

Joyful Living

Winter 2019-20

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BUSINESS**

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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance.

We have been independently owned and operated since 1992. We are a lifestyle magazine with many interesting articles. 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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Winter Outdoor Adventures



BY DR. SCOTT BARNETT

Dr. Scott Barnett is associate professor of Outdoor Leadership at Simpson University where he enjoys using the outdoors and activities like cross-country skiing and snowshoeing to help students grow as leaders and in their ability to facilitate growth in others.

So, if you're up for being an uncle to the snow this winter, here are some ideas.

For great sledding, not much beats Eskimo Hill. Right off of Highway 44 there is a parking area and a short walk through the woods takes you to a hillside clearing. The hill is tall enough to give a thrill to the more adventurous, but it also has a bit of a bowl at the bottom to allow shorter runs for younger kids. Many people make a day of it and use the fire pits at the base to stay warm as they sip hot chocolate or roast marshmallows. Drive about an hour east from Redding on Highway 44. Not long after you enter the Lassen National Forest the parking lot is on the left.

Not much matches the stillness and tranquility of a winter forest blanketed in snow. When the snow level is low, enjoying the winter wonderland can be as simple as choosing your favorite of the North State's amazing network of trails and heading out for a hike. However, when we get a solid snow base like we did last winter, the question becomes how you move through the snow without getting bogged down in it.

If you're looking for some great exercise on top of the snow, try out cross-country skiing. The balance can take some getting used to, but even beginners can shuffle along and before too long can be gliding smoothly. Groomed trails make things a bit easier when

Life in the winter for many of us in the North State is like being an uncle to the snow. You can see the snow when you want to and have a lot of fun. Then you can head home at the end of the day and leave the responsibility involved to others. You know you have it good when you don't have to own a snow shovel and can still play in the snow within less than an hour's drive.

you're getting the hang of it. Mt Shasta Nordic Center offers miles of groomed trails as well as equipment for rental. Additional groomed trails can be found at the McGowan Cross-Country Ski Area near the south entrance to Lassen National Park. Backcountry skiing offers a bit more of challenge. Backcountry skis are a bit wider, offering better stability on virgin snow. And with backcountry skis you can roam wherever you want in the national forests.

For those not quite ready for the challenge of cross-country skiing, snowshoeing is a great option. Snowshoeing allows you to still stay on top of the snow rather than sinking to your hip, but isn't much more difficult than walking. A number of outdoor stores in the area offer rental of snowshoes as well as cross-country skis.

Another great way to enjoy the beautiful snow is to participate in the time-honored tradition of cutting your own Christmas tree. Permits for cutting in the national forests can be purchased at the forest offices for only \$10. Don't forget a saw and some rope to tie the tree down. Be aware that trees growing in the woods don't have the perfectly manicured shape of trees you purchase at tree lots. It's a perfect opportunity to appreciate the beauty and character of trees with unique appearances.

Other locations for playing in the snow, sledding and cross-country skiing are the Bunny Flats trailhead at the base of Mt. Shasta and the entrance stations to Lassen Volcanic National Park. **JL**

Making Memories with Your Grandkids

This week we said good-bye to our first-born grandson who left for Ohio State University to begin his sophomore year. Yes. We still have three amazing grandkids who will be with us for a while longer, but now that the first one has left, I understand how quickly this time passes. Once that window closes, it's gone. *continued on page 6*



BY SUE RICE

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Since we have already had 18 years to come up with ideas to entertain our grandkids when they come to visit or to spend the night, I want to share some ideas that our two grandsons and two granddaughters who are now ages 11, 13, 17 and 19 have enjoyed over the years.

Here's a list of ten fun things to do when "there's nothing to do."

1. Have them show you something on their phone that they like. We have found that our grands will gladly show us how to do something or do it for us! (My 12-year-old grandson frequently assists me in getting past a hard level on the Candy or Sugar Crush games). He's also the person who is responsible for getting me hooked on Words with Friends2, which is another game you can play together. The kids can show you how to find them if they play this game. There are some fun things to do on Instagram too.
2. For some reason sorting coins has been a hit with all our grandkids. I just emptied the cans they filled. There was \$1700 in there!
3. Play some games like Pictionary, a card name called Golf (look online), or Sequence.
4. Make a gingerbread house together. There are also similar houses for Halloween, and probably other occasions.
5. If you have the funds go segwaying together. This is something we did in Florida. We all loved it. Believe it or not, Papa and I were as capable as the kids at this fun activity and were up and running in about five minutes. I think the grandkids found a new respect for us.
6. If you are short on time and supplies, play alphabet bingo. Have them write down five letters. You call the letters randomly. The first one to cross out all five wins. Again, prizes make it more fun.
7. Let them bathe the dog. Set some ground rules and help where it's needed. Our kids loved taking on this activity.
8. Hit golf balls together at the driving range. This is a cheap activity if you buy a big bucket of balls to share.
9. Some pet rescues will allow tween and teenagers to accompany you to help with pet care or walks. Check with the organizations where you volunteer and see if they have activities where you and your grandkids can volunteer together.
10. Most libraries offer fun activities for free or at little cost. We have made jewelry, watched movies, taken art classes, played designer handbag bingo, etc.

