

# Mommy's Time Out

October 2015



Lakewood Ranch  
**MOMS**  
GROUP

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Thanks to our contributors this month: Abbey Terlescki, Crystal Rothhaar, Heather Jones, Jason Cobb, Jenna , Jenn Otterness, Jennifer Kovatch, Jill Bennett, Karen Moore, Leslie Toscano, Lisa O'Driscoll, Melinda Hierholzer, Stacey Burge, Tara Sambuca-Duarte, Tracie McHugh and Victoria Cobb



# LETTER FROM OUR PRESIDENT

Hi Moms!

I hope everyone is settling into the school year and getting used to their new (and very busy) schedules! We may be a group of 150+ very different women, but we have one very important thing in common. We all have many shoes to fill in any given day and a very short amount of daylight to do it all in! For that reason, I thought we could all use a little humor this month.

In the last four months or so, my son's vocabulary has really taken off and he now talks nonstop. Sometimes he is still a little hard to understand. The other day for example, I thought he called me chubby, but that obviously couldn't be right! ;-) Anyway, it reminded me of one of my favorite childhood stories. I grew up in East Boston, MA in the eighties when it was full of old school Catholic Italians. My parents and I got on the city bus with our close family friends and their son Jason, who was probably about six at the time. The bus was semi-crowded, but our parents told us to find a seat. Jason spotted an empty seat right next to an overweight nun. (you can't make this stuff up, people) He walks right up to her and says, "Excuse me. Can you move one of your bums?"

Happy Fall, y'all!!

Jill

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Playgroup Coordinator: Tara D. & Pooja G., [lwrmgplaydates@yahoo.com](mailto:lwrmgplaydates@yahoo.com)

Newsletter Editor: Victoria C., [lwrmgnewsletter@yahoo.com](mailto:lwrmgnewsletter@yahoo.com)

School Ambassador: Susan M., [lwrmgschoolambassador@yahoo.com](mailto:lwrmgschoolambassador@yahoo.com)

Community Service: Julie R. & Victoria C., [lwrmgcommunityservice@yahoo.com](mailto:lwrmgcommunityservice@yahoo.com)

Kids Outings: Melinda H.

Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.

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## Community Service News

Volunteer Day

Monday, October 19th

At 9:30AM

Mothers Helping



## Preschool Picasso

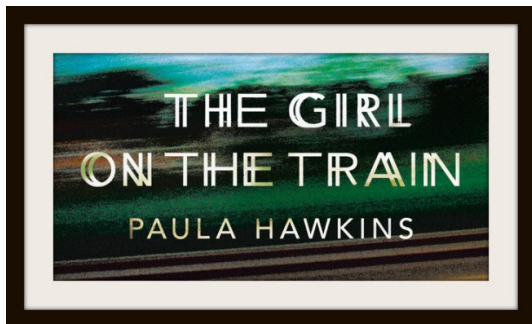
Funny Face Pumpkin  
Decorating

Tuesday, October 6th  
@10:00AM

Lakewood Ranch Baptist  
Church \$3/child



## Book Club's Book of the Month



## Fun To Be Fit

We hope to see you on  
Tuesday, October 27th

10:00AM to chat

10:30AM class starts

## MOMS NIGHT OUT

SATURDAY, OCTOBER 3RD  
AT 6:30PM

BRIO TUSCAN GRILLE  
FOLLOWED BY DRAG QUEEN  
BINGO!



## Dad's Day Out!

Enjoy some football,  
beer and bar food with  
the guys

World Of Beer  
Sunday, October 11th at  
noon

Keep an eye out for a coordinating  
playdate on our Facebook page  
for the moms!



Two craft and play sessions!

Friday, October 30th  
4:30-5:30 and 5:30-6:30

\$3/craft

Prepay by the 23rd  
To reserve your spot

## Monthly Meeting

Sunday, October 4th at  
2PM

Let's Talk Savings!

Lisa O'Driscoll, Fun Money Mom,  
Devin Johnson, Florida  
Insurance, and Jill Bennett will  
share tips on saving some cash.





