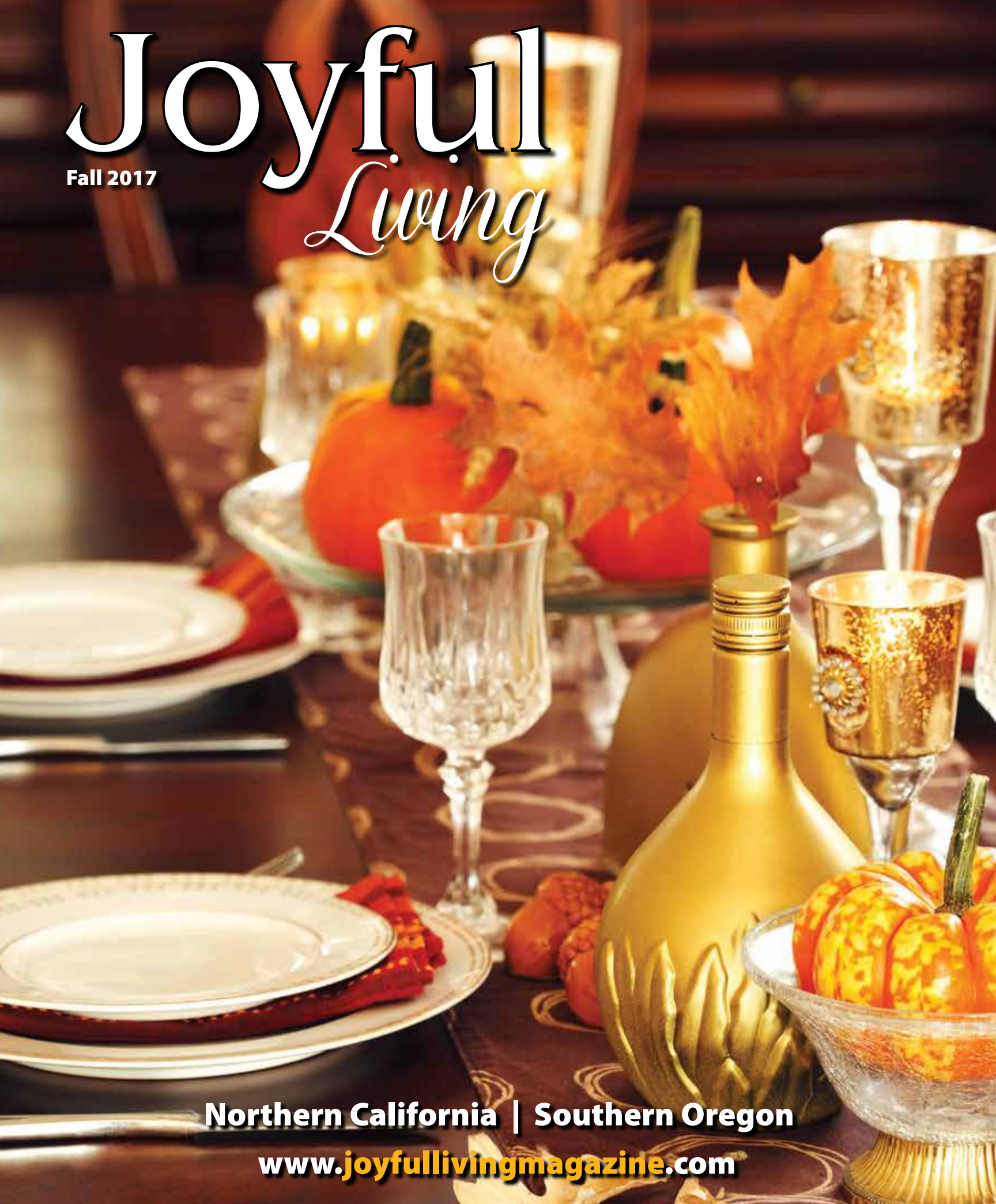


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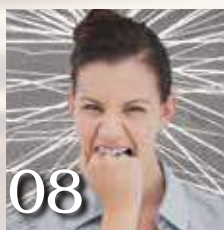
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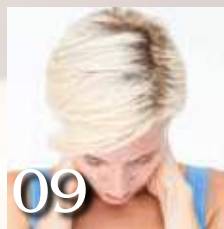
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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance. We are platform for beauty, goodness and grace. We value inspired thinking and embrace changing seasons. We honor your legacy and where you are from. Our desire is to serve and respect our community.

Our intention is to bring valuable resources as our diverse 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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Permission to Fail



BY LAURA BURWICK

As parents, how do we teach our adolescents to maneuver the world they live in today? There are parenting books on how to manage our children's behaviors and books that talk about empowering our children. We are familiar with books that help us address specific circumstances in their lives and how to handle each as it arises. What if they were able to develop their own process for dealing with life's challenges? How do we help our teens and young adults understand the emotions that lead to their choices?

I believe the answer is helping them explore and develop a process to deal with any circumstances they are facing. It's creating environments that allow them the freedom to fail, and manage their free will. What did Jesus teach us? Our behaviors change through grace, relationship, and the love of our Father. God was not afraid of giving us free will. The apostle Peter made many mistakes during his time with Jesus. Peter denied Him 3 times and he then hid in shame. What did Jesus do? After he resurrected, one of the first things He asked was that someone go and get Peter. He restored His relationship with Peter and spoke life into him. Jesus loved and taught Peter through his mistakes with love and reminded him who he was, the rock in which He would build His church.

It is a time in their life when they decide either consciously or unconsciously who they want to be, what they will do for work and what kind of person will they marry. If they aren't talking about it and intentionally deciding on their own, life circumstances will be the force that dictates their future. I used to talk to my

kids about it even if they pretended not to listen or care. They will get the information somewhere; I wanted them to hear it from me.

The inability to fail and process situations in life leads to negative choices, addictions, and violence. So instead of trying to manage our children's behavior, look for the changes in behaviors and ask the hard questions. How are you handling any peer pressure to drink or try drugs? What do you think about sex? Do not be afraid to ask for help. Take them to a counselor or therapist to develop a relationship before there is something wrong. Agree together on 2 adults you both know and trust that they can ask for advice. It teaches them a process of how to manage life and build a community with trust and intimacy.

Fight for them in a time when they don't know how to fight for themselves. Yes, you do have the right to their passwords and to regularly check their phones and social media accounts. Set their security settings and allow their devices to notify you if there is a change. It is what keeps them connected to their true selves

instead of turning to drugs, alcohol or seeking the wrong attention from the opposite sex.

I love that God always meets use right where we are. What if we began to meet them where they are? Watch You Tube videos, go on social media with them. We all have those friends who have questionable posts. Share your thoughts about it with them. Let them talk about theirs. Do a silly challenge with them. Ask them questions, listen to what they have to say and allow them to answer without judgment. Share your thought process with them and walk them through finding their own.

It is your responsibility to encourage and empower them to find their identity so they can weather failure and success. They will believe in themselves and know who they are is worthy and lovable, even if they fail. Then they will have the motivation to get back up and try again. JL





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Giving Our Children

Wings To Soar

Our children enter into this world a life filled with enormous potential. Whether or not they will fulfill that potential has everything to do with their level of confidence. When talking about confidence, I am not talking about the kind of self-confidence where they are the source, but a strong, God-confidence where He is defining who they are. As parents, we are tools that God uses to help shape our children's identities, and therefore, their confidence.



BY GABBY HEUSSER

Here is a little information about me: Gabby Heusser is the author of *In His Footsteps*, and lives in Redding, California with her husband and two daughters, Sarah and Emily. You can find more of her articles at: GabbyHeusser.com

For too long I lived as a defeated Christian, unwilling or unable to step out of the shadows of hiding and fear. Then I had children. I knew these prisons would not only keep me from my potential, but could also keep them from theirs. God showed me that these two precious babies deserved a mother who first loved and believed in herself, leaving that legacy for them to love and believe in themselves. I began to wake up to the importance of walking in my new identity in Christ, not only for my sake, but for theirs.

