Dear Salesian Sisters and Brothers,

I just returned from Don Bosco Tech’s 2017 Black and Gold Gala! It was held at the Millennium Biltmore Hotel in downtown Los Angeles. The Gala was attended by more than 300 people. Fr. Nick Reina, the Delaney Family & Hi-Rel Laboratories, INC. and Mr. Jim Curiel, a long time instructor at Don Bosco Tech, were honored. We congratulate the honorees for their dedication and service to Don Bosco Tech. They have made a difference in the lives of many young people. THANK YOU!

Among the auction items put up for bids was “Dinner with Fr. Nick.” By the time the bid was over, almost $6000 had been offered for dinner with Fr. Nick. I was reflecting that his community has dinner with Fr. Nick almost every night. That’s a lot of money for dinner with Fr. Nick. I will have to feel more honored and cherish the times I have dinner with him.

I wish to thank everyone who worked so hard to put together this Gala. Many people are involved in organizing and executing these events. On behalf of the Western Salesian Province, we say THANK YOU to all the organizers. We also wish to thank all those who help support Don Bosco Tech. Among the many significant and impressive achievements listed, I also felt a sense of Salesian family spirit and a deep gratitude for the Salesians, especially, those who helped build up the school and were instrumental in touching so many young people.

I am presently making the visitation of the Provincial House. I took some time out to fly to Los Angeles for this Gala event and attend some meetings. I will fly back to San Francisco tomorrow and continue the visitation. During the week the Province Advisory Board will meet and I will also be attending the Members dinner with the Board of Salesian High School, Richmond. On Friday and Saturday, we will have Provincial Council meetings. The following week (May 9-12) several members of our province (some SDBs and some lay collaborators) will be attending
ESA (Salesian Schools in America) in Medellin, Colombia. The Salesian Sisters are also sending several representatives from their province. Fr. Nick Reina and Br. Al Vu will be part of that group representing our Province. We are glad that several members of the province will be joining many others from the Americas who are involved in Salesian Education. I pray that this gathering will help push forward our vision of ongoing formation for the province, especially, for the laity. Please keep them in your prayers.

Tomorrow, the Church celebrates the feast of St. Joseph the Worker (May 1). Although this feast is now an optional memorial, for us Salesians, St. Joseph the worker has always held a special place in our hearts. This was the day that we honored the Salesian Brother. Tonight, at Don Bosco Tech’s Gala, Fr Nick Reina reminded all of us that this feast, which we celebrate tomorrow, is a feast that honors the Salesian Brother. Don Bosco Tech’s success is built on the hard work and dedication of so many Brothers. Without them Don Bosco Tech would not exist. So, “hats off” to all our Salesian Brothers, living and deceased. We wish to THANK them for their witness of service, sacrifice and holiness. Without the presence of our Brothers, the Salesian Congregation would no longer be the Salesian Congregation that Don Bosco founded. Don Bosco gave the Brother a special mission that the priest could not carry out. Our Constitution 4 tells us that “Our society is made up of clerics and laymen who complement each other as brothers in living out the same vocation.” I am grateful for so many brothers in our province who continue to serve in so many ways and add to the richness of our Salesian presence and mission. Happy Feast day of St. Joseph!

As I move around the province dialoguing with my brothers about new assignments, I am grateful for the generous and open spirit of my Salesian brothers to serve wherever they are needed. I am impressed and moved by the willingness of so many to serve and go where they are sent. Not only does this availability helps make my ministry much easier but, hopefully, helps the province move forward. It is not easy to build every community with the necessary Salesians to have a qualitative and quantitative community. While we try, we do realize the reality of having less Salesians to carry
out the many necessary ministries. So, we must be creative, generous and willing to dialogue with each other. Communities must gather often to plan, communicate, dialogue and share faith and moments of fraternity. It will not happen naturally and many of us find work as a legitimate escape. We are not just workers. We are brothers called by God for a mission among the young, especially, those most in need, living that mission in community. I cannot stress enough what Constitution 2 says: “We, the Salesians of Don Bosco (SDB), form a community of the baptized. Submissive to the bidding of the Spirit we are resolved to carry out the Founder’s apostolic plan in a specific form of religious life: to be in the Church signs and bearers of the love of God for young people, especially those who are poor. By carrying out this mission we find our own way to holiness.” Happy month of May, one rich in Salesian significance. St. Joseph the worker opens the month and it comes to a conclusion with the memory and blessings of Mary Help of Christians and the feast of the visitation of the Blessed Virgin. May we grow deeper in our Salesian vocation and mission to the young and honor our Salesian brothers and sisters who continue to inspire us to make a difference.

