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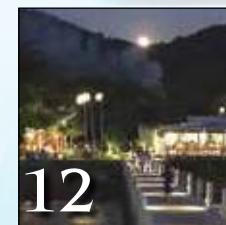
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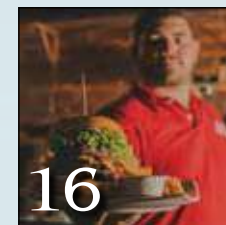
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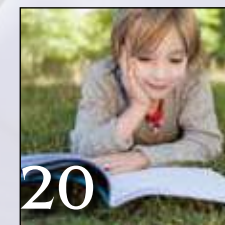
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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance. We are a platform for beauty, goodness and grace. We value inspired thinking and embrace changing seasons. We honor your legacy and where you are from. Our desire is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

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

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The Sky Isn't the Limit to Your Dreams...

It's the Beginning

'Hours shy of our wedding, at 5 months pregnant, I was assaulted. My fiancé sat in the fetal position, berating himself. 'I don't know what is wrong with me,' he said, begging me to forgive him.'

This story was written by Marissa Guilford of Louisville, Kentucky. You can follow her on Instagram: Barefoot_Flying_mom Marissa is a single mama of 3, Foster Mama, Airplane Builder, Airplane pilot, Aerialist, Adventurer



BY MARISSA GUILFORD



"In that quiet space between the waves, the chaos, and the noise... I would see myself. The young girl standing barefoot in the field, she loved so deeply but was too shy to spread her arms wide. The one who learned over time and heartache she was actually worth it. I wish I could say I was always confident, but I wasn't. I was a shy girl, a late bloomer, a free spirit lost in a fast-paced world. My childhood was happy. It was the 1980s and I would stay out all day in the summer having free reign riding bikes, running through sprinklers, slip-n-slides, playing Star Wars, and going to block parties. I grew up in middle-class suburbia with my four siblings in a loving home, but my world was turned upside down when my dad, a pilot, was killed when a plane he was flying crashed. My soul would become devastated. The introvert in me appeared to pull me into the depths of my emotions where I found peace. My family life became a tale of 'everyone for themselves' as I struggled

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through my teenage years and learned to survive. I began my journey in the search for answers. A search for life, a search for me, a quest to find me. That 12-year-old girl became a 22-year-old girl; wide-eyed with a private pilot's license on the 10 year anniversary of my dad's death. That path led me to fly the sister ship of my dad's at the same airport he suffered his crash, and where I would meet someone who would try to crush my very soul. The years passed and I met a man who made me believe his words over his actions. I believed the heartfelt tears he would profess would lead him to become a better person. When I got pregnant, we believed we should get married because as 'Christians' it was the thing to do. Just hours shy of our wedding, at 5 1/2 months pregnant, I was physically assaulted. As I watched my fiancé, 6'4 and 220lbs, sit in the fetal position berating himself saying, 'he did not know what was wrong with him,' begging me to please forgive him and 'he would never hurt me again,' I thought, surely someone sobbing had to be remorseful. At that moment, we separated emotionally. I knew it was a lie, I could see the tortured soul he

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was and I knew it would happen again. I somehow thought after all the Hollywood movies I fantasized about that the storyline they told would somehow prevail. Instead, what transpired was the breaking down of my spirit. I was the worst, most selfish person in his eyes. A bad mom, and an even worse human being for even having the desire to continue to fly. The fact I had dreams of opening an air museum meant it really was selfish and self-serving. In an effort to stop the verbal and emotional

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abuse, I finally stopped dreaming the dream – and I put everything aviation-related in a box. It was the life of a girl from another place and time.

After multiple bruises, x-rays, hospital visits, police visits, drug abuse, and countless charges filed and dropped from mistakenly thinking it was the ‘right,’ and the forgiving thing to do, I would return. I’d go back. But that’s not how life is supposed to work. We are not made to go back, but instead are made to go forward. My faith and what I was led to believe, was a misunderstanding. I misunderstood forgiveness and safety. God never wants His children to be emotionally or physically abused. I thought I was meant to forgive him for all the relapses on drugs, the physical abuse, verbal abuse, and even the cheating. So I did. I would go back again and again. I wish I could say it was just, ‘One day I woke up,’ but I didn’t. Moving on was a very slow and gradual process. It was a process of slowly remembering my value and re-learning my self-worth that finally separated his actions from mine.

With three children ages four, three and a newborn girl, I filed for divorce. I thought doing that would free me immediately. Instead, what ensued was more than three years of court battles. It meant food stamps, food pantries and food boxes from church. Instead of everyone for themselves, my kids and I ‘leaned in’ and bonded together as a team and became a tight-knit unit. For years, we all shared the same bed. What might have been seen as the darkest moments were instead the most memorable and precious because we never let them define us. We were living our best life. We had adventures and stories, music and songs. We dreamed dreams, and we had so much love. We held out



knowing at some point the tide would change in our favor. That change of tide ebbs and flows. There were seasons and chapters in our story since then. I decided to do the craziest thing at 38 years old and leave a stable job to fly for the airlines. Single moms just don’t do that, right? But along the path of healing, this girl found herself on a grass field with a little 65 horsepower Piper Cub. With bare feet and her children looking on, she took to the skies and returned home again. Their mom who had thought she packed away the dream of aviation had come back to see it was waiting for her, and knew one day she would make her way to the skies again. As I shut down the engine and the propeller stopped, I could hear my kids yelling, ‘Mommy!’ with their arms stretched wide. They came running full force into my arms. Flying was not selfish, nor was I. I was not broken or lost, but was forever found in love. Since that day I have gone on to work for a regional career with American Eagle (Envoy). Flying has given my children and me the opportunity to have adventures as we continue to lean in as a team and as a tribe. Recognizing that we are not missing anything, we are imperfectly perfect the way we are. On the road to following my heart, my

children got their mom back. How could I teach them to pursue their dreams if I was not pursuing mine? We have found a sidekick to our adventures, and fortunate to have found a Mary Poppins of a nanny who magically travels with us on this adventurous life. Together we dream bigger, live bigger, and make certain to seize each and every day. As Robin Williams said, ‘You must strive to find your own voice because the longer you wait to begin, the less likely you are to find it at all.’” JL

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7 Simple Steps to IMPROVE Your HEALTH



**BY SUSAN U. NEAL
RN, MBA, MHS**

Susan U. Neal RN, MBA, MHS is on a mission to improve the health of the body of Christ. She is the author of five books including *7 Steps to Get Off Sugar and Carbohydrates*. For additional healthy living resources go to SusanUNeal.com

Our society faces an epidemic because over half of Americans live with a chronic illness and a third suffer from obesity.¹ Does your health or weight impede you from having a healthy, bountiful life? If yes, the seven steps outlined in this article will help you improve your energy level, clarity of mind, and lose weight naturally.

