

Joyful Living

Spring 2020

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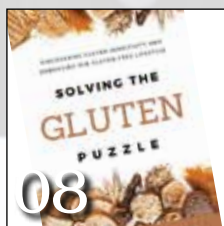
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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance.

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.

Editor in Chief CATHY JANSEN
Creative Director Fran Sherman
Graphic Designer Terry Tomlinson
Sales Libby Mathews
Sales Joni Decker

CONTRIBUTORS

Anna Moseley	Emily Scott
Beni Johnson	Jess Griffiths
Carol Wertz	Lonnie Martin
Carol Van Gorp	Salome Roat
Catlin Osborne	Stephanie Reck
Diana Walters	Susan Neal

Photography
Grace Aston - 949-2444

Featuring:
Redding Police Chief
Bill Schueller

The Lyons Family
Cory Lyons
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Penelope Lyons

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Parenting on the Same Page **7** Tips to Become a Parenting Team



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

When two people come together in marriage or a relationship raising children, their differences are often highlighted. We see many couples who come to parenting classes seeking help working as a team and being on the same parenting page. This is a very admirable thing to do. As parents, it is important to work together for the best of your children. Acknowledging your different parenting styles is the first step in coming together and working as a team.

Focus on what you have in common. Find the core family values you both want to pass on to your kids and seek out ways to model these. Find the ways you parent the same and magnify those.

Find ways to appreciate what is different. You are different people, with different backgrounds, and will therefore, probably have

different opinions on many things, parenting included. We are all unique, and it is that uniqueness that makes us special. Find ways to blend your two styles to what works best for your family.

Be consistent. Without consistency, a child can easily become confused and anxious. Children who are anxious or confused will often act out with misbehavior or disobedience. Children will meet many inconsistent people in their lives, and ensuring their home life is a safe haven provides security. They need to see they can always trust their parents.

Avoid power struggles. No one wins a power struggle, even if you end up getting your way. Power struggles between children and parents can lead to fighting and alienation. Power struggles between Mom and Dad can lead to issues in their marriage. When you are in a power struggle, you are not working together. You are in two positions of opposition. You win arguments by coming together and getting to a “yes” and agreeing together. Avoid arguments, especially when you are angry and model healthy, calm emotions and discussions.

Be a united front. How often do your kids think, “Well, Mom said no to this, so I’ll go ask Dad and see what he says.”? We teach parents to make sure their no means no, and their yes means yes. This goes to the other parent as well. If Mom says no then Dad also says no. If there is a reason Dad thinks the answer should be yes, it is acceptable for him to tell the child that he needs to discuss it with Mom, but until they have had a chance to talk it out, his answer is still no. We tell our kids that, “Mommy and Daddy are on the same team” and they know we are because we have set that boundary in our home. If this isn’t a current boundary in your home, it will take time before it is set in stone, but keep working at it.

Communicate. Talk about things and make sure you are on the same page. Find the time to sit a calmly discuss issues you may be having. Avoid using “you” sentences. “You need to do more when the kids are ____.” Criticism like this is an attack. Whereas making a structure complaint can be stated as an observation. Instead of “You always do this...” try “It seems like ____ is a struggle.” How you say things matters as much as what you say.

Understand where the other is coming from. You may not agree with how the other is parenting, but take a moment to understand WHY they are parenting that way. Is there a childhood wound they are parenting from? For example, do you want to buy your children a lot of Christmas presents because you never got any as a child? Or do you want to pay for your teenager’s car because you had to pay for your own (or visa versa)? Parenting from a childhood wound does not always justify parenting that way. But understanding why you or your spouse is parenting a certain way can help you come to agreements and common ground.

There are ways for two completely different people to come together for their children and make things work. As parents and adults, it is our job to step up and provide our children a safe, loving, and consistent environment. Your spouse is your partner. If you have tried everything you can think of and are still struggling, reach out for help with a local therapist or counselor. Sometimes having a mediator present can help you sort things out. *JL*

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BY SALOMÉ ROAT

SALOMÉ was born in Quito, Ecuador, and has a doctorate of jurisprudence from Pontificia Universidad Católica del Ecuador. She met her husband, Leon, about thirty years ago when he was on a mission trip in her country, and they have three amazing children. Her biggest passions are God, relationships, family, and helping singles with the second most important decision in their lives: marriage. After years of studying what makes a relationship godly, fulfilling, and successful, she has a heart for the generations to come and a passion for couples to find true, intimate love with God and each other. Salomé and Leon (a financial adviser) mentor and coach young men and women and married couples. They live in San José.

You and *Your* Future Marriage: The Choice Is Up to *You*

My good friend “Mary” found a marriage partner not once, not twice, but three times. With each of these men, she went to the Lord and asked if the marriage was His will.

The first time she felt Him answer, “Don’t do it!” But she questioned whether or not that was His direction and married the man anyway. Not only was the marriage devastating for her, but it also mortified the people around her and the church where she was a member.

After their divorce she met another man, and when she asked God about marrying him, she again felt like God was saying, “No.” Again she doubted. She didn’t know the man very well, and after marrying him she discovered he was unmotivated and just didn’t feel like working. She ended up being the one who maintained their home in every possible sense. She continued with him for as long as she could—until her father finally told her to do something before her marriage killed her.

Finally, during a time of singleness, my friend Mary met a very special man. She asked the Lord if this was His perfect will for her, and this time she felt like He said, “Yes.” An overwhelming peace surrounded her, and she knew this time was different and that trusting in God changed everything. She is happily married to this day.

You Have a Choice

God in His great love has given you the ability to

choose. That is His gift to you. Yes, there may be many choices for a spouse, but God knows who the best person is for you. He will tell you when to take action, and He will lead you just as He led my husband and me. We grew up on different continents and spoke different languages, but God still led us to one another.

You’re reading this article because you are interested in marriage. You want to find the one who will adore you for the rest of your days—and God wants the same thing. Your heavenly Father has a great plan for you in this area of your life. Choose to trust His guidance.

Believe God’s Love for You

In the realm of relationships and marriage, it is pretty easy to start entertaining lies about ourselves. I’ve found this is especially true for women. We often struggle with issues of identity and accepting love, and we tell ourselves we aren’t loveable or worthwhile. This can lead to negative relationships with men and settling for the wrong man.

