



SHARE NEWS

WINTER 2019-20

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Dark Side of the Moon...Love Endures...Light...Child Hunger

NEWS UPDATE



The light that has lit the world will return. Our star, the sun, still has a billion or so years left. Winter arrives with the least amount of daylight. During winter some become anxious so we add illumination to our homes, decorating with light for the holidays. Is it any wonder that each of our traditions honors light, for without it there would be no life as we know it on planet Earth. We live in balance on an amazing sphere that provides all of our needs for oxygen, water and food. The Passover candles, the festival of Diwali, the star of Bethlehem all provide metaphorical light and also center around food. During these darker days bring your enlightenment and the spirit of love to your neighbor and yourself. Care for yourself...care for each other, feed each other in all ways and let your light shine on everyone! - JDSMK

A Chance Encounter

In the Fall of 2017 I was in Camp Hill in one of my favorite stores, Barnes & Noble! I could easily spend hours browsing through aisles of books knowing that life was too short to read all the ones that I would gladly have. After a mind boggling look at the selections, then coffee and cake, enjoying the relaxed atmosphere I drifted over to the "toy" section with a series of very unique games. STEM (Science, Technology, Engineering, Mathematic) toys were becoming the new rage and I was dazzled by the choices, the ingenuity then finally the price! I realized that they would be too expensive for many of our client children but would ironically be of great value to boosting their academic curiosity and inventive spirits. So I ventured to the desk nearest, in store central, and approached a manager, Robert Smith, and told him that I was the Coordinator for Education at Project SHARE in Carlisle. I then went on to speak of our great kids, our Lunch & Learn program, Kids in the Kitchen and then finally ventured forth to explore the idea if "...we could do something for our kids..." Being from Jersey I can be straightforward but with, I hope is, a gentle approach. I wanted him to feel the love we have for our kids and the importance of making a difference in their lives.

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Love Endures - A Client Story



Love came to Cliff and Tracie on Virginia Beach some 25 plus years ago. "I saw her, at a friend's party and I wanted to see more of her but I thought that she hated me."

Cliff recalled she told him to "get lost...", when he approached her thinking he was just a "party boy" but he was persistent.

Cliff and Tracie dated for about 18 months before he mentioned marriage. He doesn't recall where they were, other than on a date at a restaurant, but he remembers looking at her one night and realizing he didn't want to be without her. The proposal went something like "hey, you want to get married?" But Cliff says that he will never forget the look in her eyes. "It melted my heart, and when I think of it today it brings tears to my eyes."

The Stiles were blessed with 2 sons, Donnie (now 22) and Connor (14).

Cliff had served in the military in South Korea, state side, and was in the first Gulf war in 1990. Cliff spent a total of 11 years in the army.

Tracie and Cliff continued to live, mainly in Virginia Beach until he secured a job teaching English and Math in Frederick, Maryland. In 2004 they moved to Gettysburg, PA and Cliff commuted to his teaching job. Once in Gettysburg, Tracie was employed as an LPN by Gettysburg Hospital and spent many fulfilling years in that position of service and was comfort to others. In 2009 Tracie was diagnosed with Lams Disease, a serious disabling lung condition. She had begun training as an RN, but the diagnosis led her to being forced into early retirement and the family's income dropped precipitously. Within 30 days she also lost her health insurance since she was ill and could no longer work. Forced to register for Medicare they were to realize that coverage of their tens of thousands of dollars of bills did not include

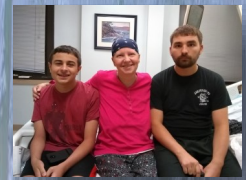
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Our Mission: "In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff, recipients, gleaning partners and donors; Project SHARE's food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want."

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Follow us on FB, Twitter and Instagram



DATES TO REMEMBER



YOGA Sundays (4-5pm) The Farmstand. Relax, condition your mind and your body with an expert team. All are welcome to join us. No cost! Ohmm sweet ohmm.



