

Greetings from . . .

Virginia Beach (Day 6)

Well, it's Thursday and we are already starting to be sorry that the week is coming to an end. On Friday Valeriya and Valentin are supposed to leave after the last practice. The girls especially are going to miss Valeriya, they are all getting along so well. Molly is still having trouble with her ear and throat. However, the ear drops that she got from the pharmacy seem to really be helping. They are all natural and I need to get the name of them. They seem to be working!

The weather is still good but now the weather man says that Friday (tomorrow) will be about 97 degrees. We are really going to be hot! Until then though, we will enjoy this beautiful weather.

Our meals today were really good! Breakfast included personal omelet's, cereal, bacon, juice, and milk. Lunch was Baked Chicken that Inna made (recipe later), corn on the cob, salad and lemonade and milk.

We are really tired today so everyone has taken naps and also seems to want to go to sleep early. Tomorrow will be another busy day.

See you then!

Baked Chicken

Pieces of chicken (any kind)
Mayonnaise
Sliced Vidalia Onion

Lay out the chicken on the bottom of the casserole dish and cover with a layer of mayonnaise. Add a layer of sliced onion and then another layer of mayonnaise. Bake at 350 for an hour.

We had corn on the cob with this and salad. It was great and the kids ate it up!

Kids on the beach doing stretching and strengthening exercises



Yoyo working in the surf and sand (good for joints and cooling off!)



A big stretch of “our” beach

