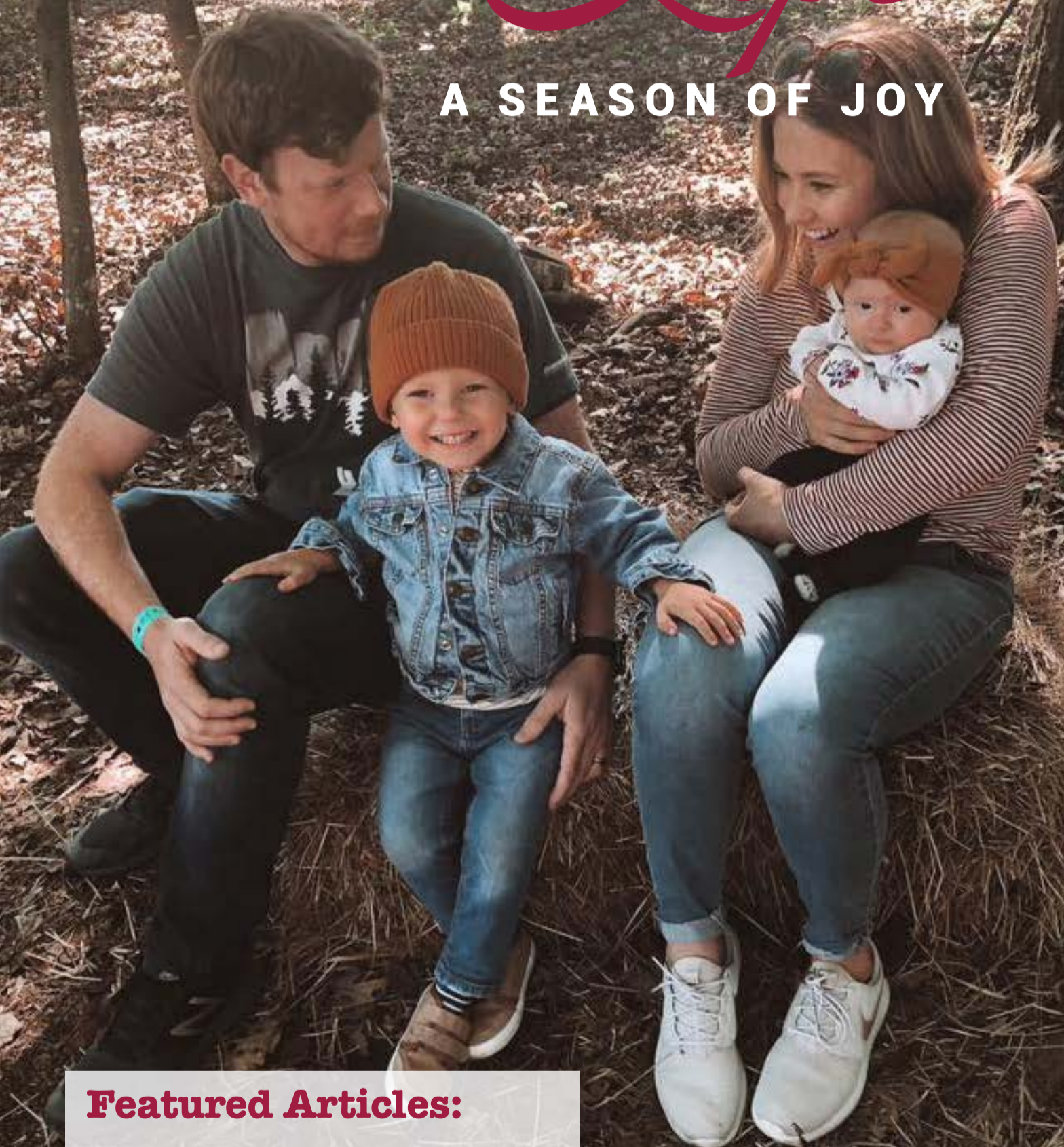


Everyday

Life

A SEASON OF JOY



Featured Articles:

Exceedingly & Abundantly:
The Story of Nora Joy

Coping for the Holiday Season

Skin Care for the Winter

Staying Healthy for the Holidays

Keeping Joy in This Season

Joy is something that is felt deep within your heart. It is very different than happiness. Happiness is a momentary feeling, only experienced during good times. Joy is much greater than happiness.

The magnitude of joy comes from knowing God and knowing you are perfectly safe in the palms of His hands. God wants and expects us to live and experience real joy. In God's Word, you don't read about being happy but rather the great emphasis is put on joy. That's because joy is eternal. Joy is something each person needs to pursue, clearly understanding our hope is in Jesus Christ and the reason we celebrate Christmas. He is the Joy and the Peace of the World.

The miracle of Christmas is understanding what Christmas is really all about. It's about experiencing real joy in the midst of hopeless situations because Jesus is our Hope. It's about trusting Him when everything is falling apart around us. True joy extends beyond the holiday season as well.

Imitating Christ and His love means giving of yourself. Words mean nothing without action backing up those words. A heart filled with joy and gratefulness will extend itself to help those around them. You see, your light brings joy to others, and when you bring joy to others, you cannot help but experience real joy yourself. Joy really is the gift that keeps on giving.

This passage found in Nehemiah 8:10(GW) speaks volumes to me, "... Go, eat rich foods, drink sweet drinks, and send portions to those who cannot provide for themselves. Today is a holy day for the Lord. Don't be sad because the joy you have in the LORD is your strength." Let me explain. Even when our life feels broken and feels like our dreams are shattered, there comes a time when we will rejoice again. At this point, the people had suffered a lot being in captivity. They felt hopeless, defeated, and crushed. They were people of great sorrow. After Ezra read from the Book of the Law, Nehemiah helped the people understand they were not hopeless. The people experienced joy and happiness. I love that because that same principle still stands. We can pick up the Word of God and be instantly uplifted, but the Truth of His Word is, "Joy comes in the morning." We're no longer doomed by the feelings of hopelessness and despair because the Living Word of God brings joy into our lives.

Be the vessel, during this holiday season, who brings joy to others who are struggling in their hopeless situations.

I believe we have the Christmas holiday figured out all wrong. We get distracted by the hustle and bustle of purchasing gifts, what the latest style is, meal preparation, parties, house decorating, and trying to avoid those people who cause us problems but know we will have to see anyway. No wonder



**“Be the vessel,
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Dr. Teresa Allissa Citro

the joy and happiness is zapped right out of us. This is not the reason Jesus came. This is not the way we celebrate Jesus' birth.

Once we realize Christmas is all about giving the gift of love to those whom we may not consider lovable, instead of dreading seeing that person, begin praying about how to bring that person joy. Instead of giving your children the most wanted toys of the season, how about sitting down with them and asking what they want to do every Friday night for the next year.

Instead of decorating your home alone, why not invite a family whom you know is struggling and have them participate with you and your family in your festivities. Instead of going through the chaotic planning that goes into a family meal, you can have each person invited bring a dish and use the extra time you have to volunteer to help out in a shelter.

As you spend time in prayer and find out how to bring joy to the joyless, God will lead you where you need to go.

In closing, I want to leave you with one of my favorite Scriptures found in Isaiah 61:3(GW), "He has sent me to provide for all those who grieve in Zion, to give them crowns instead of ashes, the oil of joy instead of tears of grief, and clothes of praise instead of a spirit of weakness..." Back in Bible times, oil was special possession for trade and for personal income as well as for tabernacle grain offerings and fuel for lamps. The oil of joy brings health and healing to your body. Do you see why God would want to give you the oil joy? As children of God, it is important for us to live joyously because we represent God, and we bring hope, healing, and joy to those who are need.

Jesus Christ, Our Lord and Savior, is the Giver of Joy and is the Light of the World. This is where we find true peace and joy amidst the holiday season. He is God With Us, the Prince of Peace, Wonderful Counselor, and Mighty God.

My staff and I at Everyday Life wish you and your families a joyful and Christ-filled holiday season.

Dr. Teresa Allissa Citro

Teresa

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A SEASON OF JOY

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THE JOY OF CHRISTMAS

AN INTERVIEW WITH DR. TERESA ALLISSA CITRO

So you want to know what joy looks like wrapped up in a person? Look no further than Dr. Teresa Allissa Citro. We grew up together, and if there is one thing I can say for certain is that you absolutely cannot stay down or in any other negative mood when you're around her. Her joy is bound to have you laughing or just thinking about how good God is. Her testimonies are countless and her joy is contagious. I know Christmas is one of her favorite times of the year. Let's take a look into what Christmas and joy mean to Dr. Citro.

LINDA: What is the most meaningful thing for you at Christmas time?

DR. CITRO: Christmas time, for me, has always represented the end of the year and the beginning of the New Year. It is a time of reflection of the things God has done for me and for my family –the good, the bad, the beautiful, and the ugly. It's a time when God gives me a personal fresh new word for the upcoming year. As I reflect over the past year and the word God gave me for that past year, I see how everything has come to pass according to His perfect plans for my life. It's an exciting time for me.

LINDA: Do you have a favorite song, and if so, what is your favorite song and why?

DR. CITRO: My favorite song is, "Mary Did You Know." This song has a lot of meaning for me. Imagine a young virgin, sold out to God, who would prefer the will of God without concern of what other people think. I believe we are all capable of being a Mary or Joseph. It is all about yielding and desiring the will of God more than you want anything else. Following the will of God is going to cost you everything. Doing what is right most often causes you a lot of pain, but the results are worth everything you go through to get to the destination God has for you. I'm sure she wasn't thinking her baby boy would die on a cross. Sometimes the dreams we have look like they are going to finish us off, but there's always resurrection power through Jesus Christ. This song "Mary Did You Know" represents pain and agony and a time of questioning.



As I reflect over the past year and the word God gave me for that past year, I see how everything has come to pass according to His perfect plans for my life.

LINDA: I know you love chocolate chip cookies. So what is your favorite traditional food during this season and why?

DR. CITRO: Well, beside the chocolate chip cookies, there are the 12 different types of fish that traditionally Italians eat on Christmas Eve.

LINDA: 12 types of fish? What are they?

DR. CITRO: Shrimp, Mussels, Calamari, Scallops, Salmon, Cod Fish, Sword Fish, Crab, Sardines, Haddock, Oysters, Lobster. But really, Linda, what I love about the Christmas feasts is that we go to church, then come home, gather around the dining room table with my family and closest friends and the pastor's family, then I hand everyone a candle, lighting each other's candle, each discussing what God has done for us during the year. My Dad reads the biblical Christmas story in Italian, and I read it in English. We finish with prayer and singing around the table. Then we dive into the food.

LINDA: What was the most memorable Christmas for you and why?

DR. CITRO: December 1998 when I found out I would be a mom to Justin Noah Citro. Many years, I sat in the living room in front of the Christmas tree and prayed that God would give me a baby. God answered that prayer miraculously in 1998 and brought me my miracle baby. God didn't stop there. He blessed me with a beautiful daughter, Ellianna Destinee Citro. Nothing compares to these two gifts. They are my shining stars.

LINDA: What is your Christmas wish for everyone?

DR. CITRO: Well, of course, I wish everyone a peaceful, joy-filled, and healthy Christmas, but what I really wish is that each person would get a hold of whom God is and what He wants to do in their lives. I want everyone to live with the peace of knowing that everything will work out for their good and true joy comes from knowing Jesus Christ and understanding the full meaning of why He came to earth in the first place. He is the Way and the Truth, and the Life. Nothing and no one can compare to Him. This Christmas He is standing at the door and knocking, waiting to be invited in to radically transform each person's life like He did for Mary.

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Exceedingly & Abundantly | The Story of Nora Joy

How a miracle baby shaped a mother's faith and hope

KRISTIN CROSBY

Last Thanksgiving on our annual family trip to the Georgia Mountains, my sister turned to me and said, "I think I might be pregnant." From the excitement in her eyes one would guess it was her first pregnancy. But with one child already in tow, Ricky, then stepping into his toddler years, Kara and her husband Rick seemed eager to grow their family. The news was announced to the family in the middle of a Thanksgiving family photo shoot, and with lots of joyful tears. Kara and Rick had long dreamed of a full house. The moment she found out it was a girl, it was planned that she would be named Nora Joy.

Months into the pregnancy on Ricky's birthday, the doctor noticed something irregular. The ultrasound revealed several bright spots on the heart, known as calcium build up. It was determined the baby had CMV virus, a common cause of birth defects ranging from hearing loss to seizures. While there was no clear diagnosis as with each checkup Kara reminded that the outcome could be detrimental, and even fatal. At one point, they were even encouraged to abort the baby.

**How a
miracle
baby shaped
a mother's
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during a routine checkup, doctor noticed something revealed several bright as calcium build up. It was CMV virus, a common ranging from hearing loss was no clear diagnosis as with each checkup Kara reminded that the outcome could be detrimental, and even fatal. At one point, they were even encouraged to abort the baby.

Having to carry this emotional weight, *quite literally*, throughout the remainder months of her pregnancy would drastically change and shape Kara's faith more than she could have anticipated. In an interview, Kara shares the story of expecting Nora's arrival:

Kristin: What was it like at the first doctor's appointment where CMV was discussed?

Kara: *It was truly a nightmare come to life. It was an out-of-the-body experience. I just wanted to hit the rewind button back to when things felt calm, peaceful and normal.*

Kristin: What were the first thoughts & concerns you and Rick had?

Kara: *Our initial thought was that we were going to lose the baby. Then we had concerns that if Nora was born she wouldn't be able to experience "normal" things. I even began to hurt for Ricky, wondering if he would ever have a true relationship with his sibling.*

...the Lord had such a beautiful purpose for the body of Christ near and far!

Kristin: You were at a place in which you had so much support & encouragement from family and friends, but went public with the news. How and why did you decide to share that news?

