



Task Karate May Newsletter



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You got Me!!!

So much for my Martial Arts awareness! I was totally surprised on Saturday, May 1st, when several of the students planned a surprise party to celebrate the official one year Anniversary of Task Karate! But you already knew that didn't you! I am truly a lucky man to have so many great people in our organization. Thanks to everyone that could make it! I think we had about 60 people in the school at one time, definitely a new record! And I was very proud of the great self-discipline of all the kids who were able to keep it a secret! You little stinkers!

Let's go fly a Kite

Meet at the school Saturday, May 8th, at 3:30, and we will car pool to the Experimental Forest outside of Bangor. There is a nice big field where we can try some kite flying. If it's not windy or if you prefer, we can turn it into a nice hike. Make sure to bring a cool kite, string and your camera.

Hike!

Sunday, May 16th at 4:30 PM meet at the first landing up Granddads Bluff for a short hike. It's a 15 minute hike back to a log that the kids can try to balance across. You may have to go around the road construction at the base of the bluff. (Go to Cass St.) Afterward, anyone that is interested can go to China Inn to eat!

Rank Promotions

Congratulations to the following Task Karate members and their April Rank Promotions! To Dragon Gold Belt, **Joe Bond, Kyler Chafer and Maggie Helmke**. To Dragon Orange Belt **Michael Abraham**. To Gold Belt **Ava Fox and Jacob Berg**. To Orange Belt **Jeff De Bauche, Austin Peden, Andrea De Bauche, Tanner Helgeson, and Jacob Schmidt**. To Green Belt **Lucas Stromberg-Windau and Trevin Thomson**. To Purple Belt **J. Peaslee**, To Blue Belt **Diva Antony and Nana Akosah** and to Red Belt **Bradly Judkins**. That's a goal achieved, and one step closer to Black Belt!

Birthdays

Task Karate birthdays for May! On the 2nd, Steve Smart, on the 3rd, **Tanner Helgeson and Brett Nichols**, on the 4th, **Erik Snyder**, on the 5th, **Ric Plath**, on the 9th, **Abby Hamamoto**, on the 10th, **Amie Smart**, on the 13th, **Bob de Lambert**, on the 18th, **Nana Akosah and Austin Peden**, on the 22nd, **Jay Smith** on the 26th, **Andy Richason**, and on the 27th, **Mitchell Thompson**. Happy Birthday!

Membership Anniversary

Congratulations on there one year membership at Task Karate go out to **Zakkery Trudeau, Brett Nichols, Doug Nichols, Ethan Proksch, Anton Proksch, Ric Plath, Julie Plath, Alli Plath, Bradly Judkins, J. Peaslee, Abby Helmke and Christian Wilder**. Thank you!!!

Want to lose some Weight?

Send an e-mail to Taskkarate@msn.com for more information. Send by May 15th!

Top Six Weight Loss Lies

1. I need to go on a "diet."

The whole concept of a 'diet' sets us up to think we will be 'on a diet' then 'off a diet'. Instead, think of your weight-loss plan as a lifestyle commitment to healthy eating and exercise, for the long haul.

2. I'll get back on track on Monday/after the holidays/when the sun comes out.

There's no day like today. If you slip, just pick up where you left off. Persistence works wonders.

3. All my problems will be solved when I lose weight.

Dropping pounds may leave you feeling healthier and happier - but it won't make you more lovable or turn you into a runway model. Be clear about why you want to lose weight and set realistic goals. It's far more motivating to strive toward being fit and energetic than it is to strive toward being a size 2.

4. Fat people don't deserve to eat.

Do you forego the office pizza because you're afraid people will think you shouldn't be eating? Seeing yourself through others' eyes in a harsh, critical way "is a surefire way to blow a weight-loss plan," says psychologist Debra Mandel of Los Angeles, author of *Healing the Sensitive Heart* (Adams Media Corporation, 2003). Instead, she suggests, it's more effective to focus on developing a more loving relationship with your body. A study published in the *Journal of Behavioral Medicine* (Winter 1998) found that those who started out accepting their bodies were more than twice as likely to lose weight as those who felt dissatisfied or ashamed.

5. I shouldn't wear a bathing suit (shorts, a tank top) until I've lost all the weight.

Lots of people of all different sizes enjoy different clothes. "When you love yourself, you start enjoying life," says Mandel. Break big goals into smaller ones, and reward yourself along the way. Rather than saying, "I need to lose 25 pounds," say, "I'll buy a new swimsuit, one size smaller."

6. The less I eat, the faster I'll lose.

Wrong. "The less we eat, the slower our metabolism gets, and the slower we lose the weight," says Mandel. "Deprivation also makes us unhappy and actually causes us to overeat and overindulge." A slow and steady approach - including treating yourself to your favorite foods, in moderation - is your best bet for building a healthy relationship with food and reaching your long-term goals. So stop telling yourself lies that sabotage your efforts. Instead, start living your life with a weight loss plan that works for you. You'll feel better about yourself, your confidence will grow, and you'll keep the weight off.

(From the internet)