



January News 2012



January 2012

!Happy New Year!

Volume: 60

Brentwood Academy News



Monday January 2
School Closed for New Years

January 6 9:45 AM
IDENT-A-KID

Monday, January 16–
Martin Luther King Jr.
Day, School Closed

Friday, January 27– Re-
port Cards Distributed



Blue Bird Day-school News



Monday January 2
School Closed for
New Years

January 5 3:00 PM
IDENT-A-KID

Monday, January 16–
Martin Luther King Jr.
Day, School Closed

Thank You

All the Staff From
Tiny Tots Playroom ,
Blue Bird Dayschool,
Brentwood Academy
and Blue Bird of Al-
exandria would like to
thank all the Parents
for their Generosity
towards the teacher
fund.



Blue Bird of Alexandria



Monday Janu-
ary 2 School Closed
for New Years

January 5 10:00 AM
IDENT-A-KID

Monday, January 16–
Martin Luther King
Jr. Day, School
Closed

Friday, January 27–
Report Cards Distrib-
uted

Martin Luther King Jr.

Delivered on the steps at the Lincoln Memorial in
Washington D.C. on Au-
gust 28, 1963



I have a dream that one day
this nation will rise up and
live out the true meaning of
its creed: "We hold these
truths to be self-evident: that all men are created
equal." I have a dream that one day on the red
hills of Georgia the sons of former slaves and the
sons of former slave owners will be able to sit
down together at a table of brotherhood. I have a
dream that one day even the state of Mississippi,
a desert state, sweltering with the heat of injustice
and oppression, will be transformed into an oasis
of freedom and justice. I have a dream that my
four children will one day live in a nation where
they will not be judged by the color of their skin
but by the content of their character. I have a
dream today.

Tiny Tots Play- room News



Monday January 2
School Closed for New
Years

January 5 8:30 AM
IDENT-A-KID

Monday, January 16–
Martin Luther King Jr.
Day, School Closed

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Sesame Pasta

"A quick side dish with an Asian flair. A change from fried rice. Other vegetables may be used in place of or along with the green onion and bean sprouts, including sliced mushrooms, pea pods, slivered carrots, etc. Any large vegetables should be precooked in a little oil and then added to the pasta mixture."

Ingredients

- 1 tablespoon sesame oil
- 8 ounces dry fettuccine pasta
- 1/2 teaspoon soy sauce
- 2 green onions, chopped
- 3/4 cup fresh bean sprouts
- 1 pinch cayenne pepper
- 1 pinch ground white pepper
- 1 pinch garlic powder
- 1 tablespoon toasted sesame seeds

Directions

1. Break fettuccine noodles in half and place them in a large pot of boiling salted water. Cook until al dente, drain and rinse.

2. Heat oil in skillet or wok over medium heat. Add the soy sauce, green onions, bean sprouts, cayenne, pepper, garlic powder and pasta. Stir and cook for 2 to 3 minutes. Transfer to serving plates and garnish with toasted sesame seeds.



Ingredients

- 2 potatoes, peeled and cubed
- 4 carrots, cut into 1 inch pieces
- 1 head fresh broccoli, cut into florets
- 4 zucchini, thickly sliced
- salt to taste
- 1/4 cup olive oil
- 1 (1 ounce) package dry onion soup mix

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly oil a large, shallow baking dish.
- Combine vegetables in prepared baking dish, and lightly salt. Brush with olive oil, and sprinkle with dry soup mix.
- Bake for 30 to 45 minutes in the preheated oven, or until vegetables are tender. You can feel with a fork when they are ready.

Eating Healthy In 2012

The quickest way to fail at a new eating plan is to starve yourself. Sooner rather than later, your hunger pangs will overwhelm your willpower and you'll find yourself staring at the bottom of a carton of French fries and feeling guilty. Find success by making smart food choices as you enjoy satisfying meals and snacks every day.

Eat Vegetables and Fruits!

Start eating at least five servings of fruit and vegetables every day, and you won't feel deprived at all: instead, you'll begin to wonder how you ever got by without them! If you're not a big produce-eater, don't start by gagging down a head of raw broccoli. Instead, add veggies and fruits to the things you already eat. Sprinkle fruit on your hot or cold cereal; add frozen berries, shredded carrots, apples or zucchini to your pancake or muffin batter; load up pizzas, sandwiches, casseroles, burritos, stir fries, omelets and pasta dishes with lots of vegetables. You'll feel more full AND you'll get the fiber and vitamins you need to feel good.