Whenever you are blessed to spend time with your grands make the most of it. Don't let them sit on the sofa glued to their phones – or worse yet, both of you sitting there just smiling at each other. After all, you don't want their memories of spending time with you to be that they don't have any memories or that the time or that time spent with you was a total snooze fest. If none of the ideas I shared are appropriate or appealing, then put on your thinking cap and come up with some of your own. If you can't think of anything just type in something like What to Do When Your Grandkids Visit on your computer. Whatever you decide to do, don't waste a minute of this precious history-in-the-making time. Make it count! JL

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Christmas Eve Job Joy

BY AUDREY CARLI



In December, I took an extra job at Kenton's Department Store after my daily office job. Joyful carols softly sounded as I waited on a middle-aged woman with dark, gray-sprinkled hair. She said she was recently hospitalized and now able to shop. She purchased a pink-dressed baby doll with a matching bonnet.

"I'm glad this store delivers gifts," she said. "I'd like this doll delivered to my older sister's home. Her name is Hannah Bailey. She's raising her five-year old granddaughter. My sister is fifteen years older than I. Her arthritis keeps her indoors a lot. Could you request that the doll is delivered tonight?"

My stomach lurched. I had heard in the break room that no one was scheduled to deliver packages. Deliveries ended between five and six o'clock on Christmas Eve. Sadness for her engulfed me. "What's the address?" As the customer wrote the delivery address, I planned to ask my supervisor, Mrs. Evans, if I could drive the store's delivery van. No need to pay me for the delivery. Sadness for the child who might not get her doll before Christmas urged me to convince Mrs. Evans.

If Mrs. Evans says the package can wait for the next scheduled delivery after Christmas, I would borrow my parents' car. Mom and Dad had simple but peaceful Christmases. They would long to cheer a child. I would return from that mission in time for church worship afterward. My determination intensified so I let the customer leave without explaining details. Dad would share our family car if I could not use the store van. A minute later, I told Supervisor Evans I would drive the store van without pay. I did not mention I disliked driving during snowfall. I would drive slowly.

Soon, I was driving the van to the sight of a snowy road and sound of swishing windshield wipers. After avoiding a snowdrift, I parked along the road in front of the small, white home. I hurried along the snowy pathway. At the painted white front door. I knocked and heard a child's voice. "Grandma, someone came to visit!" A tired-faced woman opened the door and said she was Mrs. Bailey. The curly-haired blond child beside her smiled. "Hi! My name is Tina." "Hello," I smiled at the woman and child. "This package is for Tina." "Oh, goody!" The girl cheered. "I prayed, hoped and hoped!" As the girl reached for my hand with her small, warm one, I recalled my pastor's recent message: It is more blessed to give than to receive." The girl shyly said, "Will you stay and visit us?" Her small, warm hand reached for mine.

Her hopeful expression prompted my reply that I needed to return the delivery van. I bent down and smiled at the child.

"I will visit you next week with some Christmas cookies my mother and I baked, if it's okay with your grandmother. Or I could bring popcorn instead." The grandmother tilted: "Cookies are nice but not necessary. Your delivery tonight is a gift to both of us." Before I could say, "No problem," Tina cheered she would wait for my visit. "Goody! Cookies! Grandma's hands are stiff and hurt. She can't bake much now."

"Merry Christmas," I called before exiting the doorway. The grandmother and child's greetings sounded as I closed the door.

My joy soared as I rushed to the van in the falling snow. Christmas peace soaked into me. I would soon return! JL

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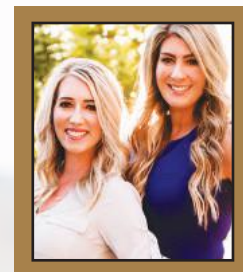
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Women in Business



BY MICHELLE NYSTROM



When you think of women in business in the North State, O2 Employment Services is one of the first businesses that comes to mind. Owned, operated and managed by owner/CEO Heidi Corrigan and Regional Director Michelle Nystrom, they oversee a staff of 20 women (and one guy!) and together their staff represents hundreds of businesses and thousands of employees in Northern California.

In 2001 it was apparent that there was a need for local businesses to have a trusted resource for all things HR and Teamwork HR was created to meet those needs. Teamwork HR continues today as the HR arm of O2 and has grown to represent several hundred businesses throughout California and into Oregon and Nevada. This team of highly qualified experts handle the payroll, workers' compensation, benefits and HR needs, allowing business owners to truly focus on their business. By utilizing Teamwork HR for their HR,

businesses of all sizes are able to have a full HR department to handle all of their employment needs from start to finish, something that in the past was only available to large companies.

The owners of O2 have a 40 plus year history in the staffing industry and in 2009 they opened O2 Staffing to give companies access to a top level staffing firm that was completely locally owned, something the North State was lacking. Their focus was to be able to offer businesses a staffing service that was in touch with the local labor market, sensitive to their changing staffing needs, prioritized the growth of their company and was responsive to their client needs. O2 Staffing has since grown to be the largest employment agency in the area representing the hiring needs of more than 500 businesses and employing several thousand employees per year.

In 2016, Teamwork HR and O2 Staffing were brought together under the name O2

Employment Services. Both divisions still exist today as a division of O2 Employment Services.

Heidi is a mom of two, ages 22 and 19. She was born and raised in Kalama, Washington and moved to Redding to attend Simpson University after high school. She raised her kids in Redding and both graduated from Enterprise High School. She played volleyball in high school and college, coached Shasta High Volleyball as well as her daughter's junior high team at Boulder Creek Middle School. She is the chairwoman of the Forward Redding Foundation, the past board chairwoman of the Redding Chamber and is currently serving on the Chamber's board and executive board.

