



# Academy News

## First Edition!

Do you have ideas or tips to share with your fellow Academy parents? This is the place! Every two months this newsletter will provide money saving tips, parenting tips, event ideas, time-saving recipes, recommendations for businesses and services, and whatever else you'd like to include.

There is a box in each classroom where you can submit your recommendations for the next newsletter.

With your help, this should become a great resource for all of us!



## Happy Valentine's Day!

Do you know your child's love language? Check out:  
<http://www.fivelovelanguages.com/forfamilies.html>

## From the Academy Team

Would you like to have an active role in your child's education at Beautiful Savior Academy? We are looking for new members for the Academy team. Activities include Box Tops collections, Teacher Appreciation Week, ideas, input and planning. Meetings are held mornings one time per month. Contact Rhonda Karrer if interested.

Please slow down when driving in the parking lot. Remember, there are many chil-

dren entering and exiting cars, and crossing the parking lot.

Registration begins for current Academy families the week of February 16. We will be registering for the summer fun program and Fall classes.

Remember to keep clipping those Box Tops! We received \$436 for the Fall collection. This money is used for classroom supplies and

activities. We will submit again in February.

**THANK YOU** to everyone who gave Christmas gifts to our refugee family. They were very excited and appreciative of your generosity. You helped make their first Christmas in America a very merry one!

Beautiful Savior Lutheran  
Church Academy

January/February 2009

Would anyone be interested in checking out **Dream Dinners?** We can see about setting up a sneak peak to make a free meal and see what it's all about. Contact Stephanie Brueggemann (297-0621).

## BEEF STEW

Into a casserole or roaster with a tight fitting lid, put the following:

- 1 lb. stew meat (don't brown)
- 3 large carrots, sliced
- 1 pkg. frozen peas
- 3 small potatoes, diced
- 1 onion, diced
- 1 can tomato soup
- $\frac{1}{2}$  C. water
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper

Put on lid and place in 250 degree oven; leave for 5 hours.

(This is 5 Weight Watchers points)

# Tips and Recommendations from Academy Parents:

## Community Activities:

- Tucson Moms - age-specific play groups, family events, mom's nights outs
- Children's Youth Theater: "Narnia" Feb. 20-22, "Oliver" March 20-22, "Wizard of Oz" May 15-17, 22-24.
- Tucson Botanical Gardens - Butterfly Magic through March

## Recommended Services:

- Babysitter: Bianca Paravano is a 12 year old, qualified babysitter (760-5902)
- Walgreen's in-store health clinics are great for flu shots, sports physicals, sick visits

- Citywide Restoration - 24-hour emergency flood service (790-0606)
- Sunset West Plumbing (623-4774) - air conditioning, plumbing & heating - friendly honest and they don't overcharge
- Arizona Wills & Trusts of Tucson, Alan Bonhof (327-9455)
- 529 College Savings plan - Robert Longley (297-1210)
- [www.freecycle.org](http://www.freecycle.org): There is a local link and people who want to give away items post them on this website. You can also post if you need an item on the website. Similar to another great website [www.craigslist.com](http://www.craigslist.com).

## Businesses:

- Paravano's Fine Art Framing - Jacqui Paravano, 622-2089
- Mama P Designs (hair bows) - Ana Pallares, 631-7599
- Premier Designs jewelry - Kristie Hammar, 575-0925
- Belga Healthcare Resources (nurses & allied health professional hiring, as well as CPR & ACLS instruction) - Jana Harvich, 797-4200
- Cartridge World (Cortaro & I-10) - save up to 50% on laser & ink jet printer cartridges - Shannon Bryant

Children, obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with promise: "that it may be well with you and you may live long on the earth." And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord. ~ Ephesians 6:1-4

## Mark your calendar:

### Upcoming Church Activities:

#### 529 College Savings Plan

Presented by Robert Longley  
of Longley Tax & Financial Services, LTD  
Wednesday, March 4th at 9:10 AM

Save money for your children's college fund without any cost to you. Find out how to receive a dollar-for-dollar tax credit against the taxpayer's Arizona state income tax.

*Childcare will be provided.*

February 21 Murder, Music & Mayhem - Murder Mystery Dinner Theater

April 25 Golf Tournament

Bible Studies: Wednesday mornings - 10:00 am, Tuesday evenings - 7:00 pm.

Services: Sunday - 8 & 10:30 am, with a child and adult education time at 9:30.

### Wills and Trusts

Presented by Alan Bonhof  
of Arizona Wills & Trusts of Tucson, L.L.C.  
Wednesday, March 25th at 9:15 AM

Protect your family, yourself and your estate instead of letting the state of Arizona decide who inherits and manages your estate. This presentation will cover estate planning and answer questions regarding wills, trusts, living wills, probate, estate taxes and your right to name guardians for your children.

*Childcare will be provided.*