

The Pearls of Wisdom

Newsletter
June—August 2012

June Pearl!

Congratulations to our *Student of the Month*: **Moriah Beard!**



Keep up
the
good work!



Gymnastics & Tumbling:

♦ **Summer schedule:**

All the summer classes will be taught in accordance with the regular schedule. The summer schedule is posted on our website or available at Pink Pearl.

♦ **Summer Camps:**

July 9–13 Little Pearls (ages 5–7);

July 16 –20 Pink Pearls (ages 7+)

♦ **New Gymnastics classes :**

Little Pearls (ages 3–5) -

Friday at 4:30p.m.

Pink Pearls (ages 5 and up) -

Friday at 5:30 p.m.

♦ **New Cheer/Tumbling Class:**

Tuesday at 4:30 to 6:30.

♦ **Open Gym:**

Instead of the open gym Pink Pearl is now offering for our students to attend one extra class per month. Friends are welcome (\$20 per guest). By appointment only!

♦ **Pink Pearl Fitness Club:**

Tune your mind this summer for improving your health: eating right, drinking right, exercising right, thinking and sleeping right. Check out the newest information about health, fitness and weight loss on our recently updated health & fitness website: www.lifebalanceworks.com

♦ **Pink Pearl Fun trip:**

We'd like to spend some time with our students outside the gym so they can enjoy their fellowship with their gymnastics friends. We will take kids to the beach and ice-cream café.

Date: July 27th, time: 9 am to 3 pm.

Please, start signing up now!

♦ **Summer Break:**

Mark your calendar: **August 27th to September 3d.** All the classes will be resumed after the Labor Day.

Welcome to Pink Pearl!

Leilani B.

Edmonia M.

Happy Birthday!

Mina P. – May 14

Abeni B. –

May 24

Kaydyn L. –

May 27



Lissette A. – May 27

Anastacia H. – May 28



Health: Healthy Kitchen Staples

If you want to make over your health, refrigerator, and pantry, then make a note of these 12 staples that will get you eating right.

- 1. Assorted Whole Grains:** Cereals, pasta, rice, pita bread, and other grains made from whole grains are higher fiber, in vitamins and minerals than their white counterparts.
- 2. Lean Meats:** If you eat meat, choose lean varieties with 0-3 grams of fat per ounce. Examples include ground round, sirloin, salmon, tilapia, trout, tuna, Canadian bacon, pork loin, tuna in water, turkey pepperoni, and poultry without skin.
- 3. Low Fat or Fat Free Plain Yogurt:** Plain yogurt contains less sugar and is more versatile than flavored yogurt. Use the plain yogurt as a sour cream or mayonnaise substitute, or jazz it up with fruit. Because yogurt contains beneficial bacteria, most people who are lactose intolerant are able to tolerate yogurt.
- 4. Frozen Fruits and Vegetables:** Frozen produce is typically flash frozen right after it is picked, which preserves the nutrients until you are ready to eat it. Be sure to choose frozen produce with no sauce, cheese, salt, or syrups added.
- 5. Reduced Fat Cheese:** Cheese is found in many foods and recipes; it's tasty! Look for cheese that has 4g of fat or less per ounce/serving.
- 6. Eggs:** Eggs are a versatile and inexpensive quality protein source loaded with vitamins, minerals, and antioxidants.
- 7. Spinach** is a low calorie food that is high in vitamins, minerals and antioxidants. Include spinach in sauces, salads, sandwiches, pizzas, etc.
- 8. Nuts** pack a nutrient punch in a tiny package. They contain fiber, omega-3 fatty acids, unsaturated fats, plant sterols, vitamin E, L-arginine, potassium, and magnesium. Aim to eat one ounce daily.
- 9. Beans** are another versatile and inexpensive protein. They have been linked to improving blood sugar levels in people with diabetes, reducing the risk of heart disease and hypertension and assisting in weight management.
- 10. Marinara Sauce:** Used in spaghetti, lasagna, pizza, and more, tomato-based sauce contains various vitamins, minerals, fiber, and antioxidants.
- 11. Healthy Snacks:** Recent research shows that eating 3 regular meals and 2 snacks throughout the day may help with weight management. These snacks, however, should be small and healthy.
- 12. Herbs and Spices:** If you haven't experimented with spices and/or herbs in the past, then this is your year! These add loads of flavor which will prevent you from piling on the salt or butter, thereby lowering your fat and calorie intake.

