

Everyday *Life*

TRANSFORMATION

Hope for the Unborn Child
with Rev. John Hagee

Never Too Late to Go Back to College

Seeing Yourself as God Sees You

New Runway Fashion for Spring & Summer

From the Deathbed to Life

Welcome to Everyday Life

As Editor In Chief, I am excited to share with you our newest publication "Everyday Life."

This magazine is based on Ephesians 2:10 which states, "For we are God's masterpiece. He has created us anew in Jesus Christ, so we can do the good things he planned for us long ago."

This magazine was brought forth on a business trip I was on in Frankfurt, Germany. I happen to be on a tour bus where a man from the USA was also on. We began a conversation, and he asked me what I did for a living. I told him I was the Chief Executive Officer at Learning Disabilities Worldwide and that I founded an organization called Thread of Hope, Inc., where I am currently serving as president. I explained I had a heart for helping those who had gone through traumas and wanted to reach out and let others know their life is valuable and filled with great purposes.

Life is filled with ups and downs with successes and victories along with failures and defeats. There will be times of sorrow, anger, frustration, crying, heartaches, feelings of giving up, and yes, even depression. We will also experience times of exuberance, joy, laughter, happiness, persistence, and determination. We all go through these times.

As that man and I began to discuss at length, the more I began to think every day is a day in the life of a person. When I look all around me, I see people walking around. Some have a kick to their step, head held high, signifying all is well and are walking with purpose. Others are slow in their step, heads bowed indicating they just have to get through one more day.

I believe the biggest piece we are missing in life is a clear picture and understanding what comprises life itself. We must understand life has its challenges. However, we don't concentrate on the negative. We must have the courage to deal with everything life throws at us with an attitude that "This too shall pass" and will not kill us. It will not destroy us, and it will certainly not keep us from reaching our destiny.

I view life according to the Word of God. Life is precious and has great significance with purposes and plans for success. In our toughest situations and circumstances, those very things are the things which actually make us stronger and well-grounded in confidence. The outcome of living everyday life for God is that through our hurts, devastation, mistakes, sins, trials, and circumstances, we still have hope for restoration, renewal, and healing.

Everyday Life will bring you stories of triumphs and tragedies due to mistakes and sins committed by them, or others in their lives causing all sort of destruction and chaos. I love the passage in Hebrews 3:13. "You must warn each other every day, while it is still "today," so that none of you will be deceived by sin and hardened against God." May the stories we read here, warn us and keep us honoring God with our lives.

In the issues of Everyday Life, you will read exciting stories of real life people who have gone through traumatic situations that have ultimately transformed their lives for the best. There is redemption, healing, and forgiveness for those who understand that God has a purpose along with an expected end for their good. There is something we must do in the process. We must cling to God, not blaming Him for the situation we find ourselves in, and we must trust Him to walk us through to the other side victoriously. We must change our mindset and take on His mind. We must have an attitude that regardless of what has happened to us, those times are a learning tool to refine us.

Therefore, our lives are to be lived out daily as described in this verse, "For we are God's masterpiece. He has created us anew in Jesus Christ, so we can do the good things he planned for us long ago."

In conclusion, remember always you are His workmanship, and you are created to do good works as well as empowering others who come up alongside of you. Remember God has already prepared, in advance, for you to shine in your situation. Welcome to our world called EVERYDAY LIFE.

Power of Transformation

“As all of us reflect the Lord’s glory with faces that are not covered with veils, we are being changed into his image with ever-increasing glory. This comes from the Lord, who is the Spirit,” (2 Corinthians 3:18 GW).

As I began to discuss with my staff regarding our first issue of EveryDay Life (EL) one word kept coming up, “Transformation.” This word is so powerful. It means the person has the power to change. So many of us are afraid of change, but, I say, “Embrace the change!” Be fearless and bold to take hold of everything God has for you. To change requires motivation and a good support system. Your closest friends must be made up of people who genuinely desire to see you transform and who want the best God has for you. You see God desires to transform us into His likeness and much more than we could even begin to understand, more like an ever-greater degree of glory.

This is exactly the message of this first issue of EL magazine! As I began to read the different stories and speak to the authors, I learned each one had their own transformation stories. They surrendered themselves to embrace change in order to experience the power of God in their lives. This requires submission to God. When we give our lives to God, we are exchanging our will for His will. You will be set free from strong mindsets that will keep you from transformation. You will experience freedom from rejection, shame, and fear which will be replaced with acceptance, the progression of faith, and honor. You will exchange sorrow for unexplainable joy.

Within the pages of this first issue, you will meet people whose lives have been radically transformed and are being used by God for His glory. God changed each of their lives into His ever-increasing glory to bless them, and He is using their lives to help bring transformation into the lives of others for His ever-increasing glory.

I love how God uses people to do good, help others, and do great exploits for our world on His behalf. God doesn’t need anyone; He is God, but He loves to share and pour out His goodness upon others. “You are light for the world. A city cannot be hidden when it is located on a hill. No one lights a lamp and puts it under a basket. Instead, everyone who lights a lamp puts it on a lampstand. Then its light shines on everyone in the house. In the same way let your light shine in front of people. Then they will see the good that you do and praise your Father in Heaven,” (Matthew 5:14-16 GW).

I hope you will be inspired by what you read and allow yourself to be transformed into a vessel of greatness to bring hope and to give love to the world, to be used greatly in the lives of those who are broken, and to have the courage to be all God has created you to be that He might fulfill His purposes for your life.

Aspire to Inspire!

Teresa



**“Transformation
is empowerment.
It results
in freedom,
enlightenment,
an adventurous
spirit, and an
increase in faith.”**

Dr. Teresa Allissa Citro

TRANSFORMATION

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Transformation Table Talk

AN INTERVIEW WITH DR. TERESA ALLISSA CITRO

Success follows her wherever she goes. She walks into places and heads turn as if she were a model walking down a Fashion Show runway. The person I speak of is Dr. Teresa Allissa Citro, a brilliant woman, and beautiful from the inside out, and someone I have had the pleasure of growing up with and knowing for over two decades. She is the Chief Executive Officer at Learning Disabilities Worldwide (LDW), who oversaw my internship back when I was in college, and years later, I was her personal assistant. She is also the Founder and President at Thread of Hope (TOH), Inc. When it comes to the things of GOD, she does not play around. She is consistent in her faith, and she is constant in friendship. Those of us, such as myself, who have been mentored by her have been blessed to know her, and we know she has been with us through the muck and the mire until we came out of our struggles victoriously. My name is Linda Knowles, and this is my interview with Dr. Teresa Allissa Citro.

LINDA: I'm sitting here and thinking about how we grew up together and our relationship that began just over two decades ago. I know you have taught me many things, and I have to ask how does it feel to know you have inspired quite a few young and older women to progress in their faith and to grow into empowered individuals who are now teaching the next generation what you've taught them?

DR. CITRO: I believe that we live out our faith and that reflecting the love of GOD to others is important. A relationship with the LORD is the key to living an extraordinarily exciting life filled with joy and significance. Our life is in the LORD, and when He created us, He created us with a plan, specifically for every individual. No one has the same life. In this life, we will have great moments and bad moments, joyful moments and sorrowful moments, restoring moments and devastating moments. It's part of your Everyday Life.

LINDA: Speaking of everyday, Dr. Citro, how did you come up with the name "Everyday Life" for this magazine?

DR. CITRO: Well, we talked about a purpose and plan for everyone's life. Little did I know GOD was calling me to start a magazine. I was in Germany, and through changes and unexpected

twists which I believe were all led by GOD, I went on the tour where I met a man who was in the publishing business. He struck up a conversation with me and asked what I did for a living. I told him I was the founder and president at Thread of Hope and was about to start up a magazine. He asked me the name, and I gave it to him. He told me the name I had didn't grab people's attention. I came back and realized what I was trying to do. Everyday happens to everyone, and the truth of the matter is, I believe what determines our success is only found in the bad times. I don't believe you make your success in the good times which reminds me of a bible passage that says, "When he tests me, I'll come out as pure as gold."

In this life, we will have great moments and bad moments, joyful moments and sorrowful moments, restoring moments and devastating moments. It's part of your Everyday Life.

LINDA: Dr. Citro, there seems to be a great amount of diversity, from all backgrounds and cultures, who have written articles and participated in putting this magazine together. It seems with a group of writers like the ones in this magazine, they have their own stories of victory, hope, and transformation. What can you tell us about these writers?

DR. CITRO: Linda, that is a great question. I respect this group of writers because they themselves have gone through horrible situations but came out victorious and inspirational to others. All from different faiths around the world with unique stories of triumphing over tragedy and their desire to be used by GOD to help others is impressive. For instance, Ms. Tish Hagee Tucker who overcame cancer victoriously and wrote two books about it, in order, to encourage others going through the same battle. Talk about inspirational. Bishop Reverend Prince Obinna was born as a real prince and forsook his throne for kingship because of the calling on his life. His family was killed when he was three months old and left there in the jungle of Africa and found alive three days later by his grandparents. Talk about the hand of GOD protecting a child, a three-month old baby, amongst his dead family in the open where any animal could have eaten him. He was born into power and privilege, next in line to be king, but he turned down his position in line to answer the calling on his life. He is a man totally sold out for the Kingdom of GOD. Salim Kataya is an extremely talented and gifted designer with his designs on the runway with the best of the world-renowned fashion designers, a refugee from Syria, who had to flee his homeland, and with determination and perseverance, he did not allow his circumstances to destroy him. Rather, it catapulted him to shine forth even more. Finally, Reverend John Hagee, who hits home for me personally (as an adoptive mother) and who puts

This is what I'm passionate about, seeing GOD's reflection through our brokenness like a shining clear piece of glass that has many colors bouncing off it. So, we reflect the love of GOD through our brokenness.

his money where his mouth is, had the love and courage not just to stand up for what he believes but also to do something about it. He built the home for unwed mothers, paying for their health and medical bills as well as their education and making sure they get necessary counseling needed. He is demonstrating the love of GOD through transforming lives in order to further the Kingdom of Heaven. And these are just some of our writers. The rest of our writers have incredible stories of their own everyday life of despair, sorrow, and hopelessness and then allowing GOD to use those moments to restore them and bring hope into the lives of so many other people. This, Linda, is what I'm passionate about, seeing GOD's reflection through our brokenness like a shining clear piece of glass that has many colors bouncing off it. So, we reflect the love of GOD

through our brokenness. Our GOD is the GOD Who Restores, and when He restores, we are brought forth like gold.

LINDA: Dr. Citro, I had a front seat for the things you had gone through. I would never have wanted to go through the trials you have been through. However, you are living proof that GOD works everything out for the good of those who seek Him and that

He is very real. To get to where you today, has it been all fluffy and filled with butterflies? (Watching Dr. Citro sitting here smiling and laughing as I ask that question)

DR. CITRO: Absolutely not, but I truly cherish my broken moments or what I thought were broken moments. GOD made me who I am by showing His power and might, His mercy and love, His restoration, and using the broken things in my life to bring me forth a vessel to be used for His glory. Because, you see, I have given my life to the LORD, and my life is hidden in Him. Nothing that happens to me is by chance even when I say, "But, GOD, please no more." He is just bringing me from glory to glory, reflecting who He is, and in return, reflecting His love to others. It is like a mirror.

LINDA: Dr. Citro, I have seen GOD miraculously open doors for you such as in writing books. You specifically publish in the field of education with the best publishers in the world. Did you ever have dreams of being an accomplished writer?

DR. CITRO: No, not at all. As a matter of fact, I never thought of being a writer especially since English is my second language. I was born and raised in Italy so Italian is my first language, but I saw the hand of GOD even in that. GOD loves to surprise people. If we yield to Him and His will, He will do the miraculous and open doors beyond our wildest imagination. He said He would do more abundantly than we could ever ask or think. This is the reason we can never allow Satan to whisper his lies of hopelessness and despair. We must believe GOD's promise to trust in Him and not lean on our own understanding. We are to acknowledge Him in all our ways. He really does direct our path.

LINDA: I know you are passionate about a lot of things, but what are you most passionate about?

DR. CITRO: I am most passionate about leading others to serve GOD with all their heart, mind, and soul. In this life, our true success is to bring honor to Him, and it is all about how to live our life before the perfect and holy GOD. This means living a life worthy of our call with excellence. Obeying and honoring GOD is where all treasures lie. Because I am the CEO of Learning Disabilities Worldwide, education is at the very core of my heart. The Word of God says, "My people perish for lack of knowledge," and to "Study to show yourself approved unto God, a workman that needs not to be ashamed..." It is very important to allow yourself to constantly be teachable. I am passionate about the medical field because I was Pre-Med. However, GOD had another plan for me. Through Thread of Hope, we support the medical industry. Having said all of this, my passion is for the broken and the hurting, which fuels me. He came to heal the brokenhearted and heal all their diseases, to ultimately save us from our sins. None of us have a perfect life. We all have hurts, regrets, pain, and sorrow.

LINDA: I know the photo here is very significant to you. Why does it mean so much to you?

DR. CITRO: It reflects the generation between mother and daughter, passing on this hope we believe in, that He who began a good work in us will be faithful to complete it. We, as individuals, reflect feelings and attitudes such as love amongst other things. This month we celebrate Mother's Day in our country. For me, restoration has been the gift of being a mother granted to me by GOD.

LINDA: As a woman, what do you consider the most important job?

