

Covina Bethel English Class
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Tel: (626) 332-8223
Studio Classroom
Let's Talk in English
Saturday, 9:00 am- 11:30 am
Jan 31, 2009



Covina Bethel English Class Newsweek

Upcoming events:

2-14-09 Descanso Garden trip meet at Church 9:00 am

Thank you Nikki! You have been a good friend to us, helping out as our teacher has been away. Congratulations on graduating and on your new job! We wish you every joy in it. Since you will be so close, do come back and visit us once in a while. Don't forget to let us know how things are with you. I have not heard any reports, but I assume everyone



had a great Chinese New Year. Can you believe it? January is over today! Where has the time gone? But, winter is still here, and with it is the increased possibility of catching a cold or the flu. Hopefully you have taken your flu shots. These are very effective in preventing or lessening the severity of the flu. Flu shots are strongly recommended for children aged six months to 19 years and adults over 50 years of age. There is no vaccine for the common cold. There are some things that you can do to aid in not catching the cold or the flu. Hygiene is very important. Wash your hands often. That doesn't mean just running soap and water over your hands. Anti-bacterial soap had no effect on the flu or cold virus. What does work is washing vigorously with soap for at least 20 seconds. This removes the virus from the hands. Keep your hands away from your face. The virus can enter your body by way of your mouth, your nose and your eyes. You can also get the virus if you walk past an area where someone has just sneezed. The airborne particles of virus can infect you. If you do catch a cold or the flu, you need to take care of yourself and those around you. To avoid infecting others, wash your hands frequently and limit your contact with people. If you must sneeze, the new recommendation (especially for children) is to sneeze into your elbow to keep the virus off of your hands. While you are sick get plenty of rest and drink lots of fluids. Zinc lozenges may help. If you get sicker or stay sick too long, see a doctor!

Weekly Bible Verse:

A friend loves at all times, and a brother is born for adversity.
Proverbs 17:17

朋友乃時常親愛，弟兄為患難而生。箴言 17:17

Covina First Southern Baptist Church – 331 S. 3rd Ave., Covina, CA 91723

Jan 31 Let's Talk English Puzzle

T F J U P F N U T D Y M G X P
E R I Q M W E Q P A E N O N O
C H A R O B K S W S I B O M S
F A R D E A R A T R I I T I T
A O N E I C H E P I T D S D I
M N R C S T R S L A V A E N N
C I O W E C I A R L S A E I G
F F O T A L H O C F A O L G U
U E V Q H R C E N K A L Z H F
A R R I V E D R D A E S H T Y
I G E K D E R I O U L R T T D
N A T I O N A L N W L P N E K
U B L E S S I N G G D E U F R
B N P R E P A R E X L E G U W
L A N T E R N L I P Y Q D L L

Find these hidden words in the above puzzle:

- | | | |
|---------------|-----------------|-----------------|
| 1. another | 10. faster | 18. plenty |
| 2. arrive | 11. festival | 19. posting |
| 3. away | 12. firecracker | 20. prepare |
| 4. blessing | 13. forward | 21. reschedule |
| 5. cancel | 14. forwarding | 22. spring |
| 6. crowded | 15. lantern | 23. traditional |
| 7. debt | 16. midnight | 24. umbrella |
| 8. decoration | 17. national | 25. upside |
| 9. down | | |

Jan 31 Studio Classroom Puzzle

E S N E T N I C R P R G S M A
Y R E H C R A E I F E Q C O R
O D E X U T N L V T D A C N E
B L I N K B M E A T L S O K S
E J F U Q E F B L W U B N E P
G K M I V U P R R F O Q T Y E
A E B O R O B A Y J H I R H C
V V H I P E N T N O S E O S T
L S O P S G W I N K Q U V H I
A U I Q L F T O P B S Y E O V
S N J I H F R N R E S R R R E
G G N I L G G A H K X U S T G
W G L A I L G O C R S J Y E U
Y K C I T S L U N A R N M N U
E S A E T D R A N O S I U G A

Find these hidden words in the above puzzle:

- | | | |
|----------------|----------------|---------------|
| 1. archery | 10. injury | 18. shorten |
| 2. blink | 11. intense | 19. shoulder |
| 3. celebration | 12. lunar | 20. shove |
| 4. controversy | 13. monkey | 21. sonar |
| 5. fireworks | 14. popping | 22. sticky |
| 6. furious | 15. respective | 23. tease |
| 7. haggling | 16. rivalry | 24. tuxedo |
| 8. honor | 17. salvage | 25. wrangling |
| 9. household | | |