

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.



INSPIRING STORIES

Kakenya's Story

"I had a dream where all the girls in my village could go to school."

Life for Kakenya Ntaiya was supposed to follow the traditional path. Engaged at age 5, she was to be circumcised by the time she was a teenager, an event that would mark the end of her education and the beginning of her preparations for marriage. But Kakenya had a different plan. First, she negotiated with her father: she would be circumcised only if she could also finish high school. He agreed. Then she negotiated with the village elders to do what no girl had ever done: leave her Maasai village of Enoosaen in south Kenya to go to college in the United States. She promised that she would use her education to benefit Enoosaen. The entire village collected money to pay for her journey.

Kakenya believes that education will empower and motivate young girls to become agents of change in their community and country.

Kakenya received a scholarship to Randolph-Macon Woman's College in Virginia. The girl who grew up without electricity wrote papers on international relations and political science on the computers in the university library. She went on to the University of Pittsburgh, where she received her Doctorate in Education in 2011. While completing her studies in the U.S., she married and had two children.

As an undergraduate, she became the first youth advisor to the United Nations Population Fund. In that capacity, she traveled around the world as a passionate advocate for girls' education, which she sees as a crucial tool for fighting the practices of female genital mutilation and child marriage.

Kakenya is now fulfilling her promise to her community—as the founder and president of Kakenya Center for Excellence, a girls' primary boarding school in Enoosaen, Kenya. "I see girls with big dreams. Oh yes, these girls will be vital voices in our society. It is my dream to bring them this future of hope".



In this issue

Your Most Pressing Health Questions Answered

Some of the answers may surprise you!

The Health Hazards of Sitting

What goes wrong in our bodies when we park ourselves for nearly eight hours per day?

Helping Your Older Child Adjust to the New Baby

Your goal is to help your child manage jealousy so love has a chance to grow.

How to Use Garbage to Create Electricity

New endeavors are formulating plans to use garbage as a useful resource.

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www.najicherfanfoundation.org

HEALTH TIPS

Your Most Pressing Health Questions Answered

DOES OLIVE OIL PREVENT HEART DISEASE?

YES. The health benefits of olive oil come from the presence of polyphenols, antioxidants that reduce the risk of heart diseases and cancers. But to get these healthy compounds, consumers should buy good-quality, fresh “extra-virgin” olive oil, which has the highest polyphenol content. Most commercially available olive oils have low levels of polyphenols associated with poor harvesting methods, improper storage, and heavy processing.

DO SUGARY SOFT DRINKS LEAD TO DIABETES?

YES. The majority of health research is stacked against sugar-sweetened soda. A large 2004 study in the *Journal of the American Medical Association* found that women who drank one or more sugary drinks per day increased their risk of developing type 2 diabetes by 83% compared to those who consumed less than one of these beverages per month.

DO NUTS MAKE YOU FAT?

NO. As much as 75% of a nut is fat. But eating fat doesn't necessarily make you fat. The bigger factor leading to weight gain is portion-size. Luckily, nuts are loaded with healthy fats that keep you full. They're also a good source of protein and fiber. One study even found that whole almonds have 20% less calories than previously thought because a lot of the fat is excreted from the body.

IS DRINKING FRUIT JUICE AS GOOD FOR YOU AS EATING FRUIT?

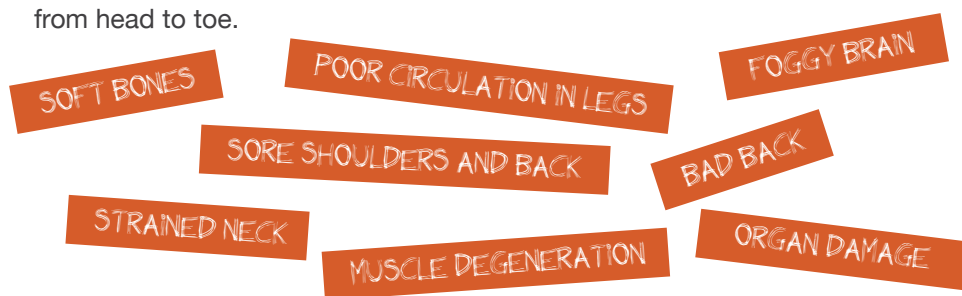
NO. Calorie for calorie, whole fruit provides more nutritional benefits than drinking the pure juice of that fruit. That's because when you liquefy fruit, stripping away the peel and dumping the pulp, many ingredients like fiber, calcium, vitamin C, and other antioxidants are lost. For comparison, a five-ounce glass of orange juice that contains 69 calories has 3 grams of dietary fiber and 16 milligrams of calcium, whereas an orange with the same number of calories packs 3.1 grams of fiber and 60 milligrams of calcium.

Source: www.businessinsider.com



The Health Hazards of Sitting

We know that sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day—the average for a U.S. adult? Many things, say four experts, who detailed a chain of problems from head to toe.