Kara: *I don't know honestly. I think I have always been an open person even when I am hurting. I felt like it was worth the risk being vulnerable, especially if I could have hundreds of people praying over Nora. I was on the phone with a friend the weekend after we got the news and she told me she was sad all weekend but then felt she needed to "get to work", stop worrying and start praying. That really helped me! It helped me see that worry is wasted time on things I can't control. But I could control the time I prayed and the people I asked to pray over Nora. I actually ended up telling a few strangers and asking them to pray, not really knowing who they are but knowing that the Lord cares about our prayers.*

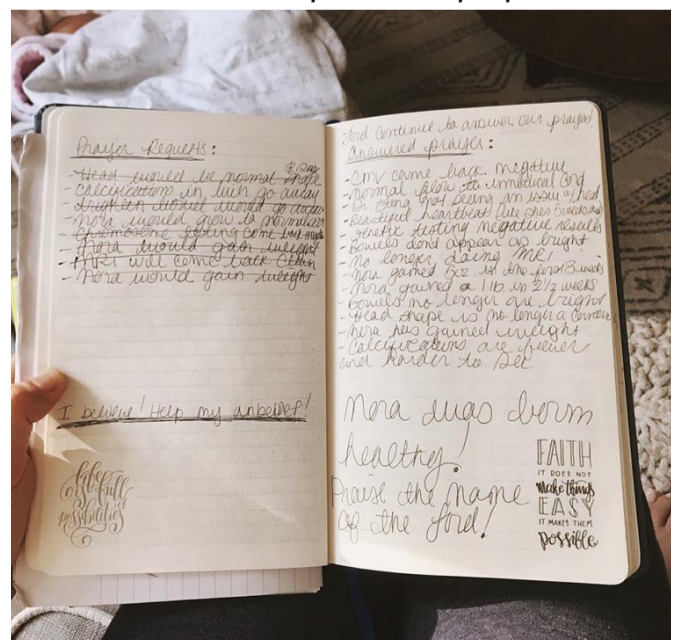
Kristin: What did it mean to you having the voices, prayers & encouragement from all the family and friends around you?

Kara: *I felt undeserving of it but realized during the time that the Lord had such a beautiful purpose for the body of Christ near and far! It was humbling, but beautiful. I always had the picture of Aaron and Hur in the Old Testament lifting up Moses' arms when he was too weak to do so. That's exactly how it felt. At times it felt like we were too weak to pray or have faith with others and hope. We could have never done it without the body of Christ lifting us up in prayer and having faith when we were too weak to do so.*

Kristin: From the actual pregnancy to the time of the potential diagnosis was quite a few months. How did you manage to cope through that season with this child growing inside of you?

Kara: *At first, I honestly thought I could just stay busy and it would distract me. But seven days after we got the news I was in the hospital and told I needed to be on bed rest for the rest of my pregnancy. It forced me to face it and know that God is over my circumstance.*

Honestly, what got me through was my husband encouraged me to set parts to my day so I didn't give myself time to wallow. I started reading Psalms every morning and journaling. They were usually prayers to the Lord but some were letters to Nora because I never wanted her to think my time being pregnant with her was sad but that I had hope for the purpose Jesus



had in mind for her. I would read a chapter of a book or two, many focused on hope. I bought a book about suffering, written by a woman who lost her son to leukemia. My husband actually took it from me because it was too soon to know what our story would be. There were days I got stuck on Google or scholarly articles about CMV. Other days I would join groups on Facebook and finally got off them because at the time we weren't sure about anything.

My best days were when I read scripture or a book, talked to a friend who was believing and hoping with me, played or watched a movie with my son cuddling on the couch. When you are suffering there are a lot of things that are not in your control. I realized there were a few things I could control. What I spent my time focusing on made all the difference. I also had to be selective with who I spoke to. With some individuals, I could hear in their voices they didn't know what to do with our news, which was totally fine, but it caused me to head in the direction of self-pity. I had to talk to people that lifted my spirits.

Another thing I found to cling to was in the little things. I decided I would hold onto things I felt were from the Lord. I didn't share them with anyone; I just held on to them as hope that the Lord saw me. I held on to the fact that the doctors couldn't get over how strong her heart rate was for being so small and "sick". I held on to the image that was in my mind as soon as I found out it was a girl (my husband walking down the aisle with her) and I took that as possibly the Lord showing me a promise I needed. There are so many tiny ways the Lord shows us that he sees us and sometimes you have to find it in the small things.

Kristin: How did you keep a balance between reason & faith, hoping for a miracle and yet preparing for the inevitable - whatever that may be?

Kara: Hope during suffering can feel like ignorance. But I had to realize that hope is who Jesus should always be regardless of my situation. Jesus is our hope and there is nothing ignorant about that. If I truly believed Jesus is who He said He is, hope was my only real choice

My faith grew like never before. It truly was what a good friend called a "faith journey"

My faith grew like never before. It truly was what a good friend called a "faith journey" for me

for me. Hebrews 12:2 states that Jesus is the "author and perfecter of our faith". I never really took in those words before this. I felt like a large part of this was me learning that I just had to allow Jesus to take me on this journey. He was writing a new chapter of what my faith looked like and if I ignored it or turned

to worry or anxiety, I wouldn't get anywhere.

I also believe in preparing your heart for whatever may come. It would have been ridiculous for us to not realize that there are some prayers that go unanswered. The Lord hears them but has other plans. I think having faith doesn't mean you only have hope in the situation, but you know that your ultimate hope is in eternity with the Father. One thing I would tell myself often is if my daughter had a disability of some kind it would mean her body just failed her earlier than it normally would. The health of our bodies are not what we place our hope in; It's always in Jesus.

I finally got to the point where I tried to figure out everything that could go wrong and all the things we could be prepared for until I had thought of everything. At that point I remember finally asking myself, "Kara, would any one of those things you are thinking of change who you are or your relationship with Jesus?"

And that's when I told myself no matter what happens I wouldn't let it change me or my relationship with the Lord. I remember saying out loud, several times crying, "Jesus no matter what happens, I will praise you." It was the hardest thing to say because I almost felt like it was a way of giving up or telling the Lord I was ok with Nora being disabled but it wasn't. It was just telling the Lord His ways are higher. I see that clearly now, but in the unknown it was much harder.

Kristin: What kept you moving forward as a mom & a wife during these months?

Kara: I probably was a better mother than wife. Ricky turned two the day we found out about the complications with the pregnancy. Our celebrating turned in to deep sorrow and fortunately it didn't faze him. The Lord knew we needed our son during this time. He brought so much joy and life. He would pray over my belly and sing to his baby sister. Often times I would want to detach from the pregnancy to protect myself in case we lost her, but he helped me find joy.

“He is able to do exceedingly and abundantly above all that we ask or think (Eph. 3:20).”

As a wife I fully poured out my heart on my husband. It was important for us to stay in communication with how we felt or we could end up not being sensitive to one another. There were many days I would just need my husband to hold me as I cried or listen to all my silly concerns. My husband did an amazing job being sensitive, but filling me with hope and not allowing me to live in self-pity. I have always been grateful for the kind of husband I have but during this season he proved why I love him. He was unwavering in his faith and convictions while all along taking care of my needs and concerns. Marriage can either be a support to stand on or it can be another burden on top of the heaviness of your situation. I'm



blessed enough that it truly was a rock to stand on.

Kristin: By the day of her birth, Nora Joy has come out a perfectly whole and beautiful baby. A true miracle baby. What goes through your head when you look at her & think of what could be?

Kara: Whenever I look at Nora's face I constantly think of the scripture that says, "He is able to do exceedingly and abundantly above all that we ask or think (Eph. 3:20)." That is Nora! She is more than we could have ever imagined. I mean first of all the only issue when Nora was born was her size. She was a tiny 3 lbs 11 oz. But perfect in every other way! She is the happiest, most chill baby you will meet. My husband and I always say when we look in her eyes, we feel like we can see how kind she is. She is just so sweet and already is smiling and laughing often bringing joy to our household. This has made me realize in our situations, no matter how bad the outcome can be, the Lord always has his best in store for us.

I would have to be able to say that even if Nora was disabled, if she ended up having multiple issues, I believe the Lord had a purpose and it was what is best in his eyes. I am just grateful that he chose to show his glory through Nora in the way he did.

Kristin: How has this journey changed your faith and outlook on life?

Kara: *I have a newfound appreciation for children with special needs and especially their moms who give their whole lives to taking care of the needs of their dependent children. I promise these have to be the strongest people on the planet. The amount of doctors' appointments, hospital bills, late nights and everything else that comes with it has to humble a person.*

I shared earlier about how it changed my faith, but it also definitely has changed my outlook on life. Right now we are approaching a busy weekend for Nora's dedication and family coming to town and in the midst of it our son just had a bad cold and fever. Nora started to have a slight cough and my first instinct was to panic because I'm secretly a bit of a hypochondriac and worry at any sign of sickness (ironically) but I immediately I felt led to thank the Lord for these "normal" worries; thankful that I was worrying over a cold rather than deafness, a stuffy nose rather than blindness, and so on. My perspective has shifted because I have seen the Lord's clear hand of healing over Nora's life. But even if Nora has complications health-wise in her future, I now have a hope that is found in eternity with my Savior and not in my circumstances and for that I am forever thankful!

One other key verse that got me through, was Psalm 112: 6 & 7. **"Surely the righteous will never be shaken: they will be remembered forever. They will have no fear of bad news; their hearts are steadfast, trusting the Lord."**



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THE POWER OF JOYFUL LIVING

PRINCE OBINNA, JP

Many years ago I had a personal encounter that redefined what Joy is, and from then, I have lived by that truism.

I had a very difficult and trying upbringing as an orphan. Relatives abandoned me, and my grandmother who was taking care of me died while I was still a teenager; with nowhere to go and no one to turn to, I trudged through life in suffering.

This made me develop and grow with a seething anger and bitterness. I wanted to make money and teach my relatives a bitter lesson and grew up with a mindset of vengeance until I surrendered my life to Jesus Christ as my Lord and Saviour in 1993.

The first thing the Holy Spirit did was to heal me of the anger and bitterness by teaching me what joy is in one simple sentence; He told me, **"Joy is JESUS OWNING YOUR life."** When Jesus owns your life, He floods you with His joy and peace which are major requirements for accessing the blessings of God and for living a meaningful life.

"Therefore with joy shall ye draw water out of the wells of salvation." –Isaiah 12:3

I know there many people who must have gone through or are still going through some bitter, unpleasant and unexpected experiences or situations that have made them sad, bitter and angry at themselves or at other persons.

Beloved; allow Jesus to own your life, He will flood it with joy and peace.

"For HE is our peace, who hath made both one, and hath broken down the middle wall of partition between us." –Ephesians 2:14

The devil knows that when we are joyless, sad, or depressed, we incur the anger of GOD.

"Because thou servedst not the LORD thy God with joyfulness, and with gladness of heart, for the abundance of all things; Therefore shalt thou serve thy enemies which the LORD shall send against thee, in hunger, and in thirst, and in nakedness, and in want of all things: and He shall put a yoke of iron upon thy neck, until He have destroyed thee." –Deuteronomy 28:47-48

The consequences of living in sadness and depression are enormous. Living joyfully is our responsibility; it is our job to guard against anything that will steal our joy. We deliberately and always look out for those things GOD has done in our life.

"Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation." –Habakkuk 3:17-18

To be joyful no matter what goes on around you, settle in the Word of God which says, in **Psalm 33:5(KJV)**, **"...the earth is full of the goodness of the LORD."**

WHAT IS JOY? It is to always have great happiness; it is to have delight in life, to be enthusiastic about living. Tomorrow will definitely be better than today.

"But the path of the just is as the shining, that shineth more and more unto the perfect day." –Proverbs 4:18

SIGNIFICANCE OF JOY

1. Joy is medicinal; abounding in joy is taking the right dosage of drugs required for the sustenance of life.

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones." –Proverbs 17:22

2. Joy is a defence.

"But let all those that put their trust in thee rejoice: let them ever shout for joy; because thou defendest them: let them also that love thy name be joyful in thee. –Psalm 5:11

3. Joy strengthens.

"Make me to hear joy and gladness; that the bones which thou hast broken may rejoice." –Psalm 51:8

Beloved, one of the precious gifts from GOD is the gift of joy. Receive it and determine that nothing shall make you sad or depressed.

Let Jesus own your life from now on, and see your life flooded with His joy.

PRINCE OBINNA, JP
LEAD SERVANT,
POWERHOUSE
ASSEMBLY
MINISTRIES
PORT HARCOURT,
NIGERIA

FOUNDER/PRESIDENT:
LIFE C.A.R.E INC.



MAKING THE BEST OF THE HOLIDAY SEASON

DR. BUKOLA WILLIAMS

The holidays are here. The popular song reminds us "it is the most wonderful time of the year." Well, to many people, it is – they enjoy the company of loved ones.

However, despite being regarded as the most wonderful time of the year, the holidays can be challenging, and for singles, this season may threaten to rob the gratitude and joy that God intends for you.

Some people find singleness harder during this time. The expectations are higher than usual and fuelled by the materialism of the season and love hype that comes with it. If you are single, looking around and seeing couples, you may just have a self-consciousness of "having no one." And this may not stop there; thoughts of "is anything wrong with me" and "why me" may cloud your imagination.

Then, there are the expectations from people – "when are you getting married?" "Oh, God will send you a partner next year." These and more will come from loved ones, but they may send a single person into sadness and depression. It is important to have tips to cope and make the best of the holiday seasons.

You Are Not Alone

The truth is, when everyone appears to be happy, it can be tough to stay positive around the holiday. You may feel unloved, unwanted, and if you were engaged or walking beyond the paths of a broken relationship, you may feel used and rejected. But,

you are not alone! It could mean that there are other people out there who are single and feel same way. So, you are not alone. Beyond that is the truth that God is with you! Start by cultivating an awareness of God's presence around you. You can use the holiday time to explore God and spend time in devotion with Him.

