

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

Scott Neeson Left Hollywood to Save Children Rooting in Cambodia's Garbage Dumps

He sold his mansion, Porsche and yacht, and set off for Cambodia to provide food, shelter and education to destitute children.

Scott Neeson, a former head of 20th Century Fox International, cares for more than 1,000 Cambodian children and their families.



Doing the right thing meant turning his back on a successful career in the movie business, along with a \$1 million salary.

In a haze of toxic fumes and burning waste, swarms of Phnom Penh's most destitute were rooting through refuse, jostling for scraps of recyclables in newly dumped loads of rubbish. They earned 4,000 riel (\$1) a day—if they were lucky. Many of the garbage sorters were young children. Covered in filthy rags, they were scruffy, sickly and sad.

Clasped to Mr. Neeson's ear was his cellphone. Calling the movie mogul from a U.S. airport, a Hollywood superstar's agent was complaining bitterly about inadequate in-flight entertainment on a private jet that Sony Pictures Entertainment—where Neeson was head of overseas theatrical releases—had provided for his client.

Neeson overheard the actor griping in the background. "My life wasn't meant to be this difficult.' Those were his exact words," Neeson says. "I was standing there in that humid, stinking garbage dump with children sick with typhoid, and this guy was refusing to get on a Gulfstream IV because he couldn't find a specific item onboard," he recalls. "If I ever wanted validation I was doing the right thing, this was it."

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Doing the right thing meant turning his back on a successful career in the movie business, along with a \$1 million salary. Instead, he would dedicate himself full time to a new mission: to save hundreds of the poorest children in one of the world's poorest countries.

Much to everyone's surprise, within months the Australian native, who as president of 20th Century Fox International had overseen the global success of blockbusters like "Titanic," "Braveheart," and "Die Another Day," quit Hollywood. He sold his mansion in Los Angeles and held a garage sale for "all the useless stuff I owned." He sold off his Porsche and yacht, too.

His sole focus would now be his charity—the Cambodian Children's Fund—which he had set up the previous year after coming face to face, while on vacation in Cambodia, with children living at the garbage dump.

"The perks in Hollywood were good—limos, private jets, gorgeous girlfriends, going to the Academy Awards," says Neeson, an affable man with careworn features and a toothy smile. "But it's not about what lifestyle I'd enjoy more when I can make life better for hundreds of children."

He sits at his desk barefoot, Cambodian-style, in white canvas pants and a T-shirt. At times, he even sounds like a Buddhist monk. "You've got to take the ego out of it," he says. "One person's self-indulgence versus the needs of hundreds of children, that's the moral equation."

On the walls of his office, next to movie posters signed by Hollywood stars are before-and-after pictures of Cambodian children. Each pair tells a Cinderella story: a little ragamuffin, standing or squatting in rubbish, transforms in a later shot into a beaming,

healthy child in a crisp school uniform.

Neeson has more than 1,300 sets of such pictures; that's how many children his charity looks after. Every one of the children, the Australian humanitarian stresses, he knows by sight and most of them by name. "You go through a certain journey with them," he says.

Neeson maintains four residential homes around town for more than 500 other deprived children and is building another. He operates after-school programs and vocational training centers. He has built day cares and nurseries.

His charity provides some 500 children with three meals a day and runs a bakery where disadvantaged youths learn marketable skills while making nutrient-rich pastries for the poorest kids. It pays for well over 1,000 children's schooling and organizes sightseeing trips and sports days for them.

"I drive the staff crazy," says Neeson, who employs more than 300 locals, many of them former scavengers. "If I come up with a plan, I want to see it implemented within 48 hours. If I see a need, I want to do something about it. You don't want to see suffering prolonged."

He sees plenty of both need and suffering.

After decades of genocide and civil war, millions of Cambodians live in abject poverty. Many children are chronically malnourished, and many never even finish primary school.

In 2007 Neeson won the Harvard School of Public Health's Q Prize, an award created by music legend Quincy Jones. In June he was named "a hero of philanthropy" by Forbes magazine. ("Well, I finally made it into Forbes," he quips. "But no 'World's Richest' list for me.")

Source: Tibor Krausz. dailygood.org

What is Attention Deficit Hyperactivity Disorder?

Attention deficit hyperactivity disorder (ADHD) is a condition in which a person has trouble paying attention and focusing on tasks, tends to act without thinking, and has trouble sitting still. It may begin in early childhood and can continue into adulthood. Without treatment, ADHD can cause problems at home, at school, at work, and with relationships.

