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Winter 2020-21



BY JAKE MANGUS

Feature story
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BUSINESSES**

Ups and Downs
of 2020

Page 14 & 15

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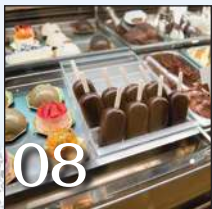
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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance.

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BY DR. MYRA PERRINE



The Man on the Plane

The weather was atrocious, so the pilot kept circling the airport long after we were scheduled to land. Many of the passengers appeared worried they'd miss their connecting flights. When the plane finally landed some 40 minutes later, a need arose quite abruptly, one which I could not have predicted nor prepared for.

As soon as the seat belt sign went off, all the passengers jumped up, grabbed their belongings, and edged toward the front of the plane. It was obvious a lot of folks were eager to exit. Passengers jammed the aisles with carry-ons, and because I was sitting in the middle seat in row 23 on a very large plane, I knew it might be a while before I reached the exit.

Then I saw an attractive young man with fashionable, dark dreadlocks coming up the aisle from the rear of the plane. He was shouldering his way past one passenger after another. Accompanying him was a stunningly beautiful woman who looked like a model. Both were inching their way forward.

When they got to row 24, they came to a standstill because the aisles were so crowded they couldn't move. I made eye-contact with the man, and said, "Are you late for your connecting flight?" He nodded in the affirmative. I then said, "I'm probably going to miss my connecting flight, too." With those words, the man's expression changed, and a look of annoyance came over him. Then he said gruffly, "What the f___ do I care about you missing your flight? I have to get off this f_____ plane right now, mother f_____."

I stood there rather stunned. I'm pretty sure all the people around me were horrified by the explosion of expletives, too (though they were probably relieved the words weren't directed at them). Then a supernatural thing happened: God showed up! As if the young man had said, "Have a nice day, ma'am. And may I carry your bag for you?" I looked into his eyes and saw someone who seemed helpless and scared—something I've actually felt many times myself. I sensed the Spirit of God rising up within me, and in an instant, I heard these words coming loudly from my mouth: "Excuse me everyone, but this young couple needs to get off the plane immediately to catch their connecting flight. Can we all please be so kind as to clear the aisle and let them pass?"

Because I spoke with authority, some people looked at me as if to say, "Who is this lady? Does she work for the airline? Maybe she's a Federal Marshall in disguise? Or could she be a relative of the governor of Texas?" Obviously the 'Who Is This?' question was on their minds. And apparently my announcement worked because the aisle began to clear.

Then the young man did something else shocking. He looked at me with gratitude and said, "We'd get out of here a lot faster if you'd lead the way." I wasn't sure what he meant until the lady in the seat next to me moved my carry-on past her and motioned for me to step into the aisle, leading this couple to freedom.

There I was, making my way through the crowd of passengers, smiling and thanking each person as I passed folks who were graciously stepping aside, clearing the aisle for the three of us. (BTW: I've done a lot of flying in my life, but I've never seen people part the waters to let other passengers through quite like this!)

As the three of us kept moving, we soon reached row 12 where we encountered a large man standing in the middle of the aisle. He was totally blocking our way, so I tapped him on the shoulder and repeated my request, but the man didn't turn around or acknowledge me. He was not about to budge. The young man with the dreads and his beautiful girlfriend edged past me, and a verbal barrage began with the large man, one that I imagine would have embarrassed a sailor! With expletives and name calling and political slurs escalating from all three of them, I thought it might come to blows (glad they don't allow guns on airplanes!). Thankfully, just then a representative from the airline came aboard and defused the situation, escorting the young couple from the plane. The rest of us just stood there dumbfounded.

Later I saw the couple at the ticket counter rerouting their trip. As for me, I did make my connecting flight, which also happened to be late.

Arriving at my destination that night, I reviewed all that had happened. I considered a lot of alternatives, things I could have done differently. But in the moment, there wasn't much time to think about what to do (unless I'd have chosen to do nothing but stand there in judgment). Thankfully, I didn't have to wonder "WWJD" because the One who knew this young couple far better than I was apparently sharing His heart with me right there on the spot!

When I told my friends later what had happened, they wondered why I'd felt moved to advocate for this couple. I didn't know them, and they certainly weren't behaving as if they deserved my help. But I know that the Christian life is best seen in the unguarded moments, those times when we respond on the spot, revealing what's in our hearts.

Yes, the stakes are sometimes high. But remember what Edmund Burke, the great Irish statesman of the 18th century said, "All that is necessary for the triumph of evil is that good men do nothing. JL

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A Message of HOPE to

Caring Families



BY JOANNE MCCARLEY

Joanne McCarley is the Founder and Director of ShiningCare, Inc. a non-profit agency serving Shasta, Tehama and Siskiyou Counties since 2009. She has over 30 years of experience in social and health services, and is a Certified Geriatric Care Manager from the National Academy of Certified Care Managers. She is an active member of the Professional Aging Life Care Association and holds an Excellence in Care Certification for providing and

promoting high standards for dementia care. Joanne also has over 10 years of experience as caregiver for elderly family members, which has resulted in a depth of insight and knowledge beyond her education and professional experience. She is a longtime resident of Shasta County and a graduate of CSU Chico. Since 1989, she has worked and remained active in numerous business and charitable organizations for the betterment of her community. Joanne is happily married, has an adult daughter and enjoys spending time with family & friends, RV travel, kayaking, Bible study and painting.

Most people don't think of themselves as being a caregiver, but you are indeed a caregiver if you provide emotional, financial, domestic or medical support to an older adult or disabled loved one. The latest 2020 statistics show the increasing numbers of people impacted by caregiving responsibilities. Over 78 million people dedicate their time caring for a family member or friend in need. Nearly 1 in 5 people in the U.S. are providing unpaid care for a loved one. More than 11 million Americans are caring for an adult family member due to health needs or disability, while also caring for children at home. Over a million young people, aged 8 to 18, care for an adult relative on a daily basis. The need for affordable care solutions for our rapidly aging population is very evident.