What is the solution? We need to accept the unconditional love God offers us, fall in love with Him, and discover our value as His children.

When you know you belong to God and He treasures you, the Lord can heal your heart from lies and past hurts. Then in this newfound freedom, you will be able to choose a person who will love and prize you the way God intended. JL



BY CAROL VAN GORP

Carol Van Gorp is an Instructional Coach for K-8 educators, with over thirty years working with children. An experienced public speaker, she has been the keynote for church retreats, MOPS, and ongoing professional training. The blessed mom of three healthy and independent adult children, she is excited to focus on writing to bring quality stories in rhyme to children. Her stories in the Gabby Series address some of the more serious topics our children address. She has contributed to Inkspirations, Christian Communicator, and Christian Living in the Mature Years. An avid organic gardener, you can find her outside or at www.carolvangorp.us.

Joy in the Mandane

Does anyone iron their own clothes anymore? I do. It's actually my favorite chore. As I ironed my shirt for work yesterday, I wondered why I enjoy ironing so much more than, say, emptying the dishwasher; and the reasons ticked off like the second hand on my too-loud wall clock.

It occurred to me that this seemingly mundane task sparks many of my senses and returns me to a simpler time. It offers the sound, pishhh, pishhh, pishhh, of steam which soothes my frayed soul and shirt fringe. I love the feel of the warmth that oozes into the clothes after you iron them. The heated clothes warm my hands and heart. The fresh smell of clean laundry fills my nose with a simple scent that relaxes me. The crisp line in sleeves after pressing them offers the appearance of order and precision, not easy to attain anywhere in life these days.

Ironing rekindles memories of my daughter, Angela, who at two years old, fell asleep one day watching me iron. It was such a calm



and peaceful moment. Earlier than that, when I was a young girl, my mom would have me iron my dad's handkerchiefs in halves and then into fourths. I felt so grown-up. Ironing brings me to a time when we turned the dials of TVs and radios with our own hands, when the 64 pack of crayons wowed us, and cartoons were limited to Saturday morning. Somehow ironing brings me back to a slower pace and I like it.

Being a grown-up means I do tasks I like and dislike. But I am reminded to strive to find the simple pleasures in my ordinary chores. When I can stir my five senses while I perform my everyday responsibilities, it is a gift, just like a crisply ironed shirt. JL



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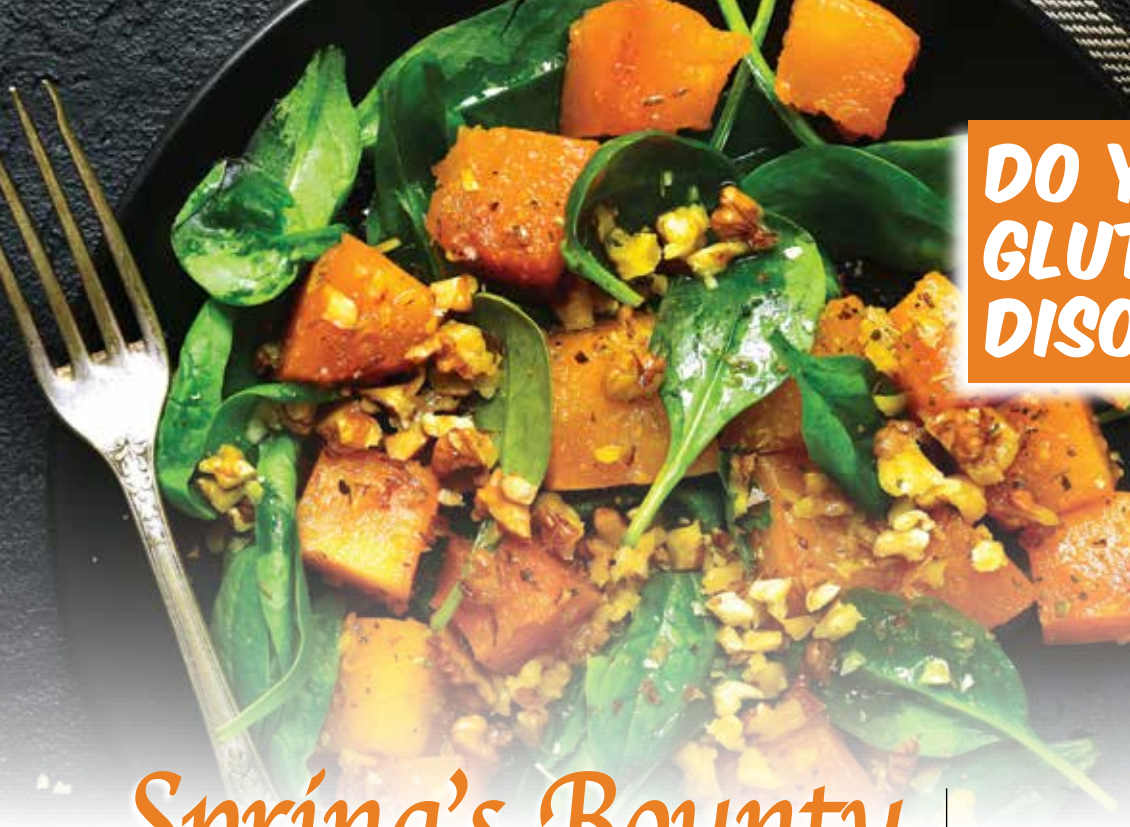


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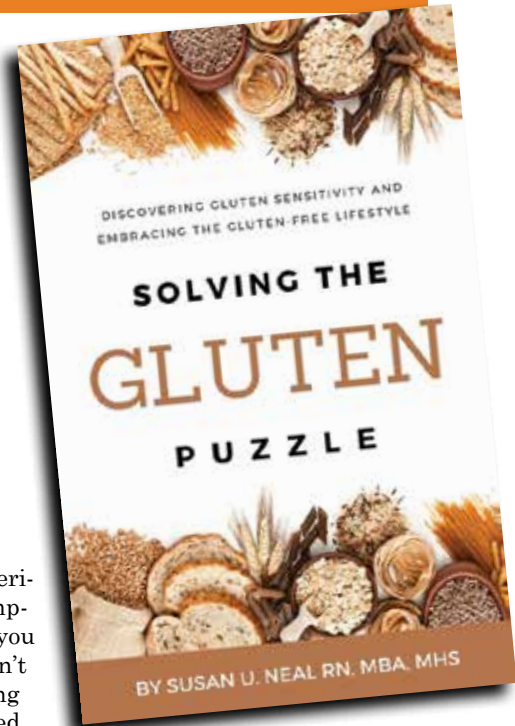
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DO YOU HAVE A GLUTEN-RELATED DISORDER?



