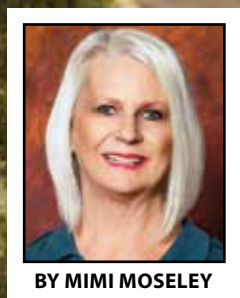


Joyful Living

Fall 2019



BY MIMI MOSELEY

Feature story
**WOMEN IN
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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance. We are a platform for beauty, goodness and grace. We value inspired thinking and embrace changing seasons. We honor your legacy and where you are from. Our desire is to serve and respect our community.

Our intention is to bring valuable resources as diverse as our natural surroundings. We devote this magazine to you and bless your journey today, tomorrow and always. Grateful is our foundation. Love is where we live. We are Joy. We are Full. We are Living.

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HELP!

What to do With DIGITAL NATIVES?



BY DR. CAROL WERTZ

Associate Professor at Simpson University with over 35 years in education and experience in teaching pre-K through adult, Carol has developed a wealth of experience and is ready for a new challenge in answering your educational questions. Please contact her at carolbwertz@gmail.com

Dear Dr. Carol,

I have four children, two in elementary school, one in junior high and one in high school. I know I need to help them be safe online, but how do I keep up with all the new technology? Please HELP!

K.W.



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Itotally understand. It IS overwhelming, and it's not your fault that you don't know what to do. The internet wasn't designed to be safe. When scientists created the internet, they had no idea that everyone in the world would be using it and certainly no clue that children would have access! The apps out there are constantly changing, and it's pretty impossible to keep up with it all.

Kids' behavior online is invisible. How do I know if my child is doing something inappropriate? It's great to trust your children and even though they may be very responsible, they can still get into a situation online that is either dangerous, inappropriate, or unhealthy. Do you know who is interacting with your children online? Do you know what they're doing? Have you had the talk with them about online behavior?

For this issue, I interviewed Lisa Honold, an Online Safety Advocate and teacher, passionate about keeping kids safe online. You can find her at www.parentingdigitalnatives.com.

On her website, she presents the "Five Circles of Online Safety".

1. Align with others. It's important that those who interact with your children are on the same page and know your family values and goals in raising the children. This could be your spouse, friends, babysitters – anyone who has a hand in helping them to grow.
2. Connect with your children. Ask them your "curious" questions? What apps do you use? What is your favorite site? Why do you like that one? What do you watch on Youtube? Have you ever seen anyone bullied or treated badly? Do you ever make comments? Etc.
3. Filter the internet so the top layer isn't coming into your house; in other words, those things that are "adult only". Look at your antivirus software to see what filters it has for families.
4. Limit the time online. You can agree in advance how long they will be online, you can tell them when it's time to log off, or you can go hi-tech and have software that automatically cuts them off. Lisa uses "Circle" by Disney, a paid product that filters and puts limits on wi-fi at home and on her data plan. This is a very customizable app, only requiring a box at home and a month to month subscription.
5. Monitor your children so you have a way to see what they are doing online. Some parents take their child's phone every night and think they will read everything their child has been up to. This is not realistic, as there is no way to see the disappearing messages, texts that were deleted, etc. If children want to hide something, they can! This can also disintegrate the trust you want to build. Lisa recommends "Bark", that lets parents know when something might need parental action. It will alert you when your child sends or receives something inappropriate, i.e. something with sexual content, violence, blood, depression or suicide references, body parts, etc.

Many students heading back to school have been given a phone for the first time. Lisa recommends commonsensemedia.com where you can find ratings for various movies, games, and apps.

The internet is a labyrinth of wonderful knowledge, useful information and tempting pitfalls. It's everyone's responsibility to help our youth navigate the maze and stay safe while they're doing it.

For more information on this topic, please email Dr. Wertz at carolbwertz@gmail.com JL

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BY BENI JOHNSON

Author of *Healthy and Free* and *40 days to Wholeness* and *The Power of Communion*

Getting Started: *Your Health Journey*



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One of the most common questions I get asked is, “How do I get started in eating right and taking care of myself? It’s so confusing trying to figure it all out.”

These days, living in a highly informative environment, we can find any information we need. All you have to do is google it. Because there is so much information, though, we can get overwhelmed. And, because of

that overwhelmed feeling, we can sometimes just give up. My advice in all of this is to find a person who has been through a lifestyle change, someone who has lived it out and knows. That's how I got started. The first two books I read were, *The Makers Diet* by Jordan Rubin and *7 Pillars of Health* by Donald Colbert. These books changed my life, and they got me on the right track to living a healthy lifestyle.

But let me help you out if you are wanting to start on your own health journey. These are steps that I have applied to my life, and I still come back to these five things.

1. Know your WHY

If you are wanting to change your life as far as health, you must know the reasons behind this desire. Knowing why you are starting on your health journey is very important. Your why will help to keep you steady through the times where you really just want to eat that box of chocolate all in one sitting or when you just don't feel like taking that walk or going to workout.

I remember getting into my car one day and heading to the gym. I was sitting in the parking lot and thinking, "I just don't feel like it today. Maybe I'll just go home." And then, as I sat there, I remembered my why. My why is what has kept me going. Your why will get you through the tough times. So, if you have to write it down and hang it all over your house, do it. Know your why.

2. Lifestyle Change

I'm not a person who believes in diets. But I'm a firm believer in finding something that works for you, something that you can live out forever if needed. Find out what type of exercise, eating, sleeping, and soul health will work for you. I've learned that we are all different and, therefore, our lifestyles will be different. Finding what fits you is one big experiment. Or, you could call it an adventure. But, just remember, it's not a fad. You are looking for something that fits you, that makes you feel alive, and that you can live with for a lifetime.

3. Baby Steps

This is a good point. Say that you find a list of things you can do for your health. For example, you know you need to go off coffee, go off all sugar, exercise 3-4 times a week, get to bed every night at 10PM, drink lots of water, and the list goes on. I'm sure there are some people who are reading this who've tried to accomplish all of this at once and failed miserably. So that's why "baby steps" are so important. Try to focus on just one or two things at a time. Once you get that down, celebrate the success and then tackle the next goal. For me, it relieved the pressure of having to make the changes all at once, and taking a few steps at a time gave me more freedom.

4. Partnering with a Friend

I've found it so helpful to have a friend to whom you can stay accountable. This takes great commitment as well. Once you decide to go on this journey, and you find a friend to walk

These days, living in a highly informative environment, we can find any information we need.

with you, you are going to let that friend speak into your life and keep you on the road to health. Believe me, it will pay off to have someone there to encourage you and give you a kick to the behind when needed.

