

# Pearls Of Wisdom

*Greetings to Everyone!*

*Congratulations! Spring is here! It is nice to have a warmer weather, isn't it?*

*We hope everyone will enjoy awakening of the nature and you and your kids will start spending more time outside! A great idea to take your family for a picnic! I personally, love Spring. For me, it is time when I enjoy every breath of a spring air. It is so refreshing and nourishing! It seems to me that out dog Leo likes those long walks I take with him as well. It is also a special gardening time for me. I can't wait when my Easter Lilies start opening. I hope your families will enjoy Spring as much as my family does.*

*Happy Easter!*

## Pink Pearl News

### News 1



**Congratulations to the  
Student of the Month!**

**Ariana Dail is the  
April Pearl!**



### News 2

We welcome new students into our Pink Pearl Family!

Reign Bracey

Ryann Vossen

Lauren Sanford

Nadine Booth and Gracie Strickland

### News 3

**Easter Egg Hunt**, April 23d, Saturday 10:00 a.m. to 12:000

**Sleepover Night**, April 29<sup>th</sup> - 30<sup>th</sup>, Friday 6:30 p.m. to Saturday 12:00

**Card Making Class**, April 30<sup>th</sup>, Saturday 9:30 a.m. to 12:00

Registration for the events is appreciated.

## News 4



In 1996 the U.S. Women's Olympic Gymnastics Team won the United States' first women's Olympic team gold medal at the Olympic Games in Atlanta. The team included Amanda Borden, Amy Chow, Dominique Dawes, Shannon Miller, Dominique Moceanu, Jaycie Phelps and Kerri Strug. Millions around the world witnessed the U.S. Team's outstanding performance to clinch the team gold medal, outscoring Russia and Romania.

USA Gymnastics celebrated the team's success in Jacksonville for the 2011 AT&T American Cup. Below is a link with short update on each of the members of the team and what they're up to now - 15 years after their gold medal victory.

[http://usa-gymnastics.org/pages/features/110301\\_96team/](http://usa-gymnastics.org/pages/features/110301_96team/)

Lilia Podkopayeva (Ukraine) - 1996 Olympic all-around champion



**Lilia Podkopayeva** (Ukrainian) born August 15, 1978 in Donetsk) is a retired Ukrainian gymnast who became the 1996 Olympic all-around champion, the 1995 Artistic Gymnastics World Championships all-around champion and the 1996 European Women's Artistic Gymnastics Championships all-around champion. Achieving feats marked by few other gymnasts, she is widely regarded as one of the best gymnasts in history.

Podkopayeva was often referred to as the "complete package" gymnast, possessing equal qualities of technical skill and artistic expression. Her routines were known for their melding of balletic, expressive choreography, clean execution, impeccable form and extremely difficult skills. In addition, Podkopayeva was known for being strong on all four apparatus, without an obvious weak event. These qualities, along with her royal presentation, lead to her nickname "Queen Podkopayeva".

Check out Lilia's videos:

[http://www.google.com/search?q=Lilia+Podkopayeva&hl=en&rlz=1T4PRFA\\_enUS416US418&prmd=ivns0&source=univ&tbn=vid&tbo=u&sa=X&ei=c5CsTfWiNdO50Qhir6T5CA&ved=0CD8QqwQ](http://www.google.com/search?q=Lilia+Podkopayeva&hl=en&rlz=1T4PRFA_enUS416US418&prmd=ivns0&source=univ&tbn=vid&tbo=u&sa=X&ei=c5CsTfWiNdO50Qhir6T5CA&ved=0CD8QqwQ)

# Health & Fitness

We invite **women** to join our open Meeting of the  
**Life Balance Fitness Club**  
**May 7<sup>th</sup>, Saturday at 12:30**  
[www.lifebalanceworks.com](http://www.lifebalanceworks.com)



Advice from Suzanne Somers:

## Could Your Bedroom Be Making You Fat?

If there's one place you want to feel sexy forever, it's in your bedroom, right?! We spend a third of our lives in the bedroom, it's a sanctuary for rest, renewal and sex. For that reason, we all want a bedroom that's a safe haven from the outside world — from noise, light, and anything disruptive. But unfortunately for many of us, the bedroom can be another source of potentially harmful toxins. Not to worry: There are plenty of things you can do to cleanse your bedroom of toxins and make it the restful, healthy, sexy place you want it to be. Here are some suggestions for cleaning up your bedroom for better health.

- Use all-natural bedding and furnishings as much as possible. Mattresses are treated with fire-retardant chemicals like antimony, which has been linked to heart and lung problems, along with thyroid dysfunction. They also often contain toluene, a chemical that's emitted from the polyurethane foam that your bed and pillows contain and is linked to birth defects.
- Carpeting is usually synthetic as well and often treated with chemicals that make them stain and flame resistant but that may cause thyroid dysfunction. Consider removing rugs and sleeping in a room with bare floors; and next time you buy new bedding, look for all-natural materials to allow for a healthier night's sleep.
- Invest in a good air filter. An air filter can help clear out any airborne toxins, allowing you to breathe easy while you sleep.
- Wear — and fill your closet with — machine-washable clothing as much as possible. Minimize your dry cleaning. The chemical used in dry cleaning is believed to cause liver and kidney damage as well as cancer — and can affect developing fetuses. The toxic chemicals get stored away in fat cells, so they remain in your system long after the exposure.