Nutritionistics.com.



Fitness: Things You Can Do to Help Maintain a Healthy Back

HARVARD HEALTH SPECIAL REPORTS
Buffalo News

While you can't turn back the clock or prevent every type of painful back disorder, in most cases there are things you can do to help keep your back healthy.



1. Stay fit: Weak back and abdominal muscles cause or exacerbate many cases of low back pain. That's why stretching and strengthening both your back and abdominal muscles is important not only for treating low back pain, but also for helping prevent a recurrence of the problem. Stretching is a valuable component of any treatment plan for a person plagued by back problems. Most experts believe that supple, well-stretched muscles are less prone to injury. Indeed, shorter, less flexible muscle and connective tissues restrict joint mobility, which increases the likelihood of sprains and strains.

2. Maintain a healthy weight: Although carrying too much weight per se has not been proven to be a primary cause of back pain disorders, being overweight or obese can slow your recovery. Those extra pounds also increase the risk that back pain will return. The heavier you are, the greater the load your spine must carry. To make matters worse, if the bulk of your weight comes in the form of abdominal fat, rather than muscle, your center of gravity can shift forward -- a condition that puts added pressure on your back. By maintaining a healthy weight, you can ease the burden on your spine.

3. Kick the habit: Research shows that smokers have more frequent episodes of back pain than nonsmokers, and the more people smoke, the higher the risk of such episodes, according to one study. Scientists believe that the nicotine in cigarettes contributes to low back pain in two ways. First, nicotine hampers the flow of blood to the vertebrae and disks. This impairs their function and may trigger a bout of back pain. Second, smokers tend to lose bone faster than nonsmokers, putting them at greater risk for osteoporosis, another common cause of back pain.

4. Lighten your load: Backpacks have become ubiquitous -- at school, at work, at play. But an overstuffed backpack can be a harbinger of back pain. Hauling an overloaded backpack can also cause muscle fatigue and strain and encourage the wearer to bend forward unnaturally. Try to carry only the essentials, and lighten your load whenever possible. Opt for backpacks that have different-sized compartments to help distribute weight evenly. And look for wide, padded straps and a padded back. Above all, remember to bend from your knees when picking up your pack.

We The People... Happy Memorial Day!



As I came out of the supermarket that sunny day, pushing my cart of groceries towards my car, I saw an old man with the hood of his car up and a lady sitting inside the car, with the door open. The old man was looking at the engine. I put my groceries away in my car, and continued to watch the old gentleman from about twenty five feet away. I saw a young man in his early twenties with a grocery bag in his arm walking towards the old man. The old gentleman saw him coming too, and took a few steps towards him.

I saw the old gentleman point to his open hood and say something. The young man put his grocery bag into what looked like a brand new Cadillac Escalade. He then turned

back to the old man. I heard him yell at the old gentleman saying: 'You shouldn't even be allowed to drive a car at your age.' And then with a wave of his hand, he got in his car and peeled rubber out of the parking lot.

I saw the old gentleman pull out his handkerchief, and mop his brow as he went back to his car and again looked at the engine. He then went to his wife and spoke with her; he appeared to tell her it would be okay. I had seen enough, and I approached the old man. He saw me coming and stood straight, and as I got near him I said, 'Looks like you're having a problem.' He smiled sheepishly, and quietly nodded his head. I looked under the hood myself, and knew that whatever the problem was, it was beyond me.

Looking around, I saw a gas station up the road, and I told the old man that I would be right back. I drove to the station and went inside. I saw three attendants working on cars. I approached one of them, and related the problem the old man had with his car. I offered to pay them if they could follow me back down and help him.

The old man had pushed the heavy car under the shade of a tree and appeared to be comforting his wife. When he saw us he straightened up and thanked me for my help. As the mechanics diagnosed the problem (overheated engine), I spoke with the old gentleman. When I shook hands with him earlier, he had noticed my Marine Corps ring and had commented about it, telling me that he had been a Marine too. I nodded and asked the usual question, 'What outfit did you serve with?' He said that he served with the first Marine Division at Guadalcanal, Peleliu, and Okinawa. He had hit three of the worst ones, and retired from the Corps after the war was over. As we talked we heard the car engine come on and saw the mechanics lower the hood. They came over to us as the old man reached for his wallet, but was stopped by me. I told him I would just put the bill on my AAA card.

