



In the Loop

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June Cleaver: Impossible Dream

I think so often as moms, we all have a lot to deal with. We hit the ground running every morning and don't stop until the kids are in bed. Even then, we still have a list of to do's so long that even the most ambitious of overachievers would be overwhelmed. Then, we wake up the next day to repeat the entire process without missing a beat. No sick days (but we do get sick), no lunch breaks, and we most certainly can't go to the bathroom without someone trying to beat down the door because they can't live one moment without us. We are moms. A high calling. An overwhelming job...a great job.

I once had a friend ask me how I "did it." She also has two small children and somewhere along the way I had given her the impression that I had it all together. Shame on me! I quickly explained to her that I actually end most days feeling as though I could have accomplished more and a few days like I have completely and utterly

failed. But, there are those women out there that make it all seem so easy. The Stepford Wife. I am extremely jealous of that, and then I have to remind myself that it is probably all just a facade and Satan is the one telling me I am not good enough. So, as a shout out to all the other moms out there struggling to make it through until Friday without screaming into a pillow, here are my "mommy flaws."

I used to have a clean house...until I had 2 kids. Now, I look around at the end of the day and think about what truly NEEDS to be done. My house is often messy.

I am a stay at home mom but I don't love every second of it. Being a SAHM is a great privilege that I do not take for granted. But, I would be lying if I said I love every second of every day. Don't get me

wrong, there are many things I love, but there are also things I struggle with a great deal.

Sometimes, I feel like I have failed my kids entirely. Am I too much of a pushover, am I too strict, do I pick the wrong battles, do I pray for my kids enough, have I crushed their spirit, am I a complete failure?

I have said some mean things to my kids that I have had to humbly apologize for. I think this is where I have really felt broken as a mom. In those moments when I have said something so harsh that I instantly regret it. I see the look on their faces; I crumble and beg for forgiveness.

Sometimes, I put my own needs before my kids' wants.

Sometimes, I just need a moment to gather myself so I can be a better mom. I feel guilty doing this but realize it makes me a bet-

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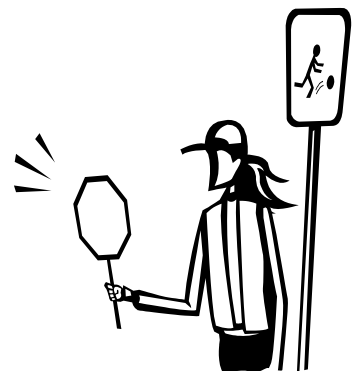
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Speaker Notes

Our speaker today is Loren "Squirrel" Carl, who is head of security for Ben Chandler. He will be speaking about safety. Enjoy!



Impossible Dream, cont

ter mom if I have some "me time."

My kids watch TV. Not an insane amount, but if I need to get a meal ready and they are under my feet (screaming, whining, fighting with one another), I will most definitely turn the TV on. I also turn it on first thing in the morning so I can allow myself some time to wake up. I think it gives them a chance to wake up too.

Some days, I get really cranky, really fast. And even if they aren't being that frustrating, I am already frustrated. I need to work on that. I am not always consistent with discipline. To be honest, some-

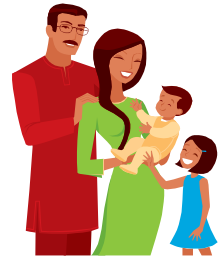
times, I am just too exhausted to care.

On many occasions I have been the woman in the grocery store with two screaming kids in the cart just trying to get through my list before the world explodes.

What I think is so important, as mothers, is that we give ourselves some grace and don't compare our talents to those of other moms. We all have different abilities in life and in motherhood. Take note of the things you know you are doing well as a mother, even if some days it feels like nothing. I have made a habit of telling my husband the good things that happened during the day just as a re-

minder to myself that it wasn't all a disaster. Remember that June Cleaver is most certainly a fictional character and, honestly, a little boring. And, most importantly, remember that Satan will only show you the mom you aren't, but God will show you the amazing mom you can be. Trust in that and He will guide you on this exciting journey.

This was written by Jennifer Bentch, mother of 2, and MOPS mom with Grace Church of Overland Park.