What caused this epidemic? I believe it is the foodlike substances that manufacturers entice us to eat. Instead, we need to eat the foods God created for humans. God gave you a glorious body that is programmed to heal itself if you provide it with the proper nutrition he intended.

STEP 1: Decide to improve your health through proper nutrition.

The decision to improve your health and well-being is very personal. No one can make this decision for you, it is your choice. But I hope you will choose to improve your health by changing what you eat.

STEP 2: Acquire knowledge to help make a lifestyle change.

Learning which foods are harmful versus beneficial is crucial in sorting out what you should eat. For example, most oat, soy, corn, and wheat crops in the US are GMO Roundup Ready crops whereby the carcinogen, glyphosate (active ingredient in Roundup) is used on the crops as the farmer deems necessary.² Therefore, you could consume glyphosate residue if you eat foods containing these ingredients unless they are organic.

Sweets and refined carbohydrates are addictive and harmful to the human body. The food industries spike our foods with sugar, and this causes us to become addicted. In addition, as the whole food is processed it is stripped of its nutritional value to extend its shelf life which increases the food industries profits but depletes our health.

STEP 3: Clean out the pantry and refrigerator by removing unhealthy foods.

Remove unhealthy foods from your kitchen, so you are not tempted to eat them. Some unhealthy foods include wheat, sugar, corn syrup, white rice, artificial sweeteners, processed meats, processed foods, margarine, milk products, and soft drinks.

STEP 4: Purchase healthy food.

Plan your menu and grocery list and buy healthy foods. I post menus, recipes, and corresponding grocery lists at HealthyLivingSeriesBlog.com. God gave us a vast variety of

fruits, vegetables, nuts, seeds, and grains to nourish our bodies. These wholesome foods can replace processed items that the food industry wants us to consume.

STEP 5: Begin changing your eating habits.

Now that you cleaned out the pantry, bought nutritious food, and planned your menu, start weaning yourself off harmful products. Only drink water and a glass or two of tea or coffee. Stop eating wheat and any processed foods.

STEP 6: Prepare and eat foods differently than you did before.

Follow the healthy eating guidelines listed below:

- Buy organic fruits, vegetables, and meats.
- About 50 percent of your food should be fresh, organic vegetables.
- Eat one fresh, raw serving of a low-glycemic fruit per day. Low-glycemic fruits include green apples, berries, cherries, pears, plums, and grapefruit.
- Do not always eat cooked foods. Eat a couple of servings of raw vegetables every day. Eat a salad for lunch with nuts, meat, or an avocado. When eating out, order a salad or coleslaw as sides since both are raw.
- Plan for 25 percent of your food to be an animal or vegetable protein such as beans, nuts, and lean meats. Fish is especially nutritious.
- A variety of different nuts and seeds are excellent sources of protein, minerals, and essential fatty acids.
- Eat nontraditional grains such as quinoa, amaranth, pearled barley, and oats.

STEP 7: Improve your health through continuing this new lifestyle.

As you incorporate these seven steps into your life, your energy level and health improve, and you lose weight. Live the abundant life Jesus wants you to experience by continuing this lifestyle change for the rest of your life.

Jesus told us, "The thief's purpose is to steal, kill and destroy. My purpose is to give life in all its fullness" John 10:10 Are you living life to its fullness? If not, are you ready to take steps necessary to birth a new you? May God bless you on your journey to improve your health. (Article originally appeared in CBN.com) [JL](#)

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To Your Health... Spring Cleaning



Author of
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BY BENI JOHNSON

When most of us think of spring cleaning, we think of organizing and deep cleaning our homes from the dust and stuffiness that builds up over winter. But, I'd like to take another look at spring cleaning. I'd like to talk about cleaning our lives and our homes from the toxic chemicals found in so many everyday products.

Let me say, first, that God made our bodies to naturally detox. It's a beautiful part of His plan to help us keep our bodies healthy. But, part of our problem today is that there are so many toxic chemicals that inundate our bodies from our skin, what we ingest, and even in what we breathe, that our systems

can get overwhelmed.

In an article by Philip Perry, he writes that "The average person uses about nine personal care products per day and never thinks twice about them. Many use more. These are your shampoo, conditioner, deodorant, lotions, creams, cologne or perfume, and cosmetics." And, the sad news is that most of these products carry ingredients that have been proven to be unsafe for human health.

Perry goes on to say that "The average woman uses 12 such products daily, exposing her to 168 unique chemicals per day. According to EWG (Environmental Working Group which you

can follow on Instagram as well as Facebook) one out of every 13 women are exposed to a known or suspected carcinogen, every day, while one out of every 23 men are." And, what is concerning is that the manufactures aren't required by law to put all of their ingredients on the label.

So, how are these chemicals/toxins affecting us? One of the ways is in human fertility. Human fertility—sperm count in particular—has been on the decline recently. Many of the chemicals in these products are hormone disrupters for both men and women. I talk to many young women who are experiencing hormone disruption. I'm sure you all have heard about the Johnson &

Johnson baby powder that has proven to cause cancer in women. It is not ok that we are putting this product on our babies.

Fortunately, through a legislative bill called the *Personal Care Products Safety Act* there will hopefully be more oversight of the FDA in these areas. Through this bill, the FDA would also evaluate at least five ingredients per year, which in my opinion would be a huge deal because so much has been overlooked. So many people are sick, and some dying, from the horrible chemicals in products.

Here are a few chemicals that if you find in your products, just throw them out: lead acetate, propyl paraben, methylene glycol/formaldehyde, diazolidinyl urea, and quaternium-15, triclosan (found in soap and toothpaste). I tell people, "always read the label first." A good rule of thumb is if you can't pronounce it, don't get it.

A helpful article on EcoWatch spells out additional chemicals to avoid :

Soap: Avoid triclosan and triclocarbon

Skin moisturizer and lip products: Avoid retinyl

palmitate, retinyl acetate, retinoic acid and retinol.

Hand sanitizers: pick ethanol or ethyl alcohol in at least 60 percent alcohol.

Sunscreen: Just say no to SPF above 50. I go with an organic sunscreen because there are so many chemicals in commercial brands.

Nails: Avoid formaldehyde or formalin in polish. I go with an organic base company because the chemicals a many. Follow @cote on social media

Now, for the good news. With the high rise in toxins, health-centered companies are making it easy for us to find good, healthy options for everyday life. Here is a list of companies that I have been using or that have been recommended to me. These are just a few but, if you are wondering where to start, this may help.

The best products are certified organic, and most of these products can be found on social media such as Instagram and Facebook.

