

# THE DAILY PLANET

Where Super Moms Get Their Information

MAY 2010

## SAVE THE DATE!

May 27

Petting Zoo

June 5

Kid Fest

"If you laugh a lot, when you get older your wrinkles will be in the right places."

~Andrew Mason



Farmington  
**MOPS**  
Mothers of Preschoolers

As the MOPS 2009-2010 year ends this month, I'm having a heart of gratefulness and encouragement from all of you. I would like to especially thank my steering team for stepping up and picking up the leadership role of coordinating each month. My father was diagnosed with cancer in October and died two weeks later. After having this sudden loss, I really did not feel called to lead for a time. I know the MOPS program is important to you, and I was so thankful for it to continue amongst my absence (both physically and emotionally).



I do hope and pray this year of MOPS has been fun and inspiring to you. It's been a joy seeing some new faces. I'm so glad to meet new moms and see the connections that will blossom for years to come! Thank you for all your beautiful children and especially for our MOPPET coordinator, Grace Larimer.

To conclude, I'll be coordinating one more year in MOPS, with the help of the steering team. I remember my youngest child, Cayden, was only 6 months old (now 4) when I felt called to lead a new MOPS group. I can verify, as many can, how fast time flies! Thank you again for coming and allowing us to serve the moms in our community and give God the most glory! He will be praised forevermore!

In Christ,  
Leslie Halliburton

Verse of the Week

"Cast all your anxiety on God because he cares for you."

1 Peter 5:7



## Crockpot Corner

### Slow Cooker Turkey Breast

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”

~Luciano Pavarotti

- 1 (6 pound) bone-in turkey breast
- 1 (1 ounce) envelope dry onion soup mix
- 1 teaspoon sage
- 4 red potatoes
- 1 small bag baby carrots
- 1 can chicken broth

Rinse the turkey breast and pat dry. Cut off any excess skin, but leave the skin covering the breast. Rub onion soup mix and sage all over outside of the turkey and under the skin. Place potatoes, carrots and broth in the slow cooker. Place turkey breast on vegetables, cover and cook on High for 1 hour, then set to Low, and cook for 7 hours.

#### Helpful items for a road trip

- **Frisbee** - great for some quick exercise when making a stop
- **plastic boxes** - one for each child, to hold their supplies - the lid makes a great desk or place to hold food.
- **clean water** - several bottles of water work best for drinking, a quick wash up, cleaning a scrape and so on.
- **lightweight blanket** - small child's blanket for cuddling with at nap time.
- **paper towels** - for quick clean ups.
- **snacks** - saltines, goldfish crackers - any kind of lightly salted dry cracker. Hard candy, such as life savers or tick tacks.
- **compass** - fun for the kids if they want to help navigate.
- **trash bags** - for storing laundry, wet items or just for trash.

#### Travel food

- individual applesauce and fruit cups (don't forget plastic spoons)
- dry crackers - small snack pack size
- individual size water bottles (a permanent marker will help to keep these separate)
- apples and bananas
- individual cereal boxes
- flavored rice cakes
- juice boxes
- jar of peanut butter and loaf of bread (don't forget a plastic knife)

#### Items to always have on hand when traveling

- |   |  |   |
|---|--|---|
| • Band-Aids   | • Small nightlight   | • sun glasses   |
| • antiseptic hand gel   | • Crayons  | • hats/visors   |
| • small tissue packs  | • mechanical pencils   | • light weight wind breaker   |
| • sun screen  | • highlighter - good for word search games                     | • umbrella  |
| • Dr.'s phone numbers   | • paper  | • camera with extra film  |
| • Tylenol - children's & adults                                       | • deck of cards  | • keep a photo of your child in your wallet - incase you loose them in a crowded area |
| • a rubber door stop can provide extra security for a hotel room door | • zip lock bags (collecting shells, storing food, wet clothes) | • extra copy of birth certificates, photo id, travel reservations, airline tickets    |



**KIDFEST 2010**—KidFest is a FREE one day event held at McGee Park for children and children at heart. June 5, McGee Park Convention Center. 10am-4pm.

**Games—Hands-on Activities—Wet & Wild Fun—Prizes—Bounces & Slide**



**Farmington Public Library**—Sign your child up for the 2010 Summer Reading Program at [www.infoway.org](http://www.infoway.org) (for children ages 1-12). Story Time on Mondays at 10am and 2pm. Crafts on Tuesdays from 10am to Noon (walk-in anytime). Great summer programs for kids on Thursdays at 10am! Check out the website or come into the library and get a program of all the summer events.