The strength it takes to support those who need it most, as well as the emotional, physical and financial toll it can take

Having good communication and knowing how to set limits will be important skills to develop.

on caregivers, should not be overlooked. Although family caregiving is a very rewarding experience, most caregivers also experience a significant decline in their own health and well-being. Studies reveal that family caregivers are in worse health compared to five years ago. As the demand for caregiving rises with an aging population, public and private sectors need to work together to develop solutions to support family caregivers and those under their care.

The average family caregiver will spend 4.3 years actively assisting an ailing relative. With that in mind, caregivers, you need to pace yourself. Get help, because if you don't take care of yourself, you can't take care of anyone else.

Most caregivers fall into the understandable trap of believing they have to figure it all out, and do it all themselves. The more constructive, less exhausting approach is to think in terms of working as part of a team to not shoulder it all yourself. To begin with, you and your family member are a team. Even if he or she needs lots of your help, they should have a say and play whatever part they are capable of. Negotiating the dance of when to lead and when to follow is part of the challenge. Having good communication and knowing how to set limits will be important skills to develop. Also, invite other family members to help in any way they are able. Moreover, there are many great resources for support and assistance, so take advantage of them. Professional expertise will save you much frustration, and will expedite having the necessary things in place for your loved one's health and wellness, as well as your own well-being.

Caregiving is a noble, important role deserving of honor and support. Although family caregiving is stressful and risky for your health, there is hope and help available. *JL*



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BY FRED SCHAEFER

Still craving the **WRONG** foods? *Here's how to STOP...*

Let's face it, we live in a world where food temptations are everywhere...which lead to cravings, which lead to you eating things that you shouldn't.

Again. And again. And again.

Until you're so fed up with your body that you don't even know where to begin to get yourself back on track.

Stores display the most tantalizing junk food items right where you could easily reach them. TV commercials for greasy, fattening foods portray them so scrumptiously that you literally salivate.

Sugary snack items have full-page, glossy pictures in your favorite magazines. And as if all of these weren't enough, the people in your daily life are another, constant source of food temptation.

To make matters worse, you've been conditioned since childhood to have a positive association with the act of indulging in your cravings. You use food as a reward. You use food as a source of emotional comfort. You use food as a way to relieve stress. And quickly these associations and uses of food become habit.

A habit not easily broken.

New Technique to End Food Cravings

Food cravings don't need to have the upper hand on you anymore. Here's how you can fight back using your most powerful asset: your brain.

Remember that your mind is an amazing thing. Once your mind is made up about something it's nearly impossible to change it.

Try This Powerful Mind Exercise: Imagine that you are peacefully floating down a river on a raft. The sun is shining, birds are chirping, and you are having a fun, relaxing time.

You feel wonderful about the river because it's making you feel happy.

Now change perspectives for a moment. You're now in a plane flying over the river and the raft. Instantly our eye is drawn to an enormous rocky waterfall. Then you look back to the person floating on the raft, having a wonderful time, headed straight for the treacherous falls.

With this new perspective of the river, do you think that you'd agree to get on a raft and take your chances floating toward the falls? Laughable, right? You've seen the hidden danger of the river. You know it leads to pain and suffering.

Now your negative association (watery death) with the river has replaced your initial positive association (relaxing fun).

This is the key to overcoming food temptations and putting an end to food cravings: building negative associations in place of existing positive ones. I'll break this process down for you in two steps:

Step One: Create a **STRONG** Negative Association with Unhealthy Food

You may not have realized it, but up until this point you've placed unhealthy, fattening foods on a pedestal in your mind. As long as the wrong foods are on that pedestal you'll continue to give into your cravings and will continue to gain fat.

Take the wrong food off that pedestal by listing off everything negative about them...

- These foods make you unhealthy.
- These foods cause weight gain.
- These foods drain your energy.
- These foods kill your confidence.
- These foods lessen your quality of life.
- These foods damage your love life.

Every time that you feel tempted to eat an unhealthy food, focus on your list of negatives. Kick the junk off the pedestal and put something healthy in its place.

Step Two: Create a **STRONG** Positive Association with wholesome foods

Now that your mental food pedestal has been cleared, put truly wholesome food items on it. Juicy fresh fruit, crispy vegetables and savory lean meats are the place to start.

List off the things that you love about healthy food...

- These foods make you healthy.
- These foods promote fat loss.
- These foods boost your energy.
- These foods build your confidence.
- These foods improve your quality of life.
- These foods enhance your love life.

I encourage you to immerse yourself into the world of healthy, wholesome foods. Browse the aisles of your local natural foods store. Stroll through a farmer's market. Pack healthy snacks to bring to work. Clear your kitchen of junk.

Use the technique above consistently and you will soon find that healthy, wholesome foods are your favorite. And craving the wrong foods will be a thing of your past.

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BY LONNIE MARTIN



GO FOR IT!

You have heard the saying “Look before you Leap,” yet somehow in life I have more times than not found myself closing my eyes and jumping, living life as a trust fall like we used to do at kids camp.

There have been times when pushing off with toes and plugging my nose sent me sailing off the diving board into the deep end of rich experience and opportunity. Likewise, there have been times when closing my eyes and rushing forward has flung me over the handlebars only to land on the not so forgiving concrete with bumps and bruises reflecting rash decisions. Nevertheless, I have rarely regretted “Going for it.”

When you take a risk, you run a risk. It's easy to get bogged down in the how's and whys of the many reasons things may or may not work out. In investing financially, they say, high risk can equal high return. Yet we know, sometimes high risk can also equal crash and burn. But, we will never know if we don't Go For it.

Taking a risk and going for it at 19 looked like traveling abroad. Going for it at 28 looked like buying my first home and

at 38 my second. Going for it at 30 looked like adoption, and at 37, taking that long-anticipated walk down the aisle.

Going for it today looks less like acquiring things and more like simplifying life. Going for it looks like selling everything we have and making our “someday” our “right now”. Just recently our family sold everything, yep everything. We took a giant leap and made our hobby our home. We have become fulltime “glampers.” Crazy right! As with every radical opportunity to take a risk, we started the conversation and contemplation with a simple prayer. “God, I'm going to start walking forward. Please open the doors so wide its undeniable or slam them shut so fast it bruises our nose.” And, as always, God is faithful and directed our path every step of the way.