So what can we do? The experts recommend . . .

SITTING ON SOMETHING WOBBLY SUCH AS AN EXERCISE BALL OR EVEN A BACKLESS STOOL TO FORCE YOUR CORE MUSCLES TO WORK. Sit up straight and keep your feet flat on the floor in front of you so they support about a quarter of your weight.

STRETCHING THE HIP FLEXORS FOR THREE MINUTES PER SIDE ONCE A DAY.

WALKING DURING COMMERCIALS WHEN YOU'RE WATCHING TV. Even a snail-like pace of 1 mph would burn twice the calories of sitting, and more vigorous exercise would be even better.

ALTERNATING BETWEEN SITTING AND STANDING AT YOUR WORK STATION. If you can't do that, stand up every half hour or so and walk.

TRYING YOGA POSES. The cow pose and the cat will help improve extension and flexion in your back.

THE RIGHT WAY TO SIT. If you have to sit often, try to do it correctly. As Mom always said, "Sit up straight."

- Not leaning forward
- Shoulders relaxed
- Arms close to sides
- Elbows bent 90°
- Lower back may be supported
- Feet flat on floor

Source: apps.washingtonpost.com

Dear God,
 Thank you for this
 new day, its beauty
 and its light.
 Thank you for my
 chance to begin
 again.
 Free me from the
 limitations of
 yesterday.
 Today may I be
 reborn.
 May I become more
 fully a reflection of
 Your radiance.
 Give me strength
 and compassion
 and courage and
 wisdom.
 Show me the light in
 myself and others.
 May I recognize
 the good that
 is available
 everywhere.
 May I be, this day,
 an instrument of
 love and healing.
 Lead me into gentle
 pastures.
 Give me deep peace
 that I might serve
 You most deeply.
 Amen

Source: Marianne Williamson
www.goodreads.com

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, 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.

OUR DAILY BREAD

The Song of Our Lives

Everyone touched by a piece of music hears it differently. The composer hears it in the chamber of his imagination. The audience hears it with their senses and emotions. The members of the orchestra hear most clearly the sound of the instruments closest to them.

In a sense, we are the members of God's orchestra. Often we hear only the music closest to us. Because we don't hear a balanced work, we are like Job who cried as he suffered: "Now those young men mock me in song; I have become a byword among them" (Job 30:9).

Job recalled how princes and officials had respected him. His life was "awash in cream, and the rocks gushed olive oil for me" (29:6 nlt). But now, he had become the target of mockers. "My harp plays sad music," he lamented (30:31 nlt). Yet there was much, much more to the symphony. Job simply couldn't hear the whole song.

Maybe today you can hear only the sad notes of your own violin. Don't lose heart. Every detail in your life is part of God's composition. Or perhaps you are listening to a cheerful flute. Praise God for it and share your joy with someone else.

God's masterpiece of redemption is the symphony we are playing, and ultimately everything will work together for His good purposes. God is the composer of our lives. His song is perfect, and we can trust Him.

Lord, help me to trust You, especially when my life seems discordant and out of tune. I thank You because I'm part of Your symphony and Your song is perfect.

Faith in God's goodness puts a song in the heart.

Source: odb.org



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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!

To be in your children's
memories tomorrow, you have
to be in their lives today.

—Barbara Johnson

Helping Your Older Child Adjust to the New Baby



It is completely natural for your child to be jealous of a new baby. Your goal is to help your child manage that jealousy so love has a chance to grow, and to win out. Anything you can do while you're pregnant to prepare your child will be helpful.

What do you do to minimize sibling rivalry and your older child's natural panic reaction once the baby is born?

Have dad carry the baby in the door. You go straight to your other child, scoop him or her up into your arms, and do a lot of adoring hugging and kissing.

Make your child the hero in the eyes of the baby (and in her own eyes.) When you get a moment alone with your youngest, call your child over and tell the baby that you want to introduce the wonderful Big Sister.

Better living through bonding. Then let Big Sister sit and hold the baby, helping her to support his head.

Make sure each of your kids knows they still have an important role in the family. Reinforce all the wonderful things about who they are and how they contribute to the family. Talk often about the fact that each member of the family is important in their own way.

Naturally your child will be testing you to be sure you still love her. Keep your relationship with her as smooth and affectionate as possible, sidestepping power struggles and minimizing conflicts.

This is not the time for asking your older child to be a big kid. Delay potty training, making her give up her bottle or pacifier, etc. Give her lots of extra love and attention.

Keep your kids' routines the same as they were before the baby as much as possible. This will provide

a buffer against the stress of so much change and insecurity.

Never leave a toddler or preschooler unsupervised with the baby. Little ones cannot be expected to control those jealous emotions and the stakes are just too high to take a chance. Supervise closely. Distract her with a question, song or story.

Don't make everything about the baby. Keep your cooing over the baby for private times. Instead of saying you're waiting for the baby to wake up before you can go out to play, say you're waiting for the laundry to finish, or for a phone call.