Another way to stay happy is to let go of the past – all the past hurts and anger.

Be Grateful

Being Single Does Not Mean You are Not Good Enough. There are good things happening in and around your life. So, take some notes of the positive things going on for you and be excited at them. Being single does not mean God has forgotten about you. You need to know this. You are too precious to God to let you meet some unserious people who might want to take advantage of your single status.

Be Happy

One of the ways you can allow the wells of happiness to find expression is to deliberately fantasize about God's plan for your future. Take a pen, and in your journal, write out beautiful things about your future marriage, and draw strength from that – your awesome partner, amazing kids, wonderful home, and all. Happiness is choice; make that decision to stay happy.

Another way to stay happy is to let go of the past – all the past hurts and anger. Don't live in the past. Live in the present and pull inspiration from your future. Stay positive. Let your responses to the words and actions of people be positive.

Connect with Others

Hang out with other singles who share your values. Choose to do something different and enjoy the company of other singles. Enjoy your flexibility. Some Christian holiday companies arrange trips for singles. You can take advantage of this, and you may find like-minded people and make new friends, and though the purpose is not to start a relationship, you just might find one worth starting.

You could also use your holidays to visit friends and family you rarely get to see around the country or the world. There are also married friends, couples, and families some of which are happy to include single friends in their holiday planning. Who says you cannot be that friend? Be open to connecting with others.

Commit to Others

The holiday season is a time to reach out to others in need by donating money or goods to charity. This is true religion.

Catch your fun

Being single can be real fun. Catch your fun either alone or by connecting with other singles who share your values. Get yourself new clothes, get a new hairstyle, and get yourself a present. Look good and lift your mood. Choose to do something different and enjoy the company of other singles. Throw a party, go to the movies, and you can just plan your own vacation. You are in charge.

Wisdom is Profitable

The holidays are not cheap. In 2016, the average American shelled out \$929 (US)

on gifts for friends and loved ones. The challenges of travel in costs equal 23 percent more during the winter holidays compared to the rest of the year. As a single person, you already have rent or mortgage, and utilities on your pay check; making the best of the holiday means you save some money. And if this counts, you will worry less about having to drop extra pounds of weight picked up during the feasting that come with the holiday.

A Word for Single Parents

The holiday season is a time to reach out to others in need by donating money or goods to charity.

You need to have a plan for your kid(s). Be flexible and be open to carrying them along, and if possible, your ex-partner. Ask the kids about their hopes and expectations for the holidays. Help them shop for gifts.

If you are spending the holidays alone without your kids, if your custody arrangement permits, make audio and video calls to the kids. Let them open their gifts for you to see.

Where possible, decide if you and your ex-partner want to spend the holidays with the kids. You will have to manage the expectations of the kids as many of them may wish or assume the holiday is reconciliatory for their parents. You may have to communicate this to them. If this will be problem, reconsider the decision to have the holiday together with your ex-partner.

I do hope you find these tips helpful and edifying. Have the best this season.

KEEPING THE JOY DURING THE HOLIDAY

DR. BUKOLA WILLIAMS

The holidays come with so much preparation, expectations, and anticipations which results in stress especially to couples and their marriages. The stress includes feeling pushed and pulled in many directions and trying to meet the expectations and anticipations. Even the thoughts of holiday can make couples feel stressed, thus making the anticipation of the Christmas holiday far from pleasant. There can also be the feeling of being stressed out by the cost of Christmas gifts and entertainment.

Stress during the holiday makes you to want to meet everyone's needs but yours. When there is stress, it may become "easy" to cast your frustration on those who are closest to you. When stress overwhelms, there is a tendency for spouses to "become more" negative with each other.

More so, troubled marriages may become harder during the holiday. There is also the need to consider factors that emanate from intercultural marriages such as cultural losses, dealing with expectations from mean-spirited in-laws and feeling comfortable with other people's families. Also, present are challenges of finding ways to celebrate with two sets of grandparents and two extended families.

How to Cope

If married couples do not take steps to prepare for the holiday season, it turns out that the season of gratitude and family connection becomes overtaken by stress on emotions and finances.

When you set expectations, let them be clearly stated. Discuss the roles and responsibilities of each partner. Be opened to negotiation through working together to find solutions and resolve differences.

Set Expectations

Holidays can increase stress and conflicts. One way to handle these will be to set and discuss expectations. Discuss your expectations. Communication is key. Be sincere with each other about what you want or don't want. Reflect on the past holidays that you enjoyed and ask each other what worked that made it pleasant.

Reflect on the past holidays that you enjoyed and ask each other what worked that made it pleasant.

Set Priorities

You have to put your marriage first. The happiness of your spouse should be first on your mind and your plans. You have to deliberately shield your happiness from external factors that come with the holiday season.

Adhere to Budget

One wise thing to do is to include 'yourself' as one of the best gifts you will give to people and well-wishers. Your presence will be one of the

best presents. Love is the best gift you can give, and with this, you may reduce the gift list to suit your budget. Avoid being under pressure to exceed your budgetary capacity. Be realistic about what you can afford.

Be Grateful to God

Above all, be grateful to God for what you have and what that can do for you. Avoid comparing yourself with others.

When One Partner Gets Stressed

You have to learn how to help your partner through stress. John Gottman, a U.S. researcher, in his book "The Seven Principles for Making Marriage Work" explains the place of understanding. He stated that "understanding must precede advice. You have to let your partner know that you fully understand and empathize with the dilemma before you suggest a solution." He proposed that when one spouse feels stressed out, the other should take the spouse's side. "This means being supportive, even if you think his/her perspective is unrealistic."

John Gottman's principle, if engaged, will help many couples cope and handle stress especially as we get into the holiday season.

Enjoy the best of the most wonderful season!

**Love is the
best gift
you can
give, and
with this,
you may
reduce the
gift list to
suit your
budget.**

El Is Proud To Showcase The Gorgeous Evening Styles For The Holiday Season

KATAYA SPOSA BY SALIM KATAYA ONE OF THE TOP DESIGNERS OF TODAY. A SYRIAN BORN DESIGNER THAT WON THE RESPECT OF ALL THOSE IN THE FASHION INDUSTRY BY DESIGNING GORGEOUS WEDDING AND EVENING GOWNS. HIS STYLES ARE KNOWN FOR THEIR ELEGANCE AND BREATHTAKING LOOK.



SALIM KATAYA CONTINUES TO DAZZLE US WITH HIS INSPIRING STYLE AND FASHION. THIS HOLIDAY SEASON IS ALL ABOUT YOU STANDING OUT.










MR. SALIM KATAYA IS A WORLD-RENOWNED DESIGNER WITH OFFICES IN DUBAI, UNITED ARAB EMIRATES. HE BEGAN HIS CAREER IN FASHION IN DAMASCUS, SYRIA AND ROME, ITALY UNTIL THE SYRIAN WAR. HE THEN RELOCATED TO DUBAI. HIS DESIGNS ARE SHOWCASED ON THE FASHION RUNWAYS AND IN FASHION MAGAZINES AROUND THE GLOBE. HE IS A RESPECTED DESIGNER, AND HIS DESIGNS HAVE EARNED HIM MANY ACCOLADES. WE ARE HONORED TO SHOWCASE HIS COLLECTION FOR 2018.





Are you looking to have young and vibrant skin? Are you looking for skin care that reduces fine lines? Great looking skin doesn't just happen. It's something we do. There are so many great products out there for all skin types and all budgets. The important thing is to make sure you get plenty of water, eat clean as much as possible, protect your skin from the sun, and use good cleansers and proper moisturizers, along with anti-aging products.



BEAUTIFUL GLOWING FACES FOR THE HOLIDAYS

CARMELINA RAKIEC

The holidays are very stressful combined with the weather change, and if we're not careful, it will create havoc on our skin. This holiday season is all about the masks. Masks are powerful and balance our skin. Masks keep our face, eyes, lips, and hair beautiful and healthy.

1. Puffy eyes and dark circles under the eyes

It's not hard to believe that during the holiday season most women suffer with puffy eyes and the dark circles. However, you don't have to suffer any longer. There are great products out there to help you fight the holiday symptoms. Be sure you apply a product specially formulated to fight puffiness.

2. Face Masks

Face Masks are the very perfect pick-me-up face lifter needed for the holiday stress. When you put on a mask, it doesn't just deep clean but it makes your skin radiant and makes your skin glow. It is also a great time to relax yourself in order to take a break from the holiday hustle and bustle.

3. Eye Masks

Even though there are products to remove puffiness, redness, and dark circles, it is very important to also give yourself an eye mask. They are soothing and cooling for your eyes; they help to moisturize your eyes, reducing puffiness.

4. Lip Masks

During the holidays, especially for those who suffer from dry or chapped lips, giving your lips this treatment keeps your lips smooth and alluring.

5. Hair Masks

Hair masks are really important especially if you have dry, damaged, frizzy, or long hair. During the holiday season, stress is at an all-time high. It's important for hair to undergo a mask treatment. Hair masks perform a specific treatment which go deeper into nourishing your hair than just a conditioner. They help reduce hair breakage and the damage caused by elements and hairstyling methods. This is another way to allow yourself a few minutes of being stress free while making a huge difference for beautiful and healthy-looking hair.

There are many products out there for you to try for your skin type even great organic products. Please speak with the dermatologist or to your beauty consultant before applying them.

HOLIDAY BEST MAKEOVERS



Best makeovers for dry winter skin. Cold dry winter air combined with central heating systems can leave skin dehydrated and damaged. It's important to drink more water especially if you are drinking more caffeinated products. However, we do have great news. We can learn from the experts who are professional make-up artists. A few things to change during the winter months that will work wonders on dry skin and fights chapped lips such as hydrating based foundations, proper tools, waterproof mascara, and creamy textures for lips and cheeks.



Looking Radiant and Beautiful for the Holidays

TISH HAGEE TUCKER

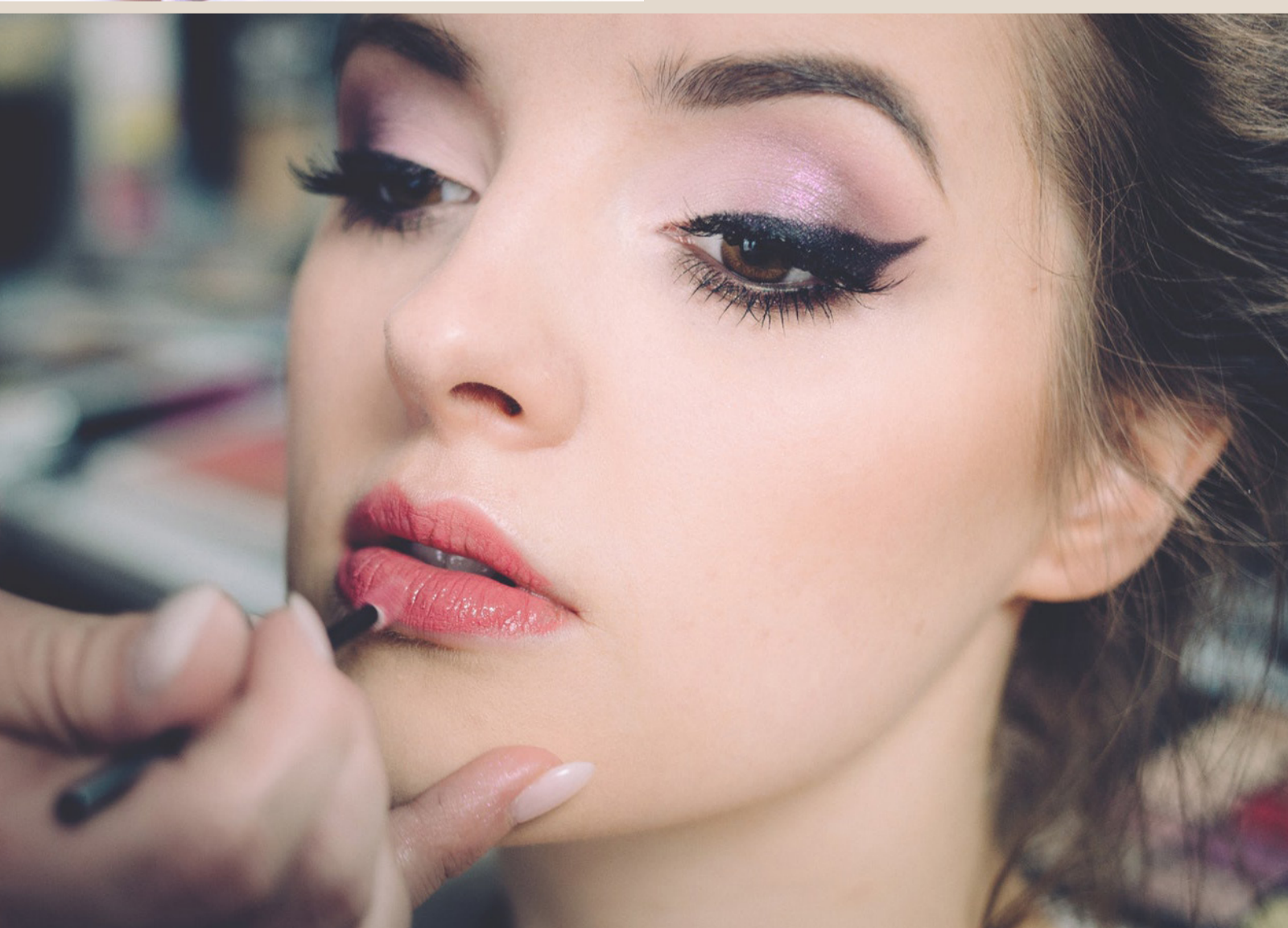
There are so many wonderful things about the holidays...primarily spending time with those who mean the world to you! Our lives are so busy, and we often don't take the time to just be still. My favorite part of the holiday season is putting everything else on hold for family and close friends. It's the perfect time of year to sit back and reflect upon God's many blessings, to put on the stretchy pants and enjoy delicious treats while indulging in precious down time.