Spring's Bounty

Spring is one of my favorite seasons. The colorful flowers and spectacular lime-green leaves popping up on trees dazzle me. If I lived to see one hundred springs, it wouldn't be enough. The produce is lush and colorful too. It is best to eat locally farmed food that is in season. Check out your local farmer's market and grab some fresh produce.

I chose this salad because spinach is in season, and it is one of fifty recipes included in my new book, *Solving the Gluten Puzzle*. You can top off this dish with chicken or eat it in its vegan form. This recipe contains ingredients from many food categories: green and root vegetables, fruit, nut, and meat. 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. **JL**

SWEET POTATO SPINACH SALAD

(Makes 6 servings)

- | | |
|--|--|
| 2 cups cooked sweet potatoes, diced | 2 tablespoons coconut oil |
| 1 package of organic chicken strips (optional) | 1/3 teaspoon salt |
| 2 tablespoons olive oil | 1/4 teaspoon cinnamon |
| 1 green apple, diced | Dash of nutmeg |
| 1/2 Vidalia onion, diced | 2/3 cup raw pecans, chopped |
| | 1 bag of fresh prewashed organic spinach |

Bake 2–3 sweet potatoes in the oven at 350°F for 45 minutes. Remove and let cool. Peel the skin off of the potatoes and dice into bite-size chunks.

Place spinach in a large salad bowl. In a skillet, add the 2 tablespoons of olive oil and sauté the chicken strips for about 5 minutes on each side until done. Remove chicken and set aside. Using the same skillet, sauté onion and apple in the coconut oil for several minutes before adding the seasonings, pecans, sweet potatoes, and chicken. Cook for 1 to 2 minutes before pouring cooked ingredients over the spinach.

Are you experiencing symptoms that you or your doctors don't understand? Ruling out a gluten-related diagnosis may move you one step closer to wellness. Discovering whether you have celiac disease, gluten sensitivity, wheat sensitivity, or a wheat allergy is like piecing together a challenging puzzle. Random pieces don't make sense and won't until the whole picture fits together. *Solving the Gluten Puzzle* explains the symptoms, diagnostic tests, and treatment for these ailments.

Nearly 10 percent of the population is affected by one of four gluten-related disorders, which can cause more than two hundred symptoms, most of which are not digestive. These disorders can strike at any age. Unfortunately, a single diagnostic test to determine gluten sensitivity does not exist. Consequently, up to 80 percent of individuals are undiagnosed. Determine whether you may be suffering from one of these conditions by taking a quiz at GlutenIntoleranceQuiz.com. **JL**



BY SUSAN U. NEAL
RN, MBA, MHS

Susan U. Neal, RN, MBA, MHS, is an author, speaker, and certified health and wellness coach whose background in nursing and health services led her to seek new ways to educate and coach others to overcome health challenges. Check out her award-winning best-seller *7 Steps to Get Off Sugar and Carbohydrates* at SusanUNeal.com.

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What's in *Your* House?



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



Three years ago, I was diagnosed with breast cancer. I have overcome that cancer and am now healthy and living free from it. But, throughout the process of healing, I asked the question “Why?” many times. I believe strongly in taking care of yourself—spirit, soul, and body—and I’d researched and written about how to apply living a healthy lifestyle to seven areas of our life. I thought to myself, “Why would this happen to someone who wrote a book on health?!”

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But, as I progressed on my journey, I came across a wonderful medical doctor who practiced cellular healing. In other words, he was interested in getting to the root cause, through various tests, as to why my body was carrying cancer cells. I've always been that person who wants to understand the why and get to the root of the problem. Well, one of those roots was finding out that I was very sensitive to EMFs, or electric magnetic fields.

I had heard of EMFs many years before, but hadn't thought much about them. But here I was, fighting for my health, trying to discover what I could do to protect myself from something that would harm me and cause cellular disruption. First, let me explain what EMFs are. For years EMFs have been around. And, for years we have enjoyed high-performance computers, microwave ovens, radio waves, Wi-Fi signals, visible lights, and UV lights. Because of the advancement of EMFs, we are now exposed to high levels of man-made EMFs every day.

There are two levels of EMFs: low frequency EMF radiation, which is given off by the technology listed above, and High frequency EMF radiation, which are ionizing radiation sources such as ultraviolet, X-rays and gamma rays.

Even our bodies have their own EMFs, but they're very weak compared to the man-made devices. Because the man-made sources can actually interfere with our body's magnetic field, our inflammatory response can increase and cause issues. So, without boring you with anymore scientific data, let's see how we can we protect ourselves EMFs.

Here are some ways that you can protect yourself and your family:

- Keep appliances and devices off—cellphones on airplane mode—at night, especially if you keep them near you.
- Turn your Wi-Fi off at night, or get a cover for your Wi-Fi box.
- Find protective covers for your laptops, cell-phones, iPad, etc. I use SafeSleeve.
- Begin to filter out dirty electricity. I use Greenwave boxes you can easily get from Amazon.
- Put some good, oxygen-producing plants in your home, especially around electrical devices.
- Some people use a good quality Himalayan Salt Lamp.
- I also wear a necklace, from Gia Wellness, to protect me from EMFs.
- Grounding has become an important part of health for many. Athletes have used this for years to promote healing. Walking in dirt, sand or grass while barefoot can replenish the electrons in your body that toxins and EMFs rob from us. Dr. Mercola, a health expert, says that the surface of the earth holds subtle, health-boosting energy. All we have to do is touch it and become truly alive. People who struggle with health issues like chronic pain can find relief. For more information look into the documentary film, "Grounded."
- Last but not least, eating a nutritious diet

that is high in antioxidants can help eliminate some oxidative stress from EMF exposure.

