



April 19, 2012 Issue #37 Editor: Lisa Brabo

This Week

Brian Levy



Brian is a family law attorney who has refocused his career on Collaborative Practice, Mediation and other forms of peacemaking for families in crisis and transition. Brian serves on the Board of Directors for the Los Angeles Collaborative Family Law Association and Collaborative Divorce Services of Orange County. Brian is also a delegate to Collaborative Practice California, and is President of Collaborative Divorce Education Institute. Brian has been representing family law clients since 1973, and he believes that Experience Is Not Expensive...It's Priceless.

Today's Topic: Working for God - My Mission's Trip to Beirut Lebanon

"I was born into an Orthodox Jewish Family. My religion is Judaism. My relationship with God is Christian. I was born again seven years ago. My wife and I attend Faith Community Church, as we are part of the operations team for set free growth groups. In 2009 I was invited to go to Beirut Lebanon on a missions trip to preach the gospel of Jesus Christ in a Muslim community. Our ministry team was in Beirut for ten days doing various forms of ministering, leadership development and training and community service."

Last Week
Bill Moore
Art - Who Needs It?



As a working professional artist for over 16 years, a high school art teacher for 15, and a parochial minister for 10, Bill Moore has spent his entire life pursuing his passion. He shared stories about the people and events that have shaped the course of his career.

CALENDAR

May 31 – June 3, 2012: District Conference at Lake Arrowhead Resort. Get your reservations in now!

November 3 - 11, 2012: Field of Honor Sierra Vista Middle School, 777 Puente Avenue, Covina, CA 91723

Flag Adoption: \$35.00 each

Sponsorship: : Silver \$500.00; Gold \$1,000
Platinum \$2,500; Diamond \$5,000



APRIL IS STRESS AWARENESS MONTH
(I'm sure it has nothing to do with taxes.)

QUESTION: Do you exercise regularly? Exercise can be a great stress management tool. You can significantly reduce the level of stress you feel with some exercise. Working out three or more times a week is recommended to increase longevity and overall health as well as reducing stress, and five times or more is even better. Studies show that regular exercise can reduce stress in the short term and the long term. More high-energy exercises like weight training or martial arts can provide a good physical outlet where you can release pent-up tension, while walking or yoga can have a more soothing effect.

QUESTION: How much caffeine do you consume each day? Caffeine may be causing you more stress! Caffeine is a drug that can disrupt sleep, interfere with hormones in the body, and cause people to feel moody and exacerbate stress responses. Too much caffeine can cause a dependence where you feel you need caffeine to have enough energy to function, and when the caffeine wears off, you're even more tired and need more. Four or more cups of coffee can put you at risk of developing a physical dependence that leads to withdrawal symptoms like headache and intense cravings if caffeine use is discontinued.

QUESTION: How much sleep do you get per night, or combined with naps? Be sure to get your beauty rest. If you are getting 6 hours of sleep or less, you are not getting enough sleep, and may have built up a "sleep deficit" that makes it more difficult to focus on tasks, handle everyday stressors, and fight off illness. You may even be at a significantly greater risk of getting into a car accident or making other errors associated with impaired functioning. You may want to work on time management and structure your lifestyle to include more night sleep, or at least a brief afternoon nap.