There are so many distractions in this world. What a gift it is to enjoy the company of those who mean the most. Time truly is the very best gift! I am so thankful this year, once again, that we are healthy enough to gather together and celebrate God's goodness!

Make Up

By Tish Tucker Hagee

www.tishstriumphs.com



Holidays Hottest Hair Trends

HAIR BY PAULA SINCLAIR

The holidays are always about the hair. Getting your hair done brings you a lot of joy because you feel great about yourself. In feeling great about yourself, your inward beauty is as enhanced as your outward beauty. We can achieve the right look with the right products. There are colors of many shades for the daring spirit.







A well-balanced diet is important for good health. For a real transformation, it starts from the inside out. Exercise is also important to control weight, build healthy bones, and tone muscles. There are so many exercise programs out there to try. Walking, swimming, jogging, body lifting and sculpting are just a few. Speak with your doctor which is best for you. It's important for our self-esteem, and after a workout, we're infused with energy. Enjoy the health benefits of eating organic, exercising, and replenishing your body with the right vitamins and what they can do for you.

Nook Bakery

KRISTIN CROSBY

A college student launches a bakery in the midst of school and reminds us that, with plenty of hard work (and a few sleepless nights), we can watch our dreams come to life.

From a young age Kandace Crosby grew up with activity in the kitchen. It was rare that someone wasn't baking or cooking. With a grandfather who often baked bread from scratch, a grandmother in the south who'd welcome the family with homemade hummingbird cake and a mom who could manage to replicate any Italian dish by taste, in many ways baking was just a way of communication. Even in South Carolina her great-grandmother, Mommie (nearing the age of 90) would have a fresh lemon pound cake always on hand. In the corner of Mommie's tiny kitchen space was a nook. It's where the grandkids would gather to watch her pour sugar into her brewed iced tea, await a meal of chicken and dumplings, followed by freshly baked, tangy lemon pound cake. It was where there had been many stories of her father eating all the same foods when he was younger. Mommie's nook was the place that would long be remembered among the family. Since her passing, it was a place that continued to stay with Kandace. Sometime in high school Kandace began to take a hand at baking cupcakes. She actually had one day where she had made a failed batch and to this day remembers keeping it at it the entire day, batch after batch, until finally it came out just right. And, while she rarely misses a beat in the kitchen nowadays, she continues to stay at it until it's right.

As word got around and the orders each month increased, Kandace began attempting to replicate her grandmother & great-grandmother's nostalgic and yet fresh and vibrant flavors. From simple cupcakes and birthday cakes, Kandace was soon taking orders for several events a month and decided to launch at the local Farmer's Market.

From rustic fashioned chocolate chip cookies to naked layered cakes, Nook Bakery creates all things reminiscent of her homemade childhood favorites. In business for over two years now in Lakeland, Florida, Nook has expanded from a vendor at the Lakeland Downtown Curb Farmer's Market to exclusive customer orders for weddings and special events. Kandace graduated last year with a degree in Business Marketing from Southeastern University, and is currently working on her MBA. Though launching a small businesses was never initially in the plans for her, Nook continues to grow in high demand as her cakes have been requested for weddings, birthdays, showers, sometimes baking for ten events a week. Her work has been featured in a local city magazine, [The Lakelander](#).

Out of memories of Mommie's fresh pound cake and the moments that drew the family together in the kitchen, Nook Bakery was created and took off just about as quickly as she was putting all the pieces together. Kandace remains inspired to bake fresh goods from scratch, to create memorable moments for others.

PLAN, PICK, PREVAIL

NOEL MATHUR-FRIEDEN

Here we are again! It's that time of year when the weather brings upon us that crisp cool scent in the air and the crunch of falling leaves under our feet. The fresh baked aromas bellow from the kitchens of moms and grandmas everywhere as we gather to celebrate our holidays and the love of family with food, surrounded by love and joy that only this time of year can bring. We eat until our buttons feel like they will pop and drink in the holiday brews and seasonal wines in cheer that we all made it through another hectic year and yet are blessed enough to still take time to gather as a family.

Then, it happens! The holiday bulge begins, taking months to work it off, or we can tackle it another way with the 3 P's -Plan, Pick, Prevail.

When it comes to the holiday season, we all want to indulge a little but find ourselves in a never-ending invite of office holiday parties or just people feeling festive, loading up the kitchen with chocolates and baked goodness. The quick lunches to catch up with old friends before the bustle of the holidays overwhelm us, and then the family dinners and leftovers!!! As if that wasn't bad enough, then we have the last-minute meals we scarf down because we are just too busy checking everyone off our holiday list and scoffing down a drive-through burger because we haven't planned our meals to set us up for success. So our recipe for success starts with plan.

First, let's PLAN. The number one reason people fail to achieve their weight loss goals is poor food planning. Make yourself a priority, and plan your meals for the week. A good way to ensure success is to pick one day a week to prep healthy-filling meals and carrying a lunchbox with healthy snacks to keep you full and energized throughout the day. It may seem impossible. However, there

are plenty of under 30-minute healthy recipes out there, and below, I have included my favorite low carb chili recipe which is sure to send comfort food vibes your way without the guilt!

Second, we will PICK. Think about it, there are at least 21 times a week we will have to make the choice to either eat the right food to fuel our body or to sabotage our success. That is breakfast, lunch, and dinner, seven days a week. We also add snacks in of course so then you week fills up with holiday parties plan and PICK what meal that week you will use as your cheat meal. We all want to sit down that the dinner table and share in the experience of Auntie's lumpy mashed potatoes or Grandma's special dessert so give yourself permission to have one cheat meal in that week. Pick it, and then plan for the rest of the meals and temptations through the rest of the week. One cheat meal a week during the holidays will not undo all of your success, but a cheat week or weeks until New Year's will! Stay focused and make well thought out decisions before attending the party, and you will be okay. We all want to live a little.

And thirdly, we PREVAIL. Nothing in life comes easy. We are faced with daily temptations that we can overcome. Do not let food be the reason you let self-doubt or self-hatred creep into your mind. You all have a goal in mind or this would not be the article you chose to read. Whether the goal is to maintain your new svelte figure you worked all year to achieve or to finally overcome the voices in your head telling you to eat your stress or pain away and reach that weight loss goal, do not let holidays side track you. Remember you are amazing, and you can do this. The joys of the holidays are not defined by the meals but with the memories that are made and cherished. You got this!!!

Lo Carb Chili

1 lb 93% lean ground beef
1lb 99% lean ground turkey
Ground Hot Italian sausage (to taste)
Green, yellow, and red bell peppers chopped
3 stalks celery chopped
1 large yellow onion diced
Cilantro
Garlic powder (to taste)
Salt (to taste)
Pepper (to taste)
Chili powder (to taste)
1 container of Fresh salsa
¼ cup ketchup

Directions:

Chop and dice veggies and microwave to soften

Mix all meats and fry till cooked (do not drain)

Add all seasonings to taste and mix in thoroughly with the ground meat

Add chopped veggies and fresh salsa and ketchup and simmer 15 minutes or so until thickens

Top off with cilantro and simmer until flavors meld together

Top off with shredded cheese and sour cream and avocado and enjoy!



Teresa's Recipes

RECIPES BY DR. TERESA ALLISSA CITRO

SHRIMP SCAMPI

Ingredients Needed:

1 Pound of cooked spaghetti
1 Pound of jumbo shrimp shelled and deveined
Salt
Freshly ground black pepper
2 Tablespoons of unsalted butter
4 Minced garlic cloves
½ Cup dry white wine
½ of a freshly squeezed lemon
½ Cup of freshly chopped Italian parsley
2 Tablespoons of extra virgin olive oil
1/8 Teaspoons of crushed pepper flakes (season to taste)
Grated Romano Cheese (season to taste)

Directions:

In a large skillet, melt butter with olive oil and add the garlic. Sauté the butter, oil, and garlic for about one minute. Add the white wine, the salt, the black pepper (season to taste), crushed red pepper flakes (optional), and bring to a simmer for about two minutes.

Add shrimp and sauté until they turn pink. This will take about 2-4 minutes, depending on the size of the shrimp. Stir in the parsley and the lemon juice and serve over spaghetti.



PRIME RIB

Ingredients Needed:

Prime Rib
5 Garlic cloves quartered
3 Tablespoons of extra virgin olive oil
Freshly ground black pepper
Sea salt
Crushed red pepper flakes (optional)
1/3 Cup of red wine

Directions:

Preheat your oven at 450.

Place prime rib in roasting pan with the fatty side facing up. Do not cover the pan. Make a slit all in different places on the prime rib. Then, insert the garlic bits in each slit (this will infuse even more flavor). Mix in a bowl the red wine, the oil, the salt, the black pepper, and the crushed red pepper flakes (optional) together. Then take the contents of the bowl and pour over the prime rib evenly.

Put the prime rib in the oven uncovered at 450 for 30 minutes. Then reduce the temperature to 325 and allow about 13-15 minutes per pound. Let the roast stand for about 15 to 20 minutes before carving. You can serve with pan drippings into a simple juice.

You can garnish with the prime rib with fresh herbs and seasonings.

TERESA'S CHOCOLATE SURPRISE

Ingredients Needed:

2 Angel food cakes (can be found in bakery section of your market)
1 Trifle bowl
1 Large instant vanilla pudding package
1 Large instant chocolate pudding package
2 Tubs of thawed cool whip
4 Bananas
2 Cups of sliced strawberries
2 Cups of blueberries

Directions:

Chop the cakes into cubed pieces. Slice the bananas. Prepare Vanilla and Chocolates pudding according to the box directions, and then set them aside. Layer half the cake cubes into a trifle bowl. Then top cake cubes with half of the vanilla pudding. Then take the sliced bananas and lay them down covering the pudding. Add half of the cool whip evenly on top of the bananas. Use the other half of the cake cubes with half of the chocolate pudding. Add the sliced strawberries, and then add another half of the cool whip. Then add another layer of cake cubes. Use the other half of the vanilla pudding all around toward the side of the bowl, and then place the rest of the chocolate pudding in the middle of the vanilla pudding. Add the blueberries. Then finish it off with the rest of your cool whip with as much as you like. Make sure you cover and refrigerate the truffle for 4 hours before serving. Before serving, top with shaved white and dark chocolates.

Let's Get Cooking!

RECIPES BY TIM COLOMBA

Aromatic Cabbage Soup

There is a rumor that Cabbage Soup is a fantastic way to drop a few pounds or ten, but I cannot say that I can offer guaranteed proof that it's completely true. I can say, however, that every time I make a batch and eat it for most of my meals until it's gone, the scary-high number on my scale turns to scary-high-minus-5. So is Cabbage Soup a miracle weight-loss meal? The answer is... sort of? It likely depends on what you're eating before and after, but, regardless, you won't be feeling downtrodden having this soup as your daily fat-fighting ritual.

Cabbage Soup is very good and I've got my own little twist on it to spice it up (pun intended – although it's flavor-spicy, not spicy-spicy). My recipe makes about 12 bowls of soup – give or take depending on how big your bowls are and it takes about 1 hour to make.

Ingredients Needed:

3-4 Small Yellow Onions - More or less to taste

Roughly chopped

5-6 Carrots

Sliced into ¼" discs or crescents

2 Celery Stalks

Sliced into ¼" pieces

Keep the leafy parts in the middle for the soup

1 Red, 1 Green, and 1 Yellow Pepper

Sliced into small strips

you can use frozen ones as well

1 Head of Green Cabbage

Cut into 1" Squares or Shredded

Feel free to leave chunks of cabbage that may be stuck together

– it's fun to eat later on

1 28oz Can of Diced Tomatoes

Or Whole Peeled Tomatoes which can be cut up

2 32oz Containers of Chicken Broth or Chicken Bone Broth

Bone Broth is much more expensive, but its supposedly very healthy

1-2 tbsps. Olive Oil for cooking

1 tbsp. Butter for cooking

Salt to taste

Pepper to taste

3 tsps. Ground Turmeric - More or less to taste

2 tsps. Ground Cardamom - More or less to taste

1 tsp. Ground Cinnamon - More or less to taste

1 tsp. Ground Thyme - More or less to taste

Directions:

1. Prepare all ingredients in either a large Pot or a Dutch Oven/Stovetop Crock Pot (I usually use a Dutch Oven/Stovetop Crock Pot – see photo).
2. Melt Butter with Olive Oil in pot on medium-high heat.
3. Add Onions along with a bit of Salt and Pepper and cook until they soften.
4. Add Carrots, Celery, and Peppers along with a bit of Salt and Pepper and cook until all vegetables have softened and are becoming aromatic. My way of knowing is when the carrots start to become soft and tender.
5. Add Cabbage to the vegetables. Mix so that the juices help to wilt and steam the leaves. Cook further for about 5 minutes.
6. Add all of the Chicken Broth and the entire can of Chopped Tomatoes, including any juice therein contained. Mix thoroughly and turn heat up to high.
7. Once the broth comes to a boil, add the Turmeric, Cardamom, Cinnamon, and Thyme and mix thoroughly into the soup. Turn down heat to medium-low.
8. The soup is now assembled and all that is left is to cook the cabbage through. I generally let the soup cook for about 30 minutes at least before serving.

When the soup is ready, you'll find that it's akin to Chicken Soup except that the spices add a nice, unique flavor that is aromatic, fragrant, and clean. It's a great meal on a cold night and, trust me, you'll have no problem eating all of it as a repeat meal throughout the week.

Enjoy!

