SEPTEMBER BIRTHDAYS

Fr. Avelino Lorenzo..............1
Fr. Paul C. Nguyen...............4
Br. Larry King...................6
B. Khoa Luong....................7
Fr. Richard Presenti............13
Fr. Luis Oyarzo..................16
Br. Bruno DePretto..............17
Fr. José Lucero.................18
Br. Pat Maloney..................18
Fr. Gael Sullivan...............29

PLEASE PRAY FOR OUR SICK

Fr. Lucian Lomello, SDB
Br. Jerry Weirich, SDB
Br. Tony Matse, SDB
Fr. Armand Oliveri, SDB
Fr. Mario Rosso, SDB
Fr. Avelino Lorenzo, SDB
Fr. Arthur Lenti, SDB

REST IN PEACE

Fr. Larry Lorenzoni, SDB
   Sept. 5, 2017
Fr. John O’Brien, SDB
   July 6, 2017
To my Salesian Confrères
To my dear brothers and sisters of the Salesian Family

My dear Salesian Confrères,
My dearest Salesian Family the world all over,
Let me fraternally and affectionately embrace you!

I am writing this personal, family letter to share with you a piece of news and explain it to you.

With great peace, serenity and with a profound sense of interior liberty, I must inform you that the Rector Major with his Council, after long reflection and many consultations with some experts, has unanimously decided — in the litigation concerning the “Gerini case—to definitely leave the General House (La Pisana) and thus conclude this long process which has been going on for over ten years.

I know that this news will cause in many of you a strong emotion. I can assure you that, in faith and in openness to the Spirit, we are all very serene for and sure of the decision we have taken in the light of the present circumstances.

The whole community will temporarily move to another house in Rome and will normally continue their life and service to the Congregation and to the Salesian Family; in the meantime, during about one year’s time, we will plan and prepare the future headquarters of the General House in another presence in Rome: a smaller house, one thought out for today’s needs, with dimensions adequate to today’s life and with the testimony that we must give today.

What brought us to this decision? The simple fact that, despite all “legal struggles”, the judge who was called to pronounce his verdict on the civil process of the litigation known as “Gerini case”, decided to assign the property of the General House (La Pisana) to our creditors, as a way of paying, according to them, what, by right, would be their due.

I already explained once that, regretfully, the Direzione Generale Opere Don Bosco was bound in solidarity (i.e. as a guarantee) to the “Gerini” Foundation, and this evidently turns against us before turning against the “Gerini” Foundation. In fact the creditors reckon that, in the controversy, it is easier to obtain from us many tens of million Euros.
We tried to reach an agreement on something that might be good for us, but their requests showed to be unacceptable. And throughout these months they put great pressure on us on the loss of the General House, trying to obtain in this was the money instead of the House itself.

Since we feel very free and detached, we thought that the walls of this House are not worth so much money, which must be destined to the mission and to the service of the poorest – an amount of money that, in addition, we do not have and that we could only obtain by asking loans from the banks. Thus, we want to conclude, once for all, these relations with these creditors and with those that might come up with the same claims and requests. The best solution is to cut radically and decisively all negotiations and abide by the value decreed by the judge.

We are confident that by the end of the year this long process will definitely come to an end.

There is a very small hope – as I call it – a possible “miracle”. It is the appeal submitted to the Supreme Court for the entire process, from its beginning to date. This Court will deal with the recourse on September 13th, 2017, and in the span of three months we shall know the verdict. Were the sentence to be in our favour, then the House will continue to be our property and we should not pay anything to our creditors. Anyhow, we preferred to put ourselves in the worst situation, simply to be prepared.

In any case, beyond whatever may happen, we have a date limit, according to the verdict of the civil reason, according to which, on October 10th, 2017, we must leave the House. And we shall leave it.

My dear brothers and sisters of the entire Salesian world, with these words of mine we wish to be close to you, to share this reality with you and at the same time to convey to you all the serenity we feel. Our Salesian life and mission – also in our community of the General House – will continue, as ever, with the usual decision, energy and availability.

Let us live this moment as a sign of the times for us that will help us be faithful to our charism and to the service of the poorest and most needy youth.

I thank you because you accompany us and follow us, united in affection and prayer.

I fraternally greet you.