# October 2015

| SUNDAY                       | MONDAY                         | TUESDAY  | WEDNESDAY                            | THURSDAY | FRIDAY                                 | SATURDAY  |
|------------------------------|--------------------------------|--|--------------------------------------|----------|--|---|
|                              |                                |  |                                      | 1        | 2                                      | 3<br>MNO<br>@6:30PM   |
| 4<br>Monthly Meeting<br>@2PM | 5                              | 6<br>Preschool Picasso<br>@10AM                | 7                                    | 8        | 9                                      | 10<br>CIZE with Lexie<br>@4PM   |
| 11<br>Dad's Day Out @12PM    | 12                             | 13   | 14                                   | 15       | 16                                     | 17<br>Halloween Party<br>@4PM   |
| 18                           | 19<br>Volunteer Day<br>@9:30AM | 20<br>Kids Outing Fruitville Grove<br>@11:30AM | 21<br>Kids Outing Hunsaders<br>@10AM | 22       | 23                                     | 24 Trunk Or Treat at McKenzie Field<br>4-6PM  |
| 25                           | 26                             | 27<br>Fun to Be Fit @10AM                      | 28                                   | 29       | 30<br>PlayAway Craft&Play<br>4:30&5:30 | 31<br> |

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# RECIPE BOX

Soup, there it is! Dinner, we mean! Why not cook up a hot soup, turn down the thermostat, wrap a scarf around your neck and pretend it is fall outside.

## Black Bean, Sweet Potato and Chicken Chili

coarse salt and fresh black pepper  
1 lb boneless chicken breasts or 2 heaping cups rotisserie chicken cut in bite-sized pieces  
3T olive oil, divided  
1 small onion, diced  
1 small bell pepper, cut into small, thin strips  
3 cloves garlic, minced  
2 cups cubed sweet potatoes  
2 cans (14 oz) diced tomatoes with the juices  
1 can black beans, rinsed  
1 cup corn  
1 T chile powder  
1 t ground cumin  
1/2 t red pepper flakes  
optional for serving: shredded sharp cheddar or Monterey jack cheese, sour cream, tortilla chips

Season the chicken with salt & pepper. Add 1T oil to a Dutch oven or large soup pot set over medium heat and cook the chicken breasts on each side until cooked through in the center. Remove to a cutting board and cool. Add 2T oil to the pot over medium heat and cook the onion and pepper (season with salt and pepper) until tender, about 5 minutes. Add the garlic and saute until fragrant. Add the sweet potatoes, tomatoes, black beans and corn. Season with the chile powder, cumin, red pepper flakes, about 1 tsp. coarse salt and 1/4 tsp. black pepper. Cut the chicken into bite-sized pieces and add to the pot. Bring to a simmer and cook about 35 minutes, stirring every so often until sweet potatoes are tender. Serve with shredded cheese, sour cream and/or tortilla chips.

## North Woods Bean Soup

Cooking spray  
1 cup baby carrots, halved  
2 garlic cloves, minced  
7 oz. turkey kielbasa, halved lengthwise and cut into 1/2" pieces  
4 cups fat-free, less-sodium chicken broth  
1/2 t dried Italian seasoning  
1/2 t black pepper  
2 (15.8oz) cans Great Northern beans, drained and rinsed  
1 (6-oz) bag fresh baby spinach

Heat a large saucepan coated with cooking spray over medium-high heat. Add carrots, onion, garlic, and kielbasa; sauté 3 minutes, stirring occasionally. Reduce heat to medium; cook 5 minutes. Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.

Place 2 cups of the soup in a food processor or blender, and process until smooth. Return the pureed mixture to pan. Simmer an additional 5 minutes. Remove soup from heat. Add the spinach, stirring until spinach wilts.



# KIDS IN THE KITCHEN

## Making Toddler Approved Muffins

Cooking with the kids is a great activity to do. They can practice their skills at following steps, counting, beginning to understand fractions, use motor skills and participate in making something that they just might eat! We've created a visual recipe to help them help you in the kitchen.



Preheat the oven to 375.