With warm regards and gratitude,

Fr. Ted Montemayor, SDB

“We are born to love, we live to love, and we will die to love still more.” - Saint Joseph
Interview with Salesian missionary volunteers in the EAO (East-Asia Oceana)

By Nicholas Ynami, (SUO) - Salesian Lay Missioner

Your motivation to embark on the SLM journey?

My SLM journey really started with my love for the Salesians. I went to a Salesian elementary and middle school in California run by the FMA sisters and the SDB priests. My school was on the outskirts of the city and serviced many poor families, most of whom (including my own) had parents who were immigrants. My class consisted of 35 people who had at least one immigrant parent and belonged to working class families. We all paid a cheap tuition to go to school, but amazingly, we all managed to get university degrees and have respectable jobs.

Fast forward to my time after graduating university, I worked in the hospitality industry for 4 years (1 year for Singapore Airlines, and 3 years for Sheraton Hotels) where I was quite good and successful in my job, but was not happy with what was doing. As I was contemplating a career change, I remembered my 9 years (Kindergarten-8th grade) in a Salesian school, and how I owe a lot of my success to the Salesians. I decided to help the Salesians in any way I could, and as I was searching for short-term volunteer opportunities (maybe help with a summer camp or volunteer part time at a school for one semester), I came across the SLM program, which I saw as a great opportunity to give back my service to the order.

So I would say my motivation to embark on my SLM journey was my Salesian background, it is a motivation that has continued with me throughout my mission life. When I enter a Salesian house, I feel like I am home, and I am taken back to the day when I was a poor inner-city boy. I remember Fr. Al, one of the SDB priests who taught me, telling me when I graduated 8th grade and went to high school: “You are part of the Salesian family, once a Salesian, always a Salesian”, that attitude has always stuck with me.

Your preparation before departure and how do you feel about it now (adequate, missing)?

The SLM program has a very good and organized preparation program. As part of our application process, we are
required to attend one “discernment weekend”, where we are given a crash course on Salesian spirituality. Once, accepted into the program through “mutual discernment”, we have a training and orientation roughly one month before we embark on our missions. The training consists of three weeks, which is broken down as such: week 1- cultural sensitivity and awareness training, week 2- service week, and week 3- spiritual growth and retreat.

It is very difficult to really train everyone in a specific or personalized sense, because there are many SLMs that go to many different sites around the world. However, the broad training is so general that it applies to all Salesian sites and also helps us with adjusting from our American culture to a different culture in the world. It is also very difficult to generally train about specific community problems and challenges, because each community has its unique set of challenges. That being said, I believe the preparation process for us is as good as it could be due to the limitations of the diversity of sites we send people to.

The SLM program has one of the best preparation programs for any Salesian volunteer organization that I know of. It is organized, it gives us the basic tools that will help us in common situations, and answers a lot of general questions. Beyond that, the things that lack are the logistics of a community to community basis. Having volunteered in South Sudan last year and Vietnam this year, I can confidently say that I currently feel as if the preparation has applied to general aspects of both diverse countries and situations. There is always room for improvement, but overall, it is a very solid preparation program.

The best of your Dalat experience as Don Rua community member

The best of my Da Lat experience as a Don Rua community member is being with the brothers. We are all roughly around the same age, so it is no surprise that we act like friends and colleagues. One brother mentioned to me that between the current volunteers and the brothers, he sees no difference among us. We participate in the community life events because we love to be there, and the community has been more than accommodating to us to make sure we know we are a part of the community. I remember one time I went out for one week to get my visa renewed and upon my return, I was asked if I missed my family, I proudly told them that I did not miss my family in the U.S. because I knew that I was not going to see them for a while, but that I missed my family in Da Lat!

The brothers, who are my main focus of my service, are what makes this mission so special to me. I think they are the best of my Da Lat experience because they not only
study diligently but also help me in anyway they could. Some brothers take it upon themselves to take me out to sight see, teach me how to ride a motorbike, and take me out to drink coffee once in a while so we can share.