One of the things my doctor told me during my healing process was to get away from the digital devices and get outside. So, my biggest advice to you would be the same. Go for a walk and leave your phone at home or in your car. Take those shoes off and walk around your yard that has no contaminants on it. Reboot your body. You can do it! **JL**

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How to Host a Meal Without Losing Your Mind



BY SARAH WIND

When was the last time you were invited to someone's home to enjoy a meal? When was the last time you invited friends to dine at your home? Chances are unless you or your circle of friends have the gift of hospitality, you

probably aren't hosting or being hosted for meals except around the holidays. Hospitality has become a lost art in most circles.

The truth is that hosting meals in your home takes time, energy, and money. You might be weighing the cost of this investment and wondering, "What's in it for me?" The real ROI (Return on Investment) comes in the form of friendships, built one step at a time. Every time I host a meal for a group of people I think to myself, "That was a lot of effort, but it was worth it because of the connection." Even though it is wonderfully easy to meet up with friends at a restaurant where there is no cooking or clean up required, the uninterrupted conversation time and quiet atmosphere in your home (unless you have children and animals running around) creates an atmosphere where meaningful connections can be forged. The very fact that you are inviting people into your living space makes it

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more personal, and enables them to get another view of who you are based upon what your home looks, smells, and feels like.

Now let's talk about what might be holding you back from hosting. If you're afraid of people judging how messy your home is, how shabby your furniture is, how old the fixtures are, or how bad the food might taste, that fear has got to go. Getting over insecurities of people judging your living conditions or the food you serve them is key for actually focusing on your guests and enjoying their company. Of course you can and should do your best to clean and tidy up your home, but it does not need to be perfect.

If you are not a gourmet chef, that is okay. The food does not need to be fancy, and you really only need to be good at making one thing. Maybe you're a grill master or maybe you make the best fluffy pancakes. You can serve simple side dishes like salads, bread, or fruit or ask your guests to bring the sides.

Practice makes perfect! The more you make something, the easier it will be. I remember hosting dinner parties and being so nervous about the timing of the food preparation and how the food would taste, but as I kept having wins and got the timing down, the more confident I became with making certain meals. It only adds stress if you cook something for the first time for your guests, so be sure to have made the food at least once prior to the meal. Alternatively, if you are highly uncomfortable in the kitchen or pressed for time, you could always order take out from a restaurant or pick up something from the store that is already semi-prepared (either fresh or frozen).

At the end of the meal, your guests most likely won't remember any shortcomings in what your home looked like or how the food tasted, but they will remember how you made them feel, which leads to the next point: conversation. It's important to

be prepared to engage your guests in meaningful conversation, which means you need to be genuinely interested in hearing what they have to say. So often we think that in order to be a good conversationalist we need to have lots of enthralling stories to tell, but really we just need to be good question askers and good listeners.

If you're afraid conversation won't happen naturally around the table, you may wish to have cards with conversation starters readily available, and have different people take turns reading the cards throughout the meal. You could buy conversation starter cards from a company called TableTopics or you could make your own. You may also want to set a ground rule of only having one group conversation at a time around the table (instead of multiple at the same time), so that everyone feels connected, focused, and respected. While serving food and being present with your guests are valuable, conversation is the real reason you've invited guests into your home, and this is where depth of relationships can be fostered.

So whether you're a veteran or a novice at hosting and cooking meals, let this inspire you to be intentional to host guests on a regular basis, whether it is once a week, once a month, or once a quarter. May this new decade be filled with meaningful conversations around your dining table!

5 Steps to Hosting a Meal

- 1) Get over your insecurities.
- 2) Choose a menu and date.
- 3) Invite the people.
- 4) Plan the time to shop, cook, and clean your home.
- 5) Serve your guests, relax, and engage in meaningful conversation. © JL



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Imagine this: you've finally escaped the dreary indoors that kept you stir-crazy this winter. You're breathing fresh air, stretching your legs on a trail, listening to birds serenade you as you come upon the soothing sounds of cascading water. As you peak around the bend, you come across one of the 50 waterfalls that surround Redding.

Spring is here in UpState California and there isn't a better time to discover Mother Nature's natural wonders. In the heart of the region is Redding, the ideal launching point for your waterfall getaway. In fact, we can help you see five in one day in our famous waterfall loop that has you start and end in Redding.

WATERFALL LOOP ITINERARY

Breakfast – Try some place like From the Hearth Café, Corbett's, or Déjà vu.

Burney Falls – Take 299E to McArthur-Burney Falls Memorial State Park to see this majestic 129-foot gusher that is fed by underground springs and flows more than 100 million gallons of water per day.

McCloud Falls – Drive along the Volcanic Legacy Scenic Byway to see 3 beautiful waterfalls. Lower Falls is a 12-foot broad plunge into a large pool that is a popular swimming spot for summer. Middle Falls has a 44-foot drop and is one of the widest in California at 120 feet. Upper Falls drops from a narrow gorge to an aquamarine pool at its base.

Lunch – Refuel at Siskiyou Brew Works, Mt. Shasta Brewing Company, Yaks on the 5

Hedge Creek Falls – A shallow cave behind the cascading water allows you to walk behind the waterfall for a different perspective.

Whether you spend a day or an entire weekend exploring the waterfalls surrounding Redding, take along a light jacket, and always remember to tread lightly.

UPCOMING EVENTS

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March 7

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Admission: Free

See SundialFilmFestival.com for more information.

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Axiom Repertory Theatre, 2613 Bechelli Ln, Redding, CA 96002

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See CascadeTheatre.org for more information.

Cascade Theatre, 1731 Market St, Redding, CA 96001

Roses and Rust Vintage Market

April 3–4

Rose & Rust Vintage Market is a bi-annual event featuring 100+ vendors from all over the West coast.

See RosesAndRustVintageMarket.com for more information
Shasta District Fair & Event Center, 1890 Briggs St, Anderson, CA 96007

Redding Sportsman's Expo

April 4-5

Do you come alive in the great outdoors of Northern California? Do you love to hunt, fish or just be out in the wild every chance you get? If so you can't miss Redding Sportsman's Expo April 4th and 5th at the Redding Civic Auditorium! All you could possibly want to gear up for the outdoors will be under one roof!

