

JUGHEADS

J O U R N A L

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • November 2017

JH Veterans' Standards & Contests

Oct. & Nov. feature skill tests for all clubs

October Standard Testing provided a diagnosis of each Jughead's technical strengths & weaknesses while juggling under pressure. (Rec. rookies were exempt, but some accepted the challenge!) Some tried to finish quickly (e.g., under 5:00), while others didn't finish within the 10:00 limit. (Club balance and 3 club tricks remain common weaknesses.) Ultimates had up to 20:00 for 11 solo standards, with only **Isaac N.** beating the clock (<12:00!).

After MEA, multi-win Endurance Contests were held for all veterans: 4 Balls for Rec. and 5 Balls for Adv./ Elite. Congrats to this year's Ball Endurance champions: **Danny K.** (Thursday), **Leona B.** (Friday—with a broken radius in her arm!), **Noel D.** (Advanced), and **Isaac N.** (Elite).

The contests yielded impressive average records: 4 Balls—**Thur. Rec., 134.94** dominant hand throws (DHT); **Fri. Rec., 85.48** DHT. 5 Balls—**Adv., 107.3** total catches; **Elite, 415.76** catches.

November's All-Club Endurance Contests: 3 Clubs (Nov. 9 & 10); 5 Rings (Nov. 7); 4 Rings (Nov. 8); and 5 Clubs (Nov. 9).

Note: If every Jughead practiced at home one hour a week (10 minutes a day with one day off), records and skills would increase even further and faster!

2017 Ultimate Club Banquet

14th annual dinner & awards ceremony

On Oct. 14, **Wendy Arneberg** organized our U.C. Banquet held at **Dave & Buster's** in Southdale. **Paul** gave a scouting report on possible future Ultimates, and he and Coach **Tom Gaasedelen** interviewed all 14 members in attendance. The crowd was addressed by recent grads **Jacob Cowan** in person and **Cole Dunbar & Steven Karschnia** by proxies, and the evening ended with presenting juggling letters for '16-'17. 1st year juggling letters: **Joe D., Grant D. Miranda M., Joshua N., Skip N., Luca P., Nicholas R.**; 3rd year: **Laura S.** Congrats to our 16 current members and eight letter-winners from '16-'17!

Names, Snacks, Make-Ups, Pick-Ups

Mid-Fall Notes for (1st Year) Families

- Parents, please **learn the student leaders' names** for the club(s) your kids attend. Paul continually stresses name-use among the Jugheads; **names** are a key to respect and a door to relationships and connections.
- Each Jughead may have **three (3) snack/beverage**

items per club; only one may be "unhealthy." Snack closes ~4:30. *Note: While we offer "unhealthy" choices, our staples include energy bars, cheese, nuts, juices, beef jerky, whole-grain chips, and low-calorie drinks.*

- **Make-up Policy:** Any Jughead may attend another club day in lieu of any absence. Text Paul with request/notice.
- **Please only use the courtyard entrance** to St. Stephen's for everything Jughead-related; avoid the 50th St. entrances. *Note: The courtyard stairs will close for the winter; please use the sidewalk ramp.*

Bring a Friend to JUGHEADS Week!

Sign up to host a guest Nov. 28-Dec. 1

In its 2nd year, "Bring a Friend to JUGHEADS Week" is an opportunity for members to share this activity with a friend; for the company, it's an opportunity to promote juggling and gain potential summer campers, school year Jugheads, or just fans! Sign up your Jughead's friend to attend a Club **Nov. 28-Dec. 1** through Sign-Up Genius (link can be found on jugheads.com).

Jingle Jam 2017: Saturday, Dec. 9, 5-9 pm

SLT-led all-JH party brings mid-year cheer

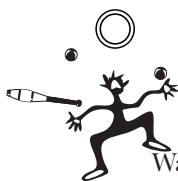
All current Jugheads and their parents are invited to attend our annual all-company party next month! We're returning to **The Refuge & Gym** at **Calvary Church in Edina** (5300 France-use west parking lot). Rental costs were rolled into 1st Sem. tuition; RSVP on Sign-Up Genius via jugheads.com indicating a main/side/salad/dessert you will share. We need at least 16 parents to work two-hour shifts of service/supervision. This tradition goes back many years and features a potluck dinner, desserts, snacks, active games (juggling, dodge ball, basketball), board games, Catch Phrase, movies, and promises of fond memories!

CLUB SPOTLIGHT: Friday Rec. Club

Six sibling sets savor setting sans schoolwork

Friday juggling dates back to the very beginning of our company since this director associated the fun and challenge of this unique art & sport with relaxing on the weekends. The fact that this club doesn't overlap with homework deadlines or many other sports means that it's perennially our most popular Rec. Club. 13 of our 27 members are part of a sibling set, with five more having a sibling in another club! So while our company is often likened to an extended family by many of our members, there's a literal component too. Our JJ20 routine will pay tribute to favorite musicals we've featured over the years.





