



The two 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

Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it.

— Eknath Easwaran

Patience is not passive; on the contrary, it is active; it is concentrated strength

— Edward G. Bulwer-Lytton

Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.

— Brian Adams



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're 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 stabilizes 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

Try yoga or meditation

Take a walk

Take a nap

Continued on Page 4



WHAT'S INSIDE

Make Sunny Friends Slowly

Protecting the Castle

School Calendar/
Special Events



PO Box 640
1809 Weir Road
Russellville AR 72811

P 479-890-6988
F 479-967-9898
E rvma@imga.com
www.rivervalley martial arts.com



Make Sunny Friends Slowly



No matter where you live, most people love it when spring arrives. Some only have a few of those wonderful not-too-hot, not-too-cold days, but they sure take advantage of them.

If you've been working out indoors during the winter months, you'll find the outdoors a refreshing change of scenery. But remember, the sun might be too much, too soon. Even though the weather feels great, the sun is shining down on skin that hasn't been exposed for a few months. However, a few safety tips will help you enjoy fun in the sun.

The number-one year-round safety tip is to use sunscreen. This precaution applies to the beach, the mountains, the backyard and anywhere you might be outside. Apply sunscreen frequently, evenly and after getting wet, which includes sweating heavily. One area that most people forget is the tips of their ears and nothing hurts worse than sunburned ears!

Overcast doesn't mean safety off. You may not see the bright, round, shiny ball in the sky, but it is there and can still cause damage. Use sunscreen even when the sky is cloudy, especially if you are near the water or sand (like snow, they both reflect the rays for a double whammy).

Start slowly and take it easy! Yes, it is exciting to spend hours enjoying good weather, but this can cause unnecessary burns. You want to limit your time in the sun to around 15 minutes at a time during the first few days and gradually add time until you can be out there for 45 minutes without suffering from any discomfort.

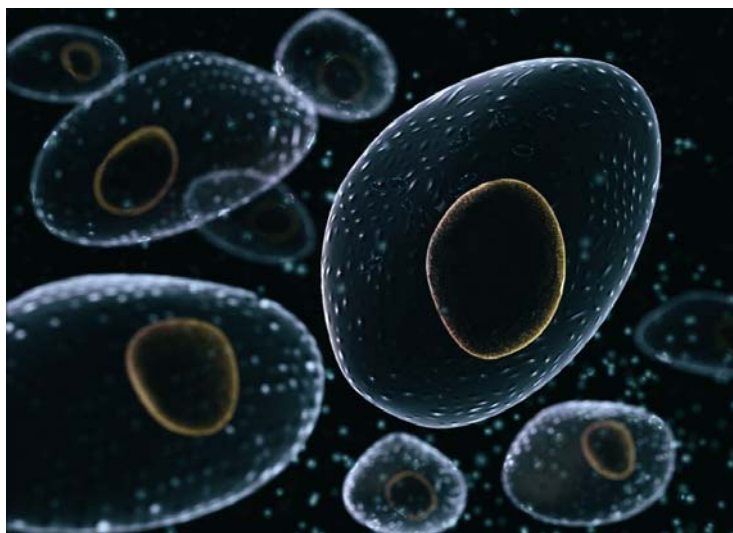
Use caution during peak times. The most harmful rays occur between the hours of 10:00 a.m. and 2:00 p.m. This would be a great time to schedule an indoor class like martial arts. Then have lunch and do any work inside the house so you will be free for the rest of the day.

Beware of drug interaction. If you are taking any prescription or seasonal non-prescription drugs, read the label or ask your doctor or pharmacist if they might cause you to have a heightened sensitivity to sunlight.

By using common sense and a few precautions, you can enjoy the incredible spring season while preparing your body for the hot rays of summer.

Random Fact of the Month — Apoptosis

Have you lost 100 or so pounds this year? Between 50 billion and 70 billion cells die each day due to apoptosis (a genetically determined process of cell self-destruction) in the average human adult. In a year, this amounts to the proliferation and subsequent destruction of a mass of cells equal to an individual's body weight.



Protecting the Castle

Nothing is better than being outside and working in the yard, the garage or just shooting hoops in the driveway. Sitting inside at the computer is no way to spend a great spring day. Take your laptop outside and work in the fresh air. But if you go outside, who is watching your house? Usually, no one. However, daytime burglary goes up in the spring and summer months. But a cautious martial artist can safely be outside while the house is safe inside.

Lock the front door. If you are in your backyard doing tai chi, and your front door is unlocked, anyone can quickly walk in and take off before you know it. Keep all doors locked when outside unless you will be in view of it the entire time you are out there.

Close the garage door. Look around at all of the valuable tools and equipment you store in your garage. Unless you are working directly in the garage, close it. If you are mowing your backyard or driving down the block to test your car repair, remove temptation and close your door.

Trim hedges. Keep the hedges low, usually around three feet, so a burglar can't use them to hide behind and so you can feel safe when you walk up your sidewalk.

Keep valuables out of view. Can you see in your front windows when you walk or drive by your house? It's great to open the blinds when the weather is sunny, but can you see through to your backyard? What about all of your belongings? Can you see your television or electronic equipment including computers? Are there purses on the chair or table near the window? These are all temptations for the wrong kind of person, even in good neighborhoods. Lower the blinds to where light shines in, but the view is blocked.

Our homes might be our castles, but they are not impenetrable, even when we are there. Being home may give you a false sense of security, but you still have to be aware of who and what is around your house to protect it.



Patience - Decisive Contentment

Continued from Page 1

When it feels like you are standing in line for an eternity, remember time is subjective. Time really does fly when you're having fun, doesn't it? Likewise, each minute seems to tick by excruciatingly slowly when you are struggling, when you are heartbroken, or when you are worried. You want nothing more than to be through this trial and move on to happier, easier times.

"Patience is not passive; on the contrary, it is active; it is concentrated strength," said Edward G. Bulwer-Lytton. As a martial artist, you may spend many years training for your black belt; you know that patience IS concentrated strength. When you have such a meaningful goal, the length of time

that it takes to achieve it is not the critical factor, because you know that the journey is what matters most.

Next time you feel like you are simply waiting for the passage of time, remember that, as Lyman Abbott said, "patience is passion tamed;" it is momentarily pausing before embarking on life's next great adventure.

School Calendar/Special Events:

May 6	Christian Community School c/o First Baptist Church Russellville AR	Kid-Safe Self Defense Class 8:00AM to 8:30AM
May 8	Oakland Heights Elementary Russellville AR	Kid-Safe Booth / RSN Enrollment 6:00pm to 8:00pm
May 13	Christian Black Belt Association Dr. Clement Riedner, Soke	Ju-Jitsu / Self-Defense Clinic 6:30pm to 7:30pm (Kick'n Kids & Adults)
May 17	Relay For Life Arkansas Tech University	RVMA Demonstration Team Time T.B.A.
May 28	Westside Church of Christ Russellville AR	Women-Safe Self Defense Class 7:00pm to 8:00pm
May 31	Pottsville Assembly of God Pottsville AR	Kid-Safe Safety Fair Time T.B.A.