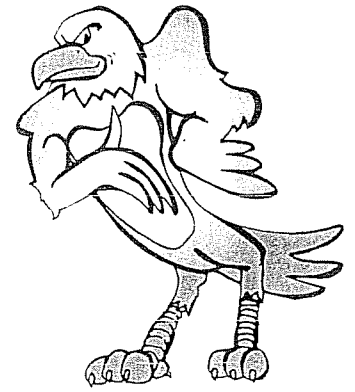


Regal Eagle Review

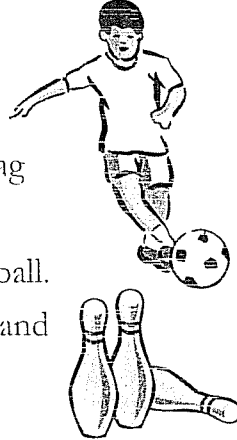


Volume 23

June 2010

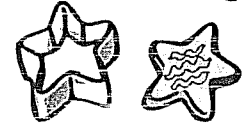
Make Your Own Summer Fun!

Invent a ball game. Recycle old materials to make a ball. Stuff bubble-wrap into a plastic grocery bag (or stuff several bags into one.) Tie together and play a game of bubble ball. Fill empty plastic bottles with water and play soccer ball bowling - using only your feet!

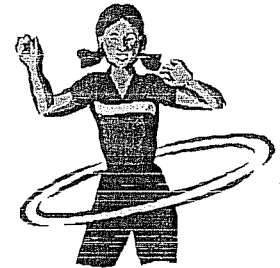


Make edible clay.

Mix 1 cup of peanut butter with 1/2 cup honey. Add 1 cup of dry nonfat milk. Mix well. Add up to 1 more cup of dry nonfat milk until clay becomes soft and pliable. Form fun shapes and decorate with raisins, coconut or chocolate chips. These creations are fun to make and fun to eat!



Hula Hooping Contest. Take turns with friends and family members to see who can keep the hula hoop going the longest. Guaranteed laughter - especially if you can get grown-ups to join in the fun!



Wash the car. It's great exercise and a good way to cool off. You can even offer to wash your neighbor's car!

Commercial Break Workout.

When watching TV, encourage your family and friends to use the commercial breaks to get moving. Dance, do jumping jacks or jog in place. See if you can keep going the whole break!



Making the Grade!

Hey, Kids!

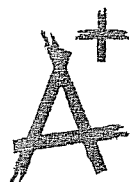
Remember to bring in your report card for entries into the Regal Eagle Making the Grade Drawing. The winning ticket gets a \$25 deposit to their account.

Next drawing on July 9, 2010

Every 'A' gets 2 entries & every 'B' gets 1 entry

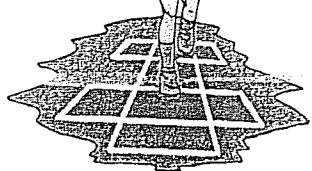
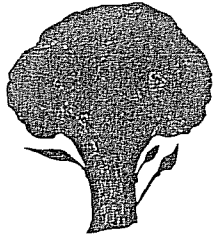
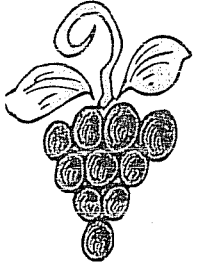
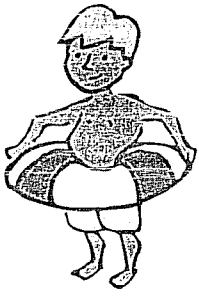
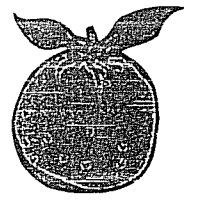
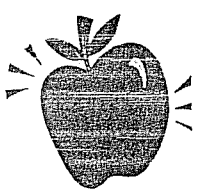
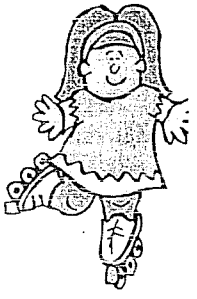
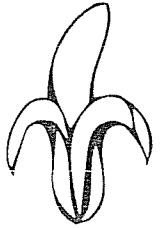
Congrats to our latest winner:

Yvonne Escobedo

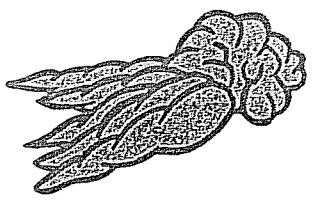
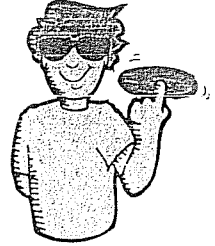


Healthy Summer Word Search

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



Fruit Salad
 Grapes
 Hopscotch
 Hula Hoop
 Lettuce
 Milk
 Orange



Peanut Butter
 Pear
 Skate
 Swimming
 String Cheese
 Tomato
 Yogurt

Apple
 Avocado
 Banana
 Bicycle
 Broccoli
 Carrots
 Frisbee