

MOMMY'S TIME OUT

Lakewood Ranch Mom's Group, Inc.

The official newsletter of the Lakewood Ranch Moms Group, written by, for, and about moms living in the Lakewood Ranch community.



January 2015

Join the Fun!

Looking to be part of a fantastic group of Moms in Lakewood Ranch? Visit our website at www.lwrmmomsgroup.com and start making friends and having fun!



Activities in Lakewood Ranch and Around Town

School Tours: Please check our Mom's group calendar or our Facebook page for information regarding School Tours.

Polo Every Sunday in January! 10am to 4pm @ 8201 Polo Club Lane
Lakewood Ranch, 34240
Cost: Adults \$12, children under 12 are FREE

Suncoast Half Marathon January 25th at 7am.
Event starts and finishes at LWR Main Street.

Winterfest Tickets on Sale: Event takes place February 28th. For more info visit:
www.lwrwinterfest.com

Glazer Children's Museum: January 6th from 2 - 7. FREE admission for the whole family.
For more information visit:
www.glazermuseum.org

Family Bowling with Face Autism: January 31st from 10am to 12pm. FREE. Location: AMF Gulf Gate Lanes. For more information visit: <http://face-autism.org/>

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A Message from Our President

It's the new year! I'm sure many of us have plans to start the year off on a fresh start – get more organized, get fit, start eating healthier, etc. For me, it is simply to get used to the fact that this year means I'll finally have a child in kindergarten. Our preschool years are nearly over, and I plan to savor the moments for as long as I have them. It's exciting and saddening all at once. I love watching them grow and learn and try new things, but I will miss my morning partners come autumn.



One of the steps to getting used to having a big kid is to start looking at schools. Although I am 99% sure I know where my children will go to school, I still feel like I should explore all options before I make that decision. I know I'm not the only one out there with a child in VPK this year who is ruminating what school to choose. We have about a quarter of our membership who is getting ready for the same thing. It's exciting to realize so many of us are getting ready for this big step! I hope to see many of you on the tours, and I really hope to hear you speak up and ask questions and share your thoughts after the tour. I love hearing different viewpoints and to be honest, hearing other parents' questions always helps me remember my own!

For those of you who are still looking for ways to entertain your current preschoolers, we are looking to start a children's book club. Right now, the plan is to meet once a month at Town Hall and read a book, sing songs or learn rhymes, play games and do crafts around the selected book. We will want to have at least twelve families partake in this event and that way each month, a different mom can help lead so this isn't another position we need to have filled. Keep a lookout for a survey to help us pick a time and to see how many of you are interested in this activity.

Speaking of filling positions, I know it is still six months away, but I want to know who will be continuing on and who would like to keep their positions so we can post the openings in the February newsletter. I want the new team to be fully prepared

with lots of practice time with the current board members so we can have a seamless transition. That should make the changes easier and the ability to have a summer party this year more feasible.

And finally, our next event should be the casino night. This will kind of double as a couple's night out. We are hoping to coordinate our event with either PlayAway or Time4Tikes so we can have a babysitting option open for some of you who may need some help with that part of the planning. Julie Ruffing should be requesting some assistance with the event this month so that the planning can begin! I hope we get a lot of volunteers so our big fundraising event for FELT can be as successful as it can possibly be!

As always, I look forward to catching up with all of you as I see you at the various events this month.

Warm Hugs,

Victoria Cobb

Monthly Meeting

When: Wednesday January 21st

Time: 6:45pm

Where: TBD

John Freeman from Raymond James Financial will be our speaker this month.

- Asset Allocation
- Asset Management
- Estate Planning
- Financial Planning
- Retirement Planning
- College Planning
- Bonds
- Mortgage Center
- Insurance and Annuities
- Freedom Account
- Tax Planning



**Playdates and
Fun...
Activities for
Everyone.**



January

2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
Polo 4	5	6	7	Mom's night out at Kona Grill, UTC at 6:30pm 8	9	10
Polo 11	12	Fun to Be Fit 10-11:30 13	14	15	16	17
Polo 18	19	20	Monthly Meeting 6:45pm @ TBD 21	22	23	24
Polo 25	26	27	28	29	30	31
1	2	3	4	5	6	7

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Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. 150015



December Fun!!