**Tim Colomba**

Tim Colomba is a professional photographer, composer, and video producer from North Reading, Massachusetts who, since he made his first Bolognese at age 11, has always loved to cook. He runs his freelance media production company, Simply Complex Media Productions (aka SimComMedia), from his home which gives him the extra time to experiment with different recipes and even allows him to have a small cooking show on Instagram called Cooking with Tim that he does in his spare time. You can see Tim's work at www.simcommedia.com or on most social media platforms @simcommedia. He's a friendly guy, so do not hesitate to say hello!



This section on education is important to us and is there to help encourage parents for better communication between home and school for a successful academic career.

Helping Children Deal with Anxiety During the Holidays

DR. MARK TAYLOR, ED.D.

Anxiety disorder involves persistent and excessive worry that interferes with daily activities. It is normal to feel anxious every now and then. For example, one may feel nervous when faced with a problem at work, before taking a test, or before making an important decision. This type of worry does not interfere with daily activity. However, when this ongoing worry and tension is accompanied by physical symptoms, such as restlessness, feeling on edge or easily fatigued, difficulty concentrating, muscle tension or problems sleeping, it is classified as anxiety disorder. This umbrella term includes different conditions such as:

- Panic disorder. Feeling of terror that strikes at random. During a panic attack, you may also sweat, have chest pain, and feel palpitations (unusually strong or irregular heartbeats). Sometimes you may feel like you're choking or having a heart attack.
- Social anxiety disorder. Also called social phobia, this is when you feel overwhelming worry and self-consciousness about everyday social situations. You fixate about others judging you or on being embarrassed or ridiculed.
- Specific phobias. You feel intense fear of a specific object or situation, such as heights or flying. The fear goes beyond what's appropriate and may cause you to avoid ordinary situations.
- Generalized anxiety disorder. You feel excessive, unrealistic worry and tension with little or no reason.
- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.

According to a 2013 report by the CDC, about 1.8 million children under the age of 18 have anxiety disorders. Some studies also suggest that as many as 10% of children suffer from specific phobias. In its severe form, it can cause a child to dislike school. When a child refuses to go to school, this is typically caused by separation anxiety. Separation anxiety is only seen in children and occurs in about 4.5% of children age 7-11. This type of anxiety in school children stems from excessive worry about unreasonable harm to important figures in their lives.



Social anxiety in children, also known as social phobia, can be seen at school and in other parts of a child's life. Typical onset of social anxiety is 13-years-old.² It is thought severe social anxiety in children may be caused due to altered serotonin pathways in the brain. Extreme overuse of caffeine in children can also produce anxiety symptoms.

Anxiety disorder may comorbid with other disabilities in school age children such as LD and ADHD. Some suggest that at times anxiety disorder is misdiagnosed as ADHD and LD because some of the symptoms of anxiety disorder such as lack of focus and depression also persists among LD and ADHD students. Some studies have actually suggested that LD and ADHD put kids at higher risk of developing anxiety disorder. This is because most LD and ADHD students are identified in grade school. Until a child is diagnosed, she may feel anxious about school.

In school age children this anxiety may result in the following:

- have difficulty concentrating in class or completing classwork
- feel self-conscious and avoid certain situations
- have physical symptoms, such as a racing heart, fast breathing, tense muscles, sweaty palms, a queasy stomach, and trembling hands or legs
- take medication to help reduce anxiety
- miss class time due to problems coping at school, or needing to talk with a school counselor or therapist

What teachers do to help the student:

- allowing students extra time to do work
- checking that their assignments are written down correctly
- giving them daily schedules



It is thought severe social anxiety in children may be caused due to altered serotonin pathways in the brain.

- modifying assignments and reducing workloads when necessary
- promoting relaxation techniques and allowing for breaks throughout day
- encouraging school attendance, which may require shortened school days and modified class schedules

It is imperative to note that teachers are trained to explore various classroom and instructional strategies and identify the ones that can work for their classroom (addressing memory deficits, improving reading and writing skills, fostering math skills, homework, and long-term projects)

For the parents of students with anxiety disorder including those whose anxiety is caused by ADHD and LD, there are no formal training to equip them to normalize conditions at home.

Many parents think modifications and accommodations are for school only and not needed at home. However, the child's disability does not diminish when they are home. Home life can be as stressful as school life. This is more

Home life can be as stressful as school life. This is more evident during the holidays when routines are disrupted.

evident during the holidays when routines are disrupted. As there are school accommodations in place for these students, family accommodations can be effective in assisting children to deal with their disability at home especially during the holidays.

To minimize the anxiety level during the holidays, parents can do the following:

- Stick to the child's routine - to minimize stress, get their routine back in order once an event is over
- Watch their eating habits during parties – try seeking healthy snacks at an event. These days, there are many healthy alternatives at events
- Fresh Air – During gatherings, take your child outside to take in some fresh air. Take a walk outside in nature, away from noise and crowds and obligations.
- Avoid over scheduling - try to limit your holiday parties and activities so that your child is not overwhelmed.
- Helping your child become a charitable child alleviates stress and anxiety. Giving back and volunteering can give the child a good feeling thereby alleviating stress.

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Keeping the Joy Through the Hectic Holidays: 10 Tips to Help Your Child

DR. ANGELA C. FAIN

Keeping the holiday joy in the midst of the hustle and bustle of the holiday season can be difficult for many of us, but for children with disabilities it can be especially difficult. The holiday season is filled with flashing lights, loud Christmas music playing everywhere, parties and events, crowded malls and stores, Christmas trees, wrapping paper and bows, and for some children, the dreaded trip to see Santa. Simply put, that is a lot of external stimuli going on at one time! Children with disabilities such as autism, attention deficit hyperactivity disorder (ADHD), emotional/behavioral disorders (EBD), sensory disorders, and anxiety and depression may need help coping with all of the extra stimuli during the holiday season. Here are ten tips for parents/caregivers to help keep the holiday joy during the hectic holiday season:

1. Plan ahead. Planning ahead may be one of the most important things you can do to ensure that you and your child will have a stress-free holiday season. Think about the when, where, why, how, and who. This will

help you anticipate possible problems and be prepared with solutions so you are not having to think on the spot when chaos arises. For example, have an exit plan by taking two cars if you have multiple children.

2. Avoid areas with loud noises and extra stimuli that might cause your child discomfort and cause meltdowns; consider bringing earplugs, sunglasses, clothing, and snacks to help your child manage the extra stimuli that comes along with the hectic holiday season.

3. Manage schedules and stick with routines and schedules as much as possible. Be flexible and have an alternative plan for when situations do not go as planned. We all know that this can happen in everyday life, but especially during the holidays, so be prepared and make sure that you talk with child about this so they are not thrown off guard when there are long delays, cancellations, or disruptions in your plans.



4. Have reasonable expectations for your child during the holidays. Try not to set your child up for failure during the holidays. Here are some examples:

a) If your child has difficulty reading, hand him his gift and say "this is from grandpa", then read his cards with alone later at home.

b) If your child has difficulty with motor skills, do not wrap toys at Christmas or make the presents easy to open.

c) If your child is sensitive to smells, ask your relatives who will be attending a family dinner to refrain from wearing perfume.

5. Prepare with your child emotionally for the holidays. You can use story books, movies, color-coded calendars, or pictures but make sure that you talk with your child about the holiday festivities that you will be partaking in so they do not come as a surprise to them.

6. Be prepared for meltdowns. You know your child and more than likely there will be a meltdown during the holidays so be prepared. Give your child an "out" by providing them with an escape word if they encounter more than they can handle.

7. Pick your battles. Remember, it is the holidays. Does your child really need to wear a suit and tie to the party if they don't want to? Is it worth a battle?

8. Don't be afraid to ask for help. Too often, we simply try to do too much on our own, especially around the holidays. Don't expect others to read your mind. Ask for help from your significant other, relatives, friends, and neighbors. A little help can go a long way!

9. Keep calm. Keep calm. Keep calm. Did I mention, keep calm? I know this can be difficult, but it is very important that you remain calm when your child is having a meltdown or when things aren't going exactly as planned.

10. Set your child up for success! Let your child be part of the festivities in a way that lets them feel included. The more you let them help and be part of the process and festivities, the more they will be focused on participating and working on a task and less likely to be focusing on the distractions that the holidays can bring. Just remember to keep the tasks age appropriate and don't overwhelm your child with too many tasks.



Dr. Angela C. Fain

Dr. Fain is an Assistant Professor at the University of West Georgia. She is an author, researcher, and expert in special education, and has been working in the field of special education for 20 years, with experience in K-12, residential treatment facilities, and higher education. Dr. Fain is a board member of Learning Disabilities Worldwide and regularly researches and writes on topics in special education that focus topics such as behavior management, effective academic and behavioral strategies, assessment, and inclusion and collaboration.

“...Peace, good will toward men.”

How to Celebrate the Joy of the Christmas Season

REAL TALK: PARENTS AND YOUTH SERIES
DR. THÉRÈSE FARMER



The Most Wonderful Time of the Year

Christmas is my favorite holiday! I mean my ABSOLUTE, FAVORITE HOLIDAY! I start celebrating earlier every year and, I would have to say, this year I watched a Christmas movie around September. What can I say? I enjoy the joy a good Christmas movie brings! I realize that not everyone is as enthusiastic about the holiday season as I am but it became more apparent to me last year.

It was last December and I was conducting a College and Career workshop series with parents and students. We were having a Holiday party to close out the Fall sessions before everyone took a break for the holidays. I was leading the group in a round of Kahoot! Christmas games, that I created. **NOTE:** *If you never heard of Kahoot!, check it out! They are online learning games you can create and play on your phone. Young people love it!*

While playing the game, I realized that many didn't know the answers to the Christmas/Holiday questions, religious or otherwise. It was fine that not everyone knew the

answers. It wasn't until I had one parent say during the game, "I don't even know what Christmas is anymore. I'm just so burnt out I can't even say I remember enjoying it.". I literally felt the hurt in her voice and saw it on her face. This mother was in sheer agony with the thought of having to endure the holiday season, yet again. Trying to lift her spirit, I instantly took my jingle bell pen (Yes, I have one and yes, it has red and green stripes with jingle bells on top!) and shook it over her head saying, "I am going to give you some of the Christmas Spirit." I said this as a joke because at first, I didn't think she meant her comments. I mean, I felt like I was in a Christmas movie myself! Think about it: who has actually come up to you and said that they didn't know what Christmas was about?

It wasn't until she said, with the hardest sigh, "Thanks. I needed that." that I knew, she meant it all. This wasn't a movie. This was real life.

Where did ya go Christmas?

My experience with this mother not only made me realize that not everyone knows what the sweet bread loaf traditionally eaten in Italy at Christmas time is (hint: it's Panettone!), but not everyone has the same Christmas spirit as I do. After this experience I began to ponder this thought: Has everyone begun to forget what Christmas was really about?

Christmas gets lost sometimes in many different things like gifts, food, family get togethers, shopping discounts or movie marathons. I'm sorry to break it to ya but, this is not what it's about. These activities are all fun and can even be seen as bonuses during the holiday season but sometimes these bonuses make many families suffer. Let's think for a second why:

What if a person doesn't have family because of a recent move or death?

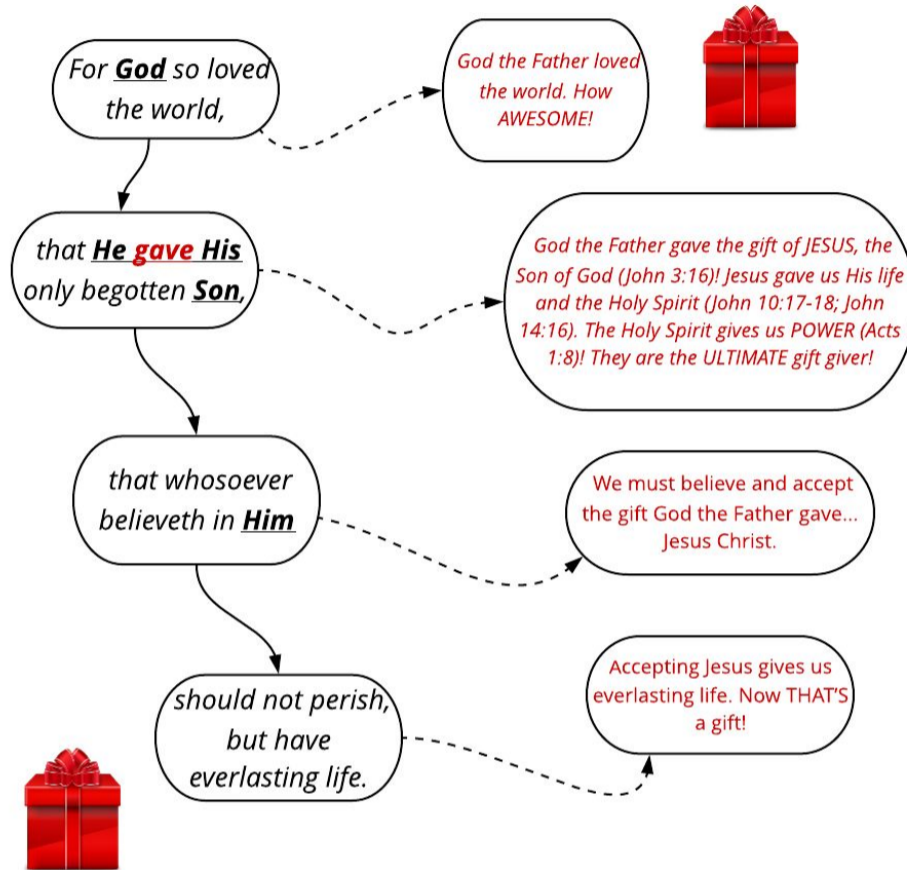
What if there already isn't enough food during the year to eat let alone the holidays?

What if a list of expensive gifts isn't an option because of unemployment?

