



## What Fruit Grows on Your Trees?

Written by Debra Ann Elliott, <http://establishingchristianparenting.com>

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.* Galatians 5:22-23 NIV

What fruit falls from your tree? As a parent, is your child harvesting the Fruits of the Spirit?

Children love fruit. They love apples, oranges, peaches, pears, grapes, bananas, cherries, plums and strawberries,

but do they love the Fruits of the Spirit?

God teaches us in Gala-

fruit and reap the goodness and bounty passing the harvest to their children.



The nine fruits you need to sow with your child is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Each one of these fruits is an important aspect in your life and your

child's life. Basically, these fruits when mixed together create an amazing 'fruit salad'.

tians 5:22-23 there are nine fruits of the spirit and we are to harvest them. Parents need to sow the seed of each

## Handling the Halloween Sugar-Highs

Written by Randi Levine RD, [www.parentsconnect.com](http://www.parentsconnect.com)

With all these parties and sweets during Halloween, my kid seems to be on a constant sugar high. I need some ideas on how to help him settle down on Halloween night?

Watching your kids on a sugar high after a party or after eating too many sweets can be as frustrating as it is hard to calm them down! Here's an idea—have them



drink plenty of water to dilute the amount of sugar in the blood and help them in settling down. You might also try establishing rules to help prevent your child from over-eating candies, cakes, sweetened beverages, etc., before a party or event. Talk to your child about limiting sweets a day or two before the event. (If you plan the day of the

event, your child may be too excited about the party to pay attention!) On the day of the event, you can have your child reiterate the rules to you as a reminder. You can also role-play, choosing something other than candy to teach your child that there are other food options out there. Below is a sample idea to discuss with your child before Halloween night. Just remember to go over the plan of action

## Sugar-High Continued....continued

one to two days before trick-or-treating.

- Tell your child to not eat anything if it's not in a sealed package. We don't know where it's been and that can be dangerous! Don't scare your child, but remind him that foods need to be safe.
- To prevent your child from binging on trick-or-treat night, tell him that once the trick-or-treating is over, you'll separate the candy into "favorite" and "non-favorite" piles.
- Once the two piles are made, throw out the non-favorite candies

(or donate them). Take the favorite pile and divide them into two pieces per day for up to two weeks. Candy can be stored in the freezer for freshness.

If you're expecting trick-or-treaters at *your* door, you might consider providing non-edible treats (e.g., fun pens or toys), to help other children from getting too much candy.

Just remember, as a parent, you are the role model. So if *you* are binging on the candy, your child will see it! Show them how candy does fit into your diet, but also

show them how to control the amount you consume. Also, encourage physical activity if they happen to take in too many calories in a day.



## Great Family Activities for October

### Mobius Children's Classes

Sept 1—Nov 19 \$5—\$35

Variety of classes offered. Call 624-KIDS for details.

### Fall Book Sale

October 5—8 10 am—5pm

Downtown Library

### Home Idea Show

October 7—9

Spokane County Fair & Expo Center  
\$8/adults, \$6/SR, Free 12 & under

### The Amazing Corn Maze

October 14—16

Beck Rd just off HWY 53

Hauser Idaho

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

### Gifts from the Hearth

Women's Retreat

Saturday, October 15th

Foothills Comm. Church

9am—3:30pm \$10

### Proper Tree Planting

Saturday, October 22nd

9:30—11:30am FREE

The Finch Arboretum

### Fall Craft Sale

Saturday, October 29 FREE

West Valley High School

8301 E Buckeye

### AppleFest on Greenbluff

Every weekend in October

Find a variety of apples and other produce. Also enjoy live music, great food, craft booths and corn/straw mazes.

### Community Harvest Celebration

Monday, October 31

5:00—6:30 Chili Feed at Foothills

Community Center

6:00—8:00 Pie Social, Quilt Show

and Carnival for kids at Foothills

Church (please bring a donation to the community food bank)



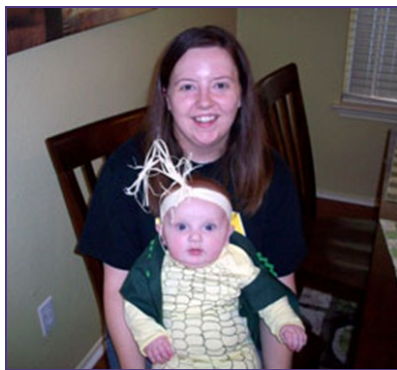
# Easy Halloween Costume Ideas!

