

A teacher affects eternity;
he can never tell where
his influence stops.
~Henry Brooks Adams



RECIPE OF THE MONTH
PB&J Spirals Recipe



Ingredients:

- 1 tube (8 ounces) refrigerated crescent rolls
- 8 teaspoons creamy peanut butter
- 8 teaspoons grape jelly
- 1/4 cup chopped unsalted peanuts
- 2 tablespoons confectioners' sugar

Directions:

Unroll crescent dough; separate into triangles. Spread 1 teaspoon each of peanut butter and jelly on the wide end of each triangle; sprinkle with peanuts. Roll up from the wide end and place point side down two inches apart on an ungreased baking sheet. Curve ends to form a crescent shape. Bake at 375° for 11-13 minutes or until lightly browned. Dust with confectioners' sugar. Serve warm. Yield: 8 servings.

By all these lovely tokens September days are here,
With Summer's best of weather and Autumn's best of cheer. -Helen Hunt Jackson

Quick Snack Idea:
Granola Banana Sticks

Ingredients:

- 1/4 cup peanut butter
- 2 tbs plus 1-1/2 tsp honey
- 4-1/2 tsp brown sugar
- 2 tsp milk
- 3 medium firm bananas
- 6 Popsicle sticks
- 2 crunchy oat & honey granola bars, crushed

Directions: In a small saucepan, combine the peanut butter, honey, brown sugar and milk; cook until heated through, stirring occasionally. Peel bananas and cut in half widthwise; insert a Popsicle stick into one end of each banana half. Spoon peanut butter mixture over bananas to coat completely. Sprinkle with granola. Serve immediately or place on a waxed paper-lined baking sheet and freeze. Yield: 6 servings.

Back-to-school-organization:

-Create one calendar for all your families Activities and post in a central location.
-Think ahead each evening what you need for the following morning; Make sure breakfast foods are easy to reach. Lay out children's clothing the night before. Pack backpacks the night before.

September Fun Facts To Celebrate:

- Hispanic Heritage Month
- National Courtesy Month
- National Piano Month
- Honey Month
- Self Improvement Month

Special Days:

- 9/5 Cheese Pizza Day
- 9/5 Labor Day
- 9/6 Fight Procrastination Day
- 9/9 Teddy Bear Day
- 9/13 Fortune Cookie Day
- 9/13 National Peanut Day
- 9/13 Positive Thinking Day
- 9/14 National Cream-Filled Donut Day

Got Stress? One of the best stress relievers is to 'get active'.

Virtually any form of exercise and physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise is still a good stress reliever. Physical activity pumps up your feel-good endorphins and refocuses your mind on your body's movements; improving your mood and helping the day's irritations fade away.

Consider walking, jogging, gardening, house cleaning, biking, swimming, weight-lifting, or dancing...Decide you are going to get active.

Be more active and your stress will be reduced.

Things to Do This Month in Northern California:

- ***Local Events:** <http://www.hellosacramento.com/Events.cfm>
<http://culturemob.com/sacramento/events/holiday>, <http://www.visitvallejo.com/index.php>,
<http://www.napadowntown.com/calendar.html>, <http://www.zvents.com/napa-ca/events/holiday>,
<http://events.contracostatimes.com/>, <http://events.sfgate.com/>, <http://www.sanfrancisco.com/festivals/>,
<http://sf.funcheap.com/>
- ***Thunder Valley Concert Series:** www.ThunderValleyResort.com;
- ***Free Things to Do with Kids:** <http://onefatherslove.com/sacramentofamilyevents.aspx>,
<http://www.solanolibrary.com/kids/events/index.cfm>
http://eventful.com/stockton_ut/events/categories/family_fun_kids,
http://eventful.com/modesto/events/categories/family_fun_kids
<http://www.bayareakidfun.com/pages/events.html>

Serving these Northern California Counties: •Sacramento, Yolo, & El Dorado: 916-924-9111

- Placer County: 916-242-9111 or 530-852-5119 •Alameda: 510-581-1111 •Contra Costa: 925-280-9111
- Napa: 707-320-9208 •San Francisco/Marin: 415-452-9111 •San Mateo: 650-482-9111
- Santa Clara: 408-993-9111 •San Joaquin: 209-478-9111 •Solano: 707-421-9111 •Stanislaus: 209-525-9111