Angel Fernández Aritme, sbd
Rector Major
On August 24, four candidates, Fr. Kristian Laygo, Br. Fabian Cárdenas, and Fr. John Roche headed up to Lake Tahoe for a three-day retreat. John led the retreat at the beautiful setting of Zephyr Cove on the south shore of Lake Tahoe (actually in Nevada). The retreat was designed for the Lay Formation Project launching the second of three years of Lay training in pastoral leadership for the Diocese of Sacramento. Because the retreat focuses upon the special charism of Salesian Spiritual Accompaniment, it was perfect as an opening year retreat for the candidates of De Sales Hall. Only one candidate was missing, Leo Imbert, because he is teaching at St. John Bosco High School.

The Candidates for this year are: Reegan Ledet from Fort Worth Texas, Fernando Regalado from Long Beach who has just completed a year in Laredo as a volunteer, Kris Tran from Orange County who has been working as the Youth Minister at St. Barbara’s in Orange County and is now working at St. Joseph Youth Renewal Center in Rosemead, Peter Truong from Chicago who grew up Salesian at Camp St. Francis, and Leo Imbert from Paramount who has been caring for his ailing father these past few years. Reegan and Peter volunteer at Don Bosco Tech three days a week and help out with the afterschool oratory at St. John Bosco on other days. Fernando has a pretty heavy load at Long Beach City College, but is very interested in helping out at Dominic Savio in their faith formation and is exploring his time commitments. Leo is teaching nearly a full load at St. John Bosco and diving into community life at De Sales. He still checks in on his father on Saturdays. Leo has asked to begin the Pre-novitiate.

We have begun very well. Everyone seems busier than ever, but there is a spirit of generosity and joyfulness that is contagious. The “Salesian Block” often shares meals, meetings, reflections, and special celebrations helping the young men to feel a part of St. John Bosco and of St. Dominic Savio Parish. Keep them in your prayers!

Please note that there is a DUC IN ALTUM RETREAT September 21 through September 24. If you know an eligible college student who shows signs of a vocation, be sure to have him contact us here and personally invite him to this retreat.
On Sept. 7, Thursday night, the community at De Sales Hall, had the great opportunity to stand in solidarity with those affected by the DACA decision at the Tower of Hope at Christ Cathedral in the Diocese of Orange.

It was a moving experience to listen and share our thoughts, fears, and even hopes. I was excited to see the hope in our brothers and sisters hearts for the future. We began with a reflection on the Gospel and shared what The Spirit was inspiring us to say and share with the group. It was beautiful to see everyone sharing from their hearts and we allowed ourselves to be vulnerable with each other in order to grow as one true family. Not only was this a way to grown as a Salesian community, but we were able to build relationships with the larger community as a whole.

Reegan Ledet, Candidate

“Be cheerful, but let your cheerfulness be genuine, stemming from a conscience free from sin.” Don Bosco
In preparation to celebrate the 100 years of the Apparitions of Our Lady of Fatima in Portugal, the Pilgrim Virgin, coordinated by The Blue Army, visited our Parish from August 16 to August 19, 2017.

Previously August 13, a special featured presentation of the film “The Miracle Of Our Lady Of Fatima” took place in the Parish hall which help the faithful to recall the story of the apparitions of our Lady of Fatima that took place in 1917 during the 13 of the months of May, June, July August (on the 15), September and October. We had 4 days of celebrations, starting Wednesday August 16, the day Our Lady arrived at our parish, the community came together to give Her a warm welcoming, and celebration of the Eucharist by Fr. Luis Oyarzo S.D.B. Later in the evening this same day the Salesian Family celebrated the Eucharist in honor of Saint John Bosco’s birthday along with the welcoming of Our Lady of Fatima in our Parish.

Many ministries came to give honor to Our Blessed Mother. They participated with their prayers as the Youth Group “Ninive” did by reciting a bilingual rosary, and the Mariachi Santo Domingo Savio sang many hymns to our Lady, it was a beautiful evening, well attended and ,The Grupo Guadalupano recited the rosary in Spanish followed by the Quintet Santo Domingo Savio who presented a beautiful repertory of instrumental music to Our Lady like the “Ave Maria”, this was up-lifting and with this the day ended .

The following day the children’s choir “Angeles de Dios “ directed by Mrs Anabel Navarro presented a dramatization of the apparition of Our Lady of Fatima.
During the school hours the children from Saint Dominic Savio school attended mass and pledge their prayers to Our Lady.

Many other ministries participated in the event and during the day hours many families and faithful came to honor, pray and brought flowers to Our Lady of Fatima.