Michelle joined the O2 team in 2011 and is a mom of three, ages 19, 16 and 13. Her oldest is attending Chico State and she has one at Enterprise and one at Boulder Creek. She is currently a board member for One Safe Place, a member of Redding

Rotary, and a past recipient of the 20 Under 40 award. She spends her spare time volunteering, doing yoga and trying to find more time. She loves being outdoors and as a Redding native, has a deep appreciation for the beauty of our natural environment.

As strong supporters of the local community, Heidi and Michelle not only support multiple organizations through personal philanthropy and the business but they encourage their staff to be active in community organizations as well. Their business and staff have supported and participated in various roles for organizations such as One Safe Place, the Good News Rescue Mission, Turtle Bay, the Redding Chamber, Think Pink, Shasta EDC, Rotary, SHRM and many more. O2 created and hosts the largest holiday food drive in the county, Give Redding, which is a collaboration of local business and private donors.

Both Corrigan and Nystrom attribute the success of their company to the incredible strength of their team, the value of what they offer to local companies and job seekers, and the amazing community that they work in. The team at O2 holds the highest certifications available in Human Resources, staffing and payroll. They have a combined total of over 200 years experience in these fields. The focus of the company is to grow the local community and businesses and they live the mission of putting people first both professionally and in their work in the community. JL



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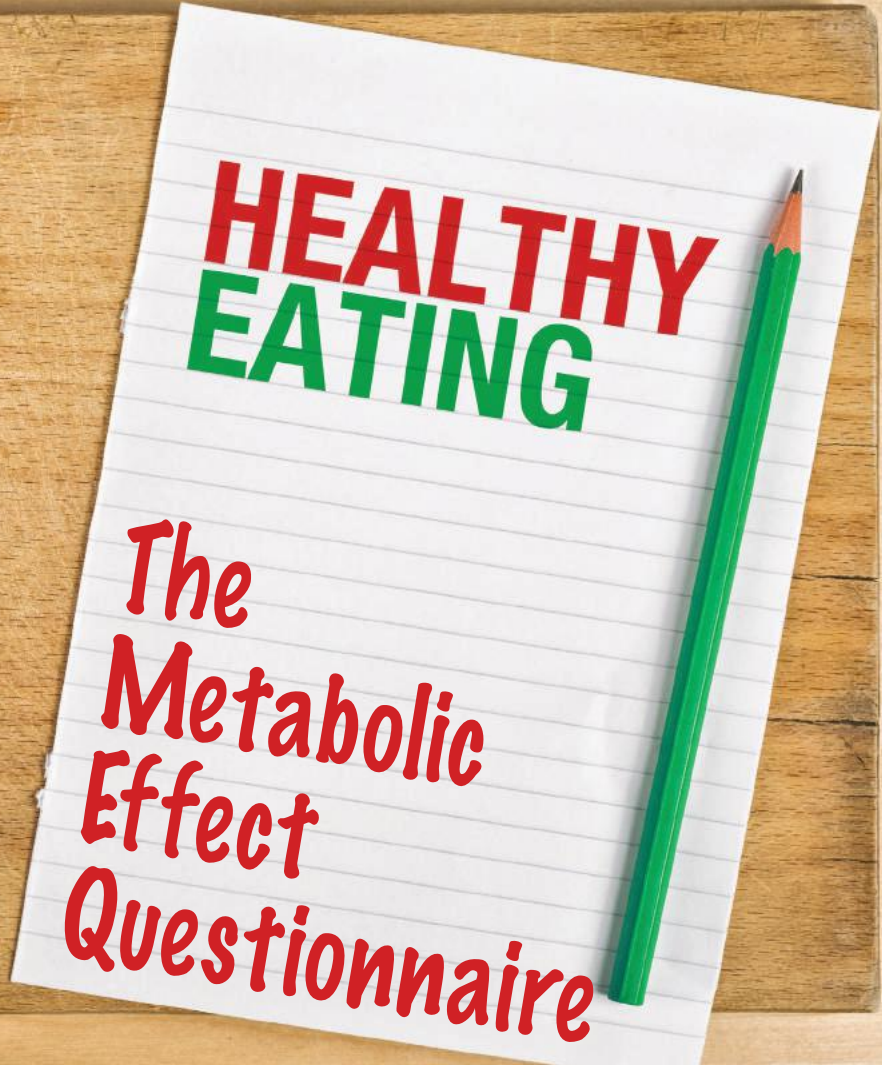


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BY BENI JOHNSON
 Author of *Healthy and Free* and *40 days to Wholeness* and *The Power of Communion*



I thought it would be fun in this article to share with you a questionnaire on the metabolic effect. This is just a quiz and the best way is to be tested. But, this can be helpful to many just to get an idea of how their bodies work. After you take the test you will have to go to <https://www.byrdie.com/what-is-a-muscle-burner> to get how to use your results. And, then if you want to study more on this subject a great read, 'The Metabolic Effect Diet' will help further.

To find out what kind of burner you are – sugar, muscle, or mixed – answer each question to the best of your ability. Don't stop to think about the details, just circle the answer that fits you the best. If none of the answers suits you, choose the one closest.