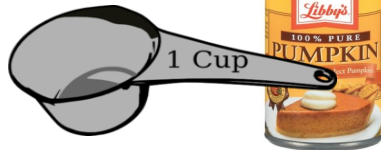
Grab your mixer and cream together 1/2 cup brown sugar, 1/3 cup of plain or



vanilla yogurt  
(heaping)  
1/3 cup  
unsweetened  
applesauce  
1/4 cup butter



Add 2 eggs, 1 cup pumpkin puree, 1 cup of finely shredded carrots and 2-3 ripe bananas



Mix and then add 1 cup oats, 1 cup flour, 1 tsp. salt, 2 tsp. baking soda, 2.5 tsp cinnamon and 1/8 tsp nutmeg



Scoop batter into greased mini or regular muffin tins. Can use cupcake liners if you prefer. Recipe can make 48 mini muffins or 20-24 regular size muffins. Bake at 375 for 12-15 minutes for mini-muffins or 15-18 or until toothpick comes out clean for regular size muffins. Remove from pans and cool on cooling rack.







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# SCHOOL HAPPENINGS

## Manatee County Public Schools

October 14—Early Release (All Schools)

October 23—End of 1st Quarter

October 26—Record Day (No School)

October 30—Early Release (Elementary Only)

### Braden River Elementary:

September 28—Yankee Candle Fundraiser Begins

October 7—Walk to School Day

October 15—Box Tops Due

October 15—SAC/PTO Meeting

October 22—Astro Skate Spirit Night

October 24—Trunk or Treat

October 29—Walkathon

### Freedom Elementary:

October 1—Curriculum Chat Night 6:30 p.m.

October 2—PTO Donuts with Dad 7:45 a.m.-8:20 a.m.

October 16—Ident-a-Kid

October 23—PTO Monster Mash

October 29—Report Card Conference Night

October 30—Walk-a-Thon

### Gene Witt Elementary:

October 1—SAC and PTO Meeting 6:00 p.m.

October 2—Family Harvest Hoedown 6:30-8:30 p.m.

October 26-30—Book Fair

October 29—Report Card Conference Night

October 30—Eagle Spirit Day (Orange/Black Day; Wacky Hair; Costume Parade)

November 4—Spirit Day at Menchie's

November 5—SAC and PTO Meeting 6:00 p.m.

### Gullett Elementary:

October 7—Picture Day

October 29—Report Card Conference Night 3:30-6:30 p.m.

### McNeal Elementary:

October 5—Culver's Spirit Night 5:00-7:00 p.m.

October 6—Teacher's Helping Hands 8:45 a.m.

October 7—School Store Open 8:00 a.m.

October 15—Picture Day

October 15—PTO Meeting 6:30 p.m.

October 16—Fall Dance 6:30-8:30 p.m.

October 22—PDQ Spirit Night 5:00-8:00 p.m.

October 28—Fall Gram Money Due

October 29—Parent/Teacher Conference Night

October 30—Fall Grams Delivered

### Rowlett Academy:

October 6—RFA/SAC Meeting 6:00 p.m.

October 8—Picture Day

October 9—Fire Fly Run 7:00 p.m.

### Wakeland Elementary:

October 2—Walk-a-Thon

October 2—Volunteer Work Day

October 6—Fall Pictures and Volunteer Pictures

### Willis Elementary:

October 2—PTO Meeting 2:00 p.m.

## Private Schools

### The Classical Academy:

October 1—Volleyball vs. Community Christian 4:00 p.m.

October 9—Parent/Teacher Conferences No School

October 12-16—Fall Break No School

October 20—PIE Night (Training Your Children in Habit and Virtue)

### Out of Door Academy:

October 2—Freshman Beach Clean Up

October 2—Middle School Potluck 5:00 p.m.

October 5—Middle and Upper School Picture Day

October 6—Lower School Picture Day & Blood Drive

October 7—Lower School Parent Coffee/Fall Decorating

October 7 & 8—Dessert Theatre 7:00 p.m.