DR. CITRO: To parent my children and parent them well, to train them up in the ways of the LORD, allowing them to see me reflecting GOD's grace. Linda, as the Executive Director at Thread of Hope, you see me every day. You have seen my kids at their best and in the challenging times. My life revolves around them. My children are a gift from GOD, and I absolutely adore them. I take the responsibility seriously to parent as GOD would want me to parent, not as the world wants me to parent, instilling truth, honoring GOD, respecting others and themselves, and using their talents and abilities to help others. Most importantly to love, love, love all of those around them. I teach them to honor GOD in all they do. I'm proud of them, and I'm proud of who they are. I'm proud of what they stand for, their zeal for GOD, their desire to help others in need, and all they have accomplished up until this point. As you know, Linda, Ellianna and I are writing a mother and daughter book, and Justin and I writing a devotional for teens. I am a mom who believes in nurturing and helping my children see themselves as GOD sees them. My children bless me, and I have the best children on planet Earth. They are very good kids, a gift from the hand of GOD.



Dr. Citro (center) with her daughter Ellianna (left) and mentee Carmelina with her daughter Mary.

A Candid Interview With Dondi Scumaci

TISH HAGEE TUCKER

Tish: Tell us a little bit about who you are and what you do.

Dondi: There are days I would say, "I am a speaker who writes." On other days I am an author who speaks. Both of these 'occupations' are about helping people design lives and careers that create value and deep satisfaction. Ultimately, I think the satisfaction comes from growing 'in your grain,' leaning into your strengths, opening your God-given gifts and talents, developing those and then doing something marvelous and impactful with them.

A great deal of my work springs from a passion for mentoring. My professional love is designing mentoring experiences and communities for the Fortune 500. To hear those mentoring stories, to see people investing in the success of others, reaching for their potential and stepping into their possibility, energizes and inspires me.

On a personal level, I am a wife, mom, daughter and Mimi. These roles are precious to me. I am also a lover of horses and learning so much about leadership, trust and courage from my beautiful equine teacher, Fortunato.

Originally I am from the Pacific Northwest, but I'm currently living in San Antonio, Texas with my husband, Mark Scumaci.

Tish: Briefly, how would you describe your relationship with the Lord?

Dondi: This is the most important relationship in my life. When that relationship is 'right,' everything works. Most of us can probably relate to the seasons of our spiritual walk, the ebb and flow of it. On my walk, there have certainly been some seasons of drought in the valley. Through these times I must rely on what I know and not what I feel. There have also been amazing take-your-breath-away, mountain-top experiences, where I feel a sweet and powerful flow with the Lord. The valleys make the mountain tops even more beautiful and...possible. I believe when we travel through the valleys, we are preparing for the climb. Valleys have purpose.

The most precious times for me are the moments when the Lord urges me to come closer – to go deeper. These are deeply personal seasons. During these times I know the Lord is preparing me for something more – something that will stretch my faith and my ability. He will be asking

me to move into a new place and do a new thing. He is equipping me for something more, because He is going to trust me with more.

Tish: Other than your relationship with God, what do you value most in this life?

Dondi: I deeply value my family and the opportunity to make a sustained difference – to honor God by the way I deploy my strengths, talents and energy. I love to create processes, presentations and tools that empower and inspire.

I also love to create and keep traditions with my family. For example, in the spring, my Grandson Asher and I plant grass seed in a garden pot. He is now three years old (and has been doing this since he was one). He waters the grass and watches it grow. He trims it and tends it until Easter morning. Then it becomes the centerpiece for brunch. It's a fun tradition, and the perfect opportunity to talk about the miracle of growing. As in life, there is possibility stored inside the seed. We release possibility when we plant the seeds in good soil and nurture them. For a time, it may look like nothing is happening and then the result bursts forth!

Tish: Tell us about a time when your faith was put to the test, a time where life handed you tragedy and God took you through to a place of complete triumph.

Dondi: Many years ago, I was doing a Leadership Tour through the South. (This means that I was speaking in one city each day and traveling at night to the next venue.) One evening, I stepped out of my hotel room for dinner and was badly beaten in the elevator, in the foyer of my hotel. Thankfully, two businessmen heard the screams for help and stopped the attack.

Instantly, I went from being ridiculously naïve about my personal safety to practically agoraphobic. Everyone looked dangerous; I was in a constant state of hyper vigilance and full-on panic. The attack changed my life. It changed me. It changed my brain too.

Severe blows to the head resulted in bruising of the brain. For a long time, I stuttered and struggled with spacial orientation, literally bumping into and bouncing off of walls. The diagnosis was Post Traumatic Stress Syndrome. Medicated to combat anxiety attacks, I slipped into deep depression. My energy disappeared and simple tasks were overwhelming. Life was overwhelming.

Slowly, through prayer and a beautiful support system at home and church, the light returned – first to my heart, then to my eyes. The Lord was always present, even through the darkest pieces of that journey. As the bruising healed, I could literally feel hope returning. The Lord was so gentle with me as I hid myself in him and covered myself with his Word. Then he showed me something wonderful.

It was many weeks after the attack and I was scheduled to speak to a large group in San Antonio. I couldn't even imagine doing this! My face was swollen and bruised. How could I go out in public and stand before this group? I was still stuttering and losing my train of thought. I was feeling vulnerable and anxious too.

Even so, I knew I had to do it.

Standing before this group of more than 500 women, I allowed myself to be vulnerable. I told them the story. They wept. I wept. From there we moved on to a message of hope, faith and resilience. It was one of the best presentations I will ever experience in my life. There was a deep connection with that audience.

After the presentation, a line of women waited to share their own stories. Many of them had experienced abuse and violence. They needed this message, and it was designed just for them. God did that...for them and for me. He used something terrible to increase my capacity. Through that experience, he taught me how to reach through the darkness to find the light. He gave me the story others needed to heal and move forward in their own lives. I would never want to go through an experience like that again, but I would not trade it for anything. What I thought would break my heart, filled it instead. That's when you know God is involved.

There is an ongoing lesson in all of this. When terrible things happen, when things aren't going as planned or when results are slow to come, I often have this sense from the Lord, "Wait for it. I am doing something here and I am not finished. Be still. Trust the process. Trust Me." What looks to be an epic failure and complete disappointment is transformed into something beautiful and meaningful.

I am learning not to judge circumstances or evaluate success in traditional ways, because God measures things differently.

Tish: If someone wants to contact you for information on booking you for an event, where would they go? Where is the best place to find your books?

Dondi: You can always find me at dondiscumaci.com. There are some wonderful resources there – blogs, podcasts, videos and links to all of my books.

Tap the Blog page to find "The Fortunato Files." The inspiration for this blog series is a gorgeous rescue horse who is teaching me more about trust, partnership, courage and leadership than I ever imagined possible. Fortunato is a Spanish Line Back Dun (very smart and a little sarcastic). Fortunato has a big personality. He also has tricks. (A few I've taught him, but most of them are his idea.) "Lessons in Leadership from the Ground Up" is a peek into the pages of my personal diary as we make this journey together.

You can also visit Amazon.com to find "Designed for Success", "Ready, Set...Grow", "Career Moves" and "A Softer Strength."

Interviewer's Notes: Dondi is an everyday woman...every day. She is kind, loving, giving, and incredibly gracious. She does not tell you that she cares...she shows you. When I was diagnosed with cancer, I was working with her husband. I moved to Houston to receive treatment at the MD Anderson Cancer Center, and her husband literally did my job while I was receiving cancer treatment.

Mark Scumaci is the reason I met Dondi. When the phone would ring at the office and she had called, his face would immediately light up. It was as if he was glowing from the inside. When I met Dondi, I immediately understood. She is the kind of person that makes every day special in her very own way. When she walks in...the room lights up, not because she is a celebrity or demands the attention, but simply because the love of the Lord shines through her like a beacon. If you have the opportunity to meet Dondi, to read her books, to invite her to speak at your event...you will immediately know what I mean.

The world is a better place for having her in it!

Hope for the Unborn Child

REV. JOHN HAGEE

As a teenager I worked many different jobs. I actually started in the cotton fields picking cotton at the age of eight. But one job that I will never forget is the boy's home that I worked at in Houston, TX as a teenager. I was privileged in the time that I was there to see life through the eyes of an orphan. I coached these young boys and they knew me as their friend. I would hear them each week, chatting amongst themselves, "This week, my mom's going to come get me. My dad is coming finally...and he's going to be driving a big, new car." The day would come, and no one came for them. Not even for a visit. Week after week this happened and then it dawned on them. "No one's coming for me; I'm by myself. I'm completely alone."

For many years, I have wanted to build the Sanctuary of Hope, but for different reasons the timing was wrong. But as my hair has gotten a little grayer, I have decided that there is no time like the present. With God's blessing and your financial help and prayers, I would like to move forward with this massive undertaking. While we cannot help everyone that comes our way, we can help some. And, by the grace of God, we are going to help those that He sends to us...those who have come from broken backgrounds and need to know the love of a Savior in their lives. It's one thing to preach against abortion, and another thing to present these young ladies with the opportunity to give birth in a Christian environment.

**love is not
what you
say...it's
what you do.**

I have often said that love is not what you say, it's what you do. The Sanctuary of Hope will be a haven for those who call it home. It will be a place where the spirit of the living God rules and reigns, and where every possible opportunity will be afforded these young women who are giving birth to our next generation. The mothers have the option to keep the babies or adopt them out to Christian homes; they will also continue their education through the university level unless they chose to enter the military.

The project is most definitely a massive undertaking, but we have begun construction phase 1 - The Unwed Mother's Home. Won't you please join me in this endeavor to meet the need of these priceless treasures, our children...and consider donating today? When I get to heaven, God isn't going to pat me on the back for erecting a building to help orphans. He is going to reward those who gave and made it possible.

Gods Provision For The Healing of The Nations

Sam Caster is the Chief Executive Officer for Evolv Health interview by Chris Capozzoli

"Everything man needs to achieve health is provided by God in nature. It's the job of science to find it." Paracelsus (1493-1541) The father of pharmacology

The United States now consumes 75% of the global intake of prescription drugs with less than 5% of its population. So if drugs were the solution to better health, the U.S. should be the healthiest nation on earth, by far. So how are we doing?

* Every major disease, including childhood disorders, are on the rise

* The U.S. spends over twice as much per person on sick care than any other country in the world

* The U.S. ranks last among the top 17 industrialized nations of the world in "health of population and,

* The toxic effect of properly prescribed pharmaceutical drugs has risen to become the fourth leading cause of death in America

And while there has always been the need for life-saving drugs that can help the body fight off deadly viruses and infections, big Pharma has been successful in overwhelming our healthcare system with a plethora of toxic drugs designed to medicate the symptoms of chronic disease, with absolutely no regard for their long-term toxic effects. And worse yet, this toxic intrusion is mandated by law throughout our entire healthcare system. So is there a better solution? Some of the world's leading scientists are proving that there is a new movement in healthcare called, "Integrative health." Integrative

health combines the best of modern medicine with the discovery of nature's most powerful, nontoxic molecules for supporting the body's normal functions of the fence and repair. The result? Best patient outcomes.

At the very top of the list of integrative health solutions is the discovery, stabilization, and scientific validation of Acemannan, the bioactive molecule from the gel of the Aloe Vera plant. Over the last 30 years, Acemannan has become one of the most researched molecules in nature, resulting in the issuance of over 150 worldwide patents.

My interview with Sam Caster, the man responsible for introducing the first stabilized Acemannan products to the world, will not only describe in more detail this amazing discovery, but also his innovative solution for providing Acemannan to many of the worlds most medically fragile children.

Chris: What exactly is Acemannan?

Sam: Acemannan Is a unique polysaccharide that exist in the gel of the aloe vera leaf. It is unique because it is primarily comprised of the sugar mannose. Unlike the other 200 naturally occurring sugar molecules in nature that convert to glucose in the human body, small chains of mannose are used by the body to "activate"or "wake up" the proper up and down regulatory functions of our immune system. I was fascinated by the fact that high levels of these critical mannose based structures occur predominately in two natural sources, Aloe Vera gel and human breast milk. When a woman becomes pregnant, her body begins converting

high levels glucose into mannose, which is then delivered in the blood through the umbilical cord to the newly forming fetus. Once the baby is born, high amounts of mannose are then produced in the mothers breastmilk. It's interesting to note that when a woman becomes pregnant, she will often go into remission from any type of auto immune disorder she may be living with, but the symptoms return when her breastfeeding cycle ends. Researcher points to these mannose based polysaccharides has the determining factor in this phenomenon.

Chris: So how can a patent be issued on a molecule that exist in nature?

Sam: Acemannan is a labile molecule, which means that within 24 to 48 hours after the aloe leaf is picked, it is completely denatured, and loses its immune activating effect. Once this was discovered, patents were filed and issued on the process developed to stabilize the molecule. Then multiple use patterns were issued on the immune enhancing benefits shown in a wide variety of chronic disorders.

Chris: How did you first get access to stabilized Acemannan.

Sam: Acemannan was discovered and patented by a group of researchers from a publicly traded pharmaceutical company called Carrington Labs. They had received USDA approval for the use of Acemannan in the treatment of severe topical wounds and as an injectable immunostimulant for the treatment of cancerous tumors in dogs and cats but the FDA had rejected their application for the use of Acemannan as a human drug for two insurmountable reasons. First, they could not establish a toxicity threshold for Acemannan that would be harmful to humans. Since all drugs for toxic, this is a mandatory requirement in the drug approval process. Acemannan is completely nontoxic, which actually inhibited this approval process. Secondly, a drug must show proof of its ability to alter a particular disease process or symptom. Acemannan does not alter any function in the body. It works by activating the bodies own processes of defense and repair. So, by legal definition, Acemannan is a nutrient not a drug. Since Carrington Labs

was a pharmaceutical company, they have little knowledge of how to penetrate the dietary supplement industry. So in 1994 I was able to license the exclusive rights to this discovery and introduced the first stabilized Acemannan dietary supplements to the world.

Chris: Give us a scope of how successful this venture was.

