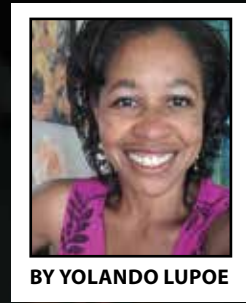


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Fall/Winter 2022



BY YOLANDO LUPOE

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WOMEN IN BUSINESS

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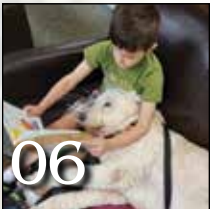
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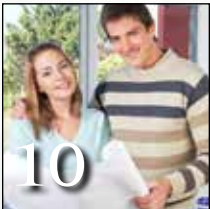
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Our desire is to serve and respect our community. Our intention is to bring valuable resources as diverse as our natural surroundings. We devote this magazine to you and bless your journey today, tomorrow and always. Grateful is our foundation. Love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

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BY ROBIN LITTAU

Shifting Seasons

Deep breath mamas! We sailed through the summer to the shores of a new school year. We are shifting gears toward those exciting morning routines, ready or not! Since we're stepping into Fall, let's fall forward with a pat on the back for the love we've invested, having created fun summer memories while maintaining our sanity. I'm sending you a high five and a hug for these world changing accomplishments! Let's each prioritize time to grab a coffee, treat ourselves, take a nap and celebrate our wins!!!

I'm so proud of the daily choices we are making to love and care for our precious families through every season. Each

investment we make builds our family's account. Rome wasn't built in a day! Step by step we'll get our kids where they need to be, even if we can only see the next step in front of us.

Unfortunately, summertime fun can be a rollercoaster ride that goes sideways when we're off our routines, juggling more responsibility, refereeing little MMA fighters who navigate through the fridge like superstars, and have the profound organizational skills of mini tornadoes. Lately, I've talked to many discouraged moms feeling the heaviness of parenting. Various contributing factors such as overwhelming social pressures, lack of community support, increased isolation,

inadequate parenting tools, conflict communication and frustrations felt within our families can leave us feeling stuck in hopeless defeat at times. There is HOPE, SOLUTIONS, and LOVE for every challenge we face as we keep choosing to build intentional love into our families.

The past few years have been extremely tough on us, our kids, and our families, but we are doing the absolute best we can and that is beautiful. I truly believe that love never fails. Life isn't about achieving perfection, it's about continually growing, thriving and flourishing into our best capacities. Every mistake can take us closer to the right solutions. Every choice we plant with love will produce abundant growth later. We know invested parenting includes obstacle courses that surpass difficulty levels of bootcamp, but our eyes must see past the circumstance into the purpose. Our stamina comes through holding tightly to a hope filled vision, that the seeds we plant today will become the harvest of tomorrow. Our perseverance rewards are irreplaceable moments of hugs, appreciation, growth, memories, legacy, love, and a safe harbor we create called home. We want our homes to be the place we find rest for our souls.

Now we're shifting into this next phase. Transitions require adjustment for everyone as we settle into this new season. This school year is going to be AWESOME for our families because we moms are going to put all of our heart focus into creating, dreaming and speaking life into the best year yet! We are the warrior moms who carry a love that conquers every challenge. We are the pillars of the home, wearing every hat we need to, because love is stronger than any force challenging our destinations to thrive! I want to share three idea's that have helped our family transitions shift more smoothly.

Falling forward gracefully looks like:

1. Weekly Family meetings:

This is a fantastic tool for increased connection, family discussions, planning, unity and resolve any pending conflicts. It provides a place for each person to be seen, heard and belong. It's a set apart time to create plans and communicate clearly face to face. Celebrate one another and celebrate your wins! Build one another

Our stamina comes through holding tightly to a hope filled vision, that the seeds we plant today will become the harvest of tomorrow.

up as a family. I suggest incorporating family fun into this time too.

2. Teamwork=Dreamwork: As schedules are changing, it's a wonderful time to refresh a family plan for assigned weekly chores, morning routines, bedtimes, and electronic boundaries. It's not moms' job to do everything, so disperse the work. Working together encourages responsibility, independence,

life skills, unity, and honor.

3. Protect everyone's "white space": This is crucial! Are you doing the basics well: food, sleep, water, exercise? Our culture promotes operating at full capacity exhaustion fueled by sugar for all ages, but this is stealing our strength and joy! Kids need white space to play and create. Adults need white space to rest, enjoy life and cultivate our creative sides. Everyone's happier and healthier with balanced habits. Fight for, schedule, create, and guard your families "white-space" like your life depends on it, because it does! **JL**

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Pawsitively Wonderful Therapy



Since the beginning of time, there has been a special connection between humans and dogs. What probably started out as a relationship of hunter and protector has evolved into countless breeds and mixtures of canine companions who only want to be part of our “pack”. A very special service our canine friends offer is the therapy that comes when our hands stroke their fur, two sets of eyes connect, and a lick of a tongue says, “I like you.”

Knowing the comfort that a friendly dog can bring to those in stressful situations, therapy dog organizations have been formed around the world. Here in Northern California, Prescription Pets Therapy Dogs (Rx Pets) was organized by Diana Stockwell in 2000, bringing together a volunteer group of pet owners who now go as trained teams—of owners and pets—to those in need of comfort and encouragement. Rx Pets teams visit hospitals, skilled nursing and assisted living facilities, schools, and libraries as well as being present during disaster relief efforts such as the Carr and Paradise fires. Through animal/handler-assisted interactions with young and old alike, the human-animal bond is adding a healing touch to many throughout Northern California.

One special program that Rx Pets teams offer is the R.E.A.D.@ program (Reading Education Assistance Dogs@). This program gives young readers an opportunity to select a book to read to a therapy dog. One might wonder what benefit

this might be. To quote one mother, “My son had no interest in reading. Even with bribes of cookies, I could not get him to open even a comic book. Then I took him to the library where he saw a dog he wanted to have lay by his side as he read. That was the beginning of my son becoming an avid reader. I am so very thankful for that opportunity.” The R.E.A.D. program is available at the Shasta Public Library multiple days each month, and makes visits to elementary school classrooms where reluctant readers eagerly vie for the opportunity to read to a dog.



Another example of how a therapy dog visit can be meaningful happened during final exam days last Fall at Shasta High School. Between exams, students had the opportunity to go to the school’s Wellness Center to unwind before their next test. Surprise! When they arrived, they were greeted by teams of therapy dogs with whom they could pet and cuddle. When word spread, 50 students on day one swelled to 150 students on day two, all wanting a chance to pet a dog. A very emotional scene occurred when a girl got on her knees and wrapped her arms around a dog’s neck with tears rolling down her face. It was clear a little “wellness” took place in the Center that day!

A common question asked is, “May I pet your dog?” This typically comes from a facility staff member who needs a little therapy too. Because Therapy Dogs are not Service Dogs (dogs who are trained to attend to a particular need in one person’s life and should not be interacted with when on duty), the answer is always, “Cer-



Dan Perrine is a retired high school principal and was the founding director of Advancing Lives International, a non-profit that trained teachers in five African countries. He now lives with his wife, Myra, in Redding where he enjoys working with his therapy

dog, Carmel, visiting senior citizen care centers, and working in the R.E.A.D.@ program at the library and in schools. Fly fishing and golf are his retirement hobbies



tainly!" Therapy Dogs can interact freely with anyone when directed, and their desire is to collect as many pets as possible. It is therapy for them as well.