The Walters Family

Jeff and Brianne

Jeffrey (6) Lilyana (4) Audrey (2)



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Yoga and Breath: A Simple Start

Melina Economos

E-RYT 200, RYT 500, B.A.

Director and Lead Instructor

of ReFlex Arts Yoga

6260 N. Lockwood Ridge Rd

Sarasota FL



Yoga is often spoken of as a tree of eight limbs or aspects of practice. In the west, the first limb we find is usually asana or the physical movements of yoga and with those movements there is almost always a conversation on breath, another limb of the yoga tree. Walking into a yoga class, you'll hear teachers asking you to "breathe bigger" or remind you that "your life is only as big as your breath;" they might even illustrate the breath for you "inhale as if you are pouring cool water into a tall glass." And at the end of the class you feel better, your lungs feel expanded and your breath may remain deep for a few blissful hours. But then life steps in and stressors arise and next thing you know you can barely breathe and there doesn't seem to be enough hours in a day and did I remember to send that email and boy is it time to go to yoga class again!?

In an hour long class it's hard for teachers to really take the time to describe why the breath is so important and how we can begin to find that deep breath, that satisfies like a drink of cool water. One of my more poetic yoga teachers, Richard Freeman, described the breath as something filled with beauty akin to the sound of a loved one, whispering in your ear. But that loved one is not a ghost of someone lost or a memory of a present friend, instead that sound is the deepest most pure vibration of you. And when you listen to the sound of that love, that true self, you begin to realize you are alive. The master yogis of Vedic times were very concerned with living a healthy, long life, and they experimented with different vital resources; they fasted from food to observe what happens to the body and mind, meditated for long hours, left all their material belongings. But they realized quickly there was only one thing they could not live without: the breath. With this reasoning, they surmised that the breath was the key to all life, the way in which prana or life force energy enters and nourishes the body. Without breath there is no life, so breath = life.

The Sanskrit term used in describing yogic breathing techniques, *pranayama*, is often poorly translated to breath retention. Another perspective shows a different translation; *ayama* means to lengthen or to draw out and *prana*, of course, is that glittering stuff of life. So an alternative translation would mean that pranayama is the means to extend or lengthen our life energy. Instead of measuring out our lives in coffee spoons like poet T.S. Eliot or heart-

beats as many pop songs will testify, the yoga masters counted their lives by the number of breaths they took. Consequently, if you only had 27 breaths left, you would probably try to draw them out for as long as possible. Deep, full and certainly long breaths. And this is where the east meets the western scientific mind.

Yes, the yogis were interested in lengthening the breath and cultivating a deeper sense of prana; but now in present time we can do a simple Google search on deep breathing or diaphragmatic breathing and come up with at least a dozen scientifically backed reasons why the yoga masters were so surprisingly correct at their findings about the human body. For one, deep breathing exercises tones our diaphragm, the muscle that lies just underneath our lungs. As we breath in deeply, the diaphragm has to work, pulling down to allow the lungs to expand. If we aren't breathing deeply, we don't allow air to move into the lower lobes of the lungs, often causing feelings of anxiety and fear. A deep, slow breath however has the opposite effect, turning on the parasympathetic nervous system which governs the more tranquil and restorative aspects of the body. Deep breathing also massages the internal organs, helping with digestion and elimination.

But what does all this have to do with you, being at home and needing to de-stress with breath?

The first step is simply realizing that the breath is an important part of everyday function. As described before, deep breaths help strengthen the lungs and diaphragm while keeping the lower or deeper areas of the lungs and the tiny blood vessels that live there full of oxygenated air. A deep full breath also aides in improved circulation and strengthens your immune system. If that wasn't enough, a full breath will also calm an anxious mind, bring clarity and focus, and even help reduce pain sensations within the body.

The second step is remembering that the breath is always there to deepen. You don't need to be in a formal yoga class or mediation center to access this fantastic gift. In fact, people will rarely be able to tell that you are suddenly breathing deeper, giving you the freedom to literally practice in any situation.



The final step is learning a few techniques that you can take off your yoga mat and into the world. The two techniques described below are suitable for any body, beginner or experienced breather. They are a simple way to begin noticing and changing the flow of your everyday breath, so that you may enjoy a deeper sense of ease and relaxation in life.