For cosmetics, use companies such @beautycounter, @Cotes, and @100%pure. If you're interested to learn more, you can follow @environmentalworkinggroup (EWG), and there's a wonderful site online called Mindful Momma (www.mindfulmomma.com) that has recipes as well as non-toxic and reusable products.

For resources for the

home, @branchbasics has some great cleaning products and I've found natural, home cleaning recipes just by looking on @Pinterest. To create a clean air environment by fighting against EMFs (electrical magnetic fields), I use Greenwave filters that you plug into your electrical outlets. I would also encourage everyone to use SafeSleeve products for all smart phones, iPads, and ear buds. These will also protect you from unwanted EMFs. You can also find accessories to wear from @giawellness.

There is so much contamination throughout our world that we could make ourselves crazy trying to detox every area of our lives. But, I have found that if I do the few things that I can do to battle toxicity in my body and in my home, I feel at peace. I know that I've done what I can. Like I said at the beginning, our bodies were made to detox, so let's do our part and help our bodies, our lives and this earth we live on. **JL**

<https://bigthink.com/philip-perry/youll-never-guess-how-many-chemicals-are-inside-your-body-right-now>

<https://www.ecowatch.com/women-apply-an-average-of-168-chemicals-on-their-bodies-every-day-1882041568.html>

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BY MARIE WARNER

Marie has been a Registered Dietitian for 30 years. She creates customized wellness strategies for people young and old. She and her husband, Kurt own Building Endeavors, Inc, a construction company that is restoring homes in downtown Redding.

Treasure

I only knew Lari for six years but it forever impacted my life. I had never met such a kind, accepting, completely happy person in all my fifty years. Every time I saw him, he was so completely happy to see me. He had a way of making me feel valuable every time we spent time together. Lari would hold my hand and tell me I was an “absolute treasure”. How he said it made me believe it. The neat thing about Lari is that he did that for everyone he met; from the person in the restaurant to the person caring for him, to each member of his family, some of whom moved cross country just to be around him.

He taught me so much; to be thankful even when things aren’t seeming to go well. He had lost his vision and his memory was fading, and although his world had been appreciated through his eyesight as a fashion designer and a lover of art, he never complained – not once! He never once perseverated over what he didn’t have. He lived completely in the now, appreciating the moment and the person sitting in his presence. I had never been exposed to this radical style of living, so I never considered it possible to be fully content. But being around Lari, inspired me to want that.

He made me want to be a better person. To know the impact of someone loving me unconditionally made me want to be more like that to others. To see someone be happy when they should in all rights be bitter or cranky, but wasn’t, made me want to choose that. I started living life with more appreciation. I started to choose differently about the attitude I had in different situations that weren’t necessarily favorable. It really is a choice.

When Lari passed away in January, it was hard to plan a service. I didn’t want to say good bye. I didn’t want to forget his immeasurable goodness and happy demeanor. We celebrated Lari and Berit’s life sitting on the dock of a little town in Cambodia where their younger son, Kris lives with his family. On the 19th of the month, which was Lari’s favorite number, the ten of us waited until almost sunset when the colors were filling the sky with shades of pink and orange. We each chose a favorite drink and ordered a glass of a dark red wine in memory of Lari and Berit and we walked together down the weathered wooden planks to the dock that rested on the water where people were diving off into the sea and then climbing back up to do it again.. It was here that we chose to launch the memory of Lari and his beloved Berit. It was Berit’s wish to sail the world



and connect to the people she loved from California to Cambodia.

We each took the little container of ashes and gave thanks for the treasure that these two people were to each of us, from the youngest great grandchild of two to their two sons and niece and her family that came from Washington State. And then we took the glass of red wine with each of us sharing a toast

to their life, each pouring a bit of wine in to the sea for them. It was a way to celebrate their amazing giftedness at throwing an outrageous party where everyone was sure to have a good time.

Kris summed it up beautifully: “We thank you for teaching us to love people, to live bravely, to be kind, friendly and supportive. We are grateful for you always encouraging us to go for our dreams and have fun doing it.”

As we concluded our time on the dock, we turned and saw a couple behind us watching with tears in their eyes. Even in their departure, Lari and Berit were able to impact those around them. As we walked back along the dock, the full moon popped up on the opposite horizon, shedding light on our path back to the car. It was the perfect stage for these two lives to launch. We will never forget them. They will always be fully alive in the hearts of those that had the good fortune of knowing them.

People are the treasure that makes our life richer. **JL**

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Located in the heart of UpState California, Redding is a paddler's dream. TIME Magazine labeled Redding as the "unofficial capital of kayaking" and there are plenty of places to do it. Whiskeytown National Recreation Area boasts the sparkling and always full Whiskeytown Lake, and the Sacramento River offers spectacular views for more experienced paddlers.

As the sunniest city in California with more than 300 sunny days per year, Redding's weather assures you of ideal conditions for your visit. The fun continues at Shasta Lake, where you can tie the water skis, wakeboard or tube to your boat and rip up the water for an all-day escapade. Or blissfully cool off by swimming at the base of a majestic waterfall. Our region is ripe for those cascading wonders, you know.

For the more adrenaline seekers, paddle your way through the white water rapids of the Trinity River with guided rafting trips. Strap on a helmet and life jacket and work your way down the swift-moving river for endless fun.

Make one thing certain: break away from your normal activities and fun it up this summer by soaking up the sun on the water in Redding – where you'll find more ways to play!

UPCOMING EVENTS

Enjoy Movies in the Park

Every Friday, June 7 - August 16

Join us in our regional Redding parks for a movie night under the stars - remember to bring your blankets, lawn chairs or picnic baskets and enjoy this wholesome community activity.

Admission: Free

See EnjoyMoviesInTheParkRedding.com for more information.

Taste of Redding

June 9

The annual Taste of Redding features more than 50 local restaurants, wineries, and breweries offering tasty samples.

Admission: \$35 advance/\$40 door

See tasteofredding.org for more information.

Brews By the Bridge

June 14

Celebrate summer with beer, live music, tasty food, and outdoor activities on the Quarry Patio near the Sundial Bridge!

Admission: \$15 adv, \$20 door

See turtlebay.org for more information.

Sundial Splash

June 15

Join the Paddle Sport Community for a fun race and massive public float down the Sacramento River through the City of Redding.

Admission: \$20

See sundialsplash.com for more information.

VisitRedding.com | (530) 225-4100

Mamma Mia!

Thurs - Sat, June 14 - 22

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship. Non-stop laughs, explosive dance numbers and hit music everyone can sing-along to combine to make Mamma Mia! a guaranteed smash hit!

Admission: \$20-\$28

See cascadetheatre.org for more information.

Shasta District Fair

June 20-23

Featuring livestock exhibits, arts & crafts, carnival, live entertainment, and lots of vendors and concessionaires bringing fair-goers a dizzying array of souvenirs, food and drinks.