HOW IS ADHD DIAGNOSED?

ADHD is often diagnosed when a child is between 6 and 12 years old. Teachers may notice symptoms in children who are in this age group, and may ask for diagnostic tests to be made.

HOW IS IT TREATED?

There is no cure for ADHD, but treatment may help control the symptoms. Treatment may include medicines and behavior therapy. Therapy focuses on making changes in the environment to improve the child's behavior. Often, counseling and extra support at home and at school help children succeed at school and feel better about themselves.

CAUSE

The exact cause of ADHD isn't known, but it may run in families. A mother's use of cigarettes, alcohol, or other drugs during pregnancy may increase the risk for ADHD. Also, exposure to lead may cause symptoms linked with ADHD.

Although many parents believe that foods with sugar and food additives make their children more hyperactive, these foods haven't been shown to cause ADHD.

SYMPTOMS

The three types of ADHD symptoms include:

Trouble paying attention. People with ADHD are easily distracted. They have a hard time focusing on any one task.

Trouble sitting still for even a short time (hyperactivity). Children with ADHD may squirm, fidget, or run around at the wrong times. Teens and adults often feel restless and fidgety.

Acting before thinking. People with ADHD may talk too loud, laugh too loud, or become angrier than the situation calls for. Children may not be able to wait for their turn or to share. Teens and adults may make hasty decision and spend too much money or change jobs often.

PRAYER CORNER

*Dear Jesus,
Help me to spread
Thy fragrance
everywhere I go.
Flood my soul with
Thy spirit and love.
Penetrate and possess
my whole being so
utterly that all my
life may only be a
radiance of Thine.
Shine through me
and be so in me that
every soul I come in
contact with may
feel Thy presence in
my soul.
Let them look up and
see no longer me but
only Jesus.
Stay with me and
then I shall begin to
shine as you shine,
so to shine as to be a
light to others.*

— Mother Teresa

TIPS FOR SELF-CARE

- **Take care of yourself.** Caring for your own physical and mental health is an important part of helping your child. And it will help you have the energy you need to take care of your child.
- **Educate yourself about ADHD.** You will be better able to help your child if you understand the condition.
- **Learn behavior management skills.** An important part of behavior management is setting natural and logical consequences for misbehavior.

TIPS FOR YOUR CHILD

- **Help your child build self-esteem.** Encourage a sense of belonging, confidence in

NUTRITION

Health Benefits of Cranberries



Cranberries are small, red berries that mainly grow in the cooler regions of the world such as Canada, the United States and Europe. They have a tart taste, but they are loaded with antioxidants and many essential nutrients. There are many health benefits of cranberries, and you can make them a part of your daily diet by eating the whole berry, drinking the juice, or taking a supplement. Here are some health benefits of cranberries.

TREATS URINARY TRACT INFECTIONS

Cranberry juice can help block urinary tract infections. One glass of juice a day is all you need to prevent and heal urinary tract infections.

FIGHTS CANCER

Laboratory studies have shown that cranberry extracts can prevent breast cancer cells from multiplying. Other studies showed that cranberries helped to inhibit the development of cancerous cells in lab animals. Other cancers that may be prevented by using cranberries are colon, prostate and lung.

FIGHTS HEART DISEASE

Cranberries are very good for the heart in several different ways. They help to lower bad cholesterol levels which can clog arterial walls. They also help to prevent plaque from forming on arterial walls, which can lead to atherosclerosis (hardening of the arteries). As a result, your chances of a stroke are reduced, and if you have suffered from a stroke, cranberries can help you to recover from it.

HELPS KIDNEY AND BLADDER PROBLEMS

Cranberries contain citric acid and other nutrients that can prevent kidney stones, and other kidney and bladder problems.

PREVENTS DENTAL PROBLEMS

Consuming cranberries on a regular basis can help you to avoid dental problems such as gingivitis, gum disease, cavities and plaque build-up.

PROMOTES WEIGHT LOSS

Cranberries are high in antioxidants, which help to flush out your system. This in turn improves your metabolism and digestive system so that you can begin to lose weight faster.

ANTI-AGING PROPERTIES

The antioxidants contained in cranberries will help your body to get rid of all the free radicals which contribute to the aging process. They will not only help your skin to look young, but your internal organs will also be able to function longer without problems.