Tip: A big breath and a deep breath are not necessarily the same thing. When first exploring the breath, notice if you can slow your breath down as if you are sipping air in through a straw. Remember pranayama means to lengthen the life force energy. By slowing down the breath and monitoring the amount of breath in, you will probably be able to take a much deeper breath without feeling any constriction in the lungs. A slow, steady inhale followed by a slow steady exhale. If at any point you feel uncomfortable, simply return to an even “normal” breath and return to the breath practice at a later date.

Before beginning for the first time, find a comfortable place to sit or lie down and maybe grab a timer. Traditionally it is recommended to start off slow and build over time, so maybe your first yoga breath practice is only 3-5 minutes, building in duration over a month or so. I made sure to pick exercises that were easy to use in any situation, but for the first time exploring the breath it's nice to take a little extra time to build a good foundation for your future practices to come.

Exercise 1

First just notice your nature breath for a few moments. Notice if it is shallow or deep, slow or fast paced. Is there any urgency in the breath? Is the inhale longer than the exhale? How long are your breaths? Next, after a few moments of observations (maybe a minute or two) slowly begin to lengthen the breath, both the in-hales and the exhales. Don't worry about doing anything correctly, just allow the breath to gently deepen. To keep focused on the breath, you may even add a count, seeing if you can inhale up to a slow count of five and follow with a matching exhale. If five feels comfortable maybe adding one more second to each count, eventually moving to a count of 7. The goal here is not to get to a certain number, but instead to slow the breath down. If the counting becomes distracting or competitive, simply return to a full deep breath. Pranayama can be practiced with eyes open or closed, experiment and see which works for you. After 3-5 minutes return to your normal breath and take a few moments to notice any changes in your mood, mind, or body. The tuning in period and observation afterwards

are important aspects to the practice, so try not to skip these elements!

Exercise 2

First, just check in with the breath. Noticing how your natural breath feels today in the body. Adding a little more to breathing Exercise 1, we again find ourselves lengthening the inhale and the exhale. This time, begin to notice a small space between the inhale and the exhale. Notice that our breath is actually made up of four parts: inhale, pause, exhale, pause. When you are comfortable with just noticing these 4 parts, begin to explore lengthening the pauses in between. You notice I said *lengthening the pauses*, not to be confused with holding the breath. At no time should you feel shortness of breath or extreme discomfort. If you do, simply return to a normal breath and return to practicing exercise 1. Another addition is lengthening the exhale so that it is just slightly longer than the inhale. This longer exhale will quickly calm the mind and create a sense of peace and well-being. So in short, a typical count for this breath may be: inhale to a count of 5, extend the pause to a count of 2, exhale to a count of 7, extend the pause to a count of 2, repeating this pattern for 3-5 minutes. To close, return to normal breath and spend a few moments noticing any changes in the physical, mental or emotional body.

These exercises may seem simple, almost too simple. But I encourage you to give them a try. After all, it is only 3 minutes a day. As Mr. Freeman says, that beautiful breath is your soul, the prana flowing and keeping you healthy and alive. So breathe deeply often and with much gratitude!

If you have any questions or would just like to keep me up-to-date with your pranayama studies, feel free to email me at any time: melinareflexyoga@gmail.com

ReFlex Arts offers a variety of dance and yoga classes for adults and kids. They also hold summer camps for school age kids. If you are interested in checking out the class schedule or want more info., please go to reflexarts.com.

References

The Yoga of Breath by Richard Rosen

Light on Yoga by BKS Iyengar

Light on Pranayama by BKS Iyengar

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Market risk isn't for everyone. We know that everyone's financial situation is unique. By addressing these few questions we will be able to assess some of your immediate needs and help you achieve your financial goals. Check all that apply.

☐ **CD BUYER**

I like the idea of buying CDs, but rates are very low. I would like to put my money somewhere safe that could earn more interest, is not subject to stock market losses and is easy to understand.

☐ **RETIREMENT ACCOUNTS**

I have an IRA or another retirement account that I am not going to use for a few years and my main goal is to protect the account value. I am more concerned about losing money than I am about large returns.