August 19 was the farewell to Our Lady of Fatima, a special Mass was celebrated early in the morning by Fr. Andrew Ng S.D.B. and concelebrated by our deacons Willy Arban and Joe Lumsdaine. Numerous parishioners attended the Eucharist and at the end they waved to Our Lady of Fatima with their white and blue flags and handkerchiefs as she was escorted by four men from the church to be brought and visit another parish.

We are thankful to our pastor Fr. Chinh Nguyen S.D.B. for allowing our parish to be part of the celebration of the 100 Years of the Apparitions of Our Lady of Fatima. It was a wonderful opportunity for many families of our community to come with their children to come and kneel at the feet of Our Lady as they pray for their daily struggles.
ROSEMEAD, CA—Sept. 8, 2017—The Don Bosco Technical Institute (Bosco Tech) community gathered to celebrate and dedicate to the Lord the school’s new emerging technology laboratories and the newly renovated technology corridor at a student body Mass lead by Bishop David G. O’Connell on Friday, Sept. 8.

The event celebrated the development of labs dedicated to three emerging STEM fields, located along the school’s technology education corridor: the Green and Sustainable Technology, 3D Design Rapid Prototyping, and Robotics Assembly and Competition Center. The construction and redevelopment were made possible by the generous support of several local foundations.

“The extensive work that we are celebrating today happened because of the generosity of the Fletcher Jones Foundation, the Michael J. Connell Foundation and the Dan Murphy Foundation,” said Bosco Tech Principal Xavier Jimenez. “We are extremely grateful for their support of the school’s unique curriculum. These new labs will function as central learning hubs for many years to come as students broaden their understanding of engineering in real-world lab environments where two or more disciplines are integrated in up-and-coming career fields.”

“You’re preparing for a good life of service to Jesus and to helping others” Bishop O’Connell told the student body during the celebratory Mass. “The world needs you very much. May God bestow blessings on this great school.”

In addition to his duties with the Archdiocese of Los Angeles, Bishop O’Connell serves on the Bosco Tech Board of Trustees. He and the other members of the board work tirelessly to ensure that the school’s curriculum meets the needs of students as they enter colleges and universities.

Prior to the Mass, event special guest Sandra Armenta, City of Rosemead Council Member, presented an award of recognition to the school’s administration for its dedication to technology-focused education.

Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a
technology-focused education. The innovative curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields. The school boasts a college acceptance rate of approximately 100 percent, with more than 60 percent of graduates pursuing STEM-related post-secondary degrees. Visit www.boscotech.edu or call (626) 940-2000 for more information.
From left to right: Sister Roble Cavazos, new animator of St. Mary’s FMA community; Attentive to life-preserving information; Don Lupe Castaneda and Fernando Reneteria, sacristians; Julia Pacheco, parish secretary, arranged and planned the VIRTUS Training Class; Frank Reynoso taught the class in an attractively humorous way.

VIRTUS Training Class Held at St. Mary’s

The second of two VIRTUS Training Classes was held in Spanish. Twenty parishioners attended. VIRTUS is the brand name that identifies best practices programs designed to help prevent wrongdoing and promote “rightdoing” within religious organizations. The VIRTUS programs empower organizations and people to better control risk and improve the lives of all those who interact with the Church.
Sr. Imelda Rangel Celebrates 50 Years of Religious Life

Long time parishioner Sr. Imelda Rangel of the Little Sisters of the Poor decided to celebrate her 50th anniversary of religious life in her home parish. The parish hall was packed with wellwishers from all walks of life. There were two other sisters celebrating their 50th’s as well. One of the high points of the celebration was the folkloric dance troupe choreographed by Sr. Imelda’s grand niece.

New Salesian Sisters at St. Mary’s

Sr. Roble Cavazos will lead the Salesian Sisters community of St. Mary’s. Mrs. Ann Retana will continue as Vice Principal and Mr. Jonathan Medina will begin his second year as principal. There are great plans for the new school year and with the larger number of Salesian Sisters the impact will be significant. We welcome our new sisters with support and love.
Coming Spring 2018:

Oliver!

Fr. Jesse Montes will be producing a collaborative effort with St. Mary’s, Salesian High, the Salesian Boys’ and Girls’ Club, St. Isabel’s Elementary and various public elementary schools. Ms. Marie Luna, directing, Ms. Jil Garcia, will be music director. Spring date to be announced.

