

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.



ACT OF KINDNESS

One Simple Wish

CNN Hero: Danielle Gletow

16 year olds usually dream of smartphones, Xbox, expensive shoes... some even dream of getting their own car! Ronald Hennig just wanted a suit so that he could attend a relative's funeral.

"I didn't really own even a shirt and tie or dress shoes," he said. "I was [going to be] seeing some of my old family members, and it was kind of embarrassing to not have a suit when everyone else would have one."

The teenager, who had been in and out of foster care for much of his childhood, was living in a group home at the time. His caseworker was

It is with great pleasure that the NCF has been bringing to you inspiring stories from around the world in each edition of *People Are Born To Shine*. We continuously search many online sources to bring you the most touching stories of hope and encouragement and health, and we want to thank you all for your continuous support. We are committed to bringing you more and more inspiring stories full of love, giving and sharing in 2015.

unable to justify the nonessential expense.

But an anonymous benefactor stepped in to help Hennig through a website called One Simple Wish.

"I got custom-fitted for the suit, and I was able to go to the funeral," said Hennig, now 18. "I could pay the same respect as everyone else."

One Simple Wish was born in 2008, conceived by Dannielle Gletow, to empower more people to support children who have been victims of abuse, neglect and abandonment in very simple yet meaningful ways. Each child's wish is posted online, and anyone can contribute in order to make that wish come true—from tangible items such as a bicycle, a varsity jacket or school supplies, to an experience like music lessons or a trip to the theater.

Since 2008, the nonprofit has granted more than 6,500 wishes for children living in 42 states. "All children deserve happy childhoods. One Simple Wish creates them."

In the U.S. alone, "there are thousands of children in the foster-care system



In this issue

Did You Know... Chocolate is Healthy!

Regarded as the tastiest food on Earth, dark chocolate also has many health benefits.

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Two to three billion tires have accumulated and are contained in various stockpiles..

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www.najicherfanfoundation.org

NUTRITION

Did You Know... Chocolate is Healthy!



Regarded by many as the tastiest food on Earth, dark chocolate also has many health benefits. Just don't go overboard—chocolate still contains sugar and fat.

It's loaded with antioxidants

Dark chocolate contains hefty amounts of disease-fighting flavonoids, antioxidants also found in red wine and many fruits and vegetables. In fact, it appears to have more flavonoids than any other food.

It helps you through PMS

"There's a reason we crave certain foods, such as chocolate, at that time of the month," says Toronto-based raw foods coach Nathalie Lussier. "Chocolate releases calming endorphins that reduce anxiety. Plus, it's high in magnesium," which lifts moods and reduces water retention. But overindulging in sugar, salt and caffeine can backfire, causing bloating and fluid retention (not to mention weight gain).

It may lower cholesterol

A small study from the University of Illinois at Urbana-Champaign found that daily consumption of cocoa flavanol-containing dark chocolate lowered cholesterol and improved blood pressure.

It may prevent pregnancy complications

A new study reports that a chemical (theobromine) found in chocolate may reduce preeclampsia, a major pregnancy complication. The darker the chocolate, the better.

Preeclampsia is primarily noted for raising blood pressure in pregnant women, and eating chocolate helps to lower this risk by up to 69 percent. The study of nearly 2,300 women established greater benefits to those who ate five or more servings per week, especially in

their third trimester.

Despite the results from this study, researchers have said that further studies are needed to prove the direct link between chocolate and preeclampsia.

It helps prevent heart disease

A recent study shows that people who regularly consume 70% dark chocolate (about 20 g per day) show a marked improvement in blood flow, while no improvement is observed in those who eat "processed" chocolate, which contains very little cocoa paste. It seems that the positive effect of dark chocolate is linked to a property in its polyphenols that releases a chemical messenger, nitric oxide, which increases arterial dilatation, at the same time improving blood flow and reducing platelet aggregation.

However, it is important to note that previous studies have shown that milk prevents the absorption of dark chocolate's polyphenols, thereby neutralizing its beneficial effects. Milk contains large amounts of casein, a protein that interacts with polyphenols and prevents them from being efficiently absorbed by the intestine. It is therefore always preferable to consume dark chocolate unaccompanied by milk.

