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I would like to wish you and your loved ones a happy, healthy and prosperous Holiday Season.-Wolf J. Rinke

READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals
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SPECIAL HOLIDAY ISSUE

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A HOLIDAY POEM

Candlelit Heart

by Mary E. Linton

***Somewhere across the winter world tonight
You will be hearing chimes that fill the air;
Christmas extends its all-enfolding light
Across the distance...something we can share.
You will be singing, just the same as I,
These familiar songs we know so well,
And you will see these same stars in your sky
And wish upon that brightest one that fell.
I shall remember you and trim my tree,
One shining star upon the topmost bough;
I will hang wreaths of faith that all may see --
Tonight I glimpse beyond the here and now.
And all the time that we must be apart
I keep a candle in my heart.***

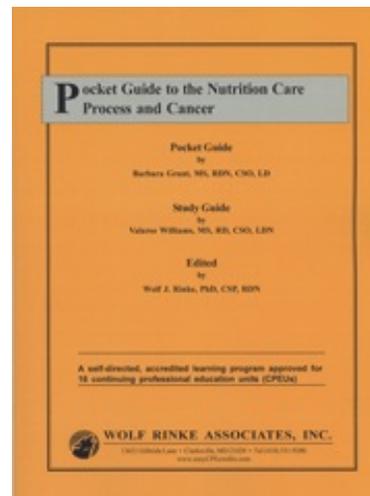
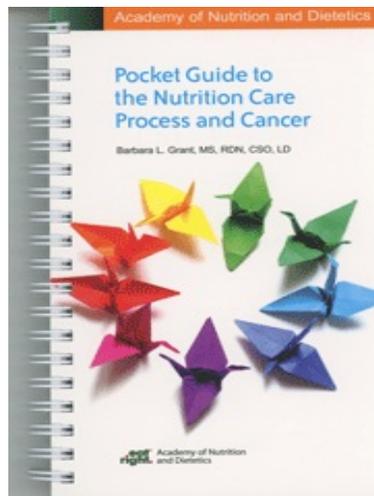
1. NEW CPE--HOT off the Press

Pocket Guide to the Nutrition Care Process and Cancer

Pocket Guide by Barbara Grant, MS, RDN, CSO, LD

Study Guide by Valaree Williams, MS, RD, CSO, LDN

Edited by Wolf J. Rinke, PhD, CSP, RDN



C284	16 CPEUs	HARD COPY	\$139.95 NEW	Add to Cart
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Pocket Guide, 170 pgs, and Study Guide with 1 Reporting Form, 23 pgs.

Easy-to-use reference on nutrition care for patients diagnosed with cancer. Founded on the Academy's Oncology Nutrition Evidence-Based Nutrition Practice Guidelines (ON EBNPG) and recommendations from other leading cancer-focused health organizations, coverage includes:

- Application of the Nutrition Care Process to cancer care, from nutrition screening and assessment through nutrition monitoring and evaluation.
- Obtaining and interpreting data to identify nutrition-related problems associated with cancer and its treatment.
- Determining nutrient and physical activity requirements.
- Using standardized terminology to label individuals' nutrition diagnoses.
- Developing nutrition prescriptions and choosing nutrition intervention strategies.

For more information and customer comments, [click here](#).

Approved/Accepted by [CDR](#), [CBDM](#)

2. HOW TO GET MAXIMUM SAVINGS!!!!

WE let you use a coupon, + the Free Ethics, & still get Free Shipping* making it a steal, & you can also add a program from our bargain corner for even more amazing deals!!

Coupon Code at the very END of this newsletter.

***FREE SHIPPING when ordering over \$200.**

Combined all these savings can add up to almost 45% discount.

3. AN INSPIRATIONAL STORY TO REKINDLE YOUR HOLIDAY SPIRIT

The Big Wheel-Author Unknown

In September 1960, I woke up one morning with six hungry babies and just 75 cents in my pocket. The children's father was gone.

The boys ranged from three months to seven years; their sister was two. Their Dad had never been much more than someone they feared. Whenever they heard his tires crunch on the

gravel driveway they would scramble to hide under their beds. He did however support us with \$15 a week to buy groceries.

Now that he had left us, there would be no more beatings, but no food either. If there was a welfare system in effect in southern Indiana at that time, I certainly knew nothing about it.

I scrubbed the kids until they looked brand new and then put on my best homemade dress. I loaded them into the rusty old 51 Chevy and drove off to find a job.

