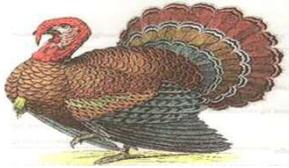


Auburn Seventh-Day Adventist Church Community Newsletter

November 2013 Issue

Black November, by the Holiday Bird



When I was a young turkey, new to the coop,
My big brother Mike took me out on the stoop.
Then he sat me down, and he spoke real slow,
He told me there was something I had to know.

His look and his tone I will always remember,
As he told me of the horrors of Black November.
"When it comes about August, now listen to me,
Each day you'll get six meals instead of just three.

"And soon you'll be thick, where once you were thin,
And you'll grow a big rubbery thing under your chin;
"And then one morning when you're warm in your bed,
In'll burst the farmer's wife, and hack off your head;

Then she'll pluck out all your feathers so you're bald'n pink,
And scoop out all your insides and leave ya lyin' in the sink;
"And then comes the worst part" he said without bluffing,
"She'll spread your cheeks and pack your rear with stuffing"..

Well, the rest of his words were too grim to repeat,
I sat on the stoop just like a winged piece of meat,
And decided on the spot that to avoid being cooked,
I'd have to try to lay low and to remain overlooked,

I began a new diet consisting of nuts and granola,
High-roughage salads, juice, veggies and diet cola;
And as they ate pastries, chocolates and crepes,
I stayed in my room doing Richard Simmons' tapes;

I maintained my weight of two pounds and a half
And tried not to notice when the bigger birds laughed;
But 'twas I who was laughing, quiet under my breath,
As they chomped and they chewed, ever closer to death;

Because no one had taken them to the back stoop,
And sat them down and given them all the scoop,
Sure enough when Black November came around,
I was the last turkey left in the entire compound;

So now I'm a pet in the farmer's wife's lap;
I have nary a worry, so I just eat and I nap;
She held me today, just sewing and humming,
And smiled at me and said

"Christmas is coming..."



Inside This Issue:

Pg 1...Black November

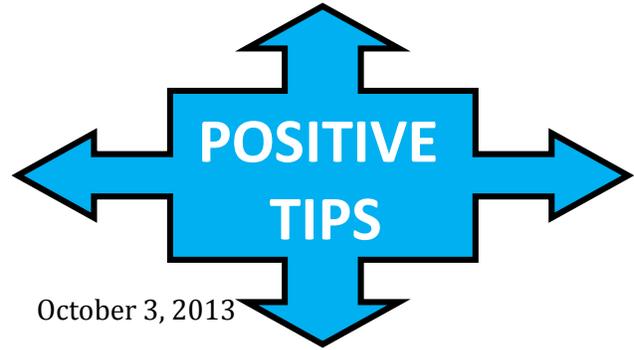
Pg 2... Sermon Notes, Birthdays,
Positive Tips

Pg 3...ARC Update, Healthy You

Pg 4...Children in Church, Cartoon,
Church Contacts



Sermon Notes



October 3, 2013

Nov 2: Dave Carreon-Matt 12:15-37

Nov 9: Dan Appel-Matt 12:38-42

Nov 16: Dan Appel-Matt 12:43-44

Nov 23: Giving Thanks

Nov 30: Dave Carreon-Matt 12:46-50

Happy Birthdays in November



Rose Kaster	November 5
Marilyn Van Auken	November 6
Jan Kahler	November 7
Judy Chavez	November 11
Janie Evazkhani	November 11
Jim Fraizer	November 14
Torry Haddad	November 14
Raylene Pooler	November 18
Deborah Price	November 20
Cyndee Holm	November 22
Matthew Lockhart	November 23
Nan Sutter	November 24
Israel Aleman	November 25
Phil Evazkhani	November 25
Mary Lou Surdahl	November 28

Exercise versus drugs to reduce prevention of coronary heart disease, rehabilitation after stroke, treatment of heart failure, and prevention of diabetes.

A group of researchers reported that children age 6-12 years given low dose vitamin-mineral supplements were involved in less violence and antisocial behavior than those who did not receive the supplements. The setting for this study was two "working class" schools in Arizona in which 468 students participated. Half the students were given vitamin-mineral pills containing 50% of the U.S. RDA (Recommended Dietary Allowances) for four months while the rest got a placebo.

The study focused on students who were disciplined at least once during a full school year. Forty students given the placebo were disciplined 1.9 times each. The difference between these two groups was statistically significant. However, was it meaningful in actuality? 388 students were not disciplined at all, whether they got vitamins or not.

What can we conclude? Unfortunately very little. The study authors concluded that bad nutrition led to low nutrients in the blood, impaired brain function, and bad behavior. However, they completely ignored the home status of the subjects which is a well-established confounding factor in children's behavior; and that the same number of students in both groups were disciplined.

Positive Tips Continued

The supplements and placebos were only given for 4 months while their behavior was monitored for eight months. This study suggested nothing more than the need for another better controlled study in the future. We should wait for better information with children who had a more tranquil childhood. Children who experience violence, age at a faster rate. This fact is captured in the Scripture, "The fear of Lord prolongs days, but the years of the wicked will be shortened" (Proverbs 10:27 (NKJV). Scientific evidence indicates that this is true for the children of the wicked as well as for their parents. Consistent kindness to children may add years to their lives.

ARC Update

Things are starting to come together finally for the ARC. The final inspection has been scheduled. The insurance situation has been resolved. The ARC Board is expected to meet soon and decide on the grand opening date.