Admission: \$5

See ReddingSportsmansExpo.com for more information.

Redding Civic Auditorium, 700 Auditorium Dr, Redding, CA 96001

Whole Earth and Watershed Festival

April 18

The Whole Earth and Watershed Festival showcases local and regional businesses and organizations promoting sustainable products, renewable energy, environmental advocacy and natural resource conservation in order to help restore a healthy planet.

See WholeEarthAndWatershedFestival.org for more information

Admission: Free

Redding City Hall, 777 Cypress Ave, Redding, CA 96001

Kool April Nites

April 18-26

One of Redding's most anticipated annual events is fast approaching! Kool April Nites will fill Redding with colossal events. The week kicks off with Show and Shines throughout the city, and leads up to Fridays Cruise Nite and shows on Saturday and Sunday.

See KoolAprilNites.com for more information.

Shasta Mud Run

May 9

Our 8th Annual Shasta Mud Run is going to be the best ever. It's bigger, it's better and it's muddier! We will have a challenging 5k or 10k for every skill level, and a free Mini Muddies Pit Play area for the littles.

Admission: \$50-\$60

See ShastaMudRun.com for more information.

Historic Hawes Farms, 6465 Deschutes Rd, Anderson, CA 96007

Redding Rodeo

May 14-16

Redding's Million Dollar Tour PRCA sanctioned rodeo. Bull Riding, Bareback Riding, Barrel Racing, Tie-down Roping, Team Roping, Saddle Bronc Riding, Steer Wrestling, Mutton Bustin, Chuck Wagon Races and other Specialty Acts.

Admission: \$10-\$70

See ReddingRodeo.com for more information.

Redding Rodeo Grounds, 715 Auditorium Dr, Redding, CA 96001

Redding Fire Festival

May 30-31

The 10th Redding Fire Festival features fire dancing, pyrotechnics and cirque. Enjoy two fun-filled days of activities for all ages!

Admission: \$5-\$15

See FireFestivals.com for more information.

Shasta District Fair & Event Center, 1890 Briggs St, Anderson, CA 96007

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

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BY CATLIN OSBORNE

Women in Business

By Career Design

“What do you want to be when you grow up?”

Most of us do not do for a living what we thought we would as a child or even a teen. I don't know about you, but I didn't really even understand the implications of that question fully. As a result, one of my passions now is to help young people find what they are designed for—that sweet spot of overlap between what motivates them individually, temperament/personality, gifts and skills—what makes them come to life—what energizes them and feeds their soul. Find a role like this, and instead of feeling like a job, your work becomes a privilege.” Burnout” doesn't plague those of us who find this kind of fit.

When I had struggled with life on crutches for eight months, with several surgeries looming on the horizon with the 49ers orthopaedic surgeon, and a chance (divine appointment?) with a chiropractor unexpectedly and suddenly made crutches completely unnecessary, it caused me to realize the profound impact one person's career choice could make on another...and that my high-tech job was draining the life out of me, because endless data and details were not my strength, and extroverts are not designed for long hours of cubicle isolation. Over several months of continued recovery, the chiropractor became a friend and commented that I would make an excellent chiropractor... but after continued college classes since age 16, I was hesitant. My company had offered to pay for me to obtain an engineering degree...and I had great pay and benefits. Why would someone give all that up?

After a year of his subtle reminders to consider it, I finally

took a tour of the top chiropractic college in the world—Palmer College of Chiropractic, founded by D.D. Palmer (who discovered chiropractic in 1895). The tour took three hours...and included their cadaver lab, replete with fascinating whole and partial specimens (which I won't expound on in case you are eating). To be honest, the tour had been something to check off my to-do list—to placate my kind chiropractor friend—but as I backed out of the parking lot, I had an epiphany.

If one chiropractic adjustment could so profoundly change my life for the better, preventing two surgeries at age 29, could I have this kind of impact on others? The prospect seemed well worth the investment of money and time to pursue pre-med sciences and then five years of additional education. After consulting with mentors, I dove in to the graduate program, designed an intern program in a local office to give 12 other interns firsthand experience, and we worked on some of the 49ers, Giants, Ironman triathletes and Olympic athletes. I put in extra hours to become master-certified in techniques to help injured athletes get back in their game. After Ultimate Fighter Frank Shamrock incurred a spinal fracture from a particularly grueling session, our team was able to get him back in his game. He came back to be the undefeated Champion in his division for five years.

After 16 years as a doctor of chiropractic, I continue to be amazed that we all have the opportunity to find our ultimate niche—to make an impact with ripple effects far beyond our own community and even our own lifetime. It is so much fun to see patients set free from pain, health issues, and dysfunction that

they have struggled with for years. To see young people back in their game, moms have more comfortable pregnancies and deliveries, people able to work again after years of disability, and elderly people able to dance again—these are successes that make all the sacrifice worth it. I welcome the opportunity to talk to teens about what I do, what they love and are motivated by, and what options are available to them in professions that might be a great fit—and to encourage them to consider becoming a business owner someday. It would have saved me thousands of dollars and years pursuing jobs that were not the best fit.

Because now I know what I want to be when I grow up. JL



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Anna Moseley is a stay at home mom and writer of two blogs—askanna-moseley.com and faith-fullness.net. She has been married to her husband, Matt, for 15 years and has 2 beautiful daughters, Gabriella and Malea. Her passions are reading, spending time with her family, seeing people get freedom and healing, writing and seeking out what God is up to.

BY ANNA MOSELEY

OBEDIENCE

Obedience is one of those words that makes your skin crawl. When I hear the word I think about my mom always telling me, “Listen and obey!”. It’s not a fun word, it’s not a word anyone would say they love, but obedience is a necessary part of our lives, and it is something near and dear to my heart. I have walked through some really hard things but whenever I’ve chosen obedience, my situation has always ended up in a crazier, better way, completely different than I could have imagined. Obedience isn’t always easy, because it has a tendency to make our lives more difficult. So often in life we are asked to make hard decisions, have hard conversations, or follow crazy dreams that lead us to hard places, and if your experiences are anything like mine, doing the right thing, is almost never easy.