It may take some effort to get there, but with each change you make to detox your bedroom, you'll start feeling better. One healthy change will inevitably lead to more. Remember, when you release the toxins stored in your fat cells and minimize new exposures, it will become so much easier for you to lose weight and stay healthy for the rest of your life.

## Sleep Your Way to Slimness and Better Health

We're all trying to cram more and more into our lives. And often, when life gets busy, the first thing to go is sleep — many people are getting by on five hours of sleep a night or less.

But constant sleep deprivation can have side effects beyond the typical dragging feeling and a need for a caffeine fix. A lack of sleep increases the levels of cortisol, the stress hormone, and insulin, which can cause your body to store fat. It can also work the other way around. When stress is high, cortisol is high, and when you're stressed, you're probably not sleeping well. And by cutting back on sleep, you're also giving your body less time to repair itself, weakening your immune system and damaging your overall health. Chronically high cortisol levels have been shown to be a factor in heart disease, increasing your chances of heart attack or stroke.

Fortunately, there's a really easy fix that can improve your health — and help you lose weight as well: Commit to getting at least seven to eight hours of good quality sleep every night. Here's how to get yourself there:

- **Consider using melatonin.** This hormone serves as a natural sleep aid — and your body starts to produce less of it after you turn 40.
- **Look for products made with lemon balm,** which contains chemicals that seem to have a sedative, calming effect.
- **Try using chewable GABA** (gamma-aminobutyric acid), which can relax your brain and help ensure a deeper night's sleep.
- **Darken your room.** Get light-blocking shades for your windows to keep out the street lights, and ban TVs, computer equipment, and other light producers from your room — or opt for a simple sleep mask to block out the light. Total darkness helps lower your cortisol levels, ensuring you have a good night's sleep.

Remember, sleep has been provided by nature to do the body's healing work. A good night of rest is essential for health and helps control your appetite. I sleep eight hours nightly, and I've never felt better. By adapting a good sleep schedule, you'll enjoy renewed energy, a better mood, and a slimmer body — and you deserve it all!



# *In God We Trust*



## **MOM'S EMPTY CHAIR**

A woman's daughter had asked the local minister to come and pray with her mother. When the minister arrived, he found the woman lying in bed with her head propped up on two pillows. An empty chair sat beside her bed. The minister assumed that the woman had been informed of his visit...

'I guess you were expecting me, he said. 'No, who are you?' said the mother. The minister told her his name and then remarked, 'I saw the empty chair and I figured you knew I was going to show up..'

'Oh, the chair,' said the bedridden woman 'Would you mind closing the door?' Puzzled, the minister shut the door. 'I have never told anyone this, not even my daughter,' said the woman. 'But all of my life I have never known how to pray. At church I used to hear the pastor talk about prayer, but it went right over my head..' I abandoned any attempt at prayer,' the old woman continued, ' until one day four years ago, my best friend said to me, ' Prayer is just a simple matter of having a conversation with Jesus. Here is what I suggest.. 'Sit down in a chair; place an empty chair in front of you, and in faith see Jesus on the chair. It's not spooky because he promised, 'I will be with you always'.. 'Then just speak to him in the same way you're doing with me right now...' 'So, I tried it and I've liked it so much that I do it a couple of hours every day. I'm careful though. If my daughter saw me talking to an empty chair, she'd either have a nervous breakdown or send me off to the funny farm.'

The minister was deeply moved by the story and encouraged the old woman to continue on the journey. Then he prayed with her, anointed her with oil, and returned to the church. Two nights later the daughter called to tell the minister that her mama had died that afternoon.

'Did she die in peace?' he asked.

Yes, when I left the house about two o'clock, she called me over to her bedside, told me she loved me and kissed me on the cheek. When I got back from the store an hour later, I found her . But there was something strange about her death. Apparently, just before Mom died, she leaned over and rested her head on the chair beside the bed. What do you make of that?'

The minister wiped a tear from his eye and said, 'I wish we could all go like that.'

**Prayer is one of the best free gifts we receive.**

**I asked God for water, He gave me an ocean.**

**I asked God for a flower, He gave me a garden.**

**I asked God for a friend, He gave me all of YOU...**

**If God brings you to it, He will bring you through it.**

**Happy moments, praise God.**

**Difficult moments, seek God.**

**Quiet moments, worship God.**

**Painful moments, trust God.**

**Every moment, thank God.**



## Actor Denzel Washington

Subject: **Denzel Washington**, and **Brooks Army Medical Center**.

Don't know whether you heard about this but **Denzel Washington** and his family visited he troops at Brook Army Medical Center, in San Antonio, **Texas**. This is where soldiers who have been evacuated from Germany come to be hospitalized in the United States, especially burn victims.

There are some buildings there called Fisher Houses. **The Fisher House** is a Hotel where soldiers' families can stay, for little or no charge, while their soldier is staying in the Hospital. BAMC has quite a few of these houses on base, but as you can imagine, they are almost filled most of the time.

While **Denzel Washington** was visiting BAMC, they gave him a tour of one of the Fisher Houses. He asked how much one of them would cost to build. He later took his check book out and wrote a check for a large **amount**.

The soldiers overseas were amazed to hear this story and want to get the word out to the American public, because it warmed their hearts to hear it.



**Read the whole story!**

<http://www.veteranstoday.com/2007/11/07/denzel-washington-at-brooks-army-medical-center-hoax/>