JANUARY SOUPERBOWL

This traditional FUN-RAISER is the chance for community groups to throw a party, event or special collection around the Big Game. Remind your friends, congregations, clubs and the community that Hunger is Not a Game! Contact "Joe" for further information at 717-249-7773 ext 236.



KIDS in the KITCHEN

Children meet from 5-6:30pm @ our main HQ on N. Orange Street. Tots (4-8yrs) participate on Tuesday after Distribution week (Jan 21, Feb 25, Mar 24) and Cubs (8-12yrs) on Wednesday (Jan 22, Feb 26, Mar 25). Sign up at timetosignup.com/projectsharepa or call Project SHARE.

SLICE of the MONTH

Adult class continues at Farmstand through the winter on the 2nd Thursday of the month (Jan 9, Feb 13, Mar 12) from 5:00 to 7pm. These monthly classes give adults "hands on experience" preparing recipes based on ingredients available through Distribution days. Sign up at timetosignup.com/projectsharepa or call Project SHARE.

CHESS

Whether you have never played or are a seasoned player we welcome you to the Farmstand for alternate Mondays (Dec 30, Jan 13, 27, Feb 10, 24, Mar 9, 23) from 4 to 5:30 p.m. Make your move and sign up to play or to mentor at timetosignup.com/projectsharepa

MATCH MADNESS

Our generous benefactors, at the Partnership for Better Health, will be matching donations made from **March 1st to 31st** that are directed to Project SHARE. We receive 100% of your gift, plus it puts us in the running for additional matching funds! Make your gift online at <https://projectsharepa.org/donate-match-madness/> OR send your check to Partnership for Better Health, 274 Wilson St., Carlisle, PA 17013, payable to PBH, indicating Project SHARE in your memo.



EMPTY BOWLS



Empty Bowls, sponsored by CALC, to benefit SHARE, will be held on **Monday March 16th 6pm-7:30pm**, in the Social Hall in the HUB. \$25/ticket. Fun, food and an artistic hand made pottery bowl to remind us of those who are in need of greater food security in Carlisle. This event is a sell out every year so we recommend getting your reservations in early. Check our website for more information in mid-January.



RECEIPTS MONTH

Thank you all for OVER 10,500 receipts!! A record. We have been granted \$5,000 from GIANT and \$1,000 for BELCO. Perhaps in 2021 we will be blessed with some additional matching funds to reach the total receipts. THANK YOU ALL!

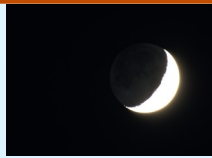


"Dark Side of the Moon!"



Bob Weed, CEO

Are you afraid of the dark? Come on now, be honest. At one point in time we all were. There is something eerie about the dark. It may make you feel alone, lost or forgotten.



This time of year I periodically find myself thinking about the contrast between dark and light. That is due in large part to the fact that it's dark when I wake up and it's dark when I get home. And I'm not wild about it, especially as I'm trying to make my way home. But there is light. As I round the corner and my home comes into sight, my heart softens when I can see the lights are on in our family room. There is hope, joy and love just a block away.

As we prepared for our December distribution, I was also thinking of the contrast between darkness and light. They exist side by side. Without darkness, we would not know what light is. Without light, we would not know darkness. Darkness can accompany many of us during this time of year, for whatever reason. But light accompanies us as well. Many of us will share our time, talents and treasures with others over the next week, bringing light into their lives. Clients, Volunteers, Staff and Board members will all pass through our doors. Each will carry a little personal darkness. But, each will also bring his/her own spark of light to every interaction. Collectively, we will all see those sparks of light ignite into a flame, so bright, that it has the power to overcome all sorts of darkness. If you are running low on fuel and darkness looms, if it's dark and you struggle to find your way home, don't be afraid. There will be hope, joy and love shared among all.