☐ **CORRECTION PROTECTION**

I have weathered the market with my equity accounts. I know that the stock market has made a strong push and I have made a lot of money since the market hit the bottom. I believe that I may want to move a portion of my money out of the market to a safe vehicle for protection.

☐ **"SIDELINER"**

I have been sitting on the sidelines in a savings or money market account earning either a very low interest rate or no interest at all. I am interested in learning about fixed alternatives that will offer me more interest on my money and still offer protection from market loss.

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Little Ranchers Learning Center is a part-time christian preschool focused on loving children and their families. We provide a warm nurturing environment for children ages 18 months to 5 years. Our program is developmentally appropriate to meet the needs of every child.

Please call or email Connie for more information or to schedule a tour:
940.552.1304 // connie@lwrbaptist.com

**mom's
night out**

Kona Grill UTC

When: Thursday, January 8th

Time: 6:30pm

Where: Kona Grille, UTC



Please view our Facebook page for more details.

**A warm welcome
to our newest members!**

Angela Perkins

Rita Bonnet

Please be sure to visit our website and Facebook Page for lots of fun events! If you are interested in joining the Lakewood Ranch Mom's group, visit our website at: **lwrmsgroup.com** and complete the *Become a Member* form. New members are always welcome!

www.**akiko**graphics.com

941
720.5151
Birthday Party
Corporate Event
Wedding



Sunshine News!

Sarah Zabel welcomed a new bundle of joy Luke Bradley on 10/15. Sunshine meals were delivered by Jill Bennett, Rebecca Gurski and Karen Moore.

Sunshine meals went out to **Becky Hartman** who was in the hospital. Meals were delivered by Jenn Otterness, Victoria Cobb and Heather Jones.



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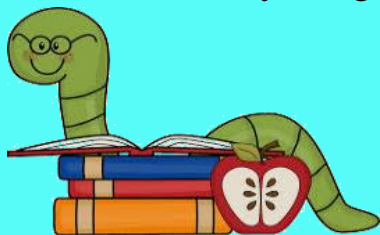
Logo and Photo Cookies!



Book Club for Kids at Lakewood Ranch Town Hall.

Each month a different mom will be the storyteller and create a craft that coincides with the story that they would like to share.

Please visit our Facebook page for posts and surveys to get this started!



Comic Sense Mom

I need to feed my family more healthy meals in the new year, but first we have to eat all of the junk food in the house so we are not tempted. I think this may take some time, so my New Year's Resolution may not start until February. Cookie anyone?...



Cute Kid Quotes

My daughter, Gracie Comegno, was looking out the car window at Christmas lights when a huge truck blocked her view while we were at a red light. She kept saying "Move truck." And then she turned to me and said, "Mommy can you put the truck in timeout?"

School Happenings

Braden River Elementary

January 5th – No School In-service for Staff
January 6th – School opens
January 19th - No School MLK Day
January 20th - No School
January 22nd - SAC/PTO Meeting
January 26th – Spirit Night @ Chick-Fil-A on SR 70
January 29th - Winter Wonderland Literacy Night

Gullett Elementary

1/6: School resumes from Winter Break
1/6: Runners' Club resumes at 7:45am
1/13: SAC Meeting in Media Center @ 5PM
1/19: NO SCHOOL--M.L. King's Birthday
1/20: NO SCHOOL--Record day for teachers
1/23: After-School Clubs registration is due
1/26/-1/30: Award Assembly 8:45am-9:15am

McNeal Elementary

January 1st- 5th- School Closed
January 12th – Family night @ PDQ 5-8pm
January 15th – PTO meeting 2-2:50pm
January 15th - SAC meeting 5:45-6:30pm
January 19th - No School MLK Day
**January 24th - WINTER CARNIVAL!! 10AM –2PM,
FOOD, GAMES AND SILENT AUCTION!**

Wakeland Elementary

January 1st-5th - No School
January 6th - School Resumes
January 9th - Volunteer Work Day – 8:30am
January 19th - No School MLK Day
January 22nd - PTO Meeting @ 6:45pm
January 22nd - SAC Meeting @ 7:15pm
January 29th - Student of the Month 11am Pirate City
January 31st - International Festival

