

# Planet Megan

Magic Megan's Monthly Mag



October 2020

This month, Grandma Bonnie (Travis' mom) from Spokane came to visit us & Phoebe for a few days. My brothers Phillip & Jeff also got to meet their famous niece for the first time. Phoebe is two months old now and is smiling a lot and babbling! She is a very chill & happy baby. We went out together as a family to pick the GIANT pumpkins in our backyard. They were volunteers from the compost!

While our little Pheeb is cute, she does suck up all the attention! As soon as we got home with Phoebe, I quickly realized the cruciality in scheduling

regular dates ASAP. It's easy to lose your sense of relationship to your partner when your brain keeps being hijacked by adorability highs.

Travis and I started an app together called "In love while parenting." So far it's been a valuable way to learn about what makes a relationship healthy as it addresses happiness chemicals, identifying emotions, and communication skills, etc. This FREE app is brought to you by a non-profit organization. It's easy to do and it's based on the

university research of scientists, psychiatrists, psychologists, and neuroscientists. I recommend trying it.



## Did you know?



One of the earliest talking kids, was a homeschooled ADHD boy named Michael Kearney, who at 6 months told his pediatrician, "I have a left ear infection," He's also the youngest university graduate, at 10 years old. You can read more about him here → ([https://en.wikipedia.org/wiki/Michael\\_Kearney](https://en.wikipedia.org/wiki/Michael_Kearney))





I wanted to share my 2008  
Megan's Yummy Alfredo Sauce Recipe!

It's SUPER rich, delicious & easy to make!

**INGREDIENTS:**

*Optional: a few mushrooms & 1 red bell pepper*

½ stick of butter

2-4 garlic cloves, pressed or minced (use more or less to taste)

1 TBSP (dollop) Dijon mustard

Oregano, salt & pepper

1 pint heavy whipping cream,

8oz (2 cups) parmesan cheese, or mixed Italian blend

**DIRECTIONS:** in a medium saucepan, bring butter to a *slight* simmer and with a garlic press add 2 large garlic cloves (or 4 small) or MORE if you want to establish a strong garlic taste. Sauté for a little while to develop the flavors. Add dashes of oregano, salt & pepper to taste. Stir in a dollop of Dijon mustard. Turn up heat to MED-HIGH and pour in cream. As soon as cream begin bubbling, add cheese & stir until dissolved. Sauce will thicken to desired consistency quickly after, then remove from heat. Add in optional chopped veggies and serve over fettuccini.

Enjoy & goodbye expensive olive garden! If you enjoy seafood, try this with shrimp, muscles or add cooped pieces of chicken to your pasta.

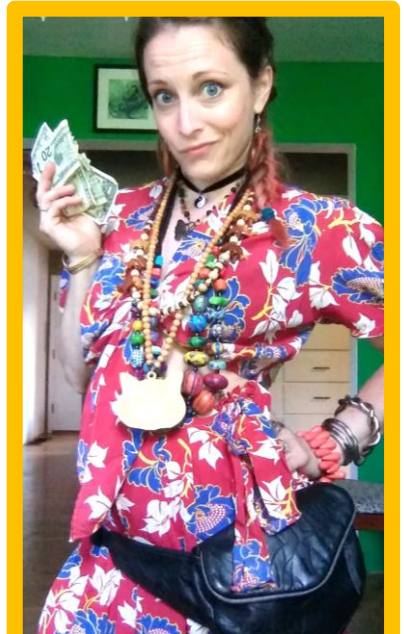


Now that I get to stay at home, I'm finally attacking the pile of junk I've been **hoarding** for the next yard sale (that I didn't have this year due to COVID). Instead, I'm selling things on Facebook Marketplace and it's great because it's better than what you'd get at a yard sale! I also made my first online sale requiring shipping—**now** that was a dopamine hit! I sold a little Italian leather coin purse for a whopping *twenty bucks*! **Mwahahaha!** Facebook emails you the shipping label, and all you have to do is drop it off at your chosen carrier. EASY PEASY! You might as well make money while you purge.

People always say how bored they would be if they were stay-at-home or retired, *but not me!* I always have things I'm itching to do! I've recently transformed my laundry room into my art studio. This is how I see it: *it's an art studio that just happens to have a washer and dryer in it.* 😊 And I'll also be setting up my sewing area there because now that it's October~ It's time to make Phoebe her FIRST Halloween costume! I think the first one should represent her name—"Bright Star!" Now I only have 10 days to make it... What was your favorite Halloween costume growing up? As an adult, it's still fun; It's the one time of year where you cannot be judged for being a kid again and play dress up. That's why I also like fashion, it's a way to dress up and make every event special. For example, at last year's yard sales I dressed up in my grandma's vintage two piece jumpsuit.

I can't wait to take Phoebe to farms & harvest parties! Have fun this season! We have a lot to make up for this year.

**-MagicMegan**



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