October 9—Middle School Beach Day

October 9—End of First Quarter

October 12-17—Homecoming Week Festivities

October 12—Caring Kids at All Faiths

October 22—Fall Parent Conferences No School

October 23—Art Under the Banyan

October 24—Unicef Recital

October 26—Caring Kids On Campus

October 30—Lower School Halloween Parade and Parties

### St. Joseph's Catholic School:

October 7—Mass 8:00 a.m.

October 15 & 16—No School

October 21—Mass 8:00 a.m.

October 30—Report Cards

October 30—Halloween Bash

### St. Stephen's:

October 16—No School – College Weekend

October 27—Knight Celebration/Fall Sports Pictures/Honor Roll

October 28—Chick-fil-A Breakfast

October 30—Jean Jams

October 31—Night of Light

### Tabernacle Christian School:

October 7—PVO Meeting 8:15 a.m.

October 7—Kona Ice 2:45-3:30 p.m.

October 7-9—Middle School Retreta

October 9—Jean Jams

October 10—Knights Classic Golf Tournament

October 12—No School (In Service)

October 14—Chick-fil-A Breakfast & End of 1st Quarter

October 21—Kona Ice 2:45-3:30 p.m.

October 23—Fall Fest

October 27—Knight Celebration/Fall Sports Pictures/Honor Roll

October 28—Chick-fil-A Breakfast

October 30—Jean Jams

If you have questions regarding any schools listed or would like to see more schools included, please contact Susan Meyers at [lwrmgschoolambassador@yahoo.com](mailto:lwrmgschoolambassador@yahoo.com).

# SCHOOL HAPPENINGS

## Preschools

### All God's Children

October 8—Moms Mingler at Brio Tuscan Grill 6:30 p.m.

October 9—VPK Donuts with Dad 9:00 a.m.

### Little Ranchers:

No events

### Sprouts:

October 6 & 7—Picture Day

October 26—No School

October 28 & 29—Trunk or Treating

### Goddard School

### Kiddie Academy

### Kids R Kids

### Primrose:

No information available

## A Warm Welcome To Our Newest Members



Laura Anastasia

Rachel Hibbert

Courtney Kennedy

Julie Katchen

Sarah Brown

Jessie Brown

Kelly Miles

Mary Ewert

Kerri Casablanca

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# MYTHS OF HEALTHCARE

“Obamacare is a health insurance *plan*.”

- **Nope**

- The Affordable Care Act (aka Obamacare) is merely a set of standards that Insurance Companies must use when creating plans. You still buy a plan from a recognized national insurance carrier.



“Using an agent will cost me more money.”

- **Wrong**

- Whether you use an agent, go directly to the insurance carrier or call healthcare.gov yourself all of plans and prices are the *same*.



“My spouse and children must take our group plan benefits.”

- **Incorrect**

- Even if you are offered a group plan through an employer you do *not* have to take it. In fact, comparing marketplace plans and prices may provide you with better benefits and a cheaper premium.



**Baby Jakub  
says...**



On the next page my daddy will tell you how he can help your family.

# IMPORTANT DATES

November  
1st

Open  
Enrollment  
Starts

We call you to  
start the process

December  
15th

Deadline for  
Jan. 1<sup>st</sup> plan  
start date

Is your plan in  
place yet?

January  
31st

Final Day to  
Sign up

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# SCHOOL SPOTLIGHT

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## The Classical Academy of Sarasota

Each month, we will take a look at a local school and ask them to provide information about themselves. We hope that this will provide our members with some basic information and a little insight into the many wonderful educational opportunities in Manatee County and beyond.

If you'd like to see your school featured, please contact Susan Meyers at [susanmeyers@verizon.net](mailto:susanmeyers@verizon.net).

This month, The Classical Academy of Sarasota, located at 8751 Fruitville Road, is our featured school. The private school offers Pre-K through 11<sup>th</sup> grade and opened in 2014. They plan to add 12<sup>th</sup> grade in 2015-16. Tuition for this school year is \$5,050 for Kindergarten through 6<sup>th</sup> grades, \$5,850 for 7<sup>th</sup> and 8<sup>th</sup> grades, and \$6,650 for 9<sup>th</sup> through 12<sup>th</sup> grades. Some grade levels do have a wait list.

