

Joyful Living

Summer 2021



BY SANDY STEWART

Feature story
**WOMEN IN
BUSINESS**

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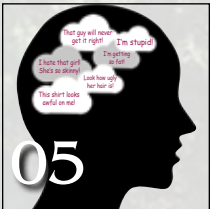
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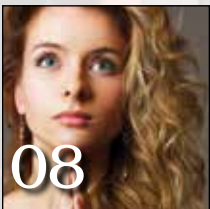
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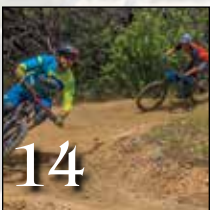
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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance.

We have been independently owned and operated since 1992. We are a lifestyle magazine with many interesting articles. We are a platform for beauty, goodness and grace. We value inspired thinking and embrace changing seasons. We honor your legacy and where you are from.

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

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BY SANDY STEWART

HOLLYWOOD IS WORKING FOR ME!

Women in Business

Starting a business is a sense of joy, pride in accomplishment and a lot of hard work!

When I was young, excitement of fulfilling an idea and money were the reward. Later, it was the independence, an opportunity or desire to compete and to make my own money. Then, as the years went by, it turned into survival. Now, it's the love of my experience, expertise of my talent and the opportunity to fill a need. I offer a product that turns heads: The Australian Hat! It gives you protection from the weather (sun and rain), shaped to your own style, plus a quality that is hard to match.

I found these hats 32 years ago, when Hollywood had Australian themed movies on the big screen. The "buzz" was Australian and everything outback! The first movie was "The Man From Snowy River", and then came "Crocodile Dundee"

(two of those). I grabbed the opportunity of these great hats introduced in classic movies, including "The Horse Whisperer" with Robert Redford and the "Indiana Jones" films. Yes, he did wear the hat that I sent to him! See, Hollywood is working for me!

"Quigley Down Under" had a great hat also. I've shaped a few of those over the years, as well as the "Gus hat from "Lonesome Dove".

A few years back, even our local country singer, Merle Haggard, came in our store in Anderson in his bright yellow Hummer.

During the height of our business, there were five stores located in Anderson, Vacaville, Solvang, Idaho and wherever we were

doing a show. We sold hats at hunting and fishing shows, fairs, dog shows, etc. Solvang is a small Dutch town located near Michael Jackson's Neverland Estate. One of the stores there drew in a few Hollywood actors who became

my customers. That's how Hollywood wardrobe got my name and number.

Back in the early nineties, Randy Travis stopped by our home in Palo Cedro. He knocked on my front door, and when I answered, he said, "I hear you sell Australian hats." I found a hat for him out in the storage shed on the property. He didn't tell me who he was...but that's the way some people are...just like us! We noticed that a lot in the Solvang store.

These are memories of the past. I'm settled here in Anderson with my little hat store, still selling the best hats that I can find. Now, almost 33 years later, I have the perfect business for my golden years. For one, it's a very easy product for me. I continue to shape, clean and replace (if necessary) your hat.

Come see me in my little Mom & Pop store. I'll find "just the HAT FOR YOU"! JL



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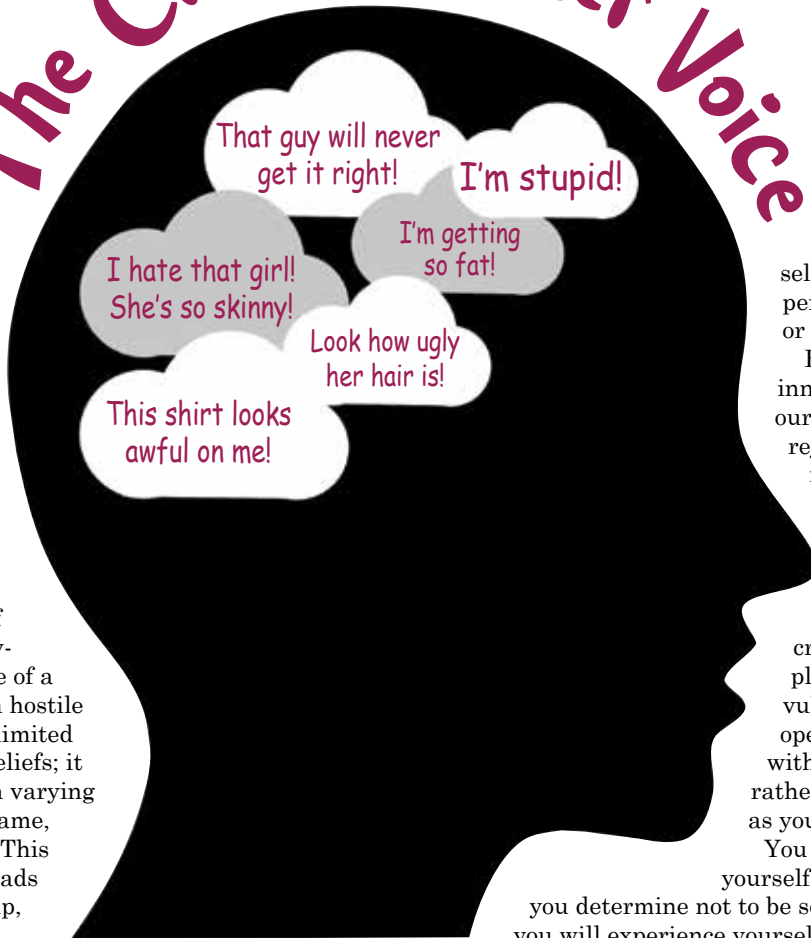
- Men
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Crocodile Dundee Kentucky Rancher Adventure



BY SUZANNE LUIS

The Critical Inner Voice



Suzanne is a counselor at Redding's Transformation Center, she has a Lay Christian Counseling Certificate from Regent University, and is also a licensed with the State of California as a Drug and Alcohol Counselor.

As I talked to clients over the years, I began to see a pattern with children raised in a perfectionist, critical environment; I noticed my clients had a strong inner critic.

The critical inner voice is made up of a series of negative thoughts and attitudes toward self and others, which is at the core of a person's maladaptive behavior. The voice is the language of a defensive process that is both hostile and cynical. The voice is not limited to cognition, attitudes, and beliefs; it is also closely associated with varying degrees of anger, sadness, shame, and other primary emotions. This inner voice is heard in our heads as we process life, relationship, and how we perceive others.

