

People Are Born To Shine!

A newsletter rooted in the Christian faith created to inspire and support all people, irrespective of nationality, race, and religion.



ACTS OF KINDNESS

Start Something That Matters

Love your work; work for what you love, and change the world—all at the same time.

What matters most to you? Should you focus on earning a living, pursuing your passions, or devoting yourself to causes that inspire you? The surprising truth is, you don't have to choose and you may find more success if you don't choose. That is the breakthrough message of TOMS **One for One** movement. You don't have to be rich to give back and you don't have to retire to spend every day doing what you love. You can find profit, passion, and meaning all at once...right now.

In **Start Something That Matters**, Blake Mycoskie tells the story of TOMS, one of the fastest-growing shoe companies in the world. He combines this with lessons learned from other innovative organizations like method, charity, water, FEED Projects, and TerraCycle.



You don't have to be rich to give back and you don't have to retire to spend every day doing what you love.

Blake presents six simple keys for creating and transforming your own life and business including the discovery of your core story, being resourceful without resources, overcoming fear and doubt, and incorporating giving into every aspect of your life. No matter what kind of change you are considering, **Start Something That Matters** offers stories, ideas, and practical tips that can inspire you to get started.

In 2006, Blake Mycoskie founded TOMS Shoes. The company promised to match every pair of shoes purchased with a new pair of shoes given to a child in need. The program was named **One for One**. In September 2010, Blake returned to Argentina, the place that inspired him to start TOMS. While in Argentina, he celebrated the one-millionth pair of new shoes given to a child in need.

After five years of giving shoes, Blake decided to address another cause: Vision. On June 7, 2011, TOMS debuted **One for One Eyewear**. This program provides eye treatment, prescription glasses and eye surgery with each eyewear purchase. Former President Bill Clinton introduced Blake as "one of the most interesting entrepreneurs [he had] ever met." Bill Gates also featured Blake and TOMS Shoes in his TIME magazine article entitled "How to Fix Capitalism."

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NUTRITION

Nine Vinegar Secrets to Improve Your Life!

Dr. Aaron Tabor likes to share simple, inexpensive, natural ideas to use when cooking and cleaning at home. Here are some household uses for vinegar. You may use either apple cider or white vinegar. Many of these are time-tested household tips, but they may be new to many of our readers!

1. When boiling eggs, add a shot of vinegar to the water. It will prevent the eggs from cracking.
2. Attack hard water stains with a rag soaked in vinegar. Apply the rag to the stained area. Let it sit overnight.
3. Once a month, run vinegar through your automatic coffee maker to help keep mineral deposits in check. After the vinegar mixture, run one or two cycles of plain water through to eliminate the vinegar aroma.
4. Combine 1 teaspoon of table salt with 1 cup vinegar to create a solution to shine brass.
5. For a clogged drain, pour a handful of baking soda into the drain and add one half cup of vinegar slowly. This mixture will foam up. Rinse with a little hot water and let it sit for a couple of hours.
6. To remove onion and garlic smell from your hands after chopping, rinse them with vinegar.
7. Corrosion on showerheads and faucets can be removed by soaking them in diluted distilled vinegar overnight. When possible, remove the item to soak. If you can't remove the item, simply saturate a towel in vinegar and wrap it around the faucet or showerhead overnight.
8. Fill a spray bottle with vinegar. Spray it generously around ant trails and in areas prone to insect invasion.
9. To eliminate the odor of smoke from clothing items, fill a bathtub with very hot water. Add a cup or more of vinegar to the bathwater. Hang the clothes above the steaming vinegar / water. The steam will efficiently remove the smoke smell.



Source: Dr. Aaron Tabor, beliefnet.com

Will You Further NCF's Work?

The Naji Cherfan Foundation was founded after the passing of the beloved Naji Cherfan. Our main goal is to praise the Lord through community work. The foundation works to improve the quality of life of the poorest of the poor of people, especially those affected by brain injury, while promoting Christian values.