He still reached for the wallet and handed me a card that I assumed had his name and address on it, and I stuck it in my pocket. We all shook hands all around again, and I said my goodbyes to his wife. I then told the two mechanics that I would follow them back up to the station. Once at the station, I told them that they had interrupted their own jobs to come along with me and help the old man. I said I wanted to pay for the help, but they refused to charge me. One of them pulled out a card from his pocket, looking exactly like the card the old man had given to me. Both of the men told me then that they were Marine Corps Reserves. Once again we shook hands all around and as I was leaving, one of them told me I should look at the card the old man had given to me. I said I would and drove off.

For some reason I had gone about two blocks, when I pulled over and took the card out of my pocket and looked at it for a long, long time. The name of the old gentleman was on the card in golden leaf and under his name was written: 'Congressional Medal of Honor Society.' I sat there motionless, looking at the card and reading it over and over. I looked up from the card and smiled to no one but myself and marveled that on this day, four Marines had all come together because one of us needed help. He was an old man all right, but it felt good to have stood next to greatness and courage, and an honor to have been in his presence.

Remember, as we approach another Memorial Day, OLD men like him gave you, and all of us, FREEDOM for America. Thanks to those who served and still serve, and to all of those who supported them, and who continue to support them. If you don't stand behind our troops, PLEASE feel free to stand in front of them! Remember, Freedom isn't Free. Thousands have paid the price, so that you can enjoy what you have today.

(Author Unknown)

Fun Stuff: celebrating Mother's Day

A MOTHERS LOVE

By unknown Author

A little boy came up to his mother in the kitchen one evening while she was fixing supper, and handed her a piece of paper that he had been writing on. After his Mom dried her hands on an [apron](#), she read it, and this is what it said:

For cutting the grass: **\$5.00**
 For cleaning up my room this week: **\$1.00**
 For going to the store for you: **\$.50**
 Baby-sitting my kid brother while you went shopping: **\$.25**
 Taking out the garbage: **\$1.00**
 For getting a good report card: **\$5.00**
 For cleaning up and raking the yard: **\$2.00**
 Total owed: **\$14.75**

Well, his mother looked at him standing there, and the boy could see the memories flashing through her mind. She picked up the pen, turned over the paper he'd written on, and this is what she wrote:

For the nine months I carried you while you were growing inside me:	No Charge
For all the nights that I've sat up with you, doctored and prayed for you:	No Charge
For all the trying times, and all the tears that you've caused through the years:	No Charge
For all the nights that were filled with dread, and for the worries I knew were ahead:	No Charge
For the toys, food, clothes, and even wiping your nose:	No Charge
Son, when you add it up, the cost of my love is:	No Charge

When the boy finished reading what his mother had written, there were big tears in his eyes, and he looked straight at his mother and said, "Mom, I sure do love you." And then he took the pen and in great big letters he wrote: **"PAID IN FULL"**.

Lessons:

You will never know how much your parents are worth till you become a parent
 Be a giver not an asker, especially with your parents. There is a lot to give, besides money.

Advice: IF your mom is alive and close to you, give her a big kiss and ask her for forgiveness. If she is far away, call her. If she passed away, pray for her.



Fun Stuff:

A baby asked God, "They tell me you are sending me to earth tomorrow, but how am I going to live there being so small and helpless?" "Your angel will be waiting for you and will take care of you." The child further inquired, "But tell me, here in heaven I don't have to do anything but sing and smile to be happy." God said, "Your angel will sing for you and will also smile for you. And you will feel your angel's love and be very happy." Again the child asked, "And how am I going to be able to understand when people talk to me if I don't know the language?" God said, "Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak." "And what am I going to do when I want to talk to you?" God said, "Your angel will place your hands together and will teach you how to pray." "Who will protect me?" God said, "Your angel will defend you even if it means risking its life." "But I will always be sad because I will not see you any more." God said, "Your angel will always talk to you about Me and will teach you the way to come back to Me, even though I will always be next to you. "At that moment there was much peace in Heaven, but voices from Earth could be heard and the child hurriedly asked, "God, if I am to leave now, please tell me my angel's name." "You will simply call her, 'Mom.'"