Aside from the fun activities, the brothers also find a way to impress me as a teacher. My proudest moments in the Don Rua community are speaking to (now talkative) brothers, who before did not speak a single word of English to me when I first arrived. I remember having them in class and seeing them participate after months of hesitation, whereas before they could not speak a single word. I am so touched to see that some of these brothers who used to run away from me to not practice English, are now the same brothers who look for me and scope me out eager to practice their English.

What do you think about possible SLM Vietnamese version (maybe first domestic, then also international)?

I think a possible SLM Vietnamese program is a great idea! I teach a lot of university students, who have expressed to me their desire to volunteer like I do when they graduate college. Furthermore, some are already volunteering or will volunteer this summer in the various camps and activities that happen in the community and out in the other more rural mission communities. The university students are the key demographic of the age group you would be looking for in terms of a volunteer program. I know that the majority of Salesian volunteer organizations around the world are comprised of mainly young people who recently graduated university, so the mere fact that a lot of current university students (target audience age) are contemplating this idea of volunteering and actually doing it, is already a step in the right direction!

In terms of resources, I think that is where we might hit a roadblock of the language. However, it could also be a good experience for them and make some of these young volunteers more open and adept to speaking better English, and learning new cultures without fear. If the English among the young people who chooses to volunteer can improve, there is a great possibility that an international volunteer program could work because without language, it will be very difficult for them. Domestically, there are a lot of works to be done, and with language not being a problem, there is a chance for a very successful domestic program.

My only two cautions would be that the volunteers improve their English, and to be culturally aware and open minded. Knowing English is very important, because it is the language most used as well as the language that will probably be used in their mission site, so I recommend English fluency be a requirement. Being culturally aware and open-minded is also very important, because for someone who has never left their country, finding out that countries in other parts of the world have different customs, morals, and etiquette standards can lead to many unnecessary conflicts, which is where I could see a training program really being useful.
Thanks for your support and your help to us volunteers!

I went to a Lasallian-Vincentian high school, Sacred Heart Cathedral Preparatory in San Francisco and graduated in 2007. The Salesian school I went to was Corpus Christi Elementary and Middle School in San Francisco. I graduated in 2003, but sadly, the school closed in 2012 because of lack of funding.

God Bless,
Nick Ynami
MAY
SALESIAN MISSIONARY INTENTION
IN THE LIGHT OF THE HOLY FATHER’S PRAYER INTENTION
FOR SALESIANS IN AFRICA
That, as prophets of mercy, justice and peace, they may know how to educate the young to the social dimension of charity.

Africa, in many countries, continues to suffer serious social problems, such as ethnic divisions, political corruption, the radicalization of the political groups, the lack of equal opportunities for all and freedom of expression. It is part of our commitment to education and evangelization to propose itineraries of faith that will lead our young people to be, in their context, brave citizens who are builders of a more just and fraternal society, credible witnesses of reconciliation and peace.

MAY SALESIAN MISSIONARY INTENTION
FOR SALESIANS IN AFRICA
That, as prophets of mercy, justice and peace, they may know how to educate the young to the social dimension of charity.

Brazil - Continental Seminar on Missionary Animation and Formation
Cachoeira do Campo, Brazil - April 2017 - From 23 to 30 April, a Seminar on Missionary Animation and Formation is taking place on the theme “The First Proclamation and the Salesian Mission”. This is the first of the regional seminars to be held jointly by the Salesians and Daughters of Mary Help of Christians. The General Councillors for the Salesian Missions and Daughters of Mary Help of Christians (FMA), Fr Guillermo Basañes and Sr Alaide Derr etti, are attending the event. Other participants include Fr Natale Vitali, Councillor for the American Southern Cone Region; Fr Martin Lasarte of the Missions Department and various SDB and FMA Provincials, Salesians, FMA s, and lay people.
Saigon, Vietnam 30 April 2017 -- Forty two years ago a variety of small, humble, poor and mainly rural parishes in Vietnam became the first opportunity for the young Vice-province a good chance of survival and also as contribution to the local Church in difficulties. At the moment we find that there are about 32 different parishes entrusted to the Salesians in 15 different dioceses (7 in the North, 2 in the Central Highlands, 6 in the South).

What are the special traits of our Vietnam Salesian parishes?

Large variety of situations, in the Southern part of the country the huge domestic migration changes very fast the social and parish landscape with thousands of young worker families. Some parishes near Saigon started with few hundreds and now they struggle to absorb ten thousand of newcomers. We have some family-like parish communities with 200 Catholics (Cần Giờ), 5000+ large parish communities (Ba Thôn, Hóc Môn, Xuân Hiệp, Bến Cát..) composed of the migrants, there are also ethnic minority missionary parishes in the highlands with many chapels as well the very traditional popular religiosity in the North.

