



Academy News

May You Have a Blessed Christmas!

Beautiful Savior Lutheran
Church Academy

December 2009

For many of us, some of our best childhood memories are of Christmastime. What Christmas traditions are you creating for your family?

Here are some ideas:

- Find someone in need to give to as the wise men did, with the expectation of nothing in return.
- Read classic Christmas stories and sing carols as a family (with hot cocoa, of course!).
- Keep little kids busy with a Christmas day scavenger hunt and craft projects.
- Bake and decorate cookies!
- If your kids enjoy a special food prepare it every year.
- Drive around and look at lights and visit the local resorts to see their décor.



Tips and Recommendations from Academy Parents

Community Activities:

◆ "Splendor Of Christmas" - Oro Valley Church of the Nazarene Celebration Choir and Drama Ministries Presents A Christmas Musical Spectacular Your Family Will Enjoy!

12/11 7:30 pm
12/12 7:30 pm
12/13 4:00 and 6:00 pm
12/18 6:30 and 8:00 pm
12/19 4:00 and 6:00 pm
12/20 4:00 and 6:00 pm

100% chance of snow!

Electric light parade, Choir and Drama, Cast of 140,
500 W. Calle Concordia, Oro Valley, AZ 85704 (1/2 mile west of Oracle), 520-297-8297,
www.ovcn.org

◆ Have you been to the resorts in town to see their Christmas trees? Don't miss Ventana Canyon!

◆ Christian Youth Theater performances:

- A Christmas Carol- 12/11-13
- 7 Brides for 7 Brothers, 2/19-21
- Tom Sawyer, 3/26-28
- Music Man, 5/14-23

Vendors & Services:

◆ Fine Art Fountains, Ph: 520-572-8078, Contact: Erin Theriault McCollum

◆ BC Drafting - Drafting/ Designs/Permitting Services for Residential Projects, Ph: 520-808-8153, Contact: Bill Clark

◆ Andria Jennings, LCSW - Individual therapy, couples and family counseling, parenting help, Ph: 520-404-0296

◆ Guyton Chiropractic - No out of pocket cost for kids when parents are being treated, Ph: 520-682-9079

www.guytonchiropractic.com

◆ Beautiful Custom Hairbows, Contact: Elizabeth Guyton, Ph: 520-971-7281 alexarose-bows@gmail.com

◆ Made for Shade Ramadas - Upscale custom armadas and lattice porches, Ph: 520-904-3700, Contact: Mike and Kimberly Clark

◆ Terra Cotta Building and Development - Residential home construction: framing, concrete, paver bricks (driveways and porches). Ph: 520-904-3700, Contact: Mike Clark

◆ Sears KidVantage Club

Join the club that saves you money on kids' clothing and shoes only at Sears.

Moms, Dads, Grandparents, Aunts, Uncles - anyone can save 15%! Just give your name, phone number and email address to a sales associate at the register in any full-line Sears store. No forms to fill out, no cards to carry.

Every time you purchase clothes or shoes for infants through tweens, they'll add the total amount to your KidVantage Club account. You'll get a coupon good for 15% off your next kids clothing or shoe purchase each time your account reaches \$100. Plus, you'll get special offers and news by email throughout the year.

There's no limit to the savings you can earn with KidVantage Club!

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.



The Flu And Your Family: Together We Can STOP the Spread!

How to Care for the Flu at Home

- Get plenty of rest
- Drink clear fluids to keep from being dehydrated.
- Check with your health care provider about any special care you might need if you are pregnant or have a health condition such as diabetes, heart disease, asthma or emphysema. Your doctor may want to prescribe antiviral medications for you.

Be watchful for warning signs that might indicate that you need to seek medical attention, such as vomiting, dizziness, confusion, difficulty breathing, pain in the abdomen, fever, cough, irritability and bluish or gray skin color.

Recipe Corner

Spinach Artichoke Dip

- 2 cups shredded mozzarella cheese
- 2 cups shredded Monterey jack cheese
- 2 cups shredded parmesan cheese
- 1 cup mayo
- 1 cup sour cream
- $\frac{1}{2}$ tsp pepper
- $\frac{1}{2}$ tsp minced garlic
- 1 - 10 oz package frozen spinach, drained
- 1 - 12 oz can of artichokes

Mix all ingredients together. Bake in a 350 degree oven for 20-25 minutes or until top bubbles. Serve with tortilla chips.

How to Lessen the Spread of the Flu at Home

- Cover cough and sneezes with disposable tissue or your elbow.
- Avoid close contact with others while you are sick. Individuals can be infectious for up to 7 days from onset of illness.
- Wash your hands often with soap and water or an alcohol-based hand rub.

Anyone who is at high risk for complications from Influenza should avoid close contact (within 6 feet) with household members who are sick. Infants should not be cared for by sick family members.

For more information go to the Maricopa County Department of Public Health's website: www.WeArePublicHealth.org.

Holiday Fruit Salad

- 1 pkg (12 ozs) fresh or frozen cranberries, thawed
- 3 cups mini-marshmallows
- 1 cup sugar
- 2 apples, diced
- 1 cup seedless red grapes, sliced in half
- 1 cup chopped pecans
- 1 carton (8 ozs) cool whip, thawed

Coarsely chop the cranberries; place in bowl. Stir in marshmallows and sugar. Cover and refrigerate overnight. Just before serving, stir in the apples, grape and pecans. Fold in cool whip.