JUGHEADS Community News

- **2nd Semester Registration opens 12/1** via check and PayPal. Register Dec. 1-31 for a discount! **Notes:** 1) We assume that all 1st Sem. Jugheads will return to their same clubs; 2) Request *in writing* any club changes from 1st Sem; 3) Please inform us if your child is discontinuing. Thank you!
- **Schedule Reminders, Set #1:** Adv., Thurs. Rec., U.C., & Fri. Rec. will be held at **Emmaus Church Nov. 15-17** (8443 2nd Ave S., 55420). Plan to attend your club there!
- **Set #2:** Elite WILL meet **11/21**; NO Adv. **11/22**.
- **Set #3: Juggle Jam 20 (JJ20)** dates are **May 18-19, 2018**; all-cast dress rehearsals are **May 9 & 15** (6-9 p.m.).
- Our 13th annual **Winter Juggling Showcase** is set for 7pm on **Saturday, March 17**. Ask for an application!
- Grads and (former) coaches **Tom Gaasedelen** ('13), **Ben Hestness** ('09) & **Jack Levy** ('11) created an amazing new 8-min. juggling video. Search "Hat Trick Tom" on YouTube.
- **NOV. OFFICERS MTG.:** 11/11, 9a-12 @ Nelsons' home.
- **MADFEST '18:** Up to 35 U.C., Elite & Advanced Jugheads will travel with us Jan. 12-14, 2018. See attached form.
- **MONDO '18:** Concordia-St. Paul, Feb. 16-17. Flyer in Dec.

Paul's Platform: "Urgency vs. Importance"

This is my 9th of 10 columns on the importance and proper use of words.

When I was a newlywed and young youth director, a wise associate pastor gave our church this admonishment: "Never let the urgent things in life usurp the important." Although he only preached occasionally, the words of **Tom Steller** resound with me to this day.

So how does one differentiate between what is "urgent" and what is "important"? I propose that urgent things are constant and ubiquitous: daily responsibilities, texts, emails, phone calls, appointments, chores, homework, jobs, etc. Important things are more transcendent: things that last beyond the short-term. Priorities of import may seem like "still, small voices" in our lives but nonetheless ultimately deserve the lion's share of our hearts' attention, even amidst the inevitable urgencies that require more quantity of time most days.

Way back in my 30's, I read two books that changed my life in this regard: *Margin* by **Richard Swenson** and *A Grace Disguised* by **Jerry Sittser**. In the former, Swenson, a medical doctor by training and former practice, diagnoses our problem (especially in America) by what he calls "the Overload Syndrome." We're often simply too busy to focus on important things. His prescription is to create intentional "margin" in every area of life, all toward the goal of balance. He warns, "Our rush toward excellence in one quadrant of life must not be permitted to cause destruction in another." Swenson teaches that balance is a more noble goal than hyper-focused excellence (which always leads to "negative excellence" elsewhere), and he challenges the reader to consider how to balance the major categories of life even if more ego-feeding or tangible achievements suffer. In other words, Swenson essentially challenges us to choose the



important over the urgent.

Sittser's book is of an even more sober nature, dealing squarely with devastating grief due to loss of all kinds, from the loss of human life to the loss of relationships, health, or dreams. He writes that when we experience a major

loss, especially a death, time stops: "We live life as if it were a motion picture. Loss turns it into a snapshot." Suddenly, often with no warning, what we thought were such urgent and often time-wasting pursuits (e.g., immersing in daily screen time) seem insignificant. We grieve, we contemplate our own mortality, and we're forced to change priorities. Those of us observing others' trials would be wise to grieve with those who grieve. Solomon wrote, "It is better to go to the house of mourning than to go to the house of feasting, for this is the end of all mankind, and the living will lay it to heart" (Eccl. 7:2, ESV). Laying to heart life's end is important.

This month especially celebrates giving thanks. My goal is to renew my efforts to create and steward margin, focusing on the important things and living a lifestyle more free from the bondage of urgency. Even an hour a day (a few minutes at a time) may be all we can muster for the important. But a little goes a long way.

Paul Arneberg, JUGHEADS Founder, Director & Head Coach
cell: 612.978.9707 • jugheads@comcast.net

Wendy Arneberg, JUGHEADS Office/Operations Manager
cell: 612.229.3348 • wendy@jugheads.com

U.S. Mail: 5905 Concord Ave., Edina, MN 55424 • **Web:** jugheads.com

JUGHEADS Location: St. Stephen's Church • 4439 W. 50th St. • Edina • 55424

Tom Gaasedelen, Ultimate Club Coach
cell: 952.358.1023 • t.gaasedelen@gmail.com

Betsy Nelson, Advanced & Friday Rec. Movement Specialist*
bgaasedelen@gmail.com

*Betsy resumes her work with us this month!