God has led me on a journey of freedom and wholeness, where I know who He is and who I am. I

have let go of lies and false belief systems. This has translated into so much confidence and has given me the ability to believe that I can do everything that I was placed on this earth to do through His power. While this journey has not always been easy, I am seeing that as I step out in faith, my daughters are as well. Faith and confidence are contagious! Seeing my daughters finding their God-given identities and being courageous is the greatest reward!

As parents, we have the most influence and authority in our children's lives. This is so encouraging! We have been given the task of helping shape the life of another human. Our kids will see our faith and action and will be inspired to live the same way. It may not happen when we would like to see it (like right away), but it will happen. I know this to be true because I am seeing it unfold right before my eyes. My girls are beginning to soar! Don't worry-as parents we cannot mess things up so badly that God cannot fix them! What we can do right now is to begin believing God. Believe who He says that He is. Believe who He says that we are. Believe Him about everything! This is the greatest heritage that we can leave our children. *JL*

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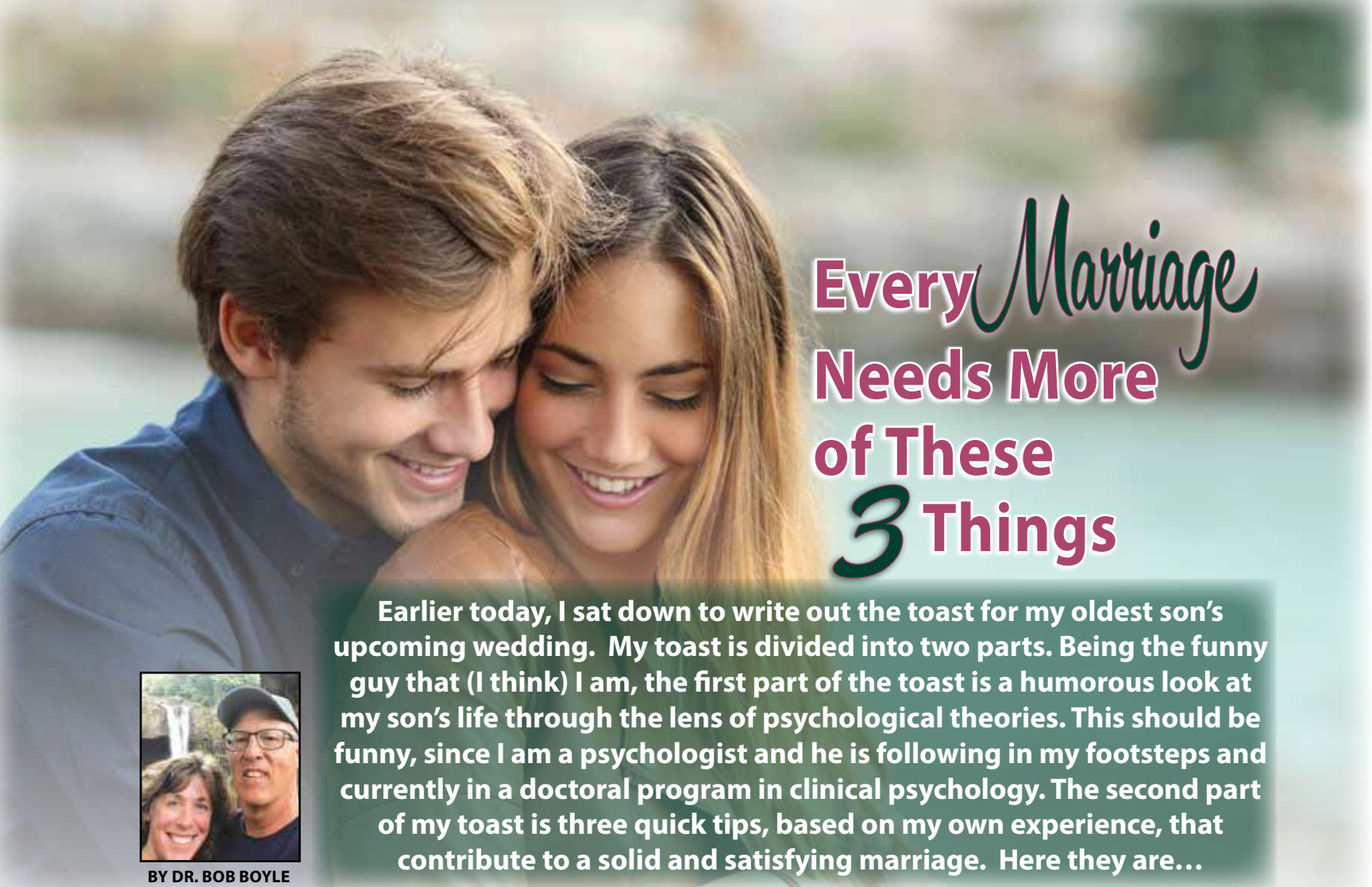
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Every Marriage Needs More of These 3 Things

Earlier today, I sat down to write out the toast for my oldest son's upcoming wedding. My toast is divided into two parts. Being the funny guy that (I think) I am, the first part of the toast is a humorous look at my son's life through the lens of psychological theories. This should be funny, since I am a psychologist and he is following in my footsteps and currently in a doctoral program in clinical psychology. The second part of my toast is three quick tips, based on my own experience, that contribute to a solid and satisfying marriage. Here they are...



BY DR. BOB BOYLE

DR. BOB BOYLE has been practicing as a licensed psychologist in Redding, CA since 1991. Currently, he is the staff psychologist at Far Northern Regional Center and maintains a part-time private practice. He also works with businesses and athletic teams around leadership and team-building. Dr. Boyle is co-author of *A Hitchhiker's Road Map to Leadership*. Dr. Boyle is married with four grown children, and enjoys coaching basketball and playing golf. Dr. Boyle can be reached at: drbobboyle@gmail.com.

First, I would like to borrow a phrase that Rick Warren made popular in his bestselling book, *The Purpose-Driven Life*. He popularized this phrase, and I think that it has particular meaning in the context of marriage. In marriage, IT'S NOT ABOUT YOU. As human beings, we tend to be rather egocentric and (pathologically) narcissistic in nature. Even though this is completely upside-down, we tend to think that IT'S ALL ABOUT US. This couldn't be further from the truth. If we take this worldview into marriage, we can almost guarantee ourselves a relationship filled with strife, unhappiness, and disappointment. Marriage works best with these priorities: God first, spouse (family) second, and you (self) - third!

A second principle for a healthy marriage is to always assume good intentions. In some ways, this second tip relates to the first. Conflict and misunderstandings are inevitable in an intimate relationship like marriage. But by assuming good intentions, we can reduce both the frequency and intensity (and resulting hurtfulness) of conflict/misunderstandings. How does this happen? It's good to remember that your spouse loves you and wants the best for you, just as you love your spouse and want the best for them. When you give your spouse the benefit of the doubt, you are more likely

to be less defensive and react accordingly. It only makes sense to assume the best about the person you love the most.

A third principle for a healthy marriage is to say thank you – a lot. I am originally from the Chicago area. Because of the history of corruption in Chicago politics, it was said that Chicagoans voted “early and often” in order to unduly influence election results. I'd like to suggest that we translate this concept over the marriage arena. We can help build a good marriage foundation by saying thank you to our spouses, early and often. Start saying thank you early each day. Look for opportunities during the day to be grateful to your spouse, and to verbalize this. Say thank you when your spouse does something nice for you, no matter how small and mundane. Tell your spouse about one thing that you really appreciate about him/her. Say thank you to your spouse when they do something that contributes positively to family life, i.e. does a chore, runs an errand, helps with the kids, etc. Say thank you – a lot!