Admission: \$10

See shastadistrictfairandeventcenter.com for more information.

Freedom Festival

July 4

The Freedom Festival commemorates our nation's birthday. This is an all day event with food vendors, games, live entertainment, and the largest fireworks display in Northern California!

Admission: Free

See reddingcivic.com for more information.

Moonshine Trail Race

July 20

Come celebrate the full moon and summer approaching with a nighttime 5K, 10K, & Half Marathon.

Admission: \$15-\$65

See shastatrailruns.com for more information.

Lassen Volcanic National Park Dark Sky Festival

August 2-3

Join park rangers, astronomers, and astrobiologists in celebrating all that is out of this world during Lassen's Dark Sky Festival.

Special programs, presentations, hikes, and Junior Ranger Night Explorer activities will be offered during the festival.

Admission: Free with park pass

See nps.gov/lavo for more information.

Day in the Park Festival

August 10

Day in the Park is an annual celebration of Lassen Volcanic National Park's birthday. Each year around the park's anniversary we get together in the Loomis Plaza and share information, fun, food, and friends with our visitors.

Admission: \$13

See nps.gov/lavo for more information.

Moonlight Madness

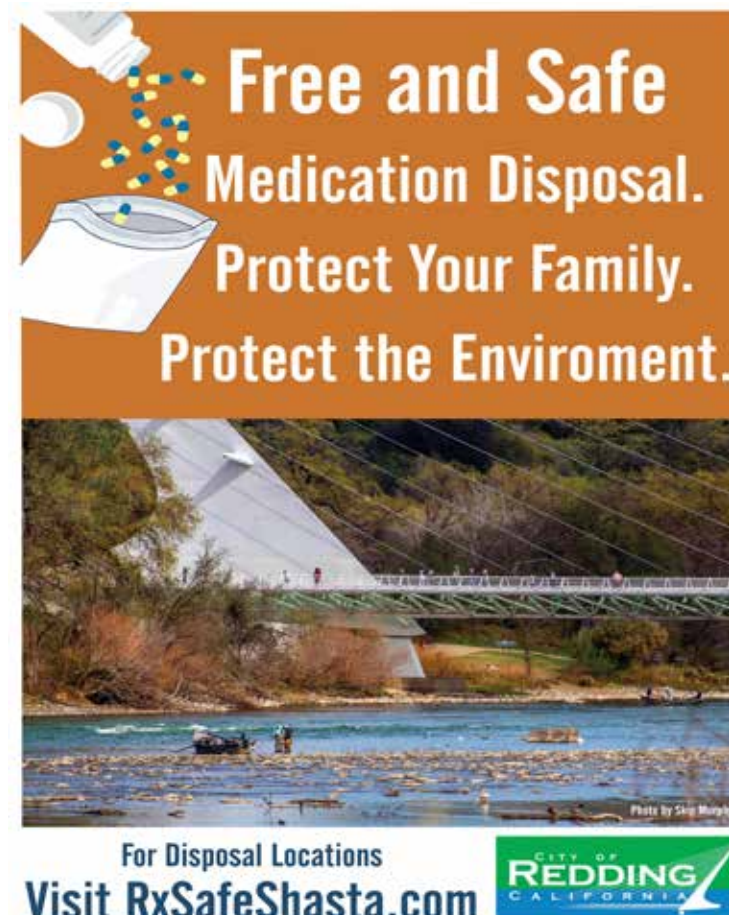
August 24

Come enjoy a 2-mile run/walk across Shasta Dam in the moonlight.

Admission: \$10-\$20

See midniteracing.net for more information.

For more events, go to VisitRedding.com/Event-Calendar



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Belonging



BY SUZANNE LUIS

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

The emotional bond that forms between infant and caregiver is how the infant gets primary needs met. It then becomes the engine of subsequent social, emotional, and cognitive development. The early experience of the infant stimulates the growth of neural pathways that will create lasting patterns of responses to people, the ability to adapt in social situations and life stresses. The attachment experience affects personality development, particularly a sense of security, and research shows that it influences the ability to form stable relationships throughout life. Neuroscientists believe that attachment is such a primal need that there are networks of neurons in the brain dedicated to setting it in motion and the hormone oxytocin—to foster the process. The genius of the attachment system is that it provides the infant's first coping system; it sets up in the infant's mind a mental representation of the caregiver, one that is wholly portable and can be summoned up as a comforting spiritual presence in challenging moments. Because it allows an infant to separate from the caregiver without distress and begin to explore the world around her, the attachment contains within it the platform for the child's ability to survive independently.

There are four different attachment styles. Research shows that people develop one of four attachment styles based on early experience with a caregiver. In their studies, researchers separate infants from their caregivers for brief periods and observe

their behavior when reunited with the caregiver. Infants with a secure attachment style are upset when their caregiver leaves, but welcome the caregiver back and are confident their needs will be met. Such infants tend to go through life stable and reliable and are generally trusting of new adults. Anxious-resistant attachment describes a child who is frightened to stray from the parent and continues to display anxious behavior once they return. Anxious-avoidant attachment denotes a child who reacts fairly calmly to a parent's separation and does not embrace their return. Disorganized attachment style represents atypical behavior during the time apart does not cleave to one of the three primary forms of attachment, and may be the result of childhood. One's attachment copying method may carry through to adulthood and affect future relationships. Another way to describe attachment styles is:

Proximity Maintenance - The desire to be near the people we are attached to, find connection and comfort in their presence.

Safe Haven - Returning to the attachment figure for comfort and safety in the face of a fear or threat.

Secure Base - The attachment figure acts as a base of security from which the child can explore the surrounding environment.

Separation Distress - Anxiety that occurs in the absence of the attachment figure.

Bowlby also made three critical propositions about attachment theory. First, he suggested that when children experience security, they become confident that their primary caregiver will be available to them, they are less likely to experience fear than those who do not have the same experience.

Secondly, he believed that this confidence is formed during a critical period of development, during the years of infancy, childhood, and adolescence. The expectations that develop during that period tend to remain relatively unchanged for the rest of the person's life.

Finally, he suggested that these expectations become incorporated and are directly tied to experience. In other words, children develop the hopes that their caregivers will be responsive to their needs because, in their experience, their caregivers have been responsive in the past.