The seven of us went to every factory, store and restaurant in our small town. No luck. The kids stayed, crammed in the car and tried to be quiet while I tried to convince whoever would listen that I was willing to learn or do anything. I had to have a job. Still no luck. The last place we went to, just a few miles out of town was an old Root Beer Barrel drive-in that had been converted to a truck stop. It was called The Big Wheel. An old lady named Granny owned the place and she peeked out of the window from time to time at all those kids. She needed someone on the graveyard shift, 11 at night until seven in the morning. She paid 65 cents an hour and I could start that night. I raced home and called the teenager down the street that baby-sat for people. I bargained with her to come and sleep on my sofa for a dollar a night. She could arrive with her pajamas on and the kids would already be asleep. This seemed like a good arrangement to her, so we made a deal.

That night when the little ones and I knelt to say our prayers we all thanked God for finding Mommy a job.

And so I started at The Big Wheel. When I got home in the mornings I woke the baby-sitter up and sent her home with one dollar of my tip money – fully half of what I averaged every night.

As the weeks went by, heating bills added another strain to my meager wage. The tires on the old Chevy had the consistency of penny balloons and began to leak. I had to fill them with air on the way to work and then again every morning before I could go home.

One bleak fall morning, I dragged myself to the car to go home and found four tires in the back seat. New tires! There was no note, no nothing, just those beautiful brand new tires. I wondered: Had angels taken up residence in Indiana? I made a deal with the owner of the local service station. In exchange for his mounting the new tires, I would clean up his office. I remember it took me a lot longer to scrub his floor than it did for him to do the tires.

I was now working six nights instead of five and it still wasn't enough. Christmas was coming and I knew there would be no money for toys for the kids. I found a can of red paint and started repairing and painting some old toys. Then I hid them in the basement so there would be something for Santa to deliver on Christmas morning. Clothes were a worry too. I was sewing patches on top of patches on the boy's pants and soon they would be too far gone to repair.

On Christmas Eve the usual customers were drinking coffee in The Big Wheel. These were the truckers, Les, Frank, and Jim, and a state trooper named Joe. A few musicians were hanging around after a gig at the Legion and were dropping nickels in the pinball machine. The regulars all just sat around and talked through the wee hours of the morning and then left to get home before the sun came up.

When it was time for me to go home at seven o'clock on Christmas morning I hurried to the car. I was hoping the kids wouldn't wake up before I managed to get home and get the presents from the basement and place them under the tree. (We had cut down a small cedar tree by the side of the road down by the dump.) It was still dark and I couldn't see much, but there appeared to be some dark shadows in the car – or was that just a trick of the night? Something certainly looked different, but it was hard to tell what. When I reached the car I peered warily into one of the side windows.

Then my jaw dropped in amazement. My old battered Chevy was filled full to the top with boxes of all shapes and sizes. I quickly opened the driver's side door, scrambled inside and knelt in the front facing the back seat. Reaching back, I pulled off the lid of the top box. Inside was a whole case of little blue jeans, sizes 2-10! I looked inside another box: It was full of shirts to go with the jeans. Then I peeked inside some of the other boxes which contained candies and nuts and bananas and bags of groceries. There was an enormous ham for baking, and canned vegetables and potatoes. There was pudding, and cookies, pie filling and flour. There was a whole bag of laundry supplies and cleaning items. And there were five toy trucks and one beautiful little doll. As I drove back through the empty streets with the sun slowly rising on the most amazing Christmas Day of my life, I was sobbing with gratitude. And I will never forget the joy on the faces of my little ones that precious morning.

Yes, there were angels in Indiana that long-ago December. And they all hung out at The Big Wheel truck stop.

Source: <http://www.butlerwebs.com/holidays/christmas-stories.htm#Directory>

4. SAVE 50%! A ONE-OF-A-KIND GIFT

**Tis the season for gift giving,
These calendars improve one's living!!
No ideas for your friends yet,
These are the perfect gifts to get!!
Motivation throughout the year,
Order these and spread the cheer!!
Don't be left out in the cold,
Order these for young and old!!
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5. HOLIDAY HUMOR BREAK:

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December. Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to every historical rendition depicting Santa's reindeer, every single one of them, from Rudolph to Blitzen - had to be a female. We should've known that only women would be able to drag a fat man in a red velvet suit all around the world, in one night, and not get lost.

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6. ABOUT THE EDITOR

Dr. Wolf J. Rinke, RDN, CSP is the president of Wolf Rinke Associates—an accredited provider of easy to use CPE home study programs for nutrition professionals since 1990, available at

www.easyCPEcredits.com.

If you have questions, or would like him to address a specific issue or topic in this eNewsletter please e-mail him at WolfRinke@aol.com.

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