

Task Karate November 2009 Newsletter

Task Karate School

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November Gold Star Event; Food Drive

Our school has done a great job collecting food for the Salvation Army food pantry in time for Thanksgiving. There is a limit of one star per student, and you can bring in one box or can, or a whole bag of food to help needy families in the area. Here are some photos from previous years!



2008



2007



2006

The food drive will end on 11-23-09~

Bring on the Heat!

Concern yourself but with today;
Woo it, and teach it to obey
Your will and wish. Since time began
Today has been the friend of man,
But in his blindness and his sorrow
He looks to yesterday and tomorrow.

Just for today, make decisions that create health and goodness.
Just for today, make the extra trip in the stairwell.
Just for today, drink the extra glass of water.
Just for today, eat a smaller balanced meal.

Just for today, sat to yourself that you are smart, good looking, healthy
and fun.

contact Laurie Finn to sign up for weekly tips!
Laurie Finn <laurie@finnottes.com>

Quote of the Week!

"To do more for the world than the world does for you - that is success."
[Henry Ford](#) (click for more Henry Ford quotes)

November Birthdays!

2nd **Alex Cassem**
Emmie Davis
3rd **Erica Harmer**
6th **Liz O'Neil**
7th **Theo Hotchkiss Hauser**
10th **Alex McGuire**
15th **Garth Gregerson**
Evan Pericak
20th **Mason Thomson**
24th **Cole Magnuson**
26th **Jordan Wilkins**
27th **Kevin Callahan**
30th **Eric Lopez**

October Rank Promotions

Orange Belt

Cameron Wentz

Christian Wentz

Kim Cassem

Green Belt

Aaron Klinge

Alexandria McGuire

Hayli McGuire

Purple Belt

Brandon Gregerson

Ava McLain

Taylor Rakes

Drake Barreyro

Black Belts!



Back Row; **Diva Antony, Nick Lubinsky, and**

Lucas Stromberg-Windau

Front Row; **Alex Cassem, Bryce Barrett and Jeanette Smith**

Third Degree Black Belts!



Dennis Fater, Laurie Finn and Nathan Fater