Keep these three principles in mind as you traverse the wonderful and challenging territory of married life: 1) It's not about you, 2) Assume good intentions, and 3) Say thank you a lot. If you put these principles into action, rest assured that you will be developing a Spirit-driven marriage that is stronger, more vibrant, and ultimately resilient. JL



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What to Do When You Feel Like QUITTING

Tiffany was so excited she could hardly stand it! The opportunity to be on the steering committee of the leadership council had been a dream of hers for so long. She had served on the council for several years and really enjoyed her time there. She knew there was extra time required of steering committee members, but in her excitement she just KNEW she would be able to fit it in. After all, she had wanted this opportunity forever.



BY CHRISTY LARGENT

Christy has a diverse background having worked both in the US and internationally.

Christy is the co-host of the PBS-TV show, The Forum, has a podcast, Encouraging Words for Working Moms and is the author of the best-selling book, 31 Positive Communication Skills for Women.

When she isn't speaking or coaching clients, you can find Christy sneaking in a workout or a quick lunch with her husband in between chauffeuring her 2 school aged kids to and from basketball and tennis practices.

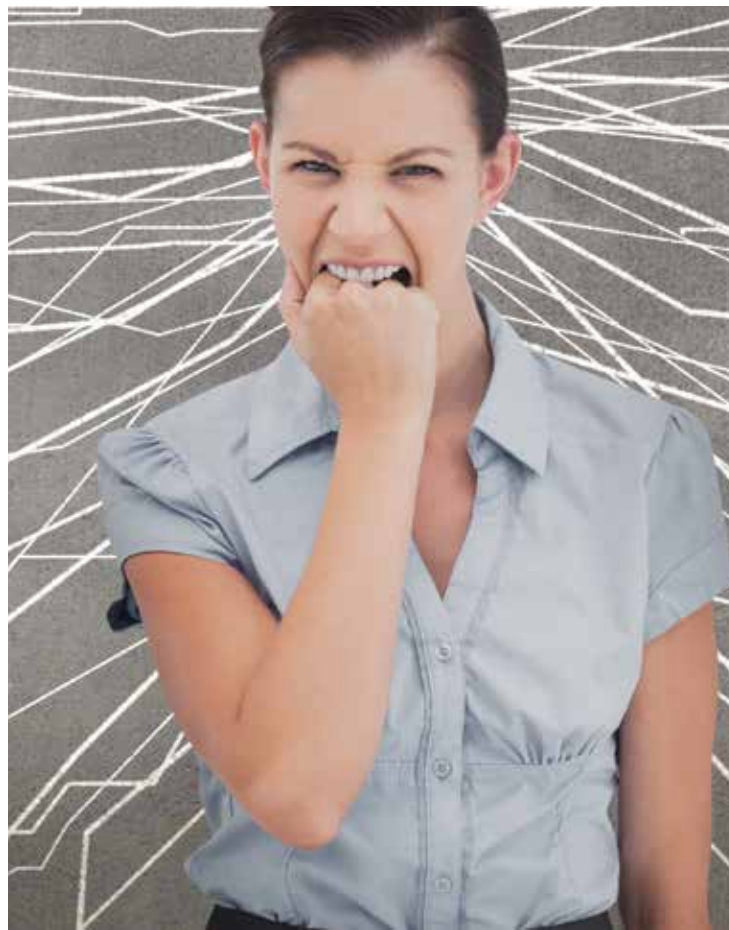
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Fast forward 4 months and she thought she was going to just quit everything. She had forgotten how much the school schedule would demand and how busy the kids were...thus, how busy she was. The steering committee meetings seemed to come around double time, and just when she thought she was catching up, the next meeting would hit and she would have another long list of activities to complete. It was so frustrating!

Have you ever felt like Tiffany? It's so tempting to load up on all the opportunities that come your way - yet so difficult to try and do all you want to do. I know I've felt that way many times...mid-way through a commitment, I just want to bail on everything!

Here are some things I've learned that help me stay engaged even when demands are high:

1. Make sure I'm staying up to date with my own purpose and goals. You know the saying, "If you aim at nothing you hit it every time." That's what happens when I'm not crystal clear on what's important to me and my family. When I'm not clear, I just say yes to everything and end up being effective at nothing because I probably said yes to things that weren't really in alignment with my true purpose and goals. By taking the time, daily, to remind myself of what I really want to be doing — in order to achieve what I really



want to accomplish - I'm staying in alignment, with activities that reflect that focus.

2. Before I do say yes, I seek wise counsel. (That's usually my husband.) He knows my tendency to want to do everything, and he also remembers how overwhelmed I get when everything happens at the same time. I'm the eternal optimist. I can make almost anything fit into my purpose and goals. Can you relate? So I need someone who can see just a bit more clearly. And when he gives advice, I listen. Proverbs 15:22 reminds us of this principle, "Plans fail for lack of counsel, but with many advisers they succeed." So next time, before you say yes, seek wise counsel.

3. I remind myself of why I said yes in the first place. Because I'm pretty diligent about the above points, when I do say yes, it's usually because I really feel called to do the work. So I just have to take a deep breath, remind myself of why I'm involved, and look for the next best thing to do. By refocusing on my reason for doing the work, I'm able to see through the difficulties and forward towards the end result. And that seems to give me just enough courage to stay engaged.

Tiffany is just like so many of us. It's a good thing she, and we, have the truth of God to remind us, that when it all shakes out... "In his heart a man plans his course, but the LORD determines his steps." Prov. 16:9. And if it's the Lord who is determining my steps, then I know it's all going to be just fine.

Christy is a Professional Speaker focused in the area of Engagement. She specializes in opening events getting audience members energized and engaged or closing events helping them leave empowered to act.

Her clients would tell you their audiences love her funny stories & real life examples illustrating practical ways to apply what they've learned to bring about lasting positive change. **JL**



BY BENI JOHNSON

To Your Health
Author of Healthy &
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Fighting Chronic

INFLAMMATION

We've all experienced inflammation. We've banged our shin on the coffee table, stubbed a toe, bitten a lip, gotten a splinter stuck in our finger, or rubbed our itchy eyes around the neighbor's cat. Although the effects of these incidents can feel uncomfortable, inflammation isn't necessarily bad. It's actually the very healthy response of the body to an injury or an invasion of germs. We may experience redness, swelling, localized heat, or pain. But that's just the result of our body healing and nourishing us, attracting the immune activity to an area that needs it.

Inflammation, however, isn't always helpful; it can be incredibly destructive. In the case of autoimmune disorders, it can actually turn the body on itself, mistaking the body's own tissue for a dangerous invader. Inflammation can also become destructive when it subtly spreads throughout the body over a long period of time. This is referred to as chronic or whole-body inflammation, which is caused by a sedentary lifestyle, genetics, and exposure to internal and external toxins. If left untreated, it can increase your body's susceptibility to other issues or diseases.

While it's easy to see a swollen eye or a bruised leg, chronic inflammation can hide for years, disguised as other symptoms. So, let's talk about what we can look out for and how we can prevent this inflammation in our bodies.

Here are some common signs of excessive inflammation:

- 1) Consistent aches and pains
- 2) Difficulty losing weight (if you have excess fat on your body, you will be producing inflammatory chemicals which, in turn, create insulin resistance and make it impossible to lose weight)
- 3) Fatigue (when your body is producing inflammatory chemicals, it is having to work too hard and you will become fatigued)
- 4) Red and itchy skin (could also mean that your liver is overworked)
- 5) Allergies and infections
- 6) Diagnosed autoimmune disease

Ok, that was the bad news. Now, onto the good: you can beat inflammation! And the best way to do that is to change your diet.

As I'm writing this, my naturopath has me on an anti-inflammatory diet. That looks like staying away from inflammatory foods, or foods that cause you more harm than good. These include dairy, wheat, refined sugar, gluten, artificial additives, and any foods to which you have an allergy or sensitivity. Does this mean that I can never eat these foods again? No. But, honestly, I feel better in every way if I stay away from this list, especially the processed foods. At this point, my body is feeling great and my hormones—which are affected by inflammation—are resetting themselves. I have more energy and can go strong pretty much all day.