The critical inner voice is an internal enemy that can affect the way we live our lives. This voice influences our self-esteem and confidence. I have read psychological assessments of the critical voice where the emphasis is on negative maladaptive behavior. Still, I have seen lots of people who become high achievers who experience the critical voice and those whose relationships and goals in life are affected negatively.

Many people think if they stop listening to their critical inner voice, they will lose touch with their conscience. However, the critical inner voice is not a trustworthy moral guide.

Many times people who are "hard" on themselves are judgmental towards others and cautious in relationships. Others often experience the perfectionist/critical person as uninviting. The result of the constant monitoring of

self and others is that others perceive them as intimidating or remote.

By identifying the critical inner voice and its role in our lives, people can begin to reject the lies that feed it and recover the ability to like themselves. The key to this is identifying the negative voice and determining not to agree with it. Eliminating the critical voice also allows people to be more intuitive and vulnerable with others. Being open to others has a lot to do with experiencing someone rather than thinking about them as you relate.

You can learn to celebrate yourself and accept yourself once you determine not to be so hard on yourself; I hope you will experience yourself as unique and wonderful without having to be perfect!

Suzanne is a counselor at Redding's Transformation Center. She has a Lay Christian Counseling Certificate from Regent University, and is also a licensed with the State of California as a Drug and Alcohol Counselor. JL

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BY ROBIN LITTAU

Parenting: *A Privilege* **Not** A PUNISHMENT

Parenting is like our reflections looking back at us everyday through different sets of eyes, the eyes of our own children. From the moment we bring those little new bundles home, we are enraptured by their beauty and challenged by the many unknowns that come with them. When my first son was born sixteen “short” years ago, I felt surprised that they just let us walk out the hospital doors with him, not even handing us an instruction booklet: “Here you go, he’s all yours!”

I obviously knew I was a parent throughout my pregnancy, but my heart had never felt such a great expansion of responsibility until I realized what I carried close in my unprepared arms: sole protection and preparation for the life nourishment

of another delicate defenseless human being. My first baby boy only weighed 9.0 lbs., but he carried an elephant sized weight of changing my life. His entrance into this world became the door to my life’s greatest lessons, and my life’s greatest gift of becoming a mom. How shocking to not know what being a mother would require of me, yet it’s become my greatest honor! Parenting is a GROWTH journey for kids AND parents.

Having 4 babies in 5 years quickly revealed that kids have a natural ability to draw the deepest character out of us: relentless love, beautiful kindness, patient compassion, spontaneous playfulness, enduring strength, oceans of required patience, fierce protection, tearful mistakes, circle confusion, face planting exhaustion, raging frustrations, and remorseful regrets. Sometimes all in a single day! Raising kids with intentional love requires a lot of personal investment, but I promise you loving them well is worth every planted seed. It is a long-term learning journey with merciful re-starts, paired with necessary grace as we exchange our best love.

Parenting carries diverse personal perspectives, typically reflecting our own childhood experiences. We tend to hold our own views as plumb lines of facts, even if our methods are unexamined or inadequate when held up to the standard of love. Our greatest question toward being successful parents should be: Is this love? Does it feel like love, and are they/I experiencing it as love?

If we are honest, kids are not highly valued in our society or necessarily treated with the nurturing value they require to thrive.

Our Nation is failing to create thriving families, healthy parenting, successful education, and admirable character for our youth. Kids are unfairly bearing the weight of our adult dysfunctions. Through their fumbling growth vulnerabilities children have obtained societal labels of being difficult burdens that seem to gain their value according to the ease of their cooperation to "fit in our box of expectations". Instead of children being celebrated for their unique capacities, they are frequently chastised for their failures to perfectly conform to others extensive expectations for them. I often see high bar expectation pressures placed on children that most adults will not shoulder, followed by social disapproval that their confused discouraged undeveloped brains cannot quite comprehend. They begin to believe that they are the problems. They carry broken hearts into an already broken world, before they even reach high school. Children should never receive our disappointment for being who they are. I have heard it said that there are no bad kids. It's so true! Every human is doing the best that they know how to do, especially kids. We are created to avoid pain at the core of our being, so logically failure is not anyone's aspiration. A failing child is a discouraged hopeless child, needing to be wrapped in comforting love. Hurting children tend to become hurtful adults. Kids need to be bombarded with affirming messages that they are not a burden to us. They are mountain sized blessings to this world carrying the future in their hearts. We can truly become the change that we want to see in this world with the powerful gift of love. We adults must unify to create a culture that redefines parenting. Parenting is not a punishment, it's a privilege!

Not only is parenting not a punishment, kids are not here for punishment. I think kids get far more discipline than encouragement, which feels sad. It's as though society is saying, "Kids, be quiet, sit still, don't you dare be a wild free energetic happy child." Kids need room to be kids. Their joy is beautiful. Each child is a blank canvas, growing to become the Masterpiece of their fullest capacities. We parents have the assignment to create safe, loving, nurturing environments for them to thrive in. Kids absolutely need instruction, teaching and correction, however this must be

Parenting carries diverse personal perspectives, typically reflecting our own childhood experiences.

built from the foundation of unconditional love and relentless pursuit of heart connection. Kids need permission to be kids, especially from us parents.

I am not a perfect parent, sometimes my expectations have been larger than my kid's capacities, I have regrets and lessons in my wake, however I have learned kids deserve a strong foundation of kindness to meet this world with! There are no bad kids! Parenting through unknown unfamiliar differences can feel frustrating, yet we must gain the skills as excel-

lent problem-solving parents, stay fully engaged, covering our kids with honoring labels, because we become the label's we carry! Labels define us and our futures. We are all on a growth journey, young and old! Changing our parenting lenses absolutely changes our parenting character. Kids strive to give us their best, kids adore their parents, so let's give them our best valuing love too!

Parenting is a Privilege. JL

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My Way out of DEPRESSION

I spent the last 15 years going through some really difficult things. I fell into a severe depression and this year; I finally found my happiness again. This is what worked for me.



BY AIMEE PURSER

1. When you are dealing with something difficult, never go through it alone, even if you are embarrassed about it. Your family and true friends will not judge you and they will want to do anything in their power to help. It's a lot easier to go through things if you are honest about your feelings and your fears with your loved ones. Not to mention, they WILL be checking up on you and don't want to disappoint them. If you are religious, EVERYONE at church wants to help, do not be afraid to ask.

2. Do tons of research on your problem. Use the internet; find out what other people do to solve that problem. The more research the better. Knowledge is power in every aspect of life.