I was talking with a friend who just had gone to her 50th High School reunion. She told me that she was shocked how many people her age were so sick. It brought her to tears, but it was also a wake-up call

for her. She told her husband, "We are staying on track and getting healthier!" Then she thanked me for the inspiration. Find a friend and then be a friend for someone who is stepping into a healthy lifestyle.

5. Prayer

As a Christian, this has been a very important one for me. I believe that God takes on the things that are important to me as important to Him. And so, I've taken this health journey to Him in prayer. I ask Him for the strength to walk the walk and do those things that I'm supposed to do. He has become my help and has actually whispered directions to me that I'm to take on my health journey.

I encourage you to stay the course, because it does pay off! JL
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BY LONNIE MARTIN

Kind

Hello Human Kindness is a phrase branded by Dignity Health. We have all seen the commercials of ponies stranded on the road and the Good Samaritan that stops the car to reunite the pony with his mother. Touching? Yes. Possible? Maybe.

Just the other day I was having lunch with a sweet 91 year old friend of mine. After lunch we loaded into my SUV rather quickly as the weather had reached a not so pleasant 103 degrees. To my dismay, my vehicle chose not to start. Seriously! Not convenient! Luckily I just happened to have a jump battery pack in my trunk for moments such as these. A little embarrassed, I popped the hood of my car and hooked up the cables trying not to get dirt or grease on the dress I was wearing. Red to positive... black to ground... and voila! We were back in business. When I returned to the car my sweet friend said in her clearly perturbed West Virginia accent, "Well I'm just shocked that none of those people passing by checked on us or offered to help you!" I just smiled and thought its ok I got it. Later that day as I reflected on the event, I did start to wonder. Why didn't anyone watching stop to see if we needed anything? We

had all the right components of crisis: A stalled vehicle, an elderly woman, and a blonde girl wrestling with a battery pack trying to remember if red or black connects first. Yes I am capable and able and I fully recognize its 2019 and these days, offering someone help might be considered offensive because. . .well isn't everything sadly enough. What happened to "human kindness?"

Rather than looking negatively on what others "didn't" do, I made the conscious decision to recalibrate my thinking and ask the question, what more can "I" do? I have learned, taking this perspective assists in developing awareness within myself to initiate change rather than becoming bitter because of decisions made by someone else.

Two weeks later I was sitting at a stoplight where there was an elderly man crossing the street on the opposing side from where the crosswalk was located. As he inched his way with little more than a shuffle, each of the drivers in nearby vehicles started to feel uneasy as the light changed and oncoming traffic began to accelerate toward the man. Just as I reached for the door handle, a young woman jumped out of her car and alerted other drivers to stop. She then proceeded to take the man by the arm and guide

him to safety. Ok, yes I am a sap and yes, a little tear did escape my eye as I literally felt like I was watching a Dignity Health commercial unfold before my eyes. I looked at my husband in the seat next to me and said, "Well Hello Human-kindness," and we laughed.

Both incidents revealed something to me. Experience is our teacher and I learned our willingness to see and respond really does matter. We grew up hearing that being kind looks something like helping an old woman across the street and, lo and behold, I saw it with my own eyes. That particular opportunity doesn't arise every day, but countless others do. It is so important to position ourselves to see and to

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act. Little pleasantries often disappear in the hustle and bustle of life. Too often we are in a hurry and have a million things running through our minds, weaving, racing and overlapping our thoughts.

Note to self: I have to run the kids to soccer, uh oh, get jersey out of the dryer, the dryer! That reminds me, put away laundry in the closet before dinner guests arrive, wait remember fix closet

door coming off track, Go to Home Depot. Shoot! Get lightbulbs for the garage. Garage! Set up garage sale for Friday. Wait! Friday my report is due. Yikes I need to get paper for the printer... and on and on and on it goes. All the while we run through life checking off lists forgetting to hold the door for the people coming in behind us, letting the woman with three little ones go ahead of us in line, picking

up the piece of trash in the middle of the aisle that "isn't ours" and "isn't my job" but still needs to be picked up. It's seeing, it's doing and it's sometimes saying: May I help you? Can I get that for you? Compliments are free, give away as many as you can. Being intentional and being kind may just be the secret ingredient in the recipe of time well spent and a life well lived. **JL**

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Moving to Redding was the first step onto a road which changed my life and fulfilled me more than I could imagine. Our youngest son had graduated from Simpson, met a local girl, married her and encouraged his brother and his wife to move here. Shortly thereafter, they all started having babies and we sought God's permission to move from San Jose to Redding, too. God affirmed this was His plan for our family. Marty was working in the Information Architecture world and just needed an airport nearby to get to his clients, which Redding had, and we were on our way.

Marty's love for wine turned into a hobby six years prior. His passion grew with his abilities and in 2011, we opened a winery and tasting room in downtown. While most people our age were winding down, we were ramping up. Upon first opening, we were producing 250 cases (12 bottles a case) a year. God has blessed our efforts as we have grown to making just under 5,000 cases at present. We were voted Best of the North State for the past four years and today we are the largest winery between Sacramento and Oregon.

My passion is supporting our community by using our wine as the avenue. God placed on me our tag line "*Come as guests...leave as family*". Those words flow from my heart as we all need to know we belong. Welcoming people into our tasting room gave me the opportunity to show acceptance. But God showed me it would be so much bigger.

In 2011, I was accepted into the Leadership Redding program. A fabulous way to learn as much as possible about our community from the history of Shasta County to the economic development to public safety and more. My class of 30 consisted of law enforcement, a future mayor, and a group of leaders who would make a difference in Redding. Leadership Redding granted me a connection and a voice which has grown more than I could dream. My main take-a-way from that year was *I had a responsibility and an opportunity to pour into our area*. God had specifically brought me to Redding to do exactly what He designed me to do.



BY MIMI MOSELEY

Our 20 years in San Jose consisted of serving as Women's Ministry Director at our church and speaking engagements. Getting plugged into a big city is difficult unless one is a part of a major corporation. Redding welcomed us with open arms and I saw God had strategically placed us in the North State for His divine purpose.

