

bulbed intersections—to ease the crossing for those in wheelchairs.

When Jonathan was born in 1965, the doctors gave him a week to live. But “[w]ith each passing day, I was defying the experts,” Jonathan writes. He died in 2001 from complications from pneumonia, just shy of 36.

At the time of his death, Jonathan still had a lot on his to-do list. He had dreams of being a head football coach and winning the Super Bowl. He wanted to expand his efforts to educate people about individuals with disabilities.

“I knew I was doing something right,” he writes. “I had letters from children who shared stories of how they were no longer afraid to play with kids with disabilities.”

He was a Chico Planning Commissioner, a member of the city’s Affirmative Action Committee and Transit Board, and president of the local chapter of the Lions Club. He ran for Chico City Council in 1996, finishing ninth in a field of 19 candidates.

As the book concludes, Jonathan reflects on the questions “Who am I?” and “Why am I here?” and asks

His story:

Jonathan Studebaker’s book, *Not Just Any Bag of Bones*, can be purchased from Amazon, Barnes & Noble, and the publisher, AuthorHouse. Ten percent of the proceeds will be donated to Shriners International.



his readers to do the same. “I want to be happy. I want to be healthy. I want to live life to the fullest and make the world a better place than when I arrived here on May 20, 1965,” he writes.

Alden said his brother definitely accomplished that wish, and his book is a testament to that. Jonathan had a lot of “moxie” and “certainly lived life with a lot of gusto.”

“He didn’t hide his light,” Alden said. “He put it out there for everybody to see.” □

Celebrating Easter In Our Community

CN&R
Chico News & Review



Easter!

PALM SUNDAY SERVICE

10:30am

EASTER SUNDAY SERVICES

8:30 and 10:30am



285 E 5TH ST, CHICO, CALIFORNIA
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Easter Services at Bidwell Presbyterian Church

208 W. 1st St. in Downtown Chico
bidwellpres.org

Good Friday, April 19

7:30 p.m. “The Last Seven Words of Christ”

Easter Sunday, April 21

8:15 a.m. Traditional Service with Chancel Choir
9:30 a.m. Contemporary Service with Gospel Choir
10:45 a.m. Contemporary Service

Nursery offered at all services
Programs up to 5th grade offered at 9:30 & 10:45

WEEKLY DOSE



Blame the cavemen

Why is a bag of chips so much easier to eat than a bag of carrots? The siren call of pizza and other junk food has less to do with your willpower and more to do with marketing and genetics. To our ancestors, fat, sugar and salt were necessary to survive. Thus, they were built to crave it. The stuff was hard to find, so the self-control part of their brains remained underdeveloped. Today, neither our willpower nor our cravings has changed, but we can find those “bad” calories anywhere. Junk food also triggers happy hormones, leading manufacturers to spend millions to find the perfect ratio of fat, sugar and salt (known as the “the bliss point”) to seduce you. One suggestion is to cut down on sugar, so you become more sensitive to sweetness and, in theory, eat less of it. If that fails here and there, remember to cut yourself a break.

Source: CNN Health



Where Everyone is Welcome

Palm Sunday 8:30 & 11am

Mon - Wed 10am-2pm: Labyrinth

Mauudy Thursday 7pm

Good Friday 7pm

Vigil of Easter 7pm

Easter Day 8:30 & 11am

Easter Egg Hunt for Children at 9:45am



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at

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Fellowship

10:15 am

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Dr. Matthew Raley

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