

Mommy's Time Out

February 2016



Lakewood Ranch

**MOMS
GROUP**

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~Fall enrollment will begin February 15~
For ages 18 month to PreK
To schedule a tour or receive more information
Contact Connie at 941.552.1304
connie@lwrbbaptist.com



Thanks to our contributors this month: Alana Blasewitz, Jenn Otterness, Jenna Berquist, Jill Bennett, Karen Moore, Leslie Toscano, Lisa O'Driscoll, Melinda Hierholzer, Shelly Bishop, Stacey Burge, Susan Meyers, Tamar Blazer, Tara Sambuca-Duarte, Tracie McHugh, Victoria Cobb and Xavier Sevilla

LETTER FROM OUR PRESIDENT

So I have a confession to make. Sometimes I just don't really have it in me to meet someone new. And here's why: meeting someone new suggests putting your best foot forward. And that, my friend, is not always easy. I want you to meet me when I'm coming off a full night's sleep, have on a cute outfit and maybe even an accessory or two, when my kids are a complete delight and when I'm just brimming with witty banter and interesting things to say. How you'll likely meet me will look more like this: I've gotten maybe 6 hours of sleep in 2 3-hour increments, I'll be wearing faded yoga pants with play doh stuck to the butt, I'll have a regurgitated goldfish cracker in my hair courtesy of my one year old and I'll be muttering obscenities under my breath. That's pretty much my reality.

Superficial stuff aside, when you meet someone new, you want to really listen to what they have to say and get to know them. You want to offer certain information about yourself to give them the same insight. This is much harder than sitting on the park bench next to your closest friends, who understand your short responses when you're on day 4 of no sleep, or your husband hasn't been home at all this week.

My point in all this is my involvement in this group has encouraged me to put myself out there a little more than I normally would. Admittedly I did start to make a little more effort due to a sense of obligation, but I will admit that it's now a lot easier for me to muster up the effort to put myself out there a bit. I have met many of you in my aforementioned hot mess yoga pant state, and so far none of you have batted an eye. I'm so grateful for this group, for the friendships I have made, and for the understanding and lack of judgement we as a group seem to show one another.

So if you're like me, and sometimes showing up at an event or play date seems like a bit too much work - I encourage you to hoist up those yoga pants and get after it.

Best,

Jill

River Landings Animal Clinic



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**Dr. Ryan Fox
Dr. Michael Bonda**

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OFFICE HOURS

Monday - Friday
7 a.m. - 6 p.m.

Saturday
8 a.m. - noon

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~ The Fox Family is a LWR Moms Group Family ~

~ We understand your pets are your family, that is why we treat them as if they were our own. ~

BOARD MEMBERS

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Kids Outings: Melinda H.

Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.

A Warm Welcome To Our Newest Members



Missy Domson

Taryn Anderson

Amanda Bertrand

Caitlin Saviano

Jenny Mulligan

Kaitlin Harrison

Ana Silva

Brenda Birk

Jessica Scherzer

Jessica Brown

Kathryn Larkin

Sarah Mycroft

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Mom's Night Out

Wednesday,
February 24th

7:00PM

At Craft



Preschool Picasso

Thursday, February 4th
10AM
Valentine's Day Craft
@LWR Baptist
\$3/child



PlayAway

Valentine's Day

Craft and Play

Friday, February 12th

10AM

Space is Limited

RSVP & prepay on Facebook

Fun To Be Fit

We hope to see you on
Tuesday, February 23rd
10:00AM to chat
10:30AM class starts
\$6/family

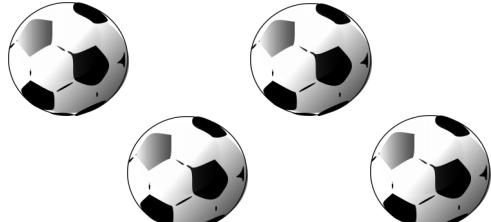
**Picnic and
Playdate**
**Wednesday,
February 24th**
11AM
Hunsader Farms



Game Night
Thursday, February 18th
7PM
Country Club East



Kids Outing
I9 Sports Soccer Clinic
Saturday, February 6th
11AM
Premier Sports Complex



Monthly Meeting
Ed's Tavern
Wednesday, February
10th at 6:30PM
Join us for a meeting and
participate in Trivia night
too!