The holidays seem to make many families remember whatever particular struggle of this world they are currently facing. So what is Christmas really all about?

Christmas is a day of remembering when Jesus entered this world as our Lord and Savior. The Christmas season is about celebrating The Lord Jesus and Him being the gift to the world. It has nothing to do with the exact day being December 25th but more so of having a

moment to be thankful for the gift of Christ. I hear you say, "Well if The Lord is a gift, who gave it?". I got ya! Let's look at John 3:16. We all know it but did we catch the key part of Christmas in the scripture? Let's breakdown the passage:



So let's recap by first saying that God the Father totally out did us all in the gift giving department! He gave us Jesus and Jesus gave us the Holy Spirit, which in turn gives us Power as Believers in the Lord Jesus! Now that's a GIFT! All we have to do is receive Him, as our gift, and have everlasting life. During the Christmas Season, this is all we are to remember, the gift of everlasting life through Jesus Christ.

So this season, don't stress over the dry turkey, not getting the gift for your child that everyone else is looking for or your family, who never agrees on anything, all being under one roof. Take a moment and remember the gift of Christ and that it's about the giving, not the getting. So, how are you in the giving department?

The Ultimate Gift Giver

During the holidays, everyone enjoys giving. This year, let's see if you can outdo yourself and be the Ultimate Gift Giver! I see I might have sparked your interest! Well, here's is a short list of ways to make your holidays a little bit easier, a lot more blessed and make you the Ultimate Gift Giver.

1. **GIVE to The Lord-** No better way to remember what Christmas is about then to be in the House of The Lord! If you haven't been to church in awhile, get back in there! The holidays are all about reconciliation. Spend time not only Sunday, but volunteer with the Church's toy, clothing or food drive, attend the Church's Christmas programs, give to the church mission programs or ask your Pastor how you can help around the church. Don't just be a member in a seat. Be an active disciple!



2. **GIVE to your community and VOLUNTEER!**- I can't stress enough how important it is to volunteer but during the holidays, give of your time. Your church may already have a project for the holidays, so sign-up! If not, YOU can be the change! Collect clothing (seasonally appropriate), food and toys and see if your church would like to partner with a local school for distribution. Despite what you think, many students will go home for the holidays with nothing, so be the Giver!**GIVE to your Family-** As much as we hate to admit it, families are just not spending enough time together. Use this time to have *quality*, family time. Here are some suggested activities:
 - a. **Watch a Christmas/Holiday movie** with the family. Pop the popcorn and turn on the TV. Trust me, Christmas movies will be playing right after Thanksgiving.
-

b. **Go to a local Christmas event** in your town. During the holidays, communities host many free activities. I know my civic association hosts a holiday party and everyone leaves with a gift. This is a fun free way for communities and families to come together and enjoy the holidays without the cost.

c. **Bake holiday treats** at home with the family. It doesn't matter if you are a beginner or an expert chef, Christmas baking is always fun! Make some homemade sugar cookies, plop on the icing and add your own special touch! Can't do homemade anything? Don't worry! Go to your local grocery store



and buy premixed cookie dough and add your own festive sprinkles for decorations. Give everyone the opportunity to participate. Trust me, burnt or magazine worthy, everyone will have a kick out of these treats!

d. **Check out the decorations** in your neighborhood! One thing that everyone notices during the holidays is the decorations. I love the lights, the nativity scenes and the storefronts. The creative juices definitely flow during Christmas! Why not check them out as a family?

e. **Create your own family tradition** and have fun with it! Family traditions sometimes get a bad rap but don't let that discourage you and your family from creating your own traditions. Traditions don't have to include expensive ski trips to the Alps or shopping sprees downtown. Your family tradition can be something



simple as a creating homemade decorations and ornaments instead of buying them from the store, skipping the traditional turkey and ham for dinner and having something on the menu related to your family heritage or having children give an old toy from last year to a less fortunate child in their

community. Whatever your tradition is, make sure everyone in the family is included.

4. **GIVE yourself some "ME" time.** During the hustle and bustle of the season, some of the main holiday hosts and hostesses forget to think of themselves. Between the shopping for gifts, cooking the turkey and picking up the in-laws, taking to for yourself seems like the last on the "to-do" list. Nothing is better than treating yourself but I'm not taking about maxing out your credit card, giving yourself that personal "holiday bonus". This holiday season, give yourself time to relax and unwind, reflecting on how blessed you truly are and the blessings of the future. It doesn't matter if you have a giant fir tree, gifts to the ceiling or food like a buffet, if you are unhappy within, you will never enjoy any of these things. Find something you enjoy doing, do that during the holidays and make sure you do that throughout the year. Go to the movies, catch up with friends, read that book you've been meaning to read all year or just have a quiet drive in the car with your favorite tunes. Whatever relaxes you, do it! Mental, emotional and spiritual well-being is what The Lord desires for all of us! Make this something you give yourself this year, all wrapped up in a bow.

There is no right or wrong way to be an Ultimate Gift Giver or to celebrate Christmas. The main thing is to remember that when Christ came to the earth, the angels proclaimed on earth "...Peace, goodwill toward men." (Luke 2:14). The Lord God wanted all men to receive peace in the gift of Christ. If, for whatever reason, you never received the Peace that God wanted you to have during the holidays, receive it this year. You deserve it. So go on and celebrate with joy this year! That's what Christmas is all about!



ABOUT THE AUTHOR: DR. THÉRÈSE FARMER IS A 13 YEAR, PROFESSIONALLY LICENSED EDUCATOR AND SCHOOL COUNSELOR. DR. FARMER IS A MEMBER AT THE REFUGE OF HOPE DISCIPLE CENTER (DC), WHERE SHE IS A MINISTER AND THE FOUNDER AND DIRECTOR OF THE L.I.F.E.³ PROGRAM © 2008 (LIFEPROGRAM.WEBLY.COM), A FAITH-BASED THERAPEUTIC PROGRAM FOR YOUNG LADIES.



5 reasons young families need life insurance now.

When it comes to money matters, young parents who are just starting out have a lot to juggle: They may be paying off student debt and saving for their first home, all while raising kids. But it's also a time when young families may be the most financially vulnerable should the unexpected strike. To ensure that they have financial protection when they need it most, purchasing a life insurance policy should be top of mind.

Here are five reasons why young families need life insurance:

1. You just never know. While it's not the most pleasant thing to ponder, an emergency situation could quickly put your family's finances under water. In fact, nearly half of Americans don't have enough savings to take care of a \$400 emergency response. And when you're starting out, not having protection in case something happens to a family's breadwinner is even scarier.¹

2. The earlier you opt in, the more affordable it is. Because age is one of the factors that affects the cost of your premium, the younger you are when you purchase a policy, the less you'll be paying each year.²

3. It's not as expensive as you think. If you're on a budget and are convinced you can't afford life insurance, consider term life insurance. It guarantees protection for a set amount of time. Since it's not designed to last a lifetime, the annual premiums are considerably lower.³

4. It lets you concentrate on other goals. Once you have the peace of mind and financial protection that life insurance grants you, you may feel secure enough to fund long-term goals, like buying a home, saving for your nest egg, or going back to school.

5. You can always upgrade at a later date. Don't let the fear of making the wrong decision deter you from purchasing a policy now. The policy you purchase today isn't intended to be set in stone. As your family's needs change, you have the option of making upgrades.

We know it's not easy for young families to make their life insurance needs a priority, given all their competing financial obligations. However, life insurance is a vehicle for protection that is not only affordable, but can also help families save money and can ultimately propel them toward reaching both their immediate and far-reaching goals.

¹ Neal Gabler, "The Secret Shame of Middle-Class Americans," The Atlantic, May 2016. <https://www.theatlantic.com/magazine/archive/2016/05/my-secret-shame/476415/>

² Tara Siegel Bernard, "Life Insurance Buyer's Guide: What Type, How Much and Who Will Benefit," The New York Times, Feb. 19, 2016. https://www.nytimes.com/2016/02/20/your-money/life-insurance-buyers-guide-what-type-how-much-and-who-will-benefit.html?_r=0

³ "Parents' Guide to Every Kind of Insurance," Consumer Reports, February 2013. <http://www.consumerreports.org/cro/2013/02/parent-s-guide-to-every-kind-of-insurance/index.htm>



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“You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.” -Psalm 16:11 (NIV)

Not the Holidays Again... Finding Joy

AMY NICHOLLS

Car commercials with big red bows, diamond commercials showing an intimate kiss between lovers, commercials filled with the latest toys and gadgets all vie for our attention as the holiday season approaches. Gift shopping, special relationships and gadgets are all supposed to make your life better. Are these the path to joy? You'd think so by watching the advertisers that persuade us into choosing them to fulfill our holidays. But even though none of these things are inherently bad, after watching too many of them, I'm left feeling more than

a little numb and overwhelmed by the reality of my own life and how it differs from each of these idyllic commercials. As the holidays approach, I find myself gearing up for the added pressures of the season. I'm busy checking my bank account balance, my time commitments and starting my shopping list, but even more importantly I need to be taking an honest look at my emotional bank to see if I have enough joy in reserve for the impending big drain of the holiday season.

I find myself thinking that celebrating the holidays, actually **Holy Days**, was never meant to be this way!

For someone who works in the church, it must seem more than a little odd that the holidays aren't my favorite time of year. Don't get me wrong, I absolutely love to ponder and linger on the true gift of the holidays, our Savior, Jesus Christ. I realize that a necessary amount of

planning, decorating, attending gatherings, buying and exchanging gifts will again be part of our traditional celebrations. But even in all of these traditions I long for a lasting joy that seems to be elusive, even among Christians during the holiday season.

... if I want joy in my life I have to be incredibly intentional in pursuing it ...

I recently read an article entitled, '40 Ways to Find Joy.' The list included sweet and engaging ideas like; play with a child, take a walk or a nap, do something nice for a stranger, eat a cupcake and so on. Each has the potential to produce happiness, but when the cupcake is gone or the nap is done, I'm right back where I started. There has to be more to joy than this!

It's difficult to navigate this world and keep my eyes fixed on the **Holy** when there is such a demand to keep pace with the crowd enjoying 'life to the full.' It becomes increasingly imperative that if I want joy in my life I have to be incredibly intentional in pursuing it, not the fake joy that the world has to offer, but the true joy of a Christ-filled life.

When did our traditions and trappings of the holidays begin to lead us away from Jesus rather than toward him? Many will argue that these help their family to celebrate the Savior. Perhaps many of you have just the right balance that does actually give you lasting joy, but the stories from men and women and children even inside the church are heartbreaking to say the least. Loneliness, bitterness, resentment, and more fill the lives of people entering and exiting our church services. Church was supposed to lead people to seek transformation. Clearly, attending church alone does not solve the need for lasting joy.

The simple truth is that transformation, like joy, comes from my seeking it. Joy is revealed when persevering through the struggles, trappings and social norms to go to a not-so-traveled place where I meet with God through His Word. It's found in prayer, focused study and application of His truths for living. Corporate gatherings in church are a great place to find encouragement and hope. Worship is the powerful and Biblical way to experience God. In fact, as a worship leader, I know the power of music in lifting our souls and cultivating a desire to move in closer to the Savior. One of my favorite verses is found in James 4:8, "Draw near to God and he will draw near to you." When we draw near to God with sincere and open hearts and minds, we receive His love and mercy. This is where we sense the course corrections needed to experience true joy.

Obedience to His Word will produce the joy we're seeking.

Another beautiful truth is found in Psalm 16:11 that says, "You have made known to me the path of life; you will fill me with Joy in Your Presence." Psalm 23 says, "He guides me on paths of righteousness for His name sake." There it is again! The Lord provides a path. God

has already given us the path to lasting joy and the good news is that the path leads back to Him! Mathew 7:7 says, "Ask and you shall receive, Seek and you will find, knock and the door will be opened to you."

Music is a tremendous vehicle to experience the true joy of a close relationship with our Savior, Jesus Christ.

Is it that simple? Is this the path to joy? It is for me, but I have to be intentional about finding it.

Music is one of the most powerful ways to draw near to God. In times of worship we're reminded of who God is and who He has called us to be. We remember what He's done, what He is still doing, and what He desires to do in and through us if we're willing. Music is a tremendous vehicle to experience the true joy of a close relationship with our Savior, Jesus Christ.

Sing at home, in your car, while you work and sing at church! This is joy!

Celebrating the holidays is fun and brings lots of happiness, but lasting joy rests in Him alone. Stop looking to the trappings of this world. True joy rests in the birth of the Savior who offers salvation, forgiveness, and an eternity with Him in heaven. This holiday season, allow His Word to penetrate and transform the way you think, act, and live... and let it start with worship!

Amy Nicholls – Director of Worship
Married to my college sweetheart. Mother to four amazing kids who continue to delight me and challenge me to learn, grow and strive to become who God is calling me to be. Grew up in the Rocky Mountains of Montana. Studied music, art and vocal training in Vienna, Austria and performed as a professional vocalist with the United States Air Force bands. Devoted follower of Christ who longs for others to know Him personally! Amy is the Director of Worship at the Gathering in Centerville, Ohio. She's served on staff leading the music and technical teams for 12 years. The Gathering is a growing community of faith devoted to sharing the Good News of Jesus Christ to a lost and broken world.



The Top Five Christian Movies



MEGAN'S CHRISTMAS MIRACLE

Christmas story about a teenage girl that finds hope in a magical nativity display at her church.

RUN THE RACE

Against the backdrop of high school football and track, two brothers in a small Southern town face escalating problems with two different world views, straining - but ultimately strengthening - the bonds of brotherhood.

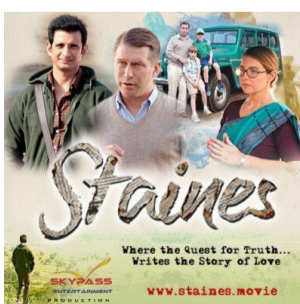


A PROMISE TO ASTRID

Based on the award winning book titled the same, A Promise to Astrid is a fascinating new faith-based film based on a true story about a woman with extraordinary gifts. A remarkable woman named Astrid uses unconventional methods to change the lives of an entire community.