The mantle of responsibility was also God's invitation to join in His work here. He revealed the need to love the beautiful people of our area and to connect them to others who would encourage their lives as well. I felt He wanted us to do so by supporting businesses locally. This lit a fire in me frequent, almost exclusively, with local businesses. Yes, I have shopped at Macy's, but I choose to support locally owned restaurants and stores as well as local printers, etc. The reward is I helped to keep a mom & pop place alive.

We don't realize the power we have to help our economy by supporting local. We also don't realize the power we have to crush the heart of a business owner. There are many social media sites available to write a review. What do we do with that power? Are we critical or do we build up? Constructive criticism is a good thing, but some of us use those sites to get our frustrations out attacking a local business without contacting the owner directly. The tongue is a might weapon and so is the typed word.

Owning a winery, we get our share of criticism. I must tell you that when God directs, and we say yes, some just can't wrap their heads around it and choose to attack. Oh, sweet fellow believers! Our Lord moves us all differently. He has purpose for the paths He sets before us and before others. Regardless if we "approve" of another's path, it is theirs to walk and work.

The voice God has granted me in these short 10 years has opened doors in lives who will never set foot in a church. They know I am a Christian and, if asked, would say one thing they know about me is I love them. This grants me the blessing of partnering with God.

Let me tell you, this was NOT my way during my San Jose years. I was judgmental, I stereotyped people groups and love was not my first action. What? A Women's Ministry Director who didn't love? Oh, I loved, but only those who fit into the box I created. Before we moved to Redding, God said, "You can stay in San Jose and do as you have done, or you can come to Redding and see what I will do." I said yes then and say yes everyday thanking God for this amazing place I get to live and partner with Him choosing to love. JL



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Autumn brings changes in the weather and the produce. Fruits and vegetables are seasonal, which means each season (spring, summer, fall, winter) different crops are harvested. In the spring, strawberries ripen. Okra and peas grow best in the summer. Pumpkins mature in the fall. Citrus fruit is picked in the winter when our bodies require more vitamin C to prevent colds. A different selection of fruit and vegetables ripens each season. It is healthiest to eat the produce that ripens in that season. Not only will we get the nutrients we need, but we won't tire of eating the same type of food all year long.

Sometimes we get into the habit of eating the same sort of food over and over

again, but it is healthier to eat an assortment to get a variety of nutrients. We can choose from a vast number of fruits, vegetables, grains, nuts, and seeds, and each is unique in its flavor and amount of nutrients. They not only provide what our body needs, but they are delicious to enjoy as well.

God never put food in a box or bag and had them sit on the shelf for months. He didn't label them with an expiration date. He gave humans a vast selection of food since their bodies need a broad range of nutrients to function correctly. *By eating different foods from each food category (vegetable, fruit, grain, nut, seed), you take proper care of your body.* Try to eat fresh food right from the plant or tree as it is loaded with vitamins and

minerals so our bodies will function at their highest potential.

Choose from the numerous varieties of squash such as acorn, butternut, and spaghetti that ripen in the fall. Cabbage, Brussel sprouts, and broccoli become a seasonal staple this time of year. As the weather gets colder, our bodies crave warmer foods such as soups.

I have a whole selection of soups along with fifty recipes in the back of the *7 Steps To Get Off Sugar and Carbohydrates*. Enjoy these two simple, easy-to-cook soup recipes. If you would like a healthy menu along with a corresponding grocery list, check out the Menu Plan section of **Healthy Living Series Blog**. Happy autumn! JL



Susan U. Neal RN, MBA, MHS is on a mission to improve the health of the body of Christ. She is the author of five books including *7 Steps to Get Off Sugar and Carbohydrates*. For additional healthy living resources go to SusanUNeal.com

BY SUSAN U. NEAL
RN, MBA, MHS

Autumn Produce and Recipes



WHITE BEAN CABBAGE SOUP

- 1 tablespoon olive oil
- 4 chopped carrots
- 4 chopped stalks of celery or 1 chopped bok choy
- 1 chopped onion
- 2 cloves minced garlic
- 1 chopped cabbage head
- 1/2 lb northern beans soaked in water overnight (drained)
- 6 cups chicken broth
- 3 cups water

Sauté vegetables in oil. Add rest of ingredients and cook on medium-low heat for 30 minutes.

LENTIL SOUP

- | | |
|------------------------|--------------------------------------|
| 2 tablespoon olive oil | 8 cups chicken broth |
| 2 chopped onions | 2 chopped tomatoes |
| 1 chopped red pepper | 1/2 pound dried lentils (1 1/4 cup) |
| 1 chopped carrot | Optional: add bacon or ham to flavor |
| 2 cloves minced garlic | 1 teaspoon salt |
| 1/2 teaspoon cumin | 1/4 teaspoon pepper |
| 3/4 teaspoon thyme | Handful of spinach |
| 1 bay leaf | |

Sauté vegetables in oil. Add rest of ingredients (except spinach and spices). Cover and cook on low for 2 hours. Add spinach and spices.

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Luckily for you, fall is the ideal time to enjoy the natural wonders of the great outdoors in Redding. With Lassen Volcanic National Park right in our backyard, you can explore the “hidden gem” of the National Park Service. It’s a hiker’s paradise with trails to waterfalls and alpine lakes, meander through meadows freckled with wildflowers and learn about the park’s volcanic activity with steam vents and bubbling mud pots. It’s actually the only concentrated place on earth where all four types of volcanoes are found.

Part of what makes the park so unique this time of year is its availability – the road through Lassen is only open from July through early November – meaning fall is the ideal time to explore without having to worry about overcrowded trails or congested traffic in our neck of the woods.

Branch out a little more and let your jaw drop by getting a glimpse of the majestic 129-foot Burney Falls. Or get out on a kayak or paddleboard on Whiskeytown Lake. The Lake Shasta Caverns tour is another all-time favorite, taking you across Shasta Lake, up the mountain and into the cathedral rooms.

Getting to Redding is even easier, too. With daily direct flights from Los Angeles International Airport (LAX) and San Francisco (SFO) means you can get away quicker, leaving more time for creating memories. So, bring your family to Redding, step outside in an unfamiliar place and experience Upstate CA in its purest form, from vibrant colors of the changing leaves to canopied trails leading to gushing waterfalls. Visit Redding, where you’ll find more ways to play – even in the fall.

UPCOMING EVENTS

VisitRedding.com | (530) 225-4100

Redding Beer and Wine Festival

September 21

Join us for the 23rd Annual Redding Beer and Wine Festival. Downtown Redding will come alive with live music, great food, beer & wine tasting and artisans displaying and selling their work. Admission: \$40 See VisitRedding.com for more information.