1. Which of the following meals would give you sustained and lasting energy if it were the only meal you could eat all day?
 - a. Cereal (0)
 - b. Eggs and Cereal (+1)
 - c. Steak and Eggs (+2)
2. Which best describes your reaction to high-carbohydrate foods such as pasta or potatoes?
 - a. They give me a short boost of energy, but I can crash later. (+1)
 - b. They make me feel tired and lethargic almost immediately after eating them. (+2)
 - c. They give me long lasting energy (-2)
3. When it comes to desserts, which do you prefer?
 - a. I have no preference (+1)
 - b. Creamy, rich sweets like cheese-cake or chocolate mousse. (+2)
 - c. I like all sweets, but prefer lighter things like cookies and candy bars (0)
4. What best describes your reaction to eating protein such as chicken, steak, and eggs?
 - a. They satisfy my hunger and give me energy for many hours. (+4)
 - b. They give me about the same energy as carbohydrate-rich foods such as pasta and potatoes. (+1)
 - c. They fill me up and often make me feel sluggish and tired or I do not eat meat. (-2)
5. Which do you crave the most?
 - a. Protein, salt, and coffee. (+2)
 - b. Sugar, coffee; or cocktails, wine, or beer. (-2)
6. What describes your reaction to strong, bright lights?
 - a. I don't get cravings very often, but when I do, I crave a. and b. (+1)
 - a. I'm not sensitive to bright lights. (+2)
 - b. Light has to be very bright for me to notice. (+1)
 - c. I'm sensitive to bright lights and prefer sunglasses when outside. (-2)
7. What describes your tendency toward anxiety or depression?
 - a. I tend to become depressed or moody. (+2)
 - b. I'm rarely depressed or anxious. (+1)
 - c. I tend to become anxious in many situations. (-2)
8. What best describes your current weight?
 - a. I'm an average weight. (+2)

- b. I am underweight, but can store fat around my waist. (-8)
 c. I am overweight or obese. (+6)
9. How do you best describe your appetite?
 a. I live to eat and frequently overeat (+4)
 b. I use food as fuel, but indulge on occasion. (+2)
 c. I eat to live and sometimes have to remind myself to eat. (-6)
10. What best describes your facial skin?
 a. My skin is very balanced and healthy (+2)
 b. My skin is sometimes oily and I'm prone to acne or breakouts. (+4)
 c. I have sensitive, often dry skin that sometimes looks red and irritated. (0)
11. If you need to stay focused for a long period of time, what would help?
 a. Nuts like almonds, walnuts, or peanuts (+2)
 b. Trail mix with a mix of dried fruits and nuts. (+1)
 c. Dried fruit or candy. (-2)
12. What best describes your digestive system?
 a. I suffer from heartburn or irritable bowel syndrome. (0)
 b. I am frequently constipated or have irregular bowel movements. (+4)
 c. I have regular bowel movements with no problems. (+2)
13. What state best describes your energy levels?
 a. I feel mentally balanced, except on rare occasions when I am stressed or don't get enough sleep. (+2)
 b. I feel mentally alert and wired, yet at the same time, physically tired. (-6)
 c. I feel mentally and physically fatigued most of the time. (+4)
14. What happens when you skip meals?
 a. I become irritable, shaky, and/or light-headed. (+4)
 b. I can skip 1 meal, but I become shaky, irritable, and/or lightheaded if I miss 2 or more meals. (+2)
 c. Skipping meals does not bother me. I frequently go more than 4-6 hours without eating. (-4)
15. What best describes your sleeping habits?
 a. I'm frequently tired, but still have difficulty falling asleep and/or getting up in the morning. (+4)
 b. I have difficulty falling asleep or sleeping soundly, yet still feel wired during the day. (-4)
 c. I fall asleep fine, sleep soundly, and wake feeling refreshed. (+2)
16. How do you best describe how old you look?
 a. I look my age. (+1)
 b. I look older than my age. (0)
 c. I look young for my age. (+2)
17. When do you perspire?
 a. I rarely perspire even when exercising. (+2)
 b. I only perspire when exercising or am very hot. (+1)
 c. I perspire a lot during exercise and even when not exercising. (0)
18. How do you best describe your state of awareness and alertness?
 a. I am acutely aware of my surroundings and the people around me, but can find it difficult to focus on any one task. (-4)
 b. It often takes me moments to register questions and respond. (+2)
 c. I am aware of my surroundings and responsiveness to people and their questions. (+1)

Total up the number of answers and record them here: _____

Higher than 35: You are a sugar burner.
Between 20-35: You are a mixed burner.
Lower than 20: You are a muscle burner.

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It's About Time



BY MARIE WARNER

Marie has been a Registered Dietitian for 30 years. She and her husband Kurt own Building Endeavors Inc. and together they spend their time restoring homes, health and hope.

Recently I have been pondering TIME, thinking of terms that we use about time and considering its meaning. The term that was resonating in me mostly was "Time is money". I wondered what does that really mean? I know we exchange our time for money, but it felt like there was more to it than that. I thought about what it means to steward time well like it was an investment and then "IT" came in the mail. My husband received an unexpected package in the mail from his dad's cousin who he rarely had any contact with. Opening the box, he discovered she had sent him his great grandfather's pocket watch. It was as though he had just received TIME in the mail, but not just any time, time from former generations. As we held this time piece in our hands, it was as though we were able to hold the dreams of his great grandfather in our hands together. The watch was worn; it was evi-

dent his great grandfather had held this watch many a time in the palm of his hand, waited for the right time and had it guide him through dreams and setbacks over the course of his former life. This time piece represented a life lived with intention, consideration and forethought.