Here are some great ideas for saving a few dollars on kids' costumes. They might not be exactly what you are thinking of....but they might give you the inspiration you need to create the costume that will make your child's night a hoot!

## Amazing Ear of Corn

### Supplies:

- A yellow infant gown
- A yellow hat
- Green felt
- Hot-glue gun and fabric glue sticks: Kids and hot glue don't mix, so make sure you do all the gluing. (Not that a baby could do it anyway, but we gotta warn you!)
- Scissors
- Yellow face paint
- Black fabric pen
- Optional
- Raffia



### Steps:

- **Pick up a yellow sleeper and hat.**
- If you're feeling really ambitious, you can draw little kernels onto the sleeper with a black fabric pen. FYI, it's totally fine to skip this step—after all, we know you've got a baby on your hands!
- Glue or tie a tuft of raffia on top of the hat to look like corn silk (you know, the annoying stuff that gets all over the kitchen and won't

come off the corn when you peel it).

- Cut husks out of the green felt. Glue them on to the sleeper so that they look like a peeled-back ear of corn.
- Put the sleeper and hat on your kid. If you want to go all the way, paint her cheeks with a little yellow makeup.
- Warning: Baby will look so cute you'll want to add some butter and gobble her up!



## Adorable Baby Buggy

- 1 infant gown sleeper (I used pink, but green, blue or yellow would also work great)
- 6 pieces of 12-inch felt (in various colors)
- 5 styrofoam balls\Hot glue gun & sticks
- 8 feet of 1/2 inch ribbon
- Rick-rack
- Infant hat (a matching color to the sleeper)
- 2 pipe cleaners
- 10 pom-pom balls

### Steps:

- Dab a bit of glue in the center of one square of felt. Carefully place a styrofoam ball in the glue. Using more glue, wrap the felt around the ball until the ball is covered. Trim any extra felt. There will be a gap in the coverage but that's OK. Repeat until all

five balls are covered. Set balls aside.

- Trim the corners off of the remaining piece of felt so it looks like an oval. Carefully glue rick-rack around the edge.
- Place the sleeper back-side down on the counter. Glue the rick-rack trimmed oval to the front of the gown sleeper. Let cool.
- Place the sleeper front-side down on the counter.
- Cut the ribbon into four 2-foot sections. Glue a pom-pom ball onto each end. Lay the ribbons across the gown sleeper at even intervals. Glue down with a dot of glue in the center.
- Carefully glue the five felt-covered balls onto the back of the gown sleeper, letting the ribbons hang down on each side. Let cool.
- Glue a pom-pom ball onto the top of two pipe cleaners. Glue the pipe cleaners onto the infant hat and curl so that they look like antennae.

### Easy, Quick Ideas:

**Oreo:** Cut out two large circles from black poster board. Attach strings in two places at the top of each circle through which your child's head can go (so that the strings rest on the child's shoulders). Dress your child in white, glue tufts of white cotton or pillow stuffing (available at fabric or craft stores) into place as the cream filling, and there you have it—an Oreo. For added creativity, cut a "bite" out of your little cookie monster.

**Ketchup and Mustard:** This one is great for siblings or friends. One child dresses in red clothing, the other in yellow. Get large red and yellow poster boards, cut out a triangle in each one and roll it into a cone-shaped hat (for a spout). Glue long

# Knowing Makes a Difference



- Every 2 minutes, there is a new breast cancer diagnosis.
- Every 14 minutes, a life is lost to the disease.
- Over 40,000 people will die this year; about 400 of them will be men (a decrease since 1990)
- 85% of all diagnoses have no family history.
- 1 in 8 women will be diagnosed with breast cancer.
- Breast cancer is the leading cause of death in women between ages 40 and 55.

When you feel a lump during a breast exam, or your doctor says she feels a lump during your visit, it is normal to be nervous and assume that the lump is cancerous, but according to the Mayo Clinic, nearly four out of five breast lumps that are biopsied end up being benign. If a lump is found, prompt medical attention and evaluation are key for early detection and treatment.

### Normal Breast Tissue

Breast tissue can vary in its consistency, from bumpy or rope-like areas of glandular tissue, to smoother fat

tissue, depending on different areas of the breast. Monthly changes based on your menstrual cycle also can contribute to tenderness of lumps. As you age, breast tissue usually becomes less dense and more fatty, according to the Mayo Clinic.