Why am I so optimistic about this? It's because I have seen it happen before. In almost every culture light has special meaning. Across faith traditions light is one of the most universal and fundamental symbols. It is the spiritual and the divine, it is illumination and intelligence. So whether it's the Menorah, the Lamp, the Star, The Festival of Lights or the warmth of a camp fire, bring it. Light the lamps and candles, flip the switch, turn the spot lights on. It's time to share your light with others. All are welcome, all will help others see their way out of darkness and all help Project SHARE awaken hope. However you celebrate, may the joy of this season, the light of fellowship and the promise of a bright new year be with you.

VOLUNTEERS of the MONTH



Volunteers SHARE their valuable time! They are an integral part of our mission and bring joy to all every day of their service. Each one of our volunteers blesses our community with service that matters. Without them there is no SHARE in Project. Special recognition goes out to some on a monthly basis. They accept this honor with humility in the company of their fellow volunteers.

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."—Unknown



NOVEMBER

VOLUNTEER GROUP OF THE MONTH
AARP DIAPER PACKING TEAM

SEPTEMBER
DICK BOYO



OCTOBER
ANDREW KELLY



DECEMBER
MARTY MILLER



Thank you to our friends at CommunityAid for submitting this "Spotlight Column" to highlight our collaborative relationship.

Many of us grew up singing a version of the children's song "This little light of mine, I'm gonna' let it shine," without really understanding what it meant. Isaiah 58 provides some insight into God's methods of making that happen.

"....to share your food with the hungry.... when you see the naked, to clothe them.... Then your light will break forth like the dawn...."

Project SHARE takes seriously God's directive to share food with the hungry, and they bless the needy in Carlisle and surrounding neighborhoods through the Gleaning, Farm to Table, and Kids in the Kitchen programs, among others. CommunityAid's mission addresses the clothing needs of Project SHARE clients, providing deeply discounted, gently used clothing and household goods. It's a partnership you could quite literally say was "made in heaven!"



Project SHARE hosts clothing donation bins that provide product for sale in our stores. Our Mechanicsburg production team sorts through over 6500 pounds of donations every day, hanging and pricing what can be sold, recycling what isn't sellable, and tossing as little as possible. More than 99 percent of items on the sales floor are priced at thrift rates, and most of our customers shop on a day they are eligible for 50 percent off our already low prices. Our average item selling price in 2019 was only \$2.43!

This innovative business model allows the Mechanicsburg CommunityAid store to provide jobs to 83 employees with pay rates starting at \$12 an hour. CommunityAid also offers great health insurance and

retirement investment packages. An employee discount adds to the total compensation package, further assisting CommunityAid staff to build their homes, families, and careers with security and growth.

Every quarter, proceeds from our sales are returned to Project SHARE for use in their daily operations. In addition, we provide Care Cards for Project SHARE clients who are in desperate need of free clothing from our stores. Because we serve many of the same clientele, Project SHARE and CommunityAid are working in partnership to meet multiple needs for many of the same precious people.

This is why Project SHARE is so bold in asking you to donate to the CommunityAid clothing bins you see scattered throughout Central PA. When you donate in those bins, you are doing so much good for so many people. Needy community members get affordable clothing. Our employees get good-paying jobs and great benefits. Project SHARE gets funding dollars and Care Cards. Project SHARE clients get food. At the very least, you get a more organized closet and the satisfaction of knowing that you are helping a whole host of folks! And spiritually

speaking, your light shines just a bit brighter.

We invite you to let your light shine even brighter as you partner with Project SHARE and CommunityAid through your donation of clothing, by shopping in our stores, and by providing financial support or volunteering your time to Project SHARE ministries. Then the words of Isaiah will once again be realized in our hurting world. "The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned."

Thank you for your support of Project SHARE and CommunityAid!

Purge your home of clothing & small household items where they turn into budget resources for SHARE!