When we make those hard decisions, have those hard conversations, and walk in obedience, it often makes everything around us a big mess. Rarely is the immediate outcome what we desire it to be, which leads us to questioning, doubting and wondering whether or not we did the right thing. In those times of doubt, and struggle, we have to remind ourselves that taking a stand

for what is right, and being obedient to do the hard thing, isn’t going to be easy. It will always be easier to take the passive roll, to sit back and hope someone else will call out the problem, clean up the mess, adopt the child with nowhere to go, etc. But you are better than that, you are stronger than you think, and if you choose the path of obedience you might just be surprised at the outcome.

The immediate outcome will almost always be hard and likely you will be bombarded with doubts, lies, and sometimes even isolation. It’s in those times we need to rely on our inner strength, the strength that makes you who you are. We need to remind ourselves about who we know we are, and who we know we were created to be. It’s easy to get defeated by the doubt, fear and lies, and want to reverse what we did, but in those times if you are able to draw from your inner strength, you will grow, it will shape you, it will make you a stronger person.

Brian Tracy said, “The natural tendency of all human behavior is toward the path of least resistance. When you resist this tendency, you become stronger and more powerful.” I couldn’t agree more. I wouldn’t be the person I am today if I hadn’t made the hard choices I’ve made, and even though some of the things are still very hard, I would do it all over again, knowing who I would become having walked those hard roads.

Are you at a crossroads and not sure which way to turn? Obedience is hard but I promise you it is SO worth it! Or if you’ve chosen the path of obedience and things are really hard right now, please don’t lose faith, you will get through this, you will be stronger because of it, and in the end you will see that because of your obedience things are way better than you could have ever imagined it would be. You will get through this and someday, maybe not today, you will be thankful for this season of life. **JL**



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The Joy (?) of Reading



BY DR. CAROL WERTZ

ing your educational questions. Please contact her at carolbwertz@gmail.com

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

Dear Dr. Carol,

I have three children. Two of them love reading, but the third child never chooses to pick up a book. How can I help him discover the joy of reading?

P.T.

Good question. When we love to read, we want others to share the same feeling we experience when we sit down with a good book and lose ourselves in its pages.

Can you find a “why” for the reluctance to read? Is it lack of interest, a difficulty in decoding or comprehending, some type of negative association with reading, or a lack of confidence? The first step would be to talk with the teacher to see if s/he is noticing problems that would need further attention, such as difficulty in learning letters, reading too slowly, etc.

If there are no learning difficulties which might need a tutor or school intervention, talk to your child about the importance of reading and the doors it will open for him. What is your child interested in? What does s/he want to learn about?

Ideas to consider:

- How about having a joke or riddle book handy, a book on sports trivia, the Guinness book of World Records, or some such quick fact-finding book and together you can come up with questions to learn about. Remember, online reading is still reading, so even if that’s not your favorite way to find information, it’s still an important skill to learn.
- Sometimes the length of a book can be daunting. There are many reading websites for kids offering short articles at various grade levels. Google “articles for kids” to find some good ones.
- Who doesn’t love to get mail? There seems to be a magazine for every interest. Subscribe to a magazine for him/her that centers on his passion – nature, horses, poetry, music, STEM, cars, cooking, etc.
- Graphic novels have become very popular with the younger crowd. For those who like to draw, allowing them to draw a story and then write the captions is an excellent way to encourage both reading and writing.
- There are series for all ages. Librarians are tremendously helpful in recommending series that might capture a child’s interest. Even though Captain Underpants might not be your idea of “good reading”, your child might be fascinated by his escapades for a time.
- Is there a favorite movie that was first a book? This might be fun reading together. Speaking of that, continue reading with your child even after they can read for themselves. It’s an activity that brings you closer together and you can have your own little “book club”.

- Find characters that s/he can relate to. Sometimes kids really want to find characters that reflect their experiences and have the same passions, problems, and situations they do.

- There are computer programs that will read TO your child, plus audio books you can get at the library. Even though that may not seem like reading to you, it will introduce your child to many new books.

And, finally, it may just be personality. There are those who love to sit still with a book.....and those that would rather be out “doing”. Accept your children just as they are.....perfect as God created them. JL



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While some want to edit their stepchildren out of photos; **I re-created a photo to include mine.**



The photograph on the left was taken on my 34th birthday. When you look at this photograph you see a mother, son and daughter. When I look at it, I see protection, love and strength.

Sweetly tucked just under my wing, yet still standing on her own is my daughter Gracie. Her beauty always takes my breath away and her independence tests my strength while educating me simultaneously. This girl differs from the rest. She is an original. I see a young girl who loved softball and had dreams of becoming a lawyer and attending Harvard.

On my back is my son Gage. Just look at his sweet face and how he's proud to wrap both his arms around his momma yet still supported by me. He loves his momma more than anything. Baseball and basketball were life, and he had dreams of being in the NBA.

Then me, proudly standing on my own two feet. No matter how often I fell, I prevailed. I became well-versed in God's redirection and revising my life to become a better woman and mother. I see a woman falling in love with herself for the first time and making her children proud. This photo became my life's mission statement, together we had everything we needed.

On this day my boyfriend was preparing a surprise birthday party unbeknownst to me. We had started dated seven months before. Gage knew his son Cole from school and introduced us. Cole's dad was the boy's baseball coach. I was in a stage to push everyone away and pull my children closer. I was fine with a boyfriend, but not marriage, and most definitely not prepared for another son.



BY JESS GRIFFITHS

His son. That is what Cole was, he was my boyfriend's son. He was unique and unlike my children. I struggled to understand and connect with him. He wanted to be just like his dad and their bond was incredible. There was no room for me. If we walked beside each other, Cole would walk in between us. He liked me enough but didn't want to share his father. It was difficult to navigate and disheartening at times.

After a year of dating, we moved in together. Things were still challenging with Cole, but I loved his father. Cole desperately missed having a mother. He'd ask to call me mom, and I'd say no. Yet, I did all the things a mother would do for her child. He had everything

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he needed. I just left the loving part to his dad. I couldn't bring myself to emotionally be his mom plus he had a "real" mom. And, I was a mom of two also. It was us three plus those two and it didn't equal five. It equaled three and two.

