

The Quiet Storm Chronicle

April 2011

"Success is not the key for happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

-Albert Schewitzer

YOUTH COUNCIL UPDATE

The youth council again completed and participated in a variety of activities during the months of January, February, March and April 2011. The members worked on the Youth Neighborhood Association Partnership Program (YNAPP) grant application, which is a service-learning project. The council visited the Nevada Partnership for Homeless Youth, also known as Safe Place. The YNAPP grant will support the Safe Place program. The members also held elections this quarter. They selected a new president, vice president and secretary. The Veterans Memorial Youth Council combined forces with the Quiet Storm Youth Advisory Council and a couple of other city youth councils for a visit to the Le Cordon Bleu Culinary Institute. This gave students an idea of how a culinary institute functions. On March 19 the council was invited to attend a free college preparation event to determine what college life is really like. Several workshops were completed which included Testing and Admission Exams, Financial Aid, Life Skills and College Life, Credit and Money Management, and a Parent Information Workshop. On April 9 the Students in Free Enterprise, the UNLV Chapter, invited the members of the council to UNLV. They conducted sessions which covered the following topics: Financial Literacy, College Preparation and Campus Life Skills, Curriculum Selection and Design, Ethics and Good Decision Making, Presenting a Positive Image, Resume Writing, and Dress for Success and Interviewing.

STORM SPOTLIGHT Crystal Serpas



Q: What are you currently doing?

A: I am a freshman at Clark High School being a student, learning how to dance the Jitterbug, practicing the guitar and practicing for the Wizard of Oz, writing a novel with a friend, and being the secretary of the Quiet Storm Youth Advisory Council.

Q: What are your career aspirations?

A: I am going to be a famous actress.

Q: What are your hobbies and what do you enjoy?

A: I enjoy exercising and going on adventures. I also writing songs, singing, and writing stories

Q: How do you believe you can help the Quiet Storm Youth Advisory Council?

A: I believe I can provide good ideas, keep good notes as the secretary, inform and remind members about activities, and helping the president and vice-president.

MAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14 Youth Council Meeting10:00
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Youth Council Meeting10:00
29	30 Memorial Day!	31				

JUNE

			1	2	3	4
5	6	7	8	9	10	11 Youth Council Meeting10:00
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Youth Council Meeting10:00
26	27	28	29	30		

JULY

31					1	2
3	4 Happy 4th of July!	5	6	7	8	9 Youth Council Meeting10:00
10	11	12	13	14 Hoops for Hope 9:00-1:00	15 Hoops for Hope 9:00-1:00	16 Hoops for Hope 9:00-1:00
17	18	19	20	21	22	23 Youth Council Meeting10:00
24	25	26	27	28	29	30

HEALTH & LIVING



What is High Intensity Interval Training?

High Intensity Interval Training is a specific type of interval training routine. It is mostly used for individuals trying to lose weight. It has a number of distinct goals and differences which make it unique.

HIIT Sessions usually last less than 20 Minutes

The first difference is in time, excluding warm ups and warm downs last no longer than 20 minutes. This may seem like a very short space of time but believe me; if you do the workout correctly you will be exhausted by the end of it. The goal of HIIT is to hold an anaerobic state for a long cumulative time. It's designed with rest intervals to allow you to sprint harder for longer. Take this as an example, if you were to sprint for 100 meters, you would go full out for about 15 seconds (depending how fast you were). In an advanced HIIT workout you would probably spend about 7 to 8 minutes going full out in a 15 minute workout. If you are a beginner you should start with 4 to 6 minutes total workout time.

For Maximum Benefits make sure you are using Major Muscle Groups

There are a range of activities that you can do with HIIT. When choosing an activity try to pick one that safely uses the largest muscle groups in your body. High Intensity Interval Training will try and tap the energy sources found inside the muscle. The larger the muscle group being exercised, the greater the benefit. The absolute best for HIIT is sprinting. If however you have injuries or other problems which prevent you from sprinting by all means pick something else which you can manage safely. The second best would probably be a stationery spinning bike.

