



If you don't like something, change it. If you can't change it, change your attitude.
— *Maya Angelou*

The bend in the road is not the end of the road, unless you refuse to take the turn.
— *Anonymous*

Nothing in the world is more flexible and yielding than water. Yet when it attacks the firm and the strong, none can withstand it, because they have no way to change it. So the flexible overcome the adamant, the yielding overcome the forceful. Everyone knows this, but no one can do it.
— *Lao Tzu*

Stay committed to your decisions, but stay flexible in your approach.
— *Tom Robbins*

Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.
— *Bruce Lee*

I am a man of fixed and unbending principles, the first of which is to be flexible at all times.
— *Everett McKinley Dirksen*



In a day when children are often more apt to stay inside and watch television or play video games, “How do you keep them from becoming couch potatoes?” is a question that is often being asked. “It’s hard to compete with video games and TV,” said Frank Silverman, the Executive Director of the Martial Arts Industry Association, “but it’s not impossible. We find that most parents would love their children to participate more in physical activities, but they have to make sure commitments help encourage this (physical activities).”

Here are a few suggestions that Silverman has to help keep children physically active. First, join the activity with them. That doesn’t mean you have to train every day or commit to becoming a black belt, but, if you

train once a week, there’s a better chance your children will want to go to classes. They may even want to practice with you at home.

Second, when possible, relate moves they are learning to what they see on TV or on video games. For example, if they are watching the *Karate Kid*, talk about similar moves they may have learned in class, or explain that Jaden Smith went to classes at XMA headquarters with Mike Chat and practiced regularly.

Other suggestions include maintaining a regular training schedule and encourage them to participate in special activities that support their favorite sports. Of course, the best way to help them stay physically fit is to make it a family affair!



WHATS INSIDE

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Happy Birthday to:

Mary Acklin-3rd Nicholas Gordy-3rd Marie Sims-3rd Narmeen Zeidan-4th
Bailey Keys-4th Trey Smith-5th Malick Hasan-6th Alexander Auwen-8th
Sandie Hawn-9th Deborah Payne-11th Deven Brewer-14th Kenly Earp-15th
John Michael Head-15th Aubrienne Dupre-15th Thomas Roth-16th Nick Jackson-16th
Mark Black-17th Ben Parker-17th Dawson Laun-17th Alexis Salinas-20th
Jacob Powell-23rd Jarrett Ramsey-23rd Dominic Martin-27th Thomas Mattox-27th
Michael Cordell-27th Bill Platt-27th Andrew Posey-28th TJ Campbell-28th
Willie Ruffin-29th Anthony Archer-29th Jared Goff-30th



Upcoming Events

Parent Spotlight

Each month we will spotlight one of our parents and showcase either the business they own or a business they manage. This month, we are proud to highlight:

**Rex
Moncrief
Owner
SmarterGeek**



Mr. Moncrief, father of Steven Moncrief and Jeremy & Michael Shields, is the owner of SmarterGeek, LLC. Mr. Moncrief specializes in troubleshooting and repairing computers, network engineering, helping out people with iPhones/Smartphones, creating websites, assisting with social networking sites for businesses such as Facebook and Twitter, supporting businesses in blogging, teaching computer training for dummies and even those who know what they are doing (or think they do). He also helps remove spyware or viruses off of your computer.

Mr. Moncrief can be reached at:
(318) 995-GEEK (4335)
Mr. Moncrief's website is:
rex@smartergeek.com

**SPRING
BREAK
CAMP**

MONDAY SPARRING	TUESDAY WEAPONS
WEDNESDAY FORMS	THURSDAY EXTREME KICKS
FRIDAY SUPRISE!	

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Spring Break Camp
March 28-April 1
7:00 AM to 6:00 PM

\$119 per person...limited to first 30 campers ONLY!!!

Increase Your Hydration!

Some experts say you should drink at least eight glasses of water per day. How can that be true when every person is different? While there's no magical or exact number to keep someone from becoming dehydrated, it's true that the benefits of drinking water are universal. Adequate water intake is vital to survival and proper physical function.

When engaging in any physical activity, people should drink enough water to replace the fluid their body expels through sweating. Studies have shown that a loss of two or more percent in one's body weight due to sweating is linked to a drop in blood volume. When this happens, the heart is forced to work overtime to move blood through the body, which raises the heart rate, leading to the release of lactic acid, which causes muscle fatigue. This chain reaction, which starts with something so simple, can be devastating to an athlete's performance.

CONTINUES ON PG 4

How much liquid should you drink?

We can't always rely on our thirst to tell us when we need to hydrate ourselves. The best thing to do is to make a conscious decision to meet your daily need for water.



2.3L
or 77.8 oz
from drinks

0.7L
or 23.7 oz
from foods

***** most commercial
water bottles are
16.9 oz*****




Increase Your Hydration!



CONTINUED FROM PG 3

5 Ways to Stay Hydrated

- 1) Drink with every meal and snack.
- 2) Drink before and after exercising, as well as during exercise if you're thirsty or sweating a lot.
- 3) Eat more fruits and vegetables. Fruits and vegetables are a great way to meet your hydration needs, as long as you focus on ones that have a high water content, such as watermelon (approximately 90% water), and tomatoes (approximately 97% water).
- 4) Keep a beverage in sight to remind you to drink more often.
- 5) Choose beverages that match your lifestyle. If you're extremely active, you might need a drink enriched with electrolytes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HAPPY ST. PATRICK'S DAY	2	3	4	5 Krewe of Gemini parade
6	7	8  Mardi Gras	9  Ash Wednesday	10	11 ITC #7	12 Spring Lock-In
13 Spotlight Week DST begins	14 ← Spring Clearance Sale	15	16 Mr. Nick's BD	17  Mr. Mark's BD	18 Black Belt Testing	19 Belt Promotion Day
20 Ms. Alexis BD	21 Summer Camp Registration opens	22 Minden Belt Ceremony	23 LEAP/IOWA Testing	24	25 ITC #1 Buddy Day	26 Minden Kick-a-Thon
27 Mr. Bill's BD	28	29 BB/Adv Belt run	30	31		
		← Spring Break Camp →				