I had to look into the meaning of great grandfather and saw that a grandfather represented generational inheritance which was exciting in itself. I started asking questions I had never considered before. What would it be like to inherit time? To take the baton of time and run with it from a life that had passed on before? For me I felt like my husband was receiving the fullness of time from generations that preceded him and was happy to hear that his great grandfather Charles had lived well in to his 90's which I also felt like somehow got transferred to my husband's account.

Time is indeed a form of currency and yet we cannot touch it or see it, and yet everything is held in it. Thinking how we speak of it; it has to be a currency to steward well. We ask each other: "What do you like to spend your time doing?" meaning there is a choice in it like how we spend our money. We comment on how we complete different tasks in such a way that will "save time" and speak regretfully when we waste time when we misallocate it. Then there are the special forms of time ...

divine timing and the Kairos moment, referring to the opportune time, which are uniquely special and extraordinary when they occur.

As I have gotten older and am celebrating my years in the second half of life, time feels like it is moving at a slower pace and yet it is precisely on time. My focus has shifted to redeeming the time, to living well in the present moment and coincidentally that is what the pocket watch represents. Of all the time pieces, the pocket watch centers on eternity and the one who carries it is keenly aware of how precious life is. I do not want to spend my time looking back or looking too far into the future, but I want to live in the present with precision, being authentic and appreciating the right now. It is all we truly have.

To steward my time well and to keep the mechanism of the hands working with precision, there are a few things that I try to do. First, I choose to forgive when I have been offended and I choose to forgive myself. This to me is the foundation of keeping my time piece unencumbered and allows one moment to build on another. The second choice is to live in thankfulness for the present moment. When I feel stuck, I give thanks and appreciate the lessons I am learning even when I feel time standing still because in those moments, I am learning the lesson I need to proceed to the next moments. As you move through your moments and as you feel your clock ticking, try resetting your internal watch and consider your time as one of the most important assets to steward well. JL

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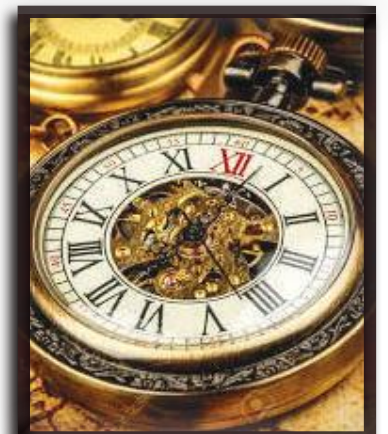
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Finding Your Positive Reset

My alarm went off at 4:40am and I crawled out of bed, quietly padded to the bathroom and quickly got dressed in the work out gear I had laid out the night before.

The workout was fantastic. I finished up feeling strong and positive, like I could take on any challenge. Connection with my fellow boot campers and the surge of dopamine from accomplishing more than I thought I could was completely empowering.

And then I got home. The kids were fighting, my husband was in the shower and the dog had wet on the carpet. My happy attitude and positive outlook disintegrated into frustration and despair in a snap.

By the time I got cleaned up, dressed and ready to take them to school, I was still short tempered and irritated. As I dropped off my son and headed to my first appointment, I wondered how I had gone so wrong. How on earth did I let a few little mis-haps turn my positive start to the day into a negative sinkhole?

After thinking this through...after all, I AM the positivity expert :) I realized next time, I could do a few things differently to shore up my positivity.

Reframe negative circumstances When I walked in the door and into the chaos, I immediately became irritated. This means my blood pressure spiked, my heart rate increased and my focus narrowed.

The work of Dr. Barbara Frederickson has shown us that we can quickly counteract these stress reactions by redirecting our mind to create good feelings. For example, I could have hugged my son and tickled him so he would stop fighting with his sister. I could have taken the dog outside and thrown the ball for her to get her wiggles out. I could have laughed with my husband about our "zoo" to lighten the mood. All of these behaviors would have flushed out the bad feelings as well as quiet my heart and lower my blood pressure. (See Dr. Frederickson's excellent book, *Positivity*, for the science behind what I just said.)

Redirect negative into gratitude. When things start spiraling down, it's like a vortex. The more negative we allow our minds to ponder, the worse we feel, and before you know it we're in a full blown funk. A better strategy is to immediately stop the negative by recognizing it for what it is (a joy sapper) and get proactive to move yourself towards the positive. Simple ways to do that are...look for the good, find something to be thankful for, remind yourself that you really love your job, spouse or kid, listen to some

music that makes you happy, stop and smile, find the funny.

Finally, I neglected to recognize the negative impact of poor nutrition and lack of sleep. When I'm tired I'm cranky. Often we underestimate the reality that if we don't get enough sleep, and we eat too much sugar and flour, we'll feel horrible. I notice that the older I get, the more important my diet and sleep habits become. You may be in your 30s and think... what's she talking about? But the science is in. You'll feel better and be able to be more positive if you get 7-9 hours of sleep a night and eat lots of nutritious protein, veggies and a bit of fruit. All the high achievers, from Tom Brady to Tony Robbins to JLo, all of them attest to the importance of enough sleep and life-giving nutrition.