Eat Soup!

When the weather is cold we crave rich, warm, filling foods. No need to fight the urge! There's a fantastic variety of stick-to-your ribs, high-nutrient, low-calorie soups to choose from. Acquaint yourself with the wonderful world of beans and lentils. Add plenty of veggies, herbs and spices, and you've got a nutritious, filling, guilt-free meal. To make your soup more thick and satisfying without adding calories, puree half the batch in a blender and add it back to the pot.

Eat Snacks!

It's perfectly okay to eat snacks when your stomach growls between meals, as long as you make wise choices. Keep lots of easy-to-prepare choices on hand so you have something readily available as soon as the munching urge strikes you. Try air-popped popcorn sprinkled with Parmesan cheese, lemon pepper or nutritional yeast instead of butter. Keep a package of whole-wheat pita, pretzels or baked tortilla chips in the cupboard and a bowl of cut-up vegetables and a tub of hummus, salsa or nonfat yogurt dip in the refrigerator.

Vegetable Hint's

Don't Water Log your Vegetables, Invest in a Steamer it makes for quick easy tasteful vegetables.

Instead of using butter which is full of fat calories, use oil, lemon, and salad dressings.



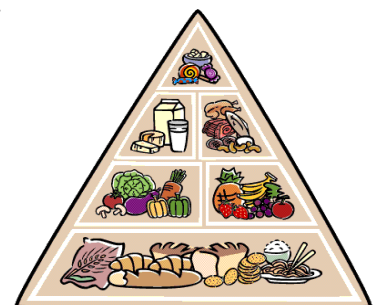
Crab Casserole

Ingredients

- 1 (8 ounce) package egg noodles
- 3/4 cup low-fat mayonnaise
- 1 teaspoon Worcestershire sauce
- 3 tablespoons ketchup
- 1 chopped onions
- 1 large green bell pepper, chopped
- 1 1/2 cups cooked crabmeat
- 1 (4 ounce) can small shrimp, drained
- 1 cup diced celery
- salt and pepper to taste
- 1/4 cup dry bread crumbs

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large pot of salted boiling water, cook pasta until al dente. Drain, and transfer to a large bowl.
- Add mayonnaise, Worcestershire sauce, ketchup, and onion to the noodles; mix well. Stir in green pepper, crab, shrimp and celery. Salt and pepper to taste. Spoon mixture into an 8x8 inch casserole dish. Sprinkle bread crumbs to taste over the casserole.
- Bake 35 minutes in the preheated oven, until brown and bubbly.



THE NEW YEAR

A brand New Year arrived last night;
It came while I was waiting.
But I did not hear the horns or shouts
Of people celebrating.
Because, you see, I fell asleep
Before the hour, when
The old year silently passed out
And the New Year entered in.
But I have a clean new calendar
Which hangs before my eyes
And every day that's listed
Will hold a new surprise.



New Years Are a Chance for a Beginning

*New years are a chance for a beginning
Even when there hasn't been an end.
Wheels turn in an interminable bend,
Yet, marked in one spot, seem to wobble
spinning.
Each year we hope to do a little better
Although we know that really nothing's
changed.
Reason thinks that everything's arranged,
So we must dream if we would fate unfet-
ter.*

How Sad, the Year Just Passed

*How sad, the year just passed! A year the past
Arose like smoke from deep beneath the rubble,
Pouring up through fissures in the heart,
Perhaps our own as much as those of others.
Year of hatred writhing in raw pain,
Near mad with certainty arrayed in faith,
Each aggrieved alight with righteous anger,
Whirlwinds swirling through their swathes of rage.
Yet let us in the new year look for justice,
Ever the rock on which to live in peace,
Administered with love for every soul,
Regarding every evil as our own.*

Top Nine New Year's Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top nine list?

1) Spend More Time with Family & Friends

A recent poll conducted by General Nutrition Centers shows that 59% of Americans vow to appreciate loved ones and spend more time with family and friends this year.

2) Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

3) Tame the Bulge

Fifty-five percent of adults in America are overweight, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

4) Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

5) Enjoy Life More

The changed mood of the country following September 11 has brought about a shift in Americans' resolutions for the New Year. Millions of Americans have vowed to make this the year to not only diet and exercise but also to appreciate life itself, according to a national survey released in December, 2002.

6) Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

7) Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8) Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Challenge your mind in the coming year, and your horizons will expand.

9) Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, these nonprofit volunteer organizations could really use your help.

