

MOPS-N-POPS

We had a great time . There were fun games, great food, a lot of laughter and great company. Rob and Glenna won the tickets to Disneyland, Brian and Holly won the gift certificate to Crystal Palace, and Denny and Jenn won movie tickets.

HERBS FOR FLU RELIEF

If, despite your best efforts, you catch the flu, try one of these remedies, suggests Dr. Martha Howard, medical director of Wellness Associates of Chicago.

Echinacea Take 1 teaspoon Echinacea root tincture, or 500mg capsules, (try GNC's Echinacea Extract), 6 to 8 times a day with a glass of water as soon as you feel the first twinges of symptoms.

Sambucol This delicious elderberry syrup can alleviate symptoms in half the time it normally takes to recover from flu. One study showed that it increased production of flu-fighting immune cells by up to 44%. You can buy this at Rite Aid, Appletree, Lassens and Cay health food stores. Follow label directions.

Cat's Claw A rainforest herb, it's a good antiviral. Take 250 to 1,000 mg each day. Find it at health food stores. Ask your doctor first if you're on hypertension medication.



Sarah Lefotu's son Joshua with his friend Trinity and her mom Nancy.

Treat your kids to some fun at Pump it Up. They will love it!

Open to the public: Tuesdays and Fridays 10:00-11:30am. Socks and waiver are required and your child must be 2-6 years old and at least 34 inches tall.

Happy Birthday to Sarah White 11/18
Glenna Voyles 11/27 Eve Hill 11/28
Marlene Evans 12/3 Debra Machart 12/5
Sarah Lefotu 12/18 Cristina Talley 12/18
Happy Anniversary to Jennifer Nguyen 11/26
Debra Machart 11/28 Tina Crowder 12/19
Rebecca Dyck 12/31



Scott and Cristina shooting the paintball gun.



Lance and Donna playing the pancake throw game.



Eddie and Kimbrah at dinner.



David and Tina by the fancy cars.

Help your kids get dressed themselves



Instead of having separates on hangers for pants, shirts, and skirts, I put together outfits for my daughters. I put "play" clothes on colored hangers and "nice" clothes on white hangers. This way my husband knows which clothes to pick out for the little one, and I can tell my middle child "play" clothes or "nice" clothes and she will know exactly what to pick.

UPCOMING

ADVENTURES:

Nov. 13th: MOPS@night

7-8:30pm at Sue's house.

Nov. 18th: MOPS meeting

at Calvary Bible Church at 8:45am.

Nov. 20th: Guys Getaway at Steve and Sue's house at 6:15pm.

Dec. 2nd: Christmas at Sue's house at 8:45am. Make your favorite family tradition recipe.

Dec. 4th: Guys Getaway at Steve and Sue's house at 6:15pm.

Dec. 11th: MOPS@night 7-8:30pm at Sue's house.

