

# AUTUMN 2011

## DROP-IN VALUE BUNDLES

Do you have a friend or other family member who would like to try our service? Cutting Edge Tutoring has great value drop-in bundles of 3, 5 or 10 sessions. This is a great option for students who do not require weekly tutoring, but would like to come for several sessions over the course of the year.

## ORGANIZATIONAL WORKSHOPS

Cutting Edge Tutoring offers a three part Organizational Workshop which is personalized for each student. The workshop is taught privately, and covers topics such as goal setting, time management, agenda use, short and long term planning, study strategies, and binder organization. Each student will receive a take-home filing system. Fall is the perfect time to take this workshop.

## TUTORING TIP

Goal setting is an integral part of success. Autumn is a great time for students to set both personal and academic goals for the current school year. Remember to make the goals measurable.

## INSPIRATIONAL QUOTE

**"Success means having the courage, the determination, and the will to become the person you believe you were meant to be."** –George Sheehan

## BACKPACK DRIVE

Cutting Edge Tutoring is collecting used backpacks that are in good condition to give to students in need in Greater Vancouver. If your son or daughter has a backpack that is no longer being used, please drop it off at our West Vancouver office. We will be collecting the backpacks over the months of October & November. We appreciate your help very much!

## SIMPLE, YET DELICIOUS

### Ahi Tuna with Fresh Mango Salsa

For the Mango Salsa, finely chop ½ an onion, 2 garlic cloves, 1 jalapeno, 2 mangos and 1 tablespoon of mint. Then grate 3 tablespoons of ginger. Saute the onion in a hot pan with 1 tablespoon of olive oil. Then add the garlic, jalapeno and ginger. Next, add the mango. Pour in a splash of orange juice. Let it simmer and cook down. Add the chopped mint at the end.

Generously coat the Ahi Tuna with salt and pepper. Sear the tuna in a hot pan. Cook each side for 1-2 minutes, depending on the thickness of the fish.

Serve with grilled veggies or a green salad. Enjoy!

## FITNESS CHALLENGES

### SUNDAY, OCTOBER 23<sup>rd</sup>

North Shore Athletics is hosting the 6<sup>th</sup> annual Halloween's Eve Trail Run. There is both a half marathon and a 10km trail race option. The race helps to raise funds for the North Shore Special Olympics. Please check out [runthenorthshore.com](http://runthenorthshore.com) for further details.

### SUNDAY, NOVEMBER 20<sup>th</sup>

The New Balance Fall Classic road race takes place at scenic UBC. There is a half marathon and a 10km option. Proceeds from the race support the Heart and Stroke Foundation of BC. There are lots of yummy treats and prizes after the race! Please check out [fallclassicrun.com](http://fallclassicrun.com) for further details.