

NOVEMBER 2015

CITIZENSHIP

POWERFUL FAMILY



A Special Members-Only Newsletter from Powerful Words Character Development

Dear Family,

This month we will focus on the powerful word; "citizenship."

Citizenship is more than being a member of a community. It's a powerful word that reflects how we behave towards our community as well as how we respond to it when it's in need.

Whether we are referring to our school, our local area or of the world at large, as citizens it's important that we act with respect and respond in a caring, helpful and responsible manner.

Children's participation in showing citizenship can have many benefits. For example, recycling can help keep our environment healthy now and in the future. Contributing to charity can provide others with healthier, more satisfying, productive lives. Obeying laws can keep community members safe. And let's not forget, being a good citizen has its own rewards; the satisfaction and fulfillment that comes from being a helpful, thoughtful, and fruitful contributor of society.

In this day and age, learning about citizenship can happen at home, in school, here in class or even

online! At Tufts University and Emerson College, researchers have developed ways for young people to learn citizenship and positive civic engagement via video games. These games are used to educate young people about the communities of interest.

In particular, through the online game, "Civic Seed," students focus on: (1) looking inward at their own opinions & goals, (2) expanding outward through community partnerships, (3) working together by reflecting on differences and common goals, and (4) looking forward by connecting skills with goals. By being prepared, initiatives are more likely to be successful.

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world. Best Regards,

—Your Motivated and Dedicated Instructors

WEEK 1 Citizenship defined: How can I be a safe, fair & responsible citizen?

WEEK 2 Lend a hand: How can I use my talents, time & voice to help & serve?

WEEK 3 Clean & green: How can I keep my community clean, healthy & nice?

WEEK 4 Trash to treasure: How can I give those in need & show gratitude?

"Good citizenship is the 'we' that starts with 'me!'"

—Dr. Robyn Silverman

"Strengthening our identity is one way of reinforcing people's confidence and sense of citizenship and well-being."

—David Blunkett

"I do feel, in a sense, the rules of engagement for citizenship has changed, and we must encourage other people to speak up and to take action."

—Howard Schultz

"Darkness cannot drive out darkness. Only love can do that. Hate cannot drive out hate. Only love can do that."

— Dr. Martin Luther King Jr.

"It is not always the same thing to be a good man and a good citizen."

— Aristotle

"we all have an obligation as citizens of this earth to leave the world a healthier, cleaner, and better place for our children and future generations."

— Blythe Danner

DEAR DR. ROBYN

Dear Dr. Robyn,

I'd like to teach my children how to help the community on a local scale beyond just giving money. What are some great ideas?

-- Jacquie N., Charlotte, NC

Paraphrased from a message; with permission



Dear Jacquie,

It's a good idea to get your children involved with citizenship projects early on in life so that community involvement becomes a habit. Here are some ways to get started:

- **Recycle:** If it's not already part of your local community law, teach your children that your home and your business are involved with recycling. The children can help categorize the recycled goods or even bring boxes and other recyclables to the local recycling center.

- **Clean up:** Is your local park dirty, messy or in need of new paint? Are your children great at fixing, painting or planting? Ask your local government if you can spruce it up along with the help of your children.

- **Help a needy neighbor:** When a neighbor's house burned

down, many members of our community pitched in to ensure that the family had what they needed. Sometimes people who live right near by could use your help.

- **Contribute time to a local animal shelter:** Many local shelters don't have enough people to help care for the animals in their care. Children can collect goods such as leashes or food or they can assist in caring for the animals themselves.

- **Participate in money- raising events:** Children can participate in local walk-a-thons, bike-a-thons, kick-a-thons, dance-a-thons or swim-a-thons! Talk about how the raised money will be used and why it would be helpful to get involved. They can even choose to get involved with the ones they feel are most important!

- **Entertain those in need:**

Whether it's using one's talents to read to someone who is blind, sing for those in elderly care, play the saxophone for those who are sick or perform for those with special needs, there are many ways children can help brighten the days of nearby neighbors.

Talk to your children about what types of citizenship projects speak to them and help them to get involved!

Here's to your success!

A stylized, handwritten signature in black ink that reads "Dr. Robyn".



GET HEALTHY - STAY HEALTHY!

Healthy Twists on Thanksgiving Classics

Although Thanksgiving is about friendships and counting our blessings, for many, it quickly turns into a day of eating... and of course, that doesn't mean overloading on healthy salads. Keep this year's menu traditional, but a bit healthier, with these healthy – and easy – twists on the classics.

