

# MINDS IN MOTION

December 2007

Pacific West Gymnastics  
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*Newsflash:*

**Beginning in December, we have added a new Girls Recreational I class on Wednesday's from 4:30—5:30 pm. See the front desk if you want to change to this daytime.**

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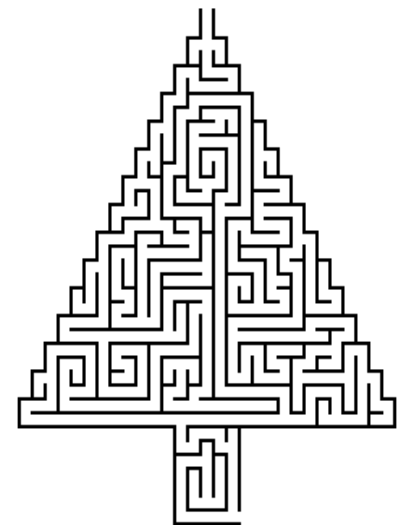
## OUR LEVEL 5 TEAM PLACES 4TH AT STATE CHAMPIONSHIPS

Please join us in congratulating our very own Level 5 team, which recently placed 4th overall in the Nor-Cal State Championships. Each of the team members had a great meet. Yadira achieved a 35.1 in the all-around. Casey earned a 3rd place on bars with a 9.15. Jennifer vaulted to first place with a 9.225. Madi displayed a wonderful floor routine, placing first with a 9.375. Kayla swung high on bars, landing on the first place podium with a 9.3. Katie shined throughout the meet, ending with a 35.1 in the All-Around. Kylie and Kiyoko both did well on bars, placing 4th with a 9.0 and tying for 3rd place with a 9.1 respectively. Lanise gave an amazing performance on floor, landing a first place award with a 9.5. Katy also had a good meet scoring a 8.475 on vault. Congratulations on a job well-done!!



## COOKIES FOR SANTA

The idea of leaving cookies for Santa began in the 1930's. The most popular cookies left for Santa are Oreo's. Naughty kids use the cookies to bribe Santa at the last minute, while nice kids leave cookies to thank Santa for the sur-



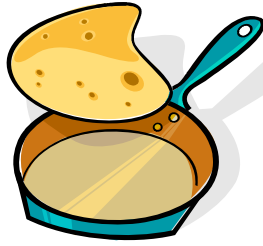
## UPCOMING EVENTS

<b>DEC 1-2</b>		<b>LEVEL 4 STATE CHAMPIONSHIPS</b>
<b>DEC 22</b>	<b>5-9 PM</b>	<b>KIDS NIGHT OUT</b>
<b>DEC 24-25</b>		<b>CLOSED FOR THE HOLIDAYS</b>
<b>DEC 31-JAN 1ST</b>		<b>CLOSED FOR THE HOLIDAYS..</b>

# Oatmeal Pancakes

## Ingredients:

- 1 1/2 cups oatmeal
- 2 cups buttermilk
- 1/2 cup flour
- 1 tsp. sugar
- 1 tsp. baking soda
- 1 tsp. salt
- 2 beaten eggs



## Directions:

1. Combine oatmeal & buttermilk.
2. Beat in remaining ingredients.
3. Drop by 1/4 cupfuls into hot, buttered skillet.
4. Enjoy with warm syrup.

# Kid's Breakfast Bars

## Ingredients:

- 2 jars marshmallow creme
- 1/2 cup peanut butter
- 1 tbsp. vanilla
- 1 stick butter
- 1/2 box Wheaties Energy Crunch
- 1 cup granola, plain or with nuts



## Directions:

1. In large bowl, melt butter & vanilla together in microwave.
2. Add peanut butter and marshmallow crème. Mix well.
3. Add Wheaties to the mixture.
4. Spread into a plastic, refrigerator container.
5. Add the granola to the top, pressing it into the mixture.

# No—Sew Sachets



## Materials:

- Fabric scraps
- Fabric glue
- Potpourri
- Yarn or ribbon

## Directions:

1. For each sachet, place matching 5 inch fabric squares back-to-back and glue the edges together on 3 sides. Spread glue close to the edges to prevent fraying.
2. Once the glue is dry, fill the sachet with about 1/2 cup of potpourri. Then glue together the open edges and let dry.
3. Arrange the finished sachets in multicolored stacks. Tie each stack together with festive yarn or ribbon.

# HAPPY BIRTHDAY TO...



**HANNA ADAMSON**

**SHREYA AGRAWAL**

**LEVI AGUIRRE**

**MAYA BASU**

**LEAH CHONG**

**LYSANDRA CLANTON**

**MADI DAGEN**

**AARON EDELSON**

**EVAN ELIAS**

**KRISTINA EPPS**

**VICTORIA GONZALEZ**

**ERIN HECKMAN**

**MALIA JIANG**

**AUDREY LEE**

**JARED LEE**

**LAUREN LITTLE**

**ANGEL MACIAS**

**DAMONI NEARS**

**MATTHEW ORENDER**

**LORILEI PHAW**

**SHYAN PHILLIPS**

**HAYLEY PINSONNEAULT**

**CHLOE PINSONNEAULT**

**TANISHQ PRADHAN**

**ADISHANKAR PRADHAN**

**NATALIE ROGERS**

**REHA SHAH**

**AMARION TIDWELL**

**SHELBY TRAINOR**

**COURTNEY TRINH**

**SOPHIA WAGGANER**