### Benign Breast Lumps

Breast lumps that are not cancerous are benign and are usually caused by fibrocystic changes, says the American Cancer Society. Two of the most common types of breast lumps are cysts and fibro adenomas. Cysts are fluid-filled sacs; they can feel soft or hard in the breast. Fibro adenomas are solid lumps that are usually found in older teens and women in their 20s, but can occur at any age. These lumps move around and feel rubbery under the skin.

Other kinds of lumps that the University of Maryland Medical Center lists include a clogged milk duct, mastitis, injury to the breast, lipoma (collection of fatty tissue), and an intraductal papilloma, which is a growth within a milk duct.

### Breast Cancer

Not all breast cancer types have

lumps as a symptom. Inflammatory breast

cancer does not have palpable lumps and mammograms often find cancer cells and lumps that are too small to be palpable. In inflammatory breast cancer, or IBC, the skin of the breast becomes inflamed, red, hot to the touch, and may look like the pitted skin of an orange; this is called peau d'orange, says the [National Cancer Institute](#). Noninvasive breast cancer like DCIS, or ductal carcinoma in situ, typically does not present with lumps, but is seen on a mammogram, according to the [National Comprehensive Cancer Network](#). Even though a lumpectomy may be surgically performed, no one "lump" may be present; the area where the DCIS is found will be removed.

How to reduce your risk of breast cancer

SheKnows.com gives you a few tips on how to reduce your risk of getting the second most common cancer, breast cancer!

Looking for some help getting your kitchen and cupboards organized?

Give Sarah Rodgers a call! She will gladly come over, whip through your kitchen and spruce it up. Organization is her specialty! **838-0245**



## M.O.P.S. Steering Team

### MOPS Coordinator

Tracey Jurkovac 638-7842

tjurkovac@hotmail.com

### Mentor Moms

Pat Wolfe 924-1412

jonanfms@att.net

Sherrilyn Johnson 891-5059

sjspokane@hughes.net

### Discussion Group Leader

Kim Keyes 220-2806

kim@freeindeed.com

### Moppets Leader

Connie Klein 238-9431

celmcon1@aol.com

If you ever have any questions, concerns, or ideas, please give one our team members a call!

## Best Deals Around.....

I love a good deal, how about you? Be sure to check here each month for some of the best deals around!

- Rachael Ray's magazine "Everyday" for a year for only \$4.49 (reg. \$39). Subscribe online using the code COUPONDIVAS at the checkout. You can even add up to four years at that price. Visit [www.discountmags.com](http://www.discountmags.com).
- Best discount/close-out website around: [www.1saleaday.com](http://www.1saleaday.com). They

offer 5 different items a day. I purchased a \$290 GPS for \$39. Shipping is always \$4.99. Be sure to check it out!

- Zaycon Foods: Zaycon's goal is to help families save money on high-quality food products. The next event in Spokane is on October 7th. They will be offering hickory smoked bacon. Check out

[www.zayconfoods.com](http://www.zayconfoods.com) to place an order.

- Are you an avid book reader? Need to restock your personal library? Try [www.thriftybooks.com](http://www.thriftybooks.com)!

Very reasonably priced books shipped right to your home!

- Join Enfamil Family Beginnings and receive \$250 in free gifts. Sign up at [www.enfamil.com](http://www.enfamil.com).



## Gifts From the Hearth....Women's Retreat October 15

You are invited to join us for a day retreat, Saturday, October 15, 2011 from 9am—3:30pm. Women of all ages are encouraged to attend. It will be a wonderful day filled with opportunities to meet other women, build our friendships, learn some new skills and just have fun!

Special speaker Carolyn Underhill will talk with us about togetherness and how much we need each other!

In the morning and afternoon, you will get to choose a workshop to be involved in. Learn to make soap, no-fail pie crusts, holiday centerpieces, gift boxes, home made cards, or jam.

You also have the opportunity to win one of our

fabulous door prizes.... A cut & color from Toni Newton (local salon owner) or a one night stay at LaQuinta Inn on Sullivan. Registration forms are in the fellowship hall at the church.

A \$10 donation is requested to help cover the cost of lunch, supplies and a gift for our speaker. If \$10 is too much, please just donate what you can afford. We don't want you to miss out!

