

The Pearls of Wisdom

Newsletter
November 2011

From My Family To Yours:



Thanksgiving Prayer

Heavenly Father, on Thanksgiving Day
We bow our hearts to You and pray.
We give You thanks for all You've done
Especially for the gift of Jesus, Your Son.

For beauty in nature, Your glory we see
For joy and health, friends and family,
For daily provision, Your mercy and care
These are the blessings You graciously share.
So today we offer this response of praise
With a promise to follow You all of our days.

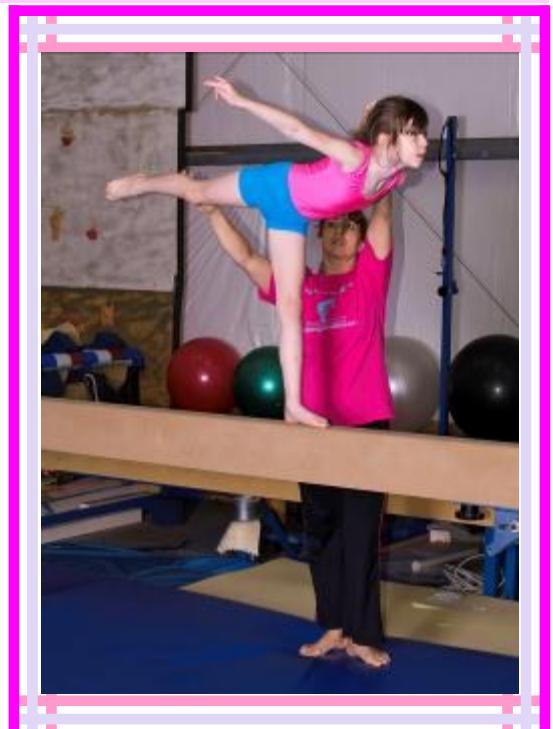


Mary Fairchild

November Pearl!



Congratulations to our
Student of the Month:
Hannah F.



Gymnastics & Tumbling:

- **Open Gym :** Friday at 4:30–6 p.m.
- **Make Up classes:** Mon., Wed., Fri. 4:30 to 6:30p.m. and Saturday 10:30 to 12:00 (on appointment)
- We have Thanksgiving and Christmas holidays coming, please, make sure your kids take extra lessons on make up days.

Welcome :

- **Lissette A.**
- **Camdyn G.**
- **Gillian M.**
- **Maleah S.**
- **Olivia P.**



Happy Birthday! 

Emma S. – November 17th

Michaela H. – November 21st

Dance : **Ms. Marie invites** to **Pink Pearl Fitness Club:**

the USA Dance's New Year's Extravaganza! The Dinner Dance is on Thursday, Dec. 29, 7-midnight. There will be exhibitions throughout the evening including a professional show by Florida guests Nazar Norov & Irina Kudryashova. She has personally seen this couple on the competition dance floor and **you don't want to miss their performance!** They are Rising Star competitors and are absolutely amazing! Ms. Marie would like to submit the reservation ASAP; so please let her know if you are interested in joining. Admission is \$55/person (black-tie optional).

• **Get your Free Exercise while waiting for your child:** Ms. Margaryta will show you basic 30-40 minutes workout to get stronger and more flexible. Use your time with the most benefit!

12 weeks to Slim & Fit: join our group, commit to the program, achieve your goal! **Sign Up Now!**

Demo fitness classes are open every **Tuesday at 9 a.m., Thursday at 6:30p.m.,** and **Friday at 3:30.** Join us for Free trial classes.

Pink Pearl offers **Health and Fitness Products;** they are all natural!

