



Academy News

Welcome Back to School!

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!



Beautiful Savior Lutheran
Church Academy

September/October 2009

Requests

Does anyone have any morning routine tips? If so, please give advice for next newsletter.

Thanks!

Tips and Recommendations from Academy Parents

Community Activities:

- ◆ "Party In The Park" at Ironwood Elementary, Sept. 26, 10 - 2. Food, chili cook-off, mad science activities, carnival games, community art project, karate demo team, family games: races, distance throw, t-ball derby, balloon toss and more! TOTALLY FREE! For more information visit www.foothillsc.com or call Lucas at 744-0555.
- ◆ Greek Festival, Sept. 25-27
- ◆ Fall Festival at Sandario Baptist Church Oct. 31 -

food, games, trunk-or-treat - Ph: 682-7807

- ◆ Disney On Ice "Worlds of Fantasy" Oct 15 - 18, Tucson Arena. Visit www.ticketmaster.com or 800-745-3000

- ◆ Trunk-Or-Treat at Foothills Community Church, Oct. 31, time TBA, safe Halloween trick-or-treating, games, inflatables. FREE! 744-0555

- ◆ Tucson Moms - age specific play groups, family events, mom's nights outs.

Recommended Services:

- ◆ Traci Faust, Independent Stampin' Up! Demonstrator - scrapbooking, cards, paper projects, stamping, Ph: 609-3291, miketracifaust@comcast.net

- ◆ Kristie Hammar - Independent Distributor, Premier Designs - jewelry. Ph: 205-2332.

- ◆ Mad Science - Fun science parties/events for kids. www.madscienceaz.com or call 733-7000

- ◆ Mama's Java Mom's Group: Monthly mom's meetup, 2nd Tuesday each month from 9:30 - 11:30. Foothills Community Church. Free childcare for ages 0-5. All moms welcome! Free! Also has a monthly playgroup, coffee nights, family/ladies nights. For more info, email Amanda Markwardt at aloofly@gmail.com

- ◆ Walgreens in-store health clinics are great for flu shots, sports physicals, sick visits.

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 children entering and exiting and crossing the parking lot.

Remember to keep clipping those Box Tops! This money is used for classroom supplies and activities.



Tips and Recommendations from Academy Parents (con't):

Businesses

◆ Cartridge World (Cortaro/I-10), Ph: 572-6608 Save up to 50% on laser and ink jet printer cartridges. Contact: Shannon Bryant

◆ Guyton Chiropractic, Ph: 520-682-9079, Chiropractic for the whole family including kids. www.guytonchiropractic.com

◆ Kastles For Kids - Custom built playhouses for children. Ph: 808-8153 Contact: Bill Clark

◆ Made For Shade Ramadas - Up-scale custom ramadas and lattice

porches, Ph: 904-3704, www.made4azshade.com, Contact: Mike and Kimberly Clark

◆ Terra Cotta Building and Development - Residential home construction: framing, concrete, paver bricks - driveways and porches. Ph: 904-3700. Contact: Mike Clark

Hidden Gems or Tips

◆ LL Bean - free shipping if you use their credit card. Earn coupon dollars for purchases.

◆ www.simplemom.net - good, practical ideas for daily living.

◆ Double stamps at Orowheat Bread stores on Wed and Sun.

◆ www.upromise.com - Earn money for future college costs or eligible student loans when you shop online, buy groceries, travel, get gas. Free to join.

◆ 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.craigsl.com

Recipe Corner

Tasty Lime Cucumber Salad

1 cucumber, sliced

Juice of $\frac{1}{2}$ lime

Salt to taste

Easy, low calorie, refreshing!

(My kid's new favorite summertime treat!)

Peanut Butter Balls

Use approximately one whole jar peanut butter (or other nut butter)

Approximately $\frac{1}{2}$ cup honey

Approximately 1 cup dried milk

Mix thoroughly, form into 1" - 2" balls and refrigerate.

Dinosaur Food

$\frac{1}{4}$ cup dirt (cocoa)

$\frac{1}{2}$ cup swamp water (milk)

2 cups crushed bones (sugar)

$\frac{1}{2}$ cup fat (margarine)

$\frac{1}{2}$ cup grass (uncooked oats)

$\frac{1}{2}$ cup squashed bugs (crunchy peanut butter)

1 tsp. muddy water (vanilla)

Mix dirt, swamp water, crushed bones and fat. Bring to a boil; boil for one minute. Add grass, muddy water and squashed bugs. Stir until bugs melt. Drop on waxed paper. Let cool.

These cookies are fun to make with kids! No hot oven, no waiting for these cookies to bake... and they love the names of the ingredients!