Willis Elementary

January 1st-5th - No School
January 6th - School Resumes
January 7th - Runners Club 7:30am-8:00 am
January 9th - PTO Meeting 2-2:50pm
January 14th - Dress Down Day \$2
January 14th - Runners club 7:30am-8:00am
January 14th - Spirit Night @ Jumpin Fun 6pm-10pm
January 16th - End of First Semester
January 19th No School MLK Day
January 20th - No School
January 21st - Runners Club 7:30am-8:00am
January 26th - SAC Meeting 6pm
January 27thj- Runners Club 7:30am-8:00 am

Nolan Middle School

January 1st-5th - No School
January 6th - School Resumes
January 6th - FCA Meeting 8:15am-9:00 am
January 13th - FCA Meeting 8:15am-9:00 am
January 20th - FCA Meeting 8:15am- 9:00 am
January 27th - FCA Meeting 8:15am-9:00am

Rowlett Academy of Arts and Communication

January 1st-5th – No School
January 6th - School Resumes
January 13-16- HS/MS Exams
January 15th-16th HS Early Release
January 16th - End of First Semester
January 19th – No School MLK Day
January 20th - No School

Imagine School of Lakewood Ranch

January 1st-5th – No School
January 6th - School Resumes
January 6th - SAC Meeting 5:30pm
January 7th - Governance Board Meeting
January 14th-16th - Middle School Exams
January 16th - End of 2nd Quarter
January 19th - No School MLK Day
January 20th - No School

Classical Academy of Sarasota

January 13th- PIE Night @ 6:30pm

Center Montessori

January 1st-5th - No School
January 6th - School Resumes
January 6th - Priority Registration for Current Families
January 15th - Follow the Child 6-8pm
January 20th - No School MLK Day
January 24th- Land Lab Day 9-11:30am
January 26th-30th - Valentine Shoe Drive

Out Of Doors Academy Lower School

January 1st-5th - No School
January 6th - School Resumes
January 13th - Coffee Chat 8:15am-9:00 am
January 13th - Intermural Football 3:30pm-4:30pm
January 16th - 2nd Grade Field Trip 8:15am-2:45pm
January 20th - 3rd Qtr Begins
January 23rd - K Field Trip to Ringling Museum 9am
January 24th - Pre-k and Kindergarten Testing 9:00 am-12:00pm

Out of Doors Academy Middle and High School

January 1st-5th- No School
January 6th- School Resumes
January 9th- ACT registration Deadline
January 10th- Dodge ball Tourney 8:00pm @ Jumpin Fun Sports
January 14th- Senior College Night & Financial Aid Info Night 7-8:30 pm
January 15th- College Road Trip Florida
January 15th- Middle school play @ 7pm
January 16th- College Road Trip Florida
January 16th- Middle School Play @ 7pm
January 17th- College Road Trip Florida
January 17th- Middle School play @7pm
January 19th- No School MLK Day
January 20th- Re-enrollment Contracts Sent
January 21st- Junior College Info Night 7-8:30pm
January 24th- US Dodge ball Tournament @ Jumpin Fun
January 24th- SAT Exam 7am-12pm
January 25th- Tampa Bay Case Studies Program (Juniors and Parents only) 1-3pm
January 28th- National Honor Society
January 29th- MS Academic Awards 7pm
January 31st- Encore/ Orchestra & Suzuki Students Concert @ 2:30pm

Tabernacle School

January 1st-5th- No School
January 6th- School Resumes
January 7th- Spelling Bee @ 12:30pm
January 13th- Knight Breakfast (invite only)
January 19th- No School MLK Day
January 30th- Football Frenzy Bible Bowl

Goddard

January 1st-2nd- No School
January 19th- No School MLK Day
January 31 is "SuperBowl Friday/Team Spirit Day!" (wear your favorite NFL team)

Little Ranchers at Sarasota Baptist

Enrolling for 2, 3, and 4 year old classes
Wait list for Toddlers

Kids R Kids

January 1st- Closed
January 2nd-3rd- No VPK
January 5th- No VPK
January 19th-20th- No VPK

Mini Mustangs

Sprouts

January 14th: Parent Volunteer Morning
January 15th&6th: Pajama Day

Woodlands

Every Tuesday morning: Playgroup from 9:00AM-12:00PM – activities for infants to 4yos
October 31st: Fall Festival open to the public from 6:30PM-9:00PM; learn more at www.gowoodland.com

