

# DIAMOND BLAST

04/27/02

Newsletter of the Boca Raton ATA Taekwondo Club: Issue 28 (Online at <http://bocaata.0catch.com>)

## Birthdays in Sep-Nov

Sep 29: Patrick Lewis  
Sep 30: Jim Gandour  
Oct 12: Thomas Christensen  
Oct 24: Lina Ferguson  
Oct 25: Taylor Hinners  
Oct 27: Sam Hanes  
Oct 31: Robert Morrison, Jr.  
Oct 31: Lauren Shawcross  
Nov 04: Mitchell Del Mastro  
Nov 06: Richard Ferguson  
Nov 09: Diana Morales  
Nov 11: Alexandra Moreno  
Nov 15: Robert Sloan  
Nov 20: Misha Pugh  
Nov 23: Justine Hazelcorn  
Nov 23: Katie Morrison

## Upcoming events

Oct 02: Belt Promotion (6:30p)  
Oct 19: Orlando Nationals  
Nov 01: Sleepover  
Nov 08: Testing (6:30p)  
Nov 22: Black Belt Test (6:30p)  
Dec 20: Testing (6:30p)  
Dec 21: Holiday Party (5:00p)  
Dec 23: Start holiday (closed)  
Jan 04: End holiday (open)

## Orlando Nationals!

Don't forget the ATA National Tournament in Orlando on October 19<sup>th</sup>. There are only three national events per year, and this one is right in our backyard! For more information, see Mr. Nelson.

## We're in Our New School

And many thanks to everyone who helped to get us here. It's been a lot of hard work, but you'll see that it will be worth the effort. Again, THANKS!!!!

## We Need Old Computers!

Actually, we wouldn't turn down any new computers, but we do need your old computers (but at least Pentium I or higher, please) to support our after-school tutoring. Please see Mr. Nelson for details.

## Student of the Month

**Stephan LeClerc**  
**Congratulations !!**

## Family Picnic 2002

We had our annual ATA Family Picnic on Sunday, August 11 at Quiet Water Park. Like each year before, everyone had a great time. Here are some pictures from the event, including the best barbecue chef in Florida (and supporters) and the annual killer nonstop volleyball game!



## Boca Tournament '03

Our next regional tournament is scheduled for April 12, 2003. We are currently looking for sponsors. If you are interested, please see Pam Sussman ASAP. Thank you!

## Miguel C. Nelson Scholarship Golf

### Tournament

The first annual Miguel C. Nelson Scholarship Golf Tournament was held Sunday, September 8, 2002 at the Southwinds Golf Course in Boca Raton. Everyone had a great time, and the entry fees are going to a worthwhile cause. Many thanks to Mr. Christensen for setting it up!

## Did You Know?

Three hours of exercise per week may be all it takes to reduce your risk of an increasingly prevalent health syndrome.

Current research suggests that as many as one third of Americans may have insulin resistance syndrome, a condition that often precedes more serious health scourges such as diabetes and heart disease. However, in a recent study (reference below), men who exercised for at least three hours per week were half as likely to develop the condition as sedentary men.

Reference: Laaksonen, D. E., Lakka, H. M., Salonen, J. T., Niskanen, L. K., Rauramaa, R., Lakka, T. (2002). Low levels of leisure-time physical activity and cardiorespiratory fitness predict development of the metabolic syndrome. *Diabetes Care*, 25(9), 1612-1618.

(Editor: Mike Lewis)