3. If you are having problems in any relationship, be brutally honest about what is bothering you. Be brave enough to share your feelings. Communicate. If someone does not know that they are hurting you, they cannot try to fix it. You do not have to argue about things. Be honest, opened minded, and RESPECTFUL. Shut your own mouth and LISTEN to your partner. Know when a relationship is toxic

4. Sometimes you have to be selfish. Don't give up the passions of your heart in order to please others. Have strong convictions. Stand up for your beliefs. Be very careful making important life decisions. Do not make them too young. Your brain is not fully developed until around 25. Make sure these decisions are what YOU want. Fight for your happiness. I tell both of my kids, find things that bring you joy and do those things.

5. Share your talents with the world. If you love something, do it. If you are not good at it, practice and get good at it, then have the courage to share it with the world. If you suck, oh well. You went outside your comfort zone. That is a victory right there.

6. Journal. Write down your thoughts and feelings. Some people do not have a good memory. Write things down. That can be

your memory. You do not want to lose your great moments to a bad memory. Make a journal called "Good Times". Write about a fun day you had. Write where you were, who was there, funny things that happened, draw pictures to go along with it if you would like. They are great to go back to later.

7. We can all do difficult things. We are all superheroes. Many say that you will not be given more than you can handle. If awful things are piling up, it means God knows you are super strong. Have the faith in yourself to get through it like He has faith in you.

8. Be a good parent. Always make time for your kids. I made a promise to myself that if I was doing something trivial, i.e., watching TV, and my kids asked if I would play, always say YES! Even if it's Legos for 10 minutes, or catch outside for 5. They will remember you being there when they are older. Whatever you do, don't physically or emotionally hurt your children. Curb your temper; it's not necessary to get angry and violent. There are better ways.

9. If you are sad, think of a time in your life you were happy. How are things different now? Did you stop talking to a friend? Did you leave your faith? Do the things you used to do. See if it brings your joy back. Drop old grievances and contact your family member or old friend. Leave the past in the past. Be strong enough to admit your mistakes and apologize. Nobody knows everything so don't pretend to. Forgive EVERYONE. You don't have the "right credentials" to judge people and talk bad about them. You have no idea what is going on in their lives so always be kind, no matter what.

10. Turn your weakness into strengths. Step out of your comfort zone. Keep trying things that are hard for you.

11. Face your problems head on. DO NOT ignore them. Make a plan to solve them. They will not go away unless you make them go away.

12. Exercise! It always makes you feel better. Even if you have no energy, walk around the block. Try your best to get fit. If you look better, you will feel better. Eat healthier. This one is difficult, but I found if you eat healthy 80% of the time, you will do just fine. Do not deprive yourself of food you love. Treat yourself once in a while. Snack on apples, or celery and peanut butter instead of junk. Those things are delicious and your body will feel much better. Get out in nature. Spend a lot of time in your backyard. Eat breakfast out there, have picnic lunches out there. You will not regret it. I found a lot of peace by just cleaning the pool to music. A 20-minute bike ride will turn your day around. Get some sun on that skin and get your Vitamin D.

13. Be a good spouse. Always be kind. Build them up. Compliment them. Let them know every day how much they mean to you and how much better your life is with them in it. Tell them they look great. Make each other laugh every day. Always encourage them to do the things they love. Let them have time without you to spend with their friends. Allow them have time alone to do what they would like. NEVER cheat. Try very hard to work on your marriage first then get a divorce if it's a lost cause. End one thing before you start another. Cheating hurts the whole family!!

14. Ending your life is NOT an option. If things are just too much, call for help, call anyone, 911. It only hurts EVERY SINGLE PERSON YOU'VE EVER KNOWN!!! Think of what your moms face would look like when she finds out. Think of your children's reaction. It will hurt them FOREVER. Horrible feelings are temporary. It will not be like that forever. Suicide is permanent solution to a temporary problem.

15. Music is POWERFUL. Listen to it all day every day. Put background music on in your house. When you need to do mundane tasks like cleaning house, laundry, showering, etc., blast your favorite music and make your whole life one big DANCE PARTY!

16. Nostalgia is great medicine. Talking about your childhood memories is awesome. Make a Facebook group about memories from your hometown where everyone can talk about it together. I did that a long time ago. I made a FB Group for my 3 best friends so I could list all my favorite memories and make them laugh. That group has 7,000 people now and people talk about fantastic things every day. I was just asked to be a Podcast guest to talk about it. I'm the shyest person in the world, but I'm going to do it.

17. This one was the hardest for me. If your spouse or friend has a bad diagnosis, do everything in your power to help. Research the issue; let them know you will get through it together no matter what it takes. You will feel helpless, but do small things. Wash their hair for them if they cannot, so they can feel clean. Help clean up so the environment is better. Go get their favorite meal. Find ways to keep their mind off it. Send a card in the mail to a friend who is going through something. Every little thing helps. Never be afraid to ask for help. Most people love helping others in need. You are not bothering them.

18. Think of things you have always wanted to do. If you have always wanted to try something, it's not too late. Do not be afraid to try new things. Do not say "What if I fail?" What if you excel and find a new passion? Welcome failure in your life. It's not a bad thing, it's a learning tool. It helps you to learn about yourself. I read that Walt Disney went bankrupt 7 times before he got it right. Never give up on yourself.

19. Do not be afraid to seek professional help. There is NO shame in seeing a Psychiatrist or a Psychologist. It's scary to share your feelings, but I promise if you bare your soul to them, with complete honesty and leaving nothing out, you will feel instantly better just getting it all off your chest. Don't be afraid to use medication for a little bit. Prozac saved my life. If you want to try supplements, 5-HTP is great for depression. GABA is great for anxiety.

20. There is nothing wrong with a new start. If your life is not going the way you would like, scrap it all and try again. Move to a new town, a new state, a new country. Try small

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town living, live on a lake, in the woods, live in the mountains, by the beach, at Bass Lake. Go where your joy is, make it your home. Think of something you love to do and go try to find a job in that field. "Choose a career doing what you love, and you will never work a day in your life. You will find your people there and your life will be much better. Change is hard, but an unhappy life is MUCH harder. Trust me on that. If your routine is not working for you; something needs to change. Some people need several new starts in their life to find their inner peace. That's just fine. Keep trying until you get it right.

