

Prevention Not Cure

6 Foods that Help Prevent Cancer ActiveBeat.com

What we eat plays a large role in our overall health, and over-consumption of certain foods—such as those high in fat or sugar—can eventually lead to illness and disease. Fortunately, food can also be used to treat health concerns or, in some cases, even prevent them altogether.

In fact, when it comes to cancer, studies suggest that 30 to 40 percent of all kinds can be prevented with healthy lifestyle and dietary measures. Particularly beneficial for reducing the risk of cancer are foods rich in certain vitamins, antioxidants and carotenoids—of which these six are excellent sources.

1) Garlic

We love garlic for the great flavor it adds to almost any meal, but garlic breath...not so much. Interestingly, it's the sulfur compounds that cause garlic breath that, according to WebMD, can help to "stop cancer-causing substances from forming in your body, speed DNA repair, and kill cancer cells." Garlic is also effective at fighting bacteria connected to stomach cancer, and has proven to reduce the risk of colon cancer.

For maximum benefit, the source recommends letting the cloves sit for 15 to 20 minutes after they've been peeled and chopped, as this process "activates enzymes and releases the sulfur-containing compounds that have the most protective effect."

2) Broccoli

A cruciferous vegetable, broccoli contains a compound called sulforaphane, which "boosts the body's protective enzymes and flushes out cancer-causing chemicals," says Health.com. The source also adds that a study out of the University of Michigan has found that sulforaphane "targets cancer stem cells—those that aid in tumor growth."

Broccoli—and other cruciferous vegetables like cabbage, kale and cauliflower—has proven most effective at protecting against cancers of the mouth, esophagus and stomach. But be sure to eat it raw or steamed, as microwaving has been found to destroy most of its cancer-preventing benefits

3) Tomatoes

Tomatoes owe their luscious red color to a phytochemical called lycopene, an antioxidant of which tomatoes are the richest natural source. Not only has lycopene been linked to a re-

duced risk of prostate cancer, it has also been shown to stop the growth of certain cancer cells, such as breast, lung and endometrial.

To benefit most from lycopene, tomatoes should be eaten cooked or processed—such as in tomato sauce—as the heating process increases the amount of lycopene available for the body to absorb. For additional sources of this compound, seek out watermelon, pink grapefruit or red bell pepper

4) Berries

Berries are among the best sources of antioxidants, which, according to Reader's Digest can neutralize free radicals—"unstable compounds that can damage cells and lead to diseases including cancer."

Strawberries, for instance, contain antioxidants like vitamin C and ellagic acid. The latter offers cancer-preventing properties that boost enzymes, which WebMD says can "destroy cancer-causing substances and slow the growth of tumors." The source adds that strawberries also contain flavonoids, "which suppress an enzyme that damages DNA and has been linked to lung cancer.

5) Carrots

Carrots are yet another excellent source of potent antioxidants, including the carotenoids alpha carotene and beta-carotene. Beta-carotene is believed to help slow cancer cell growth, as well as protect cells from damage caused by toxins.

In recent studies, however, alpha carotene has proven to be even more effective than beta-carotene for preventing and fighting cancer. As cooked carrots provide more antioxidants than raw, WebMD recommends steaming them whole and cutting afterward to preserve nutrients.

6) Leafy Greens

Not only are leafy green chock-full of important nutrients like fiber, iron and calcium, they also contain several cancer-preventing properties. Spinach—as well as other greens like kale and Swiss chard—is an excellent source of the antioxidant lutein, which prevents free radicals from causing damage by eliminating them from the body. Lutein has shown beneficial in preventing cancers of the mouth, esophagus and stomach.

Vitamin C and beta-carotene are also found in leafy greens, but antioxidants aren't the only benefits they have to offer. Greens are also sources of glucosinolates, which are broken down during food preparation, chewing and digestion to form compounds like indoles and isothiocyanate, which have been found to inactivate carcinogens and inhibit tumor formation and metastasis.

Auburn SDA Community Newsletter

May, 2018
Issue



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The 2018 Community Services Retreat, April 22-25, was the best one ever. The theme this year was **Elder Care**. After a wonderful welcome and introduction by Gordon Botting, Ed Fargusson gave a presentation about and showed slides from **The Land of Israel**. They were taken in January when several members of the conference Staff visited Israel.

