

# DICKSON TAEKWONDO NEWS

www.dicksonaekwondo.com

Give us a call at 446-5622



## October Birthdays!

John Baker – 4<sup>th</sup>  
Griffin Sadler – 12<sup>th</sup>  
Graison Cox – 12<sup>th</sup>  
Eimear Degnan – 13<sup>th</sup>  
Ashley Martin – 14<sup>th</sup>  
Will Crow – 14<sup>th</sup>  
Grant Lewis – 14<sup>th</sup>  
Kali Jo Davidson – 16<sup>th</sup>  
Emily Blount – 20<sup>th</sup>  
Bryson Harding – 24<sup>th</sup>  
Ryan Howell – 27<sup>th</sup>  
Alex Howell – 29<sup>th</sup>



The most powerful warriors  
are patience and time.

---Leo Nikolaevich Tolstoy

He that can have patience, can  
have what he will.

---Benjamin Franklin

Patience and fortitude conquer all  
things.

---Ralph Waldo Emerson

The key to everything is patience.  
You get the chicken by hatching  
the egg, not by smashing it.

---Arnold H. Glasgow

## *A thought for the month*

*We may not be able to make a difference  
to the world or think we cannot.*

*But we can make a difference in  
someone's life, or to a family or to a  
community. Who knows what ripple  
effect that will have? Let's all look for  
ways to show kindness no matter how  
little it may be seem...*

## October Calendar

### **Friday Oct. 3<sup>rd</sup>**

Fall Festival. We roast hot dogs, bob for apples, have a 3 legged race, tow sack race, hay ride, and etc! *Fun! Fun! Fun!* Look for the food list being passed around.

### **Saturday Oct. 4**

Wedding of Whitney Curtis & Brandon Mione

### **Friday Oct. 13 - 17**

Fall Camp! Be sure to sign your child up today for a fun-filled camp! We will have taekwondo classes, games, and field trips including: FBC daycare to do a demo & teach little ones, the pumpkin patch, and hiking at Mr. & Mrs. Lewis' home with a hot dog roast! Your child will not want to miss this!

### **Friday Oct. 31<sup>st</sup>**

Come help us at  
"Spooks in the Park!"

## **Patience – Decisive Contentment**

**When** was the last time you found yourself shuffling your feet impatiently in line, craning your neck to see what was holding everything up, felt your blood pressure rising, that coiling tension in your chest... impatient while waiting in line, when you should be rushing off to some other important place?

If you are like most of us, it probably wasn't very long ago at all. We are all so accustomed to the brisk pace of life, that when we are forced to slow down for a moment, we don't know how to handle it. But learning to take these moments in stride has many benefits, both physically and emotionally.

"What's so good about being patient?" begins Debbie Mandel, BellaOnline's Stress Management Editor. "In stress-management, patience can make the difference between an inflammatory response that harms your body and enrages your mind and a relaxation response that symbolizes your glucose levels, blood pressure, digestion, breathing and happiness factor."

Over time you can learn to manage your stress and begin to experience the benefits of patience. The key is to "fake it 'til you make it." At first you will have to consciously choose to practice stress management techniques, but over time, it will become second nature. Eventually, the situations that once induced stress will no longer cause you to experience frustration or tension. If you feel those familiar feelings start to surface, try some of these activities:

- Control your breathing
- Exercise
- Listen to music
- Practice Taekwondo
- Take a walk
- Take a nap