

# THE DAILY PLANET

Where Super Moms Get Their Information

MARCH 2010

**SAVE THE  
DATE!**

**April 8**

**Next MOPS  
Meeting**

“When you get  
to the end of  
your rope, tie  
a knot and  
hang on.”

Franklin D. Roosevelt



Farmington  
**MOPS**  
Mothers of Preschoolers

## 10 Good Reasons to Exercise *By Denise Kessler*

1. **Feel more confident** Exercise may be one of the best self-esteem enhancers there is - and one of the easiest. After all, who can't make time for a 10-minute brisk walk?
2. **Build brainpower** Aerobic exercise not only helps your body feel spry, it also quickens your mind. Being physically active increases blood flow to the brain, making your mind work more efficiently.
3. **Stop cheating on your diet** New findings suggest that exercise may be the best antidote to binge eating, a problem often brought on by stress. When tension hits, many women reach for a sweet snack. But a study at California State University in Long Beach found that people felt less tense and more energetic after taking a brisk, 12-minute walk than they did after eating a candy bar.
4. **Sleep better** The key to restful slumber may be as simple as taking a brisk walk four days a week. Research showed that adults who walked or did aerobics for 30 to 40 minutes fell asleep twice as fast and slept longer than those who didn't exercise.
5. **Get a creative boost** A study at Middlesex University in London, England, found that regular exercise may enhance creative thinking by increasing the flow of nutrients to certain areas of the brain.
6. **Stand taller** Doing strength training and flexibility exercises that improve posture can increase your height by up to a quarter-inch in a mere 12 weeks.
7. **Ward off colds**
8. **Save money** Being fit can actually reduce your medical bills.
9. **Improve your hearing** Kathleen Hutchinson, Ph.D., and her colleagues at Miami University in Oxford, Ohio, found that physically fit people who exercise regularly have stronger blood circulation, which may offer some protection against hearing loss.
10. **Deliver on time** Studies have shown that pregnant women who do at least three hours of aerobic exercise a week improve their chances of on-time delivery. In addition, having stronger muscles may shorten labor time.

### Verse of the Week

“Now faith is being sure of what we hope for and certain of what we do not see.”

(Hebrews 11:1)

**“If you ever have to support a flagging conversation, introduce the topic of eating.”**

~Leigh Hunt



## Crockpot Corner

### Pot Roast in Cider

- 1 ½ to 2 lbs boneless pork shoulder or pork sirloin roast
- 2 Tbs cooking oil
- 1 ¼ cups apple cider or apple juice
- 2 tsp instant beef bouillon granules
- ¼ tsp dry mustard
- ¼ tsp pepper
- 2 medium potatoes, peeled and quartered
- 2 large carrots, cut into 2 inch pieces
- 2 medium cooking apples, cored and cut into wedges
- 1 medium onion, cut into wedges
- 1/3 cup cold water
- ¼ cup all purpose flour

**Crockery-cooker directions:** Trim fat from meat. In a 4-6 quart pot brown meat on all sides in hot oil. Cut meat, if necessary, to fit into a 3 ½ or 4 quart crockery cooker. Place potatoes, carrots, and onion in the cooker. Add meat. Stir together apple cider or juice, bouillon granules, dry mustard, and pepper. Pour over meat and vegetables. Cover and cook on low-heat setting for 9-11 hours or till nearly tender. Increase heat to high. Add apple wedges. Cook, covered, for 30 to 45 minutes more or till apples are tender. Transfer meat, vegetables, and apples to a serving platter. Keep warm.

For gravy, measure juices; skim fat. If necessary, add enough water to juices to equal 1 ½ cups. Return to pot. Stir together cold water and flour. Stir into juices. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 1 minute more. Serve with meat and vegetables. Makes 6 servings



## Inspirational Moments

### Financial Freedom God's Way by Harvey Nowland ([focusonthefamily.com](http://focusonthefamily.com))

It is important to know why you want to become financially free. This may seem like a “no-brainer.” After all, why would you want to be in financial bondage because of debt? Freedom-from-debt freedom looks like the logical choice. Nevertheless, your *motivation* for becoming debt free is important. Being released from the tension and anxiety of debt and being able to do what you want, when you want, might be high on a priority list. But for the Christian, learning God’s biblical principles of finances, and practicing them in order to become debt free, actually is a path to know Christ more intimately and be financially free to serve Him. This means, however, that you must trust God and be willing to submit to His will and direction. We say we trust God, but there’s a great difference between saying and trusting. Often we trust if it’s *convenient* or *necessary* as a last resort. God expects us to trust Him daily, in all things.

