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Fall/Winter 2021



BY BRENDA HAWN

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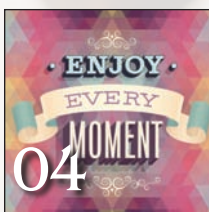
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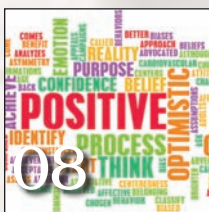
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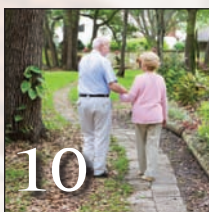
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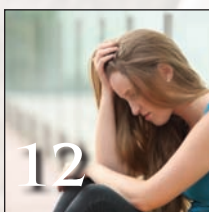


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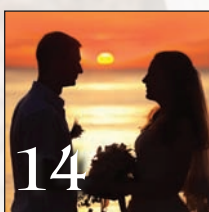


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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance.

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BY LONNIE MARTIN

• ENJOY •

EVERY

MOMENT

Twists and Turns of Life

It's true what they say, the older you get the faster time goes. Just as quickly as one season is ushered in it abruptly shifts near its end and yet another new season begins. There is an anticipation of the "what's coming next" as we tire of the current conditions. In spring we watch as the world awakens and blooms and comes alive with fragrance and color, yet we anticipate the long-awaited feeling of summer. The feeling that comes with longer days, boat rides and vacations including beaches and waves. Then, as heat and fire seem to only burn hotter, we search the sky for clouds pregnant with precipitation, darkening the days and cooling the nights. From wearing that favorite hoodie to pumpkin spice lattes, the crisp crackling of leaves shuffled beneath our feet as the school bell rings and the sound of the big yellow bus break releases confirming summer has said goodbye and fall is upon us. The inventory of stores quickly pulls us from one holiday to the next and no sooner is Halloween removed,

Christmas is placed on the shelves while colored eggs and pink bunnies begin pushing from the back trying to take center stage. We are rushed, pulled and tugged as suddenly the rains give way, the snow settles on the mountains and the radio plays "Sleigh bells ring" in every location. Somewhere Thanksgiving was smooched into the mix, yet became buried beneath wrapping paper, amazon boxes, and bags of bows. Season's Greetings and Gather signs are exchanged on the mantle as we strive to keep up with the ever-evolving seasons.

The irony of enjoyment vs execution is ever present as we fight to preserve the nostalgia from years gone by.

As we all know, woven into the fabric of holiday and home there is a new normal that has been thrust upon us. New words have threatened communication and connection. Words like, CDC, guidelines, mandates, quarantine and the all too familiar Covid. Somehow playing "(There's no place like) Home for the Holidays" can create a feeling of heaviness where once

happiness filled our hearts. For some, hosting the holiday blues was a silent struggle. Now with media overshadowing the hark of heralding angels, a shout has gone out causing an uneasiness within communities and families.

Here in lies a great choice before us. With division becoming as great or an even greater threat than disease, we must choose to yield to our differences and allow diversity of opinion and perspective a seat at the table. If we do not choose to entertain another's views without heated debate, we will place a new centerpiece of discord and dissension as the cornucopia where once grateful hearts gathered.

When freedoms are being arrested and relationships are being tested, we must zoom out and remember that life is a kaleidoscope of fleeting experiences that constantly twists and turns and takes new shape creating some pictures that are easily identified and others that are bit more blurry and harder to decipher. We are living in curious times when we are being pushed and pulled to fight for what is "right." Perhaps the greatest weapon in our fight it to hit the pause button for a night and enjoy each moment as it comes and create room for each and everyone. 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 Plano, TX with her two teenagers and very patient husband and can be found on all social channels @christylargent

Creating a Positive Family Experience



What's the word that can cause a cold shiver, clammy skin and shallow breathing? What's the event that you start thinking about 6 weeks before and strategize how to get in and out as fast as possible? What environment that causes you to revert to your childhood self - bringing out attitudes and behaviors that long lay dormant in your everyday life?

If you guessed family, family get togethers and being with your family, you guessed correctly!

Our family. We love them...but, often we are not our "best selves" when we are around them.

From personal experience, I know that the moment you are around your family of origin, it's like some invisible magnet pulls you back to who you were at 16! It's crazy!

Thankfully, with a little preparation, you can steer your next family event in a positive and enjoyable direction.

Just utilize these simple strategies below to create your own positive experience this time. With a little preparation you might even turn it into your best family experience ever.

1. ENVISION WHAT YOU WANT.

A week before your event, take time to think through, and write out what your ideal family experience would look like. What do you want to happen when you are together? What would the atmosphere be like? What kinds of things would you say to each other? How would you feel around each other? You can go as deep as you want on this exercise because when you have a clear picture, it's much easier to do the next step.

2. PREPARE YOUR MIND AND BODY.

Once you have the clear vision written down, take a deep breath in and out. Lower your shoulders. Close your eyes and breath in through your nose for 5 seconds, hold for 6 seconds and breath out through your mouth for 7 seconds. Repeat this breathing 3-4 times.

This short and simple activity is really important because when we think stressful things, our fight or flight system kicks in...and this exercise will actually reset our parasympathetic system. That means the cortisol levels go down, our heart rate goes down and overall we are in a better (healthier) frame of mind (and body.)