Redding Fire Festival

September 28 - 29

The Redding Fire Festival features cirque acts, fire dancing and pyrotechnics alongside arts and crafts vendors, food, beer and wine, children’s activities, demonstrations, and music. Admission: \$15 - \$20 See FireFestivals.com for more information.

Frankenstein

September 20 - October 19

Come relive this classic Halloween story live at the Riverfront Playhouse! Admission: \$20 See RiverfrontPlayhouse.net for more information.

Big Bike Weekend

October 12 - 13

The mission of Big Bike Weekend is to provide a fun, safe, and entertaining motorcycle event for riders of all types. Enjoy Vendors, exhibits, Rocks for Socks, Fryed Bros. Band, DJ Bobette. Admission: Free - \$120 See BigBikeWeekend.com for more information.

Lemurian Classic

October 12 - 13

Founded in 1987, the Lemurian Mountain Bike Race in Redding, California features epic courses with miles and miles of sweet singletrack. With its new location at Swasey Recreation Area, the Lemurian has challenging routes that take riders up to beautiful vistas and then plunge them back down on fun, technical descents. Admission: \$45 - \$75

See LemurianClassic.com for more information.

Redding Roots Revival Music Festival

October 18 - 19

Come be a part of The 1st annual Redding Roots Revival Music Festival with two days of regional and national touring acts.

Admission: \$35

See ReddingRootsRevival.com for more information.

Return of the Salmon Festival

October 19

Visitors at the festival can view fall Chinook salmon returning to Battle Creek and the hatchery, and may observe all aspects of day-to-day hatchery operations.

Admission: Free

See fws.gov/coleman for more information.

Viva MOMIX

October 30

MOMIX combines athletic dance, riveting music, outrageous costumes, inventive props and pure talent to create an entertaining multimedia experience that surprises, enchants and delights.

Admission: Tickets start at \$25

See CascadeTheatre.org for more information.

Roses & Rust Vintage Market

November 1 - 2

Rose & Rust Vintage Market features 100+ vendors from all over the West coast. With a wide variety of design styles beautifully curated, it is consistently voted a top vintage market.

Admission: \$7.50 - \$15.50

See RosesAndRustVintageMarket.com for more information.

SWITCHFOOT

November 10

With a career spanning over 20 years, 11 albums, a film and millions of tickets sold, the Grammy Award winning band, SWITCHFOOT is a concert that you don't want to miss.

Admission: \$20 - \$82

See ReddingCivic.com for more information.

Two Peaks

November 16

Adventure on the trails await in the first ever Trail Race hitting Swasey Rec Area on and around Mule Mountain and dropping you into the vast and amazing trails of Whiskeytown Lake. We have something for all levels with 50 mile, 50K, 30K, and 10K races.

Admission: \$55 - \$115

See ShastaTrailRuns.com for more information.

For more events, go to VisitRedding.com/Event-Calendar

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Teaching your Children at HOME...



**BY DR. DALE VOLQUARTSEN,
PEDIATRICIAN**

Dr. Dale Volquartsen joined Lassen Medical Clinic after 26 years of service in the United States Air Force. After leaving the Air Force in 2013, he spent a year in Japan supporting Asian Relief Medical Services which provides medical and dental care to the poor of Cambodia and the Philippines. He is married to his high-school sweetheart and is the father of five beautiful daughters, one adopted from Japan.

Board certified since 1995, he has extensive experience helping parents provide the best caring environment for their children. He believes in spending the time necessary with parents to insure they are equipped and comfortable in the care of their children. As an ordained pastor, he is attuned to the needs of the entire child in an upbringing that promotes their maximum development and potential. Finally, Dr. Volquartsen simply loves to have fun with children. Dr. Volquartsen believes "Being a pediatrician is the best job on the planet!"



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Mommy, where do babies come from?" I must admit that even as a pediatrician, I was uncomfortable answering questions like this from my daughters. It always felt awkward and uncomfortable. Even though I knew all the anatomy and physiology of sex, I still felt a sense of embarrassment when addressing it with my own young children. Why is this?

Today there are many people who are eager and willing to teach our children this answer as well as many other questions about sexuality. As a doctor and as a father, I've learned that if I don't teach this to my children someone else will. Scripture gives the parents the mandate to train up their children in the way that they should go. When the training comes from us, it leads to a joyfully healthy sexual relationship and marriage. When it comes from the world, it leads to infections, brokenness and a myriad of other pains. Today, the average age at which a child is first exposed to pornography is somewhere between the ages of eight and eleven and most of those are by accident and unintentional. We do not want pornography to be our child's first experience with exposure to sexuality. As parents we have the opportunity to train our children that sexuality is precious and honoring to women unlike pornography which subjects women to the base desires of men. We train them that sexuality is something that God created for us to enjoy within a healthy marriage, that sexuality between a husband and wife is most fulfilling, healthy and to be celebrated. Children who are brought up in a home in which a mother and a father are in close, intimate relationship do much better than any other family arrangements. They do better academically with lower dropout rates and higher graduation rates. They are less likely to experience mental health disorders and addictions. They are less likely to be involved in delinquent behaviors leading to legal troubles. They are more likely to abstain from early sexual experience and stay away from other more dangerous sexual behavior resulting in fewer unwanted pregnancies, sexually transmitted infections (STI) and infertility. Further, they enjoy overall better physical and mental health.

Sex education in our school systems has failed our children. The message that our adolescent children can engage in safe sex with the use of birth control and condoms has resulted in increased rates of STIs. The rates of just about every STI are at all-time highs in America and in our state. In 2017, there were 30 stillbirths due to congenital syphilis in California. This represents a fourfold increase in just the last five years. The rates of all syphilis cases in California had a fivefold increase over that same time. "Safe sex" is not working. Our education system has now come up with a more extensive sexuality education program that will only make things worse. It is called comprehensive sexuality education. This curriculum begins in kindergarten and continues through high school. It introduces the child to a broad range of sexuality and even new sexual experiences which are known to be unhealthy and high-risk behaviors. I encourage all of our parents to research this new curriculum and to get involved.

No one knows your child or has more interest in their health and well-being than you, the parent. God has entrusted you with their lives and you are the most suited to care for them. I encourage you to introduce your child to what Christ says about healthy sexual lives and to introduce the subject early in your child's life so they will see that sexuality is not something embarrassing or shameful but gloriously

created by a loving Creator to be honored and protected within marriage. If we don't teach them, there are others who are eager to teach them what they believe is right, and they will teach them more than just where babies come from.