It's not only which foods to avoid, there are also foods that help fight inflammation. Your diet should be mostly vegetables, salads

(especially greens), good fats, nuts, seeds, and fruits. After that, you should have organic eggs, organic meats, organic and hormone-free chicken, along with wild fish. Last, but definitely not least, you should include some 72% dark chocolate. My daily treat is a small handful of walnuts mixed together with raw honey and dark chocolate.

If you change the way you eat, you are going to start feeling better. Often, it's mostly the refined sugar that's our enemy. I've had people tell me that, as soon as they cut the sugar (including artificial sweeteners) from their diet, they immediately feel the difference. I know that it's hard to break the cycle of sugar addiction, but it's well worth it when your aches and pains go away.

Another major path to restoring your health is getting a good night's sleep. If you work on getting at least 7.5 hours of sleep every night, you will begin to see results.

Finally, there are several supplements that I would highly recommend for fighting chronic inflammation:

- 1) Turmeric (Curcumin): make sure it has been combined with ginger or black pepper. It can be taken in capsule form or used as a spice in cooking.
- 2) Alpha-Lipoic Acid
- 3) Omega-3: Fish oil or flax seed oil (for vegetarians)
- 4) Ginger
- 5) Resveratrol
- 6) Spirulina
- 7) Zinc

Always buy any supplements from a reputable manufacturer, and follow the dosage instructions carefully. If you have a medical condition or take any medication, make sure you check with your doctor first.

While inflammation has been linked to many health issues and struggles, there are practical tools that can help you rid your body of the underlying cause of chronic pain and fatigue. If you are interested in more information on living a healthy lifestyle, feel free to check out my book, *Healthy and Free*. **JL**

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Unworthiness



BY CYNDI BARBER

Cyndi Barber is a Pastoral Counselor at Redding's Transformation Center where she specializes in relationships and inner healing. She also writes for iMom.com, a parenting website. Her own blog is upandovercomers.com.



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Unworthiness has many voices. It can sound and feel like; not valuable, not good enough, feeling like a bother to others, undeserving, being overlooked or unseen, passed over, or feeling small. It keeps us from having healthy boundaries, makes us feel obligated to others, takes away our voice, and convinces us it's not okay to have needs or desires.

The most unfortunate thing about unworthiness is how it affects our relationship with God. Of course, we all know mentally that Jesus' sacrifice paid to make us worthy to be loved and have a relationship with a loving Father. But feeling inherently unworthy of love, time, provision, safety, or tenderness limits how deeply we can connect to the One who walked and talked with Adam in the garden. The Father's desire has always been for connection and intimacy with His children. He longs to be known and for us to invite Him into knowing us.

It could be that your dad was too busy to pay you any attention, your mom didn't or couldn't hold you, your older sibling was irritated by you, you were an unwanted pregnancy, you were jilted by a significant other, or were used as an object of someone else's sexual brokenness and abuse.

The reality that you weren't treasured and valued by people may be keeping you stuck in that reality. It's time to break free and experience the Father's love and desire for relationship with you and for the full measure of the Cross to be made manifest in your life.

Take a moment to forgive the person/people who wounded you. You may not even be aware of how you learned you were unwor-

thy. Begin by asking who you need to forgive. Be specific. Instead of saying, "I forgive my dad for ignoring me" say, "I forgive my dad for being too busy with work and not having time for me. I forgive him for overlooking the fact that I needed him to listen to me, watch me in sports, or spend time with me." Being specific takes the forgiveness deeper in your heart where the pain resides. By releasing forgiveness you are opening up the painful place to be touched by the Lord. Next, invite Holy Spirit into that place by simply saying, "Holy Spirit, I invite you into this place of pain and neglect by my dad. I ask that you would heal and restore me. Please fill that space with the Father's love for me." You may or may not feel anything instantly. But He responds to this invitation in the exact same way he responds to our acceptance of salvation.

What does worthiness look like? It's knowing that you are valuable beyond measure and you matter to God. "He loves you" can be so familiar a phrase to us that we don't truly grasp the depth of what that means. He is passionately in love with you specifically! You are irreplaceable in His heart. YOU make his heart swoon with joy! Imagine being so valuable to someone that they need to be near you, long to communicate with you, can't keep their eyes off of you? Ask Him to reveal to you this love He has for you. **JL**

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BY ABIGAIL MCKOY

Tackling the BODY



Let me be honest for a minute: before last spring, I hadn't stepped into a gym in over ten years.

Ok, fine. It was fifteen years.

And, even back then, I mostly slogged (slow-jogged) on the treadmill so I could watch Dawson's Creek. I had a wild crush on Pacey and, considering I didn't have a television, my membership at the YMCA worked out pretty well for me. I think that lasted for a month.

The thing is, I always thought the gym was for flirty meat-heads or high-strung ladies doing aerobics in sexy workout gear. I am neither of those. I am a mellow, nature-loving bookworm, and the closest thing I had to workout gear were some bib overall snow pants that I got on clearance from the men's section. They were great for skiing, but not exactly sexy.

The problem was that I hit my thirties and my body began to—let's say—"expand" in ways that I was not used to. Blame it on the fact that I am nearly six feet tall, but throughout my twenties, I was one of those annoying people that could basically eat whatever they wanted and not gain any noticeable weight. I mean, I was also fairly active. I rode my bike to class during college, danced at parties, and walked my dog, but there was nothing intentional about my exercise. It just seemed to happen.

So, I suppose I thought this would continue forever. But, one glorious morning, I looked at myself in the mirror and thought, "Huh. That's an interesting new curve. Where did THAT come from?" Soon after, I began to reconsider my physical nonchalance.

The Bible says that our bodies are temples of the Holy Spirit. And, let's just say, maintenance had taken a back seat. I realized that it was time to tackle the temple. So, I began to run...on purpose. It was very slow going at first. I started off attempting a single mile. Each of those first few steps, I worried how I'd sustain the motivation to keep going without something large and a bit scary chasing me, but I did it! I returned to my apartment, winded and sweaty and triumphant, marveling that a small tour of my neighborhood could tire me out that much. But, I kept at it. After a few months, I was running three, four, five miles and—to my shock—enjoying it!

And then, I did the unthinkable: I joined a gym. And, not just any kind of gym, I joined CrossFit. Straight into the six-packed belly of the beast, the fitness Mecca of flirty meatheads and high-strung ladies, right? But, much to my relief, I found something

quite different. My morning classes were mostly filled with women, many of them moms, laughing together, encouraging one another, and growing stronger. I found a community of intelligent, fun people who cheered me on each time I did one more sit-up or attempted to jump rope without tripping and falling.

There was also something else. As I ran the miles or struggled through one more burpee, I felt my body getting stronger, more in-tune. A feeling of joy would well up inside of me. Sure, it felt good to be taking care of myself, but that wasn't all of it. I realized that the joy came from allowing my body to be fully what God had intended. Worship, I realized, is not an activity restricted to the four walls of a church. When my feet hit the running path, each muscle was singing out its own song to the God that knit me together. I could feel His pleasure. My exercise became an act of worship to my Creator, a way to celebrate His incredible design. And that, even more than Dawson's Creek, has made it a bit easier to get to the gym in the mornings. JL

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Visit Redding

BY KALLIE MARKEL

What to do in Redding

You might book a luxury package at a spa, where staff will play nature sounds on the stereo and pamper your skin, and you'll be out \$100 and one afternoon. You might instead visit McArthur-Burney Falls Memorial State Park, just outside of Redding, and listen to actual nature sounds, feel the mist of one of the world's most stunning waterfalls on your skin, and earn the radiant glow and lasting memories of a day spent in discovery. If luxury is experiencing something rare and special, Burney Falls is luxury. Splash in the water, wander the trails through the woods, and enjoy knowing you broke the routine and experienced something truly beautiful. The park is an hour's drive from Redding, which is treasure trove in itself. Beaches, trails, and gorgeous views are available around every bend here, that's why Redding is famous for offering "any adventure, any day."

