

# *Greetings from ...*

## **Virginia Beach (Day 5)**

This is another beautiful day. However, they are still saying that Friday will be warm. Molly felt a little better but her ears are still bothering her. So today she called and spoke with her mom and a friend that is a nurse and we went and picked up some ear drops for her. They seem to be doing the trick. We'll see tomorrow how she is feeling. She has missed some practices but is trying her best to get out there and work. She's a real trooper. The kids are having fun watching movies together and "hanging out" in the evenings. There have been a couple of comments already about looking forward to Saturday's trip to Busch Gardens. I think they will be happy for the break when it comes.

Today we had our homemade granola for breakfast with fruit and cereal and yogurt. Lunch was Pilmini, salad, and chocolate/banana smoothies. Everyone seemed to really enjoy those. Dinner was Chicken adobo (recipe later), rice, and salad, all in all a good food day.

There have been a couple of funny stories this year. It seems that Chaim is worried about the sand crabs. So sometimes he is jumping around a little extra to make sure that he is staying away from them. Also, he is a little intimidated by the ocean. Apparently, David picked him up and they went in together. He was worried but braved it anyway and discovered that he was fine. It sometimes takes a couple of days to get used to new things like crabs and waves. We don't have these in Omaha! I'll save the thoughts on sand for another update.

By now many of you are hearing from your kids. They seem to be having a good time over all and those who have been separated are very happy to be back together again. The teenagers asked to go to Blockbuster for a movie so we went and they rented a movie that Molly recommended called "The Prestige". They can't watch it 'til tomorrow though because it is time to go to sleep.

More tomorrow!

## Chicken Adobo

Chicken Breasts (depending on your family 1 or so per person)

1 whole Garlic

2 or 3 Bay Leaves

Even amounts of:

Soy Sauce

Apple Cider Vinegar

2 Tbs of Canola or Vegetable oil

Put oil in the bottom of a dutch oven type pot with chopped or fine grated garlic (to taste). When garlic is lightly browned add one layer of chicken breasts and brown on both sides. Remove and do the next layer. When all the breasts are brown, layer them on top of each other and then pour equal amounts of Soy Sauce, Apple Cider Vinegar, and water. The chicken **MUST** be covered. Put 2 or 3 Bay Leaves in the pot and let it boil. I sometimes put half again as much water so that when it boils and the water boils away the sauce isn't too strong. It won't burn and you can always add back water if you find the sauce too strong. It is done when the chicken falls apart while trying to remove it from the pot. Make rice and put chicken and sauce over it. You are ready to eat.

This dish is good with crusty bread and/or salad. Enjoy!

Zach and Yoyo showing a new exercise with the Medicine ball.



Time for a dip after some hard sets.



Back to work on the beach!

