



THE PAW PRINT

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Party Provides Holiday Cheer & Toys for Tots

The Holiday Couples party, Home for the Holidays, was lots of fun and provided a great opportunity to get to know members and spouses. All enjoyed drinks, food and laughter. The “Juicy Jeannette” stole the evening claiming the prize of most popular drink and caused a few guests to go home with big grins! Other winners of the evening were Jeannette and Pat Grazioli, who won the holiday movie trivia contest, and Shane Freels fought hard to win the Texas hold ‘em game.

A special thanks to Penny and Brian Porsch for hosting this event at their beautiful and festively decorated home. From little details to the big, Janet Stott and Barbara Smallwood, and Cheraina Dunn did an outstanding job organizing this fabulous event.

A little creativity or maybe some “candy sense” provided items for a silent auction that was held at the party. The proceeds of this auction purchased gifts that were donated to Toys for Tots hosted at the Lucas Fire Department. The items auctioned were a nougat wreath, a lollipop tree, a snickers tree, a ginger bread house and triple chocolate cookies. Sweet huh, but best of all the items were cute enough not to eat! Thank you again to all who provided the items for auction and thank you to all those who bid!

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January 15th - General Meeting

Need Help?

Missing out on fun activities because you don’t have any help?? It can be overwhelming and sometimes hopeless when it comes to finding reliable, responsible and caring persons to care for our children and home. Most of us rely on our families and friends to give us recommendations when it comes to hiring the right person.

This month our speaker will educate us on how to find and screen household staffing either on our own or through an agency. Don’t miss this one!! We will have great raffle prizes for attending. Join us for friends, food and fun at this informative gathering on Thursday, January 15th, at 9:30am at Creekwood United Methodist Church on Country Club Road next to Lovejoy Elementary School. Childcare available.

LPA UPCOMING EVENTS.....

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| Jan. 11th 8:00 p.m. | Book Club (Cheraina Dunn’s house) |
| Jan. 15th 9:30 a.m. | General Meeting (Creekwood UMC) |
| Feb. 8th 8:00 p.m. | Book Club (TBD) |
| Feb. 6th 12:00 p.m. | Lunch Bunch TBD (look for evite soon!) |
| Feb. 19th 7:00 p.m. | General Meeting w/dinner (Hart Elem.) |

Let food be your medicine!



At December's General Meeting, Terri Luongo, provided us with many shocking statistics that inspired several of us to re-think our eating habits and lifestyles. We have all heard the phrase, "you are what you eat," but we learned that EVERYTHING WE EAT will either enhance/support our immune system or tear it apart! Eating fruits and veggies can actually help prevent and treat numerous diseases and ailments, including cancer, heart disease, diabetes, and arthritis! Terri said it best by saying, "we need roots and fruits, greens and beans, and seeds and weeds!" Unfortunately, most of us eat "fries and pies, cakes and shakes, and chips and dips." The Standard American Diet (SAD) includes being over fed, undernourished and unaware. According to an article in USA Today, Americans are the most over fed, yet undernourished people in the world! That is SAD!



Terri informed us that we should eat 9-13 servings of whole fruits and vegetables every day. For most of us that is a very difficult task or even impossible. Fortunately, there are whole food supplements like Juice Plus that we can take. Terri began taking Juice Plus fourteen years ago. She went from being bedridden in her mid-thirties and "a member of the antibiotic of the month club" to being healthier and feeling better than she ever had. Juice Plus is made of whole, organic fruits and vegetables. It is not a magic pill, but studies from universities all over the world show that Juice Plus greatly benefits the immune system. If you would like more information about Juice Plus, go to www.forlifejuiceplus.com.

Thank you to Little Harts Preschool for providing the food and beverages for December's meeting. Also thanks to Janet Stott, Monica Freels, and Sheri Fanous for donating the terrific raffle prizes! Congratulations to all of the winners!



EXTRA! EXTRA!

READ ALL ABOUT IT!

After taking a break for the December holidays, the 'Sundays' book club is ready to sink its teeth into a new book. Deeply romantic and extraordinarily suspenseful, *Twilight* captures the struggle between defying our instincts and satisfying our desires. This is a love story with bite.

Please join us for the LPA 'Sundays' Book Club's January discussion of *Twilight* by Stephenie Meyer. The meeting will be held on Sunday, January 11th from 8:00pm - 10:00pm at Cheraina Dunn's home, 1625 Tokalaun Ct., Lucas, TX 75002.

Twilight Synopsis: Isabella Swan's move to Forks, a small, perpetually rainy town in Washington, could have been the most boring move she ever made. But once she meets the mysterious and alluring Edward Cullen, Isabella's life takes a thrilling and terrifying turn. Up until now, Edward has managed to keep his vampire identity a secret in the small community he lives in, but now nobody is safe, especially Isabella, the person Edward holds most dear. The lovers find themselves balanced precariously on the point of a knife -- between desire and danger.

Do you know something interesting, informative, or even funny that you would like us to share with the rest of LPA? If so, send all stories, information, and photos to Laura Pannell at bnla@att.net no later than the 22nd of the month to be considered for the following month's issue.