Childcare IS AVAILABLE!! Please plan to join us! We'd love to see you there!

Call the church office for more information (926-4971).



## Upcoming Events

- 9/21/11 **AWANA** starts @ 6:30pm!! Available for Age 4—6th Grade).
- 9/23/11 ValleyFest Parade @ 7:30
- 9/24/11 ValleyFest @ Mirabeau Park
- 9/24-9/25 Community Days at Silverwood—donate 2 cans of food and receive 50% off admission.
- 9/30 to 10/2 Custer's Antique Show @ Spokane Fairgrounds
- 10/8/11 Huge Children's Clothing consignment sale @ Kootenai County Fairgrounds \$3 (9am—5pm)
- 10/15/11 Gifts From the Hearth Women's Retreat at Foothills 9am—3:30pm.

## 2011-12 MOPS Meetings

September 20, 2011 Meet & Greet

October 4, 2011 Food Preservation

November 1, 2011 Fire Safety and Escape Plans

December 6, 2011 Prince of Peace

January 3, 2012 Communication

February 7, 2012 Five Love Languages

March 6, 2012 Ready for Kindergarten

April 3, 2012 Tea and Testimony

May 1, 2012 TBD

## Daily Dose of Laughter.....

### Your Clothes:

1st baby: You begin wearing maternity clothes as soon as your OB/GYN confirms your pregnancy.  
2nd baby: You wear your regular clothes for as long as possible.  
3rd baby: Your maternity clothes ARE your regular clothes.

### Preparing for the Birth:

1st baby: You practice your breathing religiously.  
2nd baby: You don't bother to practice because you remember that last time, breathing didn't do a thing.  
3rd baby: You ask for an epidural in your eighth month.

### The Layette:

1st baby: You pre-wash newborn's clothes, color-coordinate them, and fold them neatly in the baby's little bureau.  
2nd baby: You check to make sure that the clothes are clean and discard only the ones with the darkest stains.  
3rd baby: Boys can wear pink, can't they?

### Worries:

1st baby: At the first sign of distress--a whimper, a frown--you pick up the baby.  
2nd baby: You pick the baby up when her wails threaten to wake your firstborn.  
3rd baby: You teach your three-year-old how to turn the mobile back on.

### Pacifier:

1st baby: If the pacifier falls on the floor, you put it away until you can go home and wash and boil it.  
2nd baby: When the pacifier falls on the floor, you squirt it off with some juice from the baby's bottle.

3rd baby: You wipe it off on your shirt and pop it back in.

### Activities:

1st baby: You take your infant to Baby Gymnastics, Baby Swing, and Baby Story Hour.  
2nd baby: You take your infant to Baby Gymnastics.  
3rd baby: You take your infant to the supermarket and the dry cleaner.

### Going Out:

1st baby: The first time you leave your baby with a sitter, you call home five times.  
2nd baby: Just before you walk out the door, you remember to leave a number where you can be reached.  
3rd baby: You leave instructions for the sitter to call only if she sees blood.

### At Home:

1st baby: You spend a good bit of every day just gazing at the baby.  
2nd baby: You spend a bit of everyday watching to be sure your older child isn't squeezing, poking, or hitting the baby.  
3rd baby: You spend a little bit of every day hiding from the children.

### Swallowing Coins (a favorite):

1st child: When first child swallows a coin, you rush the child to the hospital and demand x-rays.  
2nd child: When second child swallows a coin, you carefully watch for the coin to pass.  
3rd child: When third child swallows a coin you deduct it from his allowance!!

yellow or red strands of yarn at the top of the hat as if the "bottles" are squirting. Cut out or buy letter stickers to spell KETCHUP and MUSTARD and tape to shirt. Paint faces in the colors of the relevant condiment.

**Grapes:** Dress your child in all purple green clothing. Affix matching colored balloons all over her torso. You've got yourself a bunch of grapes! Be sure to tell your child that if the balloons pop, don't worry: She's just turned into a raisin!

**Picnic:** Purchase red-and-white checkered fabric to wrap around your child, using safety pins to achieve the desired "fit." Glue picnic items to the "blanket"—plastic utensils, empty soda cans, napkins, straws, and potato chip bags. Cut out pictures of food (sandwiches, fruits, cheese) from magazines to glue into place, or use inexpensive plastic food purchased from a craft store. For added authenticity, buy some plastic ants from a craft or toy store and have them invade the feast!