Do HIIT every Second Day

An HIIT workout should not be done on consecutive days. The workouts goal is to operate at a high intensity. So when you do your reps, you do them as hard as you can. Working as hard as possible produces the benefits of High Intensity Interval Training. The workout burns energy from your muscle systems and it needs time to replenish it. If this doesn't happen you will not be able to workout with as much intensity and you have much greater chance of injuring yourself. The benefits happen in your body during your rest period and the more rested you are, the more intensity you can put into your workout.

Alternate Your Interval Training Routines

One of the key principles around High Intensity Interval Training is preventing any type of plateau. It's designed around pushing your body to constantly adapt, and as your body is always trying to please, it invariably does. When this happens your improvements slow down. To counter this, always keep your body guessing, after you have done about 8 weeks on a particular HIIT program, give yourself one week off then start a new one.

What exercises can be used for a HIIT Routine?

HIIT exercises can be very specific programs, or just traditional exercises, depending on your specific goals and your current physical condition. Here just a few samples you can consider for your HIIT training: Running, Sprinting, Biking, Weight Training, Treadmill, Stairmaster, Elliptical, Weight Training, Kettlebell, Box Jumps, Thrusters, Pushups, Power Cleans, and Jump Rope.

Can a beginner do HIIT?

Yes, a beginner can start HIIT but change the intensity to a lower level.

Is HIIT for everyone?

This type of training is very intense and should be cleared by your doctor before you begin.

Chicago Essay Contest

The 2011 Quiet Storm Foundation's Black History Essay Contest was successfully completed in Chicago. A panel selected writers Jahjuan Green-Nicholson Technology Academy, Breanna Sanders-Charles Sumner Academy, and Star Davis-Robeson High School. The students selected topics based on the following: "Describe an event in black history that most changed or influenced America's way of life." The students selected several icons from a list of many. The winners read their essays at the Annual Black History Luncheon in Chicago with Las Vegas Clark county commissioner Lawrence Weekly and city councilman ward 5 Ricki Barlow, C.J. Watson, Quiet Storm Foundation Board Members, friends and family. They also partook in pregame interviews and photo shoots with C.J. and again met with C.J., board members, family and friends after the Chicago Bulls game. Fun was had by all and the board is looking forward to 2012.



Las Vegas Essay Contest



The 2011 Quiet Storm Foundation's Black History Essay Contest was successfully completed in early February. A panel of ten selected writers Kiarah C. Stevenson and Jamarria Wesson-Taylor-Kermit R. Booker Elementary School, Bryan J. Reyes-West Preparatory Institute, and Akeemis Williams-Wendell P. Williams Elementary School. The students selected topics based on the following: "Describe an event in black history that most changed or influenced America's way of life." The students selected icons such as Martin Luther King, Rosa Parks, Huey P. Newton, Jackie Robinson, Harriet Tubman, Dr. Charles Richard Drew, and Brown v. Board of Education, the Underground Railroad, and Marcus Garvey. The winners read their essays on Commissioner Lawrence Weekly's Radio Talk Show, 88.1 FM and before the Las Vegas Mayor and City Council. They had another opportunity to read their essays in Chicago before C.J. Watson, Quiet Storm Foundation Board Members, friends and family at the scheduled Annual Black History Luncheon. They also partook in pregame interviews and photo shoots with C.J. and again met with C.J., board members, family and friends after the Chicago Bulls game.