Lakewood Ranch Outing with i9 Sports

Date: February 6th

Time: 11:00-12:30 PM

Location: Premier Sports Complex

5895 Post Blvd Bradenton, FL 34211 Cost: 10.00

Come and discover an experience beyond the game! Your outing will consist of getting to know i9 Sports and what we offer. We will be instructing soccer and flag football with some great games and drills. No previous skill necessary. Please wear sneakers, shin guards if you have them. Please meet at the tent. At the end of your outing you can go to the main tent and register for our upcoming Spring Season with your special discount being a part of the Lakewood Ranch Moms Club. Please fill out and return to jenna.berquist@i9sports.com



Member Name: _____

Member Email: _____

Address: _____

Phone Number: _____

Child Name and Age: _____



8936 77th Terrace East
Suite 103
Lakewood Ranch, FL 34202

Ask the Pediatrician Series

Join Dr. Xavier Sevilla, Board Certified Pediatrician, for a Town Hall-style lecture series addressing the most pressing issues new and expecting parents face. Dr. Sevilla will provide an educational foundation for each topic before opening the meeting up for an interactive discussion

- | | |
|---------------------------|--|
| Wednesday, Feb 17 | Vaccines: The Myths, the Facts & Opening a Dialogue |
| Wednesday, March 2 | Food is Medicine: the Latest on Healthy Nutrition for Your Child |
| Wednesday, April 6 | Emotional Well-Being: Giving Your Child Tools to Succeed in Life |
| Wednesday, May 4 | Physical Activity: Short and Long term Benefits for Health, Academics & Brain Development |

Event location:

Lakewood Ranch Medical Center
Conference Room 1
8330 Lakewood Ranch Blvd
Lakewood Ranch, FL 34202
(Hospital Main Entrance recommended)

**Lectures & Interactive Discussions
begin at 6:30 pm**

Reserve Your Seat Today
xavier@xcelhealthfl.com
Mon thru Fri 8:30am - 5pm

February 2016



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

6

Playground
Playdate
3:30PM

Preschool
Picasso
10AM

Kids
Outing
11AM

7

8

9

10

11

12

13

Super Bowl



Craft and
Play at
PlayAway
10AM

14

15

16

17Ask the
Pediatrician
6:30PM
Book Club
7PM

18Game Night
7PM

19

20

Happy Valentine's Day



21

22

23

24Picnic &
Playdate
11AM
MNO 7PM

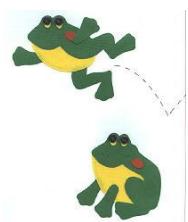
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We offer classes for kids as young as 3 months up to 6 years old.



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GUESS WHO

Member Spotlight



We asked you last month who this was a picture of and this one was a little trickier. This is Shelly Bishop! We gave her a little survey so we can get to know her. Here are her answers:

**Now that I have been a mom for awhile,
I've come to realize that when I'm driving:**

I love to sing with the kids in the car. It makes them smile, and NO ONE smiles when I sing.

I've come to realize that I need: a good balance in my life. I work full-time, travel a lot and want to make sure that I leave enough of me to give to my kids... and I need a night out with my mom friends once a month!

I've come to realize that people: ask really stupid questions when you have boy / girl twins ("Are they identical?")

I've come to realize that my children: are a true opportunity to shape a mini-person. I love teaching them how to react to frustrations, be a "good friend" and to enjoy the moment.

I've come to realize that my cell phone: is a great "fill in" entertainment system for my kids. When they were little, I played Baby Einstein videos on it. Now it's Star Wars and Plants vs Zombies, but it still buys me time when I need it most.

