

A LITTLE SWEETNESS FOR THE SOUL

FINDING THE SWEETNESS IN A
NOT-SO-FOCUSED LIFE

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"And the day came when the risk it took to remain tightly closed in a bud was more painful than the risk it took to **BLOOM**... This is the Element of Freedom"

-Alicia Keys

05 NOVEMBER 2010

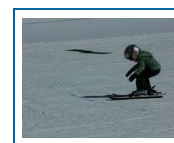
Girls Night, a Fort-Building necessity & a Moscow Mule

It was Girls Night in our house tonight. Reese and I went to a new library near our house. The library is part of [The Streets at SouthGlenn](#), a new shopping area that once was a small mall. It is now a beautiful outdoor shopping and dining district. We were there in the late afternoon and there were tons of people sitting outside, eating and drinking, walking around and enjoying the beautiful weather here in Colorado. It is supposed to be 78 degrees tomorrow and Sunday we could break a record...I love it, but I am ready for a cold & snowy day!

We checked out some movies and some books from the library, enjoyed some frozen yogurt (pumpkin spice for me & chocolate for Miss Reese) and walked down to Whole Foods to buy some popcorn, macaroni & cheese (Reese) and Reed's Ginger Beer & some limes for me. I wanted to try Oprah's favorite drink, a Moscow Mule. She made them on a recent show and I thought that they sounded delicious.

After dinner, Reese and I built a fort in her room and if I must say, it was the best one yet. Why? We used a bunch of these:

ABOUT ME



ELIZABETH
DENVER,
COLORADO,
UNITED STATES

Hello. My name is Elizabeth. I turned 31 in March & will be documenting my year here. I am a Momma, a Newlywed & a New Home Owner of an old house. I am a designer on the inside, but a creative person who is stuck at a desk all day. I love the design world (interior, graphic, architectural, industrial, etc.), sunshine, snow, sewing, cooking & baking, reading, snowboarding, good coffee and even better beer. This is where I explore the world of design, kids, food & being ADHD...welcome!

[VIEW MY COMPLETE PROFILE](#)



{an old-school wonder}

Why I haven't thought about using them before is a good question. They really are a fort-building necessity! Fort-building with kids is something that you should do & often. (My friend Maria & her husband are Pro Fort Builders & build them frequently). We put our portable DVD player in the fort and watched *The Black Cauldron* while we ate Newman's Own popcorn and I enjoyed a Moscow Mule...we had a great time & it was fun to spend some special time with just me & my little girl.

As if I needed another reason to totally love Oprah, she now has me digging a new drink. I recommend pouring it all over ice, adding the ginger beer last. Also, I didn't have any simple syrup, so I didn't use any. Here is the recipe:

Moscow Mule Recipe

Servings: Serves 1

- 1 ounce vodka
- 1 tsp. sugar syrup
- Fresh lime juice
- 1/2 cup ginger beer
- 1 sprig fresh mint
- 1 slice of lime

Directions:

In a copper mug, pour vodka over ice. Add sugar syrup and lime juice. Top with ginger beer and stir. Garnish with mint sprig and lime slice.

NABLOPOMO: 2010



THE TIME IS NOW...

THIS IS A GOOD ONE...

"Whatever You Can Do, or DREAM You Can, BEGIN IT. BOLDNESS has GENIUS, POWER and MAGIC in it."

-Johann Wolfgang von Goethe

LABELS

ADD/ADHD (7) Adventure in 2010 (6) Amazing Women (3) Eye Candy (5) Goals for 2009 (2) Interior Design (4) Jesus (1) Nablopomo (19) NaBloPoMo November 2010 (7) Obama My Promise (1) Product Review Friday (5) random things (3) Recipes (3) Reese (4) refurbish (1) RoLi PoLi Designs (1) Some Sweetness the other



{image from here}

Elizabeth

POSTED BY ELIZABETH AT 11:55 PM

LABELS: NABLOPOMO NOVEMBER 2010, RECIPES

1 COMMENTS:

Andrea and Jeff said...



I had no idea Southglen mall had changed. I really have been away for a while now! And I saw that Oprah episode too. Those drinks looked yummy and now I REALLY want to try them.

NOVEMBER 6, 2010 5:10 PM

POST A COMMENT

for your Soul (13)

blog (1) Yellow Interior Design (1)

BLOG ARCHIVE

▼ 2010 (45)

▼ November (7)

29 ingredients? No, thank you!

It's Movie Night...

Girls Night, a Fort-Building necessity & a Moscow

...

A little inspiration

Easy & Delicious

Eye Candy Tuesday

Hello November!

▶ October (1)

▶ June (19)

▶ May (1)

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▶ February (4)

▶ January (10)

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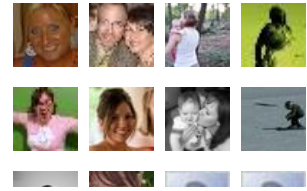
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West Coast Crafty

GOALS FOR 2010

Enjoy the journey!

Think positively of myself &
others

Practice my Effective
Affirmations

Get more sleep-apparently 5
hours a night is not enough

Start Acupuncture Treatments

2010 PROJECTS

My Mirror Project...for my 31st
Birthday!

Finish the craft room

The Present for Lovely Katie
Louise

Plant some things in our yard

Refinish some furniture

THE STILETTO AWARD



Thank You, Team Garner!