HOW TO GET GOOD GRADES

- Believe in yourself: "to succeed, we must first believe that we can achieve."
- Be organized: "if you are organized, you have what you need when you need it."
- Manage your Time well: "with good time management, you have time for the things you need to do, and you still have time for the things you want to do."
- Be successful in class: be in school on time every day, learn how to adapt to different teachers, be prepared for each class, be aware of your body language, always do your homework, participate in class, be a good group member, treat others with courtesy and respect, involve your parents, and take responsibility for your grades.
- Take good notes: be an active listener, take notes to help you pay attention, recognize important information, take notes that are easy to read, go over your notes as soon as possible, and get copies of class notes from classmates if you are absent.
- Know how to read a textbook: scan by reading subtitles – words in bold and italic print, summaries, charts, and review questions; read the text with purpose, review by scanning the material to check your understanding.
- Study Smart: find a good place to study, do not put off studying until later, do not make excuses to delay studying, begin with a subject that you like, know your learning style (visual learner, auditory learner, learn by doing, or use of technology).
- Use "Test taking Strategies:" develop a plan, mark questions you want to return to and ensure correct answers, look for key words in True/False questions, improve your math test scores, know how to approach essay questions, be prepared for open book tests, check your answers, and review all returned tests.
- Reduce Test Anxiety: do not cram, cramming increases test anxiety, practice going through test experiences mentally, review test material the day before and get a good night's sleep, act with confidence – hold head high, take deep breaths and relax, visualize being in a place where you feel very relaxed and calm.

Get Help When You Need Help.

TIPS for PARENTS: Show interest, attend all open houses and parent conferences, know when each grading period ends, see all progress reports and report cards as soon as they come, call the school immediately if you do not see a card, discuss classes and set goals, talk with student about school and be a good listener, be available to HELP, if you can or get student help, encourage school involvement (helps student enjoy school even more); monitor student's activities (too much TV, Internet, Computer Games, Talking on Phone); work with the school.

