

FALCON FLYER

NEWSLETTER

Home of the Falcons

April 17th 2020

"Training students to live for Christ today so they may live with Him for eternity"

CALENDAR

- *April is National Poetry Month
- *RCA Distance Learning Continues
- *RCA 2020-2021 Registration Continues
- *Miami-Dade County has implemented a mask requirement for all supermarkets and pharmacies

BIBLE VERSE OF THE WEEK

Be Strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.

Joshua 1:9

5 Food Nutrients to Supercharge Your Immune System

By Cathy Wong

Vitamin C - An essential nutrient, vitamin C acts as an antioxidant. Examples: kiwi fruit, red and green peppers, broccoli and strawberries.

Vitamin E - Like vitamin C, vitamin E is a powerful antioxidant. To get your fill of vitamin E, look to these foods: wheat germ oil, almonds, sunflower seeds, hazelnuts and peanut butter.

Zinc - Zinc is an essential mineral. Here are some top food sources of zinc: oysters, baked beans, cashews, raisin bran and chickpeas.

Carotenoids - Another type of antioxidant. Carotenoids are better absorbed when cooked or eaten with fat. Look to these foods to boost your carotenoids: carrots, kale, apricots, papaya,

mango, sweet potato, spinach and collard greens. **Omega-3 Fatty Acids** are a type of essential fatty acid known to suppress inflammation and keep the immune system in check. Try these omega-3-rich foods: oily fish (including mackerel, tuna, salmon, sardines, herring, and trout), flaxseed, walnuts, chia seeds

INSPIRATIONAL QUOTE

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."

— Roy T. Bennett, The Light in the Heart

Tips to Organizing your Room

(Taken from the Good Stuff)

1. Do a wardrobe cleanse.
2. Fold sweaters.
3. Hang with a plan.
4. Color code.
5. Shelf or hang bags.
6. Keep drawers tidy.
7. Design shoe storage to fit your space.
8. Store items under the bed.
9. Use headboard space.
10. Pick the right nightstand

MAKE THE BEST OUT OF QUARANTINE

- 1.)Develop a Reading Habit (OPEN YOUR BIBLE)
- 2.)Bring Out The Chef In You
- 3.)If Possible, Do Some Gardening
- 4.)Explore Your Hobbies
- 5.)Explore virtual museums/tours

- 6.) Join an online group/club
- 7.) Play board or video games
- 8.) Zoom or Face Time family
- 9.) Write a story or poem
- 10.) Draw your favorite characters

EMERGENCY NUMBERS

National Suicide Prevention Lifeline
1800-273-8255

American Association of Poison Control
1800-222-1222

Florida Department of Economic Opportunity (for unemployment)

<https://connect.myflorida.com/Claimant/Core/Login.ASPX>

WORD UNSCRAMBLE

Aabrahm
Ageln
Bli/be
Bsaptim
Cratsitihniy
Ftaih
Eevahn
hiyo ltrpis

Abraham, Angle, bible, baptism, Christianity, Faith, Heaven, Holy Spirit

HCOC Prayer Chat

Christ Corner/Homestead COC on Facebook

Wednesdays at 7 pm Sundays at 1:30 pm
(10 min Live session and link to break out into Zoom room prayer meeting.)

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