



The Beautiful Times

Newsletter printing compliments of Warwick Press February/March 2013

In Loving Memory of Daniel Fratto A message from BP Founder Peter Ladka
Danny had become the voice of Beautiful People as our in-game announcer. This was so natural for Danny because he also so thoroughly embodied the heart of Beautiful People. His tireless drive to be all that he could be inevitably affected the lives of anyone that came in contact with him, inspiring so many to better things as he continually gave hope and love unending to those around him. We are forever touched and dedicated to carrying on with the vision of Beautiful People that Danny so loved and supported. It is with his memory and inspiration that we will forge ahead knowing full well that he's still lending us his support and cheering those kids on. God Bless Danny Fratto!



Above Daniel announcing BP game. Right, sharing his recount of Derek Jeter moments at Yankee Stadium at BP Dinner Fall 2011, and as proud host of his Walk June of 2011 raising over \$15,000 for the BP sports park. Below, with Yankee PA announcer.



When YES reporter Blayke Scheer asked Daniel why a Walk, he replied that he'd been inspired by Jillian Dolce who did a walk for someone with cancer at his school "and she was only 12 at the time" then he added the Fratto family mantra **"How hard can it be?"**

Friend Jillian now invites us to come out for the April 28th Bowl-a-thon (the 3rd she has organized for a cause) under her non-profit One Step At A Time with this year's proceeds in Daniel's memory to BP.

A Beautiful Version of Couples Therapy

Husband and wife teams volunteering with love for Beautiful People

Volunteers abound as Beautiful People grows year to year, and all ages find ways to help. We are grateful that our volunteer roster is more than sprinkled with folks who make it a family affair to attend games. Here's a closer look at just a few couples who love what they do and love to do it together with our players.

Michele and Jeff Exter How lucky are we that they are both special education teachers for 30 years each! Married 38 years, they live in Middletown. They joined BP after seeing Bedell's column in the Record. Jeff enjoys woodworking, painting and music, and Michele interests are cooking and gardening. What do they say they get from the experience of volunteering for BP? "Uninhibited joy the kids express and being able to share that feeling with them", and their favorite moments are "the hugs we get before, during and after the game". This will be their 4th year with our baseball program. They team coach our Red Sox players.

Pat and Al Barton They joined BP after reading Gleason's column in the Record in which Joe Z and Pete D were interviewed, whom they knew from Washingtonville Little League. Pat told us what Al never would: He was inducted into the NJ Coaches Hall of Fame, after years of experience and earlier wins twice as NJ Coach of the Year, and Bergen County Coach of the Year twice. Both he and Pat have coached their kids through the years in tee ball, baseball and softball; Pat active on her own softball team until "the ripe old age of 48". They are both METS and NY Giants fans. Married 32 years in Sept, together they enjoy gardening, reading, and the Beach; active running and walking and recently begun traveling a lot more. Al, a high school history teacher of 35 years, and Pat has a second career, after at-home-mom, at a corporate investigations firm. Their take-away from BP: "the fact that we help more kids play baseball. Every Kid should have the opportunity to play baseball." They do that as team coaches of the Phillies, along with Mike Fratto, and have been ever present for winter whiffle ball.

Diane and Ken Deaver Newcomers Diane and Ken found their way to us the first week of this year via website surf for volunteer opportunities. They've been very involved with their son's activities from gymnastics, swimming, baseball and football to lacrosse, diving and snowboarding, and we heard them say **coaching his basketball** team. Committed volunteers in PTA and as a board member, they have helped with the peace wall at Sanfordville Elementary, and the new concession stand at Memorial Park football field. Married 25 years, their hobbies are boating and fishing. They proved themselves valuable at our two January Whiffle ball sessions, and kindly agreed to attend our new **basketball** program planning meeting. So now Ken is one of our four coaches who engage nearly 50 players, and Diane does a super job as Volunteer Coordinator. However brief their time as been with BP the favorite moments are "seeing how happy they are to see you each time, and how hard they try to achieve." They agree "It's just a wonderful experience to see all the excitement the kids get, and smiles on their faces, and just pure enthusiasm!"

ON DECK: Ian Engel

Beautiful People Team: Phillies



Age: 10 years

Favorite Vegetables: Carrots, Broccoli and Red Peppers

Favorite Color: Blue

Favorite Baseball Team: Phillies

Favorite Subjects in School: Music and Art

Favorite things about playing ball with Beautiful People:

Seeing my friends and playing ball with my buddy – my Dad!

How long have you been playing baseball with Beautiful People? Almost four years now.

What else do you like to do for fun? Ian plays piano and loves to create videos on his computer. Ian also loves cooking, baking, arts and crafts, hiking, fishing and canoeing.