Sam: I expanded the commercial distribution of these products into over 26 countries around the world, impact in the lives of millions of people who experience the most incredible health benefits you could possibly imagine.

Chris: In 1999 you founded Manna Relief, a 501(c)(3) not-for-profit organization. How did that come about?

Sam: In 1997, my wife Linda and I were financially supporting an orphanage organization in Romania. One of their caregivers came to the US to thank their donor base. At the end of her presentation she shared the fact that their children were always sick and without proper nutrition or medicine. She added that their organization lost between 30 to 40 children a year to malnutrition related issues. Malnutrition compromises a child's immune system so dramatically, that they become extremely susceptible to every kind of chronic an infectious disease. Over 6 million children die every year in the world from malnutrition related health issues. Acemannan is nature's most powerful immune supporting molecule, so I just knew it could help their children. After the meeting I shared the story of Acemannan with the caregiver and offered to donate a year's supply to her organization. She gladly agreed so we sent a powdered blend of Acemannan and other nutrients that could easily be mixed into their daily meals. At the end of the year the caregiver returned with the report that changed the course of my life forever. She said that soon after adding the product into their food, the children became healthier than she had ever seen them, and that for the first time in over a decade, not one child that died in their organization. At that very moment I knew my purpose in life. God had created me to provide His gift provision to the world's most vulnerable children. Linda and

I then founded Manna Relief and begin raising donations to fund this effort. Today, 20 years later, we have donated approximately 100 million servings of this powdered blend to malnourished and medically fragile children in over 90 countries.

Chris: What has changed since you started Manna Relief 20 years ago?

Sam: Two major changes have occurred since we started the program. The first change was my discovery of a new business model called social entrepreneurship. In 2016, I partnered with Evolv Health to create the first social business 3.0 platform called the Hope Movement in support of our global relief efforts. This model combines a “buy one – give one” corporate giving strategy with a revenue sharing plan for any of our consumers who wish to also help us champion this cause. The second change that occurred was a giant leap forward in the processing of Acemannan. Researchers discovered how to increase the immune activating fractions of Acemannan four to five times higher per gram than our original product. This new technology advancement was licensed exclusively to the hope movement in support of our social business initiative.

Chris: Why Evolv Health when you could have partnered with any company in the world?

Sam: The leadership was already on the path with unique science-based products and a giving model that was already creating amazing health results. It was a perfect fit for social business 3.0 with the right purpose, products and plan.

Chris: What kind of impact have these two changes made on the Hope Movement?

Sam: This advancement in Acemannan processing has provided both our consumers and the children we support with the most powerful immune activating technology that exists today. We can now reach more people, at a lesser cost, and make a bigger impact than ever before. These changes have been an enormous blessing to everyone.

Chris: Wow, Sam that is amazing, you really have pioneered the way for social business 3.0. You are teaching people that it is OK and admirable to do good things while you are doing well personally. Giving individuals a vehicle for living a life of purpose and actually creating an amazing life while being a positive change on the world.

You have illuminated the path for those of us who want their lives and efforts to count for more than a paycheck.

Thank you so much for all you do to impact the lives of those who you give Hope to, who would otherwise be Hopeless.

We are looking forward to following you on this journey over the next decade and beyond to see the increase in the ripple of Hope you are creating for those in need around the world.

A path we can all follow and words to live by.

The Mystery of Grace

PRINCE O BINNA, JP

A mystery is an event or situation that is difficult to fully understand with the human reasoning faculty; it is a phenomenon that requires spiritual help to fully comprehend.

However, as children of GOD, the scripture makes it clear that it is our kingdom right to understand the mysteries of the kingdom of GOD; **Mathew 13:11** and **Luke 8:10**.

One of the most profound mysteries in the scripture is the **Mystery of Grace**.

Grace carries a most profound transformational virtue; and this is aptly exemplified in the life of Ruth, the Moabite;

Ruth 1:16-18.

And Ruth said, Intreat me not to leave thee, or return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy GOD my GOD:

Where thou diest, will I die, and there will I be buried: the LORD do so to me, and more also, if ought but death part thee and me.

When she saw that she was steadfastly minded to go with her, then she left speaking unto her.

Ruth was a Moabite; the Moabites were products of the incestuous relationship between Lot and his eldest daughter, **Genesis 19:31-38**;

By reason of this ugly foundation, the Moabites were barred from the commonwealth of Israel; **Deuteronomy 23:2**.

However Grace found Ruth, and by reason of this Grace, she was not only admitted into the commonwealth of Israel; she became one of the maternal progenitors of our Lord JESUS CHRIST; **Mathew 1:1-5**.

WHAT IS GRACE

1. Grace is the mark of GOD upon a person that overlooks their yesterday in order to establish their today and confirm their tomorrow.
2. It is the election of GOD that transports a person from the back row to the front row of life and destiny.
3. Grace is the oil of GOD that erases a person's deficiencies in order to highlight their efficiency and proficiency.
4. It is the guarantee of a person's progression in life without distortions and distractions.
5. Grace is the ornament of glory that decorates a person's labours with favours.

Grace has often been also defined as GOD's riches at CHRIST's expense; the implication being that there is no limit to what GOD can do for any of HIS genuine children on the wings of Grace.

The greatest Grace GOD bestowed on man is the Grace embodied as CHRIST; **Titus 2:11**; therefore, there is no dimension of Grace that GOD can withhold from man. **Psalm 84:11**.

However it is worthy to note that GOD's limitless Grace was not bestowed on Ruth until she willingly, completely and genuinely surrendered her life to GOD; **Ruth 1:16**.

This singular and genuine act of repentance activated **2 Corinthians 5:17**. The Word of GOD is constant; **Psalm 119:89**; **Malachi 3:6** and **Mathew 24:35**.

All it requires to come under the banner of GOD's limitless Grace is genuine repentance, don't allow the devil to deceive you with his lies that your sins are too many and too bad; that your past is too ugly; therefore GOD will never forgive you. That is a lie from the pit of hell.

There is no life shattered, battered or scattered that GOD cannot gather.

There is no ugly past that cannot be transformed into a beautiful present and a glorious future.

There is no dirtiness that the Blood of JESUS cannot wash clean.

HE did it for Ruth; HE will also do it for you; come out from that devil exploited past and allow GOD to give you an enviable future in CHRIST.

You have a beautiful and impactful life ahead of you; Live it.

You are blessed!

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



EL is proud to showcase the gorgeous evening and wedding styles of Salim Kataya



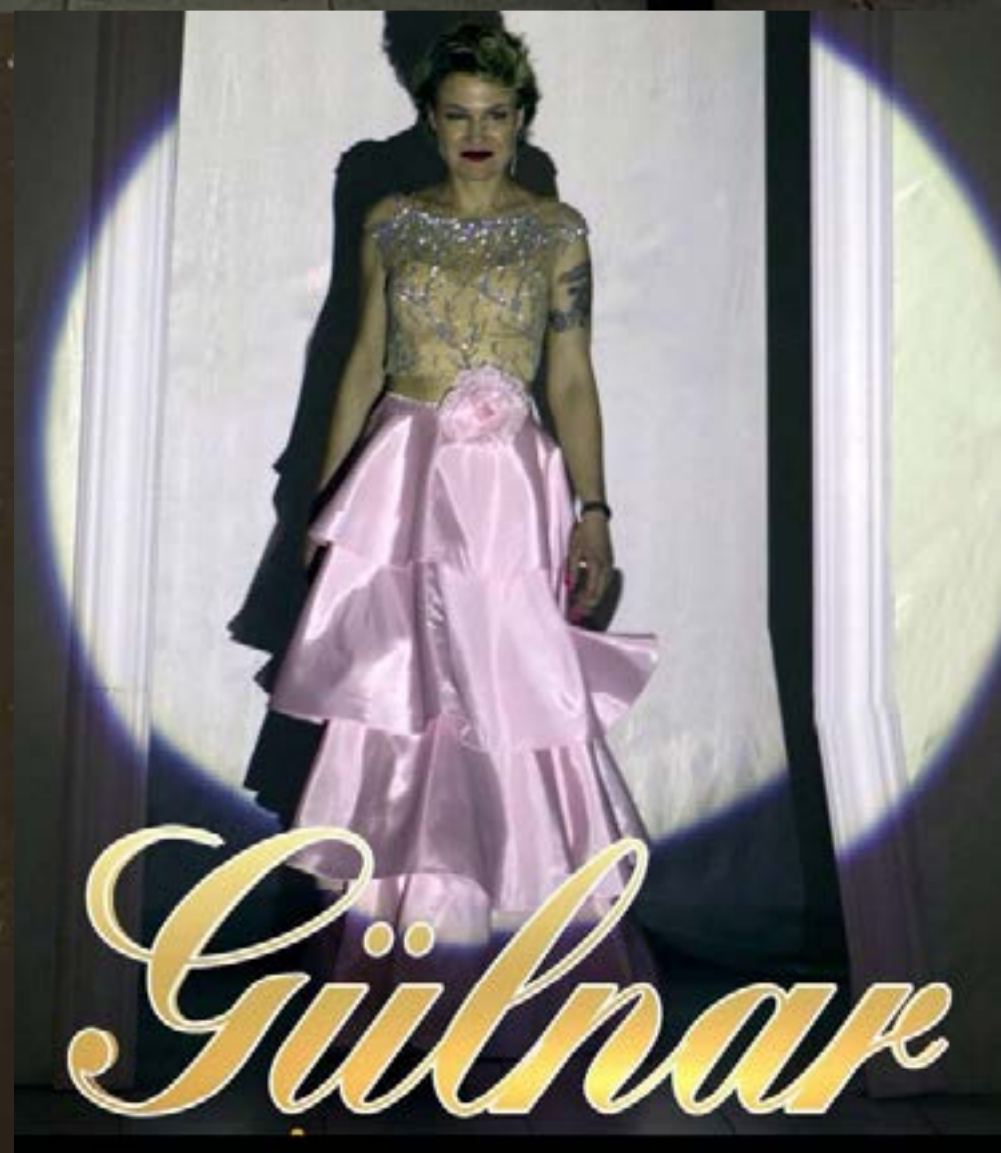
KATAYA SPOSA BY SALIM KATAYA ONE OF THE TOP DESIGNERS OF TODAY. A SYRIAN BORN DESIGNER THAT WON THE RESPECT OF ALL THOSE IN THE FASHION INDUSTRY BY DESIGNING GORGEOUS WEDDING AND EVENING GOWNS. HIS STYLES ARE KNOWN FOR THEIR ELEGANCE AND BREATHTAKING LOOK.

SPRING AND SUMMER ARE ALL ABOUT WEDDINGS AND GALAS. SHINE THIS SPRING WITH ONE OF HIS COLLECTIONS.



Salim Katarya







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 SPRING AND SUMMER 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.





Spring Into Beauty!

CARMELINA RAKIEC

I have always been amazed by Women in the Bible who used their beauty for God's purposes. Esther's beauty, combined with her boldness and God-given confidence, eventually enabled her to save every Jew in the Kingdom of Ahasuerus! I want to have influence like Esther and to make a difference for His Glory and the advancement of His Kingdom.

Every little girl asks, "Do I look beautiful?" I can still picture an old home video of myself asking that exact question and now I see my 3 year old baby girl putting on her play makeup while asking me the same question. Some of this is emulating what she sees, but its not all nurture. There is nature involved. There is an innate desire in us to be beautiful!

Do not shy away from your desire to look and feel beautiful. Embrace what God has given you. You never know what doors God will open!

This Spring, I challenge you to view your beauty in new ways. Your skin is an organ and should be taken care of. We need to nurture it and make sure it stays healthy.

Our face is often the first thing others see and will make a lasting impression. Many people neglect skin care in an effort to save time. Like brushing your teeth, your skin needs to be cleansed and protected regularly. I challenge you to do three things this Spring.

1. Hydrate.

I'm sure I'm reiterating something you've heard many times before. It's incredibly important to stay properly hydrated. As a scientist, I've learned about the importance of water in your body. Every biological process is dependent on it. This Spring, make a special effort to hydrate your body after the effects of winter have taken its toll on your skin. Did you know that staying well hydrated also helps prevent wrinkles? This is an important first step to looking and feeling your best. Drink water. Drink fancy drinks with electrolytes. Drink fun, flavored sparkling water. Whatever your favorite form of H₂O is, just go for it! I find that I drink more water when I have a fun, new water bottle that I love carrying with me. There are so many beautiful, glitzy water bottles out there you can grab for a steal. Don't forget - the daily recommendation is 6-8 cups of water per day!

**There is
an innate
desire to be
beautiful.**

2. Hydrate.

Did I say that already?? Yes, it's THAT important! For your daily skin care routine, in addition to drinking enough water, make sure you are using a good moisturizer that truly hydrates your skin. Its important to use a face cream with SPF during the day. This is one of the best ways to prevent wrinkles. If you have especially dry skin, try a hydrating serum with hyaluronic acid that locks in moisture all day long. A great example is Rodan + Fields Active Hydration Serum. Don't forget to hydrate the area around your eyes. It is the thinnest and most sensitive skin on your face which is one of the reasons it tends to get wrinkles sooner than other facial areas. Try a cream that is specifically formulated for the eye area.

3. Try something new!!

I love the Spring because to me it signifies new things. Growth. Change. It's a great time to change up your routine. Being conscientious of what your budget can allow, try something new!

In my conversations with clients, I have run across the whole range of skin care routines. From a quick wash with soap in the shower to spending a significant amount of time using high-end products - you can take your skin-care to the next level.

Upgrade from soap in the shower to a gentle face-wash and moisturizer (with SPF) that doesn't dry out your skin.