There's a time warp just east of Redding. It starts with Shasta State Historic Park, a preserved, gold-mining-era ghost town – complete with brick ruins and a ghost – where you can get hands-on experiences of life in a booming city in the 1800s. Farther along the highway, Whiskeytown National Recreation Area's historic apple orchards and mines dot the lake shores, accessible by dog-friendly trails. Tour the Tower House Historic District and pan for gold, or peek down an abandoned mine shaft if you dare. From Whiskeytown, a scenic drive along the Trinity River will take you into Weaverville. Imagine yourself in the 1854 Tong War when you visit the beautiful Joss House – the oldest continuously-used Taoist temple in the state. It's a fascinating look into the role played by Chinese immigrants in early California history. When Redding promises you "any adventure, any day", it includes 160+ years of possibilities. **JL**

Saturday, Sep 9 & 10 2017

Palo Cedro Honey Bee Festival

Admission: Free
Bishop Quinn Community Center
21893 Old 44 Drive,
Palo Cedro, CA 96073

Shasta Renaissance and Fantasy Faire

Admission: \$10
Shasta District Fair & Event Center
1890 Briggs Street, Anderson, CA 96007

Monday, Sep 11, 2017

Big Daddy Weave Set Free Tour

Admission: \$26 - \$76.50
Cascade Theatre
1733 Market St, Redding, CA 96001

Saturday, Sep 16, 2017

Adobe Day

Admission: Free with park entry
William B. Ide Adobe State Historic Park
21659 Adobe Road, Red Bluff, CA 96080

Blacksmith Demonstrations

Shasta State Historic Park (Old Shasta)
15312 HWY 299 West, Shasta, CA 96087

Saturday, Sep 16, 2017

Star Party

Admission: Free with park pass
Whiskeytown National Recreation Area
Oak Bottom Marina Beach parking lot,
Whiskeytown, CA

Two on the Aisle, Three in a Van

Admission: \$20 Fri-Sat, \$15 Sun
Riverfront Playhouse
1620 East Cypress Ave,
Redding, CA 96002

Sunday, Sep 17, 2017

Lassen Astronomy Program

Admission: Free with park pass
Lassen Volcanic National Park
Bumpass Hell Parking Area

Friday, Sep 22, 2017

Paesano Days

Admission: Free
South City Park
Parkview (by Tiger Field),
Redding, CA, 96001

Randy Linder Tribute to Creedence Clearwater

Admission: \$20
Cascade Theatre
1733 Market St, Redding, CA 96001

Sunday, Sep 24, 2017

LeAnn Rimes

Admission: \$32+
Cascade Theatre
1733 Market St, Redding, CA 96001

Saturday, Sep 30 & Oct 1, 2017

Benton Air Faire & Military Vehicle Show

Admission: \$3, Kids free
Benton Air Center
2600 Gold St., Redding, CA 96001

Nash Ranch Mud Mash

Admission: \$35-\$40

Nash Ranch

10925 Old Oregon Trail,
Redding, CA 96003

Sunday, Oct 1, 2017

Turtle Bay Run

Admission: \$15 - \$60

Sacramento River

National Recreation Trail

Redding offers such a concentration of fun in close proximity that you can make a top 10 list and do it all in 48 hours.

1. Go inside a mountain at the breathtaking Lake Shasta Caverns
2. Eat lunch overlooking the Sacramento River at View 202
3. See the earth boil and steam along the Bumpass Hell boardwalk
4. Watch the heavens open up over Lassen Volcanic National Park, a sanctuary of natural darkness
5. The next morning? Two Words: Coffee Bar
6. Walk across the stunning, glass-decked Sundial Bridge
7. See foxes, a bobcat, kookaburra, hawks, and more in action at Turtle Bay Exploration Park
8. Chase any or all of Whiskeytown National Recreation Area's four waterfalls
9. Watch the sun set from your kayak on Whiskeytown's pristine lake
10. Catch your favorite musician performing in the beautifully-restored historic Cascade Theatre

840 Sundial Bridge Drive,
Redding, CA 96001
Thursday, Oct 5, 2017

Michael Carbonaro

Admission: \$32+

Cascade Theatre

1733 Market St,
Redding, CA 96001

Friday, Oct 6, 2017

Big Bike Weekend

Shasta District Fair & Event Center

1890 Briggs Street,
Anderson, CA 96007

First Friday

Art Walk

Downtown Redding
Redding, CA

Sunday, Oct 22, 2017

A Night With Janis Joplin

Admission: \$39-\$59

Redding Civic Auditorium

700 Auditorium Drive,
Redding, CA 96001

Friday, Nov 3, 2017

Rose & Rust

Vintage Market

Admission: 7.50-15.50

1890 Briggs Street,
Anderson, CA 96007

Sunday, Nov 5, 2017

Moscow Ballet's Great

Russian Nutcracker

Admission: \$28-\$68

Redding Civic Auditorium

700 Auditorium Drive,
Redding, CA 96001

Friday, Nov 24 - Dec 6, 2017

Cascade Christmas

Admission: \$20-28,

\$14 youth

Cascade Theatre

1733 Market St,
Redding, CA 96001

Sunday, Dec 3, 2017

A Charlie

Brown Christmas

Admission: \$35-\$50

Redding Civic Auditorium

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Redding, CA 96001

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BY KRIS VALLOTTON

5 Sure Ways to Win



The world is filled with amazing people who are walking in their divine callings, changing history, and seeing their dreams come true. They have discovered their true identities, harnessed their strengths, focused their energies, and maximized their opportunities. Successful people know how to love well; they lead passionate, productive lives. When they fail (and everyone does), they learn from their mistakes and gain wisdom to rise to new heights with God and in life. These are the winners in the world. They make the most out of opportunities and thereby profoundly impact the world around them. When life gives them lemons, they make lemonade; and when things get tough they grow stronger. They refuse to become victims because they know they were born to be winners!

YOU SNOOZE, YOU LOSE

Yet other remarkable people, for various reasons, find themselves waiting for life to begin. These people sit daily at the porch of possibility, eating their Lucky Charms while longing to be discovered. They each pray for a big break, dream of a better life, and hope for a deeper love. Like a beautiful bird that has wings but never learns to fly, they see life as a well of untapped potential, a buried chest filled with secret treasures waiting to be unearthed. Although they are well-intentioned, these people often end up being the ones who lose at life. They need to wake up and grasp their own role in their destinies!

5 DIFFERENCES BETWEEN WINNERS AND LOSERS

I have been both a winner and a loser at different seasons of my life. Thankfully, I have always surrounded myself with winners who refuse to allow me to remain a loser for long. Through the process I have learned a lot. Here are 5 differences between winners versus losers:

1. **Winners don't quit and quitters don't win!** One of the most defining attributes of a winner is their tenacity to fight in the face of failure, and hope when things seem hopeless. Quitters are losers because they get out of the race before they even make it to the finish line! People who lose at life don't know how to get back on the horse after they fall off. They lay on the ground living in a victim mentality and blaming the horse for all of their problems.
2. **Losers see a problem in every opportunity, while winners see an opportunity in every problem.** Have you ever met a person who couldn't help but see the glass as always half full? A positive attitude is contagious. As we like to say, he who has the most hope has the most influence. I believe that having an attitude of seeing problems as an opportunity will give you influence to make actual change, not only with others but starting with yourself!
3. **Losers measure themselves against every challenge and feel inadequate. Winners measure God against every challenge and feel empowered.** People who succeed in life have a solid foundation and identity in God, therefore they don't define their value based on whether they can over-

come a challenge or not. Winners find their value and victory in God, so they're empowered with heaven's solutions when they face problems, instead of going to worst-case scenario the way that losers tend to do.

4. **Losers struggle through life, while winners see life as an adventure, even when it's not perfect.** To losers, life is a series of problems strung together to defeat them. To winners, life is an exciting journey through an uncharted promised land, filled with opportunities to understand the depths of God's love and power. Again, it's all about perspective here!
5. **Losers are jealous of people who prosper.** Winners view the prosperous as a testimony of God's faithfulness. Not only that, but winners receive the success of others as a prophecy for their own victory instead of comparing themselves or partnering with jealousy. Who do you think wins in that situation?

