

**Covina Bethel English Class**  
 Englishclass4u@Englishclass4u.com  
 Tel: (626) 332-8223  
 Studio Classroom  
 Let's Talk in English  
 Saturday, 9:00 am- 11:30 am  
 Oct 13, 2012



**Covina Bethel English Class Newsweek**

**Upcoming Events:**  
 I have no events because no one has given me any.

Today's subject is at the request of Ming and Maggie. What are the benefits of eating apples? On Oct 1<sup>st</sup> we went to an apple orchard. The pictures to the right are from that trip. You have perhaps heard the saying, "An apple a day keeps the doctor away." Is there any truth in this? Some people think so. According to



various health sites on the web there are many benefits to eating apples. One is that they are low in calories (about 100 per apple) and high in both soluble and insoluble fiber (the peels (skins) have insoluble fiber). If you have problems with bowel movements (pooping), either diarrhea or constipation, the fiber in apples helps both. Other studies have shown that the soluble fiber binds with fats in the intestine which means lower cholesterol levels. Another group of studies shows that a phenolic compound found in apple skins keeps cholesterol from solidifying on your artery walls, reducing plaque buildup and chances of heart attack. So be sure to eat the peels, too. The natural sugar, fructose, can help to curb your sweet tooth and the low calories can help you to reduce your calorie intake, helping you to maintain a healthy weight. Finnish researchers have found that frequent apple eaters have a lower risk of strokes, compared to those who eat fewer apples. Antioxidants and flavonols found in apples help to reduce your risk of pancreatic cancer. Researchers at Cornell University have discovered several compounds in apple peel that inhibit the growth of certain cancers in the liver, colon and breast. And I have heard and experienced that eating an apple a day helps to reduce acid reflux. Eating a light dinner three or more hours before I go to bed and following it with an apple helps to reduce the reflux from my stomach back into my mouth while I sleep. Many people have this problem as they grow older and it can lead to great pain and injury to their esophagus. There are claims that eating apples can reduce the risk of diabetes, too. So, in a way, the saying is true.

The fear of the Lord leads to life: then one rests content, untouched by trouble. Proverbs 19:23  
 敬畏耶和華的，得著生命；他必恆久知足，不遭禍患。箴言 19:23

# Oct 13 Let's Talk English Puzzle

G P P Y V M B A N D E J E G D  
O U R F K I A R V G B T L A U  
L L N O T I E N A H E T H M A  
F P E I F B C S A L H C Y E M  
T D C D R E S K H G A R U N W  
V F K A G A S T W O E H S X K  
B C B U M D A S C X T R P N Q  
L M W J P H T T I B E L O N G  
C N A P C K A E S O N Q R E R  
T W I N T W L R O P N I T E E  
T R T R D E E R C L I A E P E  
J E O R P I N I C A S H L R G  
M H A O K Q T B E Y C B W O Y  
S C H M D G J L R E S T Y L E  
K S F A N Z M E U R S H O E D

Find these hidden words in the above puzzle:

- |            |                  |              |
|------------|------------------|--------------|
| 1. athlete | 11. kick         | 21. short    |
| 2. band    | 12. manager      | 22. soccer   |
| 3. barber  | 13. massage      | 23. sport    |
| 4. belong  | 14. neck         | 24. style    |
| 5. card    | 15. player       | 25. talent   |
| 6. cheer   | 16. pro          | 26. team     |
| 7. coach   | 17. professional | 27. tennis   |
| 8. fan     | 18. run          | 28. terrible |
| 9. game    | 19. shoe         | 29. wait     |
| 10. golf   | 20. shop         | 30. win      |

# Oct 13 Studio Classroom Puzzle

E C N A L A B X V C B D Y F O  
S T R O K E B R C O T O H O B  
E K I R T S A Y O N E O T D E  
K I T V X L Q A N D L H R I S  
N O I T C N I T S I D R O G I  
T I M R E P R H U D E O W E T  
C I T E B A I D M A R B T S Y  
E U Q I T N A Z E T L H S T C  
F W R E C I P E A E Y G U I T  
E L Y T S E F I L P U I R O N  
D I S C R I M I N A T E T N E  
M P E S I T R E P X E N G A V  
R L G N I D A E L S I M U N E  
M R O F T A L P F I B E R H R  
Y C A V I R P Q E L I F O R P

Find these hidden words in the above puzzle:

- |                 |                  |                 |
|-----------------|------------------|-----------------|
| 1. antique      | 10. expertise    | 19. prevent     |
| 2. balance      | 11. fiber        | 20. privacy     |
| 3. condidate    | 12. kit          | 21. profile     |
| 4. consume      | 13. lifestyle    | 22. recipe      |
| 5. diabetic     | 14. misleading   | 23. strike      |
| 6. digestion    | 15. neighborhood | 24. stroke      |
| 7. discriminate | 16. obesity      | 25. trustworthy |
| 8. distinction  | 17. permit       | 26. zap         |
| 9. elderly      | 18. platform     |                 |