21. Your friendships will make or break your life. If you can find one true friend. One GOAT (Greatest of All Time) to go through life with, you are truly blessed. Don't worry about not having many friends. It's quality not quantity. The hardest part of my life was dealing with my social anxiety. When you are not comfortable talking with people, it's difficult to do many things. Going to school, going to church, sitting at your kid's soccer games and trying to socialize with parents. Being a professional shy girl, I have some advice on how to get a shy person to open up. Ask them questions about themselves. Most people like to talk about themselves because they know the answers. They do not have to worry about what to say. Find something in common with them. Tell them you like their shoes and have a shoe conversation. My mom taught me to have a good friend; you need to be a good friend. LOYALTY is key. TRUST is crucial. If a friend confides in you, you put that in the vault. People gossip because they think it's cool to be the first to have juicy information. In reality, you are telling people that you are not trustworthy. INTEGRITY is also very important. They say integrity is being honest and doing the right thing even when nobody is looking. There is a shopping cart theory. If you just put your groceries away, are you going to go put that cart in the cart return even if no one sees? Nobody likes a liar, so do not do it. Honest is always the best policy. GIVE MORE THAN YOU TAKE. Giving always feels better than taking. Don't be a mooch. I learned most of this from my husband Torey. What an amazing human. He can go anywhere and make friends. Every fishing trip he ran, he came back with at least 2 new friends. He hangs out with the gardener, he makes friends with the plumber, the pool guy etc. He's easy to talk to because he does all of the above. He's got the biggest heart. He will help you any way he can be it rides, money for bills,

free electrical work etc. Torey is my social goals. Smartest person I know to boot.


20. Finances can get rough sometimes. If you are having money troubles, DO NOT ignore past due statements. Do not throw them away. Do not let unopened mail stack up because you know what's inside and don't want to open it. Call each place. Tell them times are tough. They will work with you if you are honest. Do not be afraid to ask family or friends for help. Most will help if they can. Figure out a payment plan later. It does not hurt to ask. It's easier than you think to get back on your feet.

21. Do not live in limbo. One of the worst times in my life was not knowing what my next move was. Make a plan, do it quick and do not stay in limbo long. It is not a fun place.

22. Be so careful with retiring. So many people get depressed after they retire, especially if you were doing something high power. It happens in the military a lot. You are used to being a top dog, and all of a sudden you feel like a nothing. It's a really tough pill to swallow. It's happened to me. You have to keep making a difference. Volunteer your time at a soup kitchen, a children's hospital, develop a Non-Profit doing something you love. You are still making a difference and doing something you love. You are going to be a somebody your whole life, you are never going to be a nobody.

23. Siblings. These people will be your friends for life. Treat them kind. Do not put them down. It may give them a complex. They can be your permanent best friend. It's awesome when cousins are best friends. It makes a huge support group for everyone.

24. Addiction can happen to ANYONE. A doctor getting a patient hooked on pain killers happens all the time. It's an epidemic for goodness sake. Do not be ashamed. Get help, tell everyone you love. They will not judge you. It really helps to talk to people going through the same thing or people who have been through it. There are no reasons why you should not get clean. They have scholarships for free beds at certain rehabs. Methadone clinics work great. DO NOT think "I don't belong here." EVERYONE belongs there. All walks of life. Everyone is human. You HAVE to get that garbage out of your life, at any cost. Drugs are a temporary fix; you need to find one that is permanent. I do not think there are many addicts who are truly happy. It is worth it to feel like garbage for a little while in return for a beautiful life. Watch the show "In-



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tervention". The people who stick to the program and make it through are always happy that they did. They always look and feel so much better. Sometimes they go on to help others going through the same thing. Most people in that feel are either recovering addicts or had a family member who was. It is truly rewarding to turn the negative things in your life into positives. I am hoping that all of my negatives will help anyone who reads this. If you have a family member going through addiction, do not be an enabler. Give them a hard time about it. Do not ignore it. Set boundaries with them, give ultimatums but always let them know that you still love them and you are doing it for their own good. Some family members or friends ignore the problems because they do not want to deal with it. These are your loved ones. DEAL with it.

27. Find the meaning of life. Life is much easier and joyful when you know why you are and where you are going. Do your own research. Research theories, research religions, research everything. Find something that resonates with you and stick to it.

28. Have faith. Faith is believing in something that you cannot see. Some examples are knowing the sun will rise in the morning, and the moon will come out at night. When you plant a purple pansy trimmed with yellow gold, it will bloom. Have faith in your abilities, in your family and friends. Have faith in your higher power. Most important is to have faith in yourself. You are a human being, and intricate machine. All human beings are awesome.

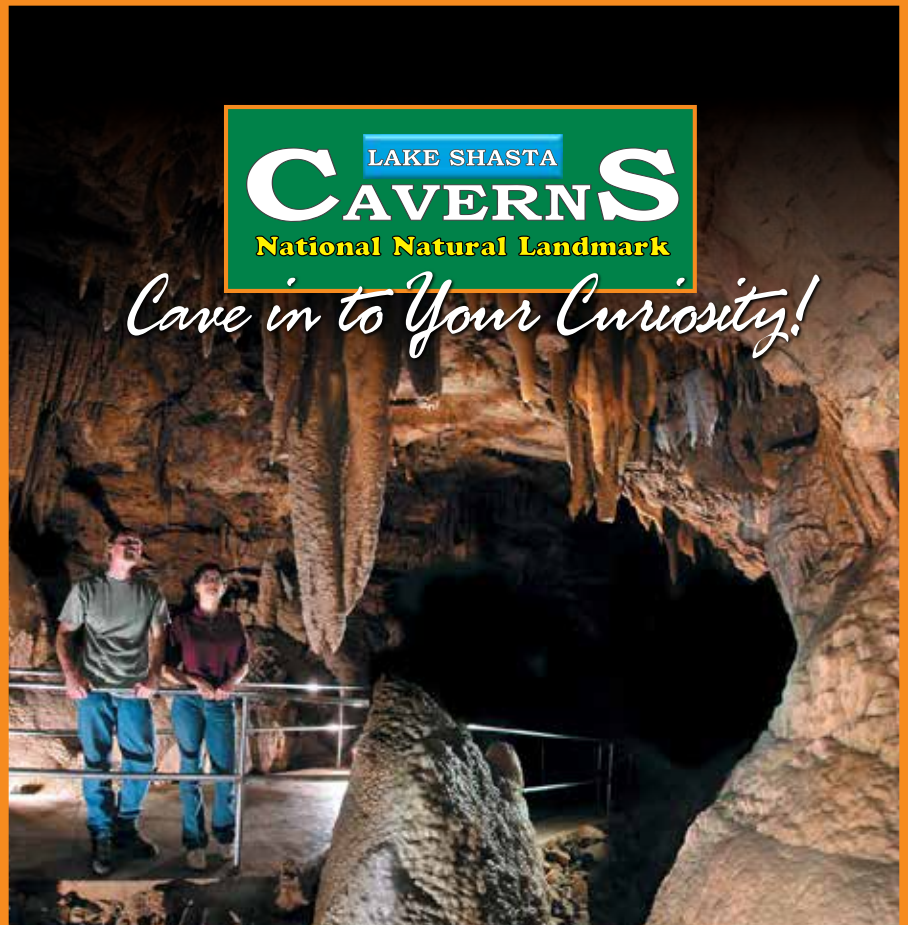
29. Stay clean. Many depressed people want to lie in bed all day. You need to at least get yourself clean. Drag yourself to the shower, or get in that tub. I found that simply taking a shower would boost my mood a few levels.