Project SHARE bins are located at:

- ⇒ Project SHARE HQ
- ⇒ Graciella's Restaurant, Plainfield
- ⇒ Assembly of God, Newville
- ⇒ New Beginnings Loft
- ⇒ St. Matthew's UCC
- ⇒ Carlisle Country Market
- ⇒ Carlisle E-Free Church
- ⇒ Carlisle United Methodist
- ⇒ The Farmstand on Lincoln



A collaborative supporter of:



Congregation



Connections

Many thanks to our congregational supporters. Here we recognize those who have blessed us with funds or food since our last SHARE News. Although not listed, we also thank the many congregations for their gifts of time. We could not serve those in need without all of you. This recognizes donations since our last Newsletter through December 8th . Blessings to all of you and your congregants.



“You may think your light is small, but it can make a huge difference in other people’s lives.” Anonymous

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|---------------------------------------|----------------------------------|-------------------------------------|
| Bethel Assembly Of God | First Presbyterian Church | St. Matthew United Church of Christ |
| Carlisle Baptist | First United Church Of Christ | St. John’s Episcopal Church |
| Carlisle Barracks Chapel | Green Spring First Church Of God | St. John’s Evangelical Lutheran |
| Carlisle Evangelical Free (CEFC) | Green Spring First Church Of God | St. Matthew Evangelical Lutheran |
| Carlisle Evangelical Free Church | -Golden Rule Class | St. Patrick Catholic Church |
| Children’s Ministry (CEFC) Kids Cove | Hickorytown United Methodist | St. Stephen Lutheran Church |
| Carlisle First Church of the Brethren | Letort United Methodist Church | The Meeting House |
| Carlisle First Church of the Brethren | Lighthouse Church Of God | Toland Mission |
| -Sorbeams Sunday School Class | Middlesex United Methodist | Tree Of Life Church Inc |
| Carlisle Reformed Presbyterian | Mt. Victory UMC | Trinity United Methodist Church |
| Church Men’s Fellowship | Opossum Hill Union Church | Trinity United Methodist Church - |
| Carlisle Seventh Day Adventist | Otterbein United Methodist | The Good Samaritan Class |
| Carlisle United Methodist Church | Plainfield First Church Of God | US Army War College Memorial Chapel |
| Christian Life Community Church | Second Presbyterian Church | Waggoners United Methodist |
| Dickinson Presbyterian -Faith Chapel | Shiloh Missionary Baptist Church | Young’s United Methodist Church |
| First Evangelical Lutheran Church | St Matthews UCC Youth Group | |

Attention All Youth Groups! “Souper Bowl” is coming. Is your group interested in participating? See Souperbowl.org and contact “Joe” at Project SHARE to do something special for your community in need of you!

A Community Partnership

Lunch & Learn 2020



Our Summer Lunch & Learn program is scheduled for June 8th— August 5th at 5 sites in and around Carlisle.

Last year there was an average of 130 kids per day at a total of 5 sites in the Carlisle region. This year we are looking to make our program available , with thanks to: LeTort Elementary; Church of God in Carlisle, Saint Pauls Lutheran, The United Church of Christ and in Mt. Holly, New Life Community Church. USDA, PDE, Bosler Library and Cumberland Drug & Alcohol partner with Project SHARE and our committee.

For 2020 we have had our committee of community leaders and edu-

cators working together towards constructing a powerful Lunch & Learn program for 2020.

Some of 2020’s weekly topics, now in development, are: Plants; Animals; Food and Body Systems; Music; Art/Painting; Movies/Theater; Magical Science; Planet Earth; and Robots/AI all giving us room to develop fun and meaningful lesson plans. This will be fun to teach and for our kids to learn!

We need you and or your group to join us 3 mornings a week for 1 week or more to volunteer teach and or mentor our kids. We have a total infrastructure in place but **without you we have nothing.** Our kids cannot afford a paid summer experience. Can you be a part of their experience by sharing your skills and caring? You will know that you made a difference to some great kids anxious for your presence. It will change your life and give it more meaning!