I've come to realize that I'll always be: so grateful that I was willing to endure years of fertility treatments to become a mom. It was a great challenge and took so much from my husband and I but it's so worth it.

I've come to realize that my house: is the "home" my kids will remember when they are adults.



Which of our members is this a picture of as a child?

Take your guess [online!](#)

SCHOOL HAPPENINGS

Manatee County Public Schools

February 10th: Early Release

February 15th: President's Day (No School)

Braden River Elementary:

February 3—Class Pictures

February 8—100th Day Celebration

February 18—Take Stock in Children 10k/5k/Fun Run

Freedom Elementary:

February 2—Honor Roll Assemblies

February 5—Second Grade Dental Program

February 5—Freedom Bonfire (6:30 – 8:30 p.m.)

February 8-9—Spring Pictures

February 12—SOAR

February 19—PTO Father/Daughter Dance

February 29—SAC Meeting 6:00 p.m.

Gene Witt Elementary:

February 1-5—Book Fair

February 2-4—Donuts with Dad (7:15 – 8:30 a.m.)

February 4—PTO/SAC Meeting

February 5—Box Top Collection

February 19—Father/Daughter Dance

Gullett Elementary:

February 1-8—Awards Assemblies

February 2 & 4—After School Clubs Begin

McNeal Elementary:

February 2—Teachers Helping Hands (8:45 a.m.)

February 3—School Store Open (8:00 – 8:20 a.m.)

February 5—Runners Club (7:50 – 8:20 a.m.)

February 12—Runners Club (7:50 – 8:20 a.m.)

February 12—Father/Daughter Dance (6:30 – 8:30 p.m.)

February 18—SAC/PTO

February 19—Runners Club (7:50 – 8:20 a.m.)

February 26—Runners Club (7:50 – 8:20 a.m.)

February 29—Chik-Fil-A Spirit Night (3:00 – 9:00 p.m.)

Rowlett Academy:

February 1—Enrichments Begin

February 2—RFA Meeting (6:00 p.m.)

February 4—Open House

February 6—Family Dance

February 14—Applications for 2015-16 due by 4:00 p.m.

February 29—School Lottery (4:00 p.m.)

Wakeland Elementary:

February 5—Volunteer Work Day

February 25—Student of the Month Luncheon at Pirate City

Willis Elementary:

February 1-8—Book Fair

February 3—Runners Club (7:30 – 8:15 a.m.)

February 4—Muffins for Mom (7:30 – 8:30 a.m.)

February 10—Runners Club (7:30 – 8:15 a.m.)

February 10—Dress Down Day

February 12—PTO Meeting (2:00 p.m.)

February 17—Runners Club (7:30 – 8:15 a.m.)

February 18—Box Top Collections

February 24—Runners Club (7:30 – 8:15 a.m.)

Private Schools

The Classical Academy:

February 2—PIE Night (Shallow Minds—Technology's Effect on the Brain)

February 15—President's Day – No School

March 3—PIE Night (Teaching Your Children About the Birds and the Bees)

Out of Door Academy:

February 1—Deadline for Applications (PK and K)

February 5—Jump Rope for Heart

February 9—Blood Drive

February 11—Parenting Pro: For the Love of Play

February 13—Sadie Hawkins/Valentine's Dance

February 19-28—Winter Break

February 29—Classes Resume

March 1—Deadline for Applications (Grades 1-12)

St. Stephen's:

February 11—Our Hearts Belong to Mom

February 15-16—No School

Tabernacle Christian School:

February 2—Pep Rally

February 3—Chick-Fil-A Breakfast , PVO Meeting (8:15a.m.)

February 4—New Family Open House (9:00-11:00a.m.)