30. Look for new treatments in depression. Doctors are now doing Ketamine infusions for depression patients. It seems to be curing people left and right. Research the up-and-coming procedures and give them a whirl.

31. If you have a strong faith in your religion, do not leave it when your life is going wrong. Do not leave because you are angry at God for putting you through things. You are going through things for a reason. Usually, to learn great life lessons. Hold strong. Do not worry about what other people at church think of you. They have their own skeletons, you just do not know about them. If you are doing things your religion frowns on, keep going. I heard a story once about a man showing up to church reeking of smoke and alcohol. The church members behind him were whispering and judging him. Another church member whispered to them "If your sins had a smell, what would you smell like? DO NOT judge others. You have not

been in their shoes. Church is for the sinners, not the saints.
 32. Be humble for goodness sake. You are not better or worse than any other human being. Chances are, someone you really admire, admires something about you.

My husband told me, "I finally got my Aimee back." He helped me so much through this. We always say that we saved each other's lives. Don't lose your Aimee guys. If you have, go get it back! JL



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BY CHRISTY LARGENT

Christy is a positivity and midlife expert helping women make their midlife their happiest life. She's the founder of the Midlife Happylife Community and the author of the bestselling book, *31 Positive Communication Skills for Women*. Christy lives in Flower Mound, TX with her two teenagers and very

patient husband and can be found on all social channels @christylargent.

The Life Changing BENEFITS of Gratitude

Chopping onions in the kitchen, I tried to focus on the words of my favorite podcaster. The dog was circling my feet. I could hear my son in the Living Room on his saxophone, practicing his scales. The ceiling was shaking, as my daughter was upstairs dancing to her latest craze, K-Pop music. My husband was at his desk, working the weekend crossword.

Wiping the tears from my eyes, I took a deep breath and said a silent word of thanks. After 20 years of infertility, all the chaos of family life was indeed a house of blessing.

And at the same time, with teenagers and a retired husband home all the time, I know how easy it is to see all the various elements of life as a burden instead of a blessing. **So I made sure to stop and be thankful.**

The science tells us that gratitude is a muscle. The more you use it, the better you get at feeling it. The more you feel it, the happier you are and the more things you find to be thankful for. Interestingly, gratitude can positively effect almost every area of your life.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Have you been feeling stiff and achey and a little depressed? *Grateful people have stronger mental and physical health.* People who practice gratitude have less aches and pains and are better able to withstand stresses (like 2020!) and come out of difficulties with a healthy and hopeful mind. They also take better care of their health, exercising and eating right.

What about tossing and turning at night? *Grateful people sleep better.* According to a 2011 study published in *Applied Psychology: Health and Well-Being*, taking a moment to write down what you are grateful for as you end your day will help you sleep better and longer.

Feeling ground down? *Grateful people are mentally tougher.* Resilience is one thing study after study show as a key factor



to strong mental health. And guess what helps you improve your resilience? That's right. Gratitude.

A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience in people following the terrorist attacks on September 11.

And to take it to the extreme...today, in the middle of losing my Pickleball match, I was able to tap into my resilience and switch my self talk from negative to thankful and encouraging. I'd love to tell you I won the match, but I didn't. What did happen is, rather than giving up in despair, I hung in there fighting for every point all the way to the bitter end and I enjoyed the game a whole lot more.

Are you ready to try growing your gratitude muscle? Why not start right now? Here's the easiest way to get started. Today, when you finish your work, before you head to your home duties, open up a blank document, or grab a journal, and write down 3 things you are thankful for. If all you've experienced today is difficulties, let me challenge you to try and find a glimmer of good in the middle of them. I promise, your efforts will be so worth it, and you'll be happier as you head into whatever's next. **JL**

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Trek from Shasta Dam to the world-famous Sundial Bridge – the hub of the Sacramento River National Recreation Trail. Or explore maintained dirt trails that lead to one of the 40+ majestic waterfalls that are within an hour's drive of Redding. Spring is the best time to see the waterfalls when the creeks are bursting with the runoff from melting snow.

The more adventurous types can enjoy the trails on a mountain bike and take part in the annual Bigfoot Mountain Bike Challenge. It's the best way to discover Redding's diverse backcountry trails on two wheels, with trails grouped by skill level from beginner to advanced.

The fun doesn't stop there. Watch the world's top cowboys compete by riding bucking horses and raging bulls at the Redding Rodeo. Enjoy Viva's Downtown's First Friday's where you can visit shops, have a meal, taste a local brew, and support small businesses.

Visit Redding this spring for outdoor recreation, an endless list of activities under the sun and some good old-fashioned fun.

UPCOMING EVENTS

Note: Due to the COVID-19 pandemic, event dates can be subject to change. Please check event websites for up-to-date information.

Bigfoot Mountain Bike Challenge

April 1 – May 31

The Bigfoot MTB Challenge is free to participate in and helps you discover some of the most exciting and challenging routes Bigfoot country has to offer.

Admission: Free

See BigfootMtbChallenge.com for more information.

Dive In Theatre

Fridays and Saturdays

Enjoy drive in movies at WaterWorks Park!

Admission: \$30

See WaterWorksPark.com for more information.

WaterWorks Park, 151 North Boulder Dr, Redding, CA 96003

First Fridays Downtown Redding

First Friday of Every Month

Every First Friday of the month downtown businesses will stay open 5-8pm rain or shine!

Admission: Free

See VivaDowntownRedding.org for more information.

