

From My Family To Yours:



**Halloween Party October 28th,
Friday 6 to 8p.m.**



**Halloween 2010
at Pink Pearl**

**We invite all family
members
and friends!
Dress for the occasion,
prepare to have lots of fun!**



October Pearl!



**Congratulations to
our
*Student of the
Month:*
Abeni B.
She has shown
great respect,
dedication
and progress
in Gymnastics !**

**Keep up the good
work!!**



Gymnastics & Tumbling:

- ♦ **Schedule:** Monday-Friday 4:30 to 6:30p.m.; Saturday 8:45—2:30 p.m.
- ♦ **Open Gym :** Friday at 4:30—6 p.m.
- ♦ **Teens & Adults :** Friday at 4:30—6 p.m.
- ♦ **Make Up classes:** Wednesday 4:30 to 6:30p.m.(on appointment)
- ♦ **Gymnastics for kids with special needs:** if you know such families, please, let them know about this class. The benefits are incredible!

Dance Lessons : great instructors, amazing dancers!

- ♦ **Rants Ballroom Company:** Ms. Marie—Saturday classes
- ♦ **Platinum Movement Company:** Ms. Erika—Mo, Tue, Wed, Fri
- ♦ **Ballroom (Teens & Adults):** Saturday 1:00—2:30p.m.

Pink Pearl Fitness Club:

- ♦ **Fitness for Women:** Yoga-Pilates-Zumba-Strength Training-Weight Loss
- ♦ **Mom & Daughter Fitness —** Friday at 3:30 p.m.
- ♦ **Get your Exercise while waiting for your child:** Ms. Margaryta will show you basic 30-40 minutes workout to get stronger and more flexible. Use your time with the most benefit!
- ♦ **12 weeks to Slim & Fit:** join our group, commit to the program, achieve your goal! **Sign Up Now!** (See next page for more details!)

Happy Birthday!

- Elizabeth H.** – October 3d
- Haley G.** – October 4th
- Jake G.** – October 23d



Welcome :

- ♦ *Keylee F. (little pearls)*
- ♦ *Kiana G. (pink pearls)*
- ♦ *Chloe H. (pink pearls)*
- ♦ *Reagan & Sloan M. (pink pearls)*
- ♦ *Raevyn H. (after school pr.)*
- ♦ *Miranda P. (after school pr.)*
- ♦ *Michaela H. (after school pr.)*
- ♦ *Andrea P. (private lessons)*

Hot Deals (October only)!

- ♦ **25% Discount** for recommended new student!!!
- ♦ **12 weeks to Slim & Fit:** the first **4 weeks are Free!!!**
- ♦ **Birthday Party:** Schedule your b/d party now and receive 25% discount.



From the Coach: *Anything you do with fully committed heart and maximum effort will help you reach any goal in life!*

I'd like to share with you how my schedule Team (11years old) and later USSR Team we were looked like when I was a gymnast. When I was 7 training up to 7 to 8 hours per day during the years old and just started school, I was selected to camps. Of my special sport class I was the only one the special gymnastics class (criteria: strong, small, (gymnast) who made to the Soviet Union National lean body) of 35 kids. I had two trainings per day, Team. At the age of 12, I achieved the Master of six times per week: 8—10 am—first training; Sports of the USSR (very prestigious award) and 10:30am—3pm—school; 4:00—7:30—second training; received a special prize-trophy for the youngest athlete in Ukraine having received that award at 8:00—10p.m—dinner and homework. On Saturday I had one training. I could have my free time that time. Being a gymnast I learned the lesson: on the weekend after my homework was done. (Quoted above) When I became the member of Ukrainian National

Health and Fitness



Health: Why do we need water?

Water is a part of every body cell, tissue, organ, and body process, and is important in these body functions:

- ♦ Regulates your body temperature
- ♦ Removes wastes from the body
- ♦ Carries nutrients, oxygen and glucose to the cells to give you energy
- ♦ Provides natural moisture to skin and other tissues
- ♦ Cushions joints and helps strengthen muscles
- ♦ Keeps your stools softer

Are you getting enough water?