It may improve your skin

Researchers at Germany's Heinrich Heine University exposed chocolate eaters to ultraviolet light and found that after six weeks, they had 15 percent less skin reddening than those who didn't eat it. "We believe the compounds in chocolate act as UV filters," says study leader Wilhelm Stahl. After 12 weeks, the chocolate eaters' skin was 16 percent denser and 42 percent less scaly. Concerned about it causing acne? Researchers at Australia's University of Newcastle reviewed the evidence and found nothing to suggest that chocolate triggers blemishes.

It may reduce pain

A recent study published in the *Journal of Neuroscience* found that rats don't respond as quickly to pain while they're eating chocolate. While this might explain why nothing in the world could drag you away from your Hershey's Kisses, the study's researchers say this pain-killing effect could be detrimental to humans as it could contribute to obesity. So remember to enjoy chocolate's soothing properties in moderation. Also interesting to note: The study also found that drinking water also reduced pain.

Source: besthealthmag.ca

Sleep Apnea

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain—and the rest of the body—may not get enough oxygen.

There are two types of sleep apnea:

- **Obstructive sleep apnea (OSA):** The more common of the two forms of apnea is caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.
- **Central sleep apnea:** Unlike OSA, the airway is not blocked, but the brain fails to signal the muscles to breathe, due to instability in the respiratory control center.

Am I at Risk for Sleep Apnea?

Sleep apnea can affect anyone at any age, even children. Risk factors for sleep apnea include:

- Being male
- Being overweight
- Being over age 40
- Having a large neck size (17 inches or greater in men and 16 inches or greater in women)
- Having large tonsils, a large tongue, or a small jaw bone
- Having a family history of sleep apnea
- Gastroesophageal reflux or GERD
- Nasal obstruction due to a deviated septum, allergies or sinus problems

What Are the Effects of Sleep Apnea?

If left untreated, sleep apnea can result in a growing number of health problems, including:

- High blood pressure
- Stroke
- Heart failure, irregular heart beats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD
- Headaches

In addition, untreated sleep apnea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, and academic underachievement in children and adolescents.



Sleep Apnea Treatments

Treating Sleep Apnea at Home

You may be able to treat mild cases of sleep apnea by changing your behavior. For example:

- Losing weight
- Avoiding alcohol and sleeping pills
- Changing sleep positions to improve breathing
- Stopping smoking (Smoking can increase the swelling in the upper airway, which may worsen both snoring and apnea.
- Avoiding sleeping on your back

Continuous Positive Airway Pressure (CPAP)

Continuous positive airway pressure—also called CPAP—is a treatment in which a mask is worn over the nose and/or mouth while you sleep. The mask is hooked up to a machine that delivers a continuous flow of air into the nose. This air flow helps keep the airways open so that breathing is regular. CPAP is considered by many experts to be the most effective treatment for sleep apnea.

Sleep Apnea and Dental Devices

Dental devices can be made that help keep the airway open during sleep. Such devices can be specifically designed by dentists with special expertise in treating sleep apnea.

Surgery for Sleep Apnea

If you have a deviated nasal septum, enlarged tonsils, or a small lower jaw with an overbite causing the throat to be too narrow, surgery may be needed to correct sleep

OUR DAILY BREAD

Struggling With Addiction

Eric was struggling with an addiction, and he knew it. His friends and family members encouraged him to stop. He agreed that it would be best for his health and relationships, but he felt helpless. When others told him how they had quit their bad habits, he replied, “I’m happy for you, but I can’t seem to stop! I wish I had never been tempted in the first place. I want God to take the desire away right now.”

Immediate deliverance may happen for some, but most face a daily battle. While we don’t always understand why the temptation doesn’t go away, we can turn to God on whatever path we find ourselves. And perhaps that is the most important part of our struggle. We learn to exchange our futile efforts to change for complete dependence on God.

Jesus was tempted also, just as we are, so He understands what we’re feeling (Mark 1:13). He sympathizes with our struggles (Heb. 4:15), and we can “come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need” (v.16). He also uses others, including trained professionals, to lean on along the way.

Whatever battles we may be facing today, we know this—God loves us much more than we can imagine, and He is faithful to come to our assistance.