Nestled in the pines, tucked beneath the mighty Craggs, we now call The Railroad Park Resort in Dunsmuir, Home. Through curiosity and conversation God opened up opportunity for invitation and we said YES. Some people think we are crazy and sometimes I can't disagree. But being crazy has landed us in our someday. By giving up everything, we have



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lost nothing. Instead we have gained capacity and time for relationship with our children and one another. Instead of mowing lawns and spending hours scrubbing square footage, we are busy exploring 49 acres of trees, ponds, Cragg views and pine needle-lined lanes. Instead of evenings of channel surfing and finding the newest Netflix time sucker, we spend our time greeting resort guests or fellow campers passing through. Campfire conversations are no longer reserved for vacation but have become our evening point of connection. As the season changes and the snow silently sticks we welcome the stillness.

We took a risk in going, and realized, for us, the greater risk would have been in staying. Staying in the day in and day out and watching our things manage us as the precious present became the past in the blink of an eye. Our dreams for “down the road” took us “up the hill” and we are so glad they did.

I have heard it said so many times, its not the things I did in life that I regret but the things I didn't do. Perhaps its time to head the words, say the prayer, take the risk . . . and Go for it. JL

IMMUNE HEALTH

Part 2



BY BENI JOHNSON

Author of *The Happy Intercessor, Healthy and Free*, and *The Power of Communion*, and *40 Days to Wholeness*

In the fall issue, I wrote about protecting and healing your immune system. I'm going to continue with this theme, because I'd like to give you some information on what supplements are important for a strong immune system. This winter season, particularly with the Covid19 virus present, we have learned that there are several supplements that can really strengthen our body to fight illness.

Those are vitamin D, vitamin C, Zinc, probiotics, oreganol, quinine, elderberry and melatonin.

Vitamin D deficiency is common for many people. If you aren't already taking a vitamin D supplement or you don't work outside, you most likely will need to boost your immune system by adding that supplement. The *Journal of Pharmacology and Pharmacotherapeutics* clinical studies show that getting enough vitamin D can protect you from respiratory infections, significantly decreasing your chances of contracting that kind of an illness.

I heard one woman sharing about her family. Many of them had contracted the Covid19 virus, including her dad who was 70. They all took the multiple supplements they were advised to, and all of them got well eventually. The person who recovered the fastest, though, was her father. Every day, he went to the beach and sat out in the sun for two hours, increasing his vitamin D. This is definitely one supplement you want to add to your list. I can only suggest the amount to take: 10 drops = 10,000 IU per day.

Vitamin C can also boost your immune system, helping you to fight a cold faster or ease your cold symptoms if you were taking it prior to getting sick. As an antioxidant, vitamin C can help reduce inflammation. Lung inflammation can be one of the systems with Covid19, so it doesn't hurt to add C to your everyday supplement list. Suggested amount: 3000 – 6000 mg per day.

According to an article on MedicineNet, "**Zinc** has been found to help produce and activate T-cells (t-lymphocytes), which trigger the body to respond to infections. For a faster recovery, start taking zinc to treat your illness within the first 24 hours of symptoms. A proper dose of zinc is 75 mg, but beware: Taking more than 150mg per day of zinc could cause zinc toxicity and also have a negative impact on your immune system."¹ I take one 20 mg capsule a day plus I also get a small amount in my multi-vitamin that I take



daily. Take it with food, because it can cause nausea if taken on an empty stomach.

A good **probiotic** is one supplement that should always be on your list. And, in my opinion, it should be taken every day. So much of our health depends on the health of our guts. In a nutshell, probiotics provide good bacteria that, when taken, go through your gut and get rid of the trillions of bad bacteria lying around.

The Mayo Clinic says it this way, "You are what you eat. Or more accurately, you are what you feed the trillions of little critters that live in your gut." The go on to say, "the lining of your gut, like every surface of your body, is covered in microscopic creatures, mostly bacteria. These organisms create a micro-ecosystem called microbiome. And though we don't really notice it's there, it plays an oversized role in your health and can even affect your mood and behavior."² Suggested amount: 1 capsule per day.

An **oreganol** supplement is good for allergies, anti-aging, blood sugar support, and boosting both your immune system and digestive system. Some call oreganol a natural anti-biotic. A 2017 study found that oil of oregano—especially from the leaves of the oregano plant—has strong antioxidant properties. The researchers noted that traditional uses of the oil included treating fevers and respiratory symptoms, both associated with the flu. I take a product that I get at my health food store or online called **Oreganol**. It comes in capsules, which I prefer over the liquid. I take 1 per day.³

Quinine is called the poor man's HCQ (hydroxychloroquine), and it should be taken at the first sign of any flu-like symptoms. It is used in the treatment of malaria the same as HCQ. You can get it online and taken in liquid form. I know this is controversial, so make sure you do your own research before taking it.

Elderberry comes in either liquid form, capsules, and they even have gummies. Elderberry is good to have around to take daily during flu season, especially if you have children. You can even find homemade recipes for elderberry syrup online.

Chronobiology says **melatonin** is one of many treatments currently being studied to help treat or protect against viruses such as the Covid19 virus.⁴ Melatonin is best known as a hormone that acts as a sleep aide. But, it also has powerful anti-inflammatory benefits. And we know that this virus has had bad effects due to inflammation. Suggested dose is 1.5 – 3

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Many people ask what brand of supplements they can trust. There are many. But here are a few that I like:

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Ancient Nutrients (Zinc)
Life Extension (Melatonin 1.5)
Bluebonnet (vitamin D)
New Chapter

I think we are all realizing more than ever that it is time to take our health seriously. Bless you all. Walk in health. JL
To Your Health,
Beni Johnson

¹https://www.medicinenet.com/covid_19_supplements/article.htm

²<https://www.mayoclinic.org/prebiotics-probiotics-and-your-health/art-20390058>

³<https://www.healthline.com/health/oregano-oil-for-cold#safety>

⁴<https://www.chronobiology.com/>

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BY JAKE MANGUS

Jake Mangus has been the President & CEO of the Redding Chamber of Commerce since 2016. Since then, Jake has grown the Chamber to now serve 1175 business members. He recognizes that the health of the business community, and that of the greater community are one in the same. Jake is also the CEO of the Chamber's 501(c)3 the Forward Redding Foundation, which has served as the vehicle for the transformative "Redding City Identity Project". Jake and his wife, Janet, have been married for 15 years and have chosen Redding as the place to raise their 3 children: Joe (19), Coby (10), and Siena (7).