THE ISLANDS

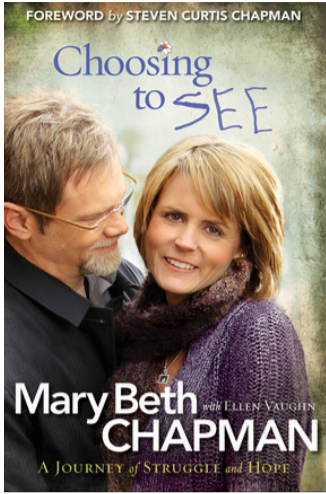
Based on the incredible true-life story of Chiefess Kapiolani who descended into an active volcano to demonstrate her new-found faith and ushered in a new beginning for Hawaii.



STAINES

The release of this film will mark the 20th anniversary of Graham Staines' martyrdom. The social fabric of life in rural India disintegrates in the late 1990's, journalist Manav Banerjee moves with his pregnant wife to the town of Orissa in hope of a better life and the promise of a lucrative career. When speculation mounts that local Australian missionary Graham Staines is illegally proselytizing leprosy patients, Manav agrees to investigate undercover for the newspaper. What he finds is a series of revelations that are difficult to fathom and even harder to explain, and Manav is forced to make a choice between his own ambition and the truth. In the end, his actions spark a tragic event that is felt around the world."

& Must Read Books

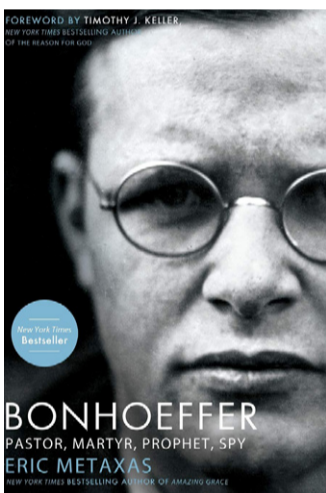
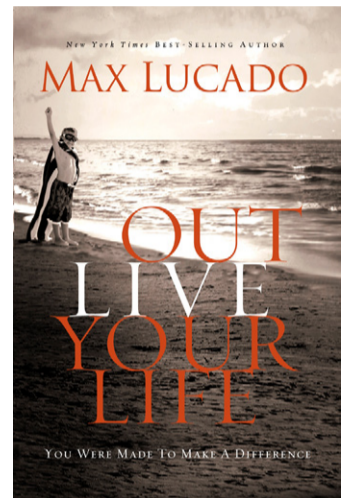


CHOOSING TO SEE by Mary Beth Chapman

"Tragedy. It is no respecter of money, social status, or previous trials. In our logical minds, we want to find a meaning, to question why. Such is the journey of Mary Beth Chapman, wife of award-winning recording artist Steven Curtis Chapman, in her new book *Choosing to SEE*. Mary Beth shares her heart about her personal journey after the tragic death of their five-year old Maria, but it's more than that. Through laughter and tears, Mary Beth shares about her struggles with clinical depression, the challenges of married life, and her questions about God's plan. Readers will definitely find hope in the pages of this book. Just like Mary Beth, you too can learn to "choose to see" God's plan for your life." – Critic at CBN.com

OUT LIVE YOUR LIFE by Max Lucado

There's a lot of wisdom in the phrase: "No one can do everything, but everyone can do something." It's when we try to do everything, that's when we get overwhelmed. When we do nothing, that's when we get bitter. But if we can find that one thing we do – that one unique assignment in our hometown or around the world – that's the way we keep sanity in a difficult culture." – Max Lucado

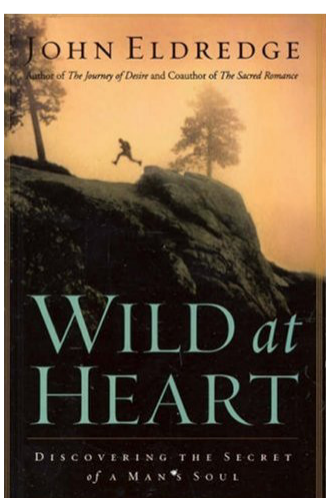
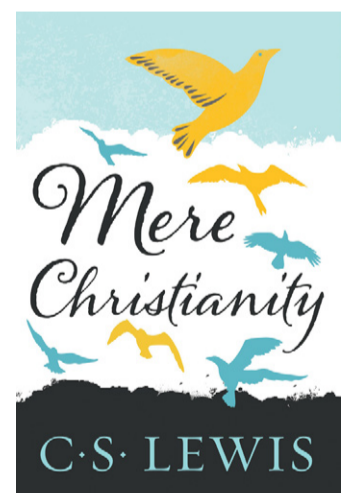


BONHOEFFER: PASTOR, MARTYR, PROPHET, SPY by Eric Metaxas

"Today, as Christians, we need role models; there's something about Bonhoeffer. To me, he's the ultimate role model for Christians today." – Eric Metaxas

MERE CHRISTIANITY

My argument against God was that the universe seemed so cruel and unjust. Just how had I got this idea of just and unjust? A man does not call a line crooked unless he has some idea of a straight line. What was I comparing this universe with when I called it unjust? ... Thus in the very act of trying to prove that God did not exist—in other words, that the whole of reality was senseless—I found I was forced to assume that one part of reality—namely my idea of justice—was full of sense. Consequently atheism turns out to be too simple. If the whole universe has no meaning, we should never have found out that it has no meaning." (Mere Christianity, 45-46)



WILD AT HEART

by John Eldredge

"Men want a battle to fight, an adventure to live, and a beauty to rescue. That is what is written in their hearts... It is undeniable... An authentic man is, therefore, a man who is living with strength and courage and offering his strength on behalf of others. It is not about selfishness." – John Eldredge

FROM THE COLLECTION
BEHIND CLOSED DOORS:
EMILY & XAVIER, THE WHISTLEBLOWERS

THE UNGRATEFUL BRATS

PART 2

BY LINDA A. KNOWLES

(...continued from Everyday Life Spring/Summer 2018 issue)

"Yeah, I heard Emily was talking so I'm putting my two cents in. Let me tell you something. Raising three children is not an easy job, and I worked outside the home. Conrad was no help at all. Yeah, he did the housework and cooked while I worked due to his disability. He even took care of the kids, making sure they had more than enough food, were clean, and stayed alive, but between him and the kids, I spent most of their growing up and even presently thinking of ways I could commit suicide. How many times running away crossed my mind! Those ungrateful brats! However, my Darcy, she was the straight A student, always made honor roll, studied her little heart out. Then there's Emily and Xavier. I could threaten them when they were younger, but now that those two are adults and married, I never know what they are going to say. There has to be a way to get them to keep their mouth shut, but Darcy... If Darcy and I weren't so close, Darcy could destroy me with everything she knows. And does anyone even know what the holidays were like?! Tight. Plain tight. However, I made sure there were gifts under the Christmas Tree. One year, before Christmas, Emily requested a very specific toy. I had to call my mother and Conrad's mother and ask for them to help me find these dolls. The dolls were from a collection named after some sort of vegetable, and they were ugly, and I just didn't understand how that could be the hottest item for girls. I searched high and low for these dolls. They were sold out at every store I tried. Our mothers hunted down these dolls. So on Christmas day, when Emily dove under the tree, Emily had ended up with three of those ugly dolls, but the joy that came over her face, because she didn't think she would get even one of those stupid dolls, even I have to admit that I was satisfied she was excited. Xavier was happy to get his train set, but nothing about that Christmas had Xavier feeling joyful. Not in the slightest. Darcy, by the way, got one of those dolls. However, the doll scared the living daylights out of Darcy. Then there was Conrad. He was happy to see Emily overjoyed, getting what she had asked for after weeks of asking. He was not sure why Darcy was scared of the doll she had received. He saw Xavier immediately start playing with the train set he chose for his son. I couldn't stand the look of joy on Conrad's face. I was the one who purchased those gifts, NOT Conrad, but I'm sure you'll be hearing more from my children shortly."



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SERIES IN EDUCATION

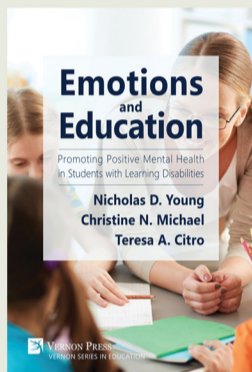
Emotions and Education

Promoting Positive Mental Health in Students

by Nicholas D. Young,
Christine N. Michael, Teresa A. Citro (Eds.)

Extremely valuable book [...] to prepare Students with learning disabilities for success on the college campus.

Ann Marie Leonard-Zabel, PhD, *Professor of Psychology
Curry College, Milton, Massachusetts*



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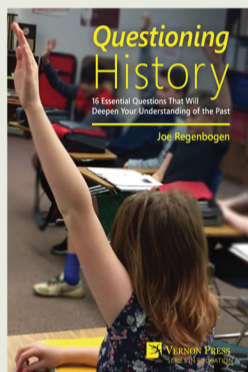
Questioning History

16 Essential Questions That Will Deepen Your
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by Joe Regenbogen

After Questioning History, [...] required history courses need never be boring again.

Dean Robbins, *Former editor, Isthmus*



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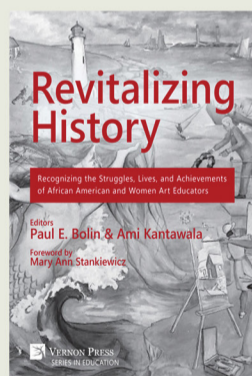
Revitalizing History

Recognizing the Struggles, Lives, and Achievements
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Dipti Desai, *New York University*



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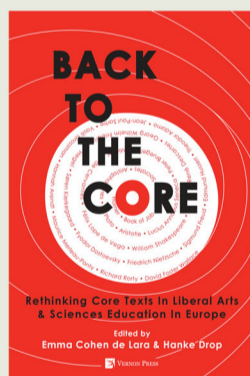
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Rethinking the Core Texts in Liberal Arts & Sciences
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by Emma Cohen de Lara, Hanke Drop (Eds.)

[...] a model of the variety, richness, and complexity of the liberal arts endeavor.

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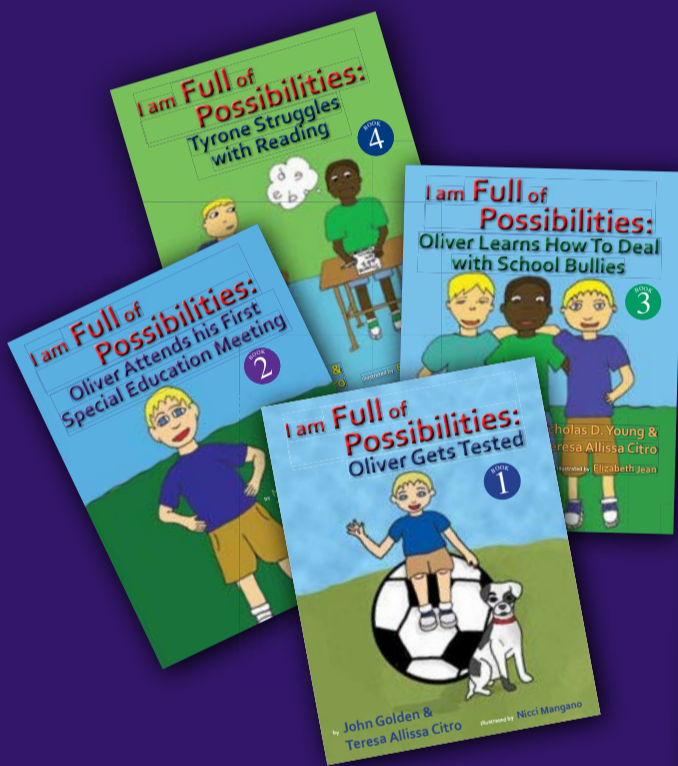
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oriental imbued with
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SOCIAL BUSINESS NEWS

Today's # 1 Health Crisis.

"MALNUTRITION"

EVOLV HEALTH HAS FED OVER TWELVE MILLION NUTRITIONAL SERVINGS TO CHILDREN IN NEED THROUGH SOCIAL BUSINESS 3.0 (BUY ONE NOURISH TWO)

CLASSIC FACE

1.2 Billion Can't Find Good Food



NEW FACE

1.4 Billion Can't Get Away From Bad Food



The Two Faces of Malnutrition

THE LACK OF FOOD

All the wars, terrorism, and natural disasters combined don't come close to the devastation caused by malnutrition. Approximately 6,000,000 children alone die each year from malnutrition related issues...



6 Million

The number of children who die each year from malnutrition issues.

THE WRONG FOOD

Malnutrition is a dietary lack of the essential vitamins and minerals required to keep our bodies functional and able to resist disease.

The World Health Organization reports there are more malnourished overweight & obese people than malnourished starving people.



Over 6 Million

The number of malnourished overweight and obese people in the world according to the World Health Organization.

How Can You Be Overweight AND Malnourished?

We Spend On Empty Calories

90 cents of every dollar spent on food in the U.S. is spent on processed food, highly deficient in essential nutrients.

The U.S.D.A Answer

5-7

The old recommendation for daily consumption of fruits & vegetables

7-11

The revised recommendation of daily servings of fruits & vegetables

The Publics Answer

50%

The percentage of Americans whose answer was to start taking vitamins and mineral supplements on a daily basis.

95%

The percent of all the vitamins sold in the world that are synthetically made from petroleum or coal tar, and come in the form of what's called chemical isolates.

Our Crops Have Lost Nutrition

FASTER & BIGGER

The demand of modern commercial farming technologies

THE RESULT?