If you like the work NCF is doing and wish to participate, we invite you to become a member of our Board. The goal is to share our inspiration and activities in your country. Please contact us for more information.

info@najicherfanfoundation.org

Quoteable!

I only feel angry when I see waste.
When I see people throwing away
things we could use.

– Mother Teresa

Tire Safety



HAZARDS

- Worn tires can quickly lose their grip when driving over wet surfaces, which increases the risk of skidding and collision.
- Under-inflated tires generate excessive heat. This reduces steering performance and increases braking distance.
- Irregular tire rotation results in the tread wearing unevenly, which will affect the vehicle's balance and reduce control.
- Incorrect wheel alignment will force a vehicle to veer off center and will prevent it from traveling straight forward.
- Tires with deep cracks and cuts can lead to sudden tire failure and increase the chance of a serious accident.

SAFETY TIPS

- Check the tread on all tires periodically. When the tread is worn down to 1.6 mm, it's a warning sign to watch your tires. Even if a single worn tread appears, replace your tires.

- Check the tire pressure at least once a month. The correct pressure information can usually be found on the edge of the driver's seat.
- Rotate your tires every 5,000 kms. This ensures improved car balance and handling, and also prolongs tire life.
- Have your wheels aligned frequently to ensure straightline stability and handling.
- Inspect the tire treads frequently to detect any damage and wear.

Kunhadi is a non-governmental organization founded after the passing away of the beloved Hadi as the result of a car accident. Kunhadi's mission is to introduce a new driving culture among youth to keep them safe on Lebanese roads. Their goal is to reach a better community understanding of road safety issues, and to find solutions for underlying problems and factors leading to road deaths and injuries. For more information, please visit Kunhadi's website at www.kunhadi.org.

Source: kunhadi.org

PRAYER CORNER

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

O Divine Master,

Grant that I may not so much seek to be consoled, as to console;

To be understood, as to understand;

To be loved, as to love.

For it is in giving that we receive.

It is in pardoning that we are pardoned,

And it is in dying that we are born to Eternal Life.

Amen.

—St. Francis of Assisi

OUR DAILY BREAD

A New View Of Change



Faith in Christ will keep us steady in the stormy sea of change.

Change makes people uncomfortable. The changes we generally resist are the kind we think will make our situations worse rather than better. We eagerly change jobs if it means higher pay and more influence. We happily move to a bigger house in a better neighborhood. So, it's not change in general that we dislike, but rather the change that involves loss, sometimes physical, other times emotional or psychological.

Change is both inevitable and necessary. If everything stays the same, there is no growth. But we have a shepherd who guides us through change and leads us to a better place. Getting there may be difficult, as it was for the Israelites journeying to the Promised Land. They grumbled when their situation got worse rather than better. (Ex. 15:24; Num. 14:2) But, we have the example of Jesus. In less than a week, He went from being the leader of many to being abandoned by all. Between Palm Sunday and Good Friday, the Good Shepherd became the Passover Lamb. Because Christ willingly suffered, God elevated Him to the highest place. (John 10:11; Phil. 2:8-9)

Not all change is pleasant. But, when we are being lead to a better place by someone who loves us, we don't need to fear change.

*I know not, but God knows;
Oh, blessed rest from fear!
All my unfolding days,
To Him are plain and clear.*

—Flint

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Blake is an avid reader and traveler. He is 34 years old and lives on a sailboat in Los Angeles. One of his favorite quotes by Gandhi states: "Be the change you want to see in the world."

On September 6, 2011, Blake released his first book titled "Start Something That Matters." In his own words, the goal of the book is to "...inspire others to go out and make a positive impact, to start something that matters to them." His words provide a blueprint for readers to transform themselves and the world around them for the better.

The book debuted to positive reviews in The Wall Street Journal and claimed the prestigious #1 spot on The New York Times Best Seller List less than two weeks later. For every book purchased, a new book is provided to a child in need.