More details coming at projectsharePA.org

For further information on teaching or assisting you can call “Joe” at 717-249-7773 ext. 236

Help Us Grow Healthy Families!



MARCH 1
thru
MARCH 31



Your donation will be matched . . . providing a greater impact on our mission of providing healthy nutritious food and other related resources .



To make your March donation, please visit:
ProjectSHAREPA.org

"It's funny how people just won't accept change. As if nature itself — they'd prefer re-arranged. So hard to move on when you're down in a hole. Where there's so little chance To experience soul I'm grateful to anyone That is happy or 'free' For giving me hope While I'm looking to see."



Many thanks to the following businesses, foundations and other organizations who *light up the mission* of Project SHARE through their contributions of funds or in-kind gifts. This list recognizes gifts received between September 6th and December 8th. Although too numerous to list, we recognize all the individual donors and volunteers who give of their time and resources to make a big difference in our mission. Thank you all! If we inadvertently omitted your listing, please let us know. We thank you all and wish a blessed 2020 for all of you, your staffs and families!

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|--------------------------------------|---|---|--|
| AAA Of Central Penn | Christmas Chocolates | Fraternal Order Of Eagles | Service Program |
| Allen Distribution | Cirillo's Small Engine | Frey & Tiley | Panera Bread Co. |
| Baby Feet Day Care | Clee K. Morrison Foundation TUW | Giant Food Stores, LLC | Penske Logistics |
| Barlow Research Associates, Inc | Community Aid, Inc. | Greater Carlisle Area Chamber of Commerce | Rich Valley Golf |
| Beechwood Orchards | Community Cares | Hook and Flask | S. Middleton School Dist. |
| Beeman's Bakery | Cruise Holidays Of Carlisle | HSH Management, Inc. | Schneider National Foundation |
| Belco Community Crsdit Union | Cumberland County | In Faith Community Foundation | SHS Class Of '58 |
| Beta Sigma Phi | Cumberland County Housing Redevelopment | Iron Forge Elementary School | Stan Sheffer Construction |
| Bethesda Mission | Cumberland Cnty USDA Service Center | J.H. Billman Construction Co. | Strickler Agency |
| Carlisle Area Religious Council | Cumberland Truck Equipment Co. | John Oszustowicz Law Office | Thornwald Home |
| Carlisle Barracks Commissary | CVHS Family and Consumer Sciences | Lerew Brothers | Todd Baird Lindsey Foundation |
| Carlisle Community Swimming Pool | Cumberland/Carlisle AARP 4377 | LifeGuide Financial Advisors | TOPS 868 Of Carlisle PA |
| Carlisle Construction Materials | CVS Pharmacy | M&T Charitable Foundation | United Way of Carlisle & Cumberland County |
| Carlisle Digestive Assoc. | DEALERGOODIES | MEF Commercial Services | United Way of the Capital Region |
| Carlisle H.S. Marching Band Boosters | DHL Supply Chain | Moskel Counseling Services | UPMC Pinnacle |
| Carlisle Kiwanis Club Foundation | Dickinson College | MotivAction | USDA - Rural Development |
| Carlisle Sunrise Rotary Club | Dickinson College Farm | Mountain View Nursery | Weber Trucking & Excavating |
| Carlisle Syntec Incorporated | Doceo | Mountz Jewelers | Wegmans Food Markets, Inc. |
| Carlisle Vietnam Veterans | Emergency Food & Shelter | North Hanover Grille | Weis Markets |
| CASD Food Service | Ewing Brothers Funeral Home | Oak Grove Farms | Wenger's Meats and Ice |
| Char-Lynn Kennels | Fetterman Insurance Agency Inc. | PA Dept. Education Summer Food | Women Of The Moose Chapter 235 |

Farm to Table Event Benefits Project SHARE



Project SHARE's 3rd Annual Farm to Table event recently brought some of the region's best culinary resources together, raising more than \$40,000 in net proceeds for its food programs and services. Sponsors included:

