

A Saturday morning treat



Fruity French Toast

(substitute fruit with any fruit you'd like. Peaches are great too).

- 1 medium banana, sliced
- 4 slices toast (preferably thick)
- 2 teaspoons powdered sugar
- 1 egg
- 1/2 cup milk
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 2 teaspoons butter
- Maple syrup or any fruit flavored syrup

Place banana slices on each slice of toast. Sprinkle each with 1/2 teaspoon powdered sugar. Top with strawberries and remaining toast. In a shallow bowl, whisk the egg, milk, vanilla and cinnamon. Dip toast in egg mixture, coating both sides. In a large skillet, melt butter over medium heat: cook toast for 2-4 minutes on each side or until golden brown. Sprinkle with remaining powdered sugar. Serve with maple syrup.

Recipe found in the Taste of Home magazine. Aug/Sept 2004

Don't forget to take time for yourself to relax and do something you enjoy. Swap babysitting with a friend. One day you watch her kids for a couple hours and next time she can watch your kids for a couple hours. Give your kids "room time" everyday. Teach them to play quietly in their rooms (without coming out) for a designated amount of time. If you've never tried this before start with 10 minutes and work up from there.

A family tradition

I found several verses from the Bible that I wanted my boys to work on. I wrote them out on little strips of paper, folded them up and put them in a candy dish. When it's time to eat, we each get to pick a verse from the "verse box" and read it. Then we talk about what it means and try to give some examples. Now the kids are in a hurry to be the one to call out "verse box" because whoever thinks of getting it first gets to pick their verse first.

UPCOMING ADVENTURES:

Sept. 16th: MOPS meeting at Calvary Bible Church at 8:45am.

Oct. 7th: MOPS meeting at Calvary Bible Church at 8:45am.

Oct. 9th: Guys Getaway 6:15pm at Steve and Sue's house.

Oct. 16th: MOPS@night 7-9pm at Sue's house

Oct. 21st: MOPS meeting at Calvary Bible Church at 8:45am.

Oct. 24th: MOPS-N-POPS 6-9pm at Sue's house.



HAPPY BIRTHDAY!

Donna Stevenson 9/18
Sue Sabaloni 10/4
Tami Winward 10/5
April Evens 10/15
Cyndi Gover 10/29
Pam Goudge 10/31

HAPPY ANNIVERSARY!

Pam Goudge 9/1
Melissa Lewis 10/12
Elizabeth Bowles 10/17

Story Time

Take your kids to the library and go online at kerncountylibrary.org. Search "just for kids", they have some great stuff for kids like fun sites to visit and dial-a-story.



Beale Memorial Library
701 Truxtun Ave.
868-0701
Open Mon. through Sat.

Bryce C. Rathbun Branch
200 West China Grade Loop
393-6431
Open Mon. through Thurs.
and Sat.

Northeast Branch
3725 Columbus
871-9017
Open Tues. through Sat.

Southwest Branch
8301 Ming Ave.
664-7716
Open Mon. through Sat.