Becoming a Therapy Dog Team requires certification for both the dog and the owner. After a period of training, the duo is tested by certified personnel. It is not a hard process, but it does require a calm, obedient dog who responds well to directions. The dog must also be friendly allowing strangers to handle him/her and not be scared by other dogs, sounds, or machines. The owner's responsibilities include following

a basic set of handling procedures as well as being friendly and welcoming. Most important, the handler needs to be aware all the time of their dog's disposition and welfare. Rx Pets offers multiple workshops and training support throughout the year to prepare potential team members for this highly worthwhile service.

As one can see from the picture below, Rx Pets Teams come in all sizes and breeds. If you are interested in getting involved, more information is available at www.prescription-pets.org. JL



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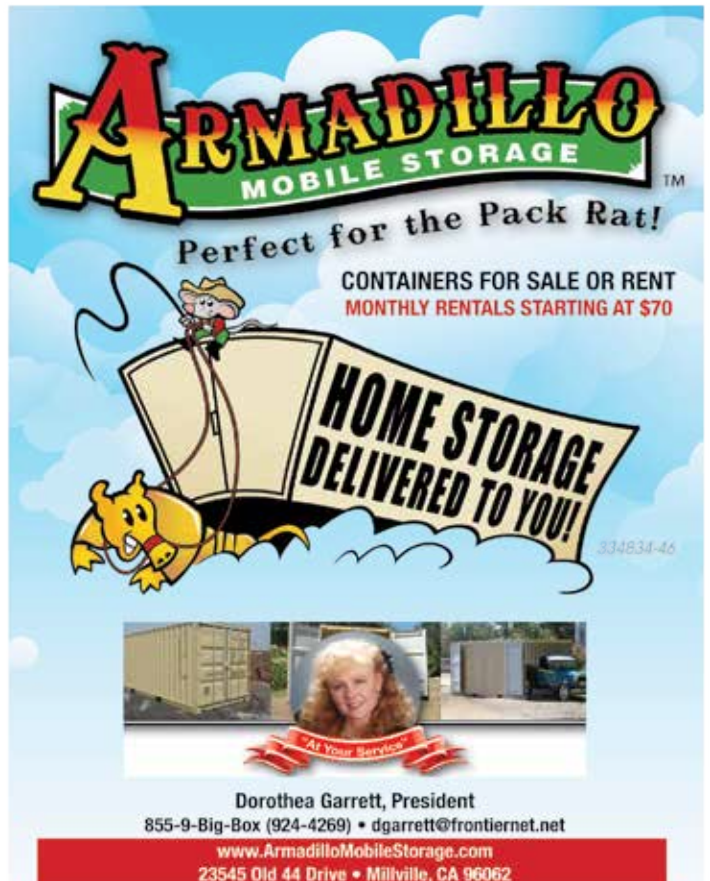
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BY YOLANDO LUPOE

WOMEN *In Business*

THE SALT CAVES

When I think of Thoreau’s wish to “suck out all the marrow of life,” I imagine a heroic figure like William Wilberforce in *Amazing Grace* or even free-spirited, globetrotting adventurers on those classic PBS travel shows. I don’t typically think of Redding, CA, wonderful as it is. But I encountered something similar while visiting with Yolando Lupoe—a hunger to learn, create, invent, grow, and give to others—to *fully live*. She seemed to have captured the essence of a vibrant life.

Yolando’s passion is to create unique experiences for others that awaken childlike wonder—to savor life. Even as a child growing up near the central coast of California, she held a zest

for life, writing a bucket list before the idea became popular. Her undergraduate interests began in physical therapy, but led her to clinical psychology at the PhD level. From counseling college students, the mentally ill, as well as homeless families and youth to owning an art gallery as a professional photographer and artist; from living seven years in South Korea as a missionary and university professor of tourism management to traveling to over thirty countries, Yolando has woven her endeavors and interests into her businesses to create a Renaissance lifestyle.

Yolando brought her passion to Redding nearly seven years ago. Only six months later she opened a business, aptly named Capturing the Essence of Massage. Shortly thereafter she volunteered as a Master Therapist offering externships for massage students from the National Holistic Institute trade school.

In 2020, she opened Capturing the Essence Salt Cave, acclaimed in a recent Forbes article as a “gem of Redding”—a go-to spa, specializing in halotherapy. Halotherapy involves breathing dry aerosol salt. It is recommended in helping open airways; increase oxygen and respiratory health; clear ears and nasal passages; kill viruses, bacteria, and molds; as well as reduce stress, inflammation, arthritis pain, skin issues, and

more. Some visitors have even reported a post-Covid return of their ability to taste and smell.

Yolondo's love of seeing people thrive through experiencing beauty, calm, comfort, community, health, and wholeness for the body, mind, and spirit, are clearly on display at her business. From the peace that greets you at the door of the "living room" to the extravagant use of partitioning vines hanging from the ceiling, from the health-centered in-house inventions of Body Vibe salt packs (for relieving a variety of symptoms from infancy to adulthood) to the handcrafted, multicolored salt lanterns and towers (for settling blood pressure, stress, and mood), each patron is invited into a sense of awe.

During the day, visitors escape into the beautiful and restful cave-like rooms with over 2,000 pounds of Himalayan salt crystals covering the floor, while enveloped by the soothing glow of illuminated salt-brick walls. At night, various monthly events like Story & Poetry Night, Vision Board Night, and informational gatherings by authors or business owners are free and open to the community.

Gathering from her experiences, Yolondo shares these nuggets of wisdom for fellow entrepreneurs:

- Spend time soul-searching. Discover what moves you.
 - Creatively express yourself through your business; don't be afraid to be different.
 - Wait for a space that feels good to initiate your vision.
 - Don't be afraid to start small. Use what's in your hand and believe you will grow.
 - Be patient, holding loosely to how your business organically grows.
 - Use community resources—the Redding Chamber of Commerce, SBDC, Women's JEDI and those who believe in you and your dreams; they are your allies.
 - Late nights, inevitable bumps in the road, challenges—learn and grow from them. They are only seasonal.
 - Prioritize your body—eat well and drink plenty of water. Say no and take breaks when needed. You own your life; you choose how to live it!
 - Live without regret. Take meaningful risks and enjoy the journey.
 - Live by your life motto, ethics, and morals. Ask yourself, *What would an act of love look like, right now?* and do that.
- Yolondo believes the movie *Auntie Mame* says it well: "Life is a banquet, and most poor suckers are starving to death. You've got to live, live, live!" **JL**



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How to *Prioritize* Home Renovations



BY SARAH WIND

Do you own your own home or dream of owning one someday? Chances are, unless you buy or build a new home, you'll likely want to do renovations. These projects can range from adding onto rooms to replacing things like countertops, light fixtures, baseboards, and flooring.

There are a variety of factors at play in deciding what projects to tackle. Start by asking yourself,

what is my goal for the property? This will influence how you prioritize the renovations.

