

CGVA announces major sponsorship, league news

The Colorado Gay Volleyball Association (CGVA) reports that Hamburger Mary's Denver has signed on to be the organization's first-ever "Official League Headquarters." The agreement will enable the league to better host the myriad year-round social events and parties for 2010, including their popular fall and spring league registrations and "Volleypalooza" and "Last Dig" tournaments.

CGVA also reports the winners of their Fall Leagues, which took place August through December. The Friday night D.U. league winners are: Division 4 Red: Mama Knows Best; Division 4/5 Blue: Monkey Devils; and overall MVPs: Alan Dervisovic for Division 4 Red and Pete Tran for Division 4/5 Blue. The Tuesday night Inverness league winners are: Division 3 1st Place: 3B Sons of Beaches; Division 4 1st Place: 4D Cade Nethercott's team; and overall MVPs: Zach Deeter for Division 3 and Cade Nethercott for Division 4.

The next leagues begin in January and run through April and will be a preformed-team format. The leagues take place Tuesdays and Fridays and welcome all skill levels. Open play and registration dates begin January 5 and conclude January 12, but online registration begins in December. Early registration is encouraged, because both leagues fill up every year.

In addition, CGVA announces the inaugural "Queen of Aces" pageant, featuring volleyball players vying for the first-ever title literally highlighting the "queen of the court" and all her "fabulous" talents. The fundraising and entertainment pageant will be held February 3 at Hamburger Mary's Club M. Categories include creative volleyball wear and talent, and pageant contestants must be current or former CGVA players. ■

CGVA is presented by Coors Light, and Hamburger Mary's is the Official League Headquarters. For more information, visit www.CGVA.org.



Health & Fitness TIPS

Breakfast

Just as you won't get far trying to drive your car on an empty gas tank, disregarding the crucial first meal of the day means denying yourself the fuel you need to run. After 12 hours without food, your body – especially your brain – requires a fresh energy supply to function well. Research consistently proves that mental and physical performance are enhanced by eating a good breakfast.

Blowing off breakfast won't help you lose weight, either. Most people make up those calories, and more, because they're so ravenous by lunchtime that they feel justified gorging on more and fattier foods. Spanish researchers found that overweight and obese people either ate less nutritious breakfasts or spent less time eating breakfast than thinner people.



The best breakfasts include a combination of carbohydrates, protein and fat (just enough to help you digest fat-soluble nutrients like vitamins A and E), and should meet about one-quarter to one-third of your daily calorie requirement. Ready-to-eat breakfast cereals, especially those made with whole wheat, are a great choice – they're dense in vitamins and minerals and low in fat.

A nutritious breakfast will make the day not only start off right, but will keep you moving throughout the day. Organize your life so you can eat a well-balanced morning meal and you will enjoy extra energy and zest in your day. ■

Rick Gusler is a certified personal trainer and diet nutritionist who serves his clients through Gusler Body Sculpting and Fitness Center in central Denver. To schedule a free consultation or to learn more about the Gusler method of body sculpting please contact Rick at 303-860-7131 or visit him online at www.guslerbodysculpting.com.

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