From the Coach: USAG Level 1 required skills

Vault
• Running
• Straight Jump
Bars
• Back Hip Pull over
• Cast
• Back Hip Circle
• Cast – Push away Dismount
• Glide
• Swings on High Bar (HB)
Beam
• Jump to front Support Mount
• Tuck sit
• Candle Stick
• Arabesque
• Coupe Walks
• Relevé Walks
• Stretch Jump
• Stretch Jump – Dismount
• Pivot Turns
• Handstand on Floor Beam
Flexibility
• Splits on the floor (right & left leg, straddle)
• Bridge Standing
• Scale on R/L leg

Floor: Dance
• Kicks (front/side/back)
• Chasse (front/side)
• Stretch Jump
• Tuck Jump
• Split Jump
• Straddle Jump
Floor: Tumbling
• Forward Roll
• Backward Roll
• Cartwheel
• Candle Stick
• Bridge standing
• Handstand (feet together)
Conditioning
• Legs Hold
• Pull Ups without mat
• Leg Lifts (touch the bar)
• Rope Climbing
• V-Ups
• Push Ups
• Handstand hold (with back to the wall)
• Handstand hold (with chest to the wall)
• L-Sit
• Press Handstand (by the wall)

Health: Common Colds



Symptoms:

- Sneezing and runny nose;
- Mild fever;
- Headache;
- Coughing and burning or sore throat

In conventional medicine, colds are treated with rest and fluids, in addition to antihistamines, decongestants, and cough medicines, as needed.

Traditional home and folk remedies:

- Barley water with lemon and honey will encourage healing and shorten the duration of a cold.
- Cinnamon is an excellent warming herb, and can be added to drinks and food, or as an oil to a vaporizer, to treat and prevent colds and flu.
- Fresh garlic, eaten daily, will discourage the onset of a cold. Garlic will also work to reduce fever.
- Honey, eaten fresh or added to herbal teas, will encourage healing and prevent secondary infections occurring.
- Steep lemons in hot water, and a little honey; drink regularly in the cold season, or during the cold, to restore yourself and prevent infection. This will also treat coughs.
- A mustard poultice on the chest or mustard added to a foot bath will act as a decongestant.

Vitamins and Minerals:

- Citrus fruits are the favorite natural remedy for a cold, they are rich source of Vitamin C, which helps body to fight infection.
- Zinc is known to reduce the duration of the cold; suck a zinc lozenge at the first signs.
- Royal jelly acts as a tonic and an antiviral agent.

Aromatherapy:

- Tea tree and lemon oils, massaged (in a light carrier oil) into the chest and head, or placed in the bath, help to fight infection.
- Lavender oil in the bath will help you sleep, to aid recovery—particularly good if there is a cough.
- Eucalyptus oil can kill bacteria and soothe inflamed mucous membranes.

Pink Pearl offers products for Health & Fitness

- Vitamins for Children and Adults
- Organic Body Cleanse and Health products
- Protein Shakes and Weight Loss products

Fitness: Yoga Basics



If you have never tried Yoga before, please, do so because the benefits of Yoga are incredible: it will keep your body fit and supple; it brings relief for a specific complaint, like tension or neck/backache, relaxing body & stilling mind.

Here is a simple exercise you can practice at home or even at work; it will take you only couple minutes.

The Easy Pose:

Sitting on the floor, bend your knees and, clasping your arms around them, press them to your chest to make the spine erect. Now, release your arms and cross your legs, letting your knees drop down toward the floor, keeping your head and body straight (helps to straighten the spine & still the mind).

Neck Rolls & Shoulder Lifts:

1. Head back; head forward, chin to chest (X5)
2. Right ear to right shoulder; left ear to left shoulder (X5)
3. Neck Circles (X5 to each direction)
4. Right Shoulder Up & Down; then switch (X5)
5. Both Shoulders Up & Down (X5)

Eye Exercises:

1. Look far Up & Down; Right & Left (X5)
2. Circle Around clockwise & anticlockwise (X5)

Palming: rub your palms until they warm and cup your hand over your closed eyes (to relax eyes).

Join our Pink Pearl Fitness Group now!



Pink Pearl Aromatherapy products:

- Strep Throat Kit: Three Oils Formula & Steam Inhaler
- Anti Pain Formula for Muscle & Joint pain
- Energy & Calm Formulas; Thyroid Balance Formula

We The People... The History of Thanksgiving

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

Thanksgiving in North America had originated from a mix of European and Native traditions. Typically in Europe, festivals were held before and after the harvest cycles to give thanks for a good harvest, and to rejoice together after much hard work with the rest of the community. At the time, Native Americans had also celebrated the end of a harvest season. When Europeans first arrived to the Americas, they brought with them their own harvest festival traditions from Europe, celebrating their safe voyage, peace and good harvest.