In the next installment, I will delve into the effects of early childhood attachment. *JL*

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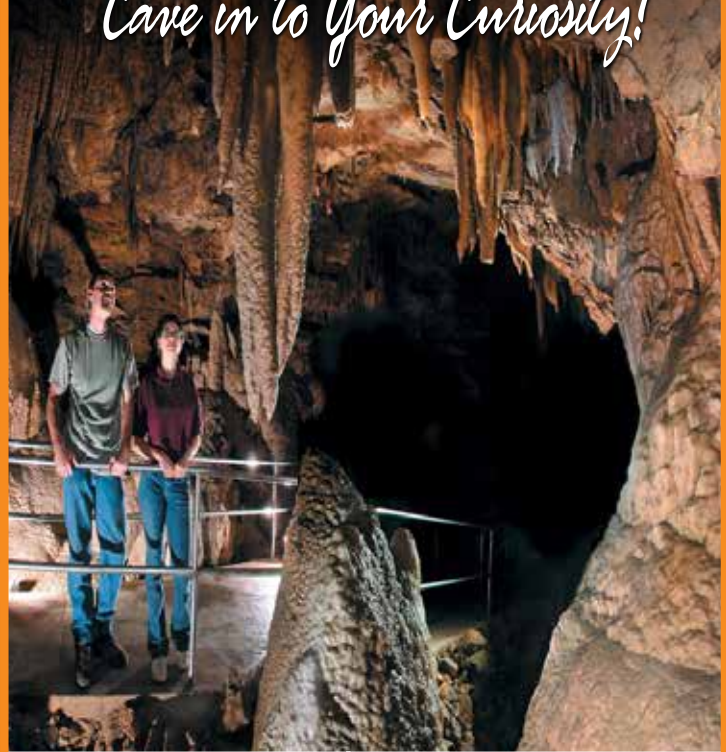
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Summer Slide - It's More Than Play



BY DR. CAROL WERTZ

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

Hi, Dr. Carol,

With summer approaching, I'm worried about my child falling behind in subjects he's been learning throughout the year. Is there anything I can do about this?

J.C.

A hhhh.....summer! Long days, endless sunshine, flexible schedule, children happily playing all day.....wait! That last part.....let's look at that for a minute.

Yes, we want children playing. That's their job as children. And they definitely need a time that is less structured than the daily routine of school. However, what we hear about a "summer slide" from teachers and principals is true. It's natural that if we don't keep up with what we're learning, some of it will be forgotten, particularly when it hasn't had time to be cemented in our brains. Our children can lose one to two months of overall learning if nothing is done to reinforce the concepts. So what can we do to maintain a balance between learning and summer fun?

The first thing to consider is mindset. Good ideas are just that. Without putting feet to them, they don't get implemented. Be intentional about including learning this summer, but don't think sitting at a table with a textbook in front of you.

Here are some ideas to get you started:

Our community libraries are a treasure! They have so much going on, including a summer reading program for both adults and kiddos that offers prizes. The librarians will help with suggestions for books your child might like at his/her reading level. As little as thirty minutes a day is all it takes to keep up the skills. If you commit to reading your own book while your child is reading hers, you can make it fun by sharing with each other what happened in the reading that day. Don't forget to ask questions such as "Why do you think Scarlet was able to do something that seemed so impossible?" Add a popsicle to the 'book-talk' to make it even more enjoyable!

Reading doesn't have to be done separately. Reading a fun book TO your child is a great way to foster her love of reading. Reading WITH your child (you read a paragraph and she reads a paragraph) is another way that reading can happen.

Math skills are also important. Look for shapes in the environment, double recipes, measure things around the house, help build a birdhouse, put together a robotics kit, fix up a bike etc. Engaging in as many real-life ways as possible is the key to authentic learning that will be remembered. To keep up the basic skills play a game using a regular card deck. Put two cards down and challenge the child to add, subtract, or multiply in a certain number of seconds.

Every age group is working on vocabulary, spelling, writing, and grammar. Have you ever played Mad Libs? Get a tablet of those with various topics and you'll find everybody giggling, along with learning parts of speech. Choose different topics to write about and then challenge your child to use a thesaurus and change common words to more interesting words that create a better "picture". Make it a family affair with everyone offering their suggestions.

Of course, there are many educational math and reading games online, and this will help vary the daily schedule. Ask your child's teacher what skills s/he would like for the children to keep up over the summer and perhaps a list could be sent home. Most of all, be creative in your approach. Opportunities for learning are all around us and they're not always in a book! Keep it active and have fun.

For ideas, email Dr. Wertz at carolbwertz@gmail.com JL



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"Be a Friend"



BY DEBORAH KOEPPEN

Deborah Koeppen has a heart for women caught in damaging relationships, and is passionate about encouraging and supporting others through the process of learning boundaries and self-worth. Recently retired from Shasta County Social Services, she now enjoys hiking, kayaking, fishing and exploring with her husband, as well as writing, home projects, and spending time with family. She has two grown children and nine grandchildren. debzzone@sbcglobal.net

"I'm here when you need me," my friend said. "Just call, no matter what time of day or night. And I'll be there for you until you get through this." Few words have ever given me greater encouragement. I was going through a dark season, married 25 years and discovering my husband was living a double life. The betrayal and hurt felt like the floor dropped out from under me as the truth came to the surface.

What I hadn't realized was that over the years my world had become smaller as I isolated myself and tried to cope with the turmoil of my marriage. When I needed support the most, there seemed to be no one to turn to. My faith kept me afloat as I prayed for direction and help. And part of the answer to that prayer was the connection with this friend and her offer of help. Somehow our paths crossed and a friendship was formed. Sitting in her living room that day I poured out my heart and the pain over my failing marriage. That's when she said those words that became a life line for me. They also became a pattern for me to build on as I learned what true friendship is.

Community is not just important, it's imperative if we're to lead healthy full lives and navigate through challenging times. The covering and per-

spective that others bring to us are like beacons of light in the fog. Living under abuse, fear and domination causes self-doubt, and it can become difficult to make simple decisions. Stress affects us physically and, in these instances, causes confusion. I learned over time, and with the help of my friend, that if I'd reach out to someone who could speak truth and insight to me, I'd gain fresh perspective and be able to see with more clarity. During these times, I'd call my friend and she would remind me who I was, that I have a voice, and that I have a choice.

Stress affects us physically and, in these instances, causes confusion.

As the months went by, I began to be able to hold perspective and truth about myself for longer periods of time, until I owned and walked in it. This is a process and having someone stick with you for the long haul is invaluable. Often, I just needed a few minutes of connection with her by phone to gain perspective. Over time, just knowing I could call her was enough to give me the confidence I needed as I began to stand on my own.

It's been a number of years since then. Now, I look for opportunities to be that voice of truth for someone else. Though it won't pertain to everyone in our lives, there will be those that we're destined to run alongside for a season, to remind them of who they are and that they're not alone. It can literally change the course of their life, as it did mine. *JL*



BY LINDA RAY CENTER

lindasondancer@gmail.com Linda Ray Center is a blogger, motivational speaker, and a relationship builder. She retired from a thirty-two-year career in dance education. Linda and her husband reside in the Deep South, and she treasures her relationships with family and friends. She's a hands-on grandmother and will showcase her grandchildren's pictures at any given moment. As a communicator, she encourages God's design for relationships at www.lindaraycenter.com

The Incredible Task of Parenting

Developing a relationship with adult children isn't always a piece of cake. Parenting is something I need to work on daily, because sometimes it feels like a roller coaster ride, with down-hill drops we never see coming. God has entrusted us with these precious people. My goal is to produce meaningful relationships with them.

