

# 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.



LIFE LESSONS

## The Teacher and Little Teddy Stoddard

*The story of little Teddy Stoddard, a disadvantaged child who blossomed under the influence of his teacher, Mrs. Thompson, and went on to become a successful doctor.*

**By David Emery**



***'You have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you.'***

As she stood in front of her 5th grade class on the very first day of school, she told the children an untruth. Like most teachers, she looked at her students and said that she loved them all the same. However, that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he did not play well with the other children, that his clothes were messy and that he constantly needed a bath. In addition, Teddy could be unpleasant. It got to the point where Mrs. Thompson would actually take delight in marking his papers with a broad red pen, making bold X's and then putting a big 'F' at the top of his papers.

At the school where Mrs. Thompson taught, she was required to review each child's past records and she put Teddy's off until last. However, when she reviewed his file, she was in for a surprise.

Teddy's first grade teacher wrote, 'Teddy is a bright child with a ready laugh. He does his work neatly and has good manners...he is a joy to be around.'

### IN THIS ISSUE

#### **10 Ways to Prevent a Stroke**

*Stroke is the number one cause of serious, long-term disability in the United States.*

#### **The Benefits of Ice Cream for the Body**

*The composition of ice cream includes energy, protein, and saturated fat—which is blamed as the culprit of obesity.*

#### **Tips for Older Drivers**

*As we get older our reaction times gets slower. Leave at least a two second gap between the car ahead and your own.*

#### **Natural Insect Pest Control**

*Some natural, non-toxic ways to control household insect pests.*

**TEDDY** continued on page 2



### TEDDY continued from page 1

His second grade teacher wrote, 'Teddy is an excellent student, well liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle.'

His third grade teacher wrote, 'His mother's death has been hard on him. He tries to do his best, but his father doesn't show much interest, and his home life will soon affect him if some steps aren't taken.'

Teddy's fourth grade teacher wrote, 'Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and he sometimes sleeps in class.'

By now, Mrs. Thompson realized the problem and she was ashamed of herself. She felt even worse when her students brought her Christmas presents, wrapped in beautiful ribbons and bright paper, except for Teddy's. His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag. Mrs. Thompson took pains to open it in the middle of the other presents. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing, and a bottle that was one-quarter full of perfume. But she stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her wrist. Teddy Stoddard stayed after school that day just long enough to say, 'Mrs. Thompson, today you smelled just like my Mom used to.'

After the children left, she cried for at least an hour. On that very day, she quit teaching reading, writing and arithmetic. Instead, she began to teach children. Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class and, despite her lie that she would love all the children the same, Teddy became one of her 'teacher's pets.'

A year later, she found a note under her door from Teddy, telling her that she was the best teacher he ever had in his whole life.

Six years went by before she got another note from Teddy. He then wrote that he had finished high school,

third in his class, and she was still the best teacher he ever had in life.

Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school, had stuck with it, and would soon graduate from college with the highest of honors. He assured Mrs. Thompson that she was still the best and favorite teacher he had ever had in his whole life.

Then four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still the best and favorite teacher he ever had. But now his name was a little longer. The letter was signed, Theodore F. Stoddard, M.D.

The story does not end there. You see, there was yet another letter that spring.

Teddy said he had met this girl and was going to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit at the wedding in the place that was usually reserved for the mother of the groom. Of course, Mrs. Thompson did. And guess what? She wore that bracelet, the one with several rhinestones missing. Moreover, she made sure she was wearing the perfume that Teddy remembered his mother wearing on their last Christmas together.

They hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, 'Thank you Mrs. Thompson for believing in me. Thank you so much for making me feel important and showing me that I could make a difference.'

Mrs. Thompson, with tears in her eyes, whispered back. She said, 'Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you.'

(For you who don't know, Teddy Stoddard is the Doctor at Iowa Methodist in Des Moines that has the Stoddard Cancer Wing.)

Warm someone's heart today... pass this along. Just try to make a difference in someone's life today... Random acts of kindness, I think they call it! Believe in Angels, then return the favor.

*Source: Shared by Father Melhem Hourani with the Naji Cherfan Foundation through [Urbanlegends.about.com](http://Urbanlegends.about.com)*

# 10 Ways to Prevent a Stroke

Learn how to reduce your risk of having a stroke.

By Stephanie Trelogan, Caring.com senior editor



According to the Centers for Disease Control and Prevention, stroke is the number one cause of serious, long-term disability in the United States. Over the course of a lifetime, stroke affects an estimated four out of five families. With these strategies, you can help your parents reduce their risk—and reduce your own at the same time.

## CONTROL BLOOD PRESSURE

High blood pressure means a high risk of stroke. If one of your parents has been diagnosed with prehypertension or hypertension, his blood pressure should be treated.

