

The Pearls of Wisdom

Newsletter
July 2011

From My Family To Yours:



I have never thought that I would like any other sport other than Gymnastics. I am so dedicated to this beautiful, absolutely amazing, and 100% challenging sport. It wasn't until my two sons started wrestling at Cox HS. Now I know what a head lock, taking down, sweep, fireman, force roll, and of course, a pin means. It is very intense sport, technically difficult, it is for true men, and believe it or not very beautiful. Imagine picking up a huge wrestler and graciously slamming him against the mat, and hearing a rewarding cheer!

This summer my sons are at Granby Camp learning wrestling techniques, as well as the training camp at the Naval Academy.

July Pearl!

Congratulations to our *Student of the Month*:

Emily G.

She has shown great respect, dedication and progress in Health and Fitness program!

Keep up the good work!!



From the Coach:

USA Gymnastics Level 1 Bar Routine:
elements & evaluation points

Mount: Back Hip Pullover: simultaneous lift of both legs; straight legs; arms straight at finish; legs together throughout

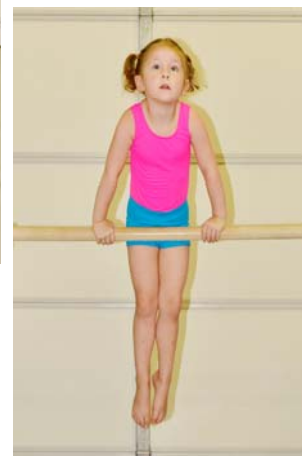
Cast: straight arms; straight-hollow body position; legs together

Back Hip Circle: straight legs; continuous

Cast, Push Away Dismount: slight shoulder lean in Cast; arms and legs straight; good control in demi-plié landing

Bar Conditioning:

Pull-Ups; Pull-Up Holds; Leg-Lifts; V-Ups, Hollow rocks; Hollow position Holds, etc.



Gymnastics in the News:

2011 Visa Championships
Wednesday, August 17 - Saturday, August 2011



Event Details

USA Gymnastics has awarded the Visa Championships, the national governing body's premier annual championships, to Saint Paul, Minn., in 2011. The event will have coverage on NBC Sports and Universal Sports.

National champions and national teams are determined annually at the Visa Championships. For 2011, the Visa Championships will feature men's and women's gymnastics and rhythmic gymnastics. **The four-day competition is scheduled for Aug. 17-20.** Men's and women's gymnastics will be staged at Xcel Energy Center, with rhythmic gymnastics at Roy Wilkins Auditorium. The USA Gymnastics National Congress and Trade Show, held at Saint Paul RiverCentre, is the annual gathering of professional members that offers educational and business sessions, a large exhibitors' hall and other business and educational opportunities. The Saint Paul complex played host to the successful 2006 Visa Championships and National Congress and Trade Show. This will be the third time USA Gymnastics' national championships has visited the Twin Cities.

For the schedule of the event and ticket info go to:
www.usa-gymnastics.org

Health and Fitness: www.lifebalanceworks.com

Health: **New approach to cancer**

University of Leeds researchers, funded by Cancer Research UK, have used a library of DNA to create a vaccine that could be used to treat cancer, according to a study published in Nature Medicine (see also Cancer Vaccines).

Before now, 'gene therapy' vaccines have often delivered just one gene to stimulate the immune system. It produces a protein, called an antigen, which activates the immune system to destroy cancer cells. It has been difficult to develop successful cancer vaccines because each tumor has specific proteins and identifying the right antigens has been a huge challenge.

But now, the researchers team of the Mayo Clinic in Rochester, US, used doses of a vaccine made from a virus which contained a 'library' of DNA, containing multiple fragments of genes and therefore many possible antigens. This approach did not send the immune system into overdrive, which had been a concern. Instead the range of DNA meant the vaccine was able to target the tumor through many routes.

