

# *Greetings from ...*

## **Virginia Beach (Day 4)**

Today is another beautiful day although the weather man says that it is going to be unseasonably hot on Friday. We are hoping not. Today Molly woke up with a sore throat and her ears were bothering her. We are using Chloraseptic spray for her throat and other things to keep it from getting out of control it did seem to help throughout the day.

Anna arrived late last night and so our group is finally complete. Everyone seems to be settling in well and there is lots of hard work going on at the beach. When nap time comes most everyone is out for the count without a lot of argument. They get very tired working in the sun, the sand and the fresh air.

Today's meals were really good and we made an old favorite for breakfast which is a hash brown, egg, and cheese casserole. The kids still really love it. For lunch we had something a little different a Vegetarian Lasagna. I'll put the recipe in today. The kids ate it up and we had made a large pan of it but there were very few leftovers. Dinner was Salmon, salad, and green beans. As the days go by the kids eat more and more because they are working so hard. They really need the energy.

For fun the kids have been watching movies and doing quiet things in the evenings. Getting to know each other better and finding things to do together. There is a basketball here but David would like a soccer ball too. Perhaps we will get one.

More tomorrow!

## Vegetarian Lasagna

2 boxes of Lasagna noodles (this is how much we used)  
3 Summer Squash  
3 Zucchini Squash  
1 large container Ricotta Cheese  
1 large Vidalia Onion  
3 cans tomato sauce  
4 cups of Mozzarella  
3 cups of Cheddar Cheese  
Parmesan Cheese

Sauté vegetables in tomato sauce on the stove. Then put a little of the sauce on the bottom of the pan. Cook Lasagna noodles and then put 1 layer in bottom of pan (we used a full size steam table pan). Then the sautéed vegetables and a layer each of Ricotta cheese, Mozzarella cheese and Cheddar cheese. Add Parmesan on top and then make another layer with Parmesan on top. Bake the lasagna at 350 for 45 minutes to an hour. When the cheese is nice and melted and brown then it's time to take it out. Let it sit for 15 minutes at least to rest before cutting and serving.

We had Caesar's salad with this and milk or juice to drink. Fruit particularly berries are also very good with this.

Valentin found this “little” sand crab at the beach while waiting for the kids. Some were fascinated by them but others were not. Most were much smaller than this and couldn’t even think about pinching.

We don’t have THESE in Omaha!



Emily and Rachel coming back from their run.



Several of the students working in twos with medicine balls of varying weights.