I've found that these ideas are super easy to implement and at the same time, are super easy to ignore. I guess it all comes down to what you really want. Do you want to be positive and enlarge your opportunities? Or do you want to let life dictate the way you feel? Utilizing these strategies, you'll be able to ove into this new year with positive momentum. **JL**



BY CHRISTY LARGENT

Christy Largent is a motivational speaker with a focus on positivity and engagement. She helps organizations use her positivity principles to increase employee engagement. She lives in Flower Mound, Texas

with her 2 school-aged kiddos and a very patient husband. Follow her on all social media @christylargent and subscribe to her Instagram channel for daily encouragement helping you find the bright side of life. www.christylargent.com

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Healthy Holiday Eating Tips

HOLIDAY RECIPES

BROCCOLI/POMEGRANATE SALAD

1 head of chopped broccoli
 1 fresh pomegranate
 1 cup chopped pecans
 1/4 cup yellow raisins
 1/2 cup sunflower seeds
 1/2 package of maple bacon

Dressing
 2/3 cup organic mayonnaise
 1 small single serving packet of stevia
 1 tablespoon of white vinegar

Whisk dressing, pour over chopped ingredients, and stir.

BANANA NUT BREAD

6 eggs
 1/2 cup honey
 1/2 cup butter
 1 tsp vanilla
 3/4 cup coconut flour
 2 mashed bananas
 1/2 cup chopped pecans or walnuts

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

APPLE CRISP

6 chopped apples
 1 orange, zested and juiced
 1 tsp cinnamon
 1/8 tsp salt
 1/4 tsp nutmeg
 1/4 cup honey

Topping

1/4 cup baking stevia
 1/2 cup melted butter
 3/4 cup organic oats
 3/4 cup coconut flour



Mix first five ingredients and place in a baking pan. Stir topping ingredients and pour over apples. Bake at 350 degrees for 60-75 minutes. Serve with almond or coconut milk whipped cream or non-dairy vanilla ice cream



BY SUSAN U. NEAL
 RN, MBA, MHS

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

When you eat healthy during the holidays your energy level remains high so you can keep up with a multitude of tasks. The last thing you need is brain fog and lethargy due to a poor diet. This article navigates the tempting delicacies with helpful holiday eating tips and recipes.

Use Fresh, Raw Ingredients

The trick to eating the right type of foods is to consume them as close to their harvest as possible. When you eat foods closer to their original form, you will become full with smaller portions because the food contains fiber. Therefore, the feeling of fullness stays with you for a longer period too, so you don't want to snack as much.

Make dishes using fresh, raw ingredients such as sautéed fresh green beans with garlic and slivered almonds versus the typical green bean casserole. The fresh green beans are nutritious and delicious. Fresh, raw foods are loaded with vitamins, minerals, fiber, and all the nutrients the human body needs—the way God intended for you to eat.

In December, pecans are harvested in the south. I buy thirty pounds of cracked pecans and shell them. I use them in many holiday recipes. They are a high protein snack. I freeze the pecans in mason jars to use throughout the year. What type of nuts grow in your area and how can use them?

Recently I brought a broccoli pomegranate salad to a Friendsgiving dinner. It contained fresh broccoli, pomegranate, pecans, sunflower seeds, and yellow raisins.

Everyone at the dinner raved about the salad, and several people requested the recipe (see recipe). Pinterest is an excellent place to find many nutritious recipes.

Baking

When baking, use coconut or almond flour instead of wheat flour. Also, try using sugar substitutes such as stevia and monk fruit sweetener. Both rank zero on the glycemic index and have no calories! You can make desserts that are just as tasty as the usual sugar-laden ones.

Over Thanksgiving my college-aged daughters made a delicious apple crisp using oats and banana bread (see recipe)

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using coconut flour. One of my daughters is gluten sensitive and the other is lactose intolerant; yet we made delectable deserts out of wholesome, organic ingredients.

Holiday Parties

At holiday parties, avoid eating foods made with sugar and wheat. Instead, eat nuts, vegetables, and fruits. Guacamole and hummus are healthy dips too. These foods are just as appetizing, and they won't contribute to brain fog.

Be sure to serve yourself smaller portions. Think of your stomach as the size of your fist. Put less food on your plate than you think you will eat. Using a smaller plate may help.

As soon as you feel full, stop eating and wait a few minutes. Many times you won't feel hungry anymore since it takes a little while for your brain to recognize your stomach reached its capacity. If you stop eating at the first sign you feel the sensation of fullness, in five minutes your brain receptors catch up with the feeling in your stomach.

80/20 Percent Rule

Don't make your expectations too high. Use the 80/20 rule: eat well 80 percent of the time, but 20% of the time splurge. Eating healthy during the holidays is not an all-or-nothing situation. If you don't eat healthy 100 percent of the time, don't have the mind-set that you failed. Instead, give yourself grace as God does. Try to do well, but if you don't eat correctly 20 percent of the time, that's okay. It's probably better than the way you ate before.

Keep your energy up during the holidays by avoiding wheat and sugar which contribute to brain fog and lethargy. Whip up delicious, healthy recipes using wheat and sugar substitutes. Also give yourself grace, as God does, to splurge a little but try not to overdo it. JL



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BY MIKE MAESHIRO

Mike is a business owner, life coach, public speaker and author. He wrote his first book entitled "themikeboard" which is a compilation of maxims on spirituality and wisdom. He is a course instructor at Bethel School, runs an intuitive life coaching practice and travels the world teaching on spiritual intelligence, pursuing dreams and entrepreneurship. He lives in Redding, CA

We are working it out; not how to avoid pain, but how to embrace the light no matter the cost. We are bound to hope. Our struggles and scars point to a love stronger than our ability to destroy ourselves.