If your goal is to rent out some or all of the property or to sell in the not-too-distant future, you'll want to view projects through an objective return on investment (ROI) perspective. Certain upgrades will make your property more appealing to buyers and renters, and potentially yield a good profit. But to avoid unrealistic expectations of the dollar amount that your potential renovations

will generate, I suggest first reaching out to your trusted real estate agent or a property manager who is able to tell you how much an upgraded home could sell or rent for in today's market. Then do the math to see if the cost to renovate will be a good investment.

However, if you plan to live in the house for a long time, what you decide to change can be more subjective and suited to your lifestyle and taste. It's best to paint walls and cabinets neutral colors to appeal to the majority of buyers, but there's no need to rein in your sense of style if you won't be selling anytime soon. You can be free to paint and decorate to your heart's content using a wide spectrum of colors.

Maybe you'd like to add a resort-style pool to enjoy in the blazing summer heat. Although you likely wouldn't recoup more than half the cost when you sell, your desire to cool off and feel like you're on vacation could persuade you to install it.

Next, you'll want to research how much the projects will cost. Consider whether you can do the work yourself with friends and family, or if you'll need to hire someone who is licensed. Then estimate how long the projects will take to complete.

There are a variety of factors at play in deciding what projects to tackle.

You'll also want to think about what category the renovation falls into. Categories include things like:

- Safety hazards
- Maintenance items
- Energy efficient upgrades
- Functionality changes
- Cosmetic and decorative changes

In my professional opinion as a REALTOR®, it's best to take care of safety hazards and maintenance items before doing things that simply spark joy. If there are things that need to be replaced because they're at the end of their lifespan or not functioning well, like a roof, HVAC, dishwasher, or stove, make those your first priority. Then you can start saving to install a pool or something else your heart desires.

The next step is to write down all of your projects and the accompanying cost, ROI, who will do the work, the time it will take to complete it, and the category it falls into. You may wish to use pen and paper or a spreadsheet. It can look something like this:

Project | Cost | ROI | Who | Time | Category |

Seeing everything laid out should enable you to make informed decisions as to how to prioritize them.

After the projects are listed in order of importance, consider what your budget allows you to do right away. Even though you probably won't have the cash to complete everything all at once, you'll likely feel more motivated to save for the future with goals to aim for.

Don't forget to take before and after pictures! Your friends and family will love to see the big reveal. **JL**



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BY CHERYL MAGUIRE

Cheryl Maguire is a mother of twins and a daughter. Her writing has been published in "Chicken Soup for the Soul: Count Your Blessings," Parent Co., Mothers Always Write, Twins Magazine, and

It's Twins. You can find her at [Twitter @CherylMaguire05](#)

6 Reasons TO TAKE A Brain Break FROM Video Games

“He’s developed eye and neck tics,” I told the doctor.

After discussing the issue in more depth, the pediatrician decided the tics (defined as a habitual spasmodic contraction of the muscles, most often in the face) were caused by playing video games.

“Really? Video game play can cause physical tics?” I asked. I was shocked.

The doctor explained that video games cause over-stimulation of the brain. When my son isn’t playing video games, his brain craves this stimulation, which can cause the tics and other problems. The doctor recommended no video game or electronic use for three weeks to see if it made a difference.

I was nervous about how my son would respond, but I think because the doctor recommended it, he didn’t object. During the three weeks without video games, I noticed a decline in the tics but I also became aware of other issues. I didn’t realize how little he was interacting with family or friends until he no longer was involved with electronics. Instead of isolating himself, he was now socializing with others. Additionally, he was less irritable and seemed happier.

After this experience, I researched the negative effects of video game and electronic use. Dr. Dunckley wrote the book, “Reset Your Child’s Brain,” regarding these issues. In her book, she defines electronic screen syndrome (ESS) as a syndrome in which a child experiences symptoms of hyperarousal that can cause impairment in some aspect of their life. These behaviors can mimic other disorders such as tics, ADHD, or bipolar disorder.

It’s important to note that it’s not the amount of time a child

uses the devices or the type of video games played; rather it’s how the child responds to using the electronics. Every child is different and can be affected differently from video game play. In my son’s case, he’s not allowed to play violent video games and yet he still displayed symptoms of ESS.

Dr. Dunkley identifies the following six negative effects of playing video games:

OVERSTIMULATION OF THE SENSORY SYSTEM

When a child plays video games, overstimulating messages are sent to the nervous system due to the bright colors and quick movements. This triggers the body’s flight or fight response, creating a hyperarousal state. When the child isn’t playing video games, the brain experiences a sensory deprivation that can lead to irritability. It can also cause some children to experience seizures, tics, and migraines.

Research by Rowan found repeated, intense over-stimulation of the brain can cause a child to pay attention to everything, which in turn makes it difficult to focus on one single activity. While the child is using technology, the tactile systems are under-stimulated and the visual and auditory sensory systems are over-stimulated. This creates an imbalance and can lead to neurological development issues.

PSYCHOLOGICALLY ADDICTIVE

The brain chemical dopamine is released when a child plays video games. The more a child likes a game, the more dopamine is released, which makes the child want to continue playing. A study conducted at Iowa State University found one in ten gamers could be defined as pathological players using standards for pathological gambling (the general population

uses the word addiction). Research by Sun et al. used MRIs and found when gamers play, their brains illuminate in the same manner as someone who is addicted to drugs.

SLEEP DISTURBANCES

The artificial blue light emitted from electronic screens causes the brain to suppress the hormone melatonin, which your body needs to sleep. A study conducted at Harvard University found exposure to blue light suppressed melatonin twice as long as green light and shifted circadian rhythms by twice as much (three hours versus one and a half hours). Research by the American Academy of Sleep Medicine found gamers who played for seven hours or more experienced both poorer and less sleep than non-gamers.

NIH recommends school-age children and teens should sleep for nine to 10 hours each night. Sleep disruptions or lacking the proper amount of sleep increases the risk of obesity, heart disease, stroke, and diabetes. Receiving the proper amount of sleep promotes appropriate growth and development, improves social interactions, and increases immunity against diseases.

IMPAIRED SOCIAL INTERACTIONS

Playing video games tends to be an isolating activity. When a child is playing video games, they're missing out on interacting socially with both friends and family. These social interactions are important in developing social skills and relationships. Research by Kraut et al. found increased use of technology led to a decline in social interactions and an increase in depression.

POOR SENSE OF TIME

Video game play has been linked to time distortion in players. Rau et al. found gamers have difficulty gauging how much time they've actually spent playing and they often require outside intervention to stop playing. A poor sense of time perception also creates issues with time management that could cause the child to be habitually late.

MOOD DYSREGULATION

Lack of sleep combined with an overstimulated sensory system can lead to irritability, mood swings, and aggression. Dr. Dunckley became interested in the negative effects of electronic use when she was working with children diagnosed with mental health issues. Then a colleague asked for help with her own son. The child had seen several psychiatrists and was first diagnosed with ADHD, then autism, and finally bipolar disorder. Dr. Dunckley recommended removing all electronics for three weeks. After the electronic fast, the child's behavior improved significantly and he could be weaned off all medications. This example demonstrates how ESS can mimic mood disorders such as bipolar disorder.