Dr. Dale Volquartsen joined Lassen Medical Clinic after 26 years of service in the United States Air Force. After leaving the Air Force in 2013, he spent a year in Japan supporting Asian Relief Medical Services which provides medical and dental care to the poor of Cambodia and the Philippines. He is married to his high-school sweetheart and is the father of five beautiful daughters, one adopted from Japan.




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REFRAME IT



BY DEBORAH KOEPPEN

Deborah Koeppen has a heart for women caught in damaging relationships, and is passionate about encouraging and supporting others through the process of learning boundaries and self-worth. Recently retired from Shasta County Social Services, she now enjoys hiking, kayaking, fishing and exploring with her husband, as well as writing, home projects, and spending time with family. She has two grown children and nine grandchildren. debzzone@sbcglobal.net

“I’m being ridiculous” I told myself. “Why am I so emotional?” My husband had taken a promotion working away from home in order to better his retirement next year. It’s a three-hour drive to our travel trailer where he stays during the week. We alternate our three-day weekends spending them at our home in Shasta Lake, or in our travel trailer near his job. But each time we got ready to part, I would get emotional. I hid it from him most of the time, but on this day as he was getting into his truck for the drive back, I fell apart. He hopped out and put his arms around me. “I don’t know why I do this,” I said apologetically and wiping away tears. He hugged me and validated how I felt, insisting that there’s nothing unnatural about missing each other. But to me the emotion seemed out of proportion to the situation.

After much prayer and processing, I began to see what was going on. Like most of us, there have been a few seasons of painful loss in my life. My older sister (13 years my senior) married and moved out of state when I was young. I was very close to her, and felt the loss immensely. Just a couple years later my mom was hospitalized for several weeks and I felt completely abandoned, not understanding what happened. The resulting fear of abandonment followed me through my school years. Then twelve years ago I underwent divorce after 33 years of marriage. The loss and betrayal I felt during that time took years to heal from. Consequently, the loss from past experiences would often well up and trigger deep emotions at times when they were not warranted.

I recalled a term used in psychology called ‘cognitive reframing’. It’s the process of assigning new meaning to a situation or event....to find a more positive perspective. I felt God’s hand on this as He encouraged me to look at my current situation with a new perspective. In reality, I am not being abandoned (as the ‘child’ in me believed). Instead, my husband and I are setting us up for a great future. The time we put in this season will be relatively short and reap great rewards of an increased retirement. It turns out this season has actually been an adventure! We take the opportunity to kayak, fish, explore old towns, and see new sights on our weekends out of town.

In this process I recognized something else. When I am feeling the sadness of past loss, I also feel a sense of guilt, which compounds my sorrow. I was able to recognize the lie I believed ... that I was responsible for losses in my life. This is a common perception in childhood

and many of us carry it into adulthood. I am now able to reframe that perspective with the truth, through the eyes of an adult, that recognize many of these losses were out of my control.

If you’re struggling with emotions in your life that are painful or seem out of proportion to the situation, prayerfully explore their origin. Talk it out with a trusted friend. Identify your childhood perception of the incident (loss, abandonment, fear) and develop a new perspective. I’m grateful for the opportunity to challenge this obstacle in my own life and for the freedom that’s resulted. I think you will be, too. JL

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What Does Your Future Look Like?



BY ANN ROGERS,
FUTURE STORY GRADUATE

My Future is About Spending!

I never had a dime to my name until I took a local workshop called, "Future Story" in an attempt to build a better financial future for myself. Although my husband worked and made decent bonuses, we had no savings, we had 6 "pay-day loans", and we always felt broke. But after taking this workshop, we have a savings account for the first time in our lives! We have a large family and learning how to be on top of our spending has changed our family legacy. And with 13 grandchildren, it's a large legacy!

In the first Future Story workshop, I was introduced to putting every receipt in an envelope for a month. I was shocked at how much I was spending on unnecessary items every day! They taught that God loves me right where I am at, but of course I didn't really believe that. In my mind, behave yourself and maybe you will go to Heaven.

A year later, I repeated the workshop and that's when it began to sink in. My mentors were a married couple and it made me think, "They have a budget, where is ours? Why don't we have any money?" Then my husband lost his job and we were evicted! Suddenly, everything I had learned about spending in Future Story became our focus. We both quit smoking which saved us \$50.00 per week, and we had a garage sale and started to get a handle on our spending. They taught me that who you "hang out with" can either drag you down or lift you up, which I initially disagreed with! I began to volunteer at the Manter House Community Center (its faith based) where I was surrounded by people who encouraged me and loved me. What a change that can make in a person!

The following year I did the Future Story workshop once again and this time my son joined me. He had seen such a change in me; he wanted to see what it was all about. This time, I could really grasp what Future Story offered me. Through the lessons I learned, I became a trusted part of the team at Manter House which gave me integrity and I experi-

enced all the love God wants to shower on me and share with others. Emotional spending used to rule my life because of my particular childhood experience. Now, when the truck needs to go to the shop, we can pay cash. When the dog needs to see the Vet, we can pay cash. I monitor my bank account on a daily basis and get excited about paying bills! To have control of my emotional spending honors me, my spouse, and everyone in my life.

Life is good. I love to have meals with my grandkids where they bicker over who gets to say grace. I love listening to them say their bedtime prayers. I love having peace about our spending plans for the future. Do you want your future to include the ability to spend money wisely? Sign up for a Future Story Workshop, you won't regret it!

If you would like a better "future story", sign up for this free workshop by calling Shasta Thrive at 530-365-6183 or online at Shastathrive.org/futurestory. This program is free and they are ready to help inspire you to change your life!

If you love Jesus, love people, and would like to train to become a Future Story Mentor, contact them at shastathrive@gmail.com or call them at 530-365-6183. JL

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Freedom in Forgiveness

Freedom is found when forgiveness is given. I learned that many years ago. Things happen in life that we have no control over. But then there are those things we can control. We can choose to forgive.

I thought I had learned how to forgive and had really done it with all the situations in my life where it was needed. Turns out that wasn't completely true. I still had one person who I was still not completely forgiving. This was several years ago, but I still remember it today, how the Lord highlighted this person at the exact moment I was ready to finally let go. And when I did, I felt something in my heart change. Since then, I haven't felt anything but love for this person. We even became friends!