We are not alone. We are wrapped up in a rescuing kindness, kissed all over and made to dance. We are the stage for perfect power. We are how this world will understand glory.

You have permission to tell your story- your real story- how you want to tell it. That is the only version that has the power to move us, and the only version that has the power to move you.

Do not apologize for trying something new and failing. Be proud that you tried.

Do not regret trusting someone who betrayed you. Be proud that you took the risk.

BROKEN

I have always rejected the idea that brokenness and dysfunction are more relatable, and thus necessary, in the narrative that we observe. I do not like the idea that we are inherently broken, or that we need blemishes to accept something. However, I am finding that the pain-free, scar-free hero is two-dimensional and stale. The polished, picture-perfect story is boring. It is not the spotless poster child, but the liberated captive- the rescued victim- that opens the door to inspiration and hope.

We all want happiness. We all want to feel good. There is nothing wrong with that. The problem is in the lie that happiness is pain-free, that love has no sacrifice, and that hope does not bind us. Struggle is not a value, but victory and redemption- in the face of affliction and distress- speak of a power beyond us; benevolence that is strong enough and affectionate enough to lift us.

Our pain is not our story. Our story is the grace that comes to transform us; that authors where the pain belongs- beneath us and behind us- accentuating the beauty we possessed the whole time.

Do not be ashamed of the mistakes you have made. Be proud that you grew.

Do not be afraid of the risks that lie ahead. Be proud that you are moving.

Do not pretend that your dreams are small. Be proud that you want more than mediocrity.

Do not doubt the whispers in your heart. Be proud you can still hear them.

Do not push away those who challenge you to be great. Be proud they expect more.

Do not minimize the power of your voice. Be proud that you have something to say.

Do not look behind you. Look ahead. Who you were, is not who you are going to be. It takes courage to keep moving with change. It takes faith to move toward the unseen. Do not shrink back. Be brave. You are here to conquer.

Pain is not the problem. It is the compromises that we make in what we know to be true, right, and good that create the problem...and, consequently, more pain. JL




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BY SARAH WIND

Stress Free Real Estate Decisions

seller), to reveal hidden things during inspections (if you are the buyer), to bring about favorable win-win solutions in negotiations for any repairs that are needed, and to orchestrate the timing of the close of escrow.

When you feel anxiety rising, take that as a cue to get down on your knees (literally or figuratively) and give your worry to God. “Cast all your anxiety on him because he cares for you”. As you surrender the details of the sale and the outcome of decisions to God (and keep doing so throughout the process), you’ll be relinquishing control and going to a whole new level of trust in God.

Once you’ve given your concerns to God, invite Him to give you His peace in exchange. In that place of peace is where you will be able to better hear His still small voice and come to a decision when decisions need to be made. After you’ve made your decision and notified your real estate agent, simply wait and trust God with the outcome. It can be tempting to go back and forth in your mind and wonder if you made the right decision as you wait to see what happens, but that is when you must hang onto God as your steadfast anchor and trust the results to Him. Even if the outcome isn’t what you wanted it to be, consider that another opportunity to take God’s hand and navigate the journey with Him.

There’s nothing too big or too small to pray about, because the Creator of the universe sees all the moving pieces and He cares about what matters to you. As you trust God, watch and be amazed at how smoothly your next real estate transaction goes! **JL**

Buying and selling real estate can be extremely stressful both because of uncontrollable variables (e.g. “Will the seller accept our offer?” or “Will anyone want to buy our house?”) and high dollar amounts at stake. When it comes time to take the plunge to either buy or sell, there’s one thing that can take the stress out of real estate decisions and that is involving God and trusting Him. People who trust God or a higher power with the outcome of the sale will fare much better emotionally than those who do not.

But what does trusting God practically look like? For starters it means praying and giving God the outcome of the sale from start to finish. Invite Him into the process to give you and all parties wisdom (buyers/sellers, agents, lenders, title company workers, inspectors, etc.). Invite Him to show you how much to submit an offer for on the property (if you are the buyer), to bring the right buyer to the property with the right purchase price (if you are the

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What Encouraging Words Have the Power To Do



BY JOY ALLEN

Joy Allen grew up in the Midwest and has served for the past 15 years in mission work, overseas. In 2019 she, along with her husband and three kids, relocated to Northern California. She enjoys strong cups of coffee, photography, and makes candles. She also loves being creative, getting active, is an avid mystery reader. Writing is one of her favorite things to do, you can read her blog at www.joyallenwrites.com where she freelances, and writes avidly to encourage others through life lessons.

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I've heard a similar quote attributed to John Watson, Plato, and to some degree the thought is echoed in the Golden Rule. There are multiple adaptations, but I like the version above the best. I had no idea that once utilized, it would change the way I see the work I do every day.

I recently started a new job, in a new place, after moving internationally. I was fresh out of an arduous season and was desperate to supplement my family's struggling income. I accepted a position at an international charter school, happy to put my bilingual skills to work with elementary aged kiddos. The work place was engaging and challenging, and the work was incredibly rewarding. However, the one thing I personally struggled with was consistent affirmation that I was seen, heard and doing a good job. It's amazing what a few, intentional kind words can do for someone who is trying daily, to do their best. Day in, and day out, I didn't realize my heart was parched for the water that affirmation often brings, and concluded to bring my best to the workplace table regardless of accolade.

