



HAWK TALK

December 2008

Meet the Board

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Parents,

What a great 2008 we had! Recently you all received an email with the accomplishments of all of our football/cheer teams. THANK YOU again to all of our coaches and volunteers for making us the great program that we are!! This last week, we sent 2 cheer squads to Nationals, JPW and JM. The hard work that they have shown all year paid off. GOOD JOB HAWKS!!

Equipment--ALL football equipment should have been turned in. If you have something, you must call your coach or you will be billed for what you kept. Cheer uniforms will need to be handed in on Sunday, December 14th from 9-10 am at The Hoffman Estates Community Center and Ice Arena (Blackhawk) in room 110.

Planning for 2009 has started! We are looking for people to help with things like fundraising, registration, concessions and all of the other things that need to be done. Remember that the board members are all VOLUNTEERS who have families also.

Thank you to all who volunteered this past year. This league cannot run without you.

We look forward to seeing everyone at the banquets to remember the good times from 2008.

The board wishes you and your families a safe holiday season.

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Mark Mueller
President
Hoffman Estates Hawks



IMPORTANT DATES

December 8-13 – Nationals in Orlando, FL

December 14 – Cheer uniform turn-in 9:00-10:00am – CCIA (Blackhawk)

January 30 – Banquet JPW & Up – 6:00pm-10:00pm - Stonegate

January 31 – Banquet TM & MM 11:00am-3:00pm - Stonegate

March 7 – Little Scholars Regional Banquet



BANQUET

The last chance to pay for the banquet is on Sunday, December 14th from 9-10 am at Hoffman Estates Community Center and Ice Arena (Blackhawk) in room 110. This is the final chance!



CHEER UNIFORM TURN IN

Please turn in cheer uniforms on Sunday, December 14th 9 -10am at Hoffman Estates Community Center and Ice Arena (Blackhawk) in room 110. There is a \$10.00 CASH payment for dry cleaning. Please return jacket, competition skirt, and vest.



SHOP & SHARE – CHEERLEADING FUNDRAISER

All you have to do is go grocery shopping at Jewel and hand the person at the check-out one of the fliers attached to the this newsletter. Easy as that! There are 3 separate shop and share dates for you to use the coupons - Dec 1-3, 8-10, and 15-17. Please pass them on to friends and family!



HAWKS MERCHANDISE

Hawks merchandise makes a great holiday gift! Check out the merchandise link on the website! Order sweatshirts, t-shirts, baseball caps, bandanas, beanie caps, ladies tank tops, kids apparel, jackets, vests, sweatpants, shorts, blankets, even beach towels and aprons!

www.hoffmanhawks.org

Remember to visit the website often as that is where most of our information is posted.

OUR SPONSORS

Please don't forget our sponsors during the off season! Go to www.hoffmanhawks.org to see a complete list of our sponsors.



YEARBOOK

Last call for pictures.....The yearbook is in progress, but pictures are still being accepted. If you have any you'd like to contribute, please contact Marina Strassburger right away at mstrass438@aol.com. We'll accept both digital and prints (they'll be returned to you at banquet).



GENERAL MEETINGS

The General Meetings will continue to be on the third Tuesday of the month at 8:00 pm. The location is at the Hoffman Estates Park District Community Center and Ice Arena (formerly known as Blackhawk). There will not be a December meeting. The next meeting is Tuesday, January 20th at 7:30pm.

BECOME A HAWK VOLUNTEER

Thank you to all that volunteered their time this past season. The Hoffman Estates Athletic Association is run entirely by volunteers from our community. Parent participation is essential to the survival of our program. Board members, coaches, and parents work hard so that our children have a safe environment in which to make life-long friends.

The greatest treasure we have is our children. As adults, we must ensure that these young people are able to grow up happy, healthy, and above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. They are our future, and an endless source of joy.

FUNDRAISING

Be sure to check out the magazine fundraiser on our website. Our online fundraising store has over 650 of the most popular magazine titles at up to 85% off newsstands prices. Purchase or renew your favorite magazine subscriptions and 40% of your purchase will go directly to our cause!

You can invite friends and family to help:

Send emails to your friends and family inviting them to purchase their magazine subscriptions online to help support a great cause.

Escrip - We have also started a new fundraiser called *escrip*. Participating business partners contribute a percentage of your grocery loyalty, debit, and credit card purchases to HEAA. Visit www.escrip.com to see a complete list of participants and to sign up. Our group ID is 500017098.