The Kids Page

Baseball Facts - True or False

1. The first baseball stadium, built in the United States, was Forbes field in Pittsburgh.
2. The national baseball hall of fame was created in 1935 in NY to celebrate baseballs 100th anniversary.
3. An official baseball weighs approximately 8 ounces.
4. An official baseball is approximately 7 inches around.
5. The odds of a fan being hit by a baseball are about 300 to 1.
6. The Metropolitan Museum of Art in NY, houses the largest collection of baseball cards – 200,000.

Roasted Spiced Sweet Potatoes

INGREDIENTS:

YIELD: ~4 SERVINGS.

- 4 large sweet potatoes(about 2 lbs.)
- 1-1/2 Tbsp. (margarine- example: *I can't believe it's not Butter!*). This product will cut calories and does not contain trans fat.
- 1/4 cup firmly packed brown sugar
- 1 tsp. salt
- 1/8 tsp. ground black pepper
- 1/8 tsp. ground ginger
- 1/8 tsp. ground nutmeg(optional)
- Pinch of ground cloves(optional)

PREP. TIME: 5 MIN.

COOK TIME: 45 MIN.

DIRECTIONS:

- 1 - PREHEAT OVEN TO 425°.**
- 2 - BAKE POTATOES 45 MINUTES OR UNTIL VERY SOFT.**
- 3 - SLICE POTATOES IN HALF AND PEEL.**
- 4 - MASH POTATOES IN A LARGE BOWL, THEN BLEND IN THE REMAINING INGREDIENTS.**
- 5 - TO SERVE, SPOON ONTO SERVING PLATES OR PIPE THROUGH A PASTRY BAG.**

Nutrition Information: (per serving)

Calories: 290, Calories from fat: 40.

% Daily Values* - Total Fat 4.5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrate 59g, Dietary Fiber 7g, Sugars 23g, Proteins 4g.

Upcoming Events

Basketball Season continues Saturdays March 9, 23 and 30th

BOCES Goshen 11 - 12:30 - Age 5 - 11. Age 12 and older - 11:30 - 1pm. Registration required.

Applebee's Pancake Breakfast. March 3rd 2013 - 8:00am - 10:00am. Only \$6.00.

Tickets available online

*Soccer Skills Clinic Saturday April 13th hosted by Primo Sports in Goshen 1-3 pm
Organized as part of a Senior Project by Warwick High School student, Emily Gerbehy*

Mark your calendars for **Buddy Volunteer Orientation Saturday April 20th**, at the Lodge at the back of Gander Mountain, Rte. 211 Middletown 12:30 - 2:30 pm
Helpful info to prepare you. Attendance is mandatory for teens for confirmation of service hours.

Thank you

BASEBALL TEAM SPONSORS

YANKEES: Beyond Rubies – Life Coaching
www.beyondrubies.net

METS: The Real McCoy 2 – Sports Memorabilia
[\(845\) 234 – 6760 Joe Z](tel:8452346760)

PHILLIES: Surehands Lifts & Care Systems
www.surehands.com

RED SOX: Sunterra – Produce Traders
www.sunterraonline.com

ORIOLES: The Bumble Bee Project
www.HiveOfYourOwn.com

PIRATES: La Petite Cuisine
www.warwickinfo.net/lapetitecuisine

BLUE JAYS: Jamie Kaminski Photography
www.JamieKaminski.com

CUBS: Mulberry Tree Learning Center
www.mulberrytrelearning.com

Visit www.beautiful-people.us

ANSWERS:1.T, 2.T, 3.F(approx. 5 oz.)4.F(approx. 9 to 9-1/4 in.)

5.F(300,00 to 1)6.T

Childhood Obesity Facts

Did you know....?

- Childhood Obesity has more than tripled in the past 30 years.
- The percentage of children aged 6 – 11 years in the United States who were obese increased from 7% in 1980 to nearly 20% in 2008.
- The percentage of adolescents aged 12 – 19 years who were obese increased from 5% to 18% in 1980 – 2008.
- In 2008, more than 1/3rd of children and adolescents in the United States were overweight or obese.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors.
- Obesity is defined as having excess body fat.
- Overweight and obesity are the result of “caloric imbalances” – too few calories expended for the amount of calories consumed – and are affected by various genetic, behavioral and environmental factors.

(Information obtained from – Centers for Disease Control and Prevention)

The Beautiful Times: What would you like to see?? Got Ideas?

If you have any suggestions on something you would like to see in the newsletter please let us know. You can either send us a letter or email us with some suggestions!! If you do send an email please make the subject “Beautiful Times” You can even add a personal story that you would like others to hear about! Help is needed. Mail: Editor, Melinda Engel 28 Blaha Lane, Bloomingburg, NY 12721 Email: engelmelinda203@gmail.com Newsletter printing compliments of Warwick Press