I am often drawn to deep reflection and came to the conclusion that if I needed encouragement-how much do others that I work with need the same? So, I decided to change the narrative of the canvas being painted. Instead of looking for affirmation, I started to look for ways to be encouraging, and that changed everything. I sought out parents of kids who were improving and let them know what a good job their child was doing, and affirmed them as a fellow parent. I complimented kids when I saw how hard they were trying. I stopped a frustrated co-worker in the middle of a downward spiral and told her what a good job she was doing, and what an excellent educator she was. Time after time, compliment after compliment, like tiny brushstrokes across a vast canvas the result was the same: a burden was lifted, and the narrative of my art began to change. I saw it immediately in the body language: the shoulders raised, the eyes brightened and a smile cracked almost on cue. No one wants to hear that they are doing a bad job. In fact, we are often the worst of offenders when it comes to critical thinking and speech of ourselves. It makes sense if we are harsh in our own thoughts, we will transpose that into our speech and how we relate to others. However, that doesn't mean that we should.

What if we changed the narrative? What if we looked for the good, the positive, and for ways to encourage? Further still, what if that was our focus not only for ourselves, but for others too? What kind of difference would that make in our homes, families, and workplace environments? I think it would change the narrative entirely. Each time that I sought to encourage, I wanted two things to surface: 1- I wanted to be genuine. I wasn't doing this to butter someone up, or schmooze, but rather water good seed in their heart. And 2- I wanted to give life to something real. Sometimes the most difficult people needed a greater level of commitment to mine for the gold-but that didn't mean the gold wasn't there, or that it wasn't worth looking for. In the end, my favorite part was this: watching the burden lift. I think Ian MacLaren was onto

something. Kindness does something magnificent to alleviate the burdens of another. I saw a spark in the fatigued eyes of hardworking parents. I saw the faces of frustrated kids lifted, and I saw the entire demeanor change of diligent people trying to steadfastly better the world around them. So go ahead friend, the challenge is not only mine but ours now. Whose burden are you going to lift today with your kindness? Trust me, their burden needs lifting, and you are a wonderful person for it to begin with. JL

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BY NICOLE DONOGHUE

It is the women in our lives that hold us together, make strength even stronger, insist we are, we can do better!

Love so fiercely to us that we need to try harder because they know our souls and know the powers deep inside of us yearning to explode with brilliance

They smell, touch, see and hear our potential with the greatest knowing, gifted they are by the Creator God!

These beautiful women allow us to cry, allow us to be soft

These brave beautiful women shine light into the bleakness of seemingly endless nights

They knit and weave together the tattered and stained scrapes into gorgeous masterpieces

It IS the reflection of Gods merciful, uncompromising eternal love you see in their eyes.

These are the women in our lives JL

These are the women in our lives

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When Christmas Isn't Joyful

For so many people, Christmas isn't full of joy, peace, and hope. For so many, Christmas is depressing, sad, lonely, and hard. Many are celebrating their first Christmas without a parent or spouse. Many are walking into the Christmas season with one less person to buy a gift for. Many are mourning the child who didn't make it to see Christmas this side of heaven. Many are trying to put on a happy face on the outside, while on the inside they are sad, depressed, or struggling. Many are trying to work through difficult family functions or trying to figure out the holidays after a divorce. For others, there is immense pressure to make Christmas perfect, right down to every meal and decoration.

This was our experience last Christmas. Every year since we have been married, we have gotten up early the morning after Thanksgiving. Not for the super sales, but to choose our Christmas tree for the year. What seemed like a small tradition has easily become one of our family favorites, especially for our kids. That evening, after taking part in a few of those super sales, we watch a Christmas movie and decorate our tree.

This family tradition began the season of joy for our family. But last Christmas, after the loss of our home and all our Christmas decorations, we did not experience the same joy we usually do. Instead, we experienced tears when we didn't get to hang our usual stockings or put up our Baby's First Christmas ornaments. But in the midst of a different and painful Christmas, we found ways to find joy and hope.

For those who feel this sadness at Christmas, please know you are not the only one. So many others struggle through this season. Although there is often immense pressure to make this time of year perfect, it is OK to not have a perfect holiday season. It is OK to not put on a show of happiness when you are struggling. It is OK to not have the perfectly decorated tree. It is OK if you can't afford that one perfect gift. It is OK if you are missing someone dear to you. It is OK to feel sad when the world tells you it's the happiest time of the year.



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

BY EMILY SCOTT, PHD

[renewedhopeparenting.com](http://www.renewedhopeparenting.com)



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Although there are times grief can overtake us, and there are times we cannot see past our pain, remember that there is always something to be thankful for. There may not be many reasons for you to celebrate this holiday season, but the overriding joy for this season is still there. The joy of Jesus' birth and the promise of His support in times of struggle are still there.

When we allow our pain and our grief

to continually cloud our mind, we can easily fail to see what we have to be thankful for. I know the pain you are feeling is real and it hurts. But allowing that pain to be our main focus causes us to miss what we have in our lives that does bring us joy.

So this Christmas, for those who are struggling to find the joy and happiness of the season, please remember you are not alone. Please remember, there is al-

ways something to be thankful for. There is always something to learn from a trial and always a way we can use our pain to reach others. It is OK to not have a joy-filled Christmas or perfectly decorated sugar cookies. Because even if we are in pain and suffering, we always have the hope of Jesus' birth. We always have the hope of the true meaning of Christmas. And some years, that is all we need for a joyous Christmas. JL

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