- You register one or more of your existing cards for use in the program.
- Participating merchants will make contributions to HEAA based on purchases made by you, just by using the cards you have registered.
- Your purchases are tracked and available to you online, allowing you to see just how much you are earning on your child's behalf.



HEALTHY HAWKS CORNER

Sick of hearing what you shouldn't eat over the holidays?

The holidays are upon us, marking the start of that time of year when elastic-waist pants don't look half bad. Temptation lies at every family celebration, cocktail party and office gathering. Who wants to say bah humbug to a slice of pie?

Let's be realistic. We know we are going to be around special foods that are tough to resist. And who says we have to resist them? Enjoy them in moderation; just don't overdo it.

The idea of gaining 7 to 10 pounds over the holidays is a myth. Research suggests most people, if they gain anything, pick up a half-pound to 2 pounds. And the people who obsess about it tend to gain the weight.

So stop obsessing and start enjoying. After all, peanut butter cookies contain peanut butter, which is good for you. It's OK to indulge yourself a little.

With that in mind, here are a few realistic survival tips to holiday partying.

1. Think color when putting food on your plate. Mix up colorful foods -- most are fruits and vegetables -- to get a healthy variety of nutrients. Avoid the completely white plate: turkey, stuffing, gravy, mashed potatoes and a roll.

2. No foods are bad; some are just better for you than others. Pumpkin pie (sans whipped cream) probably is the healthiest because it tends to be lower in fat and calories, and pumpkin is a high source of beta carotene.

3. You don't have to pass up the cheese tray. Select cheeses that are harder because they tend to be lower in fat than softer cheeses. And pick the most flavorful cheese on the tray -- a sharp cheddar or havarti. Select a wheat or multi-grain cracker instead of a buttery one. Think Triscuits, not Ritz.

4. At cocktail parties, alternate an alcoholic drink with a glass of water. Red wine and dark beers, such as stouts, contain antioxidants, which may help prevent cancer and heart disease. Pass on the high saturated fat, high-calorie eggnog.

5. Herbal tea is not the only hot beverage for those who are health conscious. Cocoa contains antioxidants.

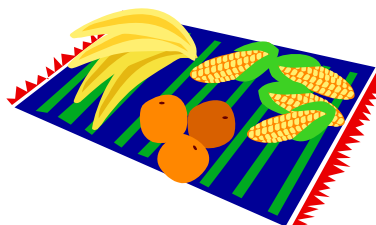
6. Tempted by dip? Enjoy a dollop of ranch dip on a fresh veggie instead of on chips. Better still, go for the guacamole, which is a source of healthier monounsaturated fat. Or dig into the salsa on baked chips.

7. Does the cookie platter beckon? Heed the call by choosing an oatmeal cookie that's a source of fiber (raisins and walnuts, which are good for your heart, make it even healthier.) The brownie looks irresistible -- and while the calories are present, chocolate contains antioxidants. So share half with a friend because often a small bite will satisfy a sweet tooth without going overboard.

8. Leave the mini-wieners, meatballs swimming in sweet and sour sauce and sausage platter on the buffet table. Instead have a turkey or pork tenderloin sandwich on a dollar roll, or shrimp cocktail. Shrimp contains cholesterol, but is so low in fat that it's a much better choice than higher-fat meats.

When you obsess about what to eat at a holiday gathering, you get into that all or nothing mentality. Then you overindulge and that leads to a feeling of self-defeat. Then you throw all caution to the wind, which is when you get into trouble with food.

It's OK to have a taste of foods that you've told yourself are forbidden. After all, the first bite of an indulgent food tastes exactly like the last. You don't really need a huge amount to satisfy your craving.





**Hoffman Estates
Athletic Association**
*P.O. Box 95641
Hoffman Estates, IL 60169*

**SEE YOU AT OUR NEXT
GENERAL MEETING:
Tuesday, January 20, 2009
7:30 p.m. @ HEPDCCIA/Blackhawk**



H.E.A.A. UPCOMING EVENTS



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-----GET CONNECTED-----

H.E.A.A. Website
www.HoffmanHawks.org

Conference Website
www.chicagolandpopwarner.org

Regional Website
www.midamericapopwarner.com

National Website
www.popwarner.com

Check the HEAA website often for updates