

JUNE 2010



**HAROLD A. NORD, M.D.,
OBSTETRICS & GYNECOLOGY, S.C.**

Harold A. Nord, M.D., Board Certified

Genny Petersen, A.P.N., C.N.P. ☞

Angela Klein, A.P.N., C.N.P.☞

1302 Franklin Avenue, Suite 3000 Normal, IL 61761 ☞

Phone: 309-454-3456 ☞ Fax: 309-454-6977 ☞

www.hnordobgyn.com ☞

Doc's grandchildren
are ready for summer:



Cannon and Carson off –
roadin'?



Ruthie and Bobby ready for
bed



Ernie gearing up for baseball

SPEND THE SUMMER WITH CHRIST

The last bells of spring are a beautiful sound to the ears of children, as they have anxiously been waiting for the school year to end. Knowledge has been gained, tests have been passed, and the little ones are ready to celebrate and play. The smile on their faces and the enthusiasm they display are obvious, as they tell you about what they will be doing for the summer.

Some will be spending time at summer camp, swimming, fishing, boating and playing games with friends. Others will be playing baseball, soccer, golf and basketball, as their parents cheer them on. Others will be spending time going on family vacations visiting relatives or enjoying the beauty of "the great outdoors," as kids enjoy celebrating Memorial Day, Independence Day and Labor Day.

I remember loving this time of year. I could barely wait to get out of school and enjoy the freedom that summertime brings – the freedom from books, homework, tests, hot classrooms, boring classes, riding on school buses, getting up early and being sent to the principle's office

for not obeying the rules.

I didn't mind that my parents had my summertime filled with chores, as long as I had the freedom to be me (to a certain extent). This was a time to celebrate the reward of suffering through another successful year of passing my classes and receiving my teacher's blessing that I should be able to handle the next level of higher education. I enjoyed working on my 4-H project, which was showing horses or cows at the McLean Count Fair, playing baseball, swimming at our lake, family picnics during the holidays and, believe it or not, I enjoyed being outdoors mowing, painting fences, and bailing hay.

I grew up in the country, mostly isolated from other children, except for my brothers and younger sister. We loved playing hide and seek in the dark, catching fireflies, riding our horses and climbing trees, as we played tag. It was a great time for memories to be made. I cherish them today.

I knew a few kids however that did not look forward to summer, because they didn't have anything to do, but sit

around watching TV. Their summer would be boring and they enjoyed school time, because they could be around others all day long.

Our spiritual lives are like this. We spend a lifetime gaining knowledge of who God is and what our purpose is here on earth. Day after day we toil and pray, hoping that someday we will hear the final trumpet sound and school (this life) will be over and summer vacation (eternity) will begin with smiles, laughter and joy for all of those who made plans to spend their summer vacation with Christ.

I hope that, as a child you had wonderful summers filled with great memories, and if you have children, that you provide those opportunities to them. And, I hope that you provide them with an abundance of Christ filled memories as well, taking them to Sunday school and vacation Bible school.

I pray that your summer will be fruitful and Christ centered.

Dr. Harold

**Please continue to pray
for me and the team as**



Introducing the NEW Juice Plus+ Effect Program

If you have never tried Juice Plus+ before, **NOW** is the perfect time! For all new customers who order JP+ capsules or chewables, you may take advantage of the newest program offered...When you sign up for your product to be shipped to you in the shipping frequency of every four months, you will be eligible to complete a survey by phone with Sharon, our office JP+ Coordinator after you have been taking JP+ for about 3 months. It's a brief survey and will only take a few minutes. After you complete the survey, you'll choose either a free 2-month supply of *Juice Plus+ Vineyard Blend* or two free cans (30 servings) of *Juice Plus+ Variety Complete Meal Replacement* – your choice, more than a \$50 retail value – along with your next shipment of Juice Plus+...*It's that simple!*

We know that Juice Plus+ is more than just an easy way to get added nutrition from a wide variety of fruits & vegetables every day. Thousands of people report that after only a few months of taking Juice Plus+, they've started to eat more fruits & vegetables, too. They also report that they're drinking more water, drinking fewer soft drinks, eating less fast food & feeling better.

Ask Sharon for a sample of Juice Plus+ and be sure to inquire about how you can improve your nutrition and help bridge the nutritional gap for your diet, if you are not able to get in the required servings of fruits & veggies every day. Stop in her office after your next appointment or contact her Monday – Thursday 8:00 AM – 4:00 PM by phone to discuss how Juice Plus+ can benefit you.

Phone: 309.454.3456

Email: sharon@hnordobgyn.com