If you’re serious about becoming financially free, take these action steps:

**Transfer ownership to God.** Recognize that God really owns what you have and that includes your family as well as your time and things. Recognize this biblical principle or it will be impossible to free yourself financially. *“The earth is the Lord’s, and all it contains, the world, and those who dwell in it.”* (Psalm 24:1 NASB)

**Get out of debt.** Break the habits that keep you in debt – like spending more than you earn and borrowing. Save so you don’t have to borrow. *“Better is a little with the fear of the Lord than great treasure and turmoil with it.”* (Proverbs 15:16 NASB)

**Accept God’s provision for you.** God is wiser than you are and He will provide for your needs just as He promised. *“Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’”* (Matthew 6:31 NASB).

**Refuse temptations to make hasty financial decisions.** Don’t buy into get-rich-quick schemes or be pressured to make quick decisions based on incomplete information. *“The plans of the diligent lead surely to advantage, but everyone who is hasty comes surely to poverty.”* (Proverbs 21:5 NASB)

**Strive for excellence in all you do.** Set high standards for yourself and your family. Humility doesn’t mean second best. *“Whoever speaks is to do so as one who is speaking the utterance of God; whoever serves is to do so as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever.”* (1 Peter 4:11 NASB)

**Seek contentment through your relationship with God.** A discontented spirit produces greed and covetousness. Contentment results from a proper relationship with God based on accepting the lifestyle that He has made provision for in your life. *“I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.”* (Philippians 4:11-12 NASB)

**Believe God’s promise that your needs will be met.** Sometimes He’ll do this through the abundance of others; however, He never promises to provide equally for everyone. As a Christian, learn to accept God’s provision for you, because it is clear evidence of the role He has designed for you in His plan. Accept His provision without resentment because, *“At this present time your abundance being a supply for their need, so that their abundance also may become a supply for your need, that there may be equality.”* (2 Corinthians 8:14 NASB)

## Household Tips and Tricks

### From *Life Fixes: 50 Ways Moms Keep it Together* by Genoa Sibold-Cohn

#### Corral the kids

**Give your grade-schooler a "homework box"** with pencils, an eraser, a stapler, a calculator, and a ruler. Ask her to bring it to the table whenever it's time to do homework.

**Sort belongings into clear, labeled bins** that can be stacked and stowed so your child can easily find things like DVDs and toys without your help. Use brightly colored labels and picture labels for toddlers and preschoolers who can't read.

**Set up two folders related to your child's schoolwork** — one for school notices and the other for schoolwork you want to keep.

**Fill a basket with socks and keep it near the front door** so kids can quickly grab a pair. Put the shoes they wear most often next to the basket.

**Assemble your children's outfits** when you put clothes away in their drawers. Then you can quickly grab a full outfit without having to waste time scouring the drawers for a matching shirt and pair of pants.

#### Cha-cha through chores

**Skip ironing** and get wrinkles out of a shirt or pair of trousers by putting them in the dryer for 15 minutes with a damp hand towel.

**Designate 30 minutes after dinner for cleaning** — and get everyone involved in folding laundry, doing dishes, and clearing away clutter.

**Store sets of sheets and pillowcases** inside unfolded pillowcases to make bed changes fast and easy and minimize clutter in your linen closet.

**Set the table the night before** and put items like bowls, utensils, cereal, fruit, toaster, and bread out to avoid a morning rush.

**Skip folding laundry** and instead hang up all clothing except for socks, underwear, linens, and towels.

**Forget sorting laundry.** Wash everything in cold water.

**Hire a babysitter for a couple of hours on the weekend** so you can tackle household duties and errands without kids in tow.