SHOULD A CHILD WITH ESS PLAY VIDEO GAMES?

Dr. Dunckley recommends limiting the amount of exposure to electronics. Our doctor suggested one hour per day on the weekends only.

Before I researched this topic, I didn't know about the negative effects of video game use or how it could affect children differently. I thought it was comparable to watching television. Now that I'm informed, we've adhered to the doctor's advice and my son no longer experiences tics. More importantly, he is socializing more with family and friends. **JL**



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How to Stay Peaceful and Healthy During the Holidays

During the holidays stores bustle with shoppers who hurry around to get things checked off their list. If they would have shopped in October, when stores were less busy, everyone's shopping experience would be more pleasant. So December can be an exciting but stressful time of year. However, we can successfully navigate the season to stay peaceful, centered, and healthy.

SHOP EARLY

In December, stores are packed, items run low, and parking lots are full, which makes shopping a nerve-racking experience. Instead, purchase gifts for your family and friends early. Create a list of everyone you need to buy for, and as you purchase gifts, cross them off your list. Finish your shopping before the Thanksgiving holidays, so your holiday stress is lessened. If you still need to purchase a few items in December, order them online to avoid the crowds.

STAY HEALTHY DURING THE HOLIDAYS

To stay healthy during the holidays you need to exercise but your time is limited. Climb the stairs instead of taking the elevator, or park your car further away from a store, so you walk more. Walk around while talking on the phone to gain more steps.

Holiday desserts filled with sugar and white flour causes blood sugar levels to spike and plummet, which makes you

feel irritable and tired. But you can bake your own delicious desserts with coconut and almond flour. Stevia and monk fruit sweeteners are excellent sugar substitutes, and both have no calories and rank zero on the glycemic index.

Over Thanksgiving, my college-aged daughters made thumbprint cookies out of wholesome, organic ingredients (recipe below). They were just as delicious as sugar-laden treats but didn't spike the blood sugar.

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 fatigue because of a poor diet.

FOCUS ON THE REASON FOR THE SEASON

If you get your shopping done early, you won't get caught up in the hustle and bustle of the Christmas season. Instead of fighting the crowds, enjoy time with your family and focus spiritually on the birth of Jesus Christ.

When we stay centered on the reason for the season, we experience the joy of the holidays. You can be peaceful during the holidays while everyone else runs around checking everything off their list, by preparing early and focusing on the celebration of the birth of Jesus Christ. This year prepare early, stay healthy, and enjoy the season. *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.

HOLIDAY THUMBPRINT COOKIES

(Makes 8 cookies)

- 1 1/2 cup almond flour
- 3 1/2 tablespoons coconut oil
- 1 egg
- 2 tablespoons of cashew or almond butter
- 2 tablespoons maple syrup
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt

FILLING

- 1 cup fresh raspberries or strawberries
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup

Preheat the oven to 350°F. In a large bowl combine all the cookie ingredients. Refrigerate dough for 20 minutes. While dough is chilling, make the filling. Smash the fruit and add to a saucepan along with chia seeds

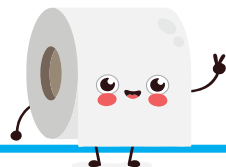


and syrup. Heat on the stovetop on low-medium for 5 minutes. Remove from heat, let it cool and thicken.

After the dough has chilled, create eight balls and place on a greased cookie sheet. With your thumb, press an indent into the middle of the cookie ball. Bake for twelve minutes. After the cookie has cooled, add the filling to the center.

All Clogged Up!

Help! The Triple Threat Gang got into the City of Redding's Sewer system and clogged up all the pipes. Can you help TP reach the exit below by checking off each of the 3 clogs in the maze?

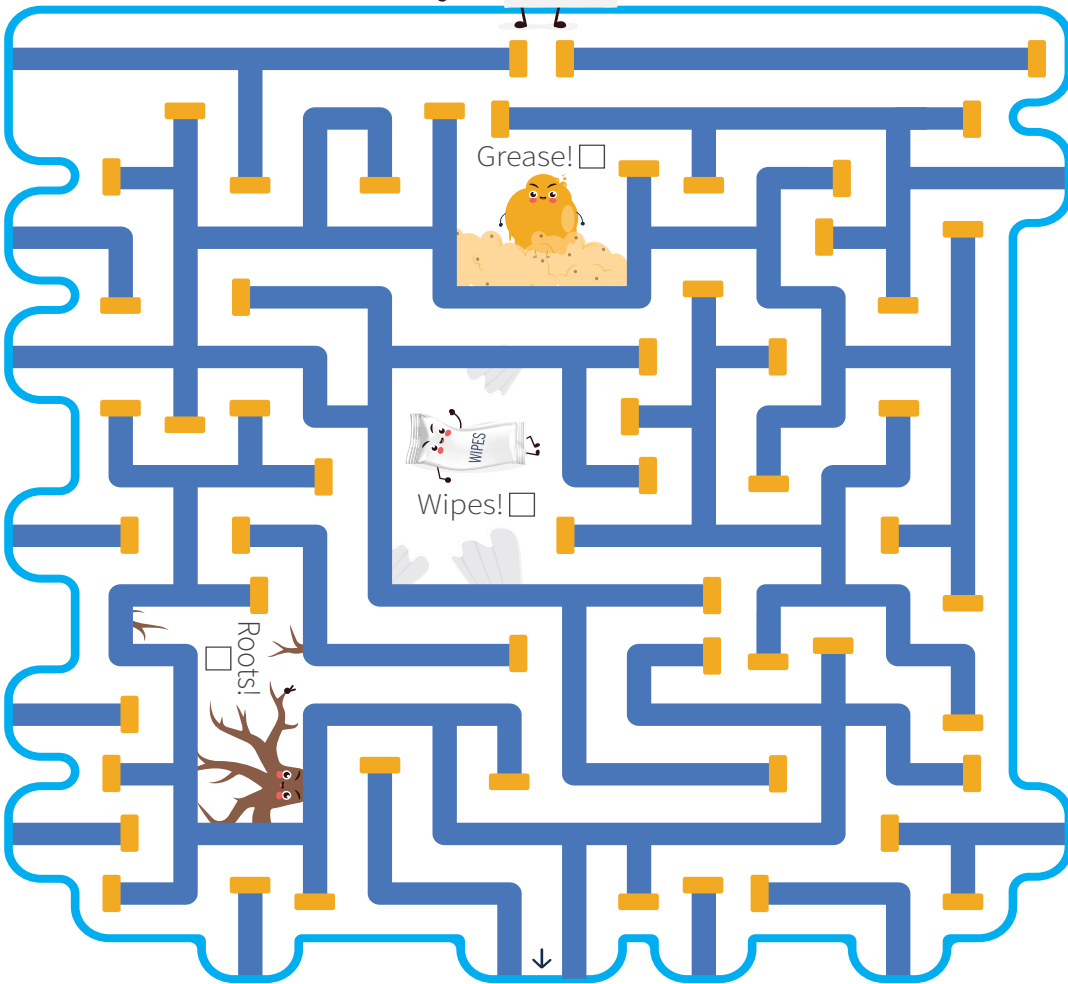


Start here!



Can you find these words in the grid below?

