

The Pearls of Wisdom

Newsletter
April 2012

From My Family To Yours: Happy Easter!



Shawn McDonald's song, "Rise."



Sometimes my heart is on the ground
And hope is nowhere to be found
Love is a figment I once knew
And yet I hold on to what I know is true

Well I keep on coming to this place
That I don't know quite how to face
So I lay down my life in hopes to die
That somehow I might rise

Yes I will rise
Out of these ashes rise
From this trouble I have found
And this rubble on the ground
I will rise

Cause He Who is in me
Is greater than I will ever be
And I will rise

April Pearl!

Congratulations
to our
Student of the Month:

Gillian M.

**She has shown
great respect,
dedication,
progress
in Gymnastics !**

Keep up the good work!!



Gymnastics & Tumbling:

- ♦ **Pink Pearl Pre-Team!** Start in June: ages 5 and older; trainings up to 6 hours a week. Schedule: Tuesday, Thursday 4:30 to 6:30, Saturday 1:30 to 3:30
- ♦ **New Classes are added:**
 - ♦ **“Homeschoolers” (7+y/o):** Wednesday 1:00 –2:00.
 - ♦ **“Little Pearls begin.” (3-5 y/o):** Wednesday 4:30–5:30 and Friday 1:00–2:00.
 - ♦ **“Pink Pearls begin.” (5+ y/o):** Wednesday 5:30–6:30 and **“Black Pearls boys” (7+ y/o):** Friday 4:30–5:30
 - ♦ **“Pink Pearls Cheer” (5+ y/o):** Saturday 1:30–2:30
- ♦ **Summer Camps** schedule is coming soon!

Pink Pearl Fitness Club:

- ♦ Groups of interest for women.
 - ♦ **“Daily 3 Fitness”:** Watch the You Tube video for details.
 - ♦ **“12 weeks to Slim & Fit”:** Weight Loss & get in shape program.
 - ♦ **“Financial Breakthrough”:** Group for women who wants to learn ways to have more control over their finances. Meetings are held at Pink Pearl (check out the schedule).
- ♦ **Demo fitness classes** are offered on Monday at 6:30 p.m., and Friday at 3:30.
- ♦ **Pink Pearl Oils!** Formulas available: anti pain; detox; fat burning formula; thyroid balance; calm/energy formula, etc.

Welcome to Pink Pearl!

Abrielle L.
Anastacia H.
Emma H.
Avyanna C.
Everett H.

**Happy Birthday!**

Elizabeth H. — March 3
Isabella S. — March 7
Holly W. — March 17

From the Coach: Field Trip

Dear Parents! As we mentioned in our last newsletter, we will have a field trip to the JO Nationals on May 12th. We are finding out the ticket information. Please, let us know who wants to join to watch the event. We have 15 passenger seats in the Pink Pearl bus. We encourage parents to participate in the field trip to help with the kids and enjoy the beautiful gymnastics performance.

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

May 12

Event Schedule:**Saturday, May 12**

8:00 am – 10:30 am Training for Saturday JO-NIT competitors only

Session III Junior C / Senior C

10:30 am – 11:15 am Warm-ups

(General & 1st event for Flight I teams)

11:30 am – 3:30 pm Competition

3:30 pm – 4:00 pm Awards: Jr. & Sr. C All-Around,

Ind. Event & Team

Session IV Junior D / Senior D

4:00 pm – 4:45 pm Warm-ups

(General & 1st event for Flight I teams)

5:00 pm – 9:00 pm Competition

9:00 pm – 9:30 pm Awards: Jr. & Sr. D All-Around, Ind. Event & Team



American Cup Results: 1. Jordyn Wieber (USA). 2. Alexandra Raisman (USA). 3. Larisa Iordache (Rou).

Jordyn Wieber may have won the title for a third year but **Gabrielle Douglas** certainly stole the show. The 16 year old placed with the highest score in this All Around competition, unfortunately for Gabby her scores were not counted as she was exhibiting. Both Gaby and Romania's **Larisa Iordache** have made their mark on the international stage with Iordache placing third behind **Aly Raisman**.



Health: Top 10 steps for achieving Ultimate Health

(based on Life Extension Magazine)

To take the guesswork out of what aging humans should do to extend their productive lives, Life Extension® publishes an annual list of the Top Ten **best vitamins** and [nutritional supplements](#), including hormones, [herbal supplements](#), and other nutrients. When compiling this Top Ten list, the primary factor Life Extension considers is the preponderance of scientific evidence that substantiates the biological benefits of the [dietary supplements](#) recommended. Next, Life Extension examines the cost-to-benefit ratio enabling consumers to obtain the maximum degree of protection at a reasonable price. This means that more expensive choices are ruled out if a lower cost item provides a similar degree of effectiveness. Finally, convenience plays a very important part. Life Extension wants to make sure that consumers obtain the maximum potency available in the fewest numbers of capsules or tablets swallowed each day.

1: Multivitamins and Minerals
2: Omega-3 Fatty Acids (Fish Oil)
3: Coenzyme Q10 (CoQ10)
4: Mitochondrial Function (MEO)
5: Hormone Balance (DHEA)
6: Brain Cell Function (Cognitex)
7: Bone Health (for women and men)
7A: Prostate Health (for men only)
8: Neural and Hepatic Health (SAME)
9: Vitamin D Levels (Vitamin D3)
10: Vitamin K, Gamma Tocopherol (Super Booster Softgels)

Some of you, however, may have individual **health and wellness** concerns that require customized attention. Become a Life Extension member and enjoy unlimited phone access to **Life Extension Health Advisors**.



Fitness: Les Secrets du Coach

Ever wonder why French women such as Pirates of Caribbean’s Astrid Berges-Frisbey or Chocolat’s Juliette Binoche have such sexy derrieres, lifted breasts, and supple arms? Like all French women, they know Les Secrets du Coach—quick strategies you can work into everything from talking on the phone and attending your kids’ gymnastics or soccer games to emptying the dishwasher and eating almonds. Here is the secret #1.

Catch the Brazilian Curve!

Want to have a nice bottom to fill that summer swimsuit? Stand up straight and bend your knees slightly. Keep your abs tight and your back straight (no arching) as you tilt your hips forward while contracting your glutes. Finish the move by pulling your hips back. Make sure you give an extra hard squeeze when you push you hips forward. Quick Trick! Do the Brazilian while brushing your teeth. Since you spend, on average, 6 minutes every day brushing your teeth, you 6 extra minutes every day to work on your glutes. That’s 42 minutes per week worth of butt squeezes, the equivalent of a booty class at the gym without the sweat. How easy can an exercise get?

(“Le Personal Coach” by Valerie Orsoni, Celebrity Coach)



Pink Pearl Fitness Club

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

We The People...

In God We Trust

Psalm 23:1-3

**The Lord is my shepherd,
I have all that I need.
He lets me rest in green meadows;
He leads me beside peaceful streams.
He renews my strength.**

Fun Stuff: Camping



MCHUMOR.com by T. McCracken



"How many times have I told you to not eat junk food?"

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Scouting just hasn't been the same since Troop 90 found a long enough extension cord so they could sing around the microwave.

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