IMPROVES MENTAL HEALTH

Cranberries can also help to lift your mood by relieving stress, anxiety and depression. Studies show that they are good for the brain, and can help to improve your memory.

STRENGTHENS THE IMMUNE SYSTEM

The antioxidants work hard to flush out the harmful toxins that suppress the immune system. A strong immune system will ward off sickness or disease.

RELIEVES SKIN CONDITIONS

Skin conditions such as acne, dermatitis, psoriasis and eczema can all be healed with the use of cranberries.

For optimum health benefits, consume fresh cranberries and make your own juice at home with a juicer, or opt for unsweetened, 100 percent pure cranberry juice.

Source: 3fatchicks.com

Will You Further NCF's Work?

The Naji Cherfan Foundation was founded after the passing away 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!

It's not how much we give but how much love we put into giving.

— Mother Teresa

Motorcycle Safety

Join us for
daily news and
inspirational messages!
Like our Facebook page!



[www.facebook.com/
najicherfanfoundation](http://www.facebook.com/najicherfanfoundation)



Motorcycle safety focuses on preventing accidents and injuries and limiting the seriousness of incidents by taking preventive measures.

SAFETY TIPS

Motorcyclists don't have the protection that cars and trucks have. To stay safe, remember to:

- Wear a helmet and other protective gear
- Turn on your headlights and ride defensively
- Avoid the center of the lane where debris and oil build up
- Ride at a safe speed and never ride if you've been drinking

- Take a course to learn or reinforce safe riding techniques

Other drivers need to keep an eye out for motorcycles and safely share the road:

- Look twice for motorcyclists at intersections, entering highways and whenever turning or changing lanes
- Always maintain a safe following distance
- When passing a motorcyclist, move to the other lane and allow a full lane for the motorcycle

Source: Texas Department of transportation, www.dot.state.tx.us

Spiritual Sight



Heavenly Father, thank You for the staggering good news of the riches of Your infinite grace. Thank You for the encouragement and hope we find in Ephesians. Amen.

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.

—Ephesians 1:7

A prisoner who survived 14 years in a Cuban jail told how he kept his spirits up and his hope alive: “I had no window in my cell, and so I mentally constructed one on the door. I ‘saw’ in my mind a beautiful scene from the mountains, with water tumbling down a ravine over rocks. It became so real to me that I would visualize it without effort every time I looked at the cell door.”

Ironically, some of the most hopeful books of the Bible—Philippians, Colossians, and Ephesians—come out of Paul’s house arrest in Rome. The letter to the Ephesians gives a hint as to what the apostle Paul saw when he thought about life beyond his place of confinement.

First he saw the spiritual growth in the churches he left behind. This book opens with a burst of thanksgiving for the vitality of the Ephesian church (Eph. 1:15-16). Then he sought to open the eyes of their hearts to even more exalted sights: the “exceeding riches” of God’s grace (2:7). When Paul cranks up the volume to express God’s plan of love, not one low, mournful note sneaks in.

If you feel discouraged or question whether the Christian life is worth it, Ephesians proves to be a great tonic. It prescribes the riches in Christ available to all.

Source: Philip Yancey, *odb.org*

No one is hopeless whose hope is in God and His Word.

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learning, and an awareness of his or her own contributions.

- **Help your child get the most out of school.** Promoting school success will help your child academically, socially, and developmentally.
- **Help your child get things done.** Your patience, persistence, and creative thinking can help your child learn skills and accomplish tasks at home and at school.

MANAGING BEHAVIOR

Overall, medicines are the most effective treatment for ADHD. But for mild symptoms, behavioral training, social skills training, training and education for parents, and counseling may be the main treatment. In people with severe symptoms, these methods are used along with medicine.

Source: *emedicinehealth Healthwise article*



Tips For Living Green



Living an eco-friendly, sustainable life is the best practice we can undertake to save our planet. It requires some sacrifice and positive actions on our part. But going green all at once is almost an impossible task for anyone.

The right way to do it is by taking a pledge to make a new healthy change every month. If you do that for just a year, you'll be amazed at your contribution toward a cleaner and greener environment and set an example for others to follow.

TIPS FOR LIVING GREEN / THE 4 R'S

The key elements for green living are: Rethink, Reuse, Reduce, and Recycle. How these fundamental rules can help you in saving Mother Nature is explained below:

- **Rethink:** Awareness is the foremost step in this concern. So before buying any product, carefully analyze how green it is. When we stop buying products that are harmful for the environment, companies will stop manufacturing them.
- **Reuse:** There are many things which can be reused instead of being thrown away. So, before you decide to throw something away, think carefully how it can be reused. Reusing a plastic bag or turning over a

piece of printing paper and printing on the other side makes a big difference to our environment.