The truth is, no matter where you find yourself in life, there is always more: more things to learn and more obstacles to overcome. I long to see people winning at life; fully actualized in a way that causes them to embrace their God-given identities and fulfill their divine purposes. My heart yearns to see people become fully alive and totally equipped: His story-makers, who alter the course of history toward God's incredible kingdom! Today I want to encourage you to take a look at your heart position and allow Holy Spirit to reveal the ways you're setting yourself up to lose at life. Then choose to be a winner, because that is who you are already called to be! Do you see yourself as a winner or a loser? What can you do today to become a winner? **JL**

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The POWER of Choices



BY EMILY SCOTT, PHD

Emily Scott, PhD, is a wife, stay at home mom of three, and part time parenting consultant and blogger who has written and spoken on various parenting topics including child development, ACEs, and tips on raising responsible kids. She has lived in the Redding area her whole life, and together with her husband help parents navigate the difficult aspects of parenting at Renewed Hope Parenting. Her website is www.renewedhope-parenting.com

We may not even realize how much of our lives are made up of basic choices. We can choose to put gas in the car, or run out on the freeway. We can choose to pay the electric bill, or use a flashlight. When our children are young we can offer many opportunities for choices, and for the consequences of sad choices, and lots of loving empathy.

The hallmarks of raising responsible adults include giving kids a chance to make mistakes, suffer small consequences, figure out how to solve their own problems, and learn from the process. The most important part is meeting them with compassion and empathy. Sometimes we get caught up in the consequences and forget to show them unconditional love to foster our relationship.

Making decisions for themselves at a young age allows kids to learn the decision making process and what happens when the less than desirable choice is made. Children who are not allowed to make sad

choices and mistakes are not able to learn to make wise choices. Not only will this improve their decision making, but kids will learn through practice that the quality of their life depends on how well they make decisions.

The importance of making wise decisions increases significantly as children grow. As a toddler, missing out on a trip to the park may seem like the end of the world, but as a teenager choosing to drink and drive really would be.

The choices we give children may seem small and unimportant to us. But even small choices give kids the practice they need to understand the decision



making process and gives them feeling of importance and control. We want our kids to have practice long before they hit the real world. Choices begin with simple, "Do you choose to take a bath or a shower?" and move to, "Do you choose to pay for your car insurance by getting a job or doing extra chores around the house?" Allowing young children to choose simple things like what color shirt to wear or whether to have water or milk won't ensure they make wise choices when they are adults. This is a continual process as they get older.

When they are finally on their own, the choices become much more life and death and not nearly as black and white. Giving our kids and teenagers the ability to have some control over their lives can prevent them from going overboard when they are finally in total control. Allowing them some control and choices over spending money, dealing with cars and insurance, bills, social interactions, and school while they are still at home will give them the practice to be prepared for these when they are on their own.

Additionally, meeting our kids with love, compassion, and empathy is important so they know we are there for them and love them regardless of their choices. If a child thinks Mom or Dad will meet them with anger or frustration, do you think that child or teenager will be willing to come forward to tell of their sad choices? If a teenager expects his parents to fly off the handle when he messes up, he likely won't want to share with his parents. But if he thinks Mom and Dad will be empathic (and firm in logical consequences), he is more likely to be open.

Take these important steps in your parenting to raise kids who are skilled at making wise decisions. Not only are their lives affected by their choices, but the lives of those in the community are too. JL

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Failure in the Kitchen

**If looks could kill,
my husband would
have been dead.**



BY BARBARA FOX

University Research Scientist and Music Minister's Wife. Living, loving, and learning through transitions big and small. Visit her at barbjfox.com. As a young mother, I struggled in the kitchen. After a few misadventures, my cooking led to opportunities to bless many other people. This month I am relaunching my writing career after a twelve year hiatus (having published in magazines such as the Lookout and Christian Home & School.)

"It's true. Barb's even ruined Rice Krispie treats." The chuckles encouraged him to continue. "And did I tell you about the time she made banana bread without any flour? Twice!" By this time laughter erupted from everyone—everyone, that is, except me.

The next day I brushed the dust off cookbooks given to me by well-meaning friends and relatives. Carefully choosing the easiest-looking recipes, I compiled a grocery list and began spending hours preparing even the simplest of meals. The hot oven racks decorated my wrists with burn marks. My fingers were nicked with cuts from knives. After I scooped out the center of my thumbnail with a potato peeler, my husband forbid me to use sharp instruments in the kitchen.

I nearly gave up in frustration, but then a friend recommended a book about batch cooking. You spent one full day in the kitchen and then stored your main courses in the freezer. But the task was too daunting for me to attempt alone...besides, I wasn't even allowed to use sharp knives. I swallowed my pride and made a telephone call to a friend.

"Beth? This is Barb. I have a favor to ask..."

To my relief, she agreed.

The big day came. I watched Beth in awe. While I meticulously measured every one-eighth of a teaspoon, Beth dumped spices directly into the food. Whenever a recipe said something ambiguous like

"until thickened", Beth patiently explained. By midafternoon, Beth's half of the kitchen was still neat and tidy, and all her meals assembled. Meanwhile my half of the kitchen was a disaster zone of sticky counters, dirty dishes, and food splashes as I frantically assembled my last two recipes.

After we loaded coolers of food into her car, I collapsed on the couch and ordered pizza for dinner.

I was pleasantly surprised when she called a few weeks later, "My freezer is getting empty. Do you want to do a cooking day again?" And so began a cherished ritual. I looked forward to the fellowship and the full freezer supplied by our "Cook Days," as our kids affectionately called them.

Within a short time, I started delivering meals to people recovering from hospital visits and friends having babies. People praised my food and I started to get a reputation as a cook—a good reputation.

The next year the pastor's wife approached me. "Barb, would you consider speaking at our next Mothers of Preschoolers?" MOPS was large group of about fifty women.

"I guess that depends on what you want me to talk about," I replied with hesitation.

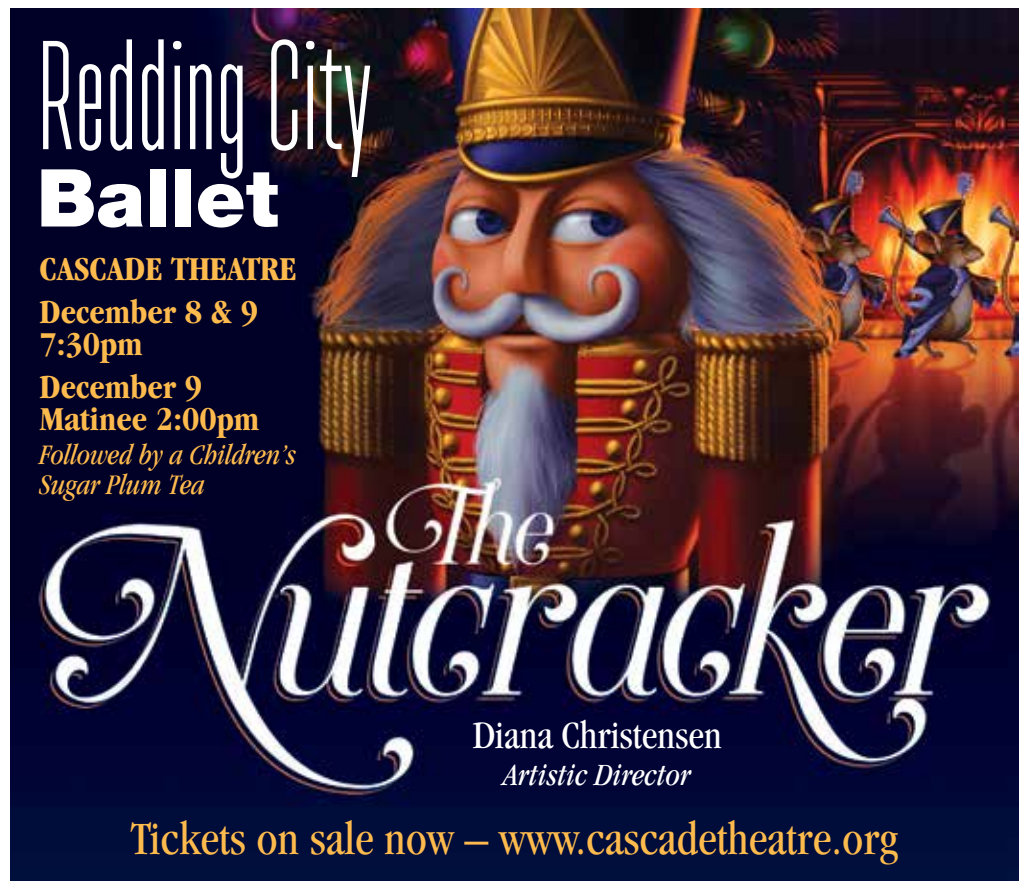
"Oh, it's something that should be easy for you. Cooking."