By the grace of God, my heart softened and became protective of Cole. There was a moment when I could no longer sit by as Cole was let down. I realized that the person letting him down was not the only one; I was letting him down too. He had not stopped asking to call me Mom, and it was clear he needed me to say, yes. Maybe, I needed to say yes too, so I did.

From that moment Cole became my son, my real son. He didn't become my son when his father and I married three years later. Or when he was more pleasing or easier to love. He became my son in the middle of the mess. He became my son the day he chose me, and asked me to be his mom, and the day I chose him in return. God placed us together knowing that storms make trees take deeper roots and two trees intertwined were stronger than one.

For approximately six months I've looked at this old photo of my sweet babies and me, knowing and feeling that something was missing. Each time I would share it, I felt a twinge in my heart that something was missing. It hit me that it wasn't something, it was someone. Cole. My heart (and possibly Cole's) needed him in this photograph that reminded me of who I am as a woman and mother because he is part of that too.

This photo now shows much more. It isn't just the addition of another person; it showcases life. Real, nitty-gritty life in all its glory and differences. It shows choosing each other - even on the

difficult days. The days when I'm told I will never be his "real" mom because he has one already. The days he is told he is not my "real" son because I didn't give him life. Those are the days we choose each other more.

When I look at this new picture, I still see my beautiful and independent daughter who now has made room for another brother and wants to be in Science & AG Communications instead. Gage, still on my back, still loves his momma and basketball, but now wants to be a Veterinarian. Right in the middle where he belongs is Cole, a handsome young man whose heart loves deeply, is gracious and giving and wants to be a Welder.

Being a parent has zero to do with biology and 100% to do with love and choice. Sometimes that choice is not ours to make but Gods, and he reminds us that while it may not be easy, it is worth it. Three plus two now equals a family of five. A real family. **JL**

God placed us together knowing that storms make trees take deeper roots and two trees intertwined were stronger than one.

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The Cultural Currency of HOPE

Culture is fascinating. I was recently watching a documentary on the Omo tribe in Ethiopia and I marveled at the primitive lifestyle of this people group still living without written language, not even knowing what it is to have a pen or paper. As I sit at my keyboard attempting to use the written word as communication, I am fascinated by just how distant the ways of the tribe are, not only geographically but progressively. My love for culture has taken me across the ocean over a dozen times and I have had the unique privilege



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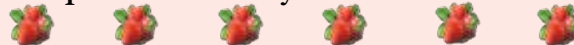


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Call 530-339-0706 for more info on the Car Show - www.happyvalleystrawberryfestival.com

to stand in the poorest provinces and participate in the lives of villagers who live blissfully unaware of modern convenience, existing off the land and instinct rather than amazon and e-bay. Most will never know what it is to drive a car, write a book, take a flight or even soak in a bath and yet there is a joy in their heart and twinkle in their eye.

I remember my first trip to Africa as one of the most challenging. It wasn't the country or conditions that brought the greatest challenge, it was when I left that I found myself caught in a quandary in the midst of clashing cultures. I had a layover in London and decided to extend my trip a few days and travel north into Scotland. I was in awe of the Scots pride in ingenuity, learning it was here, the television, bicycle and steam engine were designed and executed. Cobblestone streets, cafes and wouldn't you know, Starbucks lined every corner. How is it that an 11-hour plane ride can feel like traveling through centuries?

Culture is not only experienced across the ocean in foreign countries but also here in the United States in communities. Culture is more than something found within ethnic groups, tradition or location. Culture expresses itself in the nature of who we are in the environment in which we stand. Having worked in Human Services my entire adult career, I have been a student of culture in a multitude of context. From group homes and foster care to assisted Living and dementia care, to now the medical field. I have experienced vast and varied approaches to navigating life, health, wholeness and healing.

If I have learned anything from witnessing a wide array of cultures, it is this, we are more alike than we are different. The common denominator for true life satisfaction and wealth is not in the currency we carry but rather the HOPE that we have. The happiest of humans are not this way because of wealth in their wallets but rather hope in their hearts

Growing up, my dad would travel the world and he would bring home the currency of the countries he visited. Each piece of currency carried the picture of

a specific monument or political leader all constructed with the same integrity, yet with varied denomination and value. The purpose of each the same; "to use for purchase in exchange of."


Perhaps the most valuable exchange is not from what man can offer or money can buy, but from what hope can acquire. Hope is the oil to our lamp illuminating the darkest of times. Hope is the propeller that moves dreams forward. Hope is the universal currency that says no matter my culture or context or condition, I am rich because of the hope I have. Hope does not discriminate, it

cannot be earned, stolen or borrowed. Hope is innate. Hope is the horizon seen in every culture. The universal currency of health, happiness and wholeness. **JL**



BY LONNIE MARTIN

If I have learned anything from witnessing a wide array of cultures, it is this, we are more alike than we are different.



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Jon Schueler, 1967 © Dudley Gray

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Learning **NO** to Say **NO** Without Feeling **GUILTY**

Just because something *seems* good to do, does not mean it is good for you to do. Saying, “no” to good things so you can be available for the great things in your life will make you a much happier person.

The problem that many people have is that they say yes to most everything that comes into their paths because of the terrible feeling of guilt that comes after saying no.

I have struggled for many years with not being able to say, “no” to what others wanted of me. Over the past few years I have gotten much better with being able to say, “no”, but there is still an underlying sense that...*I should of, I could of or I ought to.*

Some Reasons There May be Guilt for Saying No:

1. Don't want to disappoint others.
2. Care deeply what others think (people-pleasing).
3. Fear others will get upset/angry and withdrawal from you.
4. Feel selfish if you take time for yourself or want to do something you want to do.
5. Give into pressure or manipulative tactics. (*Most likely there was someone in your past who made you feel guilty if you told them no and you associate that particular incident(s) with saying no to other people.*)
6. Don't feel you have rights, such as a right to your time, your interest and your priorities. (*At some point you have been violated and have not reclaimed your rights or boundaries.*)
7. Poor or no time management. Lack structure or planning. If you don't have a plan/schedule for your work, leisure time, family and other interests then you will be prey to saying yes to whatever comes in your path. Write out a weekly and monthly schedule and stick to it as much as possible.