SUPPORT OUR LOCAL BUSINESSES

UPS and DOWNS of 2020

Local economic conditions can be likened to an adapted Charles Dickens novel, *A Tale of Two Businesses*. Depending upon the industry, "It was the best of times, it was the worst of, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair."

At the Redding Chamber of Commerce we seek to find out how our business community is faring, in good times and in

bad. The COVID-19 pandemic has brought great prosperity to some and despair to others. To those doing exceptionally well, we say "keep it going". To those struggling, we say "we've got your back". Like the parable of the lost sheep, our focus always turns to those in need of our help. To that end, we have been relentless in our advocacy efforts in the city halls and city council chambers of Anderson, Redding, and the City of Shasta Lake, as well as at the County of Shasta and in front of the Board of Supervisors. In total, we have been able to make available, or helped distribute, \$5.5 million dollars in business

grants, laser-focused on helping the businesses and nonprofits most adversely affected by the pandemic.

In our most recent \$3 million-dollar grant program, funded by the federal CARES Act and appropriated by the Shasta County Board of Supervisors, 370 grants were awarded in every corner of the county. The average grant was roughly \$8,000. We recognize that the need is far greater than these available resources, and we will continue to keep our public partners updated for future funding consideration as a second federal stimulus is possible in the near future.

The winter months will hopefully bring with them adequate rain and snow to nourish the north state farms, fill the lakes, and blanket the mountains. For north state businesses, we must do our best as a community to shower them with our business by truly making a commitment to shop local. The call to shop local is a mantra among Chambers of Commerce and yet it is so crucial now. Remember that dollars spent in local shops and restaurants help our friends and neighbors by providing jobs and by helping to fund essential public services such as police and fire fighters through the sales tax we pay. I have been impressed with the local adoption of convenient delivery options and more robust online marketplaces that make shopping in the community as easy as a couple clicks of the mouse or tap of the finger on a computer, tablet, or smartphone.

We look forward to continued progress in our collective battle against COVID-19 and we believe we will soon return to the normal community calendar filled with festivals, car shows, rodeos, theater, and sporting events we've come to expect as winter chills fade and the promise of spring instills hope even in "the worst of times." **JL**



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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

BY DR. CAROL WERTZ

2020!!! What comes to mind when you think back on this year? I've heard so many descriptions of what the year has been, I decided to ask "the experts" to hear a perspective on life at school.

The following quotes are from students, themselves, who have experienced a variety of education models over the last several months.

I asked them how going to school looks different now compared to last year and the answers revealed some issues I'm sure we adults have not thought of.

Regarding masks:

"We can't see each other's faces and reactions. I tried to smile at a little kid today and he didn't even know I was smiling."

"It's hard to do presentations – nobody can hear you."

"Masks make more trash all over and they're always breaking."

"They're so hard to breathe through, I feel like I'm going to die. I know that sounds dramatic, but it's true!"

"If you have something in your throat and you cough, people yell out 'Covid!' "Where did I put my mask?!"

Social distancing and sanitizing:

"We can't share materials anymore – everything has to be separate."

"The teachers are constantly running around with a spray bottle in their hand to wipe down our tables."

One fourth grader pointed to the board and said, "Look at our daily schedule. We have to sanitize four times and we're only here for five hours!"

"At recess we have to be in separate 'zones'. Am I in the right one?!"

"We're supposed to put our hands out in front of us like zombies so we're far enough apart in line!"

"We can't hug the teachers."

Distance learning:

Actually, I heard NOTHING positive about this subject. This quote might sum it up. "I hate doing work at home. The teacher's voice cuts out, I need questions answered and it just doesn't work for me."

Other challenges our children face:

"My mom had to change jobs and doesn't get as much money now."

"I have dry hands and sanitizer makes them worse."

"The picnic tables are so far away, we sometimes lose half our food before we get there!"

"We can't even have real trays – we have these flimsy ones that blow away."

I wanted to end on a positive note, so I asked what positives have come out of this.

"Well, at least it wasn't just another boring year like all the others!"

"Everyone in our house complained that the t.v. was too small, so we got a giant new t.v.!"

"The positive is how everyone pitched in to make the school year possible and keep kids learning."

And, finally, this wisdom from a 7th grader: "All we have to decide is what to do with the time that is given to us. This quote keeps me strong." (J.R.R.Tolkien) Hm.....I guess that's true for all of us, no? **JL**

Dr. Carol Wertz



SIX

Ways to Get Along With Your Teen

Some ways you can have a healthy relationship with your teen is to:

1. Remember That You Were a Teen Once Too

Asking yourself open-ended questions that create empathy can help you to have a healthy relationship with your teen. For example, if a parent is struggling with their 15-year-old son, Dr. Solomon would ask, "What was going on for you at age 15?"

This allows you to remember how it feels to be a teenager and reminds you about some of the struggles they are going through.

2. Remember That Adolescence Is About Gaining Independence

When your child is being stubborn it can feel as if it is an affront to your authority but, it may be their attempt at gaining independence which is a normal phase of teen development.

"Teens may be struggling with strong emotions, challenging social and academic situations, and exploring who they



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Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter. Her writing has been published in *The New York Times*, *Parents Magazine*, *Upworthy*, *Chicken Soup for the Soul: Count Your Blessings* and *Twins Magazine*. You can find her at **Twitter @ CherylMaguire05**

BY CHERYL MCGUIRE

are apart from their parents,” says Dr. Carla Naumburg, clinical social worker and author of the book *How To Stop Losing Your Sh*t With Your Kids*.