MOPportunities

Embroidery

Shannon Dunn 312-5988, sdunn14@hotmail.com

MaryKay

Theresa Stanley 227-7115, theresastanley@marykay.com

Southern Living at Home

Kristin Dyson 523-3820, queenof1010@yahoo.com

Tastefully Simple

Daelena Potter 254-7858, dpotter@insightbb.com

Arbonne Skin Care

Robin Baskette 278-8150, rbaskt@yahoo.com and Carla

Washnock 231-0325, cwashnock@windstream.net

Hair bows

Teresa Geyling 225-0986, t_geyling@yahoo.com and Megan

Hayden 254-3357, megan.hayden@qx.net

Silpada Jewelry

Norma States 859-879-8181, nsstates@windstream.net

Uppercase Living

Teresa Geyling 225-0986, t_geyling@yahoo.com

Discovery Toys

Ann Combs 271-8197, macombs2@hotmail.com

Custom Hat Racks

Cheri Eastwood 543-2210, cherjess@insightbb.com

Karen Tallon Photos

Karen Tallon 333-9154, karentallon.com

Moppet Notes

“Kindness is a quality many children don’t have naturally. Selfishness is human nature; kindness is a fruit of the spirit. ...When preschoolers see kindness modeled by families, friends, and teachers, they can imitate the examples.”

(Lively Bible Lessons for Moppets, p.36)

This month in Moppets, the children are learning about being kind and showing love for Valentine’s Day.

They will hear about the story in Matthew 9:1-2,6-8 in which some people took their friend who was paralyzed to Jesus so He could help him walk. They will think about how the friends were kind to their paralyzed friend. They will also enjoy activities and games that help them practice being kind and show love to each other.

We again will use the sign for ‘love’ in which both arms

cross over the chest. All the children will be showing love in preparation for Valentine’s Day and being reminded that God is happy when we show each other kindness and love.



Kindergarten Readiness

If your child will be starting kindergarten in the fall, now is the time to contact the school to make sure you don’t miss any important registration dates! Also, below are a few recommendation for preparing your child for kindergarten.

Skills that promote success in Kindergarten:

In the area of Literacy:

- Capital letter Recognition
- Lower Case Letter Recognition
- Consonant Sound Production
- Short Vowel Sound Recognition
- Rhyming Recognition
- Rhyming Production
- Initial Sound Recognition
- Ending Sound Recognition
- Printing

In the area of Math:

- Counting to 20
- Number Sequences– number after/before
- Counting Backward from 10
- Number Identification to 20
- Colors
- Count Objects to 10
- Recognize Shapes
- Comparing Objects and Groups
- Sorting
- Patterns
- Number Recognition
- Writing Numbers to 10

The above information was copied from the 2007-2008 “Kindergarten Screening”

handout from Fayette Co. Public Schools. I hope this helps prepare your child for the kindergarten screening process.

Happy Learning!



Concession Stand

The most dangerous cake recipe

5 MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips
a small splash of vanilla extract
1 large coffee mug (I used a large glass pyrex measuring cup)

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips and vanilla extract,

and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts (high).

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

I tried this at home, and yes, it really works! Amazing. A couple of rules: Don't serve this for guests. Probably should not serve it to your husband either (come on ladies, he's a good man. Get out the cake

pan) and the last rule: Don't eat it all yourself!

I recommend letting your children help you to make it- the ingredients are very simple - and then split it 3 or 4 ways. Serve with ice cream and sprinkles. It is a fun afternoon treat!



Computer Land

We have a couple of suggestions for this month's websites.

Remember, if you have any suggestions please email them to celenakeeney@yahoo.com

<http://crafts.preschoolrock.com>

I get their weekly newsletter which always includes some fun/easy seasonal craft and snack ideas, book reviews, etc

www.blurb.com

This is a neat website with nice quality stuff...not too bad prices for what it is either.

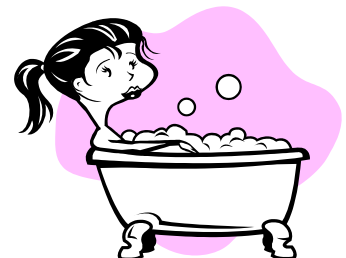
(Thanks Denise and Kristin for the suggestions!)