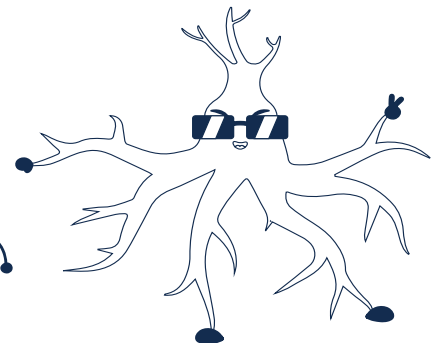
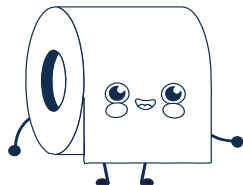
- CLOG**
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- FLUSH**
- GREASE**
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- ROOTS**
- SINK**
- WIPES**



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

Imposter!

The Triple Threat Gang is hiding in the group below. Identify the Flushable Friends by coloring them in. Call out the imposters by crossing them out!



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What's Being Taught in Our Schools



BY DR. CAROL WERTZ

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

Hi, Dr. Carol,

SEL (Social Emotional Learning) is becoming controversial in schools. I thought it was just Character Education. Can you explain what's happening?

You're right; it's confusing, and part of it has to do with the changing language. Character Education has always been taught in classrooms, either overtly, using a specific curriculum, or in a more organic fashion, centering on discussions around such traits as honesty, generosity, politeness, sharing with others, etc. It helps students form the values that are essential to do well in a society.

In 1995, Daniel Goleman wrote a book called "Emotional Intelligence", referred to as EQ, which he described as "a person's ability to manage emotions as well as recognize and influence the emotions

of those around you." He maintained that EQ, rather than academic skills, is the largest single predictor of success in the workplace. This worker is the one who stays calm under pressure, resolves conflict effectively, and collaborates appropriately with co-workers.

Since that time, there has gradually been more emphasis put on the teaching of "soft skills", such as problem-solving, impulse control, self-regulation, empathy, etc., until the present time when teachers attend trainings to learn how to teach such concepts. It's true that classrooms have changed since you and I were in school.

As always, I encourage you to talk to your child's teacher and find out what is being taught.

We're seeing many more serious behavior issues that totally disrupt the class. Research tells us that the growing rates of depression, suicide, and mental anxiety among young people are reaching a critical level. Students often come to school unready to learn because of hunger, extreme insecurity, conflict, trauma, or other situations that prevent learning from taking place. SEL educators believe that teaching students how to be aware of their own feelings and how to manage those emotions will also help them to be more prepared for academic learning as well as helping them grow in personal development.

Olivia LaField, a 49 year veteran teacher, has been immersing her students in SEL for 30 years. "What began as Character Education evolved into the current SEL, but my focus is changing students' hearts with powerful lessons that focus on being smart about their feelings and the feelings of others."

As every teacher knows, relationship is at the heart of teaching and is really the core of SEL. Is it possible to achieve both relationship and academic performance? Absolutely! As always, I encourage you to talk to your child's teacher and find out what is being taught. You might ask such questions as:

"Do you teach SEL?"

"What does that mean to you?"

"Do you use a specific curriculum?"

"How will this teaching benefit my child?"

"Do you associate diversity, inclusion, and equity in the teaching of SEL?" (I include this because the definitions of these words have changed in recent years.)

If parents stay vigilant, we can be assured that our children are receiving the education they deserve. They are so worth it!

To see more from Olivia, search:

OLIVIA LAFIELD YOUTUBE JL

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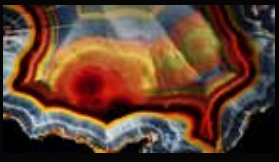
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THE BEST IS YET TO BE: *Spiritual Challenges* of Growing Old

“Grow old along with me—
The best is yet to be.” So
wrote poet Robert Brown-
ing to his beloved Elizabeth.
It is a warm sentiment that
can be a comfort to those of
us facing old age. In contrast,
though, to that beautiful sen-
timent stands my mother’s
observation: “Growing old is
not for the feint-hearted.”

Aging presents the obvious phys-
ical challenges of health problems.
It presents the mental problems
of fading mental abilities. It can
present emotional challenges to
include depression. But growing old
also brings with it some powerful
spiritual challenges.

The greatest emotional/spiritual
challenge of growing old is fear. It is
not uncommon for me to meet with
someone who has experienced a
recent memory lapse that has them
frightened that they are on the road
to dementia. Some fear becoming
a burden to children. Others fear
abandonment in a nursing home.
Many fear losing their past and
their sense of identity. After all, we
are all made up of our stories and
to lose connection with those stories
can feel like another terrifying form
of death.

Growing old can also bring into
sharp focus wounds that need to
heal. I see many Viet Nam veter-
ans who fear they are going crazy
because events of 50 years ago are
coming up in their memories. It is
no coincidence that these wounds
arise after retirement because vet-
erans now have time on their hands
and wounds that were set aside so
that a veteran could work and raise
a family now demand equal time.



Richard B. Patterson is a clinical psychologist from El Paso TX. He has written several books and numerous articles exploring the intersection of psychology and spirituality. Richard is married, the father of four and grandfather of six.

BY RICHARD B. PATTERSON

Other wounds may involve regrets. We all have them. When we grow old and our health begins to fail, the tomorrows that we long counted on no longer are there. Whatever we put off until tomorrow now seems out of reach.


Some cultures continue to honor their elderly and view them as a resource for wise counsel. Sadly, our American industrial achievement-oriented society seems to have moved away from that.

Have you ever had the benefit of sitting with an old person and listening to their stories? I remember my great Aunt Margaret talking about being in Paris when Lindbergh landed or seeing Babe Ruth play baseball. But I especially remember when she asked me about the Viet Nam War. "What do you think of this war, Richard?" I responded to her that I thought it was a bad war. "So do I" she said. Then she slowly shook her head and added "So many young men." I realized then that my Aunt Margaret had lived through 5 wars counting Viet Nam and so had seen too much loss of life. It remains the finest anti-war sentiment I've ever heard.

Listening to an old person's stories takes time and a little bit of patience because some stories do get repeated. I've had the privilege have sitting with elderly people and learning what it was like to be a black man in the Army in the Second World War. I've heard what it was like to grow up in a poor Brooklyn neighborhood yet crossing paths with Jackie Robinson at Church on Sunday. I've heard stories of incredible courage in the face of combat. I've heard the stories of a friend who survived Auschwitz and went on to become a psychologist. The value of being old even came to me once when I walked into the therapy room to see a new client and she smiled and burst out with "Thank God you're not young!"

Mark Twain once said "Age is a question of mind over matter; if you don't mind, it doesn't matter." Perhaps this is the ultimate challenge. Perhaps we need to help the elderly feel needed and in fact valued for the wisdom that can only come with old age.

As I continue in my own old age journey, then, I will treasure the words from Job: "Those who are older should speak for wisdom comes with old age" and will rejoice and hold my head high with the Proverb: "Gray hair is a crown of glory." JL



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The Importance of Business Contracts (and How to Use Them)

BY AMY COLLETT

If you're just setting out on your entrepreneurial journey, you may have a good idea of how important it is to build healthy relationships and complete business transactions. But to succeed in those things, you must know how to create business contracts effectively.