## MANAGE STRESS AND DEPRESSION

A parent's emotional and psychological state can have a very real effect on his physical health. Minimizing stress, anger, and depression is an important aspect of maintaining good cardiovascular health and avoiding a stroke. Help your parents get out, make new friends, or simply engage in stimulating activities.

Encourage your parent to try these stress-busting strategies:

- Cut back on caffeinated beverages and alcohol.
- Try meditation or yoga.
- Play relaxing music.
- Go for a walk outdoors.

## 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*

—The Prayer of St. Francis

## REDUCE THE RISK OF BLOOD CLOTS

Ask your parents' doctor about medications that can reduce their risk of developing blood clots. The most commonly recommended medication is aspirin, which is inexpensive and can be taken at a low dose.

## CONTROL OTHER MEDICAL CONDITIONS

If your parents have atrial fibrillation, diabetes, heart valve disease, or vascular disease, they have a much greater risk of stroke. These medical conditions require careful management. Make sure their doctor knows about any such conditions and is treating them appropriately.

## TALK TO THE DOCTOR ABOUT MEDICATIONS THAT MIGHT INCREASE YOUR PARENTS' RISK

Review your parents' medications with their doctor and ask if there are less risky alternatives.

## KNOW THE EARLY WARNING SIGNS AND SEEK TREATMENT TO PREVENT A STROKE

According to the National Institute of Neurological Disorders and Stroke, one out of three people who have a

STROKE continued on page 6

## NUTRITION

# The Benefits of Ice Cream for the Body

Many women are reluctant to eat ice cream because they fear it will make them fat. The composition of ice cream includes energy, protein, and saturated fat—which is blamed as the culprit of obesity.

In fact, the energy composition of ice cream is only about 10% of the total daily fat requirement, so it's a myth that ice cream is considered a cause of obesity.

Because it contains milk that is rich in lactoferrin, and cytokines, eating ice cream can actually improve your immunity to diseases, including influenza.

Ironically, ice cream is widely regarded in error as a cause of colds and coughs. In fact, when we eat ice cream, as it goes into the mouth it is affected by our body temperature, and is therefore not cold any longer.

Here are some additional benefits of ice cream:

## IT BENEFITS THE BONES

The calcium content in ice cream is useful for maintaining bone density, preventing osteoporosis, cancer, and hypertension.

## IT'S HIGHLY NUTRITIOUS

Ice cream does contain fat, particularly saturated fat. This causes a lot of people to avoid it due to fear of gaining weight. In fact, the energy contribution of ice cream per serving (one cup) is only about 10% of the total energy requirement per person, and the fat around 15% of the total daily fat requirement.

## IT DOES NOT CAUSE COLDS

Ice cream is not the cause of coughs and colds. When it enters the mouth, ice cream will melt quickly, and will be influenced by the body temperature, so that when it reaches the esophagus, it is not as cold as ice water.



## IT'S ANTITUMOR AND HIV

25% -30% of the content of ice cream is milk. Milk is composed of Lactoferrin, which has a role of agents of non-specific defenses against pathogens. Lactoferrin also has a antiviral activity, particularly against cytomegalovirus, influenza, and HIV.

Source: [tipshealthypeople.blogspot.com](http://tipshealthypeople.blogspot.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](mailto:info@najicherfanfoundation.org)

## Quotable!

“At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by “I was hungry, and you gave me something to eat, I was naked and you clothed me. I was homeless, and you took me in.”

—Mother Teresa

# Tips for Older Drivers

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



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



## FATIGUE

Do not drive at times when you would normally be asleep.

## ALCOHOL

Plan ahead to avoid driving if you are going to be drinking alcohol. Alcohol can also cause adverse reactions with some medications. If you are unsure, do not drive and consult your doctor or pharmacist for more information.

## FOLLOWING DISTANCE

As we get older our reaction times gets slower. Leave at least a two second gap between the car ahead and your own. In some circumstances, allow a four second gap, such as in wet weather, at night, when towing, in low visibility and when you are unfamiliar with the road.

## USE DAYTIME RUNNING LIGHTS

This makes it easier for your car to be seen by other drivers, and will make it easier for you to see on a dull or dreary day.

## HEAD CHECKS

It is important to turn your head to check for vehicles in your blind spot, especially when merging, changing lanes or before moving off at an intersection. Try turning from the waist to make this easier.

## TAKE YOUR TIME

It is easy to feel pressured to increase speed if there is a line of traffic behind you, or a car tailgating. Pull off the road to let them pass if you need to.

## HEAVY TRAFFIC

Sitting in heavy traffic can be frustrating and make progress slow. Avoid driving at peak hours if possible.

## LONG TRIPS

Make sure you have a good night's sleep before you leave and plan regular rest and refreshment breaks during the journey.