Fun and Games


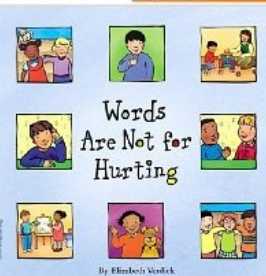

Make a body scrub at home to pamper yourself this Valentine's Day:

Essential Body Scrub:
1/2 Cup Sugar
1/2 Cup Olive Oil
10 drops essential Oil

Combine ingredients and gently rub over your body. Concentrate on areas prone to dry, rough patches, like elbows, knees and heels. Rinse off and pat dry. Caution-the oil will be slippery!



Reading Corner

 <p><i>Adeline</i> Bobby Strickland • Illustrated by Kathryn Rathke</p>	<p><i>Adeline</i> by Bobby Strickland tells the story of a little girl who loves Valentine's Day. All her valentines remind her of someone who loves her even more...God!</p>
 <p><i>SOMEBODY LOVES YOU, MR. HATCH</i> Story by Eileen Spinelli Pictures by Paul Yalowitz</p>	<p><i>Somebody Loves You, Mr. Hatch</i> by Eileen Spinelli tells the story of a lonely quiet man who changes the day he gets a surprise from a secret admirer...until he finds out it was a mistake. Find out how his new friends show him he really is loved. (available at Central, Tates Creek, Northside, Eagle Creek branches)</p>
 <p><i>Words Are Not for Hurting</i> By Elizabeth Verdick Illustrated by Mirka Holtz</p>	<p><i>Words are not for Hurting</i> by Elizabeth Verdick helps little ones understand the power of their words. Children see positive and negative impacts of words, how to remedy mistakes and are encouraged to use words with kindness. (available at Beaumont, Central, Eagle Creek, Northside branches)</p>
 <p><i>Kindness to Share from A to Z</i> Written by Todd & Peggy Snow Illustrated by Marla Senig</p>	<p><i>Kindness to Share from A to Z</i> by Todd and Peggy Snow uses each letter of the alphabet to offer a way to show kindness every day.</p>

Thanks to Cheri Eastwood for her wonderful book reviews.

Don't forget to check out our Library Cart today!

Announcements:

\$25.00 dues are due for spring semester. Please make checks payable to TCCC MOPS and give to Elizabeth Skinner, or mail to her at 192 Blackwater Lane, Lexington KY 40511

Thanks to the PINK D-Group for providing brunch! Next month the YELLOW D-group will provide the food.

Congratulations to Rachelle Higgins Brown on the birth of her baby girl, Nataleigh Faith, born on Tuesday 1/27/09 weighing 6 lb 8oz.

Snow Policy Reminder- We will not have MOPS if Fayette Co. Schools are delayed or cancelled.

Our craft in March will be part of a MOPS service project called KidsLink Downrange. We will be making greeting cards for military kids to send to their deployed parent. **If you have any stamps, paper cutters, fancy scissors, or anything else that would be helpful for making greeting cards, please plan to bring them to our March MOPS meeting.** Watch your e-mail for more details.

February 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 MOPS	11	12	13	14 Val- tines Day
15	16	17	18 Ameris- port Gym	19	20	21
22	23	24	25	26 Mom 's Night Out	27	28

Special Events

Feb. 18th (WED) Amerisport 10a-11a. We will meet for some open gym playtime.

Feb. 26th (THUR) Calistoga Café 7p.- Let's try our Mom's Night out again, and hope for no more yucky weather.

March 5th (THUR) Bounce U 9:30-11:30a- Let's try out Bounce U's preschool play date for some fun. I will need a head count for this-they recommend preregistration. \$7.95/child

March 27th (FRI) 10a- Jacobson Park (bad weather backup- Mall Playland)
Also in March - craft night at the church. Watch your email for date/time!

April 22nd (WED) 10a-12- Let's meet at Masterson Station Park for a picnic and some games.

May 1st -(FRI) 10a-Salato Wildlife Refuge-let's meet at the refuge and look at the wild life. Bring a picnic lunch to enjoy afterwards.

May 4th-(MON) 7p- Mom's Night Out-P.F. Chang's

May 27th (WED) 10a- Boyd's orchards-lets meet at Boyd's for some playtime and hopefully the strawberries will be ready for pickin'



Special Events Coordinator is Megan Hayden. Please RSVP to her at megan.hayden@qx.net or cell (859) 229-8475, home (859) 254-3357. Please call her with any questions, last minute cancellations, etc. Thanks!!