WHY THIS BOOK IS FOR YOU:

- You're ready to make a difference in the world through your own start-up business, a non-profit organization, or a new project you've created within your current job.

- You want to love your work, work for what you love, and positively impact the world...all at the same time.
- You are inspired by charity and want to understand how organizations like water, method and FEED Projects got their start.
- You're curious about a man who never made a pair of shoes, attended fashion school, or worked in retail was able to create one of the fastest-growing footwear companies in the world by giving shoes away.
- You are looking for an innovative model of success to share with your children, students, co-workers, and members of your community.

Source: startsomethingthatmatters.com



Tips to Protect Your Kids Online

DISCUSS ONLINE SAFETY

Have open, honest discussions with your child about online safety and responsibility.

SIGN AN INTERNET SAFETY CONTRACT

Define the rules for being online. Create and discuss an Internet Safety Contract with your child and sign it with them.

POSITION THE COMPUTER IN AN OPEN AREA

Keep the computer in a centralized location. You will know when your child is online.

KEEP PERSONAL INFORMATION PRIVATE

Help your children understand

they should never give personal information or send personal materials on the Internet. This includes address, telephone numbers, names and locations of their school, their parent's names or photographs.

SECRET ONLINE NAMES

Children should have gender-neutral online names to protect their real name and identity.

REPORT SUSPICIOUS ACTIVITY

Tell your children to alert you when they come across anything that makes them feel uncomfortable. Children should never respond to messages or posts that are sexually obscene or threatening. Contact the Internet

service provider to report any suspicious activity.

BEWARE OF STRANGERS

Remind children that not everyone online is who they say they are. It's okay to be suspicious.

SAY NO TO MEETING OFFLINE

Kids should never, under any circumstances, agree to meet face-to-face with strangers they meet online.

Internet Filtering Software
Invest in Internet Filtering Software. This allows you to view where your child is going online, with whom they are talking, and what they are saying.

Source: beliefnet.com



Keep the computer in a centralized location. You will know when your child is online.

HEALTH

Sing For Your Health

Singing can be joyful, especially around the holidays. Some research suggests that singing may also provide health benefits.

SINGING AND ASTHMA:

Studies have found that singing helps people with asthma and bronchitis through the practice of deep breathing. A variety of muscles, such as the diaphragm, get a workout. There is evidence that singing lessons may help suppress snoring.

SINGING AND THE IMMUNE SYSTEM:

Researchers in Germany looked at antibodies, which are part of a healthy immune response, and stress hormones in members of an amateur choir. The study compared levels of antibodies and hormones while the singers were singing and when they were simply listening. The stress hormones went up as they listened and the antibodies went up when they sang. Perhaps the activity of singing made the singers feel good, but they didn't like just listening. Temporary changes in immunity meant very little. Many other types of activities have been shown to produce ups and downs in antibodies and stress hormones.

SINGING AND AGING:

In a survey called "Creativity and Aging" from

researchers at George Washington University, members of senior chorales in the District of Columbia, San Francisco, and Brooklyn reported better health and fewer falls than non-singers.

SINGING AND ALZHEIMER'S:

A British branch of the Alzheimer's Society reports singing is helpful for patients with dementia. Singing familiar songs and learning new ones may help build self-esteem and alleviate loneliness.

SINGING AND HUMAN INTELLIGENCE:

Walter Freeman, a famous neurobiologist at the University of California, Berkeley, believes that singing and dancing are genetic in origin and have helped the brain evolve. Singing and dancing also serve as a venue to transmit knowledge from one generation to another.

SINGING AND SOCIABILITY:

According to Chorus America, an organization of singing groups, more people in the U.S. and Canada take part in choral singing than in any other performing art. Most singers say singing in a chorus builds social confidence.