3. Remember That Teens Rebel Against Us Because They Love Us

When your child rebels against your rules it might feel as if they don't care about you or your expectations.

“Teens are pushing us away because they need to become more independent and that is hard as heck because of how much they love us,” says Dr. Ginsburg.

“I think teens feel safest experimenting with the people they know are not going to go anywhere,” says Dr. Ginsburg. He goes on to say, “It's almost a compliment. You've got to reframe this. If our kids experimented this way in other places of their life it might not be safe for them. But with you it's safe.”

4. Remember Your Child's Good Characteristics

When you are feeling upset with how your teen is acting or treating you try to remind yourself about all their good characteristics.

Dr. Ginsburg says, “Even during those moments of tension say to yourself, ‘there is so much that is good about my child.’” He goes on to say, “By remembering the good characteristics this will allow you to go back to the place that you need to be which is strategic. Taking a deep breath, creating a space, approaching this from a place of love instead of hostility or anger.”

5. Move to A “Yes” Space

Dr. Solomon explained that the moment a parent feels anger they need to pay attention because they have moved

from a “yes” space to a “no” space.

A “yes” space is when you are on the same team as your teen and a “no” space is when you are in fight or flight mode, leading you to try to control the situation.

“If a kid is doing something that they know is going to get under their parent's skin, a parent should think, ‘My kid loves me, I love my kid, we are happier when we are connected,’” says Dr. Solomon.

After a parent recognizes they feel angry, it's important to pause before reacting. If necessary, envision a stop sign in front of you or walk away. This step is the most difficult one because the moment can feel like it demands a response right now.

6. How to Have a Healthy Relationship With Your Teen

When you experience conflict with your teen, like any relationship, try to resolve it together by discussing it. Enlist the idea that “we” have the same goal. “Teens are more inclined to work with us when they also feel like we are working with them,” says Dr. Naumburg.

Dr. Solomon stressed the importance of not telling your teen that they are doing something wrong. She said, “When our language has a hint of ‘you are doing it the wrong way’ that is an invitation to a power struggle.” She goes on to say, “Parents need to have compassion and help their kid make healthy choices from a place of love and healthy boundaries verses fear and control.”

You Might Also Enjoy:

Note to Self: On Parenting Teens

How to Talk to A Stressed Out Teen JL



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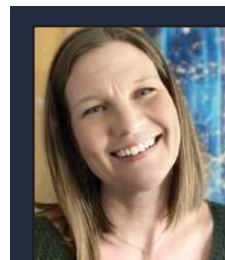
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Finding Freedom in Mourning

The Summer following my freshman year in college, I had an abortion. My sincerest belief was that I had “no other choice.” It would be several years before I acknowledged the full weight of that choice and it was then that I engaged in what can only be described as a supernatural mourning process. Once a week for six weeks I would cry until my face looked like a punching bag and there was a puddle of snot and tears on the floor. Much to my surprise, the result of mourning wasn’t increased pain. Instead, I experienced deep healing and immense freedom. Mourning didn’t change the experience or take away my pain. Instead, the mourning process allowed me to accept my pain and move through it.

There are many stories like mine, and stories that differ too. But the grief is the same. One in four pregnancies ends in miscarriage. The rate is even higher for women of color. The ‘natural’ fertility rate in couples is only 20%, which means that 80% of couples will not get pregnant immediately. I have friends who walked through a decade of infertility, had a son and then experienced a miscarriage. Other friends lost three little ones to miscarriage and have lost count of their IVF treatments. Then there is the woman who has accomplished so much in her life but can no longer have children because of her age; and the couple who found out at eight months pregnant their baby wouldn’t be able to live outside her womb. These stories are each unique and they all carry the pain of unfathomable loss.



BY WENDI NELSON

Wendi Nelson is a compassionate storyteller. She is a life consultant, writer and teacher. She believes in the power of story to transform, not only our own lives, but the lives of those around us. She and her husband Joel live in Redding, CA with their three sons.

Reproductive loss is often referred to as ambiguous loss. It's a loss not well understood nor easily articulated, and it generally leaves more questions than answers. How do we grieve the loss of a life that seemingly never began, or grieve the loss of a person we never got to know? How do we grieve missed experiences and firsts, hold onto memory, and let go of pain? Most of us don't know how and so we don't; we don't grieve. The world seems to go on and those around us resume their lives. We don't process the pain, but it doesn't go away. That's the thing about pain. It doesn't go away without being acknowledged and without being felt.

Dr Earl Grollman says "shared sorrow is endurable sorrow." We created reproductive loss support groups to provide a safe place to share our stories; to remember; to ask our questions (even those without answers); and to grieve. It's so important to recognize that we all have pain and that no one's pain is more so or less than another's. There is no logical comparison for pain because pain isn't felt in the mind. Emotions, especially pain, are often best felt in our hearts.

Grief is a journey that continues throughout a lifetime. We cannot complete or finish

grieving, but through sharing our stories of loss we give ourselves permission to feel. We move through the pain, adjust to the world as it is and find a way to remember and honor the lives of those who never were, or were gone too soon.

If you or someone you know has experienced the pain of reproductive loss, whether through miscarriage, stillbirth, abortion, infertility or other biological reasons, failed IVF, or missed adoption, **you are not alone**. For more information or to sign up, contact Care Net Pregnancy Center at 530.246.7075 or info@carenetnorcal.org. JL