It's comforting to know raising children doesn't define me. How I handle the situation, does. On those difficult days, I wrap God's loving promises for encouragement around me. It takes the pressure off.

When unexpected difficulties occur, the Bible reminds me not to provoke my children to anger, but bring them up in the discipline and instruction of the Lord. God is faithful to his word which gives me strength not to get unnerved. It also helps me hold my tongue instead of adding fuel to the fire. Our children are watching how we control our actions. If I want my relationships to be different, it's up to me not to give in to pride and to always model self-control. I can influence them more by living a Christian life today more so than persuading them to see my point.

The enemy loves to attack our relationships with our children no matter what age they are because it's a rela-

tionship that is important to God. Our Heavenly Father is a pure representation of what love looks like in a parent-child connection.

Children are gifts. Along with it, the incredible task called parenting. *JL*

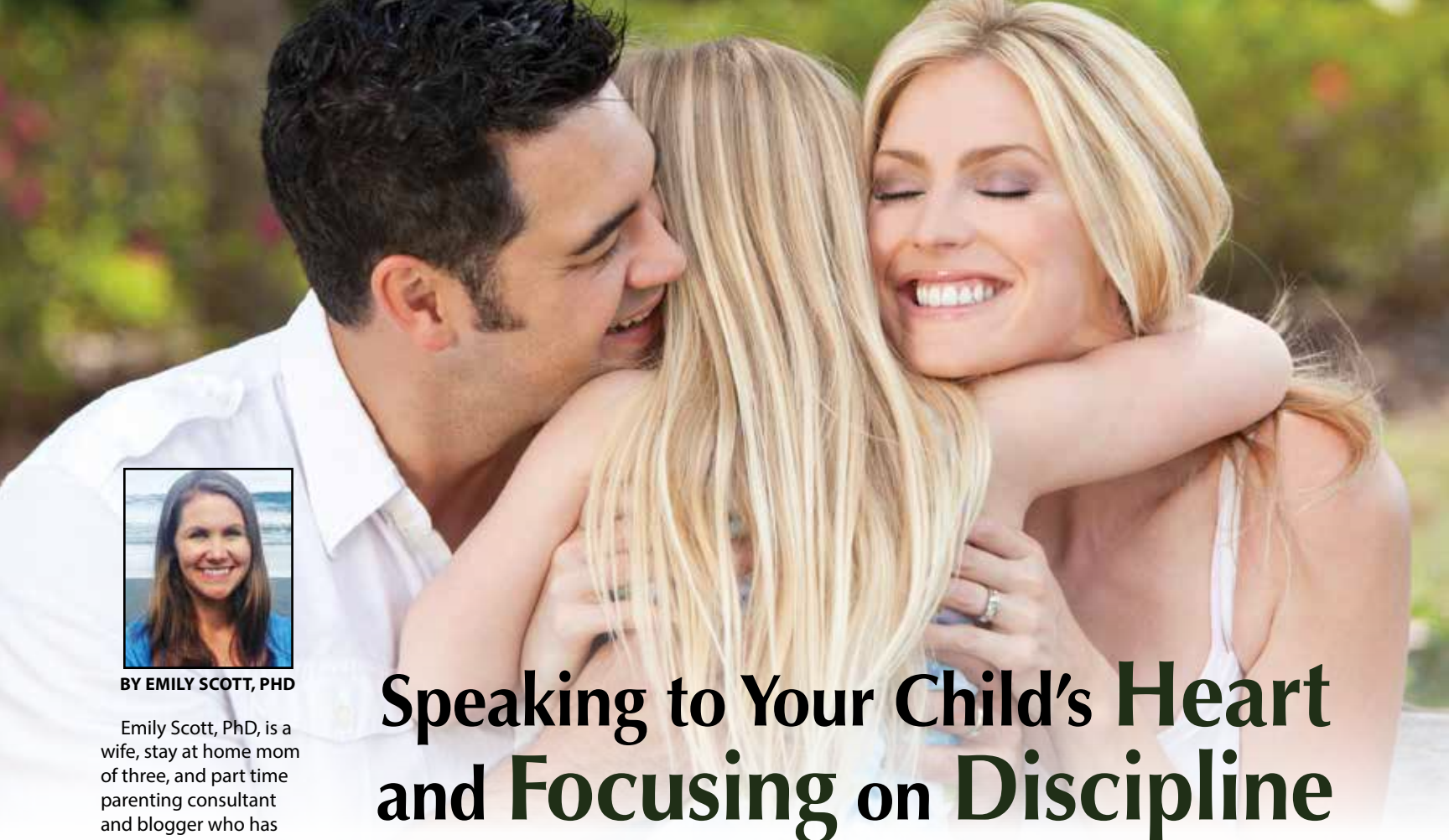
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BY EMILY SCOTT, PHD

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

Speaking to Your Child's Heart and Focusing on Discipline

Ensuring you have a strong relationship with your child and that you are engaged and involved is crucial to their development. As their parent, you are the most important influence on them, more so than teachers, peers, the media, or anything else. Finding a way to say, "I love you" in a way that your child understands and speaks to them is important in making sure they feel loved by the most important people in their lives.

Each person will feel loved in a different way. We can say, "I love you" all we want, but if we do not show love in a way they understand, the person may never truly feel loved. Additional-

ly, what speaks to one person may not speak as strongly to another. Some people respond more to loving touch, others to kind words of encouragement and love, others to doing things together, others to being helped. Furthermore, and especially for children, how we best receive love can change over time.

Children are no different. Some children will feel more loved when their parents hug them, while others may feel more loved when their parents make time to do activities together. As parents, we need to find a way to say, "I love you" that speaks to their heart. In order to fill a child's love tank, we need to focus on all areas

we can love them. Always offer love in the form of kind words, hugs, snuggles, quality time, helping, or gifts. But we need to have a special focus on what directly speaks to their hearts.

Challenge: Pay close attention to each of your children and see or ask what makes them feel loved. It may take time for you to recognize exactly what speaks to their heart. Take several days to observe what makes your child feel loved. Ask over the course of a few days what you do that makes them feel the most loved. Record their response and see what speaks directly to their heart. For example, we have noticed our son responds more to physical touch (scratching his back or playing rough and tumble with Dad), while our daughter craves quality time with us. Speak and show love in all areas you can as often as you can, but focus on what will speak to your specific child.