Life will present you with moments where you have a choice. And honestly, that choice will bring life or death, blessing or cursing. That might sound a bit harsh, but it is a truth. Maybe not literal life or death, but something that could increase or decrease. By not forgiving, we might be preventing something from growing and producing fruit.

Relationships can often be killed very quickly and left for dead without even a thought or a look back. Unforgiveness might be one of the most deadly substances for relationships. By holding onto an offense and not forgiving someone, we ac-



tually add weight to our shoulders, metaphorically, but also in reality. Unforgiveness which produces fruits like, bitterness, hatred, revenge, can truly destroy us. It weighs us down and wreaks havoc with our body. Physical ailments often ensue.

I know there are bad things that have been done that seem truly unforgivable. But, one thing that needs to be made clear, forgiveness is not condoning the action. Forgiveness is actually freeing you from what was done to you. You forgive the person and then you release the

person and the thing that was done to God, and then the healing process can begin for you. Forgiveness is the catalyst that begins the process to healing...

I have been there time and again, where I had to forgive. It is hard, sometimes almost impossible. But each time I did, when I finally, fully forgave, the peace and freedom that overwhelmed me was indescribable. And it sure felt better than the weight of the unforgiveness.



BY IRENE DEARMOND

I am a wife, and a mother. I love a good cup of coffee, a walk on the beach, and moments with Jesus. Three years ago I came from North Carolina to Redding, California. That yes changed my life! I have written most of my life, but my writing has changed because now I write as a daughter who is free and loved. JL





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BY EMILY SCOTT, PHD

Emily Scott, PhD, is a wife, stay at home mom of three, and part time parenting consultant and blogger who has written and spoken on various parenting topics including child development, ACEs, and tips on raising responsible kids. She has lived in the Redding area her whole life, and together with her husband help parents navigate the difficult aspects of parenting at Renewed Hope Parenting. Her website is www.renewedhopeparenting.com

Calming the School Morning **RUSH**

Another morning of begging our TKer and first-grader to eat something before school. Another morning of rushing to get dressed. Another morning of running out the door by 7:30. Another morning of getting frustrated that a school water bottle was left outside. After dropping them off, I realized I hadn't really even talked to either one. We didn't make it past the first week of school before I felt bad for how our mornings were.

We hadn't had a chance to connect because we were (and I mean "I was") so focused on making sure their clothes were on, they ate something, little brother was dressed, I was dressed, both lunches were packed, all the shoes were found, all the teeth

were brushed, I found my keys, everyone went to the bathroom, the show-and-tell item was packed, and we were out the door on time.

I hadn't taken the time to work on my relationship with our kids and to make sure they felt loved

before school. I always make a point to hug them as soon as they wake up and again when we drop them off or pick them up. But what about the time in the middle?

My focus has been on making sure we get out the door, when it should have been on having a great morning with our kids. What do we need to do to reframe our thinking away from getting things done to enjoying our time together?

Taking the time to focus on our relationship with our kids is one of the most important parts of our parenting. Our relationship with them is the single most important factor to how well they will do in life. They need to know we love them unconditionally.

I would rather send them off to school with mismatched socks than the memory of a frazzled mom who was rushing them around. I would rather send them off to school with their hearts full. I would rather take the time to make a connection, and give them time to move from one part of the day to the next. I would rather have a conversation about nothing in particular.

We have so many things to do between family life, work life, school life, and extra-curricular activities. These are all important, but nothing is as important as connecting with our kids and sending them to school with their love tank full. Take the time to get the stressful parts of the morning taken care of the night before, so you can take the time to connect every morning.

Let's stop rushing our kids. From rushing them to school, rushing them to bed, rushing them to the next activity. Let's slow down more to their pace and focus on our relationship with them.

Here are a few tips on making school mornings a little easier:

- Give the responsibility over to your kids. Chances are, if you are worried and stressed about their homework and backpack, they won't be too worried about it. Important lessons can be learned from forgetting homework. School mornings are great practice for kids in preparing them to be responsible adults.
- Use charts or checklists for kids to help them remember what they need to do before bed or before leaving for school.
- Have your kids pack backpacks and lunches the night before. Sunday evening prep nights work great for many items.
- Pick out school clothes the night before, or Sunday evenings for the whole week.
- Have backpacks, folders, shoes, etc by the door, or even in the car ready to go.
- Make part of breakfast the night before, or freeze easy breakfasts. Keep things on hand you know they will eat and are easy to prepare. If you have a long commute maybe they can eat in the car.
- Have a routine that works for your family. Eat, get dressed, brush, shoes on.
- Eliminate distractions. TV while trying to get out the door isn't helping.
- Talk and model. Show your kids how YOU get everything YOU need ready ahead of time. Model responsibility. Talk about what's next. Give them warnings before changing activities or leaving. Take the time to slow down if they need time to adjust.
- Be ok if things don't go smoothly. Today our daughter's socks didn't match. Last week I forgot to brush my own teeth. Oh well. Not every morning will go perfectly. And that's okay.
- Ask for help. I am fortunate enough to have a husband who gave up going to the gym every morning to work out in the garage and be there to help with the kids. Ask for help with prep work or carpooling. Your kids can be great helpers too! JL

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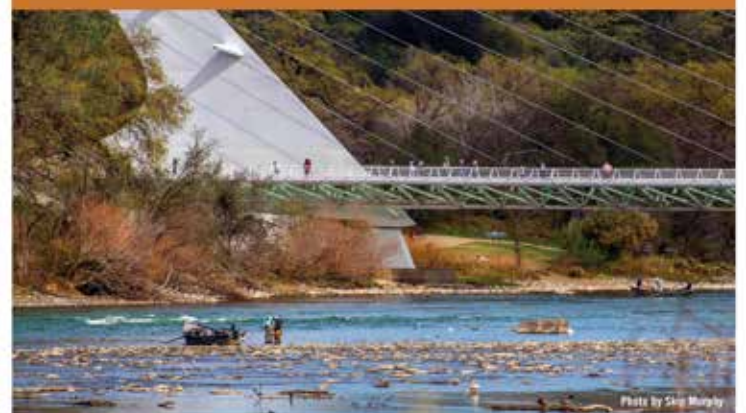


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A Modern Day Fairy Tale



BY SARA CORMANY

Once upon time, there was a prince. Who loved Excel spreadsheets, logic and plans. Who hoped to find a princess that would fit into his well-crafted happily ever after.