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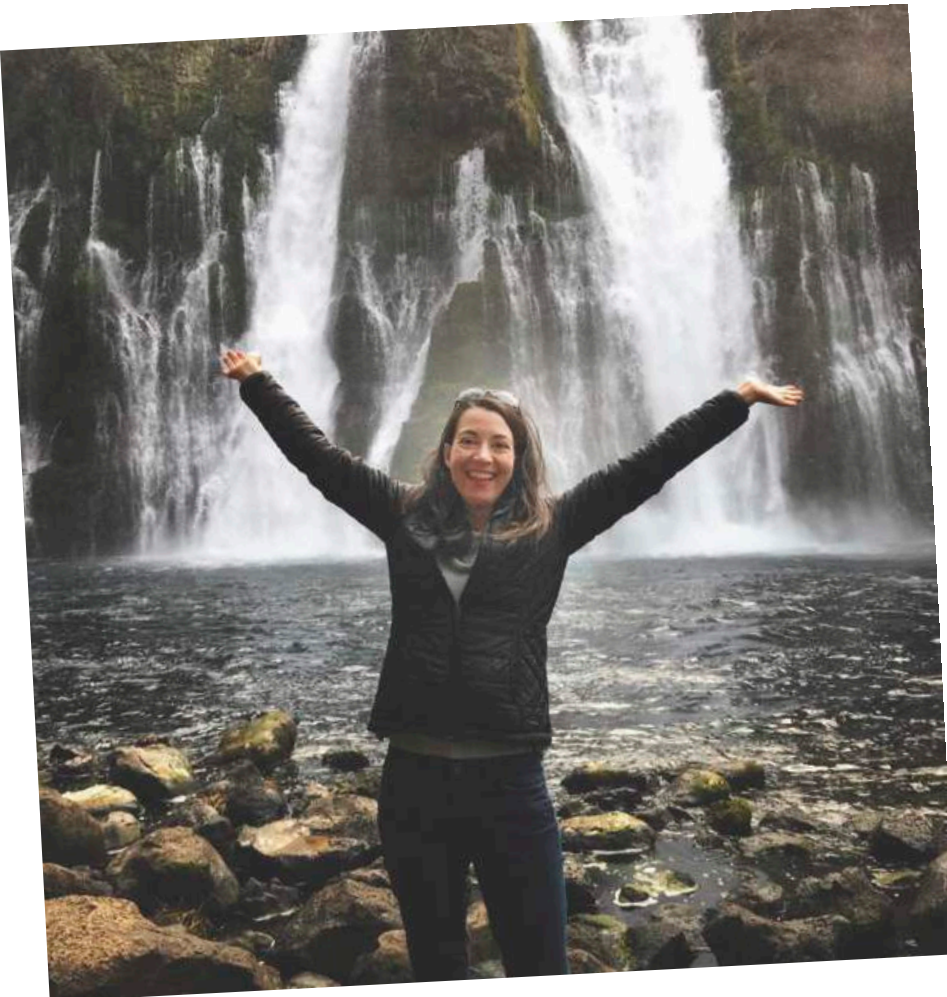
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Is Fun on Your List of 2021 Priorities?

With everything that's been happening in the world, life can feel quite serious. When was the last time you had fun?

By fun, I mean doing something purely for your enjoyment, entertainment, or amusement. Certain personality types make fun a priority and persuade their friends and family to join them on a regular basis. But mention the word

A woman with dark hair, wearing a white blazer over a black top, stands in the foreground, smiling. Behind her is a large, two-story house with a gabled roof, illuminated by warm interior and exterior lights at dusk. The house has multiple windows and a prominent front porch. The scene is set in a well-maintained yard with bushes and trees.

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BY SARAH WIND

fun to others and they'll give you a quizzical look as if that word hadn't graced their tongue in decades.

Do you view fun as a waste of time? Maybe you're the type who gets bogged down with the weight of unfinished tasks. As soon as you accomplish one thing, you set out to accomplish the next thing on your never-ending to-do list. If you're not getting things done, then what's the point? ♥

Despite its appearance, having fun isn't frivolous. It's a necessary part of maintaining a healthy mental, emotional, and physical state of being. If we're stressed and overworked, chances are we'll be more susceptible to anxiety, unhealthy addictions, depression, and getting sick. When we're thriving, we have more capacity to live life well and bring an overflow of joy to others.

One solution to becoming less stressed is to be intentional about making fun a priority. This means making space in your schedule for it, being open to doing different activities, and inviting others to join you.

It's amazing how many fun events and cool places there are in and around Redding. When we keep our eyes open and listen to what friends and friendly cashiers at the grocery store rave about, we'll be sure to find something fun to do. Some spots to learn about local events, businesses, restaurants, and outdoor sites are: www.VisitRedding.com; Enjoy magazine; the Record Searchlight weekly date insert; and Facebook events near Redding. Don't forget that organizations (religious or non-religious) also hold events from time to time.

Of course everyone's idea of what is fun differs. The impor-

tant thing is whether it brings joy to your soul and makes you feel more alive. Here are ideas of ways you can have fun in between your day-to-day responsibilities:


- Watch a funny movie or TV show.
- Get your blood pumping while outside (e.g. hike, bike, run, walk, golf, swim, kayak, ski, snowshoe, or snowboard).
- Take a road trip to see a waterfall, mountain, forest, lake, or the coast.
- Do something adventurous you've never tried.
- Go stargazing.
- Have a silly dance party in your house (alone or with others).
- Learn to dance.
- Play a board game or a team sport.
- Have a pillow fight.
- Fly a kite.
- Seek new restaurants, coffee shops, or businesses.
- Go shopping, thrifting, or antiquing.
- Cook a meal with your partner, friends, roommates, or children.
- Pack a picnic and eat it in a scenic spot.
- Take a class on watercolor painting, photography, or woodworking.
- Learn a foreign language.
- Make a keepsake shadow box with meaningful memorabilia.
- Create a photo memory book.

While doing these things won't necessarily bring lasting joy, they will put you in a better mood—something your family, friends, and co-workers will appreciate. It's hard to have a sour look on your face after a pillow fight.

Here's to purposefully having fun and smiling more in 2021! Cheers! JL

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Focusing on Your Child's Mental Health



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

BY EMILY SCOTT, PHD

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 emily@renewedhopeparenting.com

As parents, we put a lot of energy into our kids and making sure their needs are met. Are they eating enough vegetables? Should we do dance or gymnastics? Are they getting their homework done? But one area we often don't focus on is our child's mental health. Maybe because we don't think about it or maybe because we don't know how important it is.

Kids today are facing large amounts of stress. Stress many of the past generations didn't have. Research shows nearly 25 per-cent of teenagers have

anxiety and depression levels at this age group are higher than ever. Stress comes from many areas for today's kids and teens: school, sports, home life, peers, low self-esteem, being overscheduled, lack of sleep, bullying, and social media pressures.