Thanksgiving in the United States was observed on various dates throughout history. The dates of Thanksgiving in the era of the Founding Fathers until the time of Lincoln had been decided by each state on various dates. The first Thanksgiving celebrated on the same date by all states was in 1863 by presidential proclamation. The final Thursday in November had become the customary date of Thanksgiving in most U.S. states by the beginning of the 20th century. And so, in an effort by President Abraham Lincoln to foster a sense of American unity between the Northern and Southern states, proclaimed the date to be the final Thursday in November.

It was not until December 26, 1941, that the unified date changed to the fourth Thursday (and not always final) in November - this time by federal legislation. President [Franklin D. Roosevelt](#), after two years earlier offering his own proclamation to move the date earlier, with the reason of giving the country an economic boost, agreed to sign a bill into law with Congress, making Thanksgiving a national holiday on the fourth (not final) Thursday in November.

President Franklin D. Roosevelt, ducking as the Thanksgiving turkey takes the throne.



In God We Trust

A Thanksgiving Day Prayer

*Lord, so often times, as any other day
When we sit down to our meal and pray*

*We hurry along and make fast the blessing
Thanks, amen. Now please pass the dressing*

*We're slaves to the olfactory overload
We must rush our prayer before the food gets cold*

*But Lord, I'd like to take a few minute more
To really give thanks to what I'm thankful for*

*For my family, my health, a nice soft bed
My friends, my freedom, a roof over my head*

*I'm thankful right now to be surrounded by those
Whose lives touch me more than they'll ever possibly know*

*Thankful Lord, that You've blessed me beyond measure
Thankful that in my heart lives life's greatest treasure*

*That You, dear Jesus, reside in that place
And I'm ever so grateful for Your unending grace*

*So please, heavenly Father, bless this food You've provided
And bless each and every person invited*

Amen!

--Scott Wesemann

Gymnastics in News

World Championships in Tokyo

October 11-16, 2011

Results

Women Teams:

1. USA
2. Russia
3. China
4. Romania
5. Great Britain
6. Germany
7. Japan
8. Australia



All Around Women Finals:

1. J. Wieber (USA)
2. V. Komova (Russia)
3. J. Yao (China)
4. A. Raisman (USA)
5. Q. Huang (China)
6. A. Ponor (Romania)
7. K. Afanaseva (Russia)
8. L. Mitchell (Australia)

Helpful websites:
www.usa-gymnastics.org
www.fig-gymnastics.com
www.gymmedia.com

Fun Stuff: Cookie Dough Fundraising!



Chocolate Chip

Gourmet cookies filled with semi-sweet chocolate chips.



Oatmeal Raisin

Tasty natural cookies filled with moist, plump raisins.



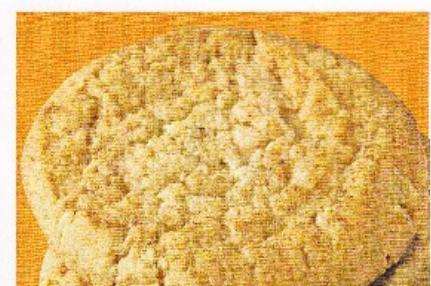
White Chocolate Macadamia Nut

Cookies filled with scrumptious white chocolate chunks and macadamia nuts.



M & M

Delightful cookies infused with everyone's favorite little bitty candies. M&M® is a registered trademark of Mars, Inc. Mars Company.



Snickerdoodle

Sweet cinnamon is mixed into the dough to make this a scrumptious cookie.



Peanut Butter

Wholesome, creamy peanut butter cookies with a nutty crunch.

Pink Pearl Gymnastics is helping Cox HS Wrestling Team to raise money for this season tournaments. Please, take part in the fundraising campaign to support the Team and let your family enjoy this holiday season with delicious cookies.

A portion of every sale supports the Cox HS Wrestling Team!

- Zero Trans Fats
- Kosher Certified
- Dough for Dozens of Cookies
- Made with premium ingredients
- Ready in 15 minutes
- Straight from freezer to oven!
- Each box contains 40 oz. unbaked cookies, total weight 2.5 pounds
- All flavors only **\$16.00 per box!**