The face of the Salesian parish change in Vietnam

By Fr. Thinh Nguyen, SDB
Usually the parish life is busy in the early morning (weekday Mass at 4:30 or 5:00 AM) and then in the evening (7:00 PM Eucharist). The ordinary parish council comprises usually a 6 persons core group and other 60 zone and association leaders, most of the parish activities is concentrated on the sacramental life and related catechesis (marriage is well prepared since 17 years of age) and also the children catechism until 16 years of age is quite strong. A special Eucharistic Youth Movement in the Vietnamese Church celebrates this year 100th anniversary, with hundreds of members in each parish.

**How does the face of the Salesian parish change in Vietnam?**

Under a clear direction of the province there is a clear move towards outreaching ministry and more social and development ministry open also to the non Catholics, like - Oratory (sports, music, English and other classes), non-formal school for the non-residential migrants children without an access to the local public schools. Usually our parishes are a good model for the closeness to the people and family spirit.

**What are the new frontiers of the Vietnam Salesian parishes?**

First of all Salesians try to return to the Salesian community that is entrusted with the parish ministry and leave behind the one-man-director of the parish priests. Young Catholics are slowly but surely drifting from the Church community, the social influence, video-games addiction or drugs, heavy load of the school and tuition duties and lack of catechists are the main challenges shared by most of our parish councils.
The new frontiers of the parishes are connected to the Oratory in various forms, to the formation of our youth leaders and lay people, to the growth of Salesian Cooperators and other Salesian Family groups. The challenges of the young call for an effective cooperation of many people.

Quo Vadis the Salesian parish?

Each among the 90 Salesian provinces in the world has a special history and specific traits of the Salesian mission and charism. We know some ‘school’ provinces, some ‘Oratory’ provinces, some ‘Vocation Training Center’ provinces, some ‘Youth in need work’ province or ‘Parish’ provinces. Our experience is telling us that more variety of different expression in the Salesian ministry makes our charism stronger and our life and mission more dynamic. We congratulate to the Salesians of Vietnam for their courageous journey to diversify their mission starting from their 32 parishes. The journey is going on!

Ramos, who will begin his studies in chemistry at California Polytechnic State University, San Luis Obispo (SLO) this fall, was one of 1,200 applicants for the scholarship that is annually awarded to 30 high-achieving high school seniors within Edison’s broad service area who plan to pursue STEM degrees at four-year colleges and universities.

“Edison International congratulates this year’s outstanding scholars,” said Pizarro. “Through their pursuit of science, technology, engineering and math, we believe these students will make important contributions to our communities and society. We are proud to support them.”

Ramos, who was surprised and excited to receive the Edison award, is studying Materials Science, Engineering & Technology (MSET). He is a member of the school’s award-winning band, a Youth Ministry program leader, and a Bosco Tech Ambassador.

“William truly epitomizes what a Bosco Tech student is,” said Bosco Tech President Xavier Jimenez. “He is...
an intelligent, inquisitive student who wholeheartedly applies himself to his studies and who appreciates the opportunity to learn. He plans to become a teacher in order to instill in other young people a love of science. We’re thrilled that Edison International has recognized William’s abilities and potential.”

Celebrating its sixty second year, Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a technology-focused education. The innovative STEM curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of five applied science and engineering fields. Each year for the past several years, one hundred percent of the graduating class has earned college acceptances. Visit www.boscotech.edu for more information.

Edison International (NYSE:EIX), through its subsidiaries, is a generator and distributor of electric power, as well as a provider of energy services and technologies, including renewable energy. Headquartered in Rosemead, Calif., Edison International is the parent company of Southern California Edison, one of the nation’s largest electric utilities.

Edison International’s support of charitable causes, such as the Edison Scholars Program, is funded entirely by Edison International shareholders; SCE customers’ utility bill payments do not fund company donations.

Don Bosco Technical Institute
1151 San Gabriel Boulevard
Rosemead, CA 91770-4251
www.boscotech.edu
(626) 940-2000
Bellflower, CA, April 10, 2017 – St. John Bosco High School is proud to announce that senior Wyatt Davis has been named the Trinity League Male Athlete of the Year. The Trinity League Athlete of the Year award is presented to one male and one female student-athlete who best demonstrate academic and athletic excellence while contributing to their school and community. The Principals and Athletic Directors of the six Trinity League schools selected Davis over an exceptional group of nominees.