Saturday Redding Farmers Market

Saturdays, April – December

When you visit the SGA Farmer's Market, you will find friendly vendors selling a variety of fresh/locally grown fruits, vegetables, nuts, eggs and meats.

See ShastaGrowersAssociation.com for more information

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

Roses and Rust Vintage Market

April 16

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

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

Redding Rancheria's Earth Day Festival

April 23

Come down, and celebrate Earth Day. This is an outdoor event perfect for all ages.

See facebook.com/events/299658144856072 for more information
Admission: Free
Win-River Casino, 2100 Redding Rancheria Rd, Redding, CA 96001

April Showers May Flowers Fun Runs

Saturday April 24 – May 1, May 15 – June 5

A seven week fun run series on Saturday mornings at 8am. Different location every Saturday.

See midniteracing.net for more information.
Admission: \$5

Redding Rodeo

May 13 – 15

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

Admission: \$25-\$40
See ReddingRodeo.com for more information.
Redding Rodeo Grounds, 715 Auditorium Dr, Redding, CA 96001

Peter Pan – Virtual Event

May 13 – 16

Riverfront Playhouse presents a virtual junior production of J.M. Barrie's Peter Pan.

Admission: \$20
See RiverfrontPlayhouse.net for more information.

For more events, go to VisitRedding.com/Event-Calendar. Please note that due to the COVID-19 pandemic, event dates can be subject to change. Check individual event websites for up-to-date information. Stay safe!

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Stronger Together:

The Important Role of Elders in a Resilient Community of Strength



BY JOANNE MCCARLEY
OF SHININGCARE, INC.

In tough times, communities find strength in people—and people find strength in their communities.

In the past year, we've seen this time and again in our community as friends, neighbors, and businesses have found new ways to support each other.

Our elders are a key source of this strength. Older adults have built resilience and strength over their lives through successes, failures, joys, and

difficulties. Through their years of experiences, they have built resilience and wisdom in overcoming challenges. As a community, we can tap into this and become collectively stronger as well. Their stories and contributions help to support and inspire us, as we learn from their years of experience.

Sadly, there are many older adults who live in our community whose safety and well-being are at-risk. They have little or no support systems to act on their behalf, as they begin to experience difficulties related to aging. Unfortunately, abuse and neglect are a common risk factor. Elder abuse is one of the most overlooked public health hazards in the United States. As many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities. Elders with dementia are thought to be at greater risk of abuse and neglect than those of the general elderly population. In a U.S. study, caregiver abuse and neglect of people with dementia by their caregivers was detected in 47% of caregivers surveyed. In Shasta County, there have been well over 2500 reports of abuse and neglect annually since 2019.

It's important we recognize what abuse is and its warning signs. This makes it possible for us to report abuse and stop it in its tracks. Elder abuse includes physical and emotional mistreatment, as well as neglect and financial exploitation. The following are some common signs of elder abuse:

(1) Financial Abuse/Exploitation: Unusual patterns of spending or withdrawals from account; frequent purchases of inappropriate or unusual items; bills going unpaid or utilities being turned off; the presence of a new "best friend" who is accepting generous "gifts" from the older adult.

(2) Physical Abuse: Bruises, especially on the head or torso, and those shaped like a hand, finger, or thumb; unex-

plained injuries; denying enough food/water, needed medications, or assistive devices such as canes or hearing aids; giving unnecessary tranquilizers, or confining to a bed or wheelchair.

(3) Emotional/Psychological Abuse: Intimidation; yelling; threats; humiliating or ridiculing; isolating from friends and keeping them from activities they enjoy for no good reason.

(4) Neglect & Self-Neglect: Unusual weight loss, malnutrition, dehydration; untreated physical problems; unsanitary living conditions: dirt, extreme clutter, bugs, soiled bedding or furnishings; unkept appearance, unbathed and/or soiled clothing or unsuitable clothing or covering for the weather; unsafe living conditions, such as no heat or running water; faulty electrical wiring; other fire hazards.

Many social factors—for example, a lack of natural supports

and community resources—can make conditions ripe for elder abuse, neglect and overall risk to well-being. Family caregiver stress and lack of support is another contributing factor. Also, biases or stereotypes about older people, as well as health conditions that keep them from being fully a part of their community play a role in enabling elder abuse and risk to well-being. By addressing all these contributing factors, we can make an impact to ensure everyone has the opportunity to thrive as we age.

In the usual course of our lives at home and at work, we can be Gatekeepers – the trusted person who knows an older adult and pays attention to how they are doing. As caring Gatekeepers, we can recognize the warning signs when an older adult is at-risk, reach out to them for support and connect them to the resources and services they need to be safe and well. As Gatekeepers, we preserve the quality of life, independence, safety and dignity of our community's valued elders.

Recognizing the important role our elders play as essential contributors in a strong, resilient community, we understand the importance of helping them age well.

Together as Gatekeepers, we can not only prevent elder abuse and neglect, but also foster connection and engagement in meaningful activities to build a safe, strong, resilient community for everyone from young to old. When we foster mutually beneficial relationships across the generations, we all thrive as a community. Together we are resilient and strong!

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BY EMILY SCOTT, PHD

Emily Scott, PhD, is a wife, stay at home mom of three, and part time parenting consultant and blogger who has written and spoken on various parenting topics including child

development, ACEs, and tips on raising responsible kids. She has lived in the Redding area her whole life, and together with her husband help parents navigate the difficult aspects of parenting at Renewed Hope Parenting. Her website is emily@renewedhopeparenting.com

Emotional Intelligence: **The Key to Raising Healthy Adults**

Emotional intelligence is one of the keys to raising a successful and emotionally and mentally healthy adult. It is also a huge preventative parenting step. The better we teach our kids what emotions are and how to deal with them, the better choices they can make and the less behavior problems we often have.

Research has shown that kids who have parents who emotionally support them and who become able to manage their emotions do better in school, rela-

tionships, can bounce back faster when distress hits, have resilience, and have fewer behavior problems.

To help our kids create a life that is full of great experiences, we need to help them learn the valuable lessons of emotional health. We need to show them how to handle the many feelings and emotions that go into life. We need to coach and support them. We need them to know there are numerous emotions they will feel, and that they are usually only temporary.

The emotions we feel tell us something about what's going on inside ourselves and we can learn how to more effectively handle the uncomfortable emotions like anger and sadness. Modeling healthy emotions is important for our kids too. If they see us blow our tops each time we get angry, what do you think their reaction will be when they get angry? They learn to live what they see. It is incredibly difficult to manage our own emotions as adults, especially when our kids do the many things that can lead us to frustration. And we can't be perfect all the time. So, when we do get angry and yell, we need to show our kids how to apologize. When we get so angry, we don't know what to do, we need to model how to take a break to calm down before we let a reaction become a regret.

