are special to us; they should never be taken for granted. Your goal is to see all people as if they were members of your family, sharing the same compassion, love and empathy you would to child. At times, you may lose your composure, but ask yourself, "How would I like to be treated?" "Ask not what your country can do for you, but what you can do for your country" is a famous John F. Kennedy quote that also describes your goal. What is it you can do for other humans or the planet? Again, it is easy to be in the spirit, during Thanksgiving or the December holidays, but keeping this spirit alive throughout the year is the optimal goal.

Thanksgiving can be a day to pay it forward and share the gift of love, compassion and empathy. Tell the people you love and those who are special that you appreciate them. The simple gesture of recognizing how special people are and saying thanks may be the difference of a good day and an unbelievably awesome day for someone. Bringing a smile to someone's face and seeing that smile shine as bright as the sun is all the thanks you will need in return. Set your sights high and tell your instructor, your fellow students, your family or the next-door neighbor how you feel. Give thanks – don't just celebrate. As Mahatma Gandhi said, "Be the change in the world you want."

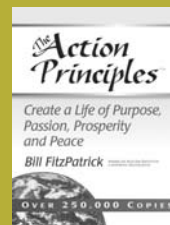
action

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Accept Hard Work

Great accomplishments are the results of hard work. Be prepared to endure temporary hardship. At times, the work will be hard to do and you would prefer doing an easier task. Be enthusiastic when you work and you will reduce boredom. Commit yourself to hard work and be glad you aren't lazy. .

Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at www.mastersuccess.com.





personal Profiles

Jason and Denise Frye decided to get their twin daughters Alexandria and Gabrielle involved in martial arts due to aspects including: respect, discipline, and exercise. At the age of 4, Alexandria and Gabrielle began their Tae Kwon Do training, and shortly after Jason joined, making it a Father-Daughter activity. After training for 3 years, they will be testing for their red belt in November. Alexandria and Gabrielle have participated in many other activities; however the one constant has been Tae Kwon Do. Future goals include earning their Black Belt, making a soccer travel team, and becoming a Veterinarian and Surgeon respectively. It has truly become a “Way of Life.”

Kickin’ Kids



Nruqhu

Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's 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.

Martial Arts Cryptography: Each code letter below represents another letter. Solve them all and you break the code! Each time the code letter appears in the text, it will represent the same decoded letter. Hints: Each code has a key (the relationship between the code and decoded letters). Good Luck!
Example: OCTVKCN CTVU KU KTGCV
Solution: MARTKAL ARTS KS GREAT

KEY = the decoded letter is two letters before the coded letter in the alphabet. (Example: coded letter C=decoded letter A)

- 1. W _ SHCA _
2
- 2. MA _ EB _ D
3 10
- 3. CL _ AN _ OOM
12
- 4. PK _ KUP _ OY _
8 14
- 5. BA _ _ EDOG
11 15
- 6. V _ C _ UM
6
- 7. DUS _ _ URNK _ URE
1 7
- 8. WAS _ D _ SH _ S
9 4
- 9. F _ LDL _ UN _ RY
13
- 10. M _ PFL _ _ R
5

Bonus:

Healthkick

Playground Safety

Each year in the United States, emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries (CDC).

Occurrence and Consequences

- ... About 45% of playground-related injuries are severe—fractures, internal injuries,concussions, dislocations, and amputations
- ... About 75% of nonfatal injuries related to playground equipment occur on public playgrounds. Most occur at schools and daycare centers.
- ... Between 1990 and 2000, 147 children ages 14 and younger died from playground-related injuries. Of them, 82 (56%) died from strangulation and 31 (20%) died from falls to the playground surface. Most of these deaths (70%) occurred on home playgrounds.

Groups at Risk

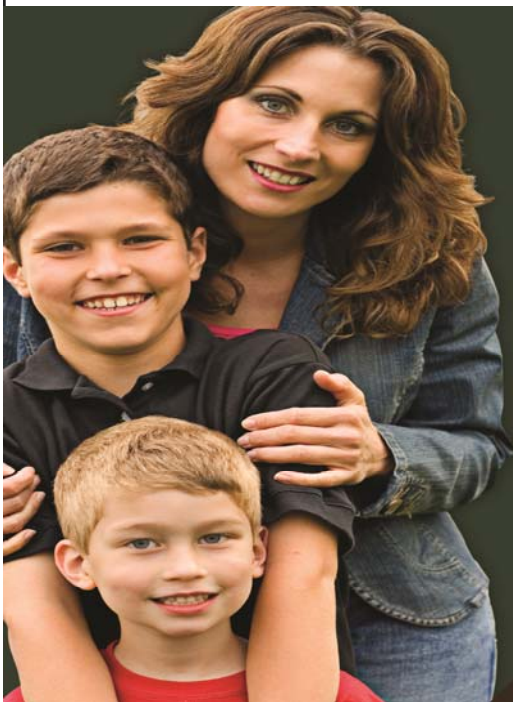
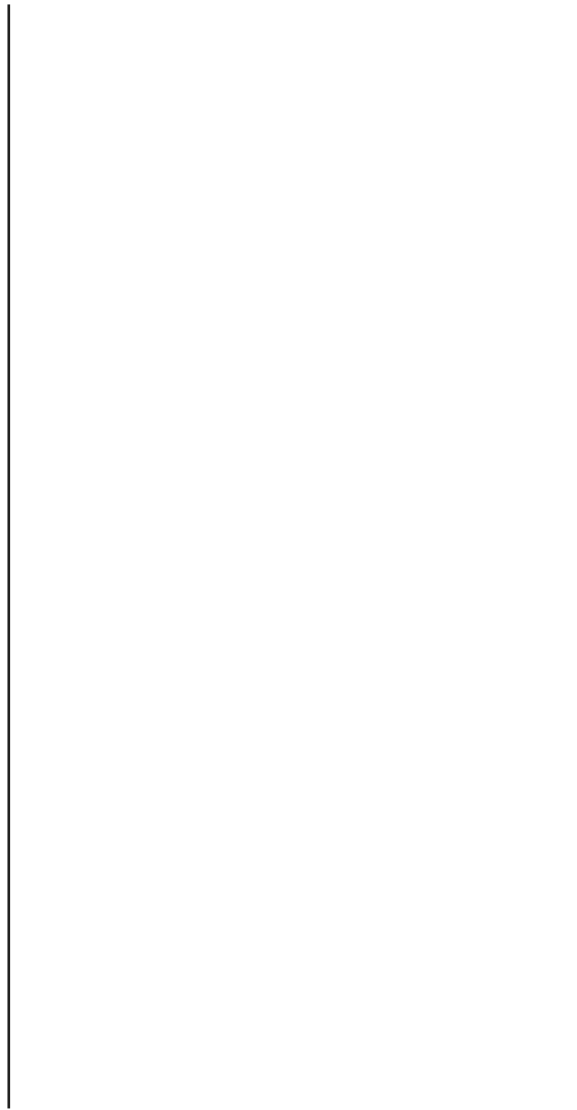
- ... While all children who use playgrounds are at risk for injury, girls sustain injuries (55%) slightly more often than boys (45%).
- ... Children ages 5 to 9 have higher rates of emergency department visits for playground injuries than any other age group. Most of these injuries occur at school.

Risk Factors

- ... On public playgrounds, more injuries occur on climbers than on any other equipment.
- ... On home playgrounds, swings are responsible for most injuries.
- ... A study in New York City found that playgrounds in low-income areas had more maintenance-related hazards than playgrounds in high-income areas. For example, playgrounds in low-income areas had signiijantly more trash, rusty play equipment, and damaged fall surfaces.



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