If your current skin care is causing breakouts, try a new product. If you are having trouble finding one that works well, schedule a quick consultation with a skin care professional or dermatologist so you can feel more confident and beautiful in your skin!

If you are happy with your current skin care products and routine, try something fun like a lash serum which enhances your lash growth for a more natural look.

Those of us with young kids can all agree that 8 hours of sleep is a luxury. We need to take care of those tired eyes!! Try an eye cream that works on dark circles and puffiness. Restore some color to your skin with a high quality sunless tanner that looks natural with no sun damage and only takes 30 seconds to apply (I absolutely love mine!).

If this winter has been especially hard for you, take some time to work on YOU. Allow yourself to look and feel beautiful because you ARE beautiful. Today I want you to have confidence. If God is directing you to get out there and do something for Him, don't let your lack of confidence keep you from that. God has a plan for your life and wants to use you. Taking care of your skin is a small and easy step in that direction. Get going!



SPRING'S BEST MAKEOVERS

Spring always represents the beginning of new and fresh looks. It's a time for real transformation. A good make over can elevate your style and self-esteem. EL rounded up best makeovers to create your own style. What's great about this Spring's makeovers is you get to create what is best for you. You can go bold with vibrant colors or just keep it simple. You own your own look. Have fun, experiment, and be fabulous.





Freshen Your Look This Spring

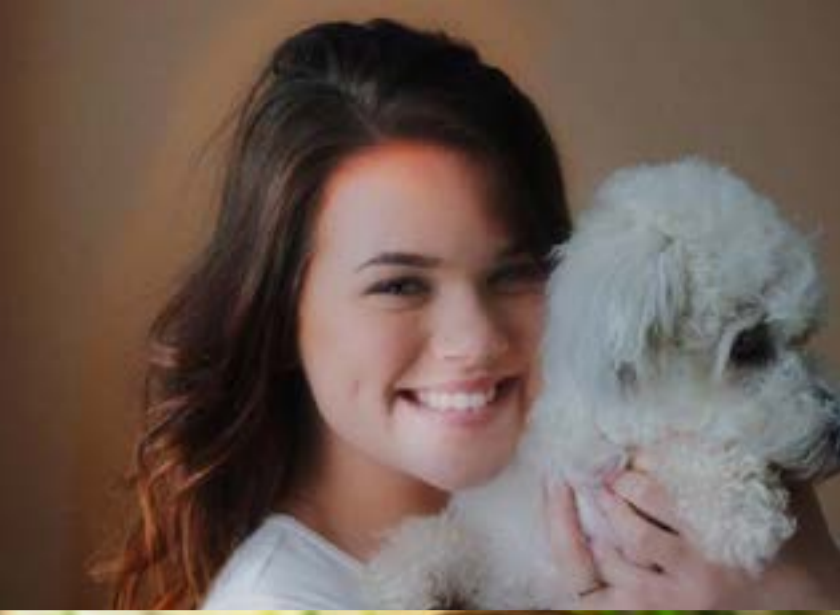
TISH TUCKER

Spring is always welcomed with open arms as we look forward to making over most every part of our lives. We clean out the closets, put away the heavier coats of winter and look forward to freshening up our makeup drawers. This spring is no different, and I'm so excited to see that the latest trends are combining a beautiful, clean look along with a bit of retro. I mean...at some point everything makes a comeback, right?

For me...the eyes are always the focal point. It's what sets the tone for your face. This spring, the eyes are going a little retro with thicker eyeliner, and the much-loved cat eye has been spotted on the runways once again. While some are opting for the more traditional colors (black and brown), I have seen some gorgeous shades of green and blue enhancing eyes across the color spectrum. Absolutely gorgeous! And don't be afraid of trying something new. Life is short! Enjoy every moment!

Before you can sweep on your favorite dazzling eye color, let's talk foundation. Are you happy with yours? Are you using a primer that keeps your face "in place" all day without looking oily? In speaking to a makeup artist years ago who works on Hollywood movie sets, I learned something





“Your foundation is everything! If you don’t have clean, healthy-looking skin, adding makeup is just a beautiful mask. Before investing in anything else, find great skin care and perfectly-matched foundation.”

great. “Your foundation is everything! If you don’t have clean, healthy-looking skin, adding makeup is just a beautiful mask. Before investing in anything else, find great skin care and perfectly-matched foundation.”

I have to admit that sometimes my teenage daughters come in with trends that aren’t quite my taste, but the highlighter that glides gently across the tops of your cheeks and can be used against the brow or décolletage, is a fun trend that can be used by all ages. This year’s spring highlighter features a gold color that can be dusted over any area of the face or neck. For those of us who are more mature, of course, less is more.

Bold lashes are staying the course and will be back on the runway and gracing the covers of many top fashion magazines throughout the season, but the lips are coming out painted in more natural corals and pinks. A light dusting of blush over the cheeks, and you’re good to go!

The most beautiful thing about your face is your smile, sharing your inner beauty with those around you. There is no supplement for true joy in your life, but if you need some great concealer for those in-between moments, you can find me at www.tishstriumphs.com or at tishhagee@hotmail.com.



Spring's Hottest Hair Trends

HAIR BY PAULA SINCLAIR

It's all about the hair for Spring. Transformation of any person starts with the hair. The good news is we can achieve the right look with the right products out there and a great hairstylist. Colors of many shades for the daring spirit. More dramatic colors or less dramatic the right color is important. Long, medium, or short you can transform yourself with hairstyle you wish. From short bob haircuts, to using long hair extensions, your transformation is all about you!



Before



After



Adding a braid or even two is a easy way to go from a day to evening look.



A short, asymmetric style is always fun for a new look. Adding a sweeping front highlight gives it an extra punch of playfulness and style. Make your hair a reflection of your personality and spirit!



A new style for Spring isn't just for women! Men should treat themselves to a fresh look from a stylist or an energizing shave treatment from their favorite barber. Clean up the weight of winter with a shorter, lighter look.

Before

After





Affordable Spring Fashion Trends

Attire for under \$100.

Spring and Summer are all about showcasing light weight beautiful styles from the office to the meeting to the evening fun activities. Look Fabulous for Spring and Summer wearing one of these outfits.

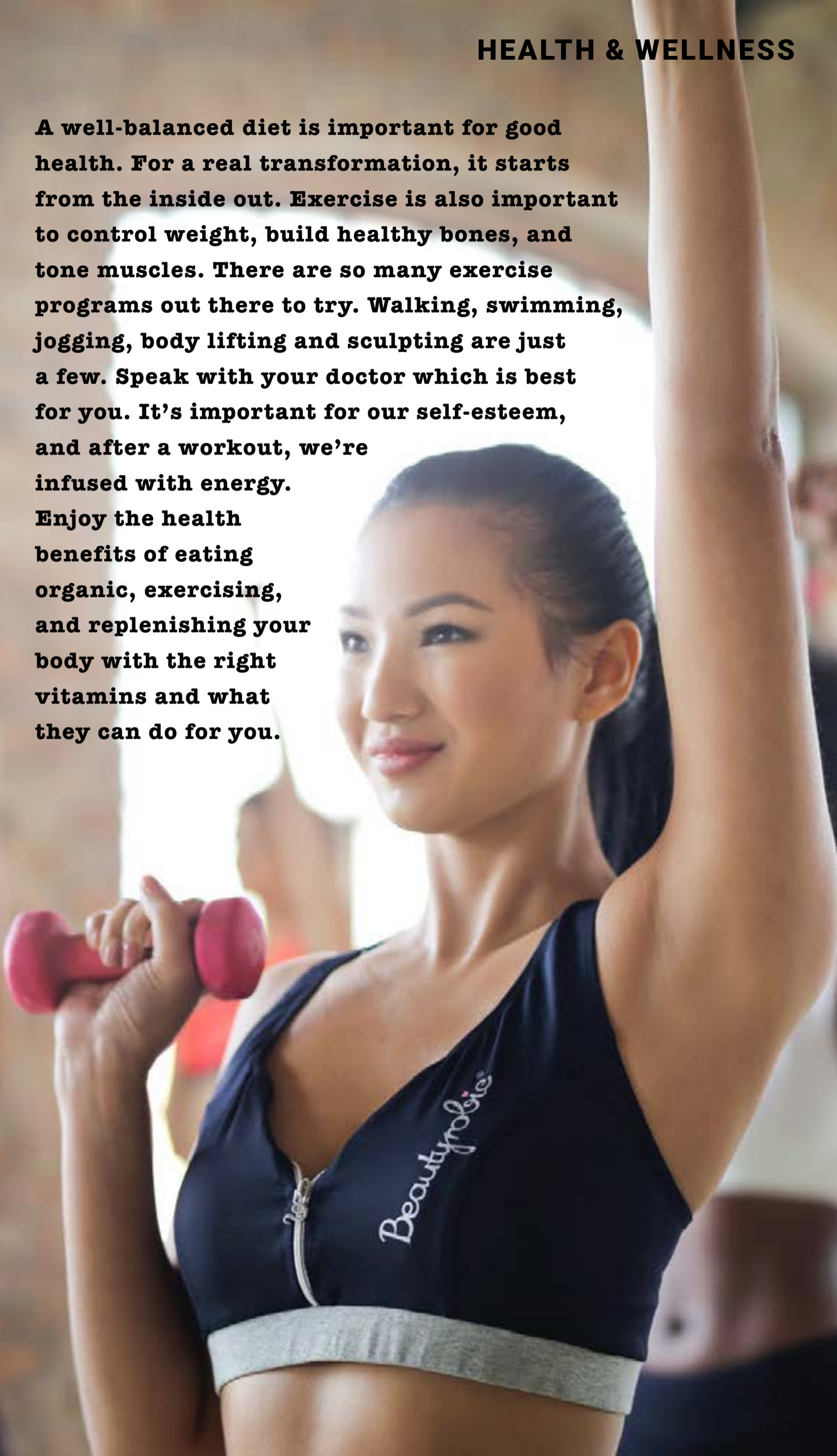
Tish Tucker loves fun, affordable fashions. That's why she joined the team at Agnes & Dora. Agnes & Dora offers fresh boutique styles that are constantly being updated, in fabrics that are fabulously luxurious... without the huge price tag. Look like a runway model without breaking the bank.

Contact Tish and share the fun with friends and family...because who doesn't like to look and feel beautiful? <http://threesteelmagnolias.com>

Photographer: Jerry Portillo

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.



Hope is Our Anchor

KIMBERLY RAKIEC, LMHC

As a Licensed Mental Health Counselor, I have had the opportunity to work in a variety of settings, including within the juvenile court system, within the hospital setting with at-risk adolescents, in homes providing crisis stabilization services, and most recently supervising clinical staff working with children with special needs. In these roles, I have had the honor to be witness to the transformative power of hope.

Many of the situations my clients face in their everyday lives make it difficult to have hope: domestic violence, the traumatic loss of a loved one, or a life-altering diagnosis, for example. When facing difficult challenges, it is easy to become overwhelmed by their seemingly insurmountable weight. We often become paralyzed with shock, fear, anxiety or depression. When this happens, the Bible is rich with advice that I have seen transform lives time and time again. Many of the research-based practices found to be fruitful for clients are biblical. Here are just a few:

1. Remember that it is OK to grieve. Whether it is a life-changing diagnosis, the loss of a loved one or an unexpected change in your life, Ecclesiastes 3 reminds us that there is a time to cry and a time to laugh, a time to grieve and a time to dance. Allow yourself and your family time to grieve and heal.
2. Focus on what you can do. When we are faced with challenges, it is easy to lose sight of the power we have within us. We sometimes become fixated on the harsh reality we are facing and operate in survival mode. Take advice from The Serenity Prayer, which reminds us to have the courage to change the things that we can change. The Word instructs us in Philippians 4:8 to focus on what is true, right, pure, admirable, excellent and praiseworthy. When we are suffering, focusing our minds on what we are grateful for can combat symptoms of depression. Make a daily list of the things you are grateful for and share it with a trusted loved one.
3. Understand that you are not alone. In John 16, the Word prepares us that there will be trouble in the world, but also reminds us that we are not alone in this trouble. Be open-minded to accepting help. The Word tells us in Proverbs 15 that wisdom comes with a multitude of counselors. There are many resources available to you that you may not yet have heard of, but if you seek God's counsel on whom and where to go, and ask your Primary Care doctor for a referral to a counselor or to a specialist to meet your specific needs, good care is not too far out of reach.





Change Your Thinking, Change Your Life

NOEL MATHUR-FRIEDEN

Well, we have struggled through most of the winter, and if you like me, have been victim to comfort foods and the temptations of curling up in your beds to stay warm: giving into the dreary days and maybe even starting to feel like you lost the hope of losing that weight you promised yourself you would do when you rang in the new year.

Well I'm here to tell you, you are not alone. I am here to tell you it IS NOT just about making a resolution. It is about switching the way you think. It is about digging deep inside of you to find the strength to get you through the rainy days, and let you fly on the sunny ones. It is about giving yourself PERMISSION to take time to care for yourself as well as your families.

The option is not to let yourself be buried so deep that you lose your flame so, that when you look in the mirror, you don't recognize who you see looking back at you. It is time for a rebirth for your body and spirit. I'm here for you. Are you IN???

Let me tell you I am not speaking just words. My name is Noel Mathur-Frieden and I am a Fitness Nutrition Specialist and NASM certified personal trainer, I have tipped the scales at over 200 pounds, and I have battled my weight and emotionally driven compulsive binge eating issues and still battle them today. But I was able to turn the switch in my head on and I lost 80 pounds and have kept it off for over 10 years (but not without maybe 5 to 15 pound weight swings throughout the years). See, it's not that we will never fail, it's that we WILL get back up. I want to give you the tools to be able to set yourself up for

success, create a lifestyle change and give you easy ways to fulfill it.