When that happens, it will be announced so that all the efforts put in by so many people in our church and various other churches, as well as the public in general will not be wasted.

Healthy You



4 Tips on Ways to Fight Breast Cancer, From an article in AARP Magazine entitled *Fight Back Against Breast Cancer* by Holly St. Lifer.

The best medicine is preventive medicine. Almost a quarter of a million women will be diagnosed with breast cancer this year. There is no question that an ounce of prevention is worth a pound of cure. Here are four ways to prevent breast cancer in the first place and/or reduce the risk of getting the bad kind:

Get Enough Sleep Postmenopausal women with breast cancer who routinely sleep less than six hours a night may be twice as likely to have more aggressive breast cancer compared with

those who sleep longer hours, a new study has found. Cancer is a disease of mistakes in our DNA. Sufficient sleep is responsible for maintaining our circadian rhythm, which regulates our body's natural DNA repair. If you have trouble getting those recommended six plus hours a night try an on line sleep improvement program, like one offered by the Cleveland Clinic. For \$40, at clevelandclinicwellness.com/Programs/Pages/Sleep.aspx you can get tools to help you get enough sleep.

Lose Weight While the link between obesity and breast cancer is well-known, a recent study finds that just being overweight – but not obese – can also be detrimental for those who have already been diagnosed. The risk of recurrence also increases with increased weight, even for those in the overweight range. Breast cancer risk is linked to increased levels of estrogen, and fat tissue produces excess amounts of it. Fat also raises insulin levels, which can stimulate tumor growth.

Eat More Cabbage A recent study conducted at the Harvard School of Public Health found that women who ate about four servings of vegetables a day minimized their chances of developing hormone receptor – negative breast cancer by 18 percent. Other research reveals that women with breast cancer who ate the highest amount of cruciferous vegetable per day had a 62 percent reduced risk of breast cancer mortality and a 25 percent reduce risk of recurrence. Cruciferous vegetables are those like cauliflower, cabbage, bok choy, turnip greens and broccoli and they contain high amounts of isothiocyanates and indoles, phytochemicals that protect against some types of cancer. They also contain amounts of vitamin C, carotenoids and polyphenols, which have antioxidant properties.

Get Up and Go Walk, garden, vacuum – exercise has been shown to protect against breast cancer. And news that tops that: it's never too late to start. A new study finds that even women who didn't start exercising until after menopause showed diminished risk. Women who exercise at least 10-19 hours a week reaped the greatest

Continued on Page 4

Healthy You Continued

benefit – almost 30 percent. Although that amounts to around 90 minutes a day, you must realize that any exercise counts. Housework, gardening, walking the dog all count, as well as the time spent at a gym. Research has looked at the combined effects of physical activity, weight gain and body size and determined that women who packed on pounds – particularly after menopause – had an increased risk of developing breast cancer. The bottom line is weight gain can quash the beneficial effects of exercise, so keep your weight in check.

Children in Church

The preacher was wired for sound with a lapel mike, and as he preached, he moved briskly about the platform, jerking the mike cord as he went. Then he moved to one side, getting wound up in the cord and nearly tripping before jerking it again.

After several circles and jerks, a little girl in the third pew leaned toward her mother and whispered,

"If he gets loose, will he hurt us?"

One Sabbath in a Midwest City,

A young child was "acting up" during the morning worship hour.

The parents did their best to maintain some sense of order in the pew but were losing the battle. Finally, the father picked the little fellow up and walked sternly up the aisle on his way out. Just before reaching the safety of the foyer, the little one called loudly to the congregation,

"Pray for me! Pray for me!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?"

I mentally polished my halo, while I asked, "No, how are we alike?"
"You're both old," he replied.

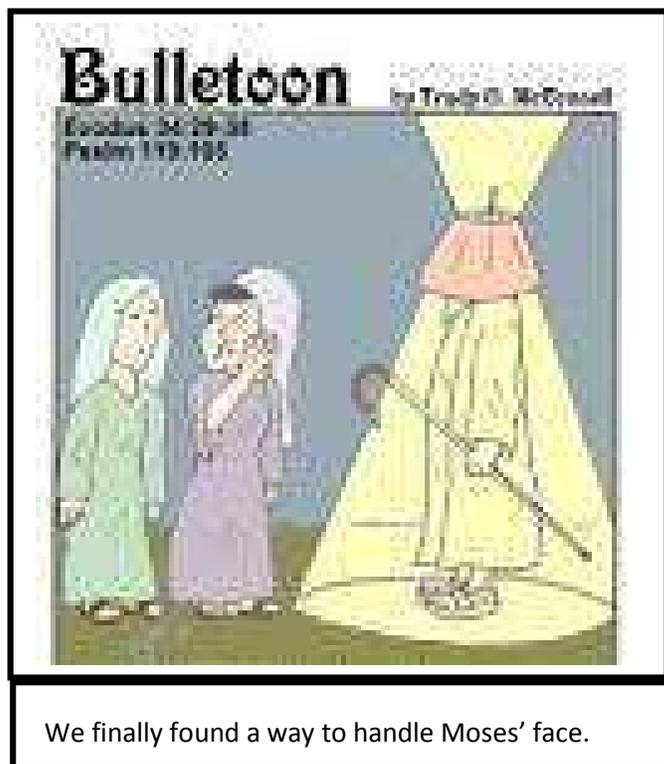
A Sunday school class was studying the Ten Commandments.

They were ready to discuss the last one.

The teacher asked if anyone could tell her what it was.

Susie raised her hand, stood tall, and quoted,

"Thou shall not take the covers off the neighbor's wife."



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