3. PRACTICE OUT LOUD.

Once you've calmed your parasympathetic nervous system down, go ahead and read your vision over. Say it out loud, and listen to yourself describe this delightful time together. Let yourself feel the feelings you will experience as you engage together. Hear the happiness in your voice. "What's the environment you've created? Then do it again. And maybe one more time.

And that's it. I recommend you go through steps 2 and 3 several times on the days leading up to the event, and that will help you be prepared. And when it goes differently than you envisioned, that's ok, just stop, breathe, and remind yourself of how you want it to go to get back on track.

Families are a blessing. When you let yourself experience the best of family, even when it's difficult, you can refocus yourself on what you are looking for - so that becomes your experience. And in all this, enjoy, have fun, and be thankful! JL



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PURSUUE SERENITY



BY LINDA CENTER

Anxiety and worry are at an all-time high with the outbreak of the Delta variant of COVID-19, political unrest, and numerous natural disasters. How do some retirees push through these challenges with a smile while others feel dread?

It takes just a moment to change a negative thought into a positive attitude. One of my clients, Jan, handled this well. Her new adult stepchildren and their young ones wanted to visit the Friday before Easter. She fretted over their visit, wanting everything to be perfect. Jan prepared a wonderful roast beef dinner for their arrival.

Before mealtime, Jan felt terrible when her stepson announced, “I don’t eat meat, only fish. I’m going to run and pick something up.” He and his wife came back three hours later, delaying dinner for everyone.

The following day Jan drug her feet to the kitchen to find a sink full of breakfast dishes. No one offered to help; instead, they watched TV all day, leaving snacks and drinks everywhere. On Easter morning, she called me in a rage to ask how she should handle her unpleasant situation. I inquired if she was grateful to have a new husband, good health, and a lovely home to accommodate company. We talked about how we allow others to treat us and came up with a plan for her to set boundaries.

Jan finished our conversation with an optimistic tone. Optimism does wonders to keep us calm in troublesome times. It’s uncomfortable to worry over what will happen next. Standing in hope allows us to have a healthier way to live.

But how do we set aside the sense of dread and anxiety with challenging situations or people? I find it calming to find a quiet place, take a deep breath, and lift a serenity prayer: *God,*

I’m grateful I can give you my burdens. Grant me the serenity to accept the things I cannot change. I need courage to change the things I can and your wisdom to know the difference. Amen

The power of prayer helps me stay in the positive lane. Here are four other ways I maintain positive thinking.

1. THANKFULNESS

Throughout the day, I journal the things I’m thankful for. Counting my blessings is an easy way to remember the good things in life.

2. PEACEFULNESS

Each person seeks peace in their own way. Calmness releases a spirit of heaviness. When I’m out of sorts, I play my favorite Christian music while taking a long hot shower.

3. ENGAGEMENT

Boost your energy and mood by doing something active. Try dancing in the kitchen for the joy of it all. Engage in a new hobby. Occasionally, I make a date with my neighbors to walk our dogs together.

4. ACCOMPLISHMENT

Our well-being is essential for quality of life in retirement. Take time to invest in yourself and others. You are responsible for your thoughts, feelings, words, actions, and health. I retreat to a day off each week to relax and regroup. I also treat myself to something special like a movie or a manicure.

Not every challenge has a happy ending but thinking positive lightens stress. The most valuable thing you have in life is your time and energy. When life gets difficult, please don’t waste it WORRYING about things you cannot change. Take a breather and pursue serenity. **JL**

Today’s Thought

Choose one of the four ideas above and commit to taking steps this week to stay calm during troublesome times.

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Tips to Age Well & Enjoy a Long Life



**BY JOANNE MCCARLEY
BSW, CERTIFIED
CARE MANAGER.**

We can maintain our independence and continue enjoying life well through our senior years by staying informed and getting prepared to avoid safety risks.

When we reach our sixties, it's common to experience a lasting health decline after an episode severe enough to cause a hospitalization. Thus, helping prevent a health crisis or injury is one of the best ways you can age well and maintain a high level of independence.

Common avoidable causes of hospitalization include: Confusion about medications; a fall that results in a hip fracture or head injury; a car accident and not recognizing signs of a chronic illness getting worse.

One out of four adults age 65 and over experiences a fall each year. That makes falls the leading cause of injury for older adults. Each year, one out of three seniors will fall. Falls can be very serious and result in a hip fracture and/or injury to the head. They can also lead to loss of independence. More than 40% of people hospitalized because of hip fractures do not return home. They are not capable of living without assistance

again. Even worse, falls are the number one cause of injury death among seniors. The older the person, the more severe the consequences of a fall are likely to be.

If you have any of the following circumstances, you have a higher chance of falling and other health risks:

- **Taking more than three or four medications:** The more medications a person takes, the greater likelihood of a fall. This is especially true if any of the drugs are known to also cause dizziness or drowsiness.
- **Vision or hearing loss:** Many falls result from stumbling over an object that wasn't seen or they don't hear a hazard in time to react.
- **Alcohol use:** Alcohol affects balance. In fact, ten percent of all ER visits for a fall involve alcohol.
- **Depression and isolation:** Loneliness and lack of social engagement leads to more risk of memory problems, appetite/nutrition issues, sleep problems and more, which lends to fall risk and other health concerns.
- **Dizziness when standing:** It's best to talk with your doctor to rule out a medical cause. Some nonmedical situations contribute to this type of dizziness.
- **Numbness in the feet:** Without sensation in our feet, it is difficult to keep our balance.