February 5—Football Frenzy— Bible Bowl

February 10—Kona Ice

February 12—Jean Jams & Happy Hearts Breakfast

February 15—No School Enrollment Begins

February 18—New Family Open House (9:00-11:00a.m.&6-8:00pm)

February 19—Jean Jams

February 22-26—Spiritual Emphasis Week

February 24—Kona Ice

February 26—Jean Jams

February 29—Brunch for Lunch

Local Preschools

Sprouts:

February 1—Staff Meeting (No Lunch)

February 8/9—St. Jude Trike-a-Thon

February 10—Early Release (No Lunch)

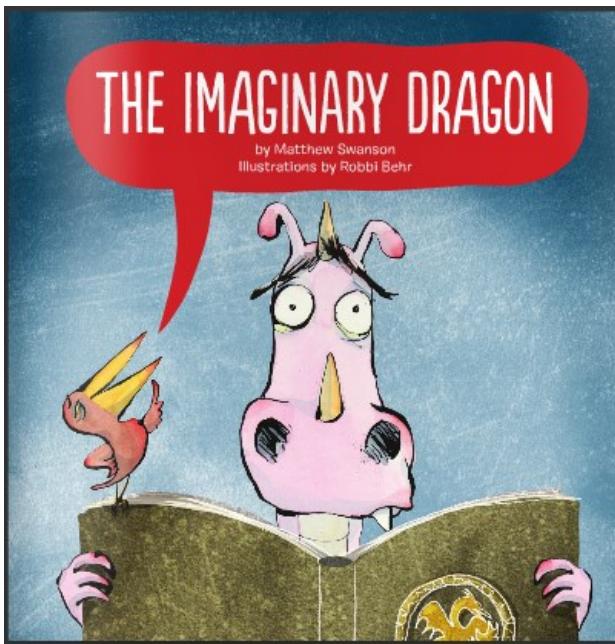
February 15—Presidents Day (No School)

February 29—School Pictures

If you have questions regarding any schools listed or would like to see more schools included, please contact Susan Meyers at lwrmgsschoolambassador@yahoo.com.

KIDS' BOOK CLUB

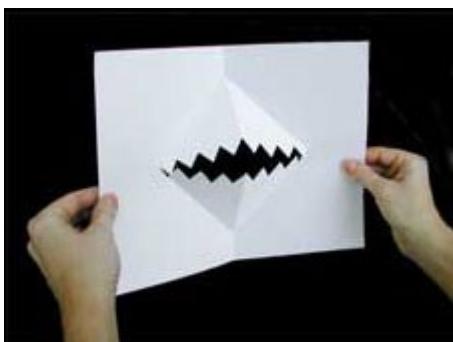
The Imaginary Dragon



Yes, I should have probably selected a book about love seeing as it is the month of February, but I thought this might be a great time to read this book since you can view it [online](#) through the [Bobbedly Books website](#)

The story is about a dragon who wants to be someone special and do something important. Unfortunately, a little bird tells him he isn't real which means he can't be of any importance. What happens next shows that just being you is what makes you so very special...and don't ever listen to annoying birds who think they know everything.

Right at the back of the book, there is a fun project to do with your kids—make your own dragons! Make a whole family of them and have a puppet show. Trust me, it is a blast to hear your kids create voices and language for their little dragons!





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HEALTHY MAMAS, HEALTHY KIDS

Spicy Kids

Variety is the spice of life, but can spice be the key to a *long* life?

Can spices in your diet prolong life? The answer seems to be Yes. A new breakthrough study published recently in the British Medical Journal showed that eating food combined with spices will decrease your risk of death by 14%. This study looked at 500,000 adults in China and compared folks that consume spices 6 to 7 times a week with folks that eat spices less than once a week. The people that consume spices frequently have a much lower risk of death from cancer, heart disease and respiratory disease. It was “dose dependent” so people that ate spices twice a week still had advantages but not as much as the folks consuming spices 6-7 times per week. Just to put this in perspective, there is no medical intervention that would produce these results in all these three conditions at the same time. Since in our children any positive benefit from long term exposure to spices is magnified because of the time factor, we could apply this useful piece of information to our own children’s day to day nutrition.

What is the scientific basis for this?