This will not be painless, nothing amazing comes in life without hard work it will take emotional courage and dedication but the steps themselves are easy.

So, where do we start? I tell all my clients the basics! Sugar is NOT your friend!! Processed packaged foods are NOT your friend!! Alcohol is NOT your friend! I'M your friend because I'm telling you to keep it simple - cut out the useless (though delicious) carbohydrates that clog the way your body wants to function and feed it FUEL!!!

So what can I eat ??

Simple!

Lean proteins

Fresh veggies

Complex carbs

Low glycemic fruits

Nuts

Seeds

Each and every one of us has different dietary needs to consult your doctor before starting any new meal plan but following these simple rules will give you the jump start you need in order to be successful in YOUR journey.

Sample Daily Meal Plan

(Try to eat every 3-4 hours, 5-6 times a day; Amounts vary based on your body so using this is only a guide)

Breakfast

Steal cut oats

Berries

A nice healthy fat (almond butter/peanut butter)

Lunch and Dinner

Lean protein of your choice

Fresh veggies

Side salad with whole fat dressings that are low in carbs. (single serving of course!!)

Snacks options:

Choose a serving of nuts/seeds. Add in some protein like hard boiled eggs or some string cheese

Some great low carb protein shakes are on the market. Research the brands but some of my favorites are Jay Robb, Met-RX or Nectar!!! Remember for weight loss, you want shakes to have no more than 2 carbs per shakes so choose wisely!!

Next - “Spring your Progress Forward“ with a great little workout.

No need initially to spend a lot of time in the gym, just get moving 3-4 times a week and pick an activity that you like and keep it to 20-30 minutes at first to get your head in the game and reach your goals.

These basic guidelines will help erase your old bad habits and create new ones and simplicity and consistency and drive will get you to your goals!

No one is perfect, and we all need help! Don't let the stress of life and family hold you back from taking control of your life. You get what you put in! You're worth it. Remember, you got this!



From the Deathbed to Life

WHAT IS CROHN'S DISEASE:

Crohn's disease is a chronic inflammatory found in the gastrointestinal tract.

Crohn's disease can sometimes causes life-threatening complications.

Crohn's disease can cause abdominal pain, diarrhea, weight loss, anemia, and fatigue. Some people may be symptom free most of their lives, while others can have severe chronic symptoms that never go away.

Crohn's disease cannot be cured. Medications such as steroids and immunosuppressants are used to slow the progression of the disease. If these aren't effective, a patient may require surgery. Additionally, patients with Crohn's disease may need to receive regular screening for colorectal cancer due to increased risk.

PAULA, WHAT WAS LIFE LIKE PRIOR TO YOUR DIAGNOSIS?

I was in my early thirties when my stomach issues started. I noticed that when I would eat certain foods or when I was worried, it would be worse. The worry part was my daughter's food allergies and my father being diagnosed with Leukemia .

When I went to my doctor and told her of my issues, she initially thought that I was stressed and it could be IBS. I had a colonoscopy done, and at that point, there was no sign of IBD. (inflammatory bowel disease)

After my dad passed, my stomach issues increased.

PAULA, WHAT WERE YOUR THOUGHTS BEING DIAGNOSED WITH CROHN'S DISEASE?

The news was shocking and I was in disbelief. I did not want this diagnosis. I was angry, sad, confused. Why me? I eat healthy? How am I going to take care of my family?

I'm too young for this! Those were my thoughts.

Not wanting to live my life with a bag full of pharmaceuticals. I just couldn't imagine what my life was going to be like.



PAULA, WHAT WAS EVERYDAY LIFE LIKE BEING A MOM, A WIFE, AND A WORKING PROFESSIONAL WITH CROHN'S?

Being a mom with this disease is not easy. I was tired all the time and had no energy whatsoever. It was upsetting because I tried to do things with my family but it would be cut short because I wasn't feeling well. I would also miss most of my kids' sporting events.

As a wife, I am blessed to have had my husband be so supportive and be by my side through all of this and understand how tough it was for me. I would often not eat because everytime I did, I would have to use the restroom. If I went anywhere I had to map out every restroom.

As a professional hairstylist, dealing with my customers and keeping that smile on my face while feeling absolutely horrible on the inside, was challenging. I will never forget a customer asking if I was pregnant. I was not. I had so much inflammation from the crohn's.

PAULA, WHAT WAS IT LIKE LYING IN THE HOSPITAL FOR ALMOST 3 MONTHS?

It was one of the scariest things that has ever happened to me. I just could not believe I was there. I was so sick. I cried and cried. And prayed and prayed. It was especially hard to see my daughter come to visit. I did not want her to come and see me this way. It made me sad for her to see me like that. She asked me if I was dying. I think that was the worst moment for me.

I was scared but I knew at that moment, I had to fight. I was on a course of 7 different antibiotics to deal with fevers, blood clots, abscesses and I was very malnourished. I was given the option of a couple of different treatments. I couldn't imagine one more medication and another side effect.

My doctor told me I could either try a treatment or I would end up with surgery or a colostomy bag. I opted for the treatment. I was worried because one of the side effects could have potentially given me the same leukemia my dad had. I felt I had no other option.

Unfortunately, I did have another side effect. I knew something was wrong. I called my doctor. He told me to call an ambulance ASAP. It was not good news. I was going into toxemia due to an obstruction. Thank God it was caught just in time because I had hours before it would have taken my life. I was terrified and had to have emergency surgery. I had 9" of my small intestines removed. My illness to be exact.

PAULA, HAVING TO COME TO TERMS WITH ALL THAT HAS HAPPENED AND YOUR DIAGNOSIS, WHAT IS EVERYDAY LIFE LIKE FOR YOU NOW?

Well, I am elated to say things have changed dramatically. After my obstruction and surgery, I know I was given a second chance and I was not going to waste it feeling sorry for myself. I did a ton of research and decided to take charge of my own health and wellbeing. With my doctor's support, I decided to do things naturally. I now know that if you put the right nutrition in your body, it has the natural capability to restore itself. I do eat very clean. But it wasn't until I started some whole food supplements and nutrition, that I had a huge breakthrough. It helped me reduce inflammation and support my immune system naturally. I feel myself getting better every day. I can eat again without feeling ill and worried. As a matter of fact, I got my results from the Mayo Clinic stating that everything is COMPLETELY NORMAL!!! I am finally able to go out and enjoy my family and the life I was meant to live. Between my hospital stay and my surgery, I was out of work for about 5 months. I am very blessed to have my clients be so loyal to wait for me and my boss and fellow co-workers who were so supportive.

I am grateful for my struggle because I would not have found my strength. I thank God every day. It also became very clear what my purpose was. It has given me the ability know what it is like to suffer and to now be able to share what has helped me and to be able to support and help others who suffer as well.

If you have questions, or would like to contact Paula, you may do so at Paulas4healthnhope@gmail.com

Let's Get Cooking!

RECIPES BY TIM COLOMBA

Tumba's Brie Bites

TUMBA'S BRIE BITES ARE ONE OF MY MOST FUN ORIGINAL RECIPES. THEY'RE FAST AND EASY TO MAKE, DELICIOUS, VERSATILE, AND GREAT FOR ENTERTAINING ALL YEAR ROUND!

WHAT MAKES THIS RECIPE SO VERSATILE IS THAT YOU CAN TOP THEM WITH ALL KINDS OF DIFFERENT JELLIES, FRUITS, VINAIGRETTES, OR EVEN HERBS. BELOW, I AM GOING TO TEACH YOU THE BASE RECIPE AND THEN AFTER, I WILL SHARE ALL OF THE TRIED AND TRUE VARIATIONS TO THE ORIGINAL.

THE ORIGINAL RECIPE

INGREDIENTS (FOR APPROXIMATELY 30-40 PIECES)

A 2-3 FOOT BAGUETTE OF YOUR CHOICE; FRENCH BAGUETTE IS FINE, BUT THE SKINNIER THE BETTER

1½ STANDARD SIZED TRIANGLES OR ½ OF A SMALL WHEEL OF BRIE CHEESE

4-6 FRESH CLOVES OF GARLIC

1 CUP OF OLIVE OIL

½-¾ TSP. SALT

¼-½ TSP. BLACK PEPPER

HONEY

PARMESAN CHEESE (OPTIONAL)

METHOD

1. GARLIC OIL MIXTURE

A. MINCE GARLIC

B. MIX GARLIC INTO A SMALL BOWL WITH OLIVE OIL, SALT, AND BLACK PEPPER

I. VARIATION: YOU CAN ADD GRATED PARMESAN CHEESE, ABOUT 1 TBSP. - MAKE SURE NOT TO MAKE THE MIXTURE PASTY

II. VARIATION: YOU CAN ADD RED PEPPER FLAKES - ABOUT 2-3 NORMAL SHAKES WILL DO IT

C. MIX UP THE GARLIC OIL AND THEN SET ASIDE TO MARINATE; THE LONGER IT SITS, THE BETTER. 1-2 HOURS IS ENOUGH.

I. IF YOU ARE SHORT ON TIME, YOU CAN ADD A BIT OF GARLIC POWDER TO REALLY BOOST THAT GARLIC FLAVOR (JUST DON'T TELL ANYONE).

2. BREAD PREP

A. PREHEAT THE OVEN TO 350°

B. CUT THE BAGUETTE INTO ½ INCH THICK DISKS AND PLACE IT IN ROWS ON PARCHMENT PAPER ON A COOKIE SHEET. IDEALLY 30-40 PIECES.

C. TAKE A PASTRY BRUSH AND ADD A GENEROUS COATING OF THE GARLIC OIL TO EACH INDIVIDUAL DISK OF BREAD. BE SURE TO ADD THE SMALL BITS OF GARLIC.

I. IF YOUR MIXTURE GETS LOW, ADD MORE OLIVE OIL, SALT, PEPPER, GARLIC (OR GARLIC POWDER IN A PINCH).

3. ASSEMBLY

A. CUT THE BRIE CHEESE INTO ½" CUBES - ONE FOR EACH PIECE OF BREAD. INCLUDE THE RIND.

B. ADD A BRIE CUBE TO EACH DISK OF BREAD.

C. ADD A DIME-SIZED DROP OF HONEY ATOP EACH PIECE OF BRIE

4. ON YOUR MARK. GET SET. BAKE!!!!

A. BAKE FOR 10-15 MINUTES UNTIL THE CHEESE IS MELTED AND HAS STARTED TO BROWN A BIT.

B. LET IT COOL FOR ABOUT 5 MINUTES AND ENJOY!



VARIATIONS & OPTIONS

IN PLACE OF HONEY, I HAVE USED MANY DIFFERENT OTHER TOPPING. IN SOME CASE, IN A SINGLE BATCH, I WILL TOP EACH THIRD OF ALL THE PIECES WITH A DIFFERENT TOPPING. HERE ARE SOME THAT I'VE ENJOYED!

1. **JELLIES/JAMS:** FIG, APRICOT, STRAWBERRY RHUBARB, BLUEBERRY, BLACKBERRY, RASPBERRY, APPLE/APPLE CINNAMON, PEAR, PEACH... THE LIST GOES ON, BUT EACH IS VERY GOOD!

2. **FRUITS:** THESE MAY BE TRICKIER AND WOULD NEED TO BE CUT UP, BUT YOU COULD TOP EACH BITE WITH APPLES, BERRIES, PEACHES, PEARS, EVEN AVOCADOS!

3. **OTHER:** A BALSAMIC GLAZE WOULD MAKE A NICE TOUCH TO THE RIGHT PAIRING OF JAM AS WELL AS A TOUCH OF ROSEMARY HERBS, SAGE, OR EVEN BASIL IF YOU WANTED TO EXPERIMENT.

4. **BREAD TYPE:** I HAVE USED GARLIC STUFFED BREAD, ROSEMARY/OLIVE OIL BREAD, A SESAME BAGUETTE. YOU CAN USE EVEN AN OLIVE LOAF AND JUST CUT THE PIECES SO THEY'RE BITE SIZED.

OTHER TIPS

1. THESE ARE BEST SERVED WARM. I HAVE OFTEN BROUGHT THESE TO PARTIES WHERE I'VE ASKED AHEAD OF TIME TO USE THE OVEN AND IT'S A QUICK BAKE. YOU CAN ALSO MICROWAVE THEM FOR A FEW SECONDS IF THEY'RE ALREADY PLATED.

2. THESE GO FAST! SO MAKE A LOT IF YOU'RE MAKING THEM FOR A PARTY!

Cilantro Pesto

CILANTRO IS AN INGREDIENT THAT CAN MAKE SUCH AN IMPACT ON A DISH, BUT IT IS ALSO USED SOMEWHAT SPARINGLY IN MOST RECIPES THAT REQUIRE IT. IF YOU'RE WONDERING WHAT TO DO WITH THAT CILANTRO THAT'S IN YOUR FRIDGE AFTER YOU'VE MADE SALSA, GUACAMOLE, OR THROWN IT IN A SALAD, THIS RECIPE IS AN AWESOME WAY TO MAKE SURE IT DOES NOT GO TO WASTE! IT'S ALSO GOOD ENOUGH TO JUSTIFY JUST BUYING CILANTRO SPECIFICALLY FOR IT.

FIRST, I WILL GO THROUGH HOW TO MAKE THE CILANTRO PESTO AND THEN I'LL GIVE SOME APPLICATIONS FOR IT. CILANTRO PESTO IS TANGY, YET SOMEHOW SWEET. IT DOES NOT OVERPOWER THE DISH THE WAY A BASIL PESTO DOES AND IT ALLOWS YOU TO HAVE A MORE ZESTY AND CREAMY MEAL AS OPPOSED TO A MORE BRITTLE AND OIL-BASED DISH.