We are not tempted because we are evil; we are tempted because we are human.

Source: odb.org



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inspirational messages!
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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 all ages, both those who are healthy and those with health problems, and those with brain injury of any kind, resulting from accident, stroke, etc, 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 at +961 (0)4 522221.

info@najicherfanfoundation.org

Quotable!

“Do not fear what may happen tomorrow; The same understanding father who cares for you today will take care of you then and every day.”

—Saint Francis De Sales

Child Pedestrian Safety

Since kids are smaller in size than adults, it is easy for a child pedestrian to penetrate a driver's blind spot. Furthermore, children have not developed the opportunity to judge the velocity-to-distance ratio properly.

Thus, the parents' or guardian's role in ensuring a youngster pedestrian's safety cannot be overstated. Do not allow your kids to learn in heavily trafficked areas, and watch your sons or daughters as they play at all times.

When walking with your child, lead by example. Explain road signs, crosswalks and other pedestrian tools, and offer relevant tips. When you are crossing the road with your child, be sure to not only look both ways yourself, but to convey the message of "look both ways before crossing" out loud and this will allow your child to start to master the essential rules of road safety.

Teach your child that because he or she can see the driver, this doesn't mean that the driver sees him or her. Also, teach them the meaning of the blind spot and how to avoid being in that range.

Parked cars, mailboxes and other obstructions can block a driver's view. Make sure your child understands these obstacles and takes extra precautions when such risk factors exist.

Hold your child's hand while crossing the road. While it is advisable to teach your kids the principles in case they



have to do it without your presence, parental protection while walking in busy areas continues to be vital.

Please visit www.apartmentsafety.info for more safety tips for your family and children.

Source: apartmentsafety.info

Important Signs to Teach Your Children



RIGHT HAND
CURVE



LEFT HAND
CURVE



RIGHT HAIR
PIN BEND



LEFT HAIR
PIN BEND



RIGHT REVERSE
BEND



LEFT REVERSE
BEND



STEEP
ASCENT



STEEP
DESCENT



NARROW
ROAD AHEAD



ROAD
WIDENS AHEAD



NARROW
BRIDGE



SLIPPERY
ROAD



LOOSE
GRAVEL



PEDESTRIAN
CROSSING



SCHOOL
AHEAD



MAN AT
WORK



CROSS
ROAD



GAP IN
MEDIAN

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who go without those normal childhood experiences that many of us have had,” said Gletow, 34. “These kids are separated from their parents. They’re separated from their siblings. They really don’t have people to ask. ... A lot of them decide that it’s not worth wishing anymore because it isn’t going to happen.”

Since 2006, Gletow and her husband, Joe, have been foster parents to several children, eventually adopting one of them. Over the years, many friends and family members expressed a desire to help other children in the system, short of becoming foster parents themselves.

According to the U.S. Department of Health and Human Services, more than 400,000 children were living in the U.S. foster-care system in 2011. But Gletow fears that, too often, we don’t see what these numbers represent.

“These are individual children that have individual wishes and individual personalities and wants and needs and dislikes and likes,” she said. “And I wanted to share those with people so that... they could see that this wasn’t about nearly half a million children that are in foster care. This was about this young man who wanted to go to karate lessons with his friends at school.”

The most common wishes on One Simple Wish typically cost \$10 to \$100, and they generally do not exceed \$500. Higher-priced wishes can be granted by pooling the resources of multiple donors.

“The wishes that don’t seem like the basic necessity are (often) the ones that are the most important,” Gletow said. “Because those are the wishes that are really just a kid being a kid, and asking for something that they want to have fun.

“Anybody, anywhere, anytime can go on our website, and they can look at hundreds of wishes that are posted on behalf of children in foster care and children in vulnerable family environments,” Gletow said. “These small things make an enormous difference in the life of a child who has spent their entire life wondering if anybody cares about them.”

All the wishes on One Simple Wish are submitted by approved social service agencies and caseworkers. Once the wishes are reviewed and posted to the website, donors can post funds to make a wish come true.

“It’s just like online shopping, but at the end you get to give a gift to a child who will thank you more than you could ever imagine,” Gletow said. “When a child’s wish is granted, we are reassuring them that their voices are being heard.”

