

# HURON

## Physical Arts

### CENTER, L.L.C.

July 2007

## News from the Hurricanes Gymnastics

### HPAC Hurricane Gymnastics Team Update

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The Hurricane Gymnasts have been working their little “behinds” off this summer. Coach Holly and all the staff members are very proud of all the team and pre-team gymnasts for their efforts and “positudes” (positive attitudes). Not only are the gymnasts training hard, sweating a ton and building lots of muscles, we are having a blast all the while! So if you see any of these gymnasts around, make sure to give them a thumbs up for an awesome job so far this summer!!!

### Healthy, Refreshing Summer Drinks

On a hot summer day, you can work up a sweat just turning on the fan. While it's hard to do anything at all about the heat, imagine how the kids feel after a hard practice. You can help your family keep it cool this summer by having plenty of frosty beverages on hand. Water, of course, is always the top choice for quenching your kids' thirsts, but when it comes to satisfying their taste buds, you need to add a few ingredients, like juice or frozen yogurt, or another favorite flavor of summer. Here are some of my favorite recipes and some hints that might be worth trying. So, pour your family a round and raise a toast to warm weather.

#### Pink Hurricane

If you don't have frozen yogurt on hand, substitute regular yogurt and ice cubes.

**2 cups seedless watermelon chunks**

**4 scoops vanilla frozen yogurt**

Combine the watermelon chunks and frozen yogurt in a blender or food processor. Blend until smooth. Serves one.

Congratulations Gymnast of the Month

**Taylor Moran**

Keep up the good work!

### Razzle-Dazzle

For a tarter version of this fruity blend, use pink grapefruit juice instead of orange juice.

**1 frozen banana**

**3/4 cup raspberries**

**1 cup orange juice**

Combine the fruit and juice in a blender or food processor. Blend until smooth. Serves one.

### Sun Tea Punch

Here's an iced tea that's just right for kids and adults. It gets its zip from fruit slices and fresh mint, not caffeine.

**6-8 bags of decaffeinated tea**

**1/2 gallon water**

**4 oranges, 3 juiced and 1 sliced**

**8 lemons, 7 juiced and 1 sliced**

**1/3 cup honey**

**1/2 bunch of mint**

Steep in the sun for 3 or more hours. Remove the tea bags. Add the remaining ingredients and stir. Pour into tall, ice-filled glasses. Serves 10.

### Blue Lagoon

With milk as a base, this berry blend is as much a meal as a beverage—just right for serving as a breakfast shake.

**1 cup fresh blueberries**

**4 scoops vanilla frozen yogurt**

**1/2 to 1 cup milk**

Combine the blueberries, frozen yogurt and milk in a blender or food processor. Blend until smooth, adding more milk if necessary. Here are some **hints**:

- **Add an extra**, frosty burst of flavor to your coolers by making ice cubes out of juice, cider or herbal tea. Or just drop in frozen lemon or orange slices (arrange them on a tray, freeze and then store in a freezer bag until you're ready to use them).
- **To improve** on a beverage that tastes great, make it fun to drink too. Try serving punch in a mason jar, a frozen yogurt drink in a sundae dish or a fruit smoothie in a parfait glass. Add a curly straw, a colorful plastic stirrer or a mini paper parasol (available at most party stores for under \$1).
- **The secret** to incredibly creamy smoothies is frozen bananas. Buy them in bulk when they're on sale, peel and cover individually in plastic wrap and freeze to use later.
- **The best part** of making your own coolers and shakes is that you can cut down on refined sugar by substituting maple syrup (which is high in potassium and calcium) or honey. Both are nearly twice as sweet as white sugar, so be sure to use only half as much.