

k i c k s R u s

A PAMA Journal

Volume 2, Issue 8

August 2011

New Day, New Format

Welcome to the new, expanded edition of kicks R us. We've successfully made the transition to a 6 page spread which will incorporate ads from members of the PAMA family. Sorry about the delay, but the format took longer to finalize than I ever dreamed it would.

SOOOO, if you own a business and would like to advertise here, just get your business card, the copy you'd like included and a coupons for your fellow PAMA People to me and we'll get it included. At this time there is no charge for these ads, so get those ads in so we can help your business grow.

Welcome

To the PAMA Family

Jason Anderson	Lisa Moore
Larry Anderson	Rachel Moore
Melinda Bray	Luke Perusse
Lucas DiPalma	Mason Perusse
Deborah Flipse	Max Robbins
John Flipse	Cassie Staple
Ethan Frost	Aiden Varnak
Kyra Kauffman	Cooper Whitney
Xander Kelty	
Justin Krajewski	
Allyson Kumor	
Micah Lindsley	
Aiden Milla	

PAMA in the Park

What an awesome day! The weather was gorgeous, the belts were flying and burgers were sizzling. A huge thank you to everyone who helped (and there were too many to mention here). John & Jerry were our awesome grillmeisters. I'll post some

photos here and on page 2 so you can get some idea of the flavor of the day. (burgers and sunshine were the predominate flavors)



HAPPY BIRTHDAY TO:

Tyler Muhr	1	Joseph Jobes	18
Lexi Chessnoe	2	Reese Ferber	18
Joshua Meyer	3	Brett Schneider	19
Hal Gustin	4	Jarrod Collins	19
Austin Runyon	4	Brayden Jacob	20
Cassie Staple	5	Chris Leary	21
Brandi Estes	6	Adrianna Govea	22
Austin Grice	7	Brett Schavey	24
Sasha Pavicevic	8	Collin Barnett	24
Sara Lacey	9	Emily Reddy	24
Benjamin Gibson	10	Rachelle Aguirre	25
Canda Hansen	11	Brenden Smith	26
Elizabeth Hirsh	11	Romi Dazzio	27
Naomi Zeus	13	Bobby Foster	28
Hope Ingalls	17	Zion Zeus	29
Ethan Frost	17	James Chumrau	29
Christina Click	18	Matthew Lyman	30



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More PAMA in the PARK



Even the deer came to take a look and wandered through the festivities.

It looked like a village with all the canopies .

And who gave Master Luft that huge squirt gun?




Michael LeMere, LMT
AM Massage
303 204 3554



Message of the Month from Master Turnquist

MESSAGE OF THE MONTH:

Indomitable Spirit

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two jumps.

David Lloyd George

Indomitable spirit is that part of a person which makes them unique, that part of a person which provides hope, strength and courage to get up and face each day with a smile. Indomitable spirit is perseverance on a long term basis.





Kicking it Around

by Sheila Klados

Step It Up To Good Choices

A report from the Alzheimer's Association predicts that 10 million baby boomers will develop Alzheimer's disease in the United States — in other words; one out of every eight baby boomers. YIPES! The odds are not good here.

Okay, baby boomers, if this isn't enough to make you exercise your brain and your body, hmmm what can I say???? ("Sometimes the questions are complicated and the answers are simple.") Dr. Seuss quote

According to recent studies, exercise that raises your heart rate for at least 30 minutes several times a week can lower your risk of Alzheimer's. Ahem.... Need I say more to you about this fact?

CHOOSE
To be strong
Keep exercising your heart,
Your brain,
And your body

So, what are you waiting for? Come on upstairs at PAMA and put your brain and your body to work.

Make them work for you, not against you. (Of course, always clear any new exercise routine with your physician first.)

Here is another fact provided by Dr. Ronald Petersen, director of the Alzheimer's Research Center at the Mayo Clinic. As quoted from ABC appearance: "Regular physical exercise is probably the best means we have of preventing Alzheimer's

disease today, better than medications, better than intellectual activity, better than supplements and diet." Again, are you reading this?

Alright, so we obviously can do a lot to help ourselves prevent many diseases by taking charge of our own health and making our own good **choices**. (And by "**choices**," I don't mean Burger King or McDonalds. (I don't mean super size that burger and fries or not?) Although with a few healthy choices available to you at fast food restaurants, you can eat good food there too. It's up to you.

It still totally comes down to "**choices!**" Choose to be strong, and keep exercising your heart, your brain, and your body.

Nothing tastes as good as being fit will feel

We would love to assist you with some great **choices** in our programs available at PAMA. So, pick up a class schedule at the front desk and come on upstairs to belt out something new, as in kickboxing or strength training. Three certified instructors are available to help you **choose** to be strong and healthy.

Remember, fitness will look so good on you. Pick wisely friends.