Bryan Sanchez surrounded by family and Confirmation teacher and guide, Mr. Danny Robles (far left).

High School Teen Gifted with the Holy Eucharist

Bryan Sanchez is beginning his second year at St. Mary’s Confirmation program. But he had never received his First Communion. So, his first year Confirmation teacher, Mr. Danny Robles (Bosco Tech ‘75), took it upon himself to prepare Bryan. After a few weekly classes, Bryan was fully prepared to receive the gift of Our Lord in the Eucharist. Bryan’s family was ecstatic. They were very grateful that St. Mary’s sponsors programs that foster the spiritual lives of the community, especially of our youth.

Fr. Jesse Montes will be acting in Shot, a film opening on screens across the United States on September 22, 2017. It was directed by world-famed Jeremy Kagan. Fr. Jesse shares the screen with Jorge Lendeborg, Jr. The young actor will be appearing as a lead in the new Transformers movie, Bumblebee. The following is an excerpt from the production notes:

In the midst of the shoot, the film’s crew had yet to find an appropriate location— one of the places they went to was an old Catholic church in the east LA area. When the design team led by Chuck Parker and the cameraman Jacek Laskus joined Kagan on the weekend, they were shown around by Father Jesse of the church. Kagan asked him about whether he deals with kids who have been involved in gun shootings and he told him some stories of his own. Kagan saw the compassion in this priest and felt this was the way that part should be played as there was a scene where Miguel goes to his priest for advice. And then, the actor that Kagan had planned to use to play Father T in the movie couldn’t do it at the time. Kagan suddenly decided to drive back over to that church and talk to Father Jesse and ask him if he would play the part. It turned out that Father Jesse ran a local theatrical troupe through the church and he had fantasized someday actually being in a movie. He is now.

A scene between Fr. Jesse and Jorge Lendeborg, Jr.
Quito, Ecuador - Sept. 10, 2017

The Continental Meeting of Social Communications Delegates, led by Fr Filiberto González, General Counsel for Social Communications, began on 10 September at CSFPA, the Salesian Center for Continuing Education America. During the event’s opening, Fr González addressed the 27 participants representing the Provinces of the Continent by saying: “This is a historic meeting because in its integral training program the CSFPA includes Communications not as something marginal to the heart, to spirituality and to the Salesian mission, but as something central to Don Bosco and, therefore, to his sons and daughters who share his spirit and mission.” The meeting animated by the CSFPA team, with the contributions of Fr Luis Timossi and Fr Francisco Sánchez, Ecuador Provincial.
SDB NorCal celebrated Labor Day together at Richmond Community.
The “Salesian Block,” St. John Bosco High School, De Sales Hall, and St. Dominic Savio Parish, celebrated birthdays of Frs. Tuan Nguyen, John Roche.
### September, 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Events</th>
</tr>
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<tbody>
<tr>
<td>4</td>
<td>MO</td>
<td>Labor Day</td>
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<tr>
<td>5-7</td>
<td>TU-TH</td>
<td>Provincial Council Meeting, Don Bosco Hall, Berkeley</td>
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<td>10-16</td>
<td>SU-SA</td>
<td>Regional Formation Meeting, Haiti</td>
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<td>13</td>
<td>WE</td>
<td>Province Finance Advisory Meeting</td>
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<td>14-28</td>
<td>TH-TH</td>
<td>Retreat for Provincials, Turin, Italy</td>
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<tr>
<td>22</td>
<td>FR</td>
<td>Bl. Joseph Calasanz-Marqués and Bl. Henry Sáiz Aparicio, Priests and 93 Companions, Martyrs</td>
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### Lord’s Prayer

Lord, I thank you for the gifts You have given me, especially for life, love, family and friends.

Help me to know myself better and to know my talents, as I pray, study and decide on my life’s work.

Help me to see and understand the path You open for me. Help me choose a life’s work that will be in response to my potential and your love for me.