Source: berkeleywellnessalerts.com



Standby Power: An Environmental and Economic Waste of Money



Finding the most energy efficient electrical products is a good start for saving money and energy. But, it doesn't stop there. Most people believe when they switch the appliance power to the "OFF" position that it is completely turned off. For many appliances, that is not the case.

An increased number of electrical products, from computers to VCRs, cannot be switched off completely without unplugging. When plugged in, these products will continue to use power constantly, often without the knowledge of the consumer. This type of power consumption is known as standby power and is expressed in watts (W). Standby power contributes to the energy costs incurred by a household or a business.

Consider a typical home with the following appliances in standby mode:

- Two television sets use 10 W each.
- Three cordless telephones use 2 W each.

- Computer, scanner, modem/ADSL, CD/DVD writer, and a printer use 24 W combined.
- Various appliances including microwaves, electric clocks, and hi-fi sets use 20 W combined.

The standby power used at that household is more than 70 W. Over the course of one year, this adds up to more than 600 kilowatt-hours (kWh). Overall, the annual household energy bill total can be increased by 10-15% because of standby power.

Keep in mind; the example does not include other popular devices like children's electronic gaming systems, TVs, hi-fi systems and computers. Multiply this by every household and business in the country, and it adds up to huge amount of environmental and economic waste.

Studies estimate that residential consumers spend over £15 billion worldwide on standby power every year. When added to the amount of greenhouse gas (GHG) generated,

standby power is a waste of resources we can do without.

HOW DO WE ADDRESS STANDBY POWER?

The most effective option would be to unplug the appliance from the main socket when you finish using it for the day. We know this is impractical. However, there are devices on the market that ensure zero power is sent to devices when they are switched off.

The Power Genie is one such device. Invented in Australia, the Power Genie successfully recovers its own cost over a short period of time. This product is causing a stir within the energy saving market. It is being adopted by authorities throughout Australia as part of their "Saving Energy Initiative".

It works by attaching several devices (TVs, DVDs, stereos, reading lamps, etc.) to the Power Genie. Then a master device, for example at VCR, is chosen to control the entire group. When the VCR is switched off at night, all the other devices are disconnected as well. This is an easy way to ensure all controlled appliances are switched off daily. Using the Power Genie also reduces the risk of electrical fire, extends equipment life, reduces energy usage and Greenhouse Gas emissions.

Find more interesting articles at greenchoices.org. The website contains information to help us all make easy changes in our daily lives to protect the environment and benefit us all.

Source: greenchoices.org

HOW I REMEMBER NAJI...

Naji, The Unforgettable:

I met Naji on a beautiful evening in July. Naji came every summer to Bechmezzine to see his maternal grandmother. I met him only a few times, but he managed to impress me a lot.

He was a young man full of hope, courage and persistence. Naji knew exactly what he wanted, exactly what to think, and exactly what to wish for.

Naji was an excellent believer. He repeated over and over words from the Bible and he had trust in God.

I remember him as conscious, determined, and strong-minded. He always did what he wanted. No one could stop him once he had

something in his mind. He had a strong, very committed personality.

I remember Naji, the well informed! He knew all about the latest research in medicine and science. He always gave us advice and direction about sports practice, regular exercise, yoga, and wanted us to commit to eating organic food!

But one day, God needed an angel. And he chose Naji.

Naji, your presence is like your absence; two sides of one medal. You have left very strong footprints in our lives and you are ever living among us.

Layla Fares Chahine
Bishmizzine

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People are Born To Shine is a bi-monthly, electronic newsletter owned by The Naji Cherfan Foundation focusing on spirituality and health. The objective of *People are Born to Shine* is to raise awareness among our readers on health challenges and disease prevention, while inspiring them to live a fuller, more abundant life guided by Christian values. This newsletter is dedicated to those affected by brain injuries.

The content has been carefully selected from sources considered reliable and accurate, however The Naji Cherfan Foundation assumes no responsibility for inaccurate information.

For subscriptions, comments, contributions and suggestions please contact us: info@najicherfanfoundation.org

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