Popular foods have lost significant levels of vitamins & minerals...

STUDIES SHOW

You would need to eat 8 oranges to get the same level of vitamin A our grandparents got from eating 1 fifty years ago.

Synthetics vs The Real Deal

FAKE

Synthetic vitamins are absorbed but difficult to use. The body must leach the same type co-factors from its bone, tissues, and fluids, and bond them to the isolates for proper uptake and usage. Very inefficient and as a result, most is excreted - very expensive urine!

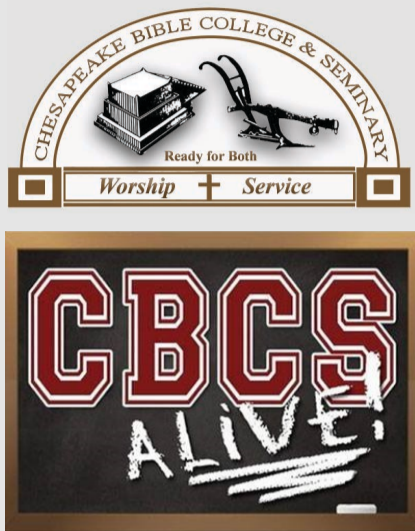
REAL

Vitamins in nature are bound to other nutrient co-factors like trace minerals, lipids, amino acids, and other phytonutrients. This is called a food matrix. It's the vitamins in this food form that best nourish the human body. All these co-factors are needed for the optimal usage of essential nutrients.

The most cost-effective and nutritionally sound way to supplement food sourced vitamins and minerals is through the world's oldest form of food stabilization, fermentation. It binds nutrients into a complete food matrix. In other words, for real results, choose a plant-based, whole foods option for vitamins and minerals.

CHESAPEAKE BIBLE COLLEGE & SEMINARY

By Tracy Gwinn - Director of Communications—Chesapeake Bible College & Seminary



Have you ever considered attending Bible College but just weren't sure how to accomplish that? Do you have a desire to grow in your knowledge of God's Word? Do you feel like you've missed out on an opportunity of the past? Are you just too overloaded in your current situation and would not even know where to find the time or even know where to start?

Maybe you already attend bible classes at your church or have been on a mission trip? Have you ever taught Sunday School, led worship, held a prayer group or served in the church nursery?

Why not submit your life and ministry experience for credit towards a degree? Maybe you could attend one class per week at a local distance learning center or even squeeze in just a few minutes per day to read online at your own pace on a lunch break at work. Is reading this article at this very moment a confirmation in your spirit of something God has already been speaking to you about? Maybe God is calling you to attend Chesapeake Bible College & Seminary? Hear how other students were able earn their degrees.

Carol Wheatly, founder of Power in the Workplace Ministries, is a retired Organization Development/Grant Consultant and author of "The Loveable Antichrist". She has also been involved in full time ministry for several years now and recently ordained under the American Evangelistic Association (AEA). She heads up and organizes the annual Space Coast Prayer Breakfast which includes many influential Christian leaders that make a difference in the government and community. As well as leading Bible studies and prayer groups, Carol serves as a crisis chaplain and regularly trains threefold chaplaincy volunteers. Carol has also had the privilege of teaching bible classes at Chesapeake Bible College where she received her Bachelor and Master of Christian Ministry Degrees this past October.

Besides attaining her college degrees, Carol wanted to attend CBCS to broaden her knowledge of the Bible. Attending classes became her top priority. The idea of online coupled with distance learning really appealed to her. She earned credits towards her degrees by attending classes at a local distance learning center but she also took full benefit of the life experience credit that CBCS has to offer. Carol states "I have a strong sense of accomplishment coupled with the satisfaction of receiving recognition and credit for all the work I had done prior to this."



CBCS Graduates: (L-R) Carol Wheatley '17 MA Christian Ministry; Dr. Loretta Ianicelli '17 DRE; & Katie Hiltz '17 BA Christian Ministry.



Carol Wheatley '17 MA Christian Ministry

Carol is grateful that she is now able to pursue opportunities that require a Master's degree. Her vision is to expand the work that she does through her ministry and has found that having a degree from a reputable college like Chesapeake gives her the confidence to do that. "Something I didn't expect was to feel like an integral part of a very strong organization."

When asked what she would say to others considering CBCS, she said "No matter what your age, stay focused on the Lord Jesus Christ, and pursue your goals. Chesapeake Bible College and Seminary provides an excellent opportunity to grow in your Christian walk, get a college degree, and create a network of like precious believers. Do it today!"

Carol is now pursuing her Doctorate.

Katie Hiltz works full time as a Daycare teacher, actively assists with the Children's Ministry at her church and somehow still found the time to get her Bachelor's degree in Christian Ministry. She wanted to attend Bible College to experience a Christian school, to receive a degree in higher education and to learn more about God's word. She had conversations with CBCS students that were working to make the school better for students from all walks of life. This peaked her interest.

Katie fit her studies into her schedule during evenings and weekends. Along with her current bible classes, credits transferred from other college courses she had taken, and adding her previous life experience, all earned her a Bachelor's degree in Christian Ministry.



Katie Hiltz '17 BA Christian Ministry.

"CBCS has changed my life for the better!" Besides helping her along in her education, CBCS has allowed her to gain more knowledge and become better at what she has already been doing for the Lord. She feels honored to have graduated in the same class as pastors and feels extra blessed to have graduated alongside her own pastor, Rev. Dr. Loretta Iannicelli.

With a plan to work towards her Master's, Katie encourages others to pray and let God lead you to CBCS. She believes that God knows who He wants to send and where He wants you.

Per Katie, *"God is doing something but I do not know what."*



Dr. Loretta Iannicelli '17 DRE

Katie's Pastor is Rev. Dr. Loretta Iannicelli. She serves as the Pastor and CEO of Equip Care Ministries in Boston, MA. She received her Doctorate in Religious Education degree from CBCS.

"I found that CBCS has a lot to offer both seasoned ministers and newcomers to the Call. Courses of study within the degree programs were rich and vibrant, and yet flexible – promoting the ability to personalize one's timeline and fit specific student need."

"I also liked that CBCS structured their degree program with many options and avenues for learning. They offered online courses which could be held outside of the usual seminary classroom settings; They implemented distinct Distance Learning Centers nationally, where enthusiastic teachers drew students to the local classroom setting for instruction; and they even had an option to study at one's own pace via their workbook courses of study which greatly maximized and redeemed the time of the student learner with the heavy workload or ministry commitments."

"Becoming a student of the Bible better formed my identity as a pastor and leader, gave me a strong sense of accountability to my responsibility to others, and prepared me for the outward challenges I would face across diverse ministry and multidisciplinary settings."

Rev. Dr. Loretta now oversees the CBCS New England Chapter.



Dr. Thérèse Farmer, DRE

Prior to graduating from CBCS, Dr. Thérèse Farmer, an educational consultant, was leading a counseling department for a local school district. Attending Bible College was something she wanted to do for a long time. God lined things up so that the timing was right for her to attend.

The faith, the community and the convenience were all things that drew Dr. Thérèse to CBCS. Conveniently she was able to attend classes once a week at her church, one of CBCS's distance learning centers. On weekends, and other times throughout her week, she enjoyed educational field trips, locally and abroad. In addition, her life experience, her previous educational background and degrees, studying and training abroad, and the independent work she conducted all contributed towards her doctorate degree.

"I received clarity during this process of completing the program and I feel that the Lord is calling me to not just focus on education in the manner I have in the past (on the local school board level) but so much more." Her vision has become more attainable because when others have a conversation now with

Dr. Thérèse Farmer, knowing that she was already knowledgeable, they now know that she has reached a new level! "Education is not just for those in the world but those in the WORD! We must grab hold of the concept of educating ourselves in our own scriptures and making it an academic way of life. The vision is clear and attainable when you understand the Author's roadmap, the Word of God."

Since graduation, things have been busy and eye-opening for Dr. Thérèse. The Lord has opened new doors to further His mission in her life and weeded out unnecessary circumstances, situations and people.

"I'm excited! Things have changed in a sense that CBCS has allowed me to push harder and believe that the completion of this educational process was attainable. It also allowed me not to doubt myself. God never doubts His people. He gave me the talents and wants me to use them!"

"The truly educated never graduate! It doesn't matter how many life experiences or degrees you have, keep learning, keep striving and keep studying to show yourself approved (2 Tim. 2:15)!"



Chesapeake Bible College & Seminary—Fall 2017 Graduating Class

Hebrews 13:20-21 (NLT)

Now may the God of peace— who brought up from the dead our Lord Jesus, the great Shepherd of the sheep, and ratified an eternal covenant with his blood— may he equip you with all you need for doing his will. May he produce in you, through the power of Jesus Christ, every good thing that is pleasing to him. All glory to him forever and ever! Amen.

For more information, visit ChesapeakeBibleCollege.org online and discover how easy and affordable your degree can be!

SANCTUARY OF Hope



We preach against abortion, but in addition to taking a stand against this practice, we must also provide an alternative answer for these young mothers who at times feel they have no other option when they find themselves in seemingly impossible circumstances. We need to give them, and their unborn children, a viable option for their collective futures, and Sanctuary of Hope plans on being just that.

Partner with us, and together let's make this dream a reality.

Let's provide the hope of Christ to these mothers and children in a very tangible way.

DONATE TODAY

at SOHcares.org or by calling 1-800-854-9899.

As you give... We want to respond and say, "thank you" with some beautiful, custom-crafted gifts of appreciation for your generosity.



With your gift of \$500 or more:

Hope & Liberty Limited Edition Painting

With a captivating view of God's creative landscape in the background, this beautiful and inspiring commissioned framed-art print features a stunning eagle soaring and carrying the flag of the United States.

Each time you look at it, this special 16 x 20 Limited Edition print will remind you of God's divine plans of liberty and hope that He wants you to experience.

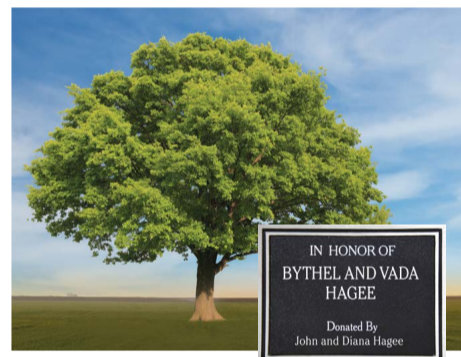


With your gift of \$1500 or more:

Forever Free Commemorative Bronze Sculpture

This stunning custom bronze, measuring over a foot in height, features a majestic eagle in flight, carrying two flags. On one side, you'll see the flag of the United States, and on the other, the flag of the nation of Israel, signifying our love for country and unwavering support of Israel.

Whether sitting on your desk, bookshelf or other prominent location, this magnificent bronze will be a constant reminder of the hope and freedom that God intends for His people throughout the world.



With your gift of \$2500 or more:

Living Legacy Tree & Plaque

A tree will be planted, with your personalized plaque, on the Sanctuary of Hope campus. This living legacy will serve as a reminder to everyone that visits of those that have faithfully prayed, and sacrificially given, so that others might experience God's hope and future. With your gift of \$2500 or more you will also receive your choice of either the Forever Free bronze or the Hope & Liberty Painting as a thank you for your generous support of Hagee Ministries.

"Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, *and* to keep oneself unspotted from the world." — James 1:27

THE VISION IS BORN...

As a teenager, I was employed by an orphanage in Houston, Texas. It was there that I saw life through the eyes of an orphan. It was there that I saw the pain of rejection, and the agony of not having a family.

As you can imagine, it was heart-wrenching to watch these children, week after week, as no one came to visit and no one seemed to care. This experience placed a vision deep in my heart that has been watered by the Holy Spirit through my years of ministry.

When I first came to San Antonio in the late 1960's, I tried to make that vision a reality by starting an orphanage, but was prevented from doing so by circumstances that were beyond my control. I was disappointed and discouraged. I had a dream to help these children that were unwanted and unable to help themselves, but it just didn't happen. Now, here we are nearly 60 years later and there are still hundreds of thousands of children that are discarded, abandoned and unwanted. The desperation that I had experience with all those years ago, still remains today - and SO DOES THE VISION!

Organizations like Planned Parenthood are literally destroying the future generations of the world. When a mother walks into one of these clinics for an abortion, they are handing their unborn child a death sentence. What if we could offer a viable alternative that gives young mothers, and their precious unborn children, the option of LIFE, and the possibility of a productive future?

We don't believe that abortion should ever be the answer, but it is not enough to simply believe - we must continue to take a moral and Biblical stand against this practice, and provide an alternative for these young mothers who at times feel they have no other option. With your help, we will give them, and their unborn children, a future and a hope...a Sanctuary of Hope.

Thank you for investing in the lives of these children and the future of the world. May God bless you.

Bringing hope to a hopeless world,



Pastor John Hagee



SANCTUARY
OF
Hope

Sanctuary of Hope is our 85-acre multi-building campus that will provide world-class housing, medical care, counseling support and educational facilities for unwed mothers and their children.

This incredible campus will allow them to receive care, treatment and training previously thought to be unobtainable.

"Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world." - James 1:27

Unwed Mothers and
Orphaned Children Need a
Life-giving Solution...

You can provide a life-giving solution filled with hope!

Unwed mothers will receive:

- On-Site Medical Care
- Parental Training
- Christian Formation and Counseling
- Life-Skills Counseling
- GED and Course Credit Recovery
- College and Career Track
- Pre & Post Adoption Support and Counseling
- Job Placement Assistance
- And more...

Orphaned children will receive:

- Residential Family Structured Care
- Adoption Referral Service
- Christian Formation and Counseling
- On-Site Distance Education
- Christian Education through Cornerstone Christian Schools
- On-Site Pediatric Care
- Age Appropriate Life Skills Training
- And more...



Thread of Type

Everyday

Life