If I am being invited to follow you as a Salesian, give me a generous heart to respond to your challenging call and the strength to follow you wherever you lead me. Amen.
The month of September is marked by significant missionary events. The most important of them is the missionary expedition of 22 Salesians to Mongolia, Pakistan, Papua New Guinea, Siberia, Japan, Australia, Great Britain, Spain, Ireland, Ecuador, Antilles, D. R. of Congo and the new foundation in Malaysia. There are 3 missionaries from Europe, 2 from America, 4 from Africa and 13 from Asia. They will receive a formation in Rome and in places of Salesian importance. They will be sent out, together with the FMA missionaries, on September 24, from the Basilica of Mary Help of Christians. This month we also begin a three-month-long on-going course of formation on Mission ministry. 20 Salesians (5 missionaries from Africa, 14 from America and 1 from Asia) will start a pilgrimage to Salesian sites on 17 September. Then, along with other participants, they will continue at the UPS, Rome. They will freshen up their missionology, spirituality and salesianity. The programme culminates with a pilgrimage to the Holy Land. All these confreres of ours, the very young and the very experienced, will offer the Congregation and the Church a renewed and intelligent missionary enthusiasm. They will learn to bring Christ to confront the new challenges of the world and of today's youth. Let us pray for these Salesians and also for all of us, so that we may bring the fire of the Holy Spirit wherever the Lord desires to.
### Origin and destination of the New Missionaries

<table>
<thead>
<tr>
<th>Name</th>
<th>Province</th>
<th>Destination</th>
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<tbody>
<tr>
<td>S. Joseph ABUTO</td>
<td>Kenya (AFE)</td>
<td>Japan (GLA)</td>
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<tr>
<td>S. Jeswin MASTAM</td>
<td>India (INB)</td>
<td>Japan (GLA)</td>
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<tr>
<td>L. Jorge CHORRO</td>
<td>El Salvador (CAM)</td>
<td>Papua New Guinea (PG5)</td>
</tr>
<tr>
<td>S. Jeevan LEWIS</td>
<td>India (INK)</td>
<td>Papua New Guinea (PG5)</td>
</tr>
<tr>
<td>S. Jude MALIAKAL</td>
<td>India (INK)</td>
<td>Antilles (ANT)</td>
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<tr>
<td>S. Jacque MASSA</td>
<td>R.D. Congo (ACC)</td>
<td>Antilles (ANT)</td>
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<tr>
<td>S. Martin Paul PUSHPARAJ</td>
<td>India (INK)</td>
<td>Great Britain (GBR)</td>
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<tr>
<td>S. Anthony LEUNG</td>
<td>China (CIN)</td>
<td>Great Britain (GBR)</td>
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<tr>
<td>P. Peter Lai Vu Son LAM</td>
<td>Vietnam (VIE)</td>
<td>D. R. Congo (ACC)</td>
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<tr>
<td>L. Joseph Chu Nhat TAN</td>
<td>Vietnam (VIE)</td>
<td>D. R. Congo (ACC)</td>
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<tr>
<td>P. Peter Nguyen Anh VU</td>
<td>Vietnam (VIE)</td>
<td>Australia (AUL)</td>
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<tr>
<td>S. Norbet MAMBA</td>
<td>D. R. Congo (ACC)</td>
<td>Spain (SMX)</td>
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<tr>
<td>S. Israael HERNANDEZ</td>
<td>Venezuela (VEN)</td>
<td>Spain (SMX)</td>
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<tr>
<td>S. Emmanuel NIVYITUNGIRA</td>
<td>Burundi (AGL)</td>
<td>Russia - Yakutsk (SLK)</td>
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<tr>
<td>S. Joseph RAYMOND</td>
<td>India (INM)</td>
<td>Russia - Yakutsk (SLK)</td>
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<tr>
<td>P. Arkadiusz ORZECOWSKI</td>
<td>Poland (PLN)</td>
<td>Ireland (IRL)</td>
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<tr>
<td>P. Mario DOS SANTOS</td>
<td>East Timor (ITM)</td>
<td>Mongolia (VIE)</td>
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<tr>
<td>L. Manuel RUPEREZ ARROYO</td>
<td>Spain (SSM)</td>
<td>Malaysia (FIN)</td>
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<tr>
<td>P. Ramon BORJA</td>
<td>Philippines (FIN)</td>
<td>Malaysia (FIN)</td>
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<tr>
<td>P. Eugene MAGLASANG</td>
<td>Philippines (FIS)</td>
<td>Pakistan (FIS)</td>
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<tr>
<td>P. Joaquim FOLQUE</td>
<td>Spain (SMX)</td>
<td>Ecuador (ECU)</td>
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<tr>
<td>P. Andre BELO</td>
<td>East Timor (ITM)</td>
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### Witness of Salesian Missionary Sanctity

The Blessed Martyr Titus Zeman (1915-1969), writes to his cousin to wish him at his marriage: "I wish you all the best. May you have a happy married life accompanied by the grace of God and his blessings; may you fulfill the will of God who created us and has given us the grace of becoming Christians so that you can receive his sacraments, such as the marriage you have committed yourself to. I will continue to pray for you, that you have a new, blessed and happy life. While praying for you, I also ask you to pray for me. Your Titus." Fr. Titus then draws the symbol of the cross by his own hand, adding the following statement: "In moments of suffering, look at the cross and you will be relieved of the pain in your heart."