When asked about the school's philosophy and curriculum, TCA told us:

"We are a classical liberal arts school, a back to basics approach, teaching Latin at all grade levels and history from a first source perspective. We use Singapore Math and the history sequence set by Story of the World (by Susan Wise Bauer). We offer many extracurricular activities for our students: art club, chess club, theater, choir, Latin club, Spanish club, classical guitar, middle school sports (volleyball, basketball, soccer, cross country, flag football.)"

TCA was founded with the help of Hillsdale College. The school is "a small private school free from the Common Core (and are) based on virtue and excellence. "

TCA invites anyone interested to call for a tour. They can be reached at 925-2153, and the website is [www.tcasarasota.com](http://www.tcasarasota.com).



THE CLASSICAL ACADEMY  
of Sarasota



# SHE'S CRAFTY

## Painting with M&Ms

Don't eat all of the Halloween candy you collect, paint with some of it!



Begin by gathering your supplies:

- m&ms
- A cup of water
- 5-6 containers/cups
- Paint brushes and paper

Invite your kidlets to sort out the M&Ms by color. Depending on the children's ages, take some time to add a little learning in—check their color knowledge, ask them to count each pile, find out which colors you have the most and least of. You can even take some time to print out this [graph template](#) and have them do a little math lesson before getting into the painting!



Once the sorting is complete, put each color in a separate container. Ask the kids what they think will happen when you add water to the M&Ms. Allow them to make “predictions” and then let them add water to find out what happens! We used a dropper to make the water part less messy, but you can pour away if you'd rather!



Were their predictions correct? Now for the fun part— grab the paint brushes, dip them in the colored water and paint away!







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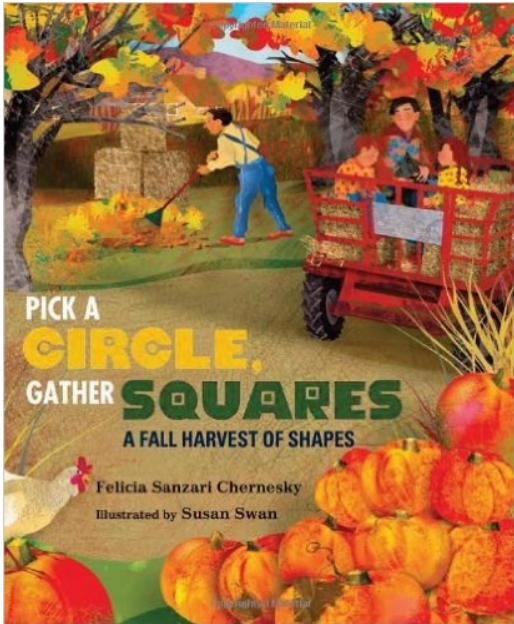


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# KIDS' BOOK CLUB

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## Pick A Circle, Gather Squares



Felicia Sanzari Chernesky's book, "[Pick a Circle, Gather Squares](#)" is a fun way to discover the autumn world around you through familiar shapes. Follow a family on a trip to a pumpkin patch that invites children to pick out shapes from the seasonal scenery--apple bushel circles, square hay bales, diamond kites in the autumn sky!

### During Reading

Have your child help discover all of the shapes on each page. There are so many, that you could read this book over and over and still find more each time!

### Take a trip to the Farm

Do like the family in the story and take a trip to the farm and discover the shapes while there. A couple ideas to make a scavenger hunt out of it might be to bring a camera with you and allow your kids to snap photos of the different shapes they find. You could also bring along a simple sheet of paper with each shape you are hunting for and check them off as you find them. If your child is able, have them draw pictures of each object on the sheet too! Or, if the items are small that you find, take them with you and make a collage!

### Art Project

Cut out tons of shapes of all different sizes and colors and have your children create a scene with them—maybe they'll make triangle blades of grass, rectangle and circle trees, oval animals, etc. Let them use their imagination and create a fantastic scene to display on the fridge or on their art wall.