Next on the program Karl Haffner, who is the teaching pastor at Kettering SDA Church in Kettering, Ohio gave a presentation entitled **The Olympic Wanabe**.

On Monday morning Karl gave another talk on **The Bigger Sinner**. This was followed, after breakfast by Wynelle Stevens, who is a certified senior advisor who serves as the Assistant Director of Community Services at North American Division, with a workshop - **Elder Care, Part 1**. She talked about the statistics of aging, making the aging process easier, and how to help people get their affairs in order.



Community Services Retreat—2018 Leoni Meadows

After lunch Derrick Lea talked about **Your Church as a Shelter**.

After supper Gordon Botting led the annual business meeting.

Wednesday morning we had **Elder Care, Part 3**. This was followed by Gordon Botting's closing remarks and his appeal for help rebuilding the Dominica Community Center. Auburn's \$1,000 contribution is met.

Next, Karl Haffner gave a presentation on **Coping with Critics**. It gave church leaders lessons on dealing with the inevitable critics.

After lunch Dr. Ted Hoehn gave a very interesting nutritional workshop.

Tuesday morning Karl told us about **The Poor Rich Guy**

After breakfast we heard **Elder Care, Part 2**

This was followed by **Leading Like Jesus**. Karl related how Jesus treated various classes of people.



A Mission statement is like a target. It represents what we are aiming for; what we are seeking to accomplish. Vision is like an arrow. It is the instrument with which one endeavors to hit the target. Values are the principles of action necessary to consistently hit the target with one's arrows. Below you will find all three components. My hope is that we begin to live out our mission, vision, and values. Sometime in the Fall, I will be going through these statements in order to flesh them out. Please take some time to reflect on these statements, and see how you might contribute to their realization.

Mission

Our mission as a church family is to be channels of God's redeeming and transforming love in Jesus Christ through the Holy Spirit, preparing ourselves and others for Jesus' soon return.

Vision

In fulfilling our mission, we envision to...

Gather to worship God with our entire being, inviting people to love and worship Him and experience His presence

Grow in our understanding and application of God's love in our relationships with Him and with people.

Glow with God's love in our witness and service so that He is glorified through us.

Values

In pursuit of our vision, we will adhere to the following core values:

Teamwork. Collaborating to achieve a shared goal.

Integrity. Ensuring that actions harmonize with shared values

Family. Strengthening intergenerational bonds in the nuclear and church family.

Discipling. Inspiring faith in Jesus and modeling grace-full obedience.

Apprenticing. Instilling ministry passion and skills in mentor-mentee relationships.

Coming Events

April 30-May 5: Coming Out— PHAA 7-8:30 PM, Testimonials by Michael Carducci & Danielle Harrison

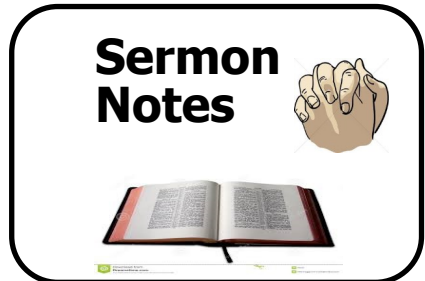
May 4-6: 30 Annual Christian Men's Retreat, Leoni Meadows

May 11-12: PHAA Alumni Weekend, (Church Potluck on 19th)

May 19: All Church Volunteer Meeting

All volunteers are requested to attend a meeting on Sabbath May 19 after the fellowship lunch from 2-3pm to discuss intentionally integrating our young people into the mainstream of our church.

May 25-27: Filipino Camp Meeting at Leoni Meadows.



May 5: Pastor Mel Baga
May 12: Pastor Mel Baga
May 19: Pastor Mel Baga
May 26: Pastor Mel Baga

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Church Financial Needs
Our church buildings have served us well for almost 6 decades, but several areas need updating or replacement. The most important needs currently are repairing the flat roof, upgrading the sewer line and the Heater/Air Conditioner.

Flat Roof: The Community Service, Sabbath School rooms and Fellowship Hall are all under flat roofs. These roofs have not been repaired for 15 years. This is our 1st priority project.