We know that pretty much all spices have antioxidant properties. We know that in heart disease cholesterol plaques are formed by excessive oxidation. There are good studies that show that one clove garlic per day will lower your cholesterol by 9%. This is better than a lot of cholesterol medications. We also know that some spices have anti-inflammatory properties —turmeric, ginger and basil are probably the spices with the most anti-inflammatory properties. We know now that inflammation is the common denominator for a lot of the chronic diseases that affect the US population like diabetes, heart disease, cancer, asthma, and allergies.

Are there any other health benefits from adding spices to the diet?

We know that spices stimulate our salivary glands to produce more saliva which helps with digestion. Also a lot

of them have antibacterial properties (pepper, basil, and cinnamon, for example) that inhibit the growth of bacteria that can cause food poisoning. By adding them to food, you can replace or decrease other ingredients like sugar, excessive salt and saturated fats, that we know are not healthy.

When can I start adding spices to my child’s diet?

The ability to detect different flavors develops even before a baby is even born. At birth, babies orient towards the smell of their own amniotic fluid. Interestingly, amniotic fluid, just like breast milk, contains flavors from the diet of the mother. Studies have shown that experiencing different flavors while in the womb through amniotic fluid and then through breast milk improves the acceptance of solid foods later in life. If you want to avoid having a “picky eater” you can start by introducing spices to your food during pregnancy. There are no scientific guidelines for when to introduce spices in the infant’s diet. If the baby is breast fed, then those spices will be present in the breast milk. However, most other cultures introduce spices when they start feeding the baby solids. For example, adding a little cinnamon to rice cereal can likely start those beneficial effects and improve the taste of these first foods. Other spices can probably be added once the baby is around 12 months old. So the next time you’re cooking a family meal, throw in some spices and you may be adding years to their life, while eating a truly delicious meal!



Xavier Sevilla MD FAAP

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Difficulty getting in when it's convenient for you	Same day appointments always available regardless of the day of the week or time of day.
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Lack of emphasis on nutrition, wellness, disease prevention and behavior/stress management	Annual personalized health plan created for each child focused on dealing with nutrition, physical activity, stress management/ behavior
Having to come to the office for "everything"	Your choice of home visits (house calls), video, text, email, phone or traditional face to face visits
Behind the times with technology	All members get free access to an health app that can provide a portable electronic medical record, and integrates with wearable devices and other apps that make it easier to reach health goals



xcelpediatrics

Dr. Xavier Sevilla 941-877-1199

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SUNSHINE NEWS



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Sunshine News!

We welcomed one baby to the group in January. Congratulations to Jen Ford and family on the birth of their daughter, Mackenzie Alease Ford, who was born on January 20th @2:39pm. At 8lbs, 20.5", Mackenzie was welcomed by mom, dad, and big sis Alexandra. We've set up a MealTrain for Jen and her family and have the opened the window for sign ups from Mon, Feb 1st to Fri, Feb 12th. If you wish to sign up to deliver a sunshine meal to the Ford family, you can do by visiting the link on our private Facebook page. And finally, a huge thank you to all the moms who take the time and effort in delivering the sunshine meals that go out!

SHE'S CRAFTY

Sensory Rice Bin

I personally adore sensory bins. Many moms may find them scary because they can create a mess, but don't let that stop you. Watch most kids while they are playing in a sensory bin and they are engaged. They are focused. The tools you add for them to play with in there can help develop fine motor skills by pouring, sifting, sorting, and picking little toys out of the bins. You can develop language skills by asking them all sorts of questions as they play games. They'll learn the meaning of over, under, to the left and right, near, far, and so many other things as you play with within the sensory bin. Yes, your child will likely hear you repeat the words "INSIDE the bin" many times, but take a deep breath and let their creativity flow. You own a vacuum. Messes can be cleaned up. Put the bin over a sheet or a tarp and the clean up is even easier.

Every sensory bin starts with a base—beans, sand, rice, corn, seeds, pasta, for example. For Valentine's Day, dye some rice pink or purple and scent it with lavender essential oil.