I laughed. For the next several years I told my stories and watched people respond. I heard others share their secret insecurities and watch them

blossom as they sought help and tried something new. Others celebrated the stress-relief that batch cooking provided. Working moms loved the extra hour it gave them from cooking and cleaning up each evening. Stay-at-home moms found it easier to respond to the competing attentions of tired children and a harried husband in those precious pre-bedtime hours. When Beth experienced her own crisis a few years later, the close bond from all those cooking days built the trust that allowed me to minister to her.

As I recall how God turned my kitchen failures into blessings for me and others, it gives me hope He might do the same for the failures I am experiencing today. Right now I'm dealing with some social and work insecurities that are hurting important relationships in my life. Desperate times call for desperate measures once again.

Instead of getting irritated at myself when I fail, I've decided I'm going to seek help and try new things. I know it will be both hard and humbling, but maybe this time next year we can celebrate together as I publish another article explaining how my failures continue to demonstrate that by God's grace, when I am weak, then I am strong. **JL**



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Help, Homes and Hope

Freedom for Victims of Domestic Abuse

The Homes of Hope for VIDA story begins over 10 years ago after a close family member of Carol and Clyde Brandt had been a victim of domestic abuse for 20 years. In awe, and overwhelmed at this realization, in addition to the deep pain they saw on their loved ones faces, they decided more needed to be done in addressing this epidemic of domestic abuse.

So in February, 2008, they met with seven friends and family members to share with them about a need they felt existed for a transitional housing ministry/service for parents with children fleeing domestic abuse/violence. And the vision for a special faith based program taking victims of domestic abuse/violence through rescue, rehabilitation, redemption

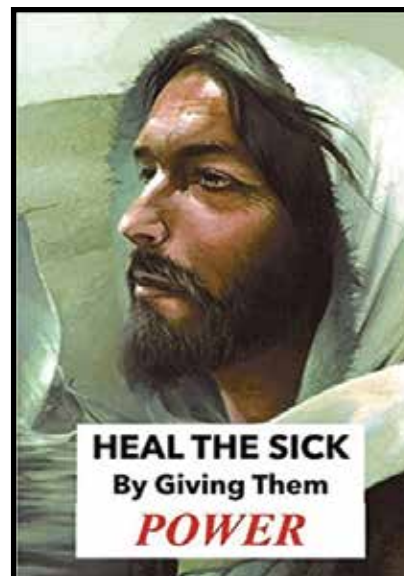
and reconciliation courses and disciplines specific to overcoming domestic abuse began to develop.

Another key and critical element they felt to this vision was that the victims would need to be provided a safe, and secure personal long range housing unit while they went through this program. And even though they had no resources, and no idea how to go about doing something like this, they prayed, and con-

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tinued to discuss the need with others and meet.

Then after several months of working on the application for their 501c3, Carol and Clyde Brandt received notification that Homes of Hope for VIDA was an officially recognized 501c3 California non-profit organization. All contributions were now officially exempt from federal income tax. And the real work was ready to begin.

Since then, Homes of Hope has been able to help many parents with children fleeing domestic abuse/violence. However, Carol and Clyde still had not got close to recognizing their original vision and hope for the organization, and they were growing concerned they might not ever.

Then, in late 2016, when it seemed all but over, the organization received renewed hope with new volunteers helping them take the next steps needed to reach their original goals. It started in the spring of 2017 when their new website was developed and put online. Then a complete revamped organizational, fundraising, and financial plan to reach their goal of long term housing and the development of the R2R Program for those fleeing domestic abuse was formed. And now, this September 30, 2017 their largest fund raising campaign and event is scheduled to begin.



In addition to all this, Homes of Hope for VIDA has also gained an important partnership with *Historic Hawes Farms in Anderson, California*. *Historic Hawes Farms* has graciously offered to donate \$1 from every daytime ticket sold at their gate this year to help Homes of Hope for VIDA achieve their dream and continue to fight against domestic abuse/violence.

In addition, *Historic Hawes Farms* is also hosting a special event on September 30, 2017 at their farm for Homes of Hope for VIDA. This event is being specifically hosted to help them reach their long range goal of sustained housing for victims of domestic abuse. 60% of each ticket sold to that event will go directly to that cause.

Things have never been more exciting or hopeful for Carol and Clyde Brandt. And the opportunity to finally realize the tireless work they have put in the past 9 years is ready to pay off. Please consider helping them achieve their dream to help those who have lost theirs.

If you are interested in more information about Homes of Hope for VIDA, getting involved, their R2R Program, or attending the great event coming soon to Historic Hawes Farms, please visit www.homesofhopeforvida.org JL

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The POWER of WORDS



BY RENAE TOLBERT

Renae Tolbert lives in Redding, where she writes short stories and enjoys the outdoors and wildlife photography. She's been published in Cup of Comfort for Christian Women, Guideposts Heavenly Company anthology, and Birds and Blooms magazine. Her "Creator's Touch" prints and greeting cards of local wildlife and scenery can be purchased at Enjoy the Store on Placer Street in downtown Redding.

If I said, "Tell me about a time when someone's words hurt you." You could probably respond within seconds, and be able to tell me who it was, where you were, what they said and you will probably recall how it made you feel. If I said, "Tell me about a time when someone's words brought you joy." It might take you a little bit longer to recall who, what where and how.

Words: Articulated sounds that resonate from our mouths. Chock full of power. I am not telling you anything new. We all know and have experienced that double edged sword that words carry.

But, have you ever thought about the words you speak about yourself, out loud or even just thoughts in your mind? They have a lot of power as well. Granted, many of those words originated from someone else who spoke them and they hurt, but, we have the ability to stop them in their tracks at any time we don't want to hear them.

During Lent, I decided to go 40 days without speaking negative words about myself. At first, it was hard since it was such a bad habit. As the days progressed, it got easier. Not only did I feel better about myself at the end of the day, it boosted my confidence.

When we say things such as, "I'm so dumb" – "I am such a failure" – "I'm terrible at this job" – We emphasize those comments and imbed them deeper into our mind. When we say them out loud,

we speak those thoughts about what we think of ourselves into those around us. The result? An apparent lack of confidence and self loathing. I am guilty and am in progress with this! When the thought enters my mind, I try to stop those words from spilling out and I fill my mind with positive thoughts or remind myself of a compliment someone gave me. It becomes easier with time.

"But what comes out of the mouth proceeds from the heart, and this defiles a person." This means when we speak negatively about ourselves, we degrade our self just as we do when we gossip or speak ill about others.

Ironically, just today at work, someone on the phone called me "stupid" prefixed by an extremely vulgar word. I know I am not what she called me, but her harsh, mean, awful words continue to swirl around in my head this evening. All day I've been fighting the inclination to ponder if she was right. That is how words hurt!

In the first paragraph, I mention how quick we are to recall the details, of someone's words hurting

us and how it tends to be more difficult to recall the positive words spoken to us. Also ironically, later in my day today, I received the most beautiful thank you email from. What have I dwelled on most of my day? You guessed it, the lady who called me the hurtful name.