Contracts may not be the first responsibility that comes to mind when you decide to launch a company, but not having a clear understanding of them can significantly harm your chances of success. Below, *Joyful Living Magazine* shines a light on the various reasons to learn about business contracts and how to manage them.

WHY ARE BUSINESS CONTRACTS IMPORTANT?

It's difficult to overstate the importance of business contracts

when it comes to running and protecting your company. Contracts essentially serve as a record of the commitments both parties make, meaning they can minimize risk and prevent unnecessary conflicts. They can also help your business remain compliant.

Another reason business contracts are crucial is that they help teams improve their communication and collaboration skills. Unless you work with a group of legal experts, creating, negotiating, and modifying business contracts will require your leaders and employees to work together to determine what your organization needs.

INCORPORATING TOOLS

Gaining the necessary skills and knowledge to create and negotiate business contracts is essential, but using the appropriate tools is arguably just as important. Instead of keeping your documents in physical file cabinets, invest in a digital platform to store your business contracts and files neatly, conveniently, and securely.

While you're at it, look online for a good solution for an invoice maker to ensure quick payments for your services or products. You don't want to work hard at negotiating contracts only to deal with late-paying customers! An online invoice generator will allow you to personalize pre-made templates with your brand's logo, name, photos, and other content.

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Furthermore, it may be time to upgrade your company's accounting software. Using the right bookkeeping tools will help you keep tabs on the overall financial health of your business, which will do wonders when you're trying to negotiate contracts.

CREATING YOUR CONTRACTS

When it comes to creating contracts, it's essential to avoid common mistakes. For example, some entrepreneurs and business owners use too many general words, making contracts vague and expectations unclear.

Furthermore, ensure both parties comprehend any legal terms in the document and avoid convoluting your contracts with hard-to-comprehend terms referring to specific products, timeframes, or parties. And clearly define the specified time-frame for the offers on the table.

NEGOTIATING THE TERMS

The first step to negotiating a contract is to research and prepare thoroughly. Learn everything you can about the other party and their end goals to negotiate the best terms for your company. What's more, know precisely what you want out of the contract.

You'll also want to clearly define your objectives and prioritize the goals you hope to achieve. And if you plan to set any concessions, do so before presenting the contract.

Any business negotiation aims to reach a win-win outcome, which you should consider when developing and negotiating your contracts. Remember to remain flexible and willing to modify your strategy if it helps you avoid unnecessary conflict. Lastly, actively listen to the other party, and don't hesitate to ask questions and take other steps that can foster healthy long-term relationships.

CONCLUSION

Favorable business transactions and healthy relationships are the cornerstones of any successful company. Knowing how to create, edit, and present business contracts will go a long way in helping you succeed in those areas. Remember the information above as you learn how to navigate contracts, and never stop learning how to negotiate on your company's behalf!

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Doing **the** STEPS



BY KITTY METZGER

Kitty Metzger is a wife, mother, grandmother, writer and avid stitcher. She is a graduate of Siena Heights University with a BA in English. Surprising herself, she is developing a presence on social media. She writes a blog entitled Your Little Times. She also has a following on Pinterest. She lives in Marietta, Georgia with her husband who puts up with her crafting messes, usually.



When our girls were teenagers, we lived in a home with their bedrooms upstairs and ours down. I told them I wouldn't come up unless I ran out of dishes or the mold started crawling down the steps.

I mostly kept to that vow. Occasionally I would venture up to see how it looked. I was usually sorry I did. As messy as they were as teens, they are all quite tidy now.

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We did have a thing. I think it started with Mike and Molly. Dad and oldest daughter are very much alike. They like to be right and they love to debate, or argue, depends on who you ask. Molly, being the oldest, was the trailblazer for her eternally grateful sisters. Consequently, Mike and Molly butted heads, more than once.

We had a sitting area in our bed-

We as parents are not always right.

room and most of their discussions took place there. Usually after a conversation, I would hear the door slam (Molly was a door slammer from the time she was little) and footsteps running up the stairs and another door slam.

Here's the family thing. It is known as "doing the steps". After sufficient time for cool down, one or the other would climb up or walk down those steps and say I'm sorry. They kept track and took turns. Somehow, after an "I'm sorry," they could work out their differences and come to some sort of consensus. They had to do the back and forth first, then the I'm sorry could happen. I don't know how or why it worked, but it did. Strangely enough, they were the only ones who seemed to do this, maybe because she was breaking new ground and her sisters didn't have to argue to get a little more freedom. I was pretty smug. I didn't need this. You know what happens to people like that.

Five or so years later, all our chickadees were on their own. Molly and Michelle married and Megan finishing college in a town about 30 miles from where we moved. I had asked Megan to do something that was so important at the time. I can't remember now what it was. I called her to check on the task and she hadn't done it. I was furious. I was so angry that I hung up on her. These were the days when you could still slam a phone down. I was sputtering about ungrateful and forgetful children. Mike calmly looked at me and said, "you gotta do the steps."

What! Me? Do the steps? Oh no, it was about 9 o'clock at night and we were 30 miles from her. I didn't do anything, she did. He just repeated, "you gotta do the steps and I'll go with you." So, we got in the car and drove the 30 miles to her apartment. When she opened the door, she had tears running down her face and she was sobbing. I think we both said sorry and hugged and kissed. We got back in the car and drove home. Longest set of steps I ever walked but I'd gladly do it again.

Those girls have grown

children of their own now, but they did the steps with their kids too. Hopefully, someday, a great great grandchild will ask where that came from.

We as parents are not always right. Is it worth damaging a relationship with your child just to save face? Did Mike give in to every one of her requests. No, but he could still say he was sorry they argued. If I had not gone to Megan, I think our relationship would have been strained for a long time. Thank God for a wise husband and father.

I think Jesus had something to say about it too. "Leave your gift there before the altar and go. First be reconciled to your brother and then come offer your gift." He thought doing the steps was pretty important. JL

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BY HERMELINDA SIMON



Mom... What is your job?

Waking up early in the morning in the Simon house is a normal thing with us. There are usually two beady little eyes looking at me before the sun rises and an adorable toddler-shouting Mommy, Mommy at the same time.

I throw the covers off my warm body as my son pulls me out of bed. With my hair in my face, my husband sound asleep and my eyes barely open I walk towards my bedroom door to start my day. But today was going to be a different day. Today was going to be a day that would change the way I think about who I am as a Mom, what I do as a Mom and how I see myself as a mom.

My son had asked me a question that day that will forever be in my head and heart. It's probably a question that many of us have been asked, *"Mom, what's your job? What do you do? Daddy goes to work, but what do you do?"*

As a mom when someone asked you that question everything inside me begins to cringe. I want to shout, "What do you mean what do I do? Don't you see what I do all day! I cook, I clean, I drive you to school, I pick up when you fall, I feed you, I wipe your tears, I go on play dates with you, I wash your clothes, what do you mean what do I do?" Then I had to realize that he is only four and he was asking a question from his sweet, sincere heart. I say son I am your Mommy and I will always be your Mommy and that's all you need to know. He looks up at me, gives me a hug and goes back to what he was doing.