LIFEGUIDE
FINANCIAL ADVISORS

GIANT
FOOD STORES, LLC

M&T Bank | UPMC Pinnacle | Jacqueline L. Powell & Associates | F&M Trust | Lamar Advertising | Barn at Creek's Bend

The event helps to raise funds used to serve a Carlisle regional community where 1 in 6 people are food insecure. Bob Weed, CEO, reflected that "An event like our annual Farm To Table strengthens and enhances our efforts to 'Nourish Our Community and to Awaken Hope!' Our goal is to be always vigilant and in touch with our entire community from clients, volunteers, and donors. All are an important part of what makes our region a caring place to give and receive food and blessings."

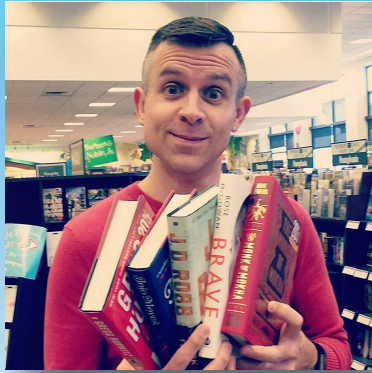
Attendees enjoyed a variety of culinary delights and beverages prepared by area chefs as well as entertainment and a silent and live auction. "The funds we raise are critical in continuing our ability to provide healthy food for those with need. In doing so, we help build healthy families and in turn, a healthier community" says Nancy Mellerski, Project SHARE board member and Chair of the Farm to Table Committee.

To see the event's photo gallery and a listing of food & beverage partners, chefs and other vendors, please visit <https://projectsharepa.org/3rd-annual-farm-to-table-auction-event/>.

Project SHARE plans to continue this annual event into 2020.

SAVE THE DATE for Sunday, September 27, 2020 at the Barn at Creek's Bend.

Robert turned out to be the nicest guy and stopped to think. He then offered the following: "You know we do have a Holiday Book Drive coming up and we have been looking for a local non-profit that serves the interests of readers and I think this could work.



Let me do some more thinking, talk to my people and get back to you." So he talked to his people, I talked to my people and soon we had an offer we couldn't refuse. B&N would declare their Holiday Book Drive on behalf of Project SHARE. We were in awe of how fate crossed me with B&N on that day and time. The signs

B&N another try. By that time we had distributed over 5,000 books and yet another year was coming with growing families in need of more literacy tools. At Project SHARE we feed not only the body, but also the mind and spirit. So I sent off another e-mail to "Stephanie" with pictures hoping to hear a good word back from her. I decided to call one late day in October and spoke to "Kristi". I asked her if B&N had decided on a benefactor for the 2019 Holiday Book Sale and I was put on hold. She came back on line and said "...an organization called Project SHARE will be receiving the books this season."



went up soon thereafter and visitors to the Camp Hill store were encouraged to buy a book for a Project SHARE kid. We received well over 2,500 books from the drive.

As 2018 approached I knew that B&N would possibly go elsewhere to look for a benefactor but we gave it a try and asked again. Since having received the gifts, we had documented how our kids received them at various important venues including the annual Holiday event, during the 9 weeks of our summer Lunch & Learn program and occasionally at Chess Club, Kids in the Kitchen and at our monthly Distributions. The important part was that kids were getting books, feeling the joy that comes with a new book and reading their new treasures. All of this due to a chance encounter!



I was ecstatic and headed out the door to a rehearsal at The Carlisle Theatre where I had a small part in It's A Wonderful Life. "George Bailey" approached me and said "Are you Joe from Project SHARE?" I said "Yes!" while he exclaimed "I thought I recognized you...I am Robert Smith, who used to work at Barnes & Noble!" Well, I wondered, what were the chances of that all transpiring in the same hour!? Are there chance encounters or some forces bringing opportunities to our lives if we only had eyes to see? I don't know but I do

know that the relationship with our friends at Barnes & Noble has resulted in over \$90,000 worth of new books over 3 years thanks to a "chance encounter"... so one thing I do know, it can be and often IS a wonderful life!