Davis, widely regarded as one of the best offensive linemen in the history of Bosco, received his honor on April 4, 2017.

“First and foremost I would like to congratulate Wyatt Davis and the entire Davis family for receiving this prestigious award,” remarked Jason Negro, Head Football Coach, St. John Bosco High School. “I commend the voting members of the Trinity League on their selection of Wyatt. Wyatt Davis was the perfect selection for the Trinity League Male Athlete of the Year and we are proud that he represents the entire St. John Bosco Football Program and our Salesian school community. For the last four years Wyatt’s play on the field and his character off of the field, have cemented his legacy with the former recipients of this award. Thank you Wyatt and again, congratulations.”

A key part of the Braves’ offense, the 6-foot-5, 310-pound lineman led his team to the 2016 CIF SS Division I title and the 2016 California Open Division State Championship. His hard work, persistence and dedication helped Davis dominate the gridiron for four straight years. During his impressive Bosco football career, Davis was named a consensus First Team All American by Max Preps, US Army, USA Today and Scouts.com, and was also named Cal-Hi Sports California State Player of the Year, Max Preps California State Player of the Year, CIF SS Division I Player of the Year, Los Angeles Times Player of the Year and Long Beach Press-Telegram Player of the Year. In addition to the multiple athletic achievements which earned him 23 full-ride athletic scholarship offers, it is Davis’ off the field accomplishments that set
him apart. He earned the Honor Roll designation for all four years at Bosco and has volunteered over 150 hours of service to improve his community.

“For me this award is a huge honor, I had no idea I was even a contender until Coach Negro told me that I won it,” exclaimed Davis. “I think it shows the hard work that my teammates and I have put in at Bosco, with the support of Bosco faculty and staff, from my freshman year until now. This is a huge accomplishment and I am happy I was able to do it as a Brave.”

After he graduates with a 3.4 GPA, Davis will attend Ohio State University to continue his education and athletic career. He will pursue a degree in Business Administration and aspires to play in the National Football League. Davis eagerly anticipates the new challenges and opportunities that await him, confident that his integrity, character and the Brotherhood that surrounds him at Bosco will guide him in this exciting next chapter. As the recipient of the Trinity League Male Athlete of the Year award, Davis also qualifies as a nominee for the Orange County Athletic Director’s Associations “Ken Fagans Male Athlete of the Year.” The winner will be announced at the Orange County Athletic Director’s Association “Athlete of the Year” dinner on May 30, 2017 at the Anaheim Convention Center.

“The Trinity League is viewed by many as the most competitive league in the United States,” noted Monty McDermott, Athletic Director, St. John Bosco High School. “We choose to be in this league because we want to compete against the best on a national level. Wyatt thrived in this competitive environment and was a leading example of the qualities we seek to instill in our students - humility, commitment, leadership and brotherhood. His exemplary performance on and off the field has clearly earned him the respect of the rest of the Trinity League.”

About St. John Bosco High School:

Founded in 1940 by the Salesians of Don Bosco, St. John Bosco High School is a distinctive all-male Catholic college preparatory school with a student body of approximately 850 students, grades 9-12. As a Catholic college preparatory community in the Salesian tradition, the school educates young men with reason, religion and loving kindness to become men of purpose. More information can be found by visiting www.bosco.org.
St. John Bosco High School
Announces 2017 Braves Gala
Joseph Sanchez III ‘70 to Receive School’s Distin-
guished Alumnus Award

Bellflower, CA, April 26, 2017 – St. John Bosco High School is pleased to announce the 2017 Braves Gala will take place on Saturday, May 20 on the school’s beautiful 36-acre campus grounds in Bellflower, California. St. John Bosco High School is celebrating 77 years of providing Catholic education to thousands of young men from all walks of life. The sixth Annual Braves Gala will benefit academic, athletic and service programs that support students and faculty, advance the school’s mission, and keep the spirit of Don Bosco alive.

The 2017 Braves Gala “Celebrating the Bosco Man” will honor class of 1970 graduate, Joseph Sanchez III, for his achievements and contributions to Bosco. Sanchez was the founder and owner of Classic Distributing & Beverage Group, Inc. in Montebello and a long-time Bosco supporter. Sadly, Sanchez passed away in March 2017, but left a strong legacy for Bosco alumni.

