

# DIAMOND BLAST

01/18/02

Newsletter of the Boca Raton ATA Taekwondo Club: Issue 23 (Online at <http://bocaata.0catch.com>)

## Birthdays in Jan/Feb

Jan 03: Shon Mehta  
Jan 06: Kiki Robustelli  
Jan 06: Anthony Robustelli  
Jan 08: Eric Suarez  
Jan 15: Robbie Oliver  
Jan 17: Alexander Love  
Jan 28: Mike Lewis  
Feb 03: Brian McCairn  
Feb 10: Leonard Horger  
Feb 17: James Lewis  
Feb 24: Lynne Johnson  
Feb 28: Rachel Baldini  
Feb 28: Laura Suarez

## Upcoming events

Jan 23: Belt promotion  
Feb 23: Port Charlotte Trmmt  
Mar 01: Closed for Vegas Nat'l's  
Mar 08: Next testing  
Apr 20: Tallahassee Trmmt

REMEMBER: Las Vegas Nationals are on March 1-2, 2002. Please see Mr. Nelson if you plan to attend.

## We Didn't Start the Fire

Billy Joel wrote the song, but we got to live it. Thanks to all the parents, instructors, students, and friends who helped us get through the crisis and back to work in less than a business week. We all appreciate their sacrifices (and the patience of their families).

## Fear Not!

No matter what you've read in the papers, rest assured that the owners of our plaza have given all tenants **at least** 6 months to continue business. In the mean time, we search for a suitable place. We have plenty of time to prepare and will keep everyone informed. If you see a place for a great taekwondo school, please take down the phone number and address, and tell Mr. Nelson.

## Student of the Month

**Aaron Craig**  
**Congratulations !!**

## Jahng Bong Training

Interested in learning to use the Jahng Bong (long staff)? Dr. Lewis will be available most Fridays during the adult class from 6:45 to 7:30 to provide training appropriate to your level. All students are welcome. Please see Dr. Lewis if you have any questions.

## New Boca ATA Website

Our website has relocated again. The new address is:  
<http://bocaata.0catch.com>  
Be sure to change your Favorites or Bookmarks! Drop in and download your copy of our new Student Manual.

## FCAT Test-Taking Tips

1. Learn how to answer each type of question (multiple-choice, gridded response, short answer and long answer).
2. Plan to take about 5 min for short-answer and 10-15 min for the long-answer questions.
3. Read each problem carefully and think about ways to solve the problem before you try to answer the question.
4. Relax. It's natural to get nervous - just do your best.
5. Answer the questions you are sure about first. Then go back to work on the others.
6. Think positively. A problem may seem hard, but you may be able to figure it out.
7. Draw figures if you need them. Don't be afraid to mark up figures if it helps.

Editor: Mike Lewis

## Baby Sitters

Dear Parents: The following students are available as babysitters:

Name	Age	Days
Rachel Baldini	12	F, Sa, Su
Jessica Escalera	15	F, Sa, Su
Justine Hazelcorn	11	Sa, Su
Michael Lewis	18	Tu, W, F, Sa, Su
Patrick Lewis	15	F, Sa, Su
Patrick Oliver	14	W, F, Sa, Su
Severija Saladziute	13	Sa, Su

## Did You Know?

75% of Americans are chronically dehydrated.

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

One glass of water shut down midnight hunger pangs for almost 100% of dieters in a University of Washington study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Are you drinking the amount of water you should every day?