

The Pearls of Wisdom

Newsletter
February 2012

From My Family To Yours:

"For every love there is a heart somewhere to receive it." - Ivan Panin

Harvest of The Heart

Mom, I need to talk to you
Some things I need to say
I thank the good Lord up above
For you most everyday.

I think of times when as a child
I took your love for granted
But at this painful time in life
I feel the seeds you planted.

The seeds of strength, you placed in me
Are grown and now in bloom
Although alone, I face today
Your strength is in this room.



The seeds of faith, you gave to me
Have flourished, and have stayed
As you instructed long ago
When feeling weak, I've prayed.

The seeds of love you planted deep
And nourished them with care
You watered them with many tears
And blessed them with your prayers.

So Mom, I want to thank you now
YOU are Gods greatest art
for giving me these fruits of love
"Moms Harvest of The Heart".

~© Patti Jorden~

February Pearl!



Congratulations
to our
Student of the
Month:
Miranda P.
She has shown
great respect,
dedication
and progress
in After School
Program !

**Keep up the good
work!!**

Gymnastics & Tumbling:

- ♦ **Pink Pearl Pre-Team!** For those who are looking into a competitive program, we invite your kids to start a difficult but very exciting gymnastics journey. We plan to start our Pre-Team in the summer: ages 5 and older; trainings up to 6 hours a week. Days: Tuesday, Thursday 4:30 to 6:30, Saturday 1:30 to 3:30 (schedule is tentative). Looking forward to the new beginnings - **Gymnastics Pre-Team!**
- ♦ **“Gymnastics for Homeschoolers”:** Wednesday 1:00 –2:00. For those kids who do homeschooling we offer the day class schedule.
- ♦ **“Little Pearls beginners”** (3-5 years old): Wednesday 4:30–5:30 and Friday 1:00–2:00.

Pink Pearl Fitness Club:

- ♦ Join our **“Daily 3 Fitness”** program! 5 minutes daily exercise at home to make a better you—one step at a time! Watch the You Tube video for details. We have some ladies who follow us! Come on, Ladies! Support our group!
- ♦ **12 weeks to Slim & Fit:** ask about our Weight Loss program if your goal is to lose weight and get in shape.
- ♦ **Demo fitness classes** are offered on Monday at 6:30 p.m., and Friday at 3:30.
- ♦ **Mom and Daughter Fitness:** A great opportunity to have a good time together exercising.

♦ **Health and Fitness Products at Pink Pearl** — they are all natural: vitamins, protein shakes, aromatherapy and weight loss products.

Welcome to Pink Pearl!

- Camilla M.**
- Mina P.**
- Rachel B.**
- Cecelia N.**



Happy Birthday!

- Moriah B.** — February 8
- Hannah F.** — February 17
- Camilla M.** — February 17

From the Coach: Gymnastics Events to visit

We are very lucky with this year’s competitive season because the Hampton Roads area is hosting a lot of interesting gymnastics events. It is always very inspiring and encouraging to come and see the higher levels gymnasts compete, especially if it is the USA Gymnastics National Championship. Below we provide you the list of the events which we recommend you consider for visiting with your little gymnasts:

Levels 6 & 7 – March 31-April 1, 2012, Host Club: Ocean Tumblers, Meet Site: Oscar Smith High School, Chesapeake

Level 4 – May 5-6, 2012, Host Club: Gym Inc., Meet Site: Hampton Convention Center, Hampton

VAOP – May 19-20, 2012, Host Club: Gym Inc., Meet Site: Hampton Convention Center, Hampton

The real big one is: May 12-13!

**USAG Level 10 JO Nationals & National Invitational
Hosted by: World Class, Hampton, VA
Meet Site: Hampton Roads Convention Center**

Pink Pearl will have a bus field trip for the USAG Level 10 Nationals to Hampton Roads Convention Center on May 12th. Please, let us know in advance if you’d like to join us. We will be making all the ticket arrangements soon.



March 3, 2012

2012 AT&T American Cup
New York City, N.Y.



Health: Detoxification

People now carry within their bodies a modern day chemical cocktail derived from:

- ♦ Industrial chemicals
- ♦ Pesticides
- ♦ Food additives
- ♦ Heavy metals
- ♦ Anesthetics
- ♦ Legal (alcohol, tobacco, caffeine) and illegal drugs

We talked in some of our previous articles about importance of cleansing from toxins. Cumulative load of the multiple poisons creates an illness. Everyone has a specific level of tolerance that cannot be exceeded if good health is to be maintained. If the amount of toxins within the body stays below that level, the body can usually adapt and rid itself of these. You do not suddenly get sick – it takes a long time for the body to break down. This process is composed of layers of toxicity and dysfunction. When the system is overwhelmed, the body’s defense mechanisms malfunction and symptoms, such as fatigue, confusion, aggression, or mental disorder may occur. **Indications for Detoxification:**

- ♦ Headaches
- ♦ Joint pain
- ♦ Recurrent respiratory problems
- ♦ Back pain
- ♦ Allergy symptoms
- ♦ Insomnia, mood changes
- ♦ Digestive problems and food reactions

Following conditions can indicate the need for Detoxification:

- ♦ Arthritis
- ♦ Constipation
- ♦ Hemorrhoids
- ♦ Sinus congestion
- ♦ Ulcers
- ♦ Psoriasis

Before starting on Detoxification program, it is important to make fundamental lifestyle and dietary changes so you do not introduce more toxins into your body. It is advisable to seek professional advice when choosing Detoxification program. If you are interested in this subject, ask us about the whole article about basic steps that can help you reduce your toxic load. (based on “Alternative Medicine” by Deepak Chopra, M.D.)