Now in a land, not too far away, lived a princess. Who loved creativity, existential logic and loosely drafted plans. Her plans. Plans that didn't really include a prince at all or even a happily ever after.

But then they met.

It was not love at first sight. Or even second. Or third.

The prince thought the princess was not his type. And the princess thought the prince talked entirely too much. But they made each other laugh, so they determined to be friends.

Just friends.

Until they weren't. Until they fell in love. Or something like it.

The prince still loved plans. And the princess, logic that defied logic. But they thought they knew what love was.

Love was rose petals. And chiffon. And candles. And cards. And first kisses.

But then came marriage. Where love became something else entirely.

Love was humility. And forgiveness. And keeping your promises. Love was remembering to bring home flowers. Or pretending you remembered by getting flowers the following day. Just as love was acting as though you had no idea they had been forgotten.

Love was watching girly movies. Or the *Godfather* series, in sequence. And trying not to fall asleep.

Love was dirty socks in odd places. And wet towels on the floor. And clogged toilets.

Love was hospital beds. And doctor visits. And hugs that meant I love you no matter what.

Love was more than the prince or princess had imagined. Different. But strangely, better than it had been before.

And they thought they knew what love was.

But then came parenthood. Where love became something else entirely.

Love was putting yourself dead last. And forgiving everything. And keeping your promises before you made them.

Love was late nights. And throw up. And "I'm sorry's" even when you struggled to really mean it.

Love was poop diapers. And temper tantrums. And realizing that "I hate this family" probably meant you were doing your job well.

Love was dirty socks, shoes and other various items in odd places. And more wet towels on the floor. And definitely, more frequently clogged toilets.

Love was reading *Thomas* twenty times. Or *Fancy Nancy*. Or *Guess How Much I Love You*.

Love was still hospital beds. And doctor's visits. And hugs that meant I love you no matter what.

Love was all the things that the prince and princess never dreamed they'd be. But they were love. Just the same.

And just as unexpectedly, the prince had long-forgotten the Excel spreadsheets. And the princess didn't even need loosely drafted plans quite so much. For they realized their happily ever after would never be like all the story books.

It would be better.

Because of the King who was writing it. Who had loved them in hospital beds. Through late nights. And doctor's visits.

A King who knew love because He was love. Who had taught the prince and princess that real love is most often unexpected. But that it is always perfect.

A King who had held them. Carried them. And promised them.

"I'll love you no matter what." JL



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Kindness

BY CINDY EVANS

Today you can do acts of kindness and offer some encouragement. You can bless strangers and friends and be surprised at how much it meant.

So many things you can do to give joy and love away, so many ways to be a blessing as you go about your day.

You can bake a chocolate cake and put gas in someone's tank. You can send someone a card and think of someone to thank.

You can bring flowers to a friend and pat a co-worker on the back. You can listen to the lonely and bring a hungry soul a snack.

Stop by to see someone who's sick. Let someone have your parking place. Notice somebody's new haircut and put a smile on their face.

Fold the laundry with a smile. Do the dishes in the sink. Pay a sister's bill for her and give the paper boy a drink.

All these ways to show some grace if only now we'll start... how much better the world will be as we give generously from our heart!

Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Proverbs 3:3 (NLT) by Cindy Evans is a published poet living in the greater Atlanta area. When she is not writing, she does temp work for various companies including Christian ministries. She also enjoys spending time with her husband, church activities, traveling and chick flick movies. JL

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Noticing

Marie is a Registered Dietitian that works with clients and Health Practitioners to create customized wellness strategies for people young and old. She and her husband, Kurt own Building Endeavors, Inc, a construction company that is restoring homes in downtown Redding.



BY MARIE WARNER

I was sitting in an office, talking to a colleague. He was at a new office, sharing the office with someone after his building had been sold. As we spoke together, I sat in a large overstuffed leather chair, which seemed like it should have been comfortable, but it wasn't. I noticed I was slouching, but the chair wouldn't really allow me to sit up straight. I couldn't breathe with intention like I like to especially when having a meaningful conversation. I noticed all the things in the office that weren't in his old office. He kept his previous office stark with lightly padded chairs and very few trinkets, if any. I noticed I missed the simplicity of his previous space and felt distracted as my eye wanted to look around and explore during our conversation. I had to tell myself to stay focused a few times and pull myself back to our conversation. As I considered the time there, I came to the conclusion: "I don't like this space."



But as I have thought about it since, I wondered if really what I was feeling was "this space" my life was in. Have you ever noticed the space of your life? Do you like it? Do you like how it feels? Does it look comfortable on the outside, but as you sit down in it, is it uncomfortable and it hinders your breath? Your essence? It's okay. It is important to notice. To some, it may seem strange, but to others it may represent a set of helpful questions if you are willing to be honest.

There was the chair – it seemed like it should be comfortable. It was overstuffed and leather. Who wouldn't want that in their space? But it wasn't comfortable. It didn't support my alignment. In my own space in life, I ask the question: Is where I am at in my job, in my relationships, in how I spend my spare time, Is it supporting me? Is it in agreement with where I really want to be?

Then there were the trinkets. Everywhere, on every space, there was stuff, so much, that I don't remember any of it. Just like in life, it is good to check in and ask, is there so much stuff in our life that it is not serving us and actually distracting us? As spring has left, and summer has moved in, I remind myself, did I miss spring cleaning in my life? What do I need to do in the rooms of my life to clear out the clutter so I can hear the new dreams and ideas that are bubbling up from within? It is important to oversee the space of our life like we would the rooms in our house.

And then there was the epiphany ... perhaps the office space otherwise known as "This Space" I judged, really was a reflection of my inner space. I was reminded that sometimes when we criticize things around us; it can be a reflection of ourselves. The outer space wasn't the problem here, my inner space needed adjustment and attention. It's okay ... it happens. There is no shame in noticing the need for fine tuning. It is when we don't notice, that our life can get carried away into meaninglessness and who would ever want that?

The following poem sums it up well:

*"The range of what we think and do is limited by what we do not notice
And because we do not notice, there is little we can do to change
until we notice how failing to notice shapes our thoughts and deeds".*

R.D. Lainge.

It's never too late for spring cleaning. If your space is not working for you, you are the only one that can change it to make it what you want it to be. Check in with yourself and notice. Create the life you want one choice at a time. **JL**

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Carol has been a Bible teacher for over twenty years. She has served in the Banking and Insurance industry in various capacities and currently owns a wedding planning company on the Gulf Coast. Writing and speaking to women's groups are passions of hers.