YOU'RE IN FOR AN UNEXPECTED TREAT!

THE PESTO

INGREDIENTS (FOR ABOUT 2 CUPS OF PESTO)

2 CUPS OF FRESH CILANTRO LEAVES
6 CLOVES OF GARLIC
½ CUP OF PRE-ROASTED ALMONDS
1 CUP OF OLIVE OIL
LIME JUICE FROM 2 LIMES
¼ CUP OF GRATED PARMESAN CHEESE
1 TEASPOON OF SALT
1 TEASPOON OF BLACK PEPPER

METHOD

1. **DRY PUREE**

A. COMBINE THE CILANTRO LEAVES, GARLIC CLOVES, ALMONDS, SALT, PEPPER, AND THE PARMESAN CHEESE IN A FOOD PROCESSOR.

B. PUREE UNTIL THE INGREDIENTS ARE WELL PROCESSED

2. **WET PUREE**

A. ADD THE LIME JUICE AND THE OLIVE OIL TO THE FOOD PROCESSOR

B. PUREE UNTIL ALL INGREDIENTS ARE PROCESSED INTO A THICK SAUCE

I. IF NECESSARY, CAREFULLY ADD MORE OLIVE OIL TO THE MIXTURE TO ALLOW THE PESTO TO BECOME MORE SAUCY

II. IF THE MIXTURE TASTES TOO TART FOR YOUR LIKING, ADD MORE CILANTRO

YOUR PESTO IS MADE! YOU CAN EITHER FREEZE THE PESTO FOR ANOTHER TIME, STORE IT FOR A FEW DAYS, USE IS IMMEDIATELY AS A DIP, OR YOU CAN GET COOKING WITH IT! HERE'S WHAT I LIKE TO DO!



Creamy Cilantro Pesto Pasta

INGREDIENTS (FOR ABOUT 1 POUND OF PASTA)

2 LBS. OF CHICKEN; EITHER TENDERS, BREAST, OR THIGHS ARE FINE
1 TABLESPOON OF MINCED GARLIC
1 TABLESPOON OF OLIVE OIL
2 SHALLOTS, SLICED THIN
1½ CUPS OF CHERRY TOMATOES, HALVED
2 CUPS OF CILANTRO PESTO
½ CUP OF LIGHT CREAM
1 LB. OF PASTA; SOMETHING FUN! LIKE ORECCHIETTE!

METHOD

1. CREAMY CILANTRO PESTO SAUCE

- A. ADD THE OLIVE OIL TO A LARGE SKILLET AND HEAT ON MEDIUM-HIGH
- B. ADD THE GARLIC AND COOK UNTIL IT BEGINS TO BROWN
- C. ADD THE CHICKEN AND COOK WITH THE GARLIC UNTIL ALL SIDES ARE OF THE CHICKEN NO LONGER PINK
- D. ADD THE SHALLOTS AND CHERRY TOMATOES AND COOK UNTIL TENDER
- E. ADD THE CILANTRO PESTO AND THE LIGHT CREAM, MIX WITH ALL INGREDIENTS AND COOK ON MEDIUM-LOW HEAT FOR ANOTHER 5 MINUTES

2. FINAL TOUCHES

- A. BRING WATER TO A BOIL
- B. COOK PASTA TO LIKING AND DRAIN
- C. ADD THE CREAMY CILANTRO PESTO SAUCE TO THE DRAINED PASTA
- D. SERVE AND TOP WITH PARMESAN CHEESE TO YOUR LIKING

VARIATIONS & OPTIONS

NATURALLY, THE BEAUTY OF MAKING SUCH A WONDERFULLY FLAVORFUL PESTO IS THAT YOU CAN ADD OR SUBTRACT THE ELEMENTS THAT YOU WANT IN ORDER TO MAKE IT A MEAL THAT FITS YOUR TASTES AND YOUR DIET. HERE ARE SOME VARIATIONS AND OTHER USES FOR THIS CILANTRO PESTO RECIPE.

1. **PASTA:** OBVIOUSLY, YOU CAN ALWAYS CHANGE THE SHAPE OF YOUR PASTA, BUT PASTA USUALLY SITS ON THE TOP OF MANY PEOPLE'S AVOID AT ALL COSTS LIST. A GREAT ALTERNATIVE FOR PASTA, ESPECIALLY ALONG WITH THIS RECIPE, IS TO USE VEGETABLE PASTA. I HAVE USED BUTTERNUT SQUASH MACARONI, SPIRAL CARROT PASTA, ZOODLES (ZUCCHINI NOODLES), AND SPAGHETTI SQUASH. ALTHOUGH THERE REALLY IS NO SUBSTITUTE FOR GOOD OLE FASHIONED PASTA, FOR THIS RECIPE THE VEGGIE PASTA OPTION IS TRIED AND TRUE AND STILL FANTASTIC!

2. **NO PASTA:** BY ADDING LESS OF THE PESTO AND LIGHT CREAM AT THE END, YOU CAN ALSO ENJOY THIS RECIPE WITHOUT ANY PASTA AT ALL, ALMOST AS THOUGH IT WERE A CURRY DISH FOR EXAMPLE WHERE YOU BASICALLY JUST EAT THE SAUCE.

3. **ALA BREAST:** ANOTHER WAY TO ENJOY THIS RECIPE WITHOUT PASTA IS THE SPREAD THE CILANTRO PESTO ON TOP OF THIN-CUT CHICKEN BREASTS AND BAKE IT AT 400 DEGREES UNTIL THE CHICKEN IS COOKED. IN THE LAST 5-7 MINUTES, YOU CAN ALSO ADD FRESH MOZZARELLA AND LET IT MELT ON TOP FOR A GREEN, NON-BREADED TWIST ON CHICKEN PARMESAN.

4. **SPREAD:** SPREAD THIS PESTO ON YOUR SANDWICHES OR ON TOAST WITH SOME EGGS OR TACOS OR WRAPS OR EVEN SOME GARLIC BREAD FOR A QUICK APP OR A BRUSCHETTA

5. **VEGGIES & PROTEIN:** FOR THE CREAMY CILANTRO PESTO PASTA RECIPE THAT I CAN YOU, YOU CAN ALWAYS SWAP IN AND SWAP OUT DIFFERENT VEGGIES AND PROTEINS. FOR VEGETABLES, YOU CAN ADD ASPARAGUS, ZUCCHINI, SUMMER SQUASH, CARROTS, SQUASH, OR CAULIFLOWER. FOR PROTEIN, YOU CAN COOK THIS DISH WITH SHRIMP, THE FISH OF YOUR CHOICE, AND EVEN TOFU.

OTHER TIPS

1. THIS PESTO LASTS ABOUT A WEEK IN THE FRIDGE, BUT I WOULD RECOMMEND USING IT OR FREEZING IT WITHIN 3 DAYS.



Guacamole

NOW, I KNOW GUACAMOLE DOESN'T SEEM LIKE IT'S WORTH YOUR TIME, BUT MY GUACAMOLE IS PARTICULARLY CHERISHED IN MY WORLD. I'D BE REMISS NOT TO SHARE IT WITH YOU LOVELY PEOPLE!

THE LEGENDARY GUACAMOLE

INGREDIENTS (FOR ABOUT 2-3 CUPS OF GUACAMOLE)

2 RIPE AVOCADOS – SEE BELOW FOR TIPS

LIME JUICE FROM 1 LIME

¼ RED ONION MINCED

1-2 ROMA TOMATOES, CUBED

2 TABLESPOONS OF FRESH CILANTRO, CHOPPED

1 TEASPOON OF SALT

½ TEASPOON OF PEPPER

1 BACKUP AVOCADO (OPTIONAL, BUT CAN BE HANDY)

METHOD

1. **MARINATED MIXTURE**

A. IN A SEPARATE BOWL, ADD THE MINCED RED ONION, LIME JUICE, TOMATOES, CILANTRO, SALT, AND PEPPER.

B. MIX WELL AND PUT IN THE REFRIGERATOR TO MARINATE.

I. THE ACID FROM THE LIME JUICE WITH THE SALT WILL LIGHTLY RELEASE THE FLAVOR FROM THE RED ONION – THIS IS THE KEY TO THIS GUACAMOLE'S SUCCESS. ALLOW ABOUT 15 MINUTES TO MARINATE.

2. AVOCADOS

A. REMOVE THE PITS FROM THE AVOCADOS AND SCOOP OUT THE MEAT INTO A SEPARATE BOWL

B. USE A POTATO MASHER OR A SPOON AND FORK TO MASH THE AVOCADOS.

I. YOU CAN KEEP IT AS SMOOTH OR CHUNKY AS YOU LIKE. I USUALLY GO FOR SOMETHING IN BETWEEN.

3. MAGIC

A. SLOWLY ADD HALF OF THE MARINATED MIXTURE TO THE AVOCADOS AND MIX TOGETHER.

B. TASTE THE GUACAMOLE. IF IT IS NOT PACKED WITH ENOUGH FLAVOR, ADD MORE OF THE MARINATED MIXTURE UNTIL IT IS JUST RIGHT.

I. DO NOT BE AFRAID TO ADD ALL OF THE MARINATED MIXTURE. I HAVE DONE THIS BY ACCIDENT TO GREAT RESULT. BECAUSE OF THE JUICE FROM THE TOMATO, IT WILL SEEM AS THOUGH IT WILL BE TOO MUCH, BUT IT USUALLY IS NOT. THE RULE OF THUMB IS 1 LIME PER EVERY 2 AVOCADOS FOR THE RIGHT ACIDITY.

II. ALSO, IF YOU HAVE A BACK UP AVOCADO AND IT IS OVER SEASONED, JUST ADD IT TO THE MIXTURE.

THE GUACAMOLE IS FINISHED! AFTER YOU MIX EVERYTHING TOGETHER, PLACE THE GUACAMOLE IN A SEPARATE, MORE PRESENTABLE BOWL AND PLACE IT IN THE REFRIGERATOR FOR AT LEAST 1 HOUR FOR THE BEST RESULTS. IF YOU'RE BRINGING IT TO A PARTY, MAKE SURE TO BRING ENOUGH CHIPS!

OTHER TIPS

1. AVOCADOS: WHEN BUYING YOUR AVOCADO, IT IS BEST TO GO FOR THE DARKER ONES. WHEN YOU PICK UP THE AVOCADO, GENTLY SQUEEZE IT WITH ONE FINGER. IF IT PUSHES IN UNDER YOUR FINGER, ALMOST TO THE CONSISTENCY OF PLAY-DO, THEN THAT IS A GOOD AVOCADO. I HIGHLY RECOMMEND GRABBING ONE OR TWO EXTRA AVOCADOS, AS SOMETIMES YOU JUST DON'T KNOW WHAT'S UNDER THAT SKIN. ALSO, IT'S A GOOD PRACTICE TO CHECK THE STORES A FEW DAYS BEFORE YOU MAKE GUACAMOLE BECAUSE YOU'LL SOMETIMES FIND THAT CERTAIN SUPERMARKETS DON'T HAVE ANY RIPE AVOCADOS.

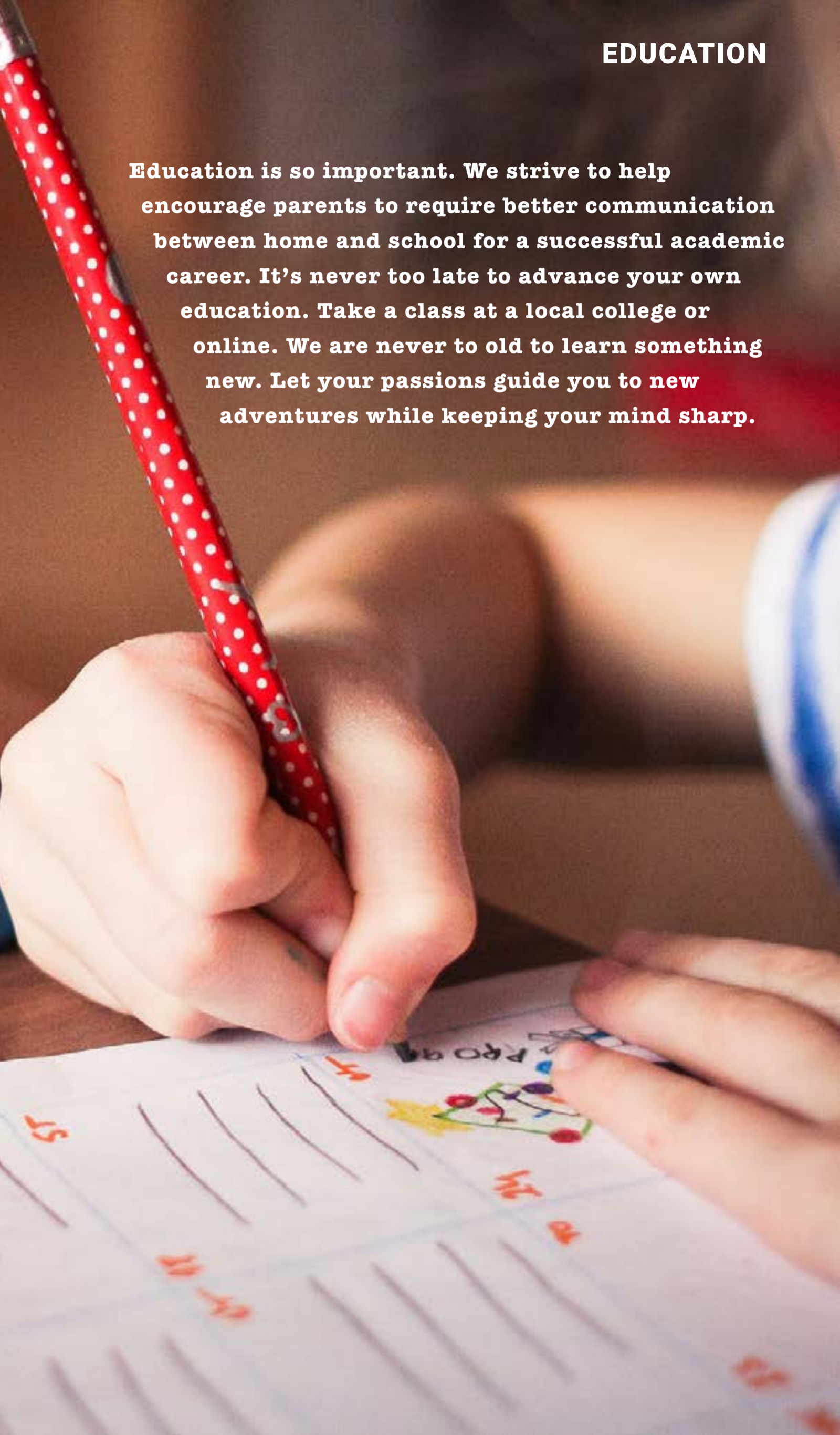


Tim Colomba

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!