Make Your Own Colored Rice

1 Tablespoon Vinegar

1 Cup Rice

food coloring to your color preference

2 drops of essential oil to scent

Put all of the ingredients in a bowl and stir it up. Add more food coloring if needed to achieve the color you want. Once mixed, lay it out on a wax lined cookie sheet to dry for an hour or so. Add to your bin! You'll likely want to double or triple the recipe and maybe do a few different colors for fun.

Ideas on what to add to a Valentine's Day Themed Sensory Bin

Cups, spoons, heart shaped boxes, heart shaped paper, heart rings, foam valentines, letters to spell words like hug, love, kiss, be mine, cookie cutters, red cars, red trucks, red trains, red stars, tiny mailboxes and letters, funnels

It is easy to begin by digging and finding the items you've hidden. Have them sort what they find. Line items up and make graphs so they can count and see what they have more or less of. Use letters to practice making words. If the kids are younger, write the words on a sheet of paper and have them place the letters as they find them. Sound words out and decode together. Once they start playing, the ideas will come flowing. Get messy and have fun!

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IN THE KITCHEN

Jamaican Jerk Sticky Wings

Minimal hands-on time makes these wings great for a party or large gathering. Spiciness, stickiness, and a little bit of sweetness create a winning combination!

Ingredients:

From the TSTE

- 1 TBS [TSTE Sweet Heat Spice Blend](#)
- 1/2 tsp [TSTE Cayenne Pepper Powder](#)
- 2 oz [TSTE Jamaican Jerk Spice Blend](#)

From the Grocer

- 3/4 cup packed dark brown sugar, divided
- 5 garlic cloves
- 4-inch piece fresh ginger, peeled & chopped
- 1/4 cup soy sauce, divided
- 4 lbs chicken wings and/or drumettes
- 1/3 cup tomato paste
- 2 TBS water
- 1 lime, juiced



Preparation:

COMBINE 1/4 cup brown sugar, garlic, ginger, 1 TBS soy sauce, [TSTE Sweet Heat Spice Blend](#), and [TSTE Cayenne Pepper Powder](#) into a food processor and process until ground fine. Transfer to slow cooker.

ADD chicken and toss to combine. Cover and cook on low until fat is rendered and chicken is tender, 3 1/2 - 4 1/2 hrs. Transfer the chicken only to a bowl and discard remaining liquid.

TURN on oven broiler with rack set to lower middle position. Line a rimmed baking sheet with aluminum foil and spray with cooking spray.

WHISK together [TSTE Jamaican Jerk Spice Blend](#), tomato paste, water, lime juice, remaining brown sugar, and remaining soy sauce in a bowl.

COMBINE half the sauce with the now slightly cooled chicken and toss to coat. Arrange wings, skin-side-up on baking sheet. Broil until chicken slightly char and are crisp around edges, 12-15 mins.

FLIP chicken and brush with remaining sauce.

Broil once again until done, 3-4 mins.

Yield: 10-12 servings

Total Time: 5 hrs 9 mins

Prep: 20 mins

Cook: 4 hrs 49 mins

This recipe was created by Chef Stefan Pickerel, store owner of TSTE® San Francisco & Portland.

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WHAT WE'VE BEEN UP TO

Kids Outings, Monthly Meeting, Fun to Be Fit, Mom's Night Out and Preschool Picasso



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McKinley's Corner



McKinley completed Interim Maintenance II on Thursday Jan 21st. She really has exceeded my expectations this phase. While the first half did cause a lot of nausea these past two weeks, she has been good. She's had a few other issues pop up that have been able to be treated with (more) medications but nothing too pressing *sigh*. This particular chemo is very rough on her skin. To spare you details, changing dirty diapers is anything but fun. It's basically just the way the chemo leaves the body, and it's very painful on her bottom. I hate hearing her scream. She only received 2 out of 5 escalations of chemo this phase (it's all based on her ANC counts). So while that makes me nervous for being "off" protocol, I can't fathom the stronger dose with how much this dose has done to her poor bottom. The nurses assure me that the "cookbook" of treatment protocol is designed this way. It's letting her marrow lead the way to how much dosage increase she can tolerate without causing toxicity. I have to just trust science with regards to that. And pray. We pray a lot in this house. We get a full TWO WEEK break in between this phase and Maintenance. We haven't had two weeks off from visiting All Children's Hospital since May! So prayerfully, we won't get a fever or have any issues & we won't be back until February!