Kris Minne will be running in the Berlin Marathon in September.

yaaaay Kris
atta girl
you go girl



Teresa Ippoliti CHt
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Black Belt Report



Black belt candidates are working so hard. And in this heat, WOW!

Next time you see one of them, give them a high five and a (gentle) pat on the back.

And to all of you who are still in school: These are the days you dreamed about all summer - right? NOT!

But congrats to all of you anyway. The real world will be knocking on your door soon enough.

“There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.”

Intelligent Motion Therapy

Rebecca Hoeck
Physical Therapist
Certified Pilates Instructor

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Parker, CO 80138

303.808.9807

rhoeck@comcast.net



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Star Students

We don't have the entire list, but the top three all around were:



#1 Lexi Chessnoe



#2 Madysin Ransom



#3 Kayla Chessnoe

Custom Comfort LLC



Custom fleece blankets

Designed by **YOU**
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What a great gift - a warm, soft blanket designed especially for that special person. Choose your own colors, wording, and design. Large 5' x 8' size. Make it uniquely yours.

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for more details.

303.840.9885

Jan@CustomComfortOnline.net

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The Revenge of Water

Excerpted from *The Big Thirst*, by Charles Fishman

We live very wet lives, but we have no idea just how wet. The way we handle water insulates us not just from its wonders, but from any sense of how much water daily life requires. The good news is that most of what we know about water isn't really wrong, because we don't know that much. The bad news is that the invisibility of water in our lives isn't good for us. You can't appreciate what you don't understand.

Back in 1999, a team of researchers recorded 289,000 toilet flushes of Americans in 12 cities, from Seattle to Tampa. In fact, the researchers used water flow sensors to record not just toilet flushes but every "water event" in each of 1,188 homes for four weeks - how many gallons a bath takes, how often the clothes washer runs, how much water the dishwasher uses. The study's conclusion can be summed up in four words:

We like to flush.

For Americans at home, flushing the toilet is the main way we use water. We use more water flushing toilets than bathing or cooking or washing our dishes or our clothes. The typical American flushes the toilet five times a day at home, and uses 18.5 gallons of water, just for that. What that means is that every day, Americans flush 5.7 billion gallons of clean drinking water down the toilet. And that's just at home.

It's impossible to get your brain around that number, of course - 5.7 billion gallons of water a day. But here's a way of thinking about it. It's more water than all the homes in the United Kingdom and Canada use each day for all their needs - we flush more water down the toilet than 95 million Brits and Canadians use.

Of course, we are a big country, and we do need to flush our toilets. Or, at least, we like to. (More next time - this is a fascinating article.)

We rarely even think about water, says Charles Fishman, but we won't have that privilege much longer.

From the Editor's Desk (When you can find her desk)

Happy August 1.

Oh, did I miss a deadline? This issue was going to be so easy to expand, but NOTHING went together easy with it. I thought of combining with Sept, but talked tough to the pictures and graphics and decided to 'just get it done!' Sorry about the tardiness.

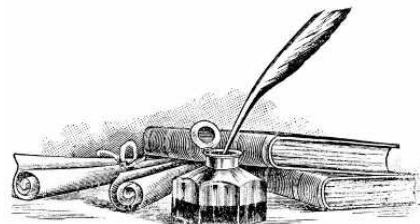
The ads I've chosen for this month are rather personal to me. AM Massage, of course is my landlord for my office. (& I get the every so often amazing hand massage). Five Little Fingers has been teaching me (or trying) piano for the last 3 months and she is awesome. Custom Comfort made an amazing blanket for my grandson in Texas and each of my grandchildren here have one. I am always amazed at the workmanship in Jan's

creations. Secrets of Healing has helped me get rid of some bad habits and Teri has helped me through some tough times and I could go on and on. If you haven't had an opportunity to use any of these services, please do. And if you have a business, get your business card to me (leave it at the front desk if you like) and we'll feature you in a future month.

Life in Parker is getting back to the cool side, but we'll still have some of those sweltering days, I'm sure. So stay cool and think refreshing thoughts of the ocean.

Namaste,

Erish




Arm yourself with Confidence, Self Defense, Respect, Fitness and FUN!

August 2011

Sun Mon Tue Wed Thu Fri Sat

Be sure to check with the front desk to verify times and dates.

	1	2	3	4	5	6
7	8	9	10	11	12	13 Yellow Belt Testing Kid's Fast Defense FULL MOON
14	15	16	17	18	19 Leadership Team Training	20 CAMA Tourney
21	22	23	24	25	26	27 Demo Team Comp
28	29	30	31	Focus of the Month: XMA & Musical Forms		

Produced by

 18632 Pony Express Dr. #202
 Parker, CO 80134
 303 549 3332
 www.gypsy2008.com

Coming in September:

- 9/2-5 Closed for Labor Day
- 9/16 Parent's Night Out Back to School - DEMO
- 9/17 Leadership Team Training
- 9/24 Fast Defense - Adults