EDUCATION

Education is so important. We strive to help encourage parents to require better communication between home and school for a successful academic career. It's never too late to advance your own education. Take a class at a local college or online. We are never too old to learn something new. Let your passions guide you to new adventures while keeping your mind sharp.





Let's Go Sightseeing!

How to See Yourself the Way God Sees You

REAL TALK: PARENTS AND YOUTH SERIES
DR. THÉRÈSE FARMER

When Opportunity Emails

It's Fall 2013. I was invited to conduct self-esteem workshops at a local charter school's all-day conference. As a workshop speaker, I would be presenting to 80 girls in grades 9th-12th. The groups would be broken up into 4-5 class workshops of about 15-20 students and I would have an hour with each group. Operating a faith-based therapeutic program, I always pray to the Lord in preparation for any workshop.

In my prayers I asked, "How do You want me to present on this topic? How can I touch the lives of these young ladies? What do You want me to include in this presentation? How do I best bring glory to You?" As the answers slowly came in, cause sometimes that's how it is, the response from The Lord that caught my attention the most was this, "Ask them: How do I, The Lord God, see them?" I was perplexed. What do you mean, "How do You seem them?" I wasn't for sure what The Lord meant but I completed my preparation and planning and proceeded to the event - prayed-up!

**"Ask them:
How do I,
The Lord
God, see
them?"**

As the first workshop began to commence, 20 girls entered the room with their teacher. I thought to myself, "And so it begins!" I began with introductions and went right into the exercise. Using the template of a brainstorming web, I asked them to ask themselves this question, "How does each group of people or a person in your life affect your self-esteem?" The groups I wanted the ladies to focus on were the following: families, friends, school, community and God. Everyone got busy at work. I was impressed with how quickly the girls were working! Since I always infuse a bit of creative arts therapy into my sessions, I had Christian Contemporary/Inspirational music playing during the session to help the students complete their work.

As I walked around the room, I noticed a pattern. A pattern that I will have to say was something that no God-fearing woman would want to see. No one had the section for "GOD" completed. I mean this was rather bizarre! I thought to myself, "I know this wasn't a Christian school but surely these young ladies know at least a little something about how God feels about them. Don't they?" I noticed that the girls knew how their families affected their self-esteem (i.e. Their family made them feel bashful or confident) and how their friends affected their self-esteem (i.e. powerful or weak). When it came to the category of "GOD," not one student had completed this section. I had to find out what was going on.

As I walked the room, observing this trend, I asked a student, "Why haven't you completed this section," and "Why is this section blank?" The response she gave is something I will never forget. This beautiful, young lady responded, with a straight face, "I don't know what God thinks about me." I asked her, for clarity, "What do you mean?" She said, "I mean, does God think about me? I didn't know God thinks about me?" I WAS SHOCKED!!! Here I am, standing in front of this child who doesn't have a clue what The Lord God thinks about her or that He thinks about her at all. I knew then why The Lord wanted me to ask the ladies, "How do I, The Lord God, see them?" because these young girls did not know!

This was no fault of theirs. I spent a considerable amount of one-on-one time with each child in that session making sure they understood that The Lord does think about them and what those thoughts were. Once the first workshop ended, I am sad to say, EVERY SINGLE WORKSHOP WAS THE SAME! Not one child knew that The Lord God had any thought about them and what those thoughts were. The most telling thing occurred when one young lady told me, "My grandmother use to take me to church, but my mother doesn't let me go any more. I liked going. I felt good on the inside." Silence. I was completely silent.

Let's Get Real

These were not "young and stupid" kids playing games. These young ladies were confused by a question about something they had never experienced and that something was God.

These young ladies did not expect to come to a workshop on self-esteem and learn about someone, something higher than themselves,

thinking about them. If a child never experiences the love of The Lord and actually has a relationship with Him, something we tell every sinner they need to have, then we can't blame our youth for acting a fool in the streets. If you want our youth to be on fire for Christ they need to know who they are IN Christ, including the ones not yet in the fold. Let's stop what we are doing for a moment and go sightseeing. We need to discover some essentials viewpoints that our youth, and we as adults, need to know about The Lord, Our God.

Are you ready? Of course you are! So put on your Holy Ghost thinking caps because we're going sightseeing!

Sighting #1. The Lord created us

The Lord created all things and there is nothing that He didn't create (John 1:3), which includes us! Our youth today need to know that they were created by the Creator, not a blob that just appeared, not an afterthought and NOT a mistake. There is something special about knowing that you are created and that somewhere there is a creator that is proud of their creation. Well the good thing is that our Creator is The Lord God Almighty, and He has a habit of making some really good things!

In Jeremiah 1:5 (KJV) the Lord says,

"Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations."

This is POWERFUL! Do you realize what this scripture is saying? It is letting our youth know that:

"Hey, (insert name), I know you!
Trust me, you are NOT a mistake!
I ALWAYS planned for you to
be here at this moment!

I formed you in your mother's womb!

Don't worry! I have your future all figured out.

You're gonna do great and mighty
things for my Kingdom!
Just wait and see!"

Just think how a young person's life would change if they knew from the beginning that The Lord God knows them! How profound! Think how a young person's life can be transformed if they just knew that they were not a mistake, no matter

what someone may say. When a potter creates a vase, they are proud of their creation. They want everyone to know that they created such beautiful piece of work. The Lord wants us to know the same thing! He wants us to know that we are all His beautiful creations.

Sighting #2. The Lord God has a plan for us!

Sounds simple enough, right? Let's be honest, many adults haven't come to this realization so why would we assume that our youth have it all figure it out? Let's not make this mistake but let's go to the Word of God for help. In Jeremiah 29: 11, a favorite among many Believers, it reads:

*"For I know the plans I have for you,' declares the Lord,
'plans to prosper you and not to harm you,
plans to give you hope and a future.' "*

Our youth need to have a clear understanding that the Lord has a plan for their lives. I have met many young people who have lost their sense of direction and began to become hopeless. If they knew that The Lord God has a plan for their lives, they will have hope for their futures and will continue to press forward. Sometimes that's all our young people need is a little push, but what can propel them if they do not have a knowledge that The Lord has plans for them?

I know what many are saying, "What plans? Shouldn't parents have plans for their children? Shouldn't children have plans or future goals?" My answer is simple, Yes, but nothing supersedes The Lord's plan. Why? Because of that last part of the scripture, "... *plans to prosper you and not to harm you, plans to give you hope and a future*" Sometimes even the most thought out plans with the best intentions are not there to prosper, cause no harm, give hope or give a future to anyone. In the interest of all parties considered, I think it is best to say, let's look to Jesus' Plan as a the blueprint. He has the best track record.

Sighting #3. The Lord God loves us

During the course of my academic career, I have always attended private schools. I know this is not ideal for all financial situations, but I do thank my parents for the sacrifice. When I was in Elementary School, we use to memorize bible verses. One of the very first scriptures I remembered learning was John 3:16:

*"For God so loved the world,
that he gave his only begotten Son,
that whosoever believeth in him should not perish,
but have everlasting life."*

As an adult, I have never forgotten this scripture. As a child, just knowing that God loved the whole world was something I couldn't even imagine. This scripture just skims the surface of how big a God I serve! Just as I pondered the thoughts of my God's love as a child, so should our youth today. We need to make sure that our youth know that God loves them. No one is perfect and we will never be perfect until we are face-to-face with our perfect Creator. Our youth need to know that even with our imperfections, Our Lord Jesus loves them and He wants to love them. When a child knows they are loved, they behave differently.

The Lord wants us to know the same thing! He wants us to know that we are all His beautiful creations.

I have taught and counseled for many years and in my experience I noticed that when a child knows that their parents love them, they exude confidence in this love and they learn to love others. This is also true in the body of Christ. When we as Believers know that The Lord loves us, we love one another, Saint and Sinner alike. Even Jesus said, "This is my commandment, That ye love one another, as I have loved you." (John 15:12). If the Lord made this commandment to us, it also includes our youth. Let's not exclude our future ministers, apostles, prophets and Biblical teachers. Remember, the love of Christ has the power to draw even the most lost lamb back to the fold. Let's be prepared to welcome them back with the true, unadulterated love of Christ!

Sighting #4. The Lord wants all to be saved

Within the magnitude of God's love for the world and for us all, The Lord desires for us all to be saved. In I Timothy 2:4 it says,

*"This is good and pleases God our Savior,
Who wants everyone to be saved
and to understand the truth."*

The Lord God is pleased when we are saved and understand the truth of His salvation. The Lord has no desire to see bad things happen to His creation. In Ezekiel 18:32, the Lord speaks and says:

*"For I have no pleasure in the
death of one who dies,"
says the Lord God.
"Therefore turn and live!"*

Not only does the Lord take pleasure in our salvation but He does NOT take pleasure in our deaths. The Lord does not want us to live on this earth, without a knowledge of Him, die in our sins and go to hell. The Lord does not operate like that, as seen clearly in His Word. Our youth need to understand this. They need to see that the Lord wants to save them.

I know that there may be a view that our youth do not have a desire to be saved, but they need to be saved and there is only one person that can save them and His Name is Jesus. There is no transformation, no elevation, no salvation without the Lord Jesus Christ, our Savior. If our youth do not have a clear understanding of this, then the first 3 sightings are null and void. There is no clarity without Christ.

Destination: Clarity

Clarity on how The Lord sees us is our final destination. As we strive to see ourselves the way God sees us, let there be no confusions in our views. No one should ever be confused in the body of Christ for even the Word of God says in I Corinthians 14:33,

*"For God is not the author of confusion,
but of peace, as in all churches of the saints."*

Let God's peace overtake us and rest in the thought that how The Lord sees us is a sure fact!

Ultimately, a conversation between parent, child and church leader needs to occur. It is not easy navigating in a world of temptation, but it is even harder when you have no clear identity in Christ. The sooner a young person has an understanding of who they are in Christ, the better! No matter where life takes them, our youth will always have The Word of God to return to if you impart it into their spirits (Proverbs 22:6). Let's band together as brother and sisters in Christ and let our young people know that not only does The Lord think about them, but so do we.



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.WEEBLY.COM), A FAITH-BASED THERAPEUTIC PROGRAM FOR YOUNG LADIES.

Tips for Navigating Public Education

DR. CHRISTINA KENNEDY

As the Education Director for a Psychiatric Residential Treatment Facility, I often assist parents in navigating the bureaucracy of public education. With over 25 years in the field of education, I have worked in a variety of educational settings and interacted with many parents of children with special needs. From my experiences, I have found that many parents can feel overwhelmed by the amount of paperwork, decisions, and educational and medical issues that are required for them to make regarding their children. Below are some tips to help parents improve interactions with educators in regards to public schools.

- 1.** Be nice. Oftentimes, schools are less reluctant to work with you if you come in with an attitude and you are going to have to fight harder for what you need. People work in schools because they love children. They want your child to be successful. Come in gently. If you aren't getting your needs met, advocate strongly but do it by using data. Document why your child needs this or that. Facts are hard to ignore.
- 2.** Schools are unwilling or state that they do not have the resources to implement the modifications/accommodations needed for your child. Funding is a huge issue when it comes to public education and schools are always strapped. This is very true. However, if you can document the need for something, then there are federal funds that can assist for this purpose. Word of warning, there are parents who make huge demands for things that are not needed. Modifications and accommodations are put in place to level the playing field, not to give your child an unfair advantage. Think hard about what you are requesting with this lens.
- 3.** Ask questions. If you don't understand the education lingo being used, let them know. Teachers get excited when they are talking about their work with students. We forget that you don't use this language every day! Tell us to slow down and explain.
- 4.** When having IEP meetings, make sure to ask how the teachers are collecting data for your child's goals and objectives. It is important for you to understand this so that when they present the percentages of progress, you know how they get those figures. It's ok to ask to see work samples and ask teachers to show you how they are grading your child's work
- 5.** Ask for an interpreter if you are having difficulty understanding the paperwork or the people you are interacting with.
- 6.** Be open to suggestions and willing to work your teachers. Try to do your part at home to help keep your child focused on school work or behaviors that will help them be successful at school!



Dr. Christina Kennedy

Christina Kennedy began her career as a Special Education teacher in Fulton County Schools. After 6 years she was promoted to Instructional Support Teacher where she managed the Special Education Programs of several schools. After receiving her Leadership Certificate, she accepted a position as Curriculum Director at Immaculate Heart of Mary Catholic School. She began her doctoral program the same year that she became the Education Director of Hillside Conant School, a Psychiatric Residential Treatment Facility (PRTF), in 2005. She earned her Ph.D. in Educational Psychology and Special Education in 2010 and has remained at Hillside the entire time. Her research interests include mental health in schools, the school improvement process, Positive Behavioral Interventions and Supports, as well as the role of mindfulness and yoga in schools. She has multiple publications and presentations in these areas.