When kids face stressful situations, their bodies release stress hormones. Small amounts of this can be beneficial because it allows our kids to learn how to manage stress, which is especially true when they have a loving adult to help. But chronic, unpredictable stress can cause cellular damage to the developing parts of their brains, which can set them up for immune system problems and other health issues later in life. These biophysical changes can cause inflammation of the brain and health issues as an adult.

Here are a few ways you can focus on your child's mental health:

- 1. Take care of your own mental health.** Step 1 is taking care of yourself. You cannot take the best care of your children if you are not taking care of yourself. Do what you need to do to be healthy and centered. We often spend so much on our physical health, and don't focus on our mental health.
- 2. Manage stress.** Just as your child can catch your cold, they can also catch your stress. We may not even realize how our children can pick up on our stress. But research shows that children, even while in the womb, can sense and take on our stress. Find ways to manage stress and model how to your children.
- 3. Teach your kids about resilience.** Resilience is our ability to recover from challenges. When we view a challenging experience as a learning or growing opportunity, we are better able to handle the situation and other stressful times. Resilience is something we must learn and practice, and as we do, we become better equipped to handle the challenge experiences of life.

4. Identify stress triggers. Find what is stressing your child out the most. Is it homework? Sports? Friends? Identify areas of stress and find ways to manage it. Maybe you will need to hire a tutor. Maybe you need to find more time to relax as a family. Managing trigger areas can help reduce stress.

5. Focus on your relationship with them. We need to communicate to our children that we love them unconditionally. Our love for them is not based on how well they perform, how good their grades are, or how well they washed the dishes. Your relationship with your child should be the primary focus of your parenting. Create a healthy environment of love.

6. Build their self-worth. Children who have a strong self-concept typically do better with friends or school. They go into the classroom believing they can succeed. Children who have a low self-concept often won't even begin a homework assignment because they believe before they begin that they will fail. There is perhaps nothing more important to a child's self-worth than the time you spend with them.

7. Seek help. If you are or your child is dealing with depression, anxiety, pan-

ic disorders, or any other kind of mental health problem, please seek help from a medical doctor or therapist. There is no shame in seeking help. It is a brave and crucial step to take.

8. Don't sweat the small stuff. Your child's mental health is always more important than whether or not they did their homework, got a good grade, or made the football team.

9. Create a healthy environment. Ensure you and your family eat healthy, get outside, exercise, read, spend time together, and engaged in a loving family environment. Don't make your kids grow up too fast. Let them enjoy childhood and have fun.

10. Let them face challenges. Allowing our children to deal with small challenges is a good way for them to learn there are capable of handling tough situations, and how to manage the release of stress hormones. We can be there are support and help them work through hard times.

What can you do to focus on your child's mental health? JL



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Warm Soup on a Cold Day

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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.

CHILI

(Makes 8 servings)

- 2 pounds organic ground beef
- 1 diced onion
- 3 cloves garlic, minced
- 6 tomatoes, diced
- 1 jar tomato sauce
- 1 tablespoon salt
- 1 cup water
- 1 cup kidney beans (soak in water overnight, then drain)
- 1 cup pinto beans (soak in water overnight, then drain)
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon honey or maple syrup
- 1 teaspoon baking stevia
- 1 teaspoon pepper

In a large pot, brown the ground beef and drain the grease. Add the onion and garlic and cook until translucent. Add rest of ingredients and simmer for 1 hour.



WHITE CHICKEN CHILI

(Makes 8 servings)

- | | |
|---|---|
| 1 tablespoon olive oil | 1 onion, chopped |
| 1 pound of chicken strips cut into pieces | 1 red bell pepper, chopped |
| 2 teaspoons cumin | 4 cloves garlic, minced |
| 1/2 teaspoon oregano | 4 cups chicken broth |
| 1/2 teaspoon salt | 2 cups northern beans (soak in water overnight, then drain) |
| 1/2 teaspoon pepper | |

Sauté chicken and spices in oil, then remove from pan. Chop onion and red pepper, then sauté for several minutes. Add the rest of the ingredients, including chicken, and cook on medium-low heat for 15 minutes.

Check out Susan's brand new cookbooks *Soup and Bread Cookbook*, *All About Salads*, *Breakfast Cookbook*, and *Main Dish Cookbook* at SusanUNeal.com/shop. During the holidays Susan bundled her cookbooks and other products and slashed prices here. JL

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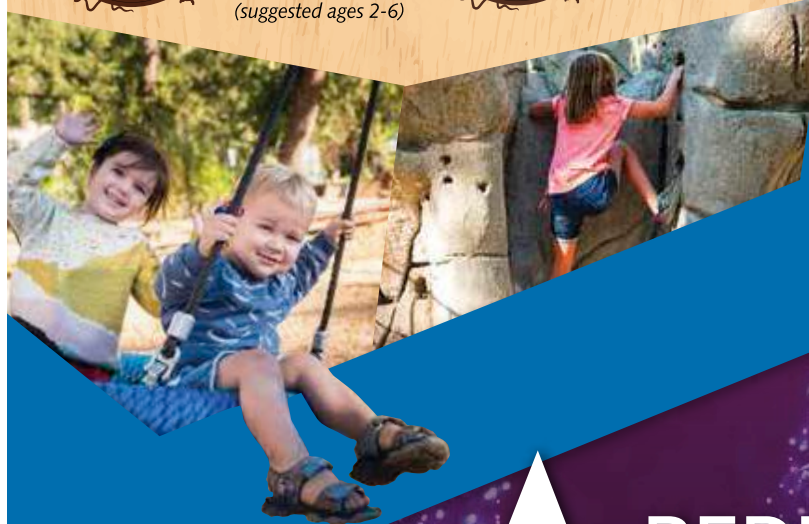