We need to be mindful of how we discipline our children. There is a difference between discipline and punishment. When we punish kids, we make them suffer for their sad choices. When we discipline kids, we guide them to make better choices.

For discipline to be effective, a child must feel loved. For us to guide them and teach them, they need to feel unconditionally loved by us. Our guidance will be easier to take when their love tanks are full. It may feel wrong to nurture and love a child who is misbehaving, but chances are, this is just what need. So often in our parenting classes we have parents seeking the next best punishment because what they are doing just

isn't working. They see so much improvement when they turn the focus from punishment to a focus on keeping their child's love tank full with discipline and guidance.

Using what makes our child feel loved as a means to punish can greatly hurt and impact them. For example, spanking a child who craves loving, physical touch would be more detrimental than spanking already is. Belittling a child who craves kind, loving, and encouraging words would be even more hurtful than belittling already is. Isolating a child who craves quality time with you, will cause more harm than isolating already does.

We can easily become frustrated with our child's choices. But remember, your love for them comes with no conditions, and we need to continue to show love even through our frustration. Responding with empathy is key. Many misbehaviors are the result of a child just seeking attention. To them, even negative attention is attention. When their love tanks are nearing empty, we see more misbehaviors.

Challenge: Avoid falling into the "punishment trap" where you try to find bigger and better punishments to correct behaviors. Instead, focus on the logical consequences of their sad choices and continuing to fill their love tank. Focus on discipline and guiding them, instead of punishing. Pay attention to what you use as consequences or punishment. Be careful that you don't use what speaks to their heart as a method of punishment. And, more than anything else, continue to fill their love tank. JL

There is a difference between discipline and punishment.



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BY SUSAN U. NEAL
RN, MBA, MHS

Susan U. Neal RN, MBA, MHS is on a mission to improve the health of the body of Christ. She is the author of five books including *7 Steps to Get Off Sugar and Carbohydrates*. For additional healthy living resources go to SusanUNeal.com



Keeping Fruit All Year Long

Dehydrate and Freeze Summer Fruit

Bountiful fruit harvests peak in summer. Flavorful ripe fruit tantalizes the palate. How do we store that fruit so we can enjoy it all year long?

Dehydrated Fruit

A food dehydrator is a terrific investment so you enjoy fruit all year long. Simply cut your fruit into similar sized slices. Place on dehydrator trays and turn on for the length of time indicated by your dehydrator's instructions. If the fruit is in different sizes, the small pieces will get overdone, and the large pieces will not be completely dried. So cut the fruit in similar size pieces. Store dried fruit in mason jars.

Frozen Berries

Either pick or purchase your berries (organic is best). Rinse with water and drain in a colander. Place berries on an ungreased cookie sheet. Make sure the

berries do not touch. Place in freezer several hours until frozen. Place frozen berries in mason jars and put in the freezer. Since the berries are frozen individually, you can take as much or as little out of the jar as you need when making your fruit smoothie. My youngest daughter loved to crunch on frozen blueberries.

While you are dehydrating and freezing fruit, you may want to whip up a smoothie. **JL**

Berry Smoothie

1 cup coconut or almond milk
1 cup frozen berries
1 teaspoon coconut oil
Stevia to sweeten
1 cup ice
Protein smoothie: add ½ cup of nuts (almond, pecan, walnut) or 2 tablespoons of almond butter.
Green smoothie: add ½ cup of spinach or kale.



BY CHRISTY LARGENT

Christy Largent is a motivational speaker with a focus on positivity and engagement. She helps organizations use her positivity principles to increase employee engagement. She lives in Flower Mound, Texas with her 2 school-aged kiddos and a very patient husband. Follow her on all social media @christylargent and subscribe to her Instagram channel for daily encouragement helping you find the bright side of life. www.christylargent.com

The Livin' is Easy

It's summertime and the livin' is easy...unless of course you have all your kids at home at the same time! I know my vision of summer before I had children was sooooo much different than the reality. Swimming, tennis, and escaping the heat at the movies was a big part of my vision. Reality meant squabbling over who was playing with whose toy, who got the bigger cookie and cranky 4:00pm meltdowns executed at full volume by overheated and overtired kiddos was more my norm. Can you relate?

So what's a parent to do?

I've found a few things to be helpful for keeping us all on the positive path come summer. Here are a few of my favorites:

- 1. Figure out a routine.** I know. I'm not a routine person either. But kids love a routine, and trust me, your summer will go a lot more smoothly if you institute a general routine by about week two. It doesn't have to be super rigid, but if kids know that mornings include activities and friend visits, then after lunch is quiet time followed by "Paw Patrol" and dinner, that will help with overall behavior. And it helps you, too, as you think about scheduling all the things you really want to do.
- 2. Include activities that resonate with each kid, as well as things you enjoy.** My son loves spending hours at the library. My daughter loves activities full of movement and challenge. I love the lake. So when I think about things to do, I make sure to include a variety of activities so each has a chance to do what they enjoy most. The bonus is that you will find you're getting to enjoy your favorite activities too!
- 3. Take advantage of summertime to try new things.** Community paddle boarding, kayaking, golf, and even flower arranging are typical "classes" that can be found for low or no cost. Your local YMCA also is a wealth of child friendly options like gymnastics, karate and other challenging activities. Celebrate the lack of school and sport schedules by trying out new things.
- 4. Take advantage of evening activities.** For those you working full time and still yearning to make special summertime memories with your kids, don't worry - the long



summer nights and extended holiday weekends allow for extra special adventures. An evening visit to the Sundial bridge topped off with a scoop or two of gelato is a sure winner. A late movie with your teenager that will leave you either screaming in fear or aching with laughter makes a memory that you'll both never forget. Or how about closing out summer with the full moon midnight hike to the top of Lassen? Magical.

My most important suggestion is this: Don't put things off! You have about 18 summers (if you're lucky) with your kiddos. As my kids are getting towards the end of our summer adventures (12 and 15), I'm making sure to include activities and adventures that I really want to do with them.

Because when I look back and remember my favorites summers, what comes to mind is both swimming lessons at the Aquatic Center as well as the 7 weeks we criss-crossed America. I don't really remember the arguing and complaining in the back seat - but instead their excitement at the top of St. Louis' Gateway Arch when they realized they were exactly where Rick Riordan's character Percy Jackson started his demigod adventures. And the shouts of glee from my then 8-year-old Graham as we crossed the California border and he smelled "that sweet California air" after weeks of heat and humidity.

As we were so horribly reminded during the summer of 2018, things can change on a dime. Your children are home with you for such a short time, I encourage you to make this summer one full of adventures, love, laughter and memories you will all treasure for a lifetime. **JL**

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You can Be A Hero



BY MARSHALL JONES

Growing up, I loved to fish but rarely caught anything. I was blessed with a wonderful dad who taught me much about the outdoors but he knew little about fishing.