Read (with your child) every book you can find on siblings with new babies. Use these as a springboard to make observations about your child's feelings. Your goal is to give your child words for her feelings, because that helps her manage them rather than having to act them out.

Expect grief. Your older child needs to grieve what he's lost: his exclusive relationship with you. His status as the only child. Your concentrated time and attention. Think of the worst romantic breakup you've ever had and multiply by 1000.

Encourage empathy. Research shows that when parents encourage the older siblings to see the baby as a real person, with feelings of his own, the siblings are more affectionate and protective with the baby.

Stay connected to your older child. Spend as much positive alone-time as possible every single day with each child. If your hands are busy, use your voice to stay connected with your older children.

Source: ahaparenting.com

SAFETY TIPS

10 Tips to Avoid Electric Shocks

As useful as it is, electricity is nasty stuff. You can't see it, you can't hear it, you can't smell it...but you sure can feel it. And it can kill you very quickly.

What a lot of people don't realize is that it's the current — both the amount and the type—that does most of the damage. It only takes really small amounts of current, particularly if it's alternating current (AC), to kill you.

Given that electricity is just about everywhere and we all use it every day, it's important to give electrical appliances and circuits the respect they deserve. Follow the steps below to avoid electrocution.

Unless you're a qualified electrician don't mess about with electrical stuff. Don't install your own power points or additional lights, don't rewire your electrical appliances. Leave it to those who have been trained in doing it properly and safely.

Use an earth leakage device. These have various names, such as safety switch or residual current device, but essentially they quickly and automatically switch the electricity off if they detect faults in electrical circuits and equipment.

Check power cords attached to portable appliances such as power tools and kitchen appliances. Also check extension cords, making sure there are no cracks or splits in the insulation, and that terminating connections are in good condition, are not loose and have no exposed wires.

Have electrical equipment regularly inspected and

tested by a qualified person to make sure it remains safe to use.

Again, it may seem obvious, but don't use electrical appliances in wet locations or allow them to get wet unless they're designed for this (eg. washing machines and kettles). If they do, have them checked before using them again.

Use removable connection covers over joints between appliances and extension cords. These prevent the plug and socket from separating. If they do separate, the covers prevent them from being exposed.

Don't overload power outlets or power boards by plugging in too many appliances.

Be aware of the location of overhead and buried electrical supply cables and avoid them.

Don't run electrical extension cords across floors, roadways or on the ground. Suspend them above ground using properly designed stands and props.

If you are an electrician, only work on live electrical equipment when fault finding. Electrical equipment should be totally isolated from power sources before starting any repairs.

You don't get too many second chances with electricity and following these easy steps will allow you to continue using this valuable resource safely.

Source: thesafetybloke.com

KAKENYA continued from page 1

Kakenya believes that education will empower and motivate young girls to become agents of change in their community and country. The Center opened its doors in May 2009 and currently has 170 students in grades four through eight. It has become a beacon of hope to the girls and parents in Enoosaen.

"100 million young girls are expected to marry in the next decade. But I see a different future for them. I see smiling faces full of energy and passion ready to change the society for better."

Among many worldwide recognitions, in 2013 Kakenya was honored with the Global Women's Right Award from the Feminist

Majority Foundation, was recognized by Women in the World as a "Woman of Impact" and named a Top Ten CNN Hero. She was named as one of *Newsweek's* "150 Women Who Shake the World" in 2011 and was counted among the Women Deliver 100: The Most Inspiring People Delivering for Girls and Women.

Source: www.kakenyasdream.org

How to Use Garbage to Create Electricity

Waste is a huge problem in the world, but new endeavors are formulating plans to use garbage as a useful resource. One of these is to convert waste into electricity.

There are many items around us that can generate heat, and surprisingly waste products are one of these.

Don't Waste!

There is so much garbage on the planet that many countries wind up dumping their waste in lesser developed countries. This garbage, however, could be used to generate power so it is a resource that is being considered useful.

Biofuel can be made from processed garbage, which would replace gasoline and decrease global carbon emissions by 80 per cent.

The Benefits of Biogas

Biogas is a gas that is produced from organic matter. It is created by being broken down biologically to create electricity. It is a commonly used form of renewable energy, mainly used in domestic and industrial spheres. Biogas is a blend of carbon dioxide and methane, and is created by plant as well as animal waste. In the home, biogas is mainly used for cooking. It creates less pollution than traditional cooking gas.



The EGG Machine

You can get in on the action of turning your garbage into power by making an EGG—Electricity from Garbage Generator. This machine can produce electricity without harming the environment. It is easy to make and the bonus is that you can recycle your garbage instead of throwing it away. Make sure you only use organic materials from your trash, however.

Source: <http://www.ecopedia.com/>

How I Remember Naji...

See beyond the wall...

"Life is beautiful. You just need to know how to live it!"

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 illustration, Naji talked about ***Beyond***.



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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