Importantly, the DNA library was harvested from the same organ as the tumor. This meant that the immune system 'self-selected' the cancer antigens to respond to and did not react against other healthy parts of the body. Also, the process of self-selection was triggered when the vaccine was injected into the bloodstream, an approach to vaccination that is far more practical than injecting directly into tumors.

The researchers delivered a library of DNA taken from healthy prostate tissue in mice. When delivered in a virus, the vaccine successfully treated mice with prostate cancer.

University of Leeds' Professor Alan Melcher, co-author of the study, said: "This is the first time we've been able to use a whole library of DNA in a viral vaccine successfully. The biggest challenge in immunology is developing antigens that can target the tumor without causing harm elsewhere. By using DNA from the same part of the body as the tumor, inserted into a virus, we may be able to solve that problem."

The vaccine was made by putting the DNA library inside a vesicular stomatitis virus (VSV), which stimulates an immune response that can then track down and kill tumor cells.

Professor Peter Johnson, Cancer Research UK's chief clinician, said: "This is an interesting and significant study which could really broaden out the field of immunotherapy research. "Although the vaccine didn't trigger the immune system to overreact and cause serious side effects in mice, it will need to be further developed and tested in humans before we can tell whether this technique could one day be used to treat cancer patients."

Vaccine Weekly via NewsRx.com.

Fitness: **7 tricks of fat-blasting routine**

Trick 1: You will be able to comfortably work out longer and harder if you are **cool**. Being too hot stresses your body out, so you do not perform as well. Translation: you burn less fat.

Trick 2: Wearing a heart-rate monitor makes it easier to burn more body fat by showing just how hard you're really working. **Do this:** Invest in a heart-rate monitor and wear it every time you exercise. We love Life Fitness's new Dual Watch and Heart Rate Monitor (\$60; at CVS stores nationwide). It's simple to program and use.

Trick 3: Warming up for five minutes before each workout helps you lose more weight. **Do this:** Choose a warm-up routine that hits all of your muscles, not just your legs. The easiest option: Do three to five minutes of low-intensity walking while pumping your arms back and forth.

Trick 4: Saving your energy for the end of your cardio workout may prevent you from losing as much weight as you can. **Do this:** Instead of starting out slow and then finishing up strong, do your high-intensity cardio early in your workout. After doing your warm-up, try exercising at a high intensity for 15 minutes before slowing down to a more moderate pace for the last 15 minutes.

Trick 5: Two smaller workouts can be more effective than one. Splitting up your workout boosts your metabolism twice. **Do this:** Divide your workout into two smaller, high-intensity sessions—preferably, doing one in the morning and one at night.

Trick 6: If you're convinced that you're melting fat while exercising, you'll make a mind-body connection that will actually help you lose fat faster. **Do this:** The next time you do anything active, remind yourself every few minutes that you're giving it your all. This little mental move may motivate you to push yourself harder, leading to even greater fat loss.

Trick 7: The less time you rest between sets when strength training, the more calories you're likely to burn. **Do this:** The best rule of thumb is to take only a 30-second break between sets (meaning you'll need a watch with a second hand).

Article by Myatt Murthy

Join our Life Balance Fitness Club:

Yoga—Pilates—Aerobics—Dance—Fitness

Schedule:

- 9 :00 - 10:00 a.m. Tue, Th.
- 3:00—4:00 p.m. Wed.
- 6:30—7:30 p.m. Mon, Tue, Th.

New Class:

Mom & Daughter Fitness

What is your Goal?

- Lose Weight
- Gain Weight
- Maintain Weight
- Increase Energy
- Improve Health

Call now to try a Free Fitness Class!

www.LifeBalanceworks.com

We The People... Independence Day!



Independence Day, commonly known as the **Fourth of July**, is a [federal holiday](#) in the [United States](#) commemorating the adoption of the [Declaration of Independence](#) on July 4, 1776, declaring independence from the [Kingdom of Great Britain](#). Independence Day is commonly associated with [fireworks](#), parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies, and various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the [national day](#) of the United States.