When I was 7 years old I met my first fishing hero. It was my buddy's mom who occasionally took us to a local duck pond. We rarely caught anything but had so much fun. I was always tangled up, but she reassured me by calling herself a world champion untangler, a title I've adopted to honor her. After four kids of my own, I have earned it.

Over the years other skilled fishermen took me out, and we caught fish. I doubt they know their impact on me; nonetheless, they were my heroes. Imagine, if they could inspire me without even knowing it, what could WE do if we were intentional about it?

In 9th grade, my speed reading class started a chain of events which richly blessed my life. After breezing through the classics, I started reading everything I could get my hands on about fishing. I'd read an article about a particular lure or technique then go to a local pond to try it out. Like magic I started catching fish, not little ones either but trophy bass. I thought, "I must be a natural." I had fished this pond since childhood and had only caught bluegills until now. Little did I know that some local tournament bass fishermen had stocked the pond to the brim with big fish in the hopes of inspiring kids. It worked!

Not long after this I discovered the local bass fishing club. They invited me to fish a tournament. It was fun, but I quickly learned

that I knew nothing about bass fishing. It took a couple years to build my skills. My early success spurred me on. A few guys in the club spent a lot of time taking me fishing and teaching me. They hold a special place in my heart. Years later each admitted to stocking that pond. I told them I was one of the kids they had inspired. Who knows how many others were inspired too?

All of these people left such an impression on me that years later I wanted to teach others to fish, starting with my own kids. We fished Shasta Lake, Churn Creek where I spent so much of my youth, and local ponds. When they were young they actually had more fun catching little bluegill in the creek than spending a day on the lake for much larger bass and it was way less work than hauling the boat out. In recent years I have been taking people fishing to introduce them to the sport. Trips are limited to times when I am fairly certain they will catch fish. Here are some tips I have learned while mentoring:

1. Keep outings simple. Young kids don't have to catch a lot of fish or big ones to have fun.
2. End the day before they get too tired or bored.
3. Make sure your activity is safe and ethical. No parent wants to worry about their child's welfare.
4. Be a good role model.
5. Don't put yourself in questionable positions. With children, take another adult along, preferably their parent. In today's world misunderstandings happen all too easily.
6. Do what you enjoy. Your mentee won't have fun if you aren't.

I hope this encourages you to pass on the skills God has blessed you with. You don't have to be expert at whatever it is. Just reach out. Take the time. Be encouraging. Watch for that teachable moment to give that oh so important encouraging or uplifting word. Help them to succeed. That early success can keep them going until they can be successful on their own.

Your mentoring does not have to include fishing. Do what you know. You will find it rewarding and fun, and you might just end up being somebody's hero. **JL**

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Helping the Homeless: DO'S AND DON'TS

Is this a familiar scenario to you? You pull up to a stop, and the same scruffy man is sitting on the sidewalk holding his cardboard sign in front of him. “Homeless. Anything helps.” *Not that guy again, you think. He sure doesn’t appear to be looking for a job. I’ve given him money before.* Irritated, you jam your foot down on the accelerator as the light turns green.

While you may feel that you can’t accomplish much in the lives of those on the street, nothing is further from the truth. We can all look at Jesus’ example as He showed compassion to the individuals who came across His path. He never turned any away. He took the time to minister to the lovely and the unlovely, the wealthy, and the downtrodden. In Matthew 25:35-45, we are told that we must show the same love and caring because, in doing so, we do it for Him.

It is important, though, to act with wisdom.

In each situation you encounter, ask yourself, “Will my action lead this person to find long-term help? Or will it simply enable him to stay on the street?” Tough love may be needed.

A large percentage of street people are battling years-long drug and alcohol addictions. Some are desperate to get assistance; others don’t want to leave their lifestyles. Unless a person wants to change, nothing will happen.

Here are some do’s and don’ts:

1. Do pray for that person as you drive by. Ask God to help the individual, who may have physical, mental, and spiritual needs. God can do what you can’t at that moment.
2. Don’t hand out cash or gift cards. The individual is usually looking for money to stay high. He may sell the gift card and use the cash for the wrong purposes. If a person says he needs gas, tell him you will buy the gas and put it in his car. This will ensure the money goes where it should.
3. Do take the time to put together zip bags with useful items: lists of community resources, recommended churches, and Celebrate Recovery programs (Christian alternative to

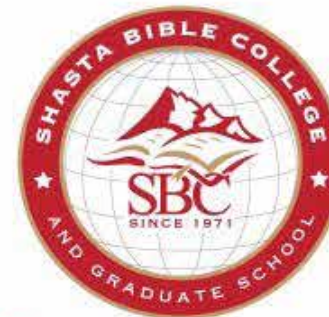
Alcoholics and Narcotics Anonymous); tracts that explain the Gospel; bottled water; hygienic items; and pocket Bibles (easy for the homeless to carry around). Keep these bags in your car, and hand them out at stops when needed.

4. Don’t hand out sandwiches or other food. Street people are well aware of where free community meals are being served. Some cities, through church groups, serve up to three meals a day. Instead, offer to meet the person at a nearby eatery. Then buy meals for both of you and make time to talk to the person and encourage him. Suggest where he can get long-term help. A friendly conversation over lunch can do wonders for someone who thinks no one cares about him.
5. Do donate used clothing and blankets for men and women in city shelters. Make sure the items are clean and in usable condition. Knitted and crocheted items are much appreciated during the cold months. Also call the local jail to see if they take used coats and other clothing. (Many of the homeless are familiar with the inside of a jail, unfortunately). You may want to regularly support missions, such as the Salvation Army, that not only clothe, house, and provide work training, but minister to souls with the Bible.
6. Don’t drive a homeless person to a requested location. Most of the homeless nowadays are armed with knives and other weapons for their own safety on the streets. Many are high or detoxing. Since you don’t know the situation, it is better to avoid this possible danger.
7. Do volunteer a few hours of your time each month at a clothing bank, food bank, or community feed, especially those that are faith-based and able to encourage the needy to make lasting changes in their lives.

Many of the street people live from day to day, simply trying to survive. Could you join with others to bring hope and direction into the lives of those who have lost hope? JL

BY LINDA JINKENS

I am currently serving as an assistant chaplain at a county jail in Washington State and have done so for over 12 years. I spend most of my time “in jail.” I am also a freelance writer and have written for various periodicals, including *Today’s Christian Living*, *Countryside Magazine*, *The Christian Journal*, *The Gem*, *Purpose*, *Mustard Seed Ministries*, and *Christian Living in the Mature Years*. A former teacher, I hold a Master’s degree in education from the University of Washington. In my free time, I enjoy bicycling, knitting, and reading adventure stories.



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