Sewer Line: Recently we had a break in our sewer line which runs under our main lobby. This line is around 60 years old and needs repairing or replacing. We are also looking at rerouting it so it doesn't go under the lobby. This is our No. 2 Priority project.

Heating/Air Conditioning: We replaced the main HVAC unit in the sanctuary recently. Now, we need to replace the individual units in the classrooms, kitchen, fellowship hall, youth ministries, lobby and office areas. These units are 10-20 years old and will be obsolete in a few years.

The estimated costs of all these projects are approximately \$36,000 and as a church family we need to raise \$120,00 over the next 2-1/2 years. The Finance Committee & Church Board has estimated a target of \$32,000 for the remainder of 2018 and the remainder to be raised in 2019 & 2020.

Our church has generously supported the ministries of this church, the outreach of Community Services and Auburn Renewal Center, as well as supporting PHAA. We are confident that together we can meet these needs so as to continue to serve our community in the years to come.

Jan's Healthy Recipes

Home Made Mayonnaise From the Whole 30 Diet

Equipment:

•1 glass jar, which you will use to both make AND store the mayo. Make sure that you use A TALL AND NARROW JAR with an opening that's just wide enough to accommodate your stick blender. I like to use a 500 ml (one pint) wide mouth Mason jar. An immersion blender is the magic tool that'll make your mayonnaise come together so easily. And yes, it must ABSOLUTELY be a stick blender. Nothing else will work.

Ingredients:

•One whole large or extra-large fresh egg (apparently size does matter here. Make sure you use a large or extra large egg, else you might need to add an extra one)

•One cup Extra Light Tasting Olive Oil

•The juice of half a lemon or lime (about 2-3 teaspoons) or an equivalent quantity of vinegar. Any vinegar will do, but my favorite one to use is Apple Cider Vinegar.

•A generous pinch of salt
About the oil, it's VERY IMPORTANT THAT YOU USE LIGHT TASTING OLIVE OIL and NOT full flavor. The latter is way too strong for mayonnaise! You could, however, sub avocado, macadamia, almond or

walnut oil for some (or all) of the light tasting olive oil.

And what's even better is you can flavor your mayo whichever way you like, too!

You could very well add a teaspoon of Dijon or grainy mustard to it, or minced garlic, or even horseradish, why not?

Fresh herbs, such as thyme, rosemary or oregano, would be delicious as well. Salted Herbs are an incredible addition! A pinch of cracked black pepper adds a little bit of a kick to it. Crushed chili peppers would add an even bigger one!

And of course, like I said earlier, you could change things up a bit by switching between lime juice, lemon juice or your favorite vinegar!

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CHURCH BIRTHDAYS

Kendall Porco	May 3
Adrianna Pooler.....	May 5
Scott Wallace	May 5
Justin Fralick.....	May 9
Jacqui Fralick.....	May 9
Elijah DeBusk.....	May 10
Dylan Van Zant.....	May 10
Bill Fowler.....	May 11
Stanley Hao.....	May 15
Ben Toppel.....	May 15
Rosa Isela	May 16
Geronimo Jasmin Kissinger..	May 16
Jesse Hollister.....	May 17
Alanna Hollister.....	May 17
Cheryl Wood.....	May 17
Lili Husse.....	May 18
Jordan Toppel.....	May 18
Pam Mamoulelis.....	May 19
Marlene Matheus.....	May 19
Virgil Starr	May 19
Andrew Binder.....	May 20
David Ferolino.....	May 20
Franz Spycher	May 20
Susie Hall.....	May 21
Heidi Hollister	May 21
Merrick Stokes	May 23
Sally Christensen.....	May 25
Russell King.....	May 25
Roger Haddad.....	May 28

Dominica Community Center

Last year's Hurricane Maria completely destroyed the Island of Dominica's Community Center. The Northern Calif. Conference has determined \$25,00 is needed to rebuild it. They are asking each church to assist in this endeavor. The new center will allow members to resume their service to the community, increase their outreach, add cooking classes, health screening and family life seminars. Maranatha is sending a team in 2018 to help with the community center's rebuilding. Go to www.maranatha.org to find out more about the Wesley Community Service Project.