**If a school you are interested in is not shown, but you think it should be included in our school happenings section, please email the School Ambassador so she can include it next month:*

lwrngschoolambassador@yahoo.com

Mom's Tip

Arial Yoga

If you are looking to get the benefits of yoga but want to try something more adventurous than a mat-based class, consider aerial yoga. I have been taking Melina's class at ReFlex for almost 2 years now, and in addition to the obvious benefits (attention to breath, improved flexibility and core strength), I now experience less neck/shoulder stiffness and lower back/sciatic nerve pain. The effects are similar to seeing a chiropractor...but at a fraction of the cost :-). -Rebecca Gurski

Healthy 2015

Healthy Recipe from Rebecca Gurski

Tomato and Mozzarella Side Salad

Throw chopped tomato, mozzarella, avocado, roasted red peppers, kalamata olives, and artichokes into a bowl.

Drizzle with olive oil and balsamic vinegar until lightly coated. Add some Italian seasoning to taste and enjoy!



Lakewood Ranch Moms Group, Inc. - Advertise with Us!

Hello, and thank you for your interest in advertising with the Lakewood Ranch Moms Group, Inc. We currently have two options for advertising with our club. You can advertise by placing an ad in our Newsletter, or you can advertise by sponsoring an Event which includes an advertisement within our Newsletter.

Newsletter Advertising:

Our monthly newsletter is mailed and/or emailed to over 100 Moms Group members each month. We also provide complimentary copies to many businesses around Lakewood Ranch. In addition, a copy of the newsletter is provided to all new residents moving into Lakewood Ranch. We also post our newsletter on our LWR Mom's Group website, www.lwrmomsgroup.com. Below, you will find a list of available ad sizes, along with the price and dimension of each full color ad:

- Business card ad - \$30.00/month 3.5" x 2.5"
- Quarter page ad - \$50.00/month 3.75" x 4.875"
- Half page ad - \$75.00/month 7.75" x 4.875"
- Full page ad - \$100.00/month 7.75" x 9.75"
- (There is a 10% discount if you choose to pay for one year of advertising.)

Event Sponsorship:

The following Moms Group events are available for sponsorship: the Spring Fling, Summer Luau, Halloween Extravaganza, or Sunday with Santa. There are different levels of sponsorship available, and the details of each level are listed below. They are:

Platinum Sponsorship (\$600)

- Full page advertisement for 6 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 6 months after the event date). [\$600.00 value]*
- Opportunity to write one article for the newsletter
- Exposure at the event (table or banner, opportunity to raffle a door prize, create an activity with your product for the children to do, etc.)
- Exposure at Meet & Greet or monthly meeting and/or mom's night out or kid's outing**

Gold Sponsorship (\$350)

- Half page advertisement for 4 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 4 months after the event date). [\$300.00 value]*
- Opportunity to write one article for the newsletter
- Exposure at the event (table or banner, opportunity to raffle a door prize, create an activity with your product for the children to do, etc.)

Silver Sponsorship (\$150 minimum)

- Quarter page advertisement for 4 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 4 months after the event date). [\$200.00 value]*
- Opportunity to write one article for the newsletter

Bronze Sponsorship (\$75 minimum)

- Business Card advertisement for 3 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 3 months after the event date). [\$90.00 value]*
- Recognition as a Bronze Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

All sponsorships include recognition as a sponsor on all promotional items including, but not limited to, the event's flyer and posts on our public and private Facebook pages.

*Packages can be adjusted to provide additional advertising and/or sizing upgrades.

**Platinum sponsorship includes opportunity to be a guest speaker at a member meet and greet or monthly meeting. Another option could be to provide a coupon or door prize to use at one of these events. In addition that opportunity or, in lieu of, your establishment could be utilized for a mom's night out or a kid's outing. For example, we can schedule a dinner for the moms at your restaurant or a special class for children at your gym.

To get the most out of your sponsorship, we recommend you begin discussing the details with our president at least two months prior to the event so your logo/name can be included on all of the advertisements when we begin getting the word out for the event.

We look forward to working with you! If you have any questions, or need any further information, please feel free to contact us:

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