When you wait until you are thirsty, you are already dehydrated and may have lost ½ - 1 quart of water. It is important to drink before you become thirsty! Caffeinated and sweetened drinks are not part of the solution because they can contribute to dehydration. Water works best.

To determine the minimum ounces of fluid needed daily:

- ♦ For adults or children weighing over 100 lbs: divide your weight (in pounds) in half.
- ♦ Children weighing less than 100 lbs have special fluid needs and this formula may not be appropriate.

Properties:

- ♦ Essential for life
- ♦ Dilutes toxins in the body and expels them
- ♦ A natural diuretic
- ♦ Salt water is antiseptic
- ♦ Aids kidney action
- ♦ Prevents constipation
- ♦ May contain some naturally occurring fluoride
- ♦ Prevents dehydration

Other Uses:

- ♦ Ice reduces swellings and beneficial for sprains
- ♦ Hot compress helps reduce inflammations
- ♦ Warm baths encourage relaxation, hot baths help to soothe muscular aches and pains.



Fitness: 12 Weeks to Slim & Fit

Ladies! You are invited to join our group to Slim & Fit; you will be assigned a personal coach who will monitor and guide you towards goal.

1. Determine your personal Goal:

- ♦ Lose Weight
- ♦ Get in shape
- ♦ Gain Strength & Flexibility
- ♦ Increase Energy
- ♦ Improve Health

2. Commit to following the Program:

- ♦ Scheduled meetings to help you to achieve a positive change in your life
- ♦ Personal Progress Chart will be monitored weekly
- ♦ Learn very important facts about proper nutrition and weight management

3. Fitness commitment:

- ♦ Exercise regularly: at least three times a week
- ♦ Choose the fitness program that is right for you

4. Nutrition commitment:

- ♦ Basic Nutrition: Eat Healthy
- ♦ Supplemental Nutrition

5. Reevaluation of the progress and goals:

- ♦ Celebrating success
- ♦ Discovering strengths and weaknesses
- ♦ Setting new goals

The schedule for the fitness classes:

Tuesday, Thursday at 6:30p.m. & Friday at 6p.m.

The first 4 Weeks Are Free!

Sign Up Now!

Join our Pink Pearl Fitness Club:



Zumba—Yoga—Pilates—Aerobics—Dance—Strength Training

www.PinkPearlGymnastics.com

Federal Judge overturns Lejeune Base Commander

Federal Judge Permits Father of Serviceman Killed on USS Cole to Express Opposition to Islamic Terrorism Over Objections of Marine Base Commander!

ANN ARBOR, MI – Jesse Nieto is one of those many unsung patriotic Americans. He served 25 years in the Marine Corps, including two combat tours in Vietnam . His youngest son, Marc, and 16 of Marc's shipmates were killed on October 12, 2000, by Islamic terrorists who bombed the USS Cole. Nieto has worked as a civilian employee at Camp Lejeune Marine Corps Base in North Carolina since 1994.

Yesterday, U.S. District Court Judge Malcolm J. Howard delivered good news to Mr. Nieto. He ruled that Camp Lejeune officials violated his free speech rights when they ordered him to remove decals attacking Muslim terrorists from his vehicle. Judge Howard enjoined Marine officials from further enforcing the ban against Nieto.

Beginning in 2001, to show his anger toward the Muslim terrorists who killed his son, Nieto displayed various decals on his vehicle expressing anti-terrorist sentiments, such as "Remember the Cole, 12 Oct 2000, " "Islam=Terrorism, " and "We Died, They Rejoiced." Based on a complaint from a Marine who is married to a Muslim, on July 31, 2008, two military police officers (MPs) issued Nieto a ticket for displaying "offensive material."

After Nieto refused to remove the "offending" decals from his vehicle, the Base Magistrate issued Nieto a written order, ordering him to remove his vehicle from the base until all decals were removed and banning his vehicle from all other federal installations. The order in effect prevented Nieto from driving his vehicle to Arlington National Cemetery (a federal installation) to visit the grave marker of his fallen son.