- **Physical weakness and balance problems:** Maintaining muscle strength and endurance helps prevent falls. There are simple, low impact exercises to help balance and strength.
- **Home environment hazards:** Most falls happen at home and can be avoided by picking up clutter, removing throw rugs, doing repairs on stairs/walk areas, installing grab bars and toilet risers, as well as utilizing assistive devices for safety. Proper shoes and slippers prevent falls.

Tips for Preventing Falls: A recent review of numerous studies show that some strategies are better than others. The most effective measures for preventing a fall include the following:

- Exercise, especially activities that promote balance
- Getting regular eye exams and hearing tests
- Removing hazards around the house
- Wearing sturdy shoes and slippers
- Install grab bars
- Purchase a shower chair or bench
- Get a hand-held showerhead
- Add nonskid rugs and mats

Falls due to environmental causes are the most preventable of all threats to older adults. And in that regard, the bathroom is one of the most dangerous rooms in the house. Eighty percent of all falls occur in the bathroom. Slippery floors, hard surfaces, and unforgiving edges are just some of the hazards. Getting up and down from the toilet and in and out of the shower are the top two activities most associated with falls.

Everyone can age well and maintain a high level of independence by being informed of risks and taking measures to avoid injury. For more healthy aging information and free resources visit www.shiningcare.org or call ShiningCare at (530)232-5543. JL

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BY MARTIN WILES

Ditching Depression



SADD was first named by Norman Rosenthal and his colleagues at the National Institute of Mental Health in 1984. Other names include winter blues, summer depression, and seasonal depression. Symptoms include oversleeping, overeating, difficulty waking up, lack of energy, trouble concentrating, and withdrawing from friends, family, and social activities. But SADD is only one type of depression. Depression grows from medical, self-inflicted, circumstance-related, or others-instigated sources.

Ditching depression involves consulting the proper sources. Depression often comes when circumstances are not in our favor. Circumstances that others have created, but that impact our life. Circumstances that we don't like but feel we have no control over. We can try running from them, but they have a way of hounding us. Often, these unfavorable circumstances lead to another emotion we don't necessarily appreciate: fear. And once fear takes over, depression can follow closely behind.

Depression—and its causes—is unique to the individual, so no one source of healing works for every person. Some consult

the Bible, pray, and attend small-group gatherings. Others try reading books or talking to close friends. For some, depression won't heal without a visit to a doctor, psychologist, or psychiatrist. This may involve counseling, medicine, or both.

I remember one such foray into depression. Chest pains moved in regularly. I began to imagine all the things that might be physically wrong with me. I visited my family doctor who knew my circumstances, diagnosed me with depression, and prescribed medicine. But the medicine made my stomach hurt. When I kept returning to my doctor, he bluntly said, "You're depressed. Take the medicine and stay out of the emergency room."

Ditching depression entails admitting our helplessness. Depression often brings feelings of "darkness," as if we're lingering under an ominous cloud that won't dissipate. The darkness resembles the blackness I've experienced on cave tours. While I enjoy pondering underground structures, one part makes me nervous: when the guide barks, "Now everyone stand still," and then slams the light switch to the "off" position.

I was vulnerable in the dark cave. Depression makes us that way. Helplessness isn't easy to admit. We're more likely to think we can conquer anything. But like the addict who must confess their addiction before help becomes effective, so conquering depression involves admitting our inability to overcome without assistance.

Although depression doesn't carry with it the stigma it once did, not many people enjoy openly admitting they are depressed. We would rather hide it by masking our emotional pain with denial.

Ditching depression requires determining if unwise behaviors crouch at the root of our struggle.

Charlie was a good girl who grew up in a home with parents who taught her the difference between right and wrong. When a teenager, she discovered Jesus at a church revival and after graduation from high school married her high school sweetheart. But somewhere along the way, Charlie changed. She ditched her family values, and her new friends led her down roads her parents had warned against. Eventually, she walked out on her family. She thought she was doing what she wanted, but depression followed.

Unwise decisions and raucous behavior can be a major cause of depression. Anytime we walk away from the good in life and pursue things that harm us and others, an emotional struggle develops. If not quickly settled by turning back to honorable living, we will lose our emotional war to depression. Unwise decisions always take us farther than we want to go, keep us longer than we want to stay, and cost us more than we want to pay.

When I was young and living in the flatlands of my home state, summer thunderstorms quickly filled ditches along the secondary roads. Running through them and splashing in

them provided just the joy my boyhood heart needed. But no one enjoys playing in the ditches of depression. Although we may not be able to completely avoid bouts with depression, we can take some actions that move us out of our soaked state and back onto dry ground.

Martin Wiles is a freelance editor, English teacher, and author. He is Managing Editor for Christian Devotions, Senior Editor for Inspire a Fire, and a proof-editor for Courier Publishing. His most recent book, *Don't Just Live...Really Live*, is scheduled to release in October 2021. JL

Depression—and its causes—is unique to the individual, so no one source of healing works for every person.

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VIEW 202



BY JOEL BERRY

Joel Berry studies at Dallas Theological Seminary and is a CPA by profession. He serves as a mentor for men and leads a Bible study group for married couples. Joel and his wife, Cheri, have been married thirty-seven years and live in Roswell, GA.

Does Marriage Have to Be Hard?

A speaker started with the statement “Marriage is hard!” I watched as many in the audience nodded, and I heard one hearty “Amen!” I thought of my two adult sons, and wondered if they would agree.

My wife, Cheri, and I discussed the statement as we drove home. We have had our share of disagreements over the years, but, neither of us considers marriage hard. For the past thirty-seven years, we have enjoyed a relationship built on love, respect, cooperation, and commitment to one another.

Many couples find marriage difficult. Personality conflicts, pride, selfishness, poor choices, and wrong attitudes can make marriage hard. I believe, however, that God’s grace enables any couple willing to invest the effort to experience harmony as my wife and I have experienced. I invite you to consider the following recommendations for harmony in marriage:

1. LOVE YOUR SPOUSE.

Just think of the impact to your marriage if you show patience and kindness to each other!

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2. COMMUNICATE HONESTLY AND ATTENTIVELY.

Put your phone and tablet away and talk with each other. Listen with interest to what your spouse has to say—how their day went, what they’re excited about, or what they fear. Give each other freedom to express both good and bad feelings. Tell each other when something is wrong; but do so with grace. Respond with kindness, remembering Paul’s words about love. Do your best to accommodate one another.

3. COOPERATE INSTEAD OF COMPROMISE.

We learn, as children, the art of compromise. “If you will do this, I will do that, but if you don’t, I won’t.” Compromise rarely focuses on the best outcome. Harmony in marriage results, not when one must give to get, but when husband and wife work together to achieve a common goal.

4. RESOLVE CONFLICTS RESPECTFULLY.

Conflict rears its ugly head every now and then, even in the best of marriages. Couples who live together in harmony learn to resolve conflicts without wounding one another. Hurtful words do not resolve conflict. Learn to recognize

when you need a cooling off period and make that known. Don't just storm out of the room or give the silent treatment. Also, never air your grievances in front of others, and do not criticize your spouse in the presence of friends. If needed, seek the counsel of a trusted friend or professional counselor who seeks wisdom from God, and then talk with your spouse. Be kind to each other.

5. KEEP ROMANCE ALIVE.

When Cheri and I were dating, we looked for opportunities to spend time together and to demonstrate affection for one another. We have continued to do this throughout our marriage. Sure, having kids and keeping up with jobs and family and friends and a thousand other things get in the way, but we always find a way to do special things.

Make time to enjoy one another. Be spontaneous and do fun things. Even the small things count. Put some Alan Jackson (okay, choose your favorite artist) on the stereo and slow dance on the patio. Make the effort to enjoy a happy, harmonious relationship with your spouse. Marriage doesn't have to be hard!

6. PRAY TOGETHER AND PRAY FOR EACH OTHER.

Praying together cultivates fertile soil, not only for spiritual growth, but for deep, abiding affection for one another. You have an opportunity to discover your spouse's needs that might not be expressed except during prayer.

Also, pray for each other. I cannot count the number of times Cheri has told me she prays for me. What an encouragement! We can only do so much to help and encourage each other, but we know God extends his grace whenever we ask. Lift up your spouse in prayer throughout your day, every day. JL



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THE ART of Collecting OUR KIDS



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

As we entered our daughter's Transitional Kindergarten class we were greeted with a smile and someone who wanted to connect with us. Our daughter, although shy and nervous, was able to open up and felt wanted and excited. A few months later at a dance camp, we entered the dance room and couldn't tell who the instructor was. We weren't greeted or welcomed. Needless to say, as we waited for class to start, the shyness and nerves took over and our daughter didn't want me to leave or to stay for class. We worked through it and she ended up loving class even with the rocky start.



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WHAT WAS THE DIFFERENCE BETWEEN THESE TWO INSTRUCTORS?

One made a point to welcome us and show interest. The other didn't.

Don't we feel better when someone welcomes us with a smile or handshake and shows interest? This seems like a simple concept. A strong greeting sets up a successful interaction. But, how often do you do this with your children?

Both of these instructors were great and our daughter ended up loving both classes. But one teacher had a special "trick." She made a point to collect our daughter as she entered the room.

Researchers discuss the action of collecting and recollecting our kids when we first encounter them or when we are reencountering them. When we are away from our children, typically because of sleep, school, or work but even including small separations like the 20 minutes of playing outside while you made dinner, we need to make a point to reconnect and collect them. The first thing a parent should do when reencountering their child is to greet them as a means to recollect them.

These greetings can vary in size. When picking our daughter up from school, a hug and holding hands to the car followed by the conversation about her day works well. In the morning, a big hug and a snuggle seem to be our favorite. When our son comes in to tell me a story while working on the computer, eye contact, a smile, and giving him my full attention are enough to show him I am here to listen.

One important point to remember is the ritualization. What can you do that can be a ritual? My greeting for our daughter after school is the same each day. Teachers who give high fives as students walk in have created a welcoming ritual for students.

These loving greetings make a lot of sense when our kids are

young, but as they become more independent or grow into teenagers we may feel these greetings no longer have a place. This is not true. Please continue to pursue your teenager who seems to want nothing to do with you. Your relationship with them is the most important predictor of their success and the most important part of your parenting.

Parents, I know you are busy. I know you have to get out the door by 7:40 or you will not have time to get your kids to school and get yourself to work or an appointment. I know you need to make dinner and finish the laundry and still make it to baseball practice. I know you need to get back to work after picking your child up from the bus stop. Believe me, I get how busy you are and how many things you need to do.

But I encourage you to take that extra time, whether it be an extra 30 second hug (the amount of time needed for all the good love hormones to begin releasing), or an extra three-minute conversation, to connect with your children. Meet them when they wake up with a hug and a smile. Meet them when they get out of school with a hug and a conversation about their day. Tell them how happy you are to see them. Meet them when they get home from practice with connection over dinner. The moments may seem short, but they add up. *JL*

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BY BRENDA HAWN

Find your passion
and live YOUR dream

Life is funny, you take a job back in 1996 and you have no idea it's going to change your life. As a single Mom with two young boys, I found a temporary job as the receptionist for the Redding Chamber of Commerce. I'm embarrassed to say, I didn't really know what the Chamber did at the time, but I quickly learned and fell in love. I watched each day how they advocated for all our local businesses and fought for each of them and what they needed to survive and be successful in our community.

20 Joyful Living Magazine

So, my mission is to find the best, and most efficient places to tell your story!

After a year I was offered the job as the Event Coordinator, and this is where it all changed for me. I began working directly with our local business owners and their employees as they served as committee members for the over 15 annual events the Chamber put on each year. Some of you may remember the energy of these Chamber events 25 years ago, and the important business networking opportunities they provided...they were essential, and I was so

proud to be a part of the team. This is where I grew the love for helping local businesses. I served 4 years as the Event Coordinator eventually moving into radio advertising, and landing at Charter Communications (now Spectrum) as a Cable TV Sales Executive for 16 years. At the time we offered 36 TV Networks, each with their own Target audiences. For example, as we know ESPN and Hallmark Channel do not reach the same target audience. I was able to help clients spend their valued dollars in the right places. This is where I became passionate about helping local business get the most out of their advertising budget.

After working for a short time for our local ABC (KRCR) and FOX affiliates I took the leap (as so many of the small business owners I had worked for had done!) and opened my own Advertising Agency!

This new venture allows me to create full-service advertising strategies the way I always wanted. Helping small businesses find the best places to advertise, coupled with an appropriate budget, along with GREAT creative, making this the killer combo! And as we all know we can't afford to advertise everywhere and trying to navigate the overwhelming options of TV, Print, Radio, Digital Banner ads, Social

Media Advertising, Search Engine Marketing, Search Engine Optimization, Billboards, Direct Mail, Email, Door Hangers and Press Releases can make your head spin!

So, my mission is to find the best, and most efficient places to tell your story! At the end of the day, that first Chamber experience- brought me full circle. I became a small business owner and still carry the passion to help my fellow business owners live their dream. It is a risk coupled with a lot of faith that only those who have taken this journey can ever fully comprehend. It is truly my privilege to be that trusted partner. That is me living MY dream. JL

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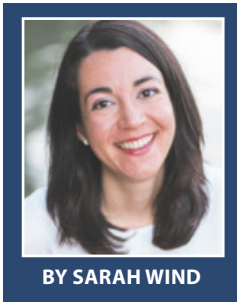
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BY SARAH WIND

Stuff. There's nothing like moving and downsizing to make us go through our belongings and get rid of stuff. But the longer we stay in one place the more stuff we will accumulate.

Birthday presents, hand-me-downs, clearance rack finds...Unless we intentionally get rid of things, our drawers, closets, and floor space will get more and more full until there's no space left.

How does living with a house full of stuff make you feel?

For most of us, it induces stress and makes us feel messy and unorganized. Many times what we think is a lack of organizational skills is actually an overabundance of possessions. If we got rid of 50-80% of what we owned, we'd probably instantly feel a sense of relief and like we had our lives together.

It may seem as if our accumulated possessions aren't taking up any time or energy, but they actually are. They take up space in our minds, whether we see the items or not. And they take time to manage, whether that's cleaning or picking things up.

Take clothing for example. The more clothes we have, the more mental energy it takes to choose an outfit and the more laundry there is to do.

The less stuff we have, the more time and energy we'll have to focus on things that truly matter to us.

Once you've decided to purge your possessions, you'll want to go through one shelf, drawer, or space at a time and divide the items into these categories:

- To keep
- To throw away
- To donate
- Uncertain

For the items you're uncertain if you can live without, put them in a box to store for a set amount of time. Write a date on the outside of the box and mark your calendar. When that date rolls around, if you haven't needed what's inside the box, donate it.

As you're going through your possessions, you can ask yourself these questions:

- Do I use/wear this?
- Do I need it?
- Can I live without it?
- Do I have another one of these items, and do I need multiple?

For extra motivation, ask a friend or family member to sort through things with you. They most likely won't be as attached to your belongings as you are, and they'll help you make decisions faster.

As the author of the book of Ecclesiastes said, there is "a time to keep and a time to throw away" (Ecc. 3:6 NIV). There's no time like the present to begin decluttering and become freer by living with less stuff. JL

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Stay Healthy this Fall and Winter



Staying healthy and free of viruses this coming fall and winter flu season is more important than ever. Missing work because you are sick or having to care for family members can put a strain on your normal routine. Luckily there are natural immunity boosting products you can incorporate into your life that will have you and your family immune ready for the coming cold, flu, and virus season!

The first defense in boosting your body's immunity is by eating a healthy natural diet. Both the quality and type of foods you put in your body play an important part in your body's immune system and internal health. Certain fresh foods can help boost your immune system including citrus fruits, red bell peppers, broccoli, garlic, ginger, turmeric, spinach, yogurt, almonds, sunflower seed, green tea, papaya, and kiwi, just to name a few. Eating these foods regularly can help build your immune system so it is ready to fight off virus strains.

On the flip side, there are foods that can impact your body's internal

systems negatively and lower your immune systems defense ability. Processed foods with added chemicals and preservatives. Foods prepared with high heat, deep fried, and high fat content. Sugary snacks, or salty foods, to name a few. Try to avoid or at least limit these types of foods in your daily diet to keep your body and immune system winter ready.

For some, incorporating cooking and preparing immunity boosting foods regularly is too time consuming for their daily routine. In this instance or for those that need specific nutritional help, the active defense and immunity boosting components in these foods like

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Vitamin C, Zinc, or Omega 3, can be concentrated and put into supplemental forms to be taken in capsules, powders, or tablets.

There are hundreds of supplemental formulas available that can help strengthen immunity much more efficiently and more conveniently than incorporating dietary changes. Even then, these healthy components in supplements and vitamins must be sourced from quality products and not involve harmful extraction procedures or chemicals when manufacturing them to maintain quality health benefits.

Orchard Nutrition Center can help make all the difference when purchasing supplements and vitamins by being totally committed to providing customers with high quality and pure products from reputable and ethical businesses. We pride ourselves on being the gateway for Nutrition knowledge in our community. We have knowledgeable Health Consultants to help you choose the right products for you and your family's needs.

Some Supplemental Substances that are great for natural antibodies and immunity health include: Garlic, Oregano Oil, Colloidal Silver, several varieties of Mushrooms, Golden Seal, Echinacea, Vitamin C, Zinc, Grapefruit Seed extract, Elderberry juice extract, Omega 3, and increasing your oxygen intake.

Other precautions to take to protect yourself and the people you care about this fall and winter is to be socially conscience of your surroundings. One of the easiest ways to prevent the spread of viruses, including Covid-19, is by washing your hands frequently. Another is to maintain clean frequently touched surfaces at your work or home by wiping surfaces with disinfectants regularly. In public spaces, practice social distancing and wear a mask, especially while in indoor public facilities. These are all easy and important ways you can lower the chance of contracting or potentially spreading a virus to your coworkers and family members.

Our friendly staff is ready and here for your questions, and needs. See you in store! **JL**



BY JOE MARTINO

Joe Martino, Founder of Orchard Nutrition Center, Est. 1982 -- and The Orchard Nutrition Center Team

Joe moved to Redding, California in the early 1980's. Shortly after moving to the North State, Joe began experiencing health issues which prompted him to start his journey into research-

ing natural alternative treatment options. Realizing there were not a lot of options in the Redding area, Joe decided to open Orchard Nutrition Center in February of 1982.

Orchard Nutrition Center was established with Joe's core values and his desire to provide knowledge and quality health products to this community. To better do this, Joe attended Bastyr College in 1984 to continue his quest for knowledge and a better understanding of health & wellness.

Joe's commitment to his vision of providing a space for knowledge and community has led to his continued success in growing Orchard Nutrition Center for the last 39 years. Joe however won't take credit for Orchard's success, insisting that its success was due to the many people who have contributed their hard work and knowledge to Orchard Nutrition Center and its customers.

Joe sold his beloved business to two trusted long-time employees but has agreed to stay on as their advisor and still contributes to the business.

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Angels

AMONG US



BY MYRA PERRINE

their dogs on trips in their travel trailer.

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

I've heard a lot of people talk about angels—you know, heavenly beings who come to earth to do God's bidding. I have, however, never spoken to anyone who's actually MET a real-live angel... except my friend, Leslye, and me. And I've met four different angels, four different times!

The first time I met an angel (and no, I'm not talking here about a very kind person, though it's lovely to encounter those folks, too!), I was driving with Leslye in Tijuana, Mexico. We were on our way to Azusa Pacific University's satellite campus where I was teaching a leadership class at a place called "The Ranch." Looking back, I realize how naive Leslye and I were to think we could navigate Tijuana by ourselves. After all, I'd never driven outside the U.S., but with the directions Azusa gave us, we never gave our safety a second thought, and off we went.

However, once we crossed the border from California into Mexico, we realized that most streets were unmarked. In fact, we saw very few street signs, and according to our directions, we needed to turn left on 113th Street. Since this trip occurred pre-GPS, I assigned Leslye the task of counting the streets as I drove.

A few minutes later, I asked Leslye what street we were on. She looked at me apologetically and said she'd been so fascinated with city, she'd forgotten to count! WHAT?! I pulled over and asked the first person I saw if she could help, but unfortunately, this lady spoke no English, and my Spanish was... well... no bueno.

We drove several miles before I pulled over to ask directions again, but that person didn't speak English either. Finally—out of total frustration—I just turned left! I figured we'd driven at least 100 blocks! Then I noticed a middle-aged, Hispanic man getting out of a shiny, red pick-up truck parked along the street. I pulled up behind him and told Leslye to ask him if he knew directions to The Ranch. She hesitated, but I assured her that this man spoke English (not sure how I knew that, nor why Leslye believed me!). So out she went, and voila! Not only did he speak English, but his name was Peter and he knew the way to the Ranch because Maria and Jose, the groundskeepers, attended his church. Then he offered to lead us there, and before we knew it, we were following Peter's shiny, red truck.

After fifteen minutes on a long, winding road, going up and down hills that were taking us further and further from town, I realized two things. First, Leslye and I could never have found this place on our own. Secondly, if Peter was not on the up-&-up, we were in trouble because by now we were out in the middle of nowhere. Here we were, two gringas somewhere in Mexico following a man we didn't know away from the city. And the sun was setting. And our cell phones didn't work in Mexico.

Finally Peter pulled over, motioning for us to turn left onto a little dirt road. We complied, waving good-bye to the stranger who kept going east as we made our way through a harvested field. Thankfully, it wasn't long before that road led us to the Ranch where we were greeted—in English!—by Maria and Jose who lived on the grounds. They graciously welcomed us in, eager to hear about our journey; from the expressions on our faces, they could tell we had a story to tell. As we shared the details about getting lost in Tijuana and meeting Peter from their church who led us to the Ranch in his shiny, red truck, Maria and Jose looked puzzled. Wide eyed, they assured us that they didn't know anyone named Peter, nor was there a man named Peter in their church. But even more perplexing was that in a town they knew quite well, they'd never seen anyone driving a shiny, red truck!

Leslye and I were speechless. Then—once the shock wore off—there was a great deal of discussion that ended with the four of us concluding that Peter was indeed an angel! Had God really sent us a heavenly helper in our time of need? He looked like a man; he drove a red truck. But just as the Bible talks about encountering “angels unaware,” we realized we'd met our first angel!

But Peter was only the first. After that encounter, I was more aware of strangers who showed up out of the blue just when I needed them, then suddenly disappeared right after helping me. Now it was only a matter of time before I encountered other heavenly agents who were sent by God who take of me during times real of need.

So how about you? Have you ever met an angel—a heavenly messenger sent to help you just at the right time? Maybe you didn't recognize it, but looking back now, do you wonder? Stay tuned to hear about Angel #2. JL



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Intentional HOPE

Exhausted. Deflated. Tired. Weary. Angry. Afraid. Perhaps feeling sick of COVID and all the political, societal, and medical debates bombarding us these days? We are all feeling long term excessive pressure paired with our typical life responsibilities which has not been fun. The world is hurting with fear and loss. Hope is being challenged by despair for all ages, especially for our youth. This combative atmosphere is taking its toll on all of us.



BY ROBIN LITTAU

Robin has been a single mom the past 5 years of 4 kids: 16, 15, 13, 11. She was also married, and homeschooled her kids for a few of their early years. She is rich in life experience.

As a single parent, I feel so small in comparison to the problems around us. I feel like I have to fight daily to keep it all together. My hope is being tested big time. What do we do? What can I do? I've asked myself these questions so many times during this chaotic season. I know I must do something, because doing nothing simply gets us the same results. For the sake of our children, our families, our city, and this Nation. I'm an American! I'm a Mother! Therefore, I know I am part of the solution! Waking up with a joyful perspective takes more intentionality than ever before. These times REQUIRE intentional hope!

I don't like looking at problems with hopeless eyes. In fact, I refuse to because without hope, we deflate quicker than a popped balloon. Without hope we struggle to face the day with fulfilled purpose. Hope is the cement of humanity. Hope is having eyes that see solutions to problems. Hope is knowing something is possible even when it feels impossible. Hope carries the understanding wisdom that a mountain is tackled one persistent determined step at a time. Hope keeps going when your legs want to quit and carries you through the pain. Merely pressing through the emotions

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we're feeling, while avoiding the problems we're facing leads us deeper into defeated despair and coping patterns that don't benefit our health. The healthiest approach to facing problems is hunting for intentional tangible bite sized solutions. We must feel our emotions, deal with the problems head on, choosing to heal for healthy outcomes. Avoidance and despair aren't viable remedies. Whenever problems appear mountain sized, it's an essential necessity to grab onto hope and tackle the journey one chosen problem-solving step at a time.

I don't have all the answers, but I can share some practical ideas I've chosen that might create intentional hope for you during this challenging season:

1. Wake up each day with spoken gratitude and thankfulness for anything good in your life! Write it down.
2. Most importantly: commit to take care of your basic health daily! Get a good night's sleep, take vitamins, drink water. You can't thrive if you're not doing the basics well.
3. Practice zealous compassion and kindness towards those you love, including yourself. Do one kind action each day for yourself and each family member. This could be a simple hug, word of encouragement, taking time to listen, writing a letter to a loved one.
4. Keep conflict messes cleaned up so they don't accumulate. Be quick to mend any hurts caused. Active listening stops feisty fights from brewing. Create a peaceful home that you all want to come home to. Teamwork through problems. This will save you wasted time.
5. Have fun! Stop working and schedule in time to do anything you and your family enjoy. It can be as simple as going for a walk, reading a book, gardening, going to the lake, watching a sunset, painting, writing. Get creative! This will bring you the most joy in your day! Prioritize this when you're most irritable.
6. Think of something that's really bugging you in your neighborhood/workplace and create a simple solution you can facilitate change with. Ideas could be a neighborhood gathering for neighbors to meet, sharing a meal, baking cookies, and taking them nextdoor, making kind note cards for your co-workers, doing something above and beyond that needs to be done to add more love to the places you go. Get involved and active in your local school board meetings, or City Board meetings. Vote! Call Senators and Assembly Members to voice your citizen concerns.
7. Take a few moments to write down dreams and goals, then goal plan towards DOING them! Have your kids join in. Go after the healthy things that make you feel most happy and alive!
8. Connect with your loved ones at least once a week: A family night of journaling with music on is very relaxing and healing. Have a family game night. Go out for ice-cream. Watch the sunset at the lake. Eat dinner together and discuss the highs/lows of the day. Read a book out loud together. Call your grandparents. Dance in the living room to loud music. Start a new hobby together.

The more you wake up each day intentionally thankful, proactively pursuing solutions toward creating a life you love waking up to, the more hopeful you'll be! Solutions will become easier as problems take their proper place. There is always a solution! There is always hope! Sometimes we just must be exceptionally intentional!

Robin has been a single mom the past 5 years of 4 kids: 16, 15, 13, 11. She was also married, and homeschooled her kids for a few of their early years. She is rich in life experience. JL



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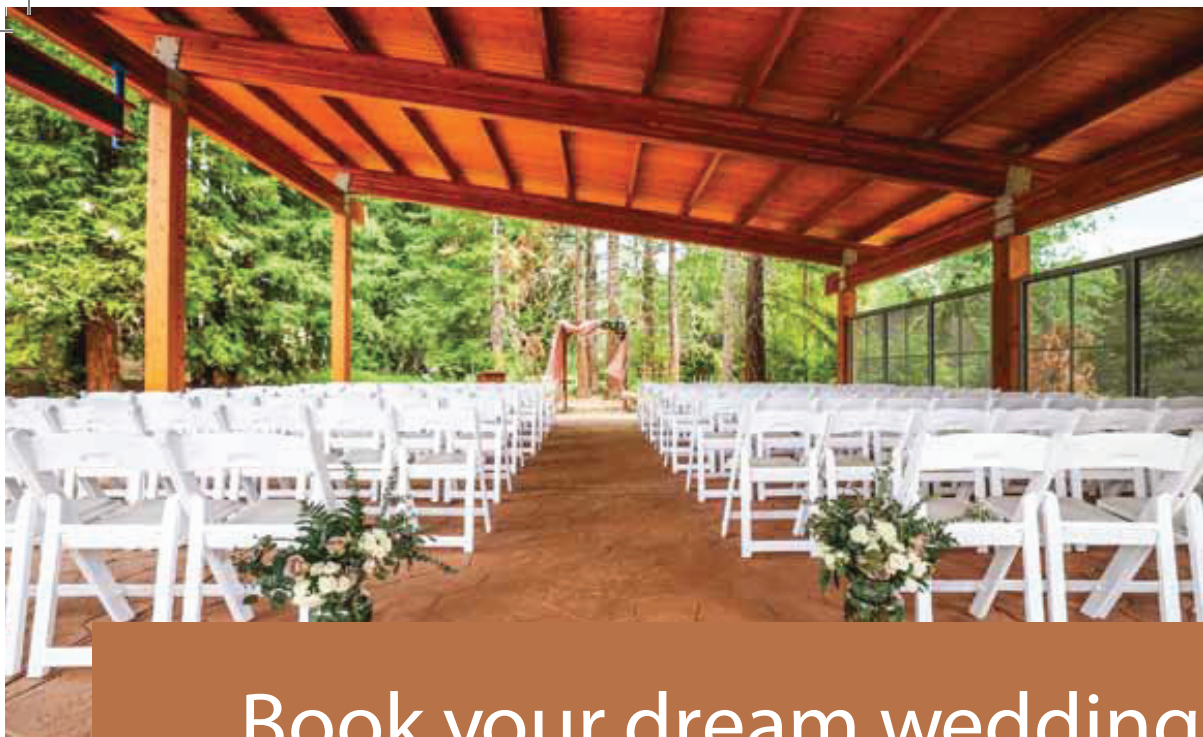


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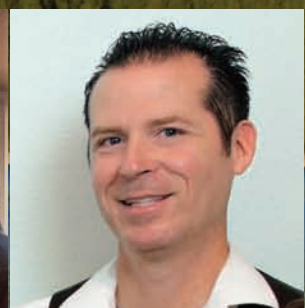
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