Here is what an Emotional Support Parent often looks like -- Think of this as a "How-To" of teaching emotional intelligence:

- Validate their experience and respect their feelings, however silly they may seem.
- Teach them to label emotions.
- Teach them to have healthy coping mechanisms or tools to work through emotion. Maybe that means taking a break, or hitting a pillow, or taking deep breaths, or special recognition (count 5 blue things in the room).
- We can open the lines of emotional communication with our empathy and understanding. Always, always, always lead with empathy before lectures, advice, or help. This opens their minds to thinking and shows them we are there in support.
- Asking questions is usually better than making statements. It's gets them thinking. "How are you feeling?" "What made you feel this way." What questions are typically best, because they can describe what happened.
- They also set important boundaries with love. Sure, it's OK to get mad at your sibling. But it is never OK to hit them out of anger, and there will be appropriate consequences for hitting (not the anger).
- Emotional support parents also know it's OK to show emotion while parenting. We can show our kids that we get angry and frustrated too. We label our emotions and find healthy ways to express and cope. We apologize when we get overwhelmed and yell.
- One key trait of an emotionally healthy and emotion supporting parent, is that they notice small emotions before they become big and

overwhelming. You may notice your child feeling frustrated and intervene before it becomes full blown anger.

- Take these opportunities to connect. Give your child a safe place to get their feelings out. Some of the stronger emotions can be scary for kids. They can feel out of control of their bodies, and having us as a safe place to express that is important.
- Use preventative parenting. When things are calm, talk about what your child can do when they feel overwhelmed or angry. "Let's figure out a plan for when you're feeling angry, so we don't hurt anyone." "Let's make a list of 5 things to do when you feel sad." "Next time you feel angry, count 5 blue things, or list 5 things you are thankful for."
- Separate the emotion or behavior from the child. Your child is not the problem. But maybe, they don't make great choices when they are overwhelmed. Those choices are the issue you want to help fix, not the child.

And remember, we can't do this 100% of the time. But we can take as many opportunities as we can do coach our kids. They deserve our time and attention when we can give it. JL

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How to Make a House FEEL LIKE *Home*



BY SARAH WIND

How do you feel when you walk in your front door? How would you like to feel?

A house can be bleak, haphazard, and uninspiring, or it can be inviting, organized, and joyful. Not only can you make the choice to create a place you love coming home to, you can make small changes for a big impact. There's an art to making the place we live feel like our home.

Let's talk about how you can make where you're living homey. First, you need the desire. I've lived in places that weren't going to be my long-term dwelling, and I didn't want to put forth the effort and money to make it look like my dream abode. If you don't plan to live someplace long-term or will move soon, why invest in nice furniture and décor? But if you're putting roots down, read on.

Making a house feel like home isn't so much about making it look perfect; it's more about exercising your power of choice to create a specific ambiance. This could be industrial, rustic, regal, airy, artsy, beachy, tropical, modern, feminine, or masculine. An intangible idea of home becomes tangible through personal touches.

You could have the most beautiful, organized home on the planet, but if it didn't hold meaning or make you smile, it wouldn't feel like home. Whether its grandma's vase on the

bookshelf or a family photo on the wall, personalizing with intentionality makes a house a home. ♥

Take a look around your house. Are the furniture pieces ones you selected because you needed to fill the space? Or did you hand select each piece with care? If you filled your house with furnishings that are simply functional or hand-me-downs but that you don't actually like, give yourself permission to replace them with items that bring you joy.

Beyond furnishings, there are a myriad of personal touches you can make:

- Pick a color scheme for the whole house or each room
- Choose lamps, ceiling light fixtures, and ceiling fans you love
- Display meaningful objects, collectibles, or souvenirs on shelves
- Put vases, stacked wood, books, or candles inside of the fireplace
- Turn your fireplace mantle into a seasonal art display
- Place real or faux houseplants in corners
- Arrange fresh flowers in vases
- Paint the ceiling, walls, doors, cabinets, or the floor
- Revitalize furniture by painting or reupholstering it
- Hang new blinds or window coverings
- Replace curtain rods with ones that match the feel of the room
- Add a rug that feels soft under your feet
- Switch out throw pillows and blankets
- Set out seasonal placemats, tablecloths, or table runners

- Commission an artist to create a painting that goes with your color scheme
- Buy a blank canvas and paint an abstract art piece
- Select large-scale artwork that has meaning to you
- Make a gallery wall with smaller-scale art and photos
- Use room spray or diffuse essential oils
- Buy a new doormat to welcome you and your guests

Start by asking yourself one question: What is one step you could take toward making your place feel more like home? The way you experience your home will have a direct effect on your happiness. Make the most of it! **JL**

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WHY WAIT?



Dr. Myra Perrine

is passionate about helping others connect more authentically with God, themselves, and others. A former teacher at Simpson University, Myra has served for

24 years with an international humanitarian organization called Novo where she coaches and mentors leaders all over the world. She has written several books, including *What's Your God Language: Connecting with God Through Your Unique Spiritual Temperament*, which is highlighted in this article. Myra and her husband live in Redding and enjoy cycling, kayaking, and taking their dogs on trips in their travel trailer.

When I was in my 20s, whenever I'd find yummy bath powder or lovely sheets in a store, I'd say, "Ooooh! When I get married someday, I'm going to want to get some of these.!" I was eager to share these luxury items with my future husband — whomever he would be.

Then one day, a friend came to visit for the weekend. I thought I'd do something special, so at bedtime I drew a warm bath for her, lit a candle, and put a nice, fluffy towel in the bathroom. She was, of course, delighted to feel so pampered.

The next morning when she mentioned her relaxing bath, I told her I was hoping to find a husband someday who'd draw a bath like that for me. She looked at me with amazement, then said with a twinkle in her eye, "Myra, you draw a

magnificent bath. Why wait?"

Her words hit me right between the eyes. For years I'd been waiting, thinking that when I got married someday, then I'd begin to live life to the fullest: buying those special items, going on exciting adventures, visiting exotic places. And yes, then I'd finally buy that new home, wear that fancy nightgown, and eat dinner on a linen tablecloth. But as the years passed, my life was becoming less about enjoying each day and more about countless "when ... then" scenarios.