BY CAROL OGLE
MCCRACKEN

Unexpected Superior Solitary Breakthrough WHEN LIFE HAPPENED

When was the last time you examined how comfortable you are with your own company? Perhaps you can't answer that because you have not been alone in years! Maybe you are a mom raising young children. Or maybe you are a man who works at a demanding job, and then you play sports with your buddies. Whatever the case may be, your identity many times, is found as it relates to other human beings: someone's mother, someone's friend, someone's roommate, someone's teacher.

My son had many challenges growing up. He was diagnosed with ADHD, Asperger's and a mood disorder. He had trouble making friends as a result, because he could not read social cues. If he had a mental script in how to respond appropriately, he could do that, even if he didn't understand why. It was easier to stay home in front of the TV playing videogames that he could control. My brother even bought him a shirt that said, "The internet was down, so I decided to come outside today".

Gradually, he began to gain confidence and he joined Junior ROTC. There he met some friends with common interests. Where I had always been his advocate, now he had others to help him navigate his life and its demands. His social skills began to catch up with his above average intelligence.

I met a man who began pursuing me with devotion. I became his everything. According to him, I was his best friend and he asked me to marry him. He was a spiritual man and we served some churches out in the country. We had the opportunity to meet sweet people who were salt of the earth. They couldn't afford a full-time pastor, so my husband and I continued to work full time while also pastoring.

My husband had a challenging ex-wife and he brought his two girls to live with us. The girls were sweet girls and had lived as the center of their parent's lives. Their father liked their attention. They were his

priority and focus. It became clear that I was not meant to be this man's wife and stepmother to his children.

My son found an opportunity in another state and moved away. I honestly thought he'd be with me for the rest of my life. My husband moved into an apartment to continue to raise his daughters and alleviate stress. Finding out he jumped on dating websites, I decided to make a permanent break.

Sad story? By no means! This was a pruning process in my life that challenged me to grow. My son had a life to lead on his own. I found I had made a mistake in a relationship. We all make mistakes. It is what we chose to do with them that counts.

I was always somebody's something. I was my son's advocate. I was a wife. I was a stepmother. It was time to discover who I was called to be on my own.

It was the opportunity to get out of my comfort zone. Would my wedding planning business support me? I'm in the process of finding out. It's the perfect area for it on the Gulf Coast.

For twenty years, I have been a bible study teacher in a regional area. I've been an informal speaker for women's groups and retreats. Now I am in the perfect position to travel beyond regional limits. A book I've written is with an editor. Sitting in my office I can write whenever I like. No worries about keeping someone awake. My two dogs love it, though they often think it is an invitation to play rather than work. Reconnecting with some very good girlfriends has been so much fun. We all need good friends who know us.

How will this all turn out? Good question is the simple answer. Am I nervous? Some days I am. The one thing I do know is that unless I gracefully embrace what life is giving me, I will never know the positive potential of how it will all turn out. Unexpectedly, I am enjoying the discovery. I am grateful. JL

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SOMEWHERE, SOMETIMES

I live in the Great Smoky Mountains of North Carolina. I'm a pastor's wife and a home-schooling mama, a part-time writer, and an outdoor lover. My homestead is a small farm where we try to live as simply as possible in this modern world. I have a Facebook page titled Live Abundantly. There, I enjoy sharing photos of my mountains and words to inspire, comfort and challenge. I'm currently writing three books I hope to one day see published



BY ANITA CHASTAIN

Somewhere, a daddy's heart aches for the happy little girl from years past who somehow grew into a withdrawn, addicted shell of a woman.

Somewhere, a mother cries over her young son as he lies sleeping, blissfully unaware of the doctor's diagnosis that has shattered her world.

Somewhere, an old grandfather prays brokenly for the family straying from God's truths, for they've decided they do not need to live as a reflection of the one true Light.

Somewhere, a young couple stands empty-handed in a sterile room, watching their hopes of children shatter on the cold floor.

Somewhere, a grandma sees her children's children caught in the riptide of society, choosing pleasures for the moment, seemingly uncaring of the consequences, their rebellion robbing her of sleep.

Somewhere, a man sits alone in a crowded coffee shop as the sun sets in the western sky, trying to find the courage to go home and tell his wife he no longer has a job.

Somewhere, a mama does her best all day, every day, falling exhausted into bed at night, feeling like a failure.

Somewhere, a single dad juggles too much, alone, abandoned by the love of his life who decided she couldn't handle responsibility.

Somewhere, a widow soaks her pillow with tears, bereft without her husband's warmth and strength, overwhelmed with trying to live without him.

Somewhere, a daughter shuts down, becoming bitter and angry, too steeped in grief at the death of her father to do anything except try to remember to breathe.

Somewhere, a son puts his own life on hold to care for his aging mother, now stricken with dementia, trying to answer questions that tear him apart.

Somewhere, a sister mourns for the one addiction stole from her; no more time to spend laughing, dreaming and exploring life together.

Somewhere, a brother buries his plans for the future, shouldering the burden of providing for the one wounded and disabled.

Somewhere, a pastor stands at a pulpit, offering what comfort he can to all these hurting souls, trying to put aside his own worries and burdens long enough to make a difference for someone else.

Everywhere, people are hurting, struggling, carrying heavy crosses while trying to keep looking up, looking for the miracle.

But sometimes, the miracle is not where we think it should be. Sometimes, it's in the strength to take one more step.

Sometimes, it's just a smile, the ability to see beauty in the journey.

Sometimes, the miracle is found in the peace that seems to rise out of nowhere, peace that we ourselves can't begin to understand.

Sometimes, it's the song playing over and over in our minds through the darkest night.

Sometimes, it's the helping hand of a friend, a meal delivered when we need it most, a phone call to say, "I'm praying for you."

Sometimes, the miracle is not the healing, but the presence of God through the sickness.

Sometimes, it's found in the sweet, innocent love of a child, a hug or a painstakingly written note.

Sometimes, the miracle lies in remaining true to our convictions instead of swaying to the tune of "almost right".

Sometimes, it's the sunrise after a long, stormy night, in a rainbow arching through the clouds.

It is always in the unmovable promise that this won't last forever, that this is not our final chapter. The miracle is knowing no matter what contrary wind may blow, we are held by a God that refuses to let us go. **JL**

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