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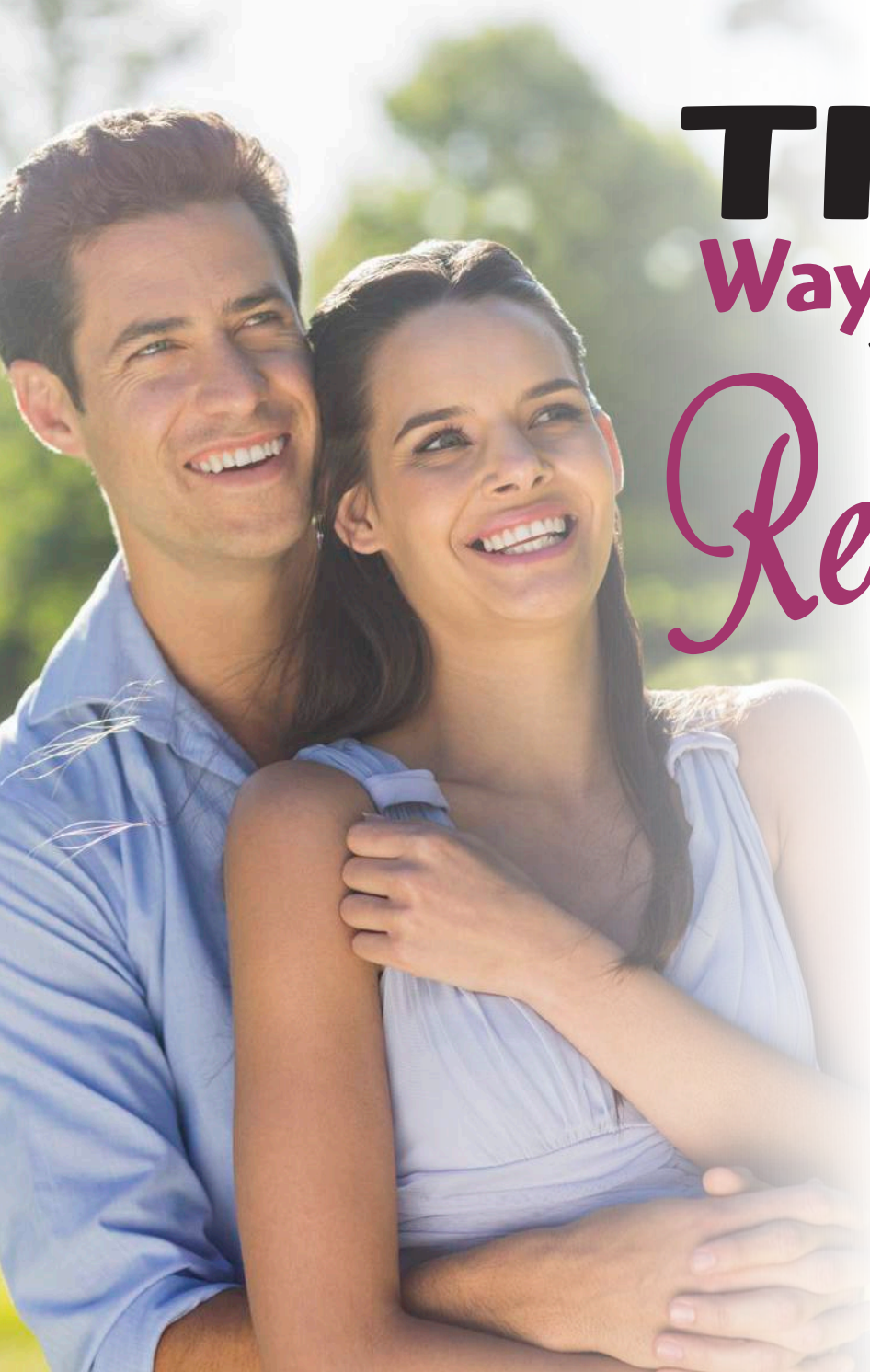
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Ways to Deepen Your Relationship

I recently met an interesting young man on a plane. We started talking, and when he learned I'm a relationships coach, interest filled his eyes. He began to tell me about his previous relationship, which had left him heartbroken, and he also talked to me about his friend.

"I don't know how my friend can sleep with the new girl he just met this weekend and be back to his girlfriend as if nothing has happened," he said.

Frankly, I didn't know either.

Life is all about relationships. We were born out of a relationship and were made for relationships. Everything we do revolves around relationships.

So why is it that many of us don't know how to do relationships well—and we aren't all that concerned with learning how to do them better?

If you want to be proactive and deepen your relationship with your spouse or significant other, keep the following steps in mind:

1. Practice Friendship

Friendship is one of the most important aspects of being intimate with someone. Be a good friend to your partner.

Many people think of intimacy in terms of sex, but that is only one expression of what it means to be close to another person. Intimacy is also intellectual. When two friends exchange thoughts, share ideas, and enjoy similarities and differences of opinion, their friendship becomes stronger and even more intimate.

Another way to deepen a relationship is through experiences. When a couple participates in activities together, the result is a more complete view of one another. Shared experiences develop connection, which strengthens intimacy.



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 can develop spiritual intimacy with your partner as you pray together and listen to the Lord for answers.

2. Focus on the Important Things

This point is, obviously, for those who aren't married yet. If you can avoid a physical attachment to your partner, your relationship with them will improve. You will be able to focus on more important things—like investing yourself emotionally in the person and growing in love for them.

To give you an interesting bit of research, here's what Linda Waite and Maggie Gallagher have to say about getting married versus just living together. Keep in mind this is only one small piece of the research available on this topic:

Married people live longer, are healthier, have fewer heart attacks and other diseases, have fewer problems with alcohol, behave in less risky ways, have more sex—and more satisfying sex—and become much more wealthy than single people (The Case for Marriage, Broadway Books, 2002).

You can build deeper intimacy with your partner if you don't form a physical attachment with them outside of marriage.

3. Realize How Much God Loves You

Growing in intimacy with your partner is an excellent component of healthy relationship building. But there is an even deeper relational connection available to you—the human spirit cries out to know God's love.

To have the best possible relationship with the one you love, you first need to experience the unconditional love of your heavenly Father. As you realize His love for you, your life will change in amazing ways. And your relationship with your partner will reap the benefits. **JL**

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