- **Reduce:** Reduce your consumption of water, electricity and gasoline to whatever extent possible and avoid unnecessary waste of these resources.
- **Recycle:** Lastly, recycle as much as possible. The recycling process helps conserve raw materials and energy that manufacturers would otherwise use in producing new products. It also helps lessen the pollution that may result from waste disposal. Recycling keeps plastics and glass out of our landfills. Plastics can take over 400 years to biodegrade and glass can take up to one million years.

Some daily good habits that you can cultivate to reduce your environmental impact in the home, at work and in business are given below:

- Start by purchasing organic (naturally grown) fruits and vegetables. No pesticides are used in growing them so they are generally better for the environment.
- Cut down on fuel usage. Try walking short distances instead of taking your car. Consider carpooling or taking public transportation systems, such as buses or trains whenever you can. This can help to reduce air pollution to a great extent. And if you need to purchase a new vehicle, consider getting a green one.
- Recycle household items. Give away or donate old clothes and items. Also use rechargeable batteries.
- Use your own canvas bag every time you go for grocery shopping. Do not accept the plastic or paper bags that the store offers.
- Investing in water-saving showerheads can help you conserve water and simultaneously reduce your water bill.
- Consider buying things in bulk. It saves you money and requires less packaging materials.
- Save energy by installing a programmable thermostat to heat and air condition your home.
- Use light bulbs that are Energy Star CFL.
- Pure soap is biodegradable and breaks down completely. Choose a soap that is pure. Avoid soaps with synthetic scents or colors.

Though there are countless other ways to help protect the environment, you can start by undertaking the above mentioned tips and start toward making the earth a better place to live.

Source: www.benefits-of-recycling.com.

HOW I REMEMBER NAJI...

When I remember Najj, I remember his laugh...his smile...and his very white teeth!

When I think of him I immediately hear his voice in my head, either making a joke or calling my name like a thousand times within the conversation to make sure I was listening!

When Najj passed away I was on a mission in Myanmar and I was not able to say goodbye. For this reason, in my head Najj did not pass away; he is on vacation! Since he used to travel a lot, I often feel that he is still travelling somehow, and this is not very weird because Najj was the kind of person who was in a vacation mode all the time! He had the vacation attitude! He was a happy person, very welcoming and friendly, very warm to people.

Najj was the funniest man I knew and the most positive man. I cannot think of a day when he was not smiling or giving encouraging advice to someone; especially during the years of rehabilitation after the brain injury.

Najj was a fighter, he struggled in silence and gave comfort to people around him. He was the one who

“People are born to shine,” is

what Najj used to say.

He wanted everyone to

live to his/her full potential

and he made sure he

helped anyone to do that.

taught me how to drive a manual gear car when he himself was not allowed to drive during the first few years of rehabilitation.

He said a big “NO” to the consequences of his brain injury, and ended up getting two driver’s licenses from two states in the U.S., proving to everyone who knew him that he was not going to give up easily.

Najj loved people, and he cared about the health of his friends and family members, sending health tips and emails regularly about what to eat and what not to do in summer and winter, etc. It is like he wanted everyone around him to be happy, or happier! In many ways, Najj was



a social activist. He stood against what is wrong and defended what is right, helped friends get out of problems and people to find jobs.

“People Are Born To Shine” is what Najj used to say. He wanted everyone to live to his/her full potential and he made sure he helped anyone to do that.

The Najj Cherfan Foundation is the fruit of Najj’s work and a beautiful extension of the community work he used to do. Najj, I thank you for leading this foundation. You make me grow into a better person every year, and you keep on inspiring me everyday like you used to.

May you be on an eternal vacation in the arms of Jesus!

Christina Bitar Daher

People Are Born To Shine!

People are Born To Shine is a bi-monthly, electronic newsletter owned by The Najj 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 including the injured as well as their family members, caregivers and friends.

The content has been carefully selected from internet sources considered reliable and accurate to bring you good news of health and spiritual well being, however The Najj Cherfan Foundation assumes no responsibility for inaccurate information.

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For subscriptions, please sign up through our website: www.najjcherfanfoundation.org

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