



# MINDS IN MOTION

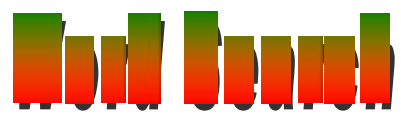
[www.pacwestgymnastics.com](http://www.pacwestgymnastics.com)

December 2008

## Pacific West Gymnastics

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# Congratulations!



Our fabulous Level 6 team **placed 6th** at States and our very own **Casey Bracamonte** placed 1st All Around!! **Madi Degan** placed 1st on Beam. **Jennifer Chan** placed 2nd on Vault. **Kayla Erickson** placed 2nd on Bars. **Kylie Gordon** placed 3rd on Beam and 3rd AA. **Yadira Ayala** placed 2nd on Floor and 3rd AA. All of our girls did their best!!!

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction.



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Level 5 had an awesome meet and **placed 4th** at States!!

**Shyan Phillips** placed 1st on Bars, Beam, Floor & All Around. **Elisa Hemmers** placed 1st on Beam. **Quyen Ebojo** placed 1st of Floor. **Mariah Lark** placed 1st on Bars. **Eishlee Jasa** placed 1st on Vault, 2nd AA, & 3rd on Bars & Floor. **Allana Romo** placed 2nd on Vault and Beam. **Brianna Prestia** placed 2nd on Beam. **Celine Chuapoco** placed 2nd on Vault & 3rd on Beam. **Jenna Schreiber** placed 2nd on beam. Way to go Level 5!!



BLITZEN  
CHIMNEY  
COMET  
CUPID  
DANCER  
DASHER  
DONNER

HO HO HO  
MRS CLAUS  
NORTH  
POLE  
PRANCER  
PRESENTS



REINDEER  
RUDOLPH  
SLEIGH  
SNOW  
TOYS  
VIXEN

## UPCOMING EVENTS

<b>12/6-7/2008</b>	<b>Level 4 states</b>
<b>12/13/2008</b>	<b>Level 7 Judge's Cup Qualifier</b>
	<b>@ San Jose</b>
<b>12/20/2008 5-9pm</b>	<b>Kids Night Out</b>

I R E E D N I E R T E I H  
P O O N S N R E N N O D T  
C L T N O N E N C U P I D  
H O O E E R T Z S S U T R  
R W M X O P T I T S N S H  
E C I E Y R I H D I L N M  
H V H I T E O E P E L R H  
S S D I I S R H I O S B P  
A Z A T M E S G O C L A L  
D N N O E N H E L H A E O  
S M C Y E T E A R O O N D  
G R E S E S U Y I P C H U  
E X R S M S P R A N C E R

# Santa Hat Cookies

## RECIPE INGREDIENTS

- 2 egg whites, at room temperature
- 1/2 teaspoon cream of tartar
- 1/4 teaspoon vanilla extract
- 1/2 cup sugar
- Red colored sugar



1. Heat the oven to 200° F. With an electric mixer, beat the egg whites until soft peaks start to form. Beating all the while, add the cream of tartar and vanilla extract, then slowly add the 1/2 cup of sugar. Continue to beat until the peaks stiffen.
2. Spoon the meringue into a quart-size plastic bag. Snip off a corner and pipe 2 dozen 1 1/2-inch-tall Santa hat triangles onto a parchment-lined baking sheet (you should have about 1/4 of the meringue left).
3. Sprinkle the triangles with the red sugar, then use the remaining meringue with the red sugar, then use the remaining meringue to give each one a pom-pom and trim. Bake the hats until they're hard but not browned, about 1 hour and 20 minutes. Turn off the oven and leave the hats in it for an hour to crisp before removing.

# Cookie Jewels

## RECIPE INGREDIENTS:

- 1 cup unsalted butter, softened
- 1/2 cup light brown sugar
- 2 egg yolks
- 2 cups all-purpose flour
- Chopped nuts, colored sugars and nonpareils
- Raspberry jelly or chocolate frosting



1. Preheat the oven to 350. In a large bowl, cream the butter and brown sugar. Beat in the egg yolks. Gradually mix in the flour.
2. Roll the dough into balls and coat with nuts, colored sugar and nonpareils. Place on an ungreased cookie sheet and make a well in the center of each cookie. Bake for 10 to 13 minutes, or until firm.
3. Cool completely, then drop 1/2 teaspoon of jelly or chocolate frosting into the center of each cookie. Makes 5 dozen.

## HAPPY BIRTHDAY TO YOU . . .

Hanna	Adamson	Daniel	Gonzales	Angelica	Pagtakhan
Shreya	Agrawal	Amanda	Herrera	Alyssa	Parodi
Levi	Aguirre	Malia	Jiang	Shyan	Phillips
Sarah	Amon	Riya	Kalra	Malan	Potts
Maya	Bhimani	Pawan	Kumar	Adishankar	Pradhan
Arth	Bohra	Audrey	Lee	Tanishq	Pradhan
Alma	Campbell	Jared	Lee	Anthony	Realin
Madison	Dagen	Charlotte	Love	Felix	Rogers
Christina	Deras	Amaya	Martinez	Natalie	Rogers
Kristina	Epps	Joanna	Morrison	Avni	Shah
Ronin	Fife	Kendal	Murray	Reha	Shah
Sarah	Giles	Suraj	Nayyar	Kavneet	Virk
		Damoni	Nears	Chloe	Williams
		Craig	Ng		