



PEARLS OF WISDOM

Pink Pearl Newsletter—Summer 2016

Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds. -Regina Brett

Happy Summer!



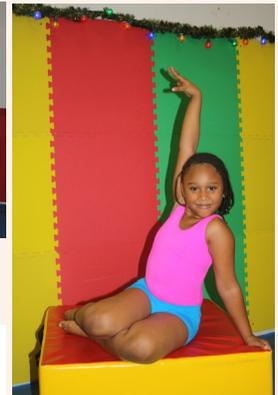
Little Pearls



Little Pearls



Advanced



Pink Pearls and Pink Pearls Advanced



Black Pearls



Gymnastics News

PINK PEARL NEWS

At Pink Pearl we are dedicated to pass the love of gymnastics onto your children, make the learning interesting, challenging and fun. We love hearing from you, guys, that our Little and Pink Pearls are looking forward to our classes and practice gymnastics every day. Though sometimes it seems that Ms. Margaryta or Mr. Tim can be a little hard, thank you for your support and understanding that we are here to help you to bring out the best in your child; challenge; teach to work hard and never give up. That comes from Ms. Margaryta's Elite gymnastics training as international level athlete and coach as well as Mr. Tim's 24 years of being a true Marine. We learned that the hard work will make you successful in life whatever we do! That is why we are on the mission to teach gymnastics as well as help our Pearls to become strong in body and spirit.

-Message from Ms. Margaryta

Summer Camps:

June 27th-July 1st (Ages 4-8y/o)

July 11-15th (Ages 7-12y/o)

Before School Break:

August 29th—September 4th
(Please, contact me for the make up classes)

www.PinkPearlGymnastics.com

WORLD OF GYMNASTICS

Games of XXXI Olympiad

Rio De Janeiro, Brazil— August 5-21, 2016



Oksana Chusovitina—absolute Olympic games record! Oksana becomes more fascinating with every year that passes. Although she celebrates her 41st birthday, age seems to be just a number for the triple world champion in route to her seventh Olympic Games, a record in Gymnastics.

(The whole story at www.fig-gymnastics.com)



OLYMPIC TRIALS WOMEN'S GYMNASTICS

July 8 & 10, 2016 • San Jose, CA



USA GYMNASTICS.

US Women's Gymnastics Olympic Team

Name	Current Residence
Alyssa Baumann	Plano, TX
Simone Biles	Spring, TX
Nia Dennis	Naperville, IL
Gabby Douglas	Tarzana, CA
Brenna Dowell	Odessa, MO
Emily Gaskins	Coral Springs, FL
Amelia Hundley	Hamilton, OH
Baillie Key	Montgomery, TX
Madison Kocian	Dallas, TX
Ashton Locklear	Hamlet, NC
Maggie Nichols	Little Canada, MN
Aly Raisman	Needham, MA
Emily Schild	Huntersville, NC
MyKayla Skinner	Gilbert, AZ



Simone Biles living in the moment with fourth U.S. title in sight
(USA-Gymnastics: www.usagym.org)

Let's tune for Gymnastics this summer!



INSPIRING STORY

Remembering Independence Day

Please take a few moments (at least) to remember the price paid for your freedom. Publicly and privately remember the patriots who gave so much, for you and me.

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army; another had two sons captured. Nine of the 56 fought and died from wounds or hardships of the Revolutionary War. These patriots signed, pledged their lives, their fortunes, and their sacred honor. What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships "blasted" to the bottom of the ocean by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson Jr, noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children gone. A few weeks later he died from exhaustion and a broken heart.

Norris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight, and unwavering, they pledged: "For the support of this declaration, with firm reliance on the protection of the divine providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor."

Remember: Freedom is never Free!

<http://www.skywriting.net/inspirational/messages/>



HEALTHY HOME

The Lord is my rock, my fortress, and my savior; my God is my Rock in whom I find protection.

-Psalm 18:1-2



Healthy Bedroom:

-Use all-natural **bedding** and furnishings as much as possible. Mattresses are treated with fire-retardant chemicals like antimony, which has been linked to heart and lung problems, along with thyroid dysfunction.

-**Carpeting** is usually synthetic as well and often treated with chemicals. Consider removing rugs and sleeping in a room with bare floors; and next time you buy new bedding, look for all-natural materials to allow for a healthier night's sleep.

-Invest in a good **air filter**. An air filter can help clear out any airborne toxins, allowing you to breathe easy while you sleep.

-**Wear** — and fill your closet with — machine-washable clothing as much as possible. Minimize your dry cleaning. The chemical used in dry cleaning is believed to cause liver and kidney damage as well as cancer — and can affect developing fetuses. The toxic chemicals get stored away in fat cells, so they remain in your system long after the exposure.

-Advice from Suzanne Somers

Thinking of Buying? Reasons to own your own home:

-Owning your home is the number one way to build **Financial Security**.

-Building Equity-**Building Wealth**.

-**Low Interest Rates** and you no longer need a big down payment.

-Mortgage interest and private mortgage insurance may be **tax deductible**.

-Homeownership gives a **Better Start for your Child**.

-**Freedom and Stability**.

www.PinkPearlRealEstate.com



Top 10 Steps for Achieving Ultimate Health with Dietary Supplements:
(www.LifeExtention.com)

- 1: **Multivitamins and Minerals**
- 2: **Omega-3 Fatty Acids (Fish Oil)**
- 3: **Coenzyme Q10 (CoQ10)**
- 4: **Mitochondrial Function (MEO)**
- 5: **Hormone Balance (DHEA)**
- 6: **Brain Cell Function (Cognitex)**
- 7: **Bone Health (for women & men)**
- 8: **Neural and Hepatic Health (SAmE)**
- 9: **Vitamin D Levels (Vitamin D3)**
- 10: **Vitamin K, Gamma Tocopherol**

Here are the health benefits of drinking water.

1. Relieves Fatigue.
2. Improves Mood.
3. Treats Headaches and Migraines.
4. Helps in Digestion and Constipation.
5. Aids Weight Loss.
6. Flushes Out Toxins.
7. Regulates body temperature.
8. Promotes Healthy Skin.

Did you hear about alkaline Kangen Water?

It is a special water that is produced by water ionizers manufactured exclusively by Enagic, a Japanese company founded in 1974. More about Kangen Water in our fall newsletter. (www.Enagic.com)

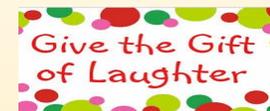


The child and his mother:

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?"

The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"

The child replied innocently: "Now I know why grandmother has only grey hairs on her head."



Wrong email address:

A couple going on vacation but his wife was on a business trip so he went to the destination first and his wife would meet him the next day.

When he reached his hotel, he decided to send his wife a quick email.

Unfortunately, when typing her address, he mistyped a letter and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before.

When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint.

At the sound, her family rushed into the room and saw this note on the screen:

Dearest Wife,

Just got checked in. Everything prepared for your arrival tomorrow.

P.S. Sure is hot down here.

(www.http://academictips.org/)