LAST QUARTER EVENTS



Meeting Mayor Brown



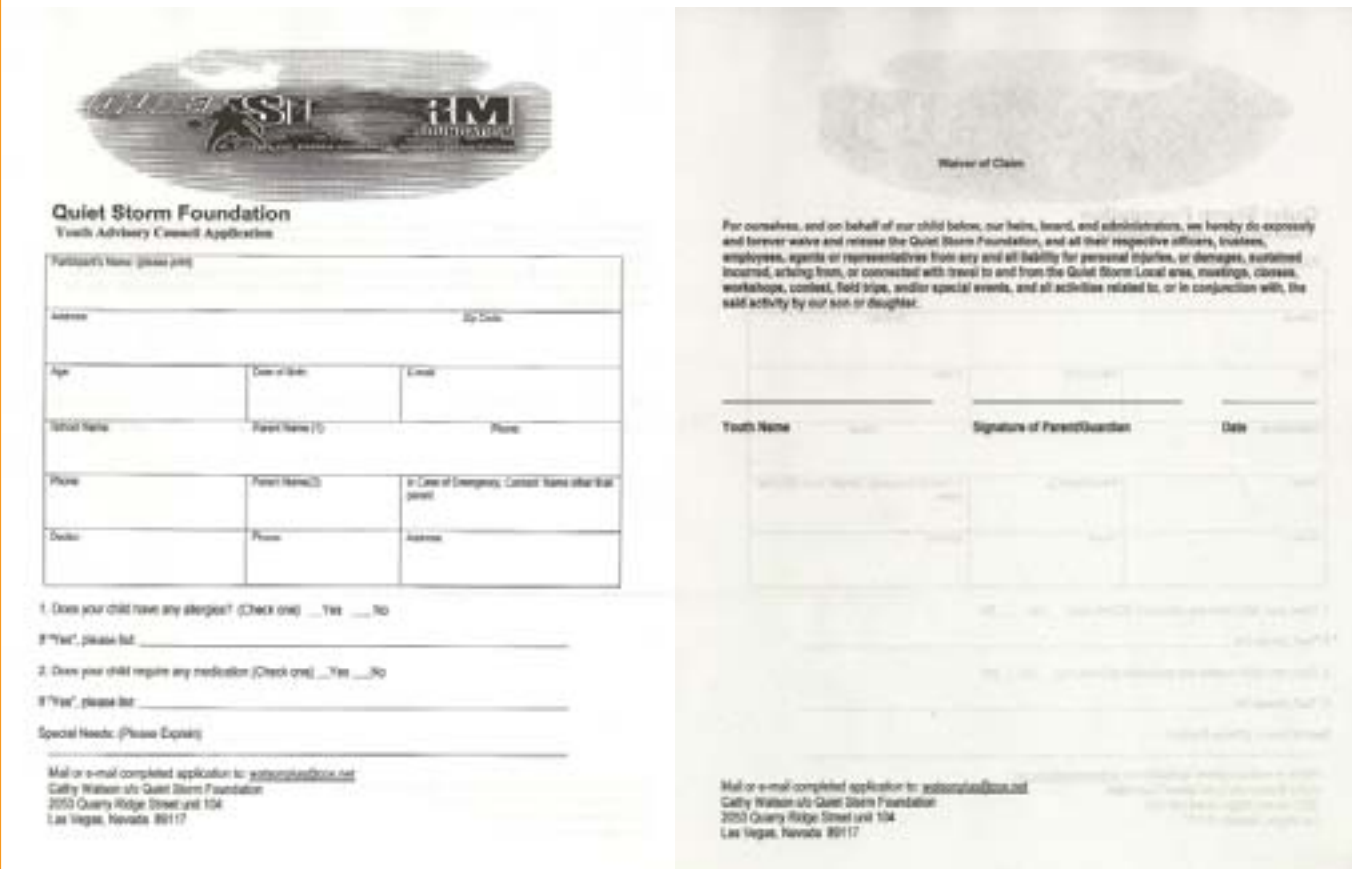
Vegas Night



Vegas Night

YOUTH ADVISORY COUNCIL APPLICATION

For more information on how to apply, please email us at: watsonplus@cox.net



Quiet Storm Foundation
Youth Advisory Council Application

Participant's Name (please print) _____

Address _____ Zip Code _____

Age _____ Date of Birth _____ Email _____

School Name _____ Parent Name (S) _____ Phone _____

Phone _____ Parent Home (S) _____ If Line of Emergency, Contact Name other than parent _____

Gender _____ Race _____ Address _____

1. Does your child have any allergies? (Check one) Yes ☐ No ☐
If "Yes", please list: _____

2. Does your child require any medication? (Check one) Yes ☐ No ☐
If "Yes", please list: _____

Special Needs: (Please Explain) _____

Mail or e-mail completed application to: watsonplus@cox.net
Cathy Watson aka Quiet Storm Foundation
3053 Quarry Ridge Street unit 104
Las Vegas, Nevada 89117

Waiver of Claim


For ourselves, and on behalf of our child below, our heirs, board, and administrators, we hereby do expressly and forever waive and release the Quiet Storm Foundation, and all their respective officers, trustees, employees, agents or representatives from any and all liability for personal injuries, or damages, sustained incurred, arising from, or connected with travel to and from the Quiet Storm Local area, meetings, classes, workshops, contest, field trips, and/or special events, and all activities related to, or in conjunction with, the said activity by our son or daughter.

Youth Name _____ Signature of Parent/Guardian _____ Date _____

Mail or e-mail completed application to: watsonplus@cox.net
Cathy Watson aka Quiet Storm Foundation
3053 Quarry Ridge Street unit 104
Las Vegas, Nevada 89117

PARTNERING WITH PARENTS

Parental support is vital and necessary to our Quiet Storm mission. We provide opportunities that allow our youth to grow and thrive, but this certainly cannot be done alone. Parents and caregivers who are involved and aware of their children's friends and activities help create an environment that allows their children to reach their potential. **Being a parent isn't always easy, but together we can make a difference. We welcome and appreciate your involvement!**



HEALTH • EDUCATION • LEADERSHIP

FREE HOMEWORK ASSISTANCE

SATURDAYS @ 10:00 AM
6TH GRADE -12TH GRADE

Subjects: English, Math, Science
ALL STUDENTS ARE REQUIRED TO BRING STUDY MATERIALS



Dula Community Center
430 East Bonanza Road
(Las Vegas Blvd and Bonanza Road)
Call: (702) 378-3312

Top Robeson Seniors Honored By CJ April 13, 2011



Contact Us!
www.quietstormfoundation.com