My friend's visit, however, shifted my thinking. I decided to stop waiting and start living NOW. When I'd see some little thing I wanted, if I could afford it, I'd buy it—and I'd enjoy it right then (by myself or with a friend). I bought that new house (thanks to all my buddies who encouraged me through the escrow process!). And when the nearby university sent me to Papua New Guinea to teach a class one summer, I stopped in

Australia on the way home and went scuba diving off the Great Barrier Reef (my diving instructor, Michael, was so cute, and though he was half my age, boy was I thankful to be holding his hand while we searched for all manner of fish 30-feet down!).

Here's what I've learned. Live now. Pursue your dreams. The only day you have is today. Enjoy it to the fullest. Don't wait. Don't let yourself postpone your happiness until you meet "the one" and then think you'll begin living happily ever after. Just enjoy this day because today is a gift—that's why they call it THE PRESENT!

I once knew a gal who'd always wanted to have children, but in her mid-40s, she was still single and losing hope that her dreams would ever be fulfilled. One day a friend asked what was keeping her from adopting or fostering children as a single woman. That question ended up altering her life, and within months she'd quit her job, signed up to become a foster parent, and not only received her first foster child, but she also met a wonderful man she later married!

Indeed, there's something downright attractive about a person who is "going for life"... not holding back or waiting (or even worse, behaving like a victim). Yes, it takes more gumption to get out there and do things alone. But the character and grit that's added to a person's soul when they take steps toward creating a life they enjoy makes them undeniably winsome. And that endearing quality actually becomes a magnet drawing people of like caliber and capacity to us.

So here's the question: what are you waiting for? What is it you could do today to make your life happier and healthier in this season right now? Someday you may not have as much unencumbered time. So why not start today by

making a list of the activities or projects you'd like to do this year. Maybe you want to add something to your day as simple as walking your dog every evening or painting the bathroom. Perhaps you want to begin to eat better, join a gym, or revamp your wardrobe. Are there hobbies you'd like to try or friends you'd like to invite to join you on some fun adventure? And why not ask the Lord to show you a way you can invest in others this year as He matures you into the person He designed you to be? Today is the only day you have to live life to the fullest. So let me ask, why wait? JL

Just enjoy this day because today is a gift—that's why they call it THE PRESENT!

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BY BENI JOHNSON

Author of *Healthy and Free* and *40 Days to Wholeness*

I am not a winter person so, when spring and summer come around and I get to write a summer article, I'm happy. As I write this, the weather is changing and we are days away from the spring equinox. The Old Farmer's Almanac describes equinox this way: "This event marks the start of spring in the northern half of the globe. After this date, the Northern Hemisphere begins to be tilted more toward the Sun."¹ I love this because, as a believer in Christ, I could change the word sun to Son (Jesus). All I know is that, when I step out into the

sun to get my vitamin D or I work in my Garden and orchard, I honestly feel closer to God. Even my husband notices the difference in my mental state. This could just mean that I'm getting my proper amount of Vitamin D which is boosting my immune system and releasing the hormone serotonin. Whatever it is, I feel like I could conquer the world.

Vitamin D is often called the "sunshine vitamin" and, believe it or not, most people are deficient. Vitamin D plays an important role in our overall health. It helps us to absorb the nutrients in our food. Without it, we could be eating very healthily and yet still not getting the full nutritional value of the food delivered to our bodies. Vitamin D also helps us fight anxiety and depression. One year, my husband bought me a happy light, which tells you that there was a real problem, lol. During the winter months, when there is little sunlight, many people can experience depression or SAD (seasonal affective disorder). But these lights can warm you and, along with Vitamin D, can really help boost your mood.

Vitamin D can also actually help us sleep at night. When we are in the sunshine for short periods during the day, our bodies natural rhythm will then begin to produce the hor-

mone, melatonin, at night. Many people take vitamin D in supplement form but I would caution you to make sure you get a high quality, pure supplement (not just a cheap over the counter synthetic one) I personally take 10,000 IU of a liquid D from Bluebonnet that you can get online or at your health food store.

Recently, one of our elderly family members was tested and found out she was severely deficient in vitamin D. She is now on a good vitamin D supplement and, as the weather is changing, she sits outside every day, exposing her limbs and face to the sun. It only takes 10 minutes of sunshine without sunscreen to help rebalance your levels of D. Remember, sitting outside in the morning is the best because it will help your sleep at night.

Because of COVID, many of us have adjusted our lives.

Finding a good supplement protocol, which I talked about in the fall article 2020, is a key. Vitamin D is one of those gems that will increase your immune system which will help fight diseases of any kind.

Many years ago, when my children were little, we would spend as much time as we could outside. I remember taking the playpen, putting it up for babies and picking blackberries together. Or, sometimes we would go to a creek or river just to be outside. It's just good health.

So, here we are in my favorite time of the year. I encourage you to take the time to get outside and breathe. Take in some sun and your body will thank you. If you can't find me, you know I'll be outside working in my garden, feeling like the world is my prize and I can do all things through Him. No excuses my friends. Let's do this.

To your health! JL

To Your Health



¹<https://www.lovelandmagazine.com/spring-ahead-dawling/#:~:text=In%20the%20Northern%20Hemisphere%2C%20the,northern%20half%20of%20the%20globe>



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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.

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

Sometimes we get into the habit of eating the same sort of food over and over again, but it is healthier to eat an assortment to get a variety of nutrients. When you choose produce from the ripe seasonal selection, it provides the nutrients your body needs.

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

Enjoy this seasonal salad recipe as melons are ripe in the summer. For *Joyful Living Magazine* readers, I've slashed the price of my four cookbooks. This bundle includes four eBook cookbooks: *All About Salads*, *Breakfast Cookbook*, *Soup and Bread Cookbook*, and *Main Dishes Cookbook*. These healthy recipes are low-carb, gluten-free, and provide alternatives for dairy. Get a copy of the sale-priced cookbooks at <https://susanuneal.com/4-cookbook-bundle-sale>. **JL**

BLUEBERRY CANTALOUPE AVOCADO SALAD

(Makes 4 servings)

1 cantaloupe, diced
2–3 avocados, chopped
1 package of blueberries

Wash cantaloupe and cut into small chunks in a bowl. Chop avocados and add to cantaloupe along with blueberries.

DRESSING

1/4 cup olive oil
1/8 cup gluten-free
balsamic vinegar

Mix all dressing ingredients and pour over the salad. This is a delicious and nutritious snack that curbs the sweet tooth.



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