The Potatoes

Thanksgiving potatoes vary in prep, but whether they're au gratin, mashed, or scalloped they have one thing in common (aside from the natural starchiness): they carry lots of fat in the way of cheeses and butter used in preparation. Skip these fats and swap the butter or cream for a Greek yogurt – it's full of the richness and creaminess that you love, but without the saturated fats and high calories. Better yet, swap in sweet potatoes instead of

the Russets – it's a healthier carb that's also loaded with healthy vitamins.

Green Beans

Green beans by themselves are a great pick – but all too often, they get covered in butter or cream sauces. Stick to steamed green beans, or, to amp them up, consider adding some turkey bacon bits and garlic with extra virgin olive oil.

Cranberry Sauce

Cranberries are full of vitamins and nutrients – but alone, they're incredibly bitter (that's why they get smothered with sugar). Cranberry sauce is an easy fix – for starters, leave the pre-made cans at the grocery store; they're more like candy than cranberry sauce. Instead, mix together 1 c. sweetener (Splenda, Truvia, etc.), the juice and zest from one orange, a cinnamon stick, and 16 oz. of cranberries. Pop it all on the stove and let it simmer until you

hear the cranberries start popping and see the sauce start to thicken. It's that simple and this option is high in vitamins and low in sugar, while also bringing out the natural flavors in the cranberries.

Dinner Rolls

Between the stuffing, the potatoes, and the dinner rolls, it's easy for Thanksgiving to turn into a carb fest. Opt to skip the dinner rolls all together – or, if you can't bring yourself to forego them, look for a whole wheat version that doesn't have added sugar. As ever, homemade is best.

Turkey

This is one swap you don't need to make – turkey is naturally high in iron and a great source of protein. Of course, opt for roasting – no frying – and find other ways to baste that don't include butter and fats. Last but not least, be careful of that gravy intake.

UPCOMING EVENTS

**Nov. 21st
Annual
Awards Banquet
4-7 pm**

**Nov. 14th
40th Year Re-Union
Adult Students
Noon—3 pm
Luncheon to follow
3:30—5:30**

UPCOMING HOLIDAYS ACADEMY CLOSED

**Thanksgiving
Nov. 25th , 26th , 27th**

**Christmas Vacation
Closed
Dec. 22nd—Jan 1st
Re-open Sat. Jan. 2nd**

KARATE PROMOTIONS

White Belt: Sahana Vadlamani, Isabella Dargon, Nikhil Chalamkuri, Allison Qiu
Safety Belt:
Jr. Orange Belt: Monica Cuellar—Rojas, Theodore Sutherland
Orange Belt: Miranda Cuellar-Rojas,
Jr. gold Belt: Griffin Laux, divan Dodhia
Gold Belt: Isabella DiGiorgio, Mimansa Bhargava,
Gold: Mario Saavedra
Jr. Purple Belt: Marcus Djevalikian
Purple/Advanced Belt: Diya Dodhia
Green Belt:

Brown Belt: Giu Liu

**Fall Sales Event
New Academy Gear Bag
Large size only at this time
\$54.95**

**Get ready for the fall with a
True Martial Arts Academy Gear Bag !**

WOMEN'S KARATE

Try something that has been around for over 2000 years - Martial Arts. Everyone can benefit from the study of Martial Arts. The curriculum is based on carefully designed short-term and long-term goals, and creating a positive atmosphere in order to achieve these goals.

- **Improve your wellness and health**
- **Increase strength and flexibility**
- **Increase balance and coordination**

Mondays 6:00pm -6:45pm

Classes Re-Starting in September

1. **Mondays 4 pm Sep. 14th**
2. **Fridays 5 pm & 6 pm Sep. 11th**
3. **Woman's Mon. 6pm Sep. 14th**

**Canceled Class
1. Tuesdays 3:25 Little Dragons**

November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 7:45 pm BBC Beginner Leadership Class	4 5 pm Jr. BBC Leadership Class	5 Iaido Class 7:15 - 8:15 pm	6	7
8	9 SHODAN AND ABOVE CLASS	10 GUEST INSTRUCTOR 6:15—8:15 pm Boxing	11 5 pm Jr. BBC Leadership Class	12 GUEST INSTRUCTOR 6:15—8:15 pm Ju Jitsu	13	14
15	16	17 7:45 Beginner Weapons	18 5 pm Jr. BBC Weapons Class	19 7:45 Kobudo Deshi Weapons	20	21
22	23	24 7:45 Beginner Weapons	25 CLOSED THANKS GIVING	26 CLOSED THANKS GIVING	27 CLOSED THANKS GIVING	28
29	30	27 7:45 Beginner Weapons	28 5 pm Jr. BBC Weapons Class	29 7:45 Kobudo Deshi Weapons	30	31