## TIPS FOR OLDER PEDESTRIANS CROSSING ROADS

- Use traffic lights, pedestrian crossings, pedestrian refuges and over and under passes.
- Make sure traffic has stopped before stepping off the kerb.
- Avoid crossing near the crest of a hill or on a bend.
- Avoid crossing from between parked vehicles.
- Establish eye contact with the driver to ensure you have been seen.
- Keep looking for oncoming traffic while crossing the road.

Source: TAC Road Safety, [tacsafety.com](http://tacsafety.com)

# A Positive Minute



## A CHEEK-TURNING LIFE...

By Bobby Schuller  
Hour of Power Pastor

*If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. —Luke 6:28-30*

The reason Jesus commands us not to be angry or bitter is because he loves us. If you have been angry and are not anymore, you already know that an angry life is no life at all. An angry, stressed out, frustrated, bitter life is not the life that Christ calls us to, and I'm speaking as a person that used to be very angry.

When I was in high school, I played hockey. I led the league in the most minutes in the penalty box for fighting. That's a true story. I used to think that yelling at people, and getting in fights, and being bitter, and not letting people get away with stuff—that was the way men should be. Even as I became a Christian, even into college, I really struggled with this idea of turning the other cheek, which seems to be a cornerstone in Jesus' teaching.

Of course the cross, itself, is a perfect example of Jesus turning his cheek. As a believer, I would say for many years that this command was probably the most difficult Christian teaching for me to live by. That is, until I realized this: The cheek-turning life is the best life you can live. Anger is a burden that poisons our lives. And God calls us not to be angry people because He wants us to be happy. That's the reason!

**Prayer:** *Dear Lord, I do not want to carry the burden of anger any longer. I do not want to be an angry person any more. Help me to learn how to be a "turn the other cheek," happy person, living in your grace and love. Amen.*

**Devotion:** *If there is a person in your life that makes you angry, how might you "turn the other cheek" in order to resolve your conflict?*

Source: [theHourofPower.org](http://theHourofPower.org)

## STROKE continued from page 3

transient ischemic attack (TIA) will suffer an acute stroke. Signs of a TIA, or ministroke, include:

- Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing out of one or both eyes
- Sudden difficulty walking, loss of balance or coordination, dizziness

### DIET—KEEP "BAD" CHOLESTEROL LEVELS LOW

One of the major risk factors for

stroke is a high bloodstream level of LDL, or "bad" cholesterol. Make sure his cholesterol levels are checked regularly and treated if necessary.

### FOLLOW A HEART-HEALTHY DIET

The best diet for preventing stroke is to choose a diet rich in whole grains, vegetables, fruits, fish, poultry, lean meats, and low fat or fat-free dairy products. Your parent should limit intake of fat. Your mother should consume no more than one alcoholic beverage per day, your father no more than two. And they should each eat 25 to 30 grams of dietary fiber every day.

### ENCOURAGE REGULAR EXERCISE

Exercise is essential for general cardiovascular health and is key to preventing a stroke. Accumulate at least 30 minutes of moderate physical activity at least five days a week on most days.

### HELP THEM STOP SMOKING

Smoking is one of the biggest risk factors for stroke. If your parents or anyone who lives in their home smokes, quitting is essential to good health.

source: [caring.com](http://caring.com)

# Natural Insect Pest Control



Insect pests are an intimate part of every home.

In the air, carpet, counter or cupboard, every home shares its resources with these tiny, often unseen invaders. Pesticides are available for most common household insect pests, but these potent chemical compounds may be more harmful to you and the environment than the pests.

Here are some natural, non-toxic ways to control household insect pests.

## ANTS

The first line of defense is to remove the attractants: Keep counters free of crumbs and sticky spots. Cover the sugar and put the honey jar in a plastic baggie. Cut off water sources such as drips or dishes left soaking overnight.

If the ant invaders persist, try these simple measures:

- Keep a small spray bottle handy, and spray the ants with a bit of soapy water.
- Set out cucumber peels or slices in the kitchen or at the ants' point of entry. Many ants have a natural aversion to cucumber. Bitter cucumbers work best.
- Leave a few tea bags of mint tea near areas where the ants seem most active. Dry, crushed mint leaves or cloves also work as ant deterrents.
- Trace the ant column back to their point of entry. Set any of the following items at the entry area in a small line, which ants will not cross: cayenne pepper, citrus oil (can be soaked into a piece of string), lemon juice, cinnamon or coffee grounds.
- Mix one liter of water, one teaspoon of Borax and a cup of sugar. Soak cotton balls in the solution and place them in a small yogurt container with holes punched in the lids to allow ants access. Place container in a location where ants are present. Ants will carry the bait back to their colonies where it will eventually kill the colony. Important: use indoors only; must be kept away from pets and children.
- Leave a small, low wattage night light on for a few nights in the area of most ant activity. The change in light can disrupt and discourage their foraging patterns.
- Ants on the deck? Slip a few cut up cloves of garlic between the cracks.
- For long-term nontoxic control of ants, sprinkle diatomaceous earth where ants congregate.
- Commercial ant killers are available in two forms: AntEater organic ant killer, and BugShooter insect control spray.