Christina Kennedy Ph.D.
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It's Never Too Late to Go Back to School

AN INTERVIEW WITH CAROL WHEATLEY, CBCS GRADUATE CLASS OF 2017 MASTER'S OF CHRISTIAN MINISTRY

BY TRACY GWINN - DIRECTOR OF COMMUNICATIONS
CHESAPEAKE BIBLE COLLEGE & SEMINARY

What did you do before you graduated CBCS?

Carol: I was a retired organization development/Grant consultant and I was also in full-time ministry.

Why did you want to attend Bible College?

Carol: To broaden my knowledge of the Bible and to attain my college degree.

Did you have reservations of going back, and why?

Carol: Going back to school at Chesapeake Bible College and seminary was not a difficult decision for me. The classes are very affordable, the availability of the distance learning center, and the online course work made it possible to fit my return to education into my schedule and my budget.

What appealed to you about CBCS?

Carol: The idea of online coupled with distance learning center really appeal to me.

How did you fit college into your schedule?

Carol: Attending classes became my top priority. Everything else fit around that.

Talk about your journey and thought process of deciding to go back to school.

Carol: In today's society you hear a lot of people saying, "It's only a piece of paper." But the truth of the matter is that a college degree is a very important piece of paper. Hiring decisions are made on experiential and educational backgrounds. Sometimes,

however, the bulk of what we have to offer an organization has been acquired through experience, and not education. Does that make that acquired information less viable? Certainly not! Real world experience is just another way of pursuing and gaining knowledge. My decision to enroll at Chesapeake Bible College and Seminary was based, in part, on the realization that Chesapeake would "credit" me based on my experiential background. This was just the encouragement I needed to finally get my degree. I was awarded a Master's degree in Christian Ministry. Now I have the best of both worlds: I have experience and the piece of paper!

How did you deal with everything else going on around you while you were attending school?

Carol: As a person who is involved in full-time ministry, community volunteering, and other things that God gets me involved in, I did not find it difficult to manage everything I've been involved in and the addition of my class-work and Chesapeake Bible college and semi-nary. In addition to taking classes, I have also taught classes and developed curriculum for Chesapeake. It is been a privilege to work with such an outstanding organization and to get to know the people behind it.

How did you earn credits towards your degree?

Carol: I attended classes at a distance learning center, and took full benefit of the life experience credit procedure that CBCS has.

How has your life and ministry/work changed since graduation and has your vision become more attainable?

Carol: I am now able to pursue opportunities that require a Master's degree, which I did not have before. My vision is to expand the work that I do through my ministry, and I have found out having a degree from a reputable college like Chesapeake gives me the confidence to do that. 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.

How has CBCS changed your life?

Carol: Something I didn't expect was to feel like an integral part of a very strong organization. The other students in my graduating class were outstanding people and I am honored to know each and every one of them.

Do you have any additional testimony you would like to share with others?

Carol: And that at any 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, get a college degree, and create a network of like precious believers.

Is there anything else you would like to add that you think may give others hope to go back?

Carol: Do it today! I always used to tell people that in 10 years you'll be 10 years older... You can get there with or without an education! My advice to anyone seeking a college education, and that "piece of paper", should definitely contact Chesapeake Bible College and Seminary and find out how truly easy it is to do what's right for your career and your life!



Carol Drake Wheatley is the driving force behind Power in the Workplace – a community-centric training organization widely recognized for its numerous regional outreaches: the annual Space Coast Prayer Breakfast event; Threefold Chaplaincy training; and the Space Coast Prayer Team. Carol is an Ordained Minister, Crisis Response Chaplain, and an Ordained Senior Chaplain. Carol's Power in the Workplace is an affiliated ministry through Andrew Wommack Ministries and she is a member of their Association of Related Ministries International, as well as Network Ekklesia International, the American Evangelistic Association, the Billy Graham Rapid Response Team, and the International Fellowship of Chaplains. Here, Tracy Gwinn, Director of Communications for Chesapeake Bible College & Seminary, catches up with her to get an insight into why such an accomplished person would choose to go "back-to-school" to earn her Masters.

Getting back to basics: Why a financial game plan is so important.

Many of us are familiar with the expression, “failing to plan is planning to fail.” As an Agent with New York Life, I can assure you that—when it comes to financial goals and objectives—this old adage still rings true.

In fact, it may be more relevant than ever.

It isn't always easy for some Americans to make financial headway. With pensions in decline and interest rates near historic lows, it usually takes persistence and sound planning in order to get ahead.

Not sure how to begin? That's okay—it's easy to become overwhelmed if you think about all your needs at once. Instead, try taking it one step at a time, starting with the basics:

Build an emergency fund—No matter where you are in life, it's important to set aside 8-10 months of living expenses. You don't have to do it all at once, but every dollar you save today is a dollar you won't have to borrow if something unexpected happens.

Protect your home and family—Most of us have people who depend on us to keep a roof over their heads and food on their plates. That's a big responsibility, but it's one life insurance can help you meet—even if something tragic takes you away. You can start with an affordable term life plan at first, and then add more coverage as your needs and budget grow.

Prepare for major expenses like college—As a parent or grandparent, you naturally want the best for your loved ones. Now's the time to start a college or wedding fund so they won't have to go into debt to make their dreams for the future come true.

Get ready for retirement—There are plenty of ways to set aside money for retirement: 401(k)s, IRAs, and fixed deferred annuities* just to name a few. But they all have one thing in common—the sooner you start, the better off you'll be in the long run. Try to increase your contributions over time—perhaps 1% with each raise—or, if you are age 50 or older, look into some of the 'catch-up' provisions that may allow you to contribute even more.

While the recession forced many of us to take a step back financially, it also helped refocus our attention on the things that really matter. A sound financial game plan can help us accomplish many things—but perhaps the most important is making sure we never lose sight of them again.



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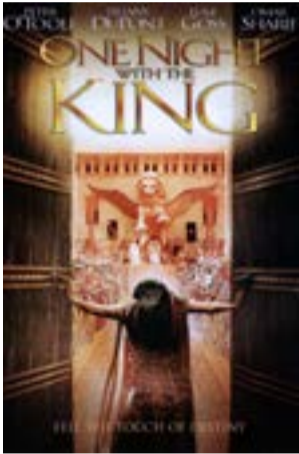
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Books and Movies to Enjoy This Season



Samson

When his youthful ambition leads to a tragic marriage, the all-powerful Samson embarks on a quest for vengeance that brings him into direct conflict with the Philistine army. As his brother mounts a tribal rebellion, Samson's relationship with a Philistine temptress and his final surrender to God will help turn imprisonment into a final victory.



One Night With The King

Born of slaves, a young Jewish woman named Hadassah (Tiffany Dupont) becomes part of the harem of powerful King Xerxes (Luke Goss). Simultaneously, a close adviser to the king hatches a plan to exterminate the Jews. Hadassah, now called Queen Esther, must find the courage to step forward and save her people from annihilation.



I Can Only Imagine

Growing up in Texas, Bart Millard suffers physical and emotional abuse at the hands of his father. His childhood and relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe.



Paul The Apostle

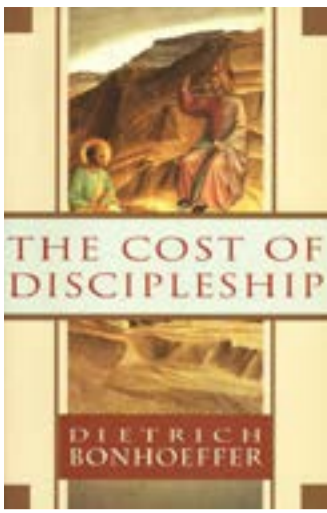
Risking his life, Luke ventures to Rome to visit Paul -- the apostle who's bound in chains and held captive in Nero's darkest and bleakest prison cell. Haunted by the shadows of his past misdeeds, Paul wonders if he's been forgotten as he awaits his grisly execution. Before Paul's death, Luke resolves to write another book that details the birth of what will come to be known as the church.

Mary Magdalene

Mary Magdalene is a 2018 biblical drama film about the woman of the same name written by Helen Edmundson and Philippa Goslett and directed by Garth Davis. It stars Rooney Mara, Joaquin Phoenix, Chiwetel Ejiofor and Tahar Rahim.

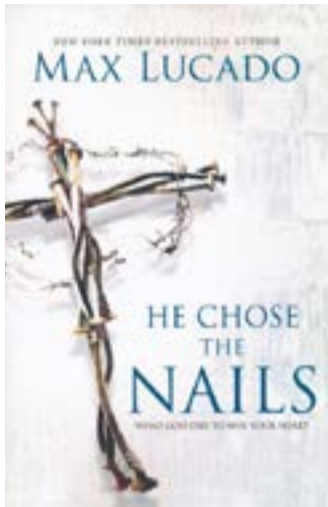


Books



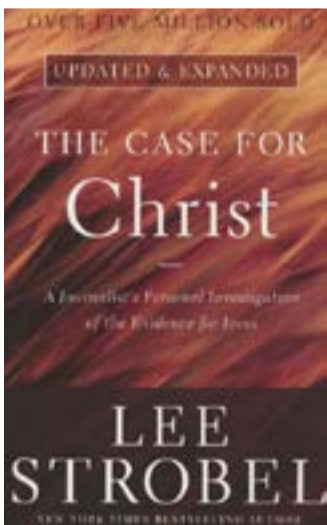
Cost of Discipleship By Dietrich Bonhoeffer

The Cost of Discipleship compels the reader to face himself and God in any situation. Bonhoeffer speaks of “Cheap Grace”: preaching forgiveness without requiring repentance, baptism without church discipline, communion without confession. “Cheap Grace” is grace without discipleship. “Costly Grace” is the gospel which must be sought again and again, the gift which must be asked for, the door at which a man must knock. “It’s costly because it costs a man his life, and it is grace because it gives a man the only true life.



He Chose The Nails By Max Lucado

Max Lucado invites you to examine the cross, contemplate its purpose, and celebrate its significance in He Chose the Nails. Go ahead and linger on the hill of Calvary and see just how much God did to win your heart.



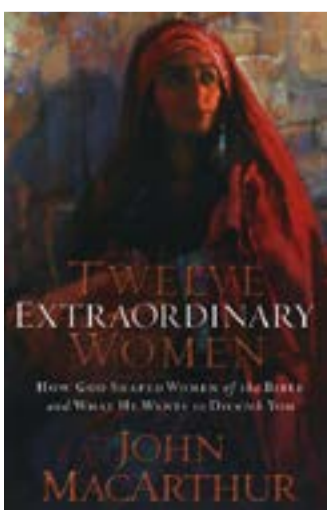
Case For Christ By Lee Strobel

If you were a journalist, how would you investigate the top story in human history? Join the award-winning former legal editor of the Chicago Tribune as he cross-examines scholars to uncover incontestable evidence supporting Jesus’ claims. Includes updated archaeological material, an interview with Strobel, and more. A powerful defense of the Christian faith! 464 pages, softcover from Zondervan.



The Masterpiece By Francine Rivers

Roman Velasco is a successful commercial and graffiti artist with a mansion overlooking the Topanga Canyons of Los Angeles, California. On the outside, he appears to have everything he could possibly want including money, women and fame, yet everyday demons from his past haunt him. Grace Moore is a single mom who was in a marriage that crushed her dreams. She is Roman’s newly hired personal assistant, wrestling with ghosts and secrets of her own. She will never lose sight of her dreams again. When the unexpected happens, it changes their lives & relationship forever.



Twelve Extraordinary Women By John MacArthur

Celebrated for their courage, vision, hospitality, and spiritual giftedness, it’s no wonder women were so important to God’s place revealed in the Old and New Testaments. It wasn’t their natural qualities that made these women extraordinary but the power of the one true God whom they worshipped and served. Their struggles and temptations are the same trials faced by all believers at all ages. In Twelve Extraordinary Women by John MacArthur, you’ll learn more than fascinating information about these women, you’ll discover--perhaps for the first time--the unmistakable chronology of God’s redemptive work in history through their lives. These women were not ancillary to His plan, they were at the very heart of it. And this book includes their amazing stories.

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

Those Horrific Moments...

PART 1

BY LINDA A. KNOWLES

“There are times where words escape you, those horrific moments of realization that you are living your nightmare, staring at you in the face and saying, ‘Yeah, this is your reality.’ There is not a thing anyone can say to wash away the excruciating amount of emotional or mental anguish you’re experiencing. You know one thing, and that is you have never felt more alone in your life. The church world abandons you because let’s face it, the Christian world isn’t all it’s cracked up to be. So you plug away each day, and you find yourself clutching onto God more tightly than you ever have been. You find yourself saying, ‘God, don’t ever let me go, but God, please let me never stumble into anything that displeases you.’ You find yourself screaming out only to realize you’re screaming on the inside, but nothing is actually coming out of your mouth. You find yourself horrified when you come close to falling away or even realize how vulnerable you are, and when you think you are standing strong, you find you are more cautious than any other time because you may not be standing as strong as you think. Moments, those horrific moments, when you hear rumors about yourself, learning information about yourself you never knew, but the gossipers and slanderers have all been too eager to share speculation and hearsay, yet no one has bothered to find out the other side of the story. Hi, my name is Emily, and my brother, Xavier, and I have a story, a story of heartache, frustration, vengeance, hope and transformation, something we have kept silent for far too long. Just call us ‘