Thanks to Gletow and other human development projects targeting foster youth “I’m now able to apply to college, and I know that I have a competitive résumé,” said Hennig, who participated in skills development programs last year. “I know how to be just as equipped as every other teenager my age. And I’ve gotten all of the same skills that parents would pass down to their children.”

Gletow says this is what keeps her going.

“It’s up to every individual person to say all of our children deserve better. Not just the ones that are born into good circumstances... That’s what I’m going to do with my life. I want my life to be a life of purpose.”

Please visit www.onesimplewish.org to learn more about this amazing initiative!

Source: edition.cnn.com, onesimplewish.org

Prayer Corner

Dear God,
You have brought
me to the
beginning of a
new day.
I ask you to renew
my heart with
your strength and
purpose.
Forgive my errors
of yesterday and
help me to walk
closer in your
way today.
Shine through me
so that every
person I meet
may feel your
presence in my
soul.
Take my hand for
I cannot make it
by myself.
I love you!

Source: crosswalk.com



Recycling Tires: Why Bother?

In the United States, more than half the rubber used each year is made into tires.

The U.S. generates approximately one scrap tire for every person each year. 30 million of these tires are retreaded leaving the rest to be managed.

Besides this yearly generation, there is an estimated 2 to 3 billion that have accumulated over the years and are contained in various stockpiles.

Recycling tires present a special difficulty because of their weight and bulk. Disposal also presents other difficulties because tires are made from a variety of materials.

Of the total of recovered tires, 60 percent is used as TDF or tire derived fuel. Scrap tires are a good source of fuel because they have a high heating value and produce low amounts of sulphur when burned.

How Can Recycling Tires Benefit Us?

When tires are recycled, pollution and energy consumption are reduced. The most beneficial use for old tires is to find new uses for these old though still valuable materials. The next ideally beneficial use is reusing the old tires by retreading them.

Reducing tires to new material by grinding them is also a desirable option since the material still exists to be used to manufacture a new product. Large energy savings can also be realized when tire chips are burned as fuel. However, this precludes any other recycling since



the material is obviously consumed.

Rubber is also used as playground mulch, roadbed material, running tracks, and walkways. There is also some evidence of reduced injuries and reduced vehicle maintenance but there is no adequate documentation for this.

The biggest environmental benefit may be the reduced mining for traditional materials like sand and gravel.

Source: benefits-of-recycling.com/recyclingtires

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apnea. The most commonly performed types of surgery for sleep apnea include:

- Nasal surgery: Correction of nasal problems such as a deviated septum.
- Uvulopalatopharyngoplasty (UPPP): A procedure that removes soft tissue on the back of the throat and palate, increasing the width of the airway at the opening of throat.
- Mandibular maxillar advancement surgery:

Surgery to correct certain facial problems or throat obstructions that contribute to sleep apnea.

Other Treatment Options for Sleep Apnea

There are minimally invasive office procedures that reduce and stiffen the soft tissue of the soft palate. While these procedures have been effective in treating snoring, their effectiveness in treating sleep apnea in the long term isn't known.

Source: webmd.com

How I Remember Naji...

In 2004 Naji completed his book *Virtuous Life Enlightenment*, a collection of illustrations and words combining his sense of humor, experience and philosophy.

This book reveals a man who, after a traumatic experience and a brain injury, lived with courage, a positive mental attitude and a personal relationship with God.

He believed that people continue to grow throughout their lives by facing new challenges.

He concentrated on quality—not just doing something, but doing something well.

Naji always believed that there is a brighter side to life no matter what.

The book is written in illustrations, as Naji believed he could also reach children and adolescents through images and art.

In the following two illustrations Naji talked about *Catch* and *Daily*.



Catch



He saw that his life was made of miracles passing in front of him. All he had to do was put out the net to catch them as they fluttered around his head.

Daily



He saw that every moment is a gift and that's why it is called the present. All he had to do was open his heart in order to receive the blessings surrounding him.

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 people of all ages, those who are healthy and those with health problems and those with brain injury of any kind, resulting from accident, stroke, etc.

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 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, and all the field volunteers who are supporting NCF in spreading the words of Jesus through their institutions, churches, hospitals, establishments, etc.

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