BY STEPHANIE RECK

Stephanie has a heart and a passion to see women healed and whole through Jesus Christ. Stephanie uses her testimony as well as her personal and professional experiences to minister, educate and equip those who need hope, inspiration, and encouragement.

Stephanie holds a bachelor's degree in Psychology, and a master's degree in Social Work from the University of Southern Mississippi. She is a Licensed Belief Therapist and a Board-Certified Christian Counselor. Stephanie is a member of the American Association of Christian Counselors, the Christian Women's Writing Group, and Compel through Proverbs 31 Ministry.

Stephanie has authored two books, *“Wilderness Mentality Stop Your Stinkin' Thinkin'”*, and *“Discipling Your Mind, 30 Days to a Better you.”* Both books can be found on Amazon. Stephanie writes weekly on her blog, *“Hope and Encouragement to Build Your Faith.”* Stephanie has been published in several online and print magazines such as *Stepping Stones, Our Town and Women of Faith.*

Stephanie and her husband are active in their local church and have been married for over 20 years. They have own grown son and two dogs that are like their children. Stephanie currently co-leads with her husband a small group on Boundaries and they serve on the Fresh Start team at their church.



*there will be exceptions that do come up in your schedule, so make allowances for them but do not make it a norm to be flighty with your time. Others will take advantage of your inability to plan.

8. Have a false sense of responsibility or feel a sense of false obligation to others. You will know when you are to do something for or with someone, you will not feel rushed, pressured, hurried, or guilty.
9. You feel like you would be rejecting the person. Take ownership of how they might react to you saying no.

How to Say, “No” Without Guilt:

1. Know why you are saying, “no.” What are you eliminating so that you can make room for what you need or want. Remember just because it seems good does not mean it good for you. Knowing why you need to say, “no”, removes the guilt.
2. Maintain your priorities, this is best accomplished by writing out your schedule including work, leisure, date time with spouse if married, church activities, time with family/friends, and most importantly your time with God. Your schedule should be balanced, of course with the few exceptions when things come up unexpectedly.
3. If you feel pressure to respond to someone's request, don't give an immediate answer. Wait, step back and pray. Don't always give an automatic response to a request, but instead say something like, *“I'll need to get back with you on that.”*
4. Practice persistence with people who will “bargain” you to say, “yes.” Some people will try and wear you down until you say, “yes”. Don't get angry or upset, but calmly


and assertively repeat yourself until the person understands. Do not negotiate with them. The less explanation you give, the better.

5. Be assertive but kind. To turn down someone's request you could simply say, "I'm sorry that does not work for me." You do not owe anyone a detailed explanation. You could also say, "That time does not work for me, but I will let you know when a good time is for me." The last statement puts you in a position of power. In other words, your letting others know your not going to do what they want unless it is a good fit for you.
6. If you get asked on the spot for a request, have a go-to re-

sponse. An example would be: "I'm sorry I have other commitments right now and I am unavailable."

7. Realize you can't please everyone. If you did everything that others wanted of you, they may be happy but you will be miserable and exhausted.
8. If you are concerned the person that you say, "no" to will withdraw from you or become upset, you can rest assured they are being manipulative.

Let's Discuss: What about you, do you have trouble saying, "no," without guilt? What is one thing you can do to alleviate the guilt that comes from saying, "no?" JL



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Dan Biddle, Ph.D. Founder and President of Genesis Apologetics, Inc., Northern California's largest creation ministry which is dedicated to equipping pastors, youth pastors, parents and students with Biblical answers to evolutionary teaching in public schools.



Frank Sherwin, M.A. Research Associate, Senior Lecturer and Science Writer at the INSTITUTE FOR CREATION RESEARCH. A captivating speaker, he is one of ICR's most sought-after speakers on the scientific evidence for creation and design in nature.



Dan Iles, Th.M., D.Min. Missionary Educational Consultant with Jaron Ministries International to third-world countries. He is also Dean of Graduate Studies and Prof. of Practical Theology at Shasta Bible College & Graduate School. Founding pastor, Combie Bible Church, Former Lead Pastor, North Valley Baptist Church.



G. Allen Gunn, D.Min., Ph.D. Chair, Bible Dept., & V P for Student Services at SBC&GS. Prophecy specialist & Israel tour leader. Contributing author: *Dictionary of Premillennial Theology*, *Journal of Dispensational Theology & Bib Sac*.



Randall Price, Ph.D.

Founder & President, World of the Bible Ministries, Executive Director of the Center for Judaic Studies & Professor of Jewish Studies, Liberty University. Archaeologist, Director, site excavations for the Dead Sea Scrolls. Dr. Price was recently featured on the cover of *National Geographic Magazine* (12/18).



Andy Woods, J.D., Th.M., Ph.D.

Senior pastor of Sugar Land Bible Church, President of Chafer Theological Seminary. Lawyer and specialist on Biblical Prophecy, particularly as it relates to the coming Kingdom of Jesus Christ, Author: *The Coming Kingdom*.



Thomas Ice, Ph.D. Exec. Director of the PRE-TRIB RESEARCH CENTER (Kansas City, MO), which he co-founded with Dr. Tim LaHaye in 1994 to research, teach and defend the pre-tribulational rapture and related Bible prophecy doctrines. Dr. Ice is regarded as one of the most knowledgeable and articulate prophetic scholars today.



Prof. Tom Meyer, M.A. Assistant professor of Biblical Studies, archeology and Bible Memorization at SBC&GS, widely known Bible Memory Man for his dramatic recitation and exposition of Scripture from memory.



David Nicholas, M.S., Th.M., Th.D.

Director, Alpha Omega Conference, President and Professor of Theology and Apologetics at SBC&GS and Radio Bible teacher on *Truth for Today* in No. CA. Studied at JUC & led tours through Israel and Europe. Author: *Foundations of Biblical Inerrancy*, Contributing Author: *Dictionary of Premillennial Theology*; *What's A Woman to Do in the Church?*

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