As I went about my day I began to think about, my what my son had asked me and how I felt. I know that my son is only four and that he would never want me to feel anything but happiness, but as mom's we often ask ourselves many questions. Is what I'm doing really worth it? How can I do better? Am I really making a difference in the life of my kids? And the answer is Yes!

The things that we do everyday may not take notice today but we are helping our kids be who they are suppose to be and grow into loving and mature adults.

As I look at my relationship with God I began to think about how He may feel when I continue to ask him for more in my life instead of thanking Him for the blessings he gives me everyday. At times I imagine God saying and wanting to cringe because I don't appreciate what he does for me everyday. I know that his reaction is not like mine but it helps me to remember to be thankful for everything in my life!

My family, my health, my wonderful and loving husband, the roof over my head and the one thing that I probably take for granted the most, the gift of Gods unmerited grace and love!!!

As a mom I have learned to rest in what God has blessed me with everyday and to try not to get overwhelmed with the daily tasks. Appreciate my kids, family and all the good things I am blessed with everyday!

What are you blessed with today? Take a moment and write them down and put it in a place that you can see everyday and say thank you! **JL**

My Miracle for Fibromyalgia



During a dark night of the soul, I was in horrible pain from fibromyalgia. My muscles were constantly jerking from myoclonus. My neurologist had literally turned his back on me. His medications were no longer working and caused me to land in the hospital and have osteoporosis. He recommended seeing a psychologist. Since the psychologist he recommended practiced miles from my home, I began to look online for relief. I found Dr. Dawson Church at eftuniverse.com. The class on fibro was called FibroClear. It cost \$297.

I began to tally the high cost of fibro: \$2000 for a used electric scooter; \$500 for a wheeled walker; \$1,200/year for meds; \$45 to \$125 for visits to doctors, physical therapists and massage therapists; \$900 per month for health insurance prior to Medicare and \$35 each for hot and cold packs. I decided I couldn't afford to not take this course.

Dr. Dawson promotes tapping as a way to relieve trauma. Using just your hand, you tap on the side of the hand, the top of the head, the bridge of your nose, the temple, under your nose, on your chin, under your armpit and then back to the side of your hand. This course is not for sissies as it explores sexual abuse in childhood, the mother wound and the father wound. I took the course for 12 weeks. At the end of that time, I was free from muscle pain and stiffness. No more fatigue, brain fog, myoclonus, thrice weekly migraines or IBS. IBS landed me in ICU and I was stuck at home for 8 months. What a miracle to be free after suffering for 46 years! I felt like I had been given a new body free at last from fibromyalgia.

I can't emphasize enough how important it is for you or your loved one to take this course to be cured of fibromyalgia. JL



BY JEAN MAGUIRE

Maguire was the Director of Communications for the Arthritis Foundation, Rocky Mountain Chapter for 12 years. She organized conferences for 400 women with fibromyalgia. She also held conferences for children and young adults with arthritis. You can reach Jean at ibisbird55@gmail.com or write to her at 1842 S. Eudora St. Denver, CO 80222.

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Women with Wings:



BY MARISSA GUILFORD



Just like a spectacular sunrise or a crashing ocean wave, each one may look similar but they are unique in many ways. The same can be said about a pilot.

Yes, they might wear the same uniform and have a penchant for systematic thinking, but no two pilots are exactly the same. Envoy First Officer Marissa is not your typical pilot, and not your typical woman for that matter.

She's a single mother of three, a skydiver and wing walker, and the daughter of a father that passed away too soon. As a pilot, she leans more toward a Type B personality with a strong favoring of emotional intelligence over systemic knowledge.

She doesn't log hours, she logs adventures. In fact, you can see all of her adventures with her three little copilots on her Instagram page [@barefoot_flying_mom](#). Lucky for us, Marissa was kind enough to give us a little peek of her life as a "single-mama pilot" and what it means to fly and continue her father's legacy. Read her interview below!

FOR THE LOVE OF THE SKIES DESCRIBE THE FEELING DURING YOUR DISCOVERY FLIGHT.

My discovery flight was all throughout my childhood. My dad was a pilot at a flight school and he would often take us flying.

Although, I didn't realize as a kid that we didn't own all the planes at the flight school. I

thought we had access to all these amazing birds and we were caretakers.

AFTER THE LOSS OF YOUR FATHER, DID YOU CONTINUE TO FLY FOR HIM?

No. I have always known that I, me, Marissa, wanted to fly for me. But, I will say that each step and certification through





my flight training was probably the closest thing to therapy I could think of. It's very much a closing of a chapter. I know that he's with me when I fly.

WHAT IS A LESSON YOU LEARNED FROM HIM THAT STILL STICKS WITH YOU TODAY?

The journey is the destination. That played such a huge part of how I see life; life was already magical.

I didn't have to "build time," because I was an adventurer and I still am. Some pilots view their flight hours as these ticks and numbers on a logbook, and I see my logbook as pages of wildly romantic adventures with the sky.

DO YOUR CHILDREN INSPIRE YOU AS AN AIRLINE PILOT?

My kids are most definitely my biggest supporters. I stopped flying for years and worked as an airline dispatcher, thinking it was the safe choice as a single parent. I didn't realize how wrong I was until I went flying and my children were there to watch me. Then, I began instructing again, and flew all three of them. We'd go flying to grass strips just to play football or baseball. They see the sacrifices I make, but I also see the sacrifices they make too; to be strong and independent when I am gone. They are my inspiration and my favorite adventurers. Even though you go on trips where you won't see your kids for a few days, do you feel lucky that, on the other hand, you get a chunk of time to be with them all day? As opposed to a 9 to 5 job?

I actually see my kids more than if I had a 9 to 5 job. I can volunteer at their schools or go on field trips, be there for all the sports and running around. I feel like flying gave them their mom back.

YOU'VE SKYDIVED (OVER 300 TIMES) AND THERE'S VIDEO OF YOU WING-WALKING; DO YOU CONSIDER YOURSELF A DAREDEVIL?

No, I do not see myself as a

daredevil. I'm afraid of heights. I'd be the last to jump off any rocks. I trust flying, I trust the wind. For me, I feel there is a symphony in the sky. Sunsets, sunrises – almost like you can hear ancient sky music, and I feel safe.

WHAT DID YOU THINK ABOUT ENVOY FIRST OFFICER TRAINING IN COMPARISON TO YOUR PREVIOUS AIRLINE TRAINING?

The Envoy training was very streamlined and very efficient. Start to finish was 60 days from Indoctrination to check-ride. I was also able to do lessons from home, so I spent minimal time away from my kids.

I've never had such a positive experience in something like that. I was making dinner and doing science projects with my kiddos while studying. I'd say that's a pretty family-friendly setup.

I felt like Envoy Training was more of a coach mentality. The instructors come alongside you and encourage you, rather than 'this is just how we do things here.'

DO YOU FEEL HAVING A GOOD BALANCE OF EMOTIONAL INTELLIGENCE AND AVIATION INTELLIGENCE MAKES YOU A DIFFERENT KIND OF AIRLINE PILOT?

I believe flying is an emotional thing. I've flown through being afraid, or happy or sad, crying great joy.