Share with us what your child makes or does with this book at [lwrmgnewsletter@yahoo.com](mailto:lwrmgnewsletter@yahoo.com)



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# TO YOUR HEALTH

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## Coordination Drills for Kids

The current generation does not get enough time outside. Children today would rather play video games, surf the web, and watch television. Childhood obesity is on the rise. Parents, it's up to us to find the time within our busy schedules to get our children out of the house to get active and healthier. Physical activity is key! One way to start is by having a weekly sports night; this is a great way to have fun with your family.

i9 Sports uses simple and easy drills that are easy to use at home:

- Weaving in and out of cones with a soccer ball. Make it a race with your family
- Playing football; throw the ball around. Make them work and go for a diving catch!
- Playing basketball; shoot some free-throws and play a game of “horse”
- Whiffle ball and baseball; play some catch and hit the ball then run the bases
- Go walking. Power walking is great for the family. Set a walking distance or time and half way through do 5 push-ups, 5 sit-ups, and 5 jumping jacks

What is great about being active with your kids is that it doubles as quality family time. My family always has a weekly night time soccer or basketball game which keeps us in shape while spending time together as a family.

i9 Sports has weekly drills for every sport which we provide all of our members and coaches. Remember “i9 Sports strive to help kids succeed in life through sports!” Come out and play!







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- Organized programs for boys and girls ages 2-15
- Focused on fun, safe play and convenience
- Coaches background checked and certified
- All skill levels welcome - NO TRYOUTS
- Practice and games held on Saturdays

**Hurry to Secure Your Spot!**

Deadline to Register - 1st of the month • Fall Season Starts 9/26/2015



# SEASONAL PARTY

## Annual Halloween Extravaganza



*Grab your little goblins and bring them to the park for our free annual Halloween party.*

*Games, crafts, goodies, a bounce house and more!*

*Saturday October 17th*

*3pm to 5pm*

*Greenbrook  
Adventure Park*

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# WHAT WE'VE BEEN UP TO

## Sunshine News!

Thank you all who brought sunshine meals to the Moore family in September! I know Karen feels so blessed for all the meals you have provided. **Please note** that we have extended the MealTrain to mid-December while McKinley undergoes her next, more difficult phase of treatment. If you'd like to sign up to bring a meal to the Moore Family, please follow the MealTrain link on Facebook.

Thank you, Thank you, Thank you!

Stacey



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## Community Service Update

We had a great night at Valerie Demino's house as she hosted a Matilda Jane Trunk show where a portion of the sales went to Mothers Helping Mothers. We managed to donate a nice little chunk that evening! Thanks to the moms who shopped and stopped in to chat!

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**BOO**  
To YOU



Lots of our moms enjoyed a complimentary Barre3 class that was arranged just for our group.



Several of our preschoolers enjoyed creating little farms during our September Preschool Picasso Event





## McKinley's Corner



McKinley has had a really good September! We are just finishing up being "off" for two weeks (so that has been a really nice break of not having to drive to All Children's)!

These two weeks were "giving her marrow a rest" because this Friday Oct.2, she starts a new phase called Delayed Intensification (key word being "intense" per the oncologist). We have a LOT of appointments, chemo & surgeries scheduled throughout this two month phase & I would be lying if I said I wasn't terrified. It's going to be very intense & hard on her (I'm told). We'll probably be home a lot cause she'll have low (immunity) levels again. She will more than likely lose her hair (& fast from what I'm told). The reason I tell you this is two fold. One is to keep you in the loop but the other is that I know they'll be a lot of questions from your little ones as well when they see McKinley & I'm just wanting you to be prepared. The way I'm explaining it to Brady (McKinley's 4 yr-old big brother) is that because her "blood is sick", she needs really strong medicine to make it better. Some of the medicine she's taking is so strong it might make her hair fall out. But it's just hair & it'll grow back soon." He's seen other kids with no hair & has asked on a few occasions if "that" would happen to McKinley. I'm \*trying\* to prepare him but I don't know if any of us are ever really prepared.

As for you ladies (again), thank you from the bottom of my heart for ALL your support, love & prayer. If I could please ask that you keep praying for her as she needs every single one & the strength to fly through this next phase. Thanks Again.



*Learning Center of Lakewood Ranch Baptist Church*

**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.

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