We kick off Maintenance with another Lumbar Puncture & chemo. Can you believe that this will be her 12th Lumbar Puncture with an Intrathecal Chemo procedure that she has been put under for? They place chemo directly into her spinal fluid & they remove spinal fluid to test to make sure there is no Leukemia present. These are our LONGEST days. Longest because there's no food allowed after midnight & no water 3+ hours before the procedure so she's STARVING as we usually don't get called to the unit till after 1:00pm (on a good day) to start the procedure. Long because although I'm allowed to carry her back and hold her while they administer the propofol, she now "knows" that hallway where we walk down & that milky white substance (propofol). As soon as we turn down the hall toward the procedure unit room, she starts saying/crying "no doctor! I not like that!" I hold her trying to calm her saying "as soon as you wake up from your nap, you can have water, a snack and mommy will be right there." They tell me she doesn't like the way it makes her feel right before she falls asleep (although it is fast) it makes her dizzy. Long because those 45 minutes while she's back there seem like an eternity. She is attached to me as soon as we pull in that parking garage at All Children's Hospital for any kind of treatment, so I really do feel like I'm missing a part of me while she's back there without me. Long because I pray, I cry & I go to the cafeteria and buy water, fruit and a yogurt for me because I haven't been able to eat or drink in front of her either. That routine buys me about 15 minutes, so there is a long 30 minutes left for me to think. There's "long term" issues we have to worry about with this sedation too (just like chemo and how it'll affect her body/organs), but I seriously can't even go there. I literally take everything one day at a time because I get way too upset or anxious if I go beyond that. With the start of Maintenance starts a much more "normal" life—Fewer trips to clinic once her counts get stabilized and only Lumbar Punctures every 60-90 days & chemo drips once/month. Maintenance is when most kids start back to school too although the fever protocol is still in place until the end of treatment (over 100 lands us in the ER). She will be on steroids again one week/month & take a lot of oral chemo, but all of that can be given at home. I am hopeful she'll start to feel like a "normal" 2-yr old. She deserves it. So pending no holds or hiccups, our 18 month, her Maintenance cycle begins February 8th!

Speaking of normal 2 yr olds....she was released from Physical Therapy two weeks ago, & we finally go the "ok" to start a dance class (I asked in November and it was a strong "NO"). She started that week :) I arrived a little early to speak with the teacher. It's pretty obvious that McKinley is "sick" since she is bald, but I just wanted to speak with her. I was crying, and her teacher, who I later found out was the owner, started crying and finally after pulling it together the class started. McKinley's best buddy is in the class, so I was hopeful that would encourage her to participate. It DID! She sat in my lap for the first 15 minutes but then participated by herself! She had to miss her second class on Thursday morning because of treatment but she is very excited for this week!

We had another 2 yr old milestone....hair! A couple weeks ago a friend commented on her "peach fuzz". I guess I hadn't really noticed cause it seemed to have happened overnight. Well, she was right! Fast forward to last week in our kitchen: the sunlight peeking through the window was hitting her peach fuzzed head just right and Brady all of a sudden yelled out, "Mommy! Look! Look at McKinley's hair!" It was the sweetest comment because he notices everything. It's coming in VERY blonde so unless you reallllly look, she still looks bald but there IS hair growing back!

She continually amazes me with her strength, bravery, courage & healing. She had two chemos on Thursday morning. It wasn't a pleasant day at clinic because for whatever reason she was NOT happy (or letting them) deaccess her port. It was very unlike her but that afternoon we went Strawberry picking with friends (after TWO chemos). She really is an amazingly strong little girl. And Thank God she is cause that is how I make it through. THANK YOU...for your continued love, support and prayer. I can tell you, we feel them and they are working! Please continue! xoxoxo