*Joseph Kloza is the Coordinator of Education and Community Outreach at Project SHARE and is the "I" in this article.
Robert Smith currently works at the PA Department of Health.*

But the story doesn't end there. In October of 2019 I was at SHARE HQ, as I like to refer to it, and I decided that I would give

Love Endures Continued from page 01

20% of all future medical bills. Losing health insurance, because you are ill, did not bode well for the family.

Meanwhile Cliff took early retirement in 2015 partly due to a diagnosis of MS, though his health insurance remains intact to this day. They continued to struggle financially for a number of years, until finally in September of 2018 Tracie was diagnosed with Pancreatic Cancer and underwent major surgery in October.

With massive medical bills and no where to turn Cliff and Tracie came to Project SHARE. Cliff speaks eloquently of his days of need and how Project SHARE helped.

"I want to tell you about Tracie, Laura (Laura Estep, Coordinator of Client Services) and Project SHARE. During the last 3 months of her life, Tracie and Laura became good friends. In June 2019, Tracie asked to come over by wheelchair and Laura arranged for her to come in through the back entrance. Laura pushed her in her wheelchair around the distribution line, while I followed with the shopping cart. By the end of distribution, I was in tears just by watching the interaction between Tracie and Laura."



Cliff continued, "In my life I have seen man's inhumanity to man. There was evil that would curl your hair, but I had never seen such loving compassion as what Laura

and Project SHARE offered my wife. It just radiated. It made my wife happy."

Tracie's mother came with us in July and said she'd never seen anything like the love that was given to her daughter. Cliff will always be grateful for the "...compassion my wife and I received. Since my wife died, I want people to know, that compassion lives. Because of Laura, Tracie felt loved and had a big smile! No amount of money could buy these things. Tracie had an inner strength and courage in the ways she faced her last month. Her last day in the Gettysburg Hospital, where she had served. I was sitting with her and told her how much I loved her and how proud I was of her. " Tracie was 48 years old when she died on August 31 of this year.

"Looking back, my wife was a warrior. She fought for everything. I realize that she wanted the best for herself, the kids and for me until the day she died. I hope when my day comes, I will be as brave."

*Lyrics from George Harrison tell us that All Things Must Pass. We have the ability to project into our futures, and of those closest to us...those we love. We know that we will all pass and that seems to be a unique quality of humans. My dog doesn't realize that she is living on borrowed time at the age of 15 plus. Each day is just another day of eternity. We are different! We know, we project into the future and for many of us the future becomes now. **Love each other, take inspiration from each other's stories, pay it forward and let everyone's light shine on this journey as Tracie did for all of us.***

We can banish some of the darkness of the world." - Rabbi Lord Jonathan Sacks

“For though my faith is not yours and your faith is not mine, if we are each free to light our own flame, together

Beans, Beans, the Magical Fruit:

The More You Eat the Less You...well you know!



You may have read our recent article, [To Meat, or Not to Eat](#), which highlighted the importance of eating a plant-centric diet, in regards to both

human and planetary health. A high intake of fruits, vegetables, legumes (beans), whole grains, nuts, and seeds is strongly associated with significantly lower risks of heart disease, high blood pressure, stroke and type 2 diabetes, which *combined, accounted for 912,720 deaths (33% of total) in 2017* (cdc.gov). Legumes (beans, peas and lentils) show to be a promising and affordable solution to our ever-growing health crisis.