“The Braves Gala is a wonderful opportunity to bring people together and showcase the impact our faculty, staff, students and families have within the Bosco community,” says Dennis Mulhaupt, President, St. John Bosco High School. “We are honored to present the Distinguished Alumnus Award to legendary Brave, Joseph Sanchez III, who not only achieved excellence in his profession but as an alumnus shared in our mission of making an impact in the lives of each of our students.”

Bosco families, faculty, staff, coaches and supporters are expected to gather for the highly anticipated annual event. The Gala generates resources which strongly impact St. John Bosco High School’s ability to educate more than 850 students annually, including support for tuition assistance, academic programs, faculty and staff development, and campus improvements.

The event begins at 5:30 p.m. with a cocktail reception and a silent auction featuring more than $100,000 of items to bid on. Guests will enjoy delectable dining, entertainment and a live auction. The night will culminate with the presentation of the Distinguished Alumnus Award, the highest honor bestowed on a graduate of St. John Bosco High School, to Joseph Sanchez III.

“On behalf of the Sanchez family we are grateful that Bosco has chosen to honor Joe and his contributions and positive impact he had as an alumnus,” says Victor Fiss, President of Classic Distributing & Beverage Group, Inc. “Joe would have been so happy and humbled to receive this distinguished award from a place he held so dear in his heart.”

The event is open to the public. Tickets to the Braves Gala are $175. To learn more about the Braves Gala, visit http://www.Bosco.org/BravesGala.
I am approaching the subject of weight gingerly. Why? I don’t want people to think that I am critical of you just because you might be on the “heavy” side. I want to have a deeper understanding of weight and how that affects your health. For the coming weeks, we will unravel how our weight could change our health and more importantly what can we do about it. I dare not offend you by making broad statements about weight or obesity. Hence I was extremely happy to come across this website “Weight Matters” in their introductory statement about why weight matters. It begins with an opening statement which reflects my belief and my motivation to begin our conversation on weight.

The issue of weight matters to people in many different ways. It evokes many different emotions and can often be difficult to talk about with your healthcare provider, spouse, friend, loved one or others.

The most important reason why weight matters is because of your health.

There are many health implications that accompany excess weight, such as diabetes, hypertension, sleep apnea and others. Sometimes weight can even affect emotional health as well. It is not uncommon for someone dealing with weight issues to be affected by depression or a lack of self-confidence.

Gaining excess weight and realizing the health implications is not always the easiest thing to recognize. In fact, most Americans do not realize that they are affected by excess weight or obesity, or even at risk for weight-related conditions. This is why it is so important for you to realize that YOUR WEIGHT DOES MATTER!

Let me begin by going into the physiological component of a fat cell this week. From Wikipedia in its definition of Adipocyte: Adipocytes, also known as lipocytes and fat cells, are the cells that primarily compose adipose tissue, specialized in storing energy as fat.

Your homework assignment from the Care Ministry this week: get your weight and height ready. Next week we will need these measurements to know your BMI (Body Mass Index).

The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com

Last week we discussed what made us eat too much. This week let us see what we can do to resist the flood of junk food fighting for your attention.

Don’t let yourself get too hungry. If you are too hungry, your gut signals tell the reward system in your brain to lookout and respond intensely for any food cues you see. Skip the crash diets and focus on the quality of the food you eat.

Don’t drink your calories. Sugary drinks lead to weight gain. And it is not clear why drinking a 150-calorie glass of cola with lunch may not “register” they have that much calorie in and eat less meal.

Find foods that don’t cause war. Try to identify foods that you enjoy but that don’t cause an intense internal struggle of wanting more. Hungry in between meals? Try fresh fruit or carrots with hummus.

Address your stress. Notice the emotional triggers that can set you up to crave palatable rewarding foods. Take a walk, call a friend; don’t use food as a stress reducer. Get enough sleep. When researchers let people sleep only four hours a night for five days, they ate more and gained weight. Participants reported increased hunger and their appetite was greatest for high-carbohydrate or high-fat foods.

Give yourself a break. You cannot be good all the time; it is okay to have a “treat” once a while. Our food environment is set up to make it hard for people to eat healthier. Your homework assignment from the Care Ministry this week: what are some of the ways you can protect yourself from eating too much?

The Care Ministry welcomes your comments/suggestions: kunlouis@gmail.com