Fitness: Body slim



Getting rid of body fat can be difficult, boring, and discouraging. Hundreds of sit ups per day is definitely not a solution.

Cardio exercise is! When you burn fat doing cardio, the body fat will come off too. Remember the Aerobics boom! Everyone looked great because of the cardio type of exercise. There is not much of a secret when it comes to slim your body! Here is why:

Aerobic Fitness	Anaerobic Fitness
<ul style="list-style-type: none"> • Aerobic classes • Dancing • Biking • Walking 	<ul style="list-style-type: none"> • Yoga/Pilates/Gymnastics • Jumping rope/Trampoline • Sprinting • Strength training with stability balls, medicine balls, rubber bands
Involves the whole body workout over the longer training session	Involves a limited number of specific muscles over a short time of exercising, targeting the body’s core
Low intensity exercise burns calories but not body fat	We burn more calories and fat by sharply increasing and decreasing our heart rate
Causes the body to utilize oxygen to create energy	Causes the body to produce energy without oxygen because of the huge demand of energy
Body works at a pace that allows the cardio-respiratory system – the lungs, heart, and bloodstream – to replenish energy as you exercise	Increases your oxygen intake and your heat and lung capacity – your body turns into a fat-burning engine even after working out
Aerobic exercise will tone your body	Anaerobic exercise will cause your body to lose fat permanently

Join Pink Pearl Fitness Club for fun and exciting workouts!

Yoga—Pilates—Dance—Strength Training—Weight Loss program

We The People...

A Touching Story for Valentine's Day

Posted on February 14, 2010 by Dr. Eowyn

A Story that Touched My Heart

Little Melissa comes home from the 1st grade and tells her father that they learned about the history of Valentine's Day.

"Since Valentine's Day is for a Christian saint, and we're Jewish," she asks, "Will God get mad at me for giving someone a valentine?"

Melissa's father thinks a bit, then says: "No, I don't think God would get mad. Whom do you want to give a Valentine to?"

"Osama Bin Laden," she says.

"Why Osama Bin Laden?" her father asks in shock.

"Well," she says, "I thought that if a little American Jewish girl could have enough love to give Osama a Valentine, he might start to think that maybe we're not all bad, and maybe start loving people a little bit.

And if other kids saw what I did and sent Valentines to Osama, he'd love everyone a lot. And then he'd start going all over the place to tell everyone how much he loved them, and how he didn't hate anyone anymore."

Her father's heart swells and he looks at his daughter with new found pride. "Melissa, that's the most wonderful thing I have ever heard."

"I know," Melissa says, "and once that gets him out in the open, the Marines could shoot the b....."



In God We Trust

Proverbs 4:23

**... Guard your heart above all else,
For it determines the course of your life...**

Fun Stuff

© Randy Glasbergen
www.glasbergen.com



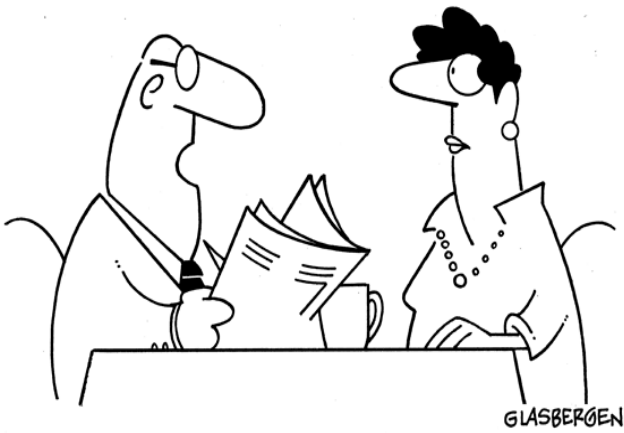
"Compared to being eaten by a dragon or turned into a toad, I guess this counts as happily ever after."

© Randy Glasbergen / glasbergen.com



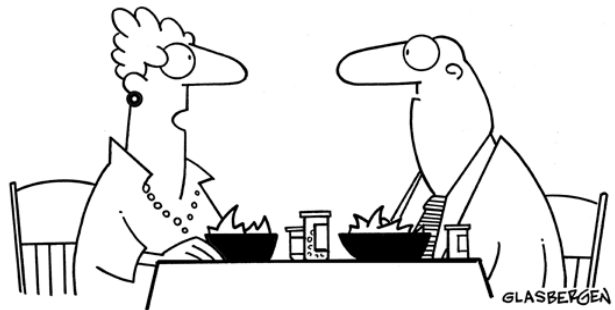
"Remember what the marriage counselor said — it only works if I WANT to change!"

© Randy Glasbergen
www.glasbergen.com



"Just because I have some strong opinions, that doesn't mean I agree with everything I say!"

© Randy Glasbergen / glasbergen.com



"If you had more love in your heart, there'd be less room for cholesterol!"

© Randy Glasbergen / glasbergen.com



"The secret to a long marriage? Never get divorced!"