During the [American Revolution](#), the legal separation of the [Thirteen Colonies](#) from Great Britain occurred on July 2, 1776, when the [Second Continental Congress](#) voted to approve a [resolution of independence](#) that had been proposed in June by [Richard Henry Lee](#) of [Virginia](#). After voting for independence, Congress turned its attention to the [Declaration of Independence](#), a statement explaining this decision, which had been prepared by a [Committee of Five](#), with [Thomas Jefferson](#) as its principal author. Congress debated and revised the Declaration, finally approving it on July 4. A day earlier, [John Adams](#) had written to his wife [Abigail](#):

The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.

Adams's prediction was off by two days. From the outset, Americans celebrated independence on July 4, the date shown on the much-publicized Declaration of Independence, rather than on July 2, the date the resolution of independence was approved in a closed session of Congress. Historians have long disputed whether Congress actually signed the Declaration of Independence on July 4, even though Thomas Jefferson, John Adams, and [Benjamin Franklin](#) all later wrote that they had signed it on that day. Most historians have concluded that the Declaration was signed nearly a month after its adoption, on August 2, 1776, and not on July 4 as is commonly believed. In a remarkable coincidence, both John Adams and Thomas Jefferson, the only signers of the Declaration of Independence later to serve as [Presidents of the United States](#), died on the same day: July 4, 1826, which was the 50th anniversary of the Declaration. Although not a signer of the Declaration of Independence, [James Monroe](#), the Fifth [President of the United States](#), died on [July 4, 1831](#). [Calvin Coolidge](#), the Thirtieth President, was born on [July 4, 1872](#), and thus was the only President to be born on Independence Day. (From Wikipedia)

In God We Trust: Pray for our country!

Deuteronomy 8: 7-10

For the Lord your God is bringing you into a good land of flowing streams and pools of water, with fountains and springs that gush out in the valleys and hills. It is land of wheat and barley; of grapevines, fig trees, and pomegranates; of olive oil and honey. It is land where food is plentiful and nothing is lacking. It is land where iron is as common as stone, and copper is abundant in the hills. When you have eaten your fill, be sure to praise the Lord your God for the good land he has given you.



Announcements:

Gymnastics:

- ◆ **Congratulations to:**
Ms. Margaryta—she has passed all her Judging Tests and is now officially **Level 10 USAG Judge!**
- ◆ **Summer Camp starts on July 11th, prepare for Fun!**
- ◆ **Open Gym :**
Girls : Thursday, 5—6:30 p.m.
Boys : Friday at 5—6:30 p.m.;
invite friends and have fun,
learn to flip!

Tumbling & Cheerleading:

- ◆ We invite you to join our Pink Pearl Tumbling & Cheer Program!
- ◆ A **Teen Tumbling Night:**
Tuesday 5:00 to 6:30

Check our new Schedule and events at
www.PinkPearlGymnastics.com

Life Balance Fitness Club:

- ◆ **Mom & Daughter Fitness** —
New Class is open on **Friday at 3:00 p.m.** Great opportunity to bond together and grow physical, spiritually, and emotionally. Be involved in each others lives!
- ◆ **Zumba** classes will start in August

Welcome :

- ◆ **Kaydyn Latham**
- ◆ **Younique Destinee Duncan**

Happy Birthday:

Margaret W. – July 30th

Fun Stuff: Join our **Cutest Hair Style Contest:** get creative & have fun!

