

free
April 2019

A Resource for Families in Athens, Oconee County and the Surrounding Area

Parent

Building
Families...
Building
Businesses

LOCALLY
OWNED &
OPERATED
SINCE
1998!

Health

HEALTHY BABIES
FRUIT JUICE
HEALTHY BACKS
COLD & FLU
It ain't over until it's over

Get Out! It's Spring!

**SUMMER
CAMPS**

PART 1





Calm mind brings inner strength and self-confidence, so that's very important for good health." Dalai Lama

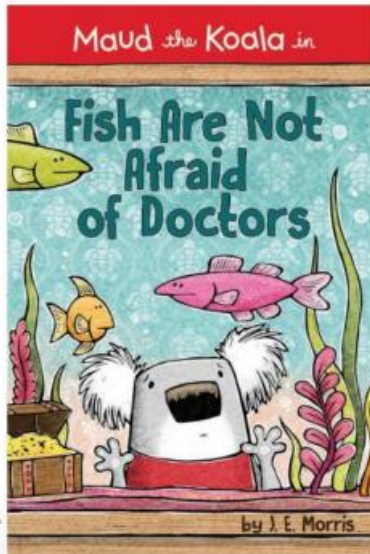
Abilities!



Patti + Ricky offer fashion for people of all abilities. From fidget rings and hearing aid earrings, to these stylish bags for your ride! **PunkinPie Wheelchair Bags** by PunkinFutz carry inhalers, wallets, ID cards, catheters, EpiPens – anything you need to keep close at hand. Designed especially for wheelchairs, a PunkinPie Bag will also work on walkers, scooters, strollers, bicycles and carts. Where will you use your PunkinPie? www.pattiandricky.com

ON THE BOOKSHELF

In *Fish Are Not Afraid of Doctors* by J.E. Morris, Maud gets nervous waiting at the doctor's office for a checkup, so she looks to the fish tank in the waiting room for comfort. Fish don't have to go to the doctor – she wishes she could be a fish. So when Maud has to get a shot, she shuts her eyes and pretends exactly that: She becomes an aquatic version of herself and pretends to swim through the sea, blowing bubbles and meeting other marine life, until she hears the doctor telling her it's all done!



Love Big by Kat Kro-nenberg has a beautiful message that makes it a wonderful gift for those who want to build a loving WE community – from home to school, neighborhoods, church, or travel. If people can begin to encourage one another to pursue their passions – with kindness, sharing, listening, and care – we can overcome anything and achieve extraordinary dreams together.



Troy Tastes...

Restaurant: Planet Smoothie
Troy's Score: 4 1/2 napkins

I went to Planet Smoothie, which can be very healthy, and I decided to try a shot of wheat grass. One ounce equals 5 lbs. of fresh vegetables. The wheat grass has an acquired taste, but it is only one ounce so you can drink it down and then sip your smoothie. It doesn't have the best aftertaste, but it was worth it because it is easier than eating 5 lbs. of vegetables. The smoothie that I ordered was the Chocolate Elvis which has cocoa, peanut butter, bananas, frozen yogurt, nonfat milk, and energy blast. I'm a big smoothie fan anyway, but when you add all those ingredients, it is something extraordinary. I hope that Planet Smoothie never gets rid of the Chocolate Elvis! Thank you, thank you very much (said in Elvis accent) for reading. I give Planet Smoothie 4 1/2 napkins.

Troy Aldrich is a local 10-year-old who enjoys food and is over the kids menu at most restaurants – but not everywhere. His reviews started as a summer teaching tool on opinion writing and appear in each issue of Athens-Oconee Parent Magazine. Troy guides parents to great places to take their kids to eat – from a kid's point of view. Each restaurant is given a rating on a scale of 5 napkins. For more kid's reviews go to Troytastes.com.