Common types of legumes include black beans, kidney beans, chickpeas (garbanzo beans), cannellini beans, navy

beans, fava beans, pinto beans, black-eyed peas, and lentils. A surprise to many, legumes are a nutrient powerhouse. They provide ample amounts of prebiotic fibers, protein, slow-digesting carbohydrates, phytochemicals, B-vitamins, iron, copper, magnesium, manganese, zinc and are also naturally free of saturated fat, cholesterol and



gluten (for those avoiding gluten). **The gas-producing properties of beans that some experience are due to prebiotic fibers—aka food for your gut buddies.** Increasing evidence shows that *maintaining beneficial gut bacteria may help regulate metabolism, blood sugar, nutrient absorption and even mood!* It's no wonder that legumes can help prevent and manage diabetes, high blood lipids (triglycerides, LDL), high blood pressure, and obesity. Research has also found that daily legume consumption may decrease inflammation and oxidative stress, both responsible for much of today's chronic disease. Despite their well-documented health benefits, only 8% of Americans report eating legumes on any given day. This may be partly attributed to unfamiliarity of preparation and how to incorporate them into daily meals, or by their gas-producing 'musical qualities'. Below are some tips on preparing, as well as how to keep the chickpea symphony at bay.

Thankfully, legumes are not only easy to prepare, but are an extremely versatile ingredient. Lentils are the fastest cooking of all legumes. They come in a variety of colors and textures including orange, brown, green, and black. To prepare orange lentils, simply rinse, then place in a small pot with water (1 cup lentils: 3 cups water), and bring to a boil. Brown and

green lentils take 20-30 minutes to cook, while orange lentils are quicker (15-20 minutes). Black and French lentils take a little longer to cook (30-35 minutes), but hold their shape, making them excellent for salads or topping over "grain bowls". Orange, green and black lentils are better suited for soups and stews, due to their thick stew-like texture. **Try the lentil recipe on-line for a hearty, soul-warming winter meal!**

Other legumes, such as chickpeas, kidney beans and black beans need more time to cook. Soak the beans (1 lb dry) for 4 hours to overnight, then drain and rinse with water. In a large pot, combine beans, water and 1 tsp of baking soda (baking soda helps soften the beans more quickly and may relieve some of the "musical" qualities). Bring to a boil over high heat for 10 minutes. Reduce heat to medium low, and cook uncovered for 1 ½ or 2 hours. Add a bay leaf, garlic, onion and/or celery stalk to the beans for enhanced flavor. Beans keep well for 3-5 days in the fridge, and also freeze great. Use your cooked beans in soups, chili, bean dip (like hummus) and/or in salads.

Lectins, oxalate and phytates—oh my! Some are fearful about 'anti-nutritional' factors found in beans, which in animal studies have found to inhibit the absorption of some nutrients. Do not fear!

These compounds are completely broken down by a 10 minute boil. Properly cooked beans contain insignificant amounts of deemed "anti-nutrients", but are packed with essential nutrients and prebiotic fibers (to feed your 'gut buddies'), *so enjoy, and rest easy knowing your body, your bacteria, and our planet thanks you.*

Pro-tips for cooking and preparing legumes:

- Always have legumes in your pantry. Whether it be dried or canned, they can feed a hungry family in a pinch!
- Prepare double what you'll need for a recipe, and store the rest for later in the week. If they're already prepared, you're more likely to eat them.
- Add a squeeze of lemon to increase flavor and iron absorption
- Use a pressure cooker or Instant pot for speedy legumes.
- Soak for >4 hours, then cook at 15psi (or 'high') for 10-12 minutes.
- Allow pressure to 'naturally release'.
- Combining a grain (like rice) with a legume (like beans or lentils) makes for a complete protein; nutritionally comparable to meat, but with the added bonus of prebiotic fibers, phytochemicals, and a reduced carbon footprint

Tips to decrease legumes' 'musical' qualities:

- Soak for at least 12 hours, draining, rinsing and refilling with fresh water every 4 hours. This helps reduce the amount of gas-producing sugars.
- Add 1 tsp of baking soda to long-cooking beans.
- High temperatures from pressure cookers can also help degrade some of the 'noisy' starches.
- Eat more legumes!
 - The indigestible fibers in beans, called oligosaccharides, feed your 'good gut bacteria', which in turn may create gas.
 - However, the more beans you eat, the less gas and flatulence will be experienced!



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