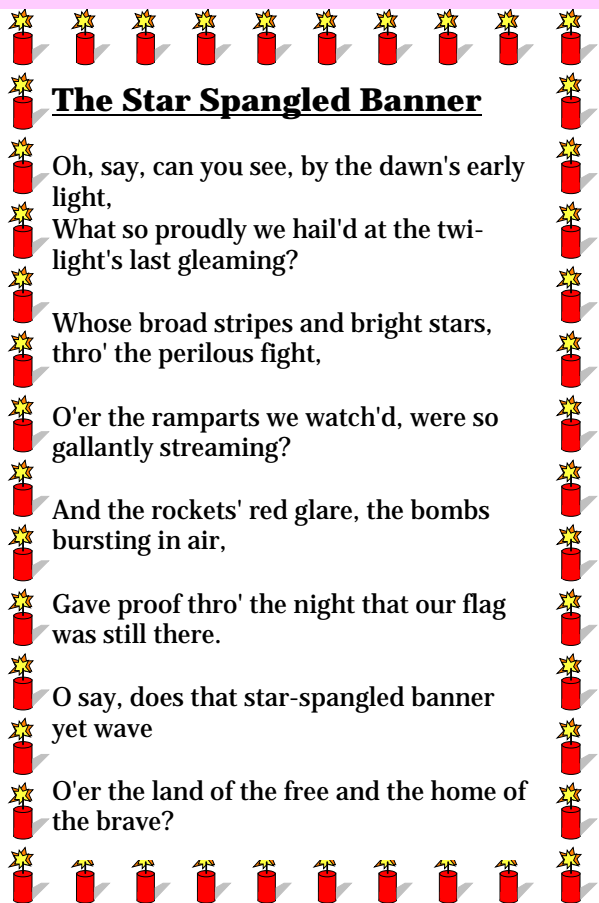
We are so Proud:

Thank you for responding to our call to stretch at home. We are so proud that most of Pink Pearl students were working hard on their splits at home and parents helped them not to forget. This is very encouraging! And we have seen a lot of improvement!

Way to go!



Fun Stuff:



The Star Spangled Banner

Oh, say, can you see, by the dawn's early light,
What so proudly we hail'd at the twilight's last gleaming?

Whose broad stripes and bright stars,
thro' the perilous fight,

O'er the ramparts we watch'd, were so gallantly streaming?

And the rockets' red glare, the bombs bursting in air,

Gave proof thro' the night that our flag was still there.

O say, does that star-spangled banner yet wave

O'er the land of the free and the home of the brave?



Trivia:

In 1814, Francis Scott Key wrote the poem, *Defense of Fort McHenry*. The poem was later put to the tune of (John Stafford Smith's song) *The Anacreontic Song*, modified somewhat, and retitled *The Star Spangled Banner*. Congress proclaimed *The Star Spangled Banner* the U.S. National Anthem in 1931.

Can you sing our National Anthem without cheating? Did you know that 2 out of 3 Americans don't know the words. We should all brush up on a song that brings so much pride to being an American!

Red Whit and Blue Frozen Lemonade

Ingredients:

- ◆ Crushed Ice
 - ◆ Black Berries (Sweetened)
 - ◆ Strawberries (Sweetened)
 - ◆ Fresh Lemonade
- Blend Ice and Lemonade and set aside. Blend Ice and Blackberries and set a side blend ice and strawberries and set aside. In a pitcher or individual glass, layer each blended ice mixture, RED, White and Blue. Enjoy!!

Pink Pearl Gymnastics

Gymnastics * Dance * Cheer * Fitness*

After School program*

406 Davis Str., Ste. 101, Virginia Beach, VA 23462

757-343-8250 & pinkpearldance@yahoo.com

Pink Pearl Gymnastics
Gymnastics/ Tumbling & Cheer Classes
Sign Up Now!
Get 50% off for the Month

Pink Pearl Gymnastics
After School Program
Sign Up Now !
Get 50% off for the 1st Month

Pink Pearl Gymnastics
Get a 10% Discount for more than one family member registered for classes !

Life Balance Club
Health and Fitness Classes
Sign Up Now!
Get 50% off for the Month

Pink Pearl Gymnastics
Refer a friend!!
If they sign up for classes take \$10 off your next months class.
Friend your referring:
Name _____
Phone _____

Pink Pearl Gymnastics
Free Trial Class for new students
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VA 23462
(757) 343-8250
Referred By: _____