## DUST MITES

Microscopic dust mites are everywhere in the home—in our beds, clothing, furniture, book shelves and stuffed animals. For people with allergies or asthma, dust mites are a problem.

Here's how to reduce the dust mite population in your home:

- Vacuum mattresses and pillows. For people with sensitivities to dust mite allergens, dust mite bedding is available with zippered, allergen-impermeable encasings designed to block dust mites.
- Wash bedding at 55 degrees Celsius (130F) or higher. Detergents and commercial laundry products have no effect on mites unless the water temperature is high.
- Keep books, stuffed animals, throw rugs and laundry hampers out of the bedroom of allergy sufferers. Wash stuffed animals occasionally in hot water.
- Tannic acid neutralizes the allergens in dust mite and animal dander. Dust problem areas with tannic acid powder, available at health food stores and pet centers.
- Cover mattress and pillows with laminated covers which prevent penetration by dust mites. Avoid fabric-covered headboards.
- Cover heating ducts with a filter which can trap tiny dust particles smaller than 10 microns.
- Avoid using humidifiers. Dust mites thrive on warmth and humidity.

Source: [eartheasy.com](http://eartheasy.com)

# HOW I REMEMBER NAJI...



## LITTLE BOOK OF INSPIRATIONAL THOUGHTS & WRITING (Time During Recovery)

“We are all born to shine...” With this statement, Naji closes this book containing thoughts and writings that inspired him as he recovered from a traumatic brain injury. Courage, faith and determination motivated him to filter information gathered through experience in order to share what he learned with others. This is one person’s message of hope and encouragement to anyone who passes through those difficult times that change our lives.

**Download Little Book of Inspirational Thoughts and Writings in: English, German, Greek, Spanish, Portuguese, Arabic and French from our website:**

[www.najicherfanfoundation.org](http://www.najicherfanfoundation.org)

## EXTRACT FROM NAJI'S BOOKS FEELINGS

I read that feelings drive our emotions. Neuroscience has discovered that emotions and thoughts are linked. If reason and emotion conflict, emotion always wins. This happens because despite a desire to appear rational, feelings drive our choices.

*Even when we are being rational, we cannot escape how we feel. Emotions and thoughts are linked. Thoughts become words. Words become actions. Actions become habits. Habits become character and character shapes destiny.*

While reading “The Prophet” by Khalil Gibran, I learned something about love and marriage. From his words I understood that love is not crazy glue that brings people together. People need their own space. For example, a cedar and a maple tree cannot grow in each other’s shadow. The strings on a

guitar are separated, but together they create beautiful harmony. So can two people. Two individuals cannot become one person. They can fill each other’s cup but they don’t need to drink from the same cup. They can give each other a piece of bread but they don’t need to share the same one.

Think about the pillars in a temple. The columns support the temple even though they are far apart. This is the possibility for love between two people. Love can be like an ocean between them, not necessarily a glue that binds them together.

Feeling is the language of the soul.

—Naji Cherfan

## People Are Born To Shine!

*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 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 Naji Cherfan Foundation assumes no responsibility for inaccurate information.

The NCF would like to recognize the devoted work of its volunteers mainly Isabelle Boghossian, Marianne Debs, Me. Kamal Rahal, Me. Harold Alvarez, Zeina Costantine, Joyce Abou Jaoude, Rita Kassis, Marleine Nassrany, Diala Ghostine Nassrany, Dima Rbeiz, Father Joseph Abdel Sater, Father Joseph Soueid, Reine Kassis, Nabil Khoury, Roland Khoury, Father Elia Chalhoub, Valéria de Proença, Athena and Christina Georgotas, Violette Nakhle, Sawsan Bechara, Leopoldine Theophanopoulos and all the field volunteers who are supporting NCF in spreading the words of Jesus through their institutions, churches, hospitals, establishments...etc.

For subscriptions, please sign up through our website: [www.najicherfanfoundation.org](http://www.najicherfanfoundation.org)

Publisher: CCM Group; Editorial Consultant: George C. Cherfan; Editor in Chief: Christina A. Bitar; Layout: Art Department, CCM Group, USA; Contributors: Sana Cherfan, Kelley Nemitz, and Patricia B. Cherfan.

© 2013 by The Naji Cherfan Foundation. All rights including publication and distribution are reserved.