### For the 148th Missionary Expedition

**Salesian Missionary Intention**

*That every Salesian may be a missionary according to the heart of Don Bosco.*

With our hearts turned to the Basilica of Mary Help of Christians at Valdocco, from where Don Bosco himself sent out the first missionary expedition of 1875, we pray for each of the members of the expedition of 2017. Each year there is an increasing multi-cultural and inter-continentiality of these groups of Salesians, Salesian sisters and lay people, most of them very young, from all over the world to all over the world. Every year the missionary mandate of Jesus is concretized in Don Bosco’s family through this powerful and fruitful sign.
SEPTEMBER
SALESIAN MISSIONARY INTENTION
IN THE LIGHT OF THE HOLY FATHER’S PRAYER INTENTION

For the 148ª Missionary Expedition

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*With our hearts turned to the Basilica of Mary Help of Christians at Valdocco, from where Don Bosco himself sent out the first missionary expedition of 1875, we pray for each of the members of this expedition of 2017. Each year there is an increasing multiculturality and intercontinentality of these groups of Salesians, Salesian sisters and lay people, most of them very young, from all over the world to all over the world. Every year the missionary mandate of Jesus is concretized in Don Bosco's family through this powerful and fruitful sign.*

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SDB Development Department

Salesian Provincial Office in San Francisco is seeking an experienced Administrative Assistant for their Development Department.

Expertise and knowledge in data base management, Raise’s Edge and MS Office (required). Knowledgeable of Vietnamese and Spanish would be beneficial.

Full-time position includes processing mail, data entry, and other clerical duties.

Send resume with compensation requirements to Greg Cattalini: gcattalini@Salesiansf.org. Questions can be directed to Mr. Cattalini at (415) 441-7144, x217 or Father Tho Bui, x221. For more information on the Salesians, please visit www.donboscowest.org.
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

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Treatment for Cramps: Lifestyle and home remedies

Recommendations from Mayo Clinic

By Sheila Kun, Cooperator

Calf stretch

While holding on to a chair, keep one leg back with your knee straight and your heel flat on the floor. Slowly bend your elbows and front knee and move your hips forward until you feel a stretch in your calf. Hold this position for 30 to 60 seconds. Switch leg positions and repeat with your other leg.

If you have a cramp, these actions may provide relief:

• **Stretch and massage.** Stretch the cramped muscle and gently rub it to help it relax. For a calf cramp, put your weight on your cramped leg and bend your knee slightly. If you’re unable to stand, sit on the floor or in a chair with your affected leg extended.

Try pulling the top of your foot on the affected side toward your head while your leg remains in a straightened position. This will also help ease a back thigh (hamstring) cramp. For a front thigh (quadriceps) cramp, use a chair to steady yourself and try pulling your foot on the affected side up toward your buttock.

• **Apply heat or cold.** Use a warm towel or heating pad on tense or tight muscles. Taking a warm bath or directing the stream of a hot shower onto the cramped muscle also can help. Alternatively, massaging the cramped muscle with ice may relieve pain.

Prevention

These steps may help prevent cramps:

• **Avoid dehydration.** Drink plenty of liquids every day. The amount depends on what you eat, your sex, your level of activity, the weather, your health, your age and medications you take. Fluids help your muscles contract and relax and keep muscle cells hydrated and less irritable. During activity, replenish fluids at regular intervals, and continue drinking water or other fluids after you’re finished.

• **Stretch your muscles.** Stretch before and after you use any muscle for an extended period. If you tend to have leg cramps at night, stretch before bedtime. Light exercise, such as riding a stationary bicycle for a few minutes before bedtime, also may help prevent cramps while you’re sleeping.

Your homework assignment from the Care Ministry this week: Practice the treatment recommendations as above if you have cramps.

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