**Keep disinfecting and glass wipes in the bathroom for quick cleanups** around toilets, sinks, and mirrors. You could even do a speedy wipe-down while you bathe the kids.

## KIDS' SPACE [www.familyfun.com](http://www.familyfun.com)

### Easy Wreath Birdbath

#### Materials

- 3/8-inch manila rope
- 15-inch grapevine wreath
- 10-inch terra-cotta saucer
- Artificial grape leaves (optional; available at craft stores)

#### Instructions

1. Cut three (5-foot) lengths of rope and knot them together at both ends. Nestle the wreath inside the ropes, as shown.
2. Place the saucer inside the wreath. If you like, tuck grape leaves into the wreath and wind them around the ropes.
3. Use more rope for hanging the birdbath, if needed.



## OUT AND ABOUT

### Funny Bunny Fest—Saturday, March 27

10:00 a.m. – Noon

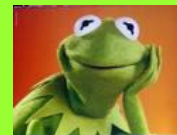
All ages are invited to this free event at the Farmington Recreation Center. Join us for some springtime holiday fun at this 2<sup>nd</sup> annual event. There will be all sorts of games and activities along with a special visit from the Funny Bunny! For more information, call (505) 599-1184.

### Passion Play—Sunday, March 28 – Saturday, April 3 7:00 p.m.

In the Miriam M. Taylor Theater at the Farmington Civic Center. Tickets may be picked up in the Business Office at no charge. For more information, call (505) 599-1145.

**Toddler Playdate at the E3 Children's Museum & Science Center** every Wednesday from 10:00am-noon. Visit Tots Turf with your crawler, toddling walker, and climber. Playdates are designed for families with young children to develop early motor skills and find new playmates.

### It's Easy Being Green



#### Recycling Do's and Don'ts:

##### For Paper:

**Do** recycle paper with staples, clips, or spirals intact—the metal will be filtered out by machines later. **Don't** include any paper with food stains (think pizza boxes), as they can contaminate a load.

##### For Plastics:

**Don't** forget to remove bottle caps. They're made of a different type of plastic and can mess up a whole batch. **Do** return plastic bags to stores.

##### For Glass & Metal:

**Do** rinse out bottles, jars, and cans; throw away (or recycle) caps. **Don't** worry about labels—they'll burn off at the plants. **Do** include washed pie tins and foil, metal bottle caps, wire coat hangers, scrap metal.



When children eat right and get more sleep, they can stay alert and learn more. Help your youngster start off right with the healthy habits:

- As part of a balanced diet, your child should have five to nine serving of fruits and vegetables each day. She will be more likely to eat ones that she chooses. Ask, “Which fruit would you like for breakfast?” or “What vegetable should I make for dinner?” Tip: Keep a fruit bowl on the table and cut-up vegetables in the refrigerator for snacks.
- Be sure your youngster sleeps 10 to 11 hours per night. You can help her wind down at bedtime with quiet activities like reading or coloring. Remind her to use the bathroom and get a drink of water before she lies down so she’ll have no reason to get back up.

# MOPS NEWS

## ChildHaven Fundraiser

We are going to have moms and children donate any change each month to a bottle we have at the front table to raise money for **ChildHaven**. Our goal is to fill it full of change throughout the whole year and then we will give ChildHaven a check in the amount we raise.

## Cell Phones for Soldiers

Please bring all your old cell phones and cell phone accessories (no cell phone cases). We will be sending them off in the spring to help send phone cards overseas to our military personnel so they can call home. The website for more info is [cellphonesforsoldiers.com](http://cellphonesforsoldiers.com).



Our next MOPS meeting will be **April 8!** We look forward to seeing you!

Food will be provided by:

### **The BLUE Table**

Also, please bring a box of graham crackers, cheerios, goldfish or pretzels for Moppets

## MOPS 2009-2010 Steering Team

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Do you have an article, book review, announcement or recipe you would like to submit to the MOPS **DAILY PLANET** newsletter? Send it to Jennifer Jackson at [jacksonj002@yahoo.com](mailto:jacksonj002@yahoo.com).

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