**E3 Children's Museum 302 N. Orchard Avenue . 505-599-1425**

**HOURS: Tuesday - Saturday, 10am to 5pm and by appointment**

Sound, Light, Magnetism, Shadows, and Art are found at the E<sup>3</sup> Children's Museum and Science Center in downtown Farmington. For the younger children we have Tot's Turf, a room filled with activities that will delight and teach youngsters under the age of six. The museum

hosts performances by entertainers and new exhibits are added regularly. School classes and families will find many things to do and learn at the Children's Museum.

**TODDLER PLAYDATE (AGES 5 AND YOUNGER)**

Join children (5 years and younger) and parents in a toddler-friendly environment while exploring our hands-on science and art-related exhibits in the main gallery and our ever-popular Tots Turf. Activities occur on the 2nd and 4th Wednesday of the month from 10:00 a.m - Noon. Admission is FREE, but we always appreciate donations for our projects to help provide more quality programming.



The Farmington Aquatic Center provides indoor water recreation for the whole family, year round. The options are endless, a 50 meter Olympic size pool, 150 foot water slide, and leisure/playground pool. There are also an assortment of programs like lessons, aquacise, lap swimming, and leisure pool exercise. Located at 1151 N. Sullivan, 599-1167.

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**Kids Kollege** is a summer enrichment program for children between the ages of three and seventeen at San Juan College. There are six one-week sessions, which meet two hours each, five days per week. For information, call 566-3214. The course schedule and registration information can be found [www.sanjuacollege.edu](http://www.sanjuacollege.edu)

**Farmington Recreation Center**

Great classes and events all summer for preschoolers through teens. From Kids' Dog Show to Kids' Cooking Classes. Check out their website for a brochure or stop by. Located at 1101 Fairgrounds Rd. 599-1184. [www.fmtn.org](http://www.fmtn.org)

Picnic in the Park — Preschool children and their families bring lunch and meet at the Riverside Nature Center on Tuesdays from 11-12:30pm for a picnic followed by a story or activity and a stroller-friendly walk in the park. Learn about plants, insects, birds, and all the interesting wildlife. Feed the friendly ducks and go home in time for naps. This program continues every Tuesday throughout the spring and summer. For more information, call 599-1422..

**PUBLIC SWIMMING TIMES**

Monday & Friday  
4:30 p.m. – 7:30 p.m.  
Wednesday & Saturday  
1:00 p.m. – 4:00 p.m.  
4:30 p.m. – 7:30 p.m.  
Children under 3 free.  
Ages 3-12: \$3.25  
13-18: \$4.50  
19 & over: \$5.00  
\*Wet-n-Wild Wednesdays are \$2.00/person

**Parent/Child Playtime:** Quiet time in the leisure pool exclusively for adults with children 5yrs. old or younger.  
Tuesday and Thursday  
1:00 p.m. – 2:30 p.m.  
Fridays  
10:30 a.m. – 12:00 p.m.  
Fee: \$2.50 per person, children under 3  
FREE



## Join us this fall as we explore Momology: The Art and Science of Mothering!

Mothering is both art and science. It combines all of who we are to shape healthy, resilient kids. Mothering is so complex it requires both sides of our brain – not to mention our hands and feet, eyes and ears, mouth and (sniff, sniff) unfortunately, sometimes even our noses! There's the scientific side of mothering where we develop a hypothesis based on certain principles, test that hypothesis in real-time, consider the results and decide what parts worked and what parts didn't. We keep refining our hypotheses until we find what works for us. Intertwined with the scientific, mothering requires an artistry that shades with our personality, colors with our unique gifts, and blends past and current experiences.

Enjoy your summer and save the date as Farmington MOPS will meet again  
September 9, 2010. Join us and bring a friend or two!

# MOPS NEWS

## MOPS 2009-2010 Steering Team

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## MOPS Petting Zoo Playdate

Fox Fire Farms in Ignacio, CO

May 27, 2010

Meet at Northside at 8:30am

You can ride in the church van, or follow along in your own car.

Bring a sack lunch!

Cost is \$10 for adults and \$5 for children over 2

Baby Petting Zoo will have: lambs, cows, goats, pigs, ducks, chicks and any other baby animals we can find! Check out their website at

[www.foxfirefarms.com](http://www.foxfirefarms.com)

Check us out, we're on the web! <http://www.orgsites.com/nm/farmingtonmops>