As a result of the Marine Corps' unlawful action, the Thomas More Law Center, a national public interest law firm based in Ann Arbor, Michigan, filed a federal lawsuit against the Camp Lejeune Commanding Officer and the Base Magistrate on behalf of Nieto in the U.S. District Court for the Eastern District of North Carolina. The civil rights lawsuit challenged the constitutionality of the military's ban on Nieto's speech.

Richard Thompson, President and Chief Counsel of the Thomas More Law Center, commented, "Political correctness is destroying our military. 9/11 was caused by Islamic terrorists, and our troops are being killed by Islamic terrorists overseas and on our very own military bases; yet, our commanders are more concerned about 'diversity' and not offending the Muslim community. And here, the military re-victimized a father anguishing over the murder of his son by Islamic terrorists because they don't want to offend Muslims." During sworn testimony taken in the case, Marine officials admitted they would allow speech that favored Islam, but not Nieto's speech because they considered it "extremist, indecent, and offensive."

In his opinion, Judge Howard responded to the government's argument as follows: "Defendants argue that the regulation is reasonable and necessary because it is aimed at preventing speech the sole intention of which is to inflame the passion of those within the Base command. However, defendants fail to recognize that pro Islamic messages, such as 'Islam is Peace, ' and 'Islam is Love, ' may be just as incendiary to individuals like plaintiff as anti-Islamic messages are to the individual who complained about plaintiff's decals."

Robert Muise, Senior Trial Counsel for the Law Center who handled the case, commented, "As Judge Howard's well-reasoned opinion makes plain, political correctness and 'diversity' do not justify violating the Constitution. As a former Marine, I am ashamed at the way the Marine Corps treated this grieving father and war veteran. When I told him of the good news yesterday, he was elated. He plans to be back on base with his vehicle early next week."

The Thomas More Law Center defends and promotes America's Christian heritage and moral values, including the religious freedom of Christians, time-honored family values, and the sanctity of human life. It supports a strong national defense and an independent and sovereign United States of America .

In God We Trust

For a Word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

Hebrews 4:12-13



Did you know that when you carry the Bible, Satan has a headache;
when you open it, he collapses;
when he sees you reading it, he loses his strength;
AND when you stand on the Word of God, Satan can't hurt you!

Gymnastics in News

World Championships in Tokyo October 11-16, 2011

Here's a quick overview of the various ways to watch and follow the U.S. Team's performances at the 2011 World Championships in Tokyo.

Live webcast. UniversalSports.com will have a live webcast of the team, all-around and individual event finals from Tokyo for \$19.99. For U.S. Eastern Daylight Savings time, the live webcasts are scheduled for: Oct. 11 – women's team final, 6 a.m.; Oct. 12 – men's team final, 5 a.m.; Oct. 13 – women's all-around final, 5 a.m.; Oct. 14 – men's all-around final, 6 a.m.; Oct. 15 – individual event finals, 12:30 a.m.; and Oct. 16 – individual event finals, 1 a.m. (NOTE: Tokyo is 13 hours ahead of New York City; when it is midnight in Tokyo, it is 11 a.m. in New York.)



Cable TV. Universal Sports will show all of the finals on its cable network during prime time. At 8 p.m. ET each day, Universal Sports will show the men's team final on Oct. 12; men's all-around finals on Oct. 14; and individual event finals on Oct. 15-16. The women's team final will air at 11 p.m. on Oct. 15, and the women's all-around final, with men's highlights, will air at 11 p.m. on Oct. 16.

Usagym.org will provide enhanced coverage from Tokyo that will include results and exclusive photos from the competition, as well as daily video interviews. USA Gymnastics will also post event updates on [Facebook](#) and [Twitter](#).

More info: <http://usagym.org/pages/index.html>

Fun Stuff: Shenandoah National Park, Virginia



We have just visited the Shenandoah National Park, Virginia: enjoyed amazing Blue Ridge Mountains views, hiked the trails, tried hard not to disturb the peaceful life of the wild nature. These are the pictures we had taken with our personal camera. The animals feel so comfortable and safe that they allow the humans watch them from just couple feet away. This is a great place to bring your family!