My dad passed away in a plane crash when I was 12 years old, but I still flew the sister-ship at the same airport years later and flew the same route as his last flight.

THERE WAS A NOD AND SOME TEARS WITH AN 'I STILL MISS YOU, POPS' ON THAT TAKEOFF. WHAT ADVICE WOULD YOU GIVE TO A SINGLE PARENT THINKING ABOUT BECOME AN AIRLINE PILOT?

Do it. Heck, I'd say that to every parent. For pilots who think irregular operations in bad weather or delays is hectic, try being a parent – or both.

I think flying has made me a better parent and being a parent makes me a better pilot. **JL**

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Adventures In Fantasy

Why We Read Fantasy

Fantasy, romance, swordplay and wizardry - Si Fi! I grew up reading books filled with heroic thoughts and I could not get enough. Having moved every three years (being in a military family), I gave up trying to make new friends wherever I moved. Instead, I found friends in the pages of books. (Frodo, Gandalf, Dr Weston and Aslan.)

In this day and age, young people are finding the same comfort and thrill in their fantasy worlds. Of the 2.6 billion books that sold last year 13% were fantasy. With the constant barrage of bad news coming from our media, the youth need a place where they can stretch out their minds and find refuge in the thrill of life. But what kind of fantasy is healthy?

Good fantasy can lead us to discover the epic battle between good and evil and still have a happy ending. Healthy fantasy creates worlds where good prevails, the bad are given a chance to reform, and evil is vanquished.

The love of Epic Fantasy is akin to the search for the supernatural. All of us are born with a hunger for it. Many of us know deep down that there is more to life than what we can see. The wonder

of our imagination can get muddled by responsibility and the busyness of life. But through fantasy, we rediscover the supernatural all around us. The entire book of Peter Pan was written to evoke the imaginations we lost in our youth. Kids and young adults need to dream. And dream big. If we want our youth to excel beyond us, they need to soar in their imaginations.

There are many great positive authors who can lead you into deep worlds of mystery and adventure. Their characters will face dark foes but will eventually prevail. Books can leave you filled with hope and an expectation of good things to come. I have lived and breathed the adventures found in fantasy books. I found courage in their choices and mourned when I closed the last page. It is my hope that this next generation will be able to carefully tread some of the exciting and dangerous paths that I have had the opportunity to travel. JL



BY BRUCE MULLER

Bruce Muller is a retired teacher, a published songwriter and musician who resides in Redding, CA. He is currently writing fantasy books and his latest book "The Caeli" is being published by Trilogy Books.

"Since it is so likely that children will meet cruel enemies, let them at least have heard of brave knights and heroic courage."

C.S. Lewis



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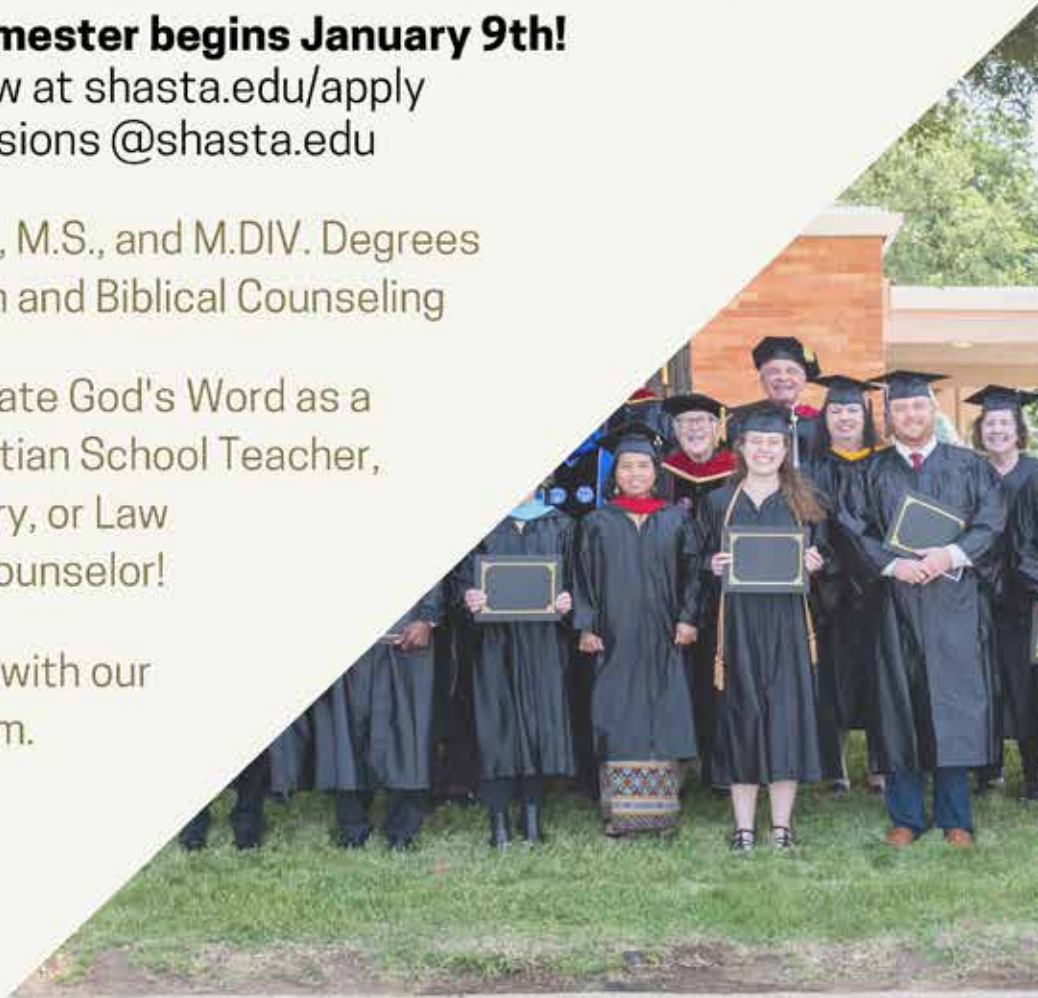
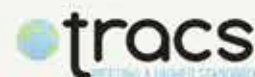
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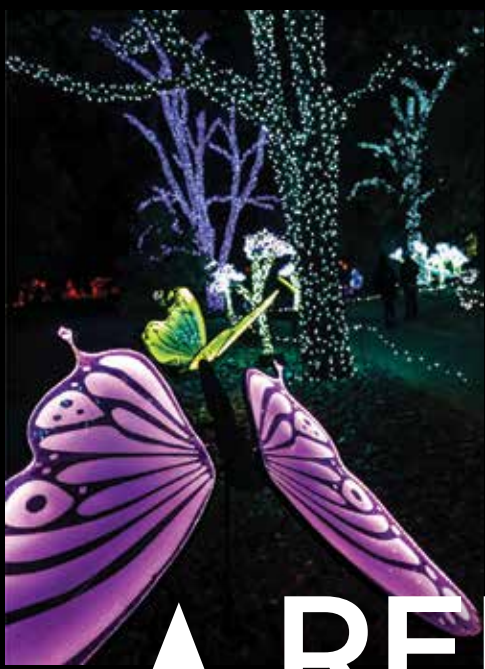
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