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Words can pierce a spirit – including words we speak

about ourselves.

Challenge yourself to 2 weeks of not speaking or thinking negative words about yourself and others. By the end of the 2 weeks, you will feel a difference in your confidence and your attitude. Perhaps it will become a new normal! I’m still working on it. With God’s help, I continually remind myself that when I degrade myself, I’m degrading who God made me to be.

“Let the words of my mouth and the meditation of my heart be acceptable in your sight, Oh Lord, my rock and my redeemer.” **JL**

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Almond Chicken

ALMOND ENCRUSTED CHICKEN AND COCONUT MASHED SWEET POTATOES

Prep time: 5-10 minutes
Cook time: 20 minutes
Rest time: 4-5 minutes

1/3 cup Coconut Milk (lite is fine)
1/2 tsp Ginger zest
1/2 tsp Orange zest
2 tbsp Butter (optional)
Salt and pepper to taste
4-8 oz Microgreens (arugula and kohlrabi pictured)
4 Orange wedges
Craisins (optional)

Additional seared veggies, optional - green beans are pictured.

INGREDIENTS

2 Chicken breasts, skinless boneless
1 cup Raw almonds, chopped
2 tbs Dijon mustard
2 tbsp Honey
Salt and pepper
2 Sweet Potatoes, medium



BY JENNA INGEBRETSEN

DIRECTIONS

Preheat your oven to 400 degrees.

Mix dijon mustard and honey in a small bowl. Pat chicken dry, season with salt and pepper, then move to baking sheet (cover the baking sheet with foil first, for easier clean-up). Baste the mixture (or pour, if you do not have a basting brush) over one side of chicken. Sprinkle chopped almonds to cover, and then repeat on the other side. Bake for 20min, or until meat thermometer reads 165 degrees F.

While that bakes, peel and chop sweet potatoes into approx. 1 inch cubes. Place in a large sauce pan and cover with salted water, bring to a boil and cook for 12 minutes, or until tender. Turn off your burner, and drain all water using a colander. While those drain, pour the coconut milk into the sauce pan, still warm from boiling. Add both your orange and ginger zests, and stir to combine the flavors. Return the potatoes to the pan (add in a pat or two of butter if you like, or omit to keep it as a dairy free dish), and stir together with a potato masher. Add salt and pepper to taste.

Let almond chicken rest for a few minutes, then slice on the half inch (or serve whole if using smaller chicken breasts).

Plate with a bunch of your favorite microgreens on top - just drop 'em like they're hot. The arugula and kohlrabi are pictured, giving a great warm flavor, but I've also tried this with a mixed variety (a big hit at Little Sprout's Urban Micro-Farm in Redding) and it was delightful. Squeeze a wedge of orange over the greens to give it a nice light dressing that your kids will love. My family is crazy for Craisins, so I add a hint of sweetness and tartness by sprinkling 5-10 on each serving. Serve immediately, and watch the handfuls of food disappear. **JL**

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Is There a Best Way to PRAISE YOUR CHILD?



BY LINDA ROBATHAN

Linda is a Northstate native who has lived here all her life except for one year in Germany as an exchange student. She has been married to the same wonderful man for almost 40 years. They're the proud parents of 3 sons and 5 grandchildren.

Linda taught elementary school for 25 years and has a Master's in Teaching. Since retiring 6 years ago, she enjoys playing with the grandkids, gardening, walking her dogs, travelling with her husband, and monthly dinners with friends. She has never lost her enthusiasm for teaching and learning.

So much has been written about how to help our children grow into the best adults they can be. Most parents and experts agree that a safe place to live where someone loves you unconditionally is a great start. Good nutrition and enough sleep along with physical and mental stimulation lay the rest of the foundation. Even experts will disagree about what exactly is good, or enough, or how much and what kind of stimulation is best. But there is one area where most experts agree: there is a best way to praise your child, and it is not what comes naturally to most of us.

P sychologists and educators who study praise generally categorize it into personal or process praise. In practice, personal praise describes the person: "You are smart." or "You are a good artist." Process praise is more specific and describes the process or object: "You must have worked hard to learn...." or "The colors in your picture are amazing." When our children say or do things that seem particularly exceptional, it is quite natural to feel a glow of pride and to gush, "You are SO smart!" (You may insert talented, musical, strong or any number of other adjectives which describe a person.) This is personal praise.

Most research strongly suggests that personal praise is ineffective at best, and can actually be counter-productive long term, while process praise motivates children to learn more or improve the praised skill. Why? Personal praise feels good at the moment, if the child praised believes you. It does nothing else. Process praise, however, can feel good and also teach the child how to do better or learn more by focusing on a specific skill or process. Numerous research studies have conclusively shown that praise for intelligence can undermine children's motivation and achievement. People who are successful in life usually believe hard work is an important compo-

nent of their success, and realize failure is part of the learning process. Child development experts emphasize that we should praise children's efforts, not their natural gifts.

So, the next time you wish to praise a child, try to think of the process that went into whatever you're praising. It might have been practice, focus, listening, persistence, or a multitude of other things. If you don't know what process went into it, you can ask the child how or where she learned that amazing fact or what he did to learn that particular skill. Saying "That was a good dive!" is better than "You are a good diver!" because then you can talk

about what made it a good dive and how to improve the chances of doing a good dive again. Saying "You read that story very well!" is better than "You are a good reader!" because you can talk about how she read with good expression, or how he figured out a hard word on his own or with a little help. After all, when we praise the children in our lives, wouldn't we like to help them as well as make them smile?

If you are interested in reading some of the many research articles available on the web, go to <http://www.google.com> and do a search for effective praise. Enjoy! JL



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15 Communication Dysfunctions

people use to deflect responsibility for their part in broken relationships:

1- Sensitive Sally- she hides behind “I am so fragile, you hurt my feeling.” Her motto is, don’t tell me the truth I can’t handle it.

2- Mad Max- He uses rage to keep you from telling him the truth. He intimidates you with his anger.

3- Suicidal Sam- I will kill myself and you will blame yourself the rest of your life if you don’t let me control everything about our lives.

4- Larry the liar- you never make a point with Larry because he will say anything to win the argument whether or not its true.

5- It’s all my fault, Walt- Walt interrupts every conflict with “Its all my fault” to shut down the conversation, so he won’t have to face the truth.

6- I stay mad Chad- I let everyone know if you confront me, it will affect our relationship for the next 100 years. No one wants to tell Chad he is doing something wrong because it’s just too expensive to tell him the truth.

7- Lisa the loud month- a conversation with Lisa is a community affair because she will start rumors about your attempt to talk to her. Everyone’s afraid to talk Lisa because half the church will be mad at you by morning.

8- Valerie the victim- she always paints herself as the victim in every conflict. She knows how to build the Drama Triangle, I am the victim,



you are the persecutor, and I cry for a rescuer.

9- Bigot Bob- hides behind his race, sexual orientation, or his handicap to keep people from telling him the truth.

10- Betty the boss- Betty uses rank to shut down any conversation in which she is clearly wrong. I am the boss here!

11- Smart Art- Art hides behind his huge brain and tries to intimidate his opponent with big words and heady rhetoric that usually has little to do with the real conflict.

12- Story Lori- Lori tells long stories to deflect conflict that take forever to complete and that are often impossible to follow. Nobody wants to confront Lori because it will take three hours; and that’s the point.

13- Twist the truth Ruth- Ruth always twists how and/or when things happen to deflect responsibility for wrongdoing.

14- Silent Violet- She just sits in the chair and says, “I don’t know.” Why did you say that, “I don’t know.” She refuses to engage because she doesn’t want to risk being wrong.

15- Remember November- November brings up things in a conflict that you did wrong 7 years ago as if they happen last week. The goal is to keep you feeling like the guilt party in the room so they don’t have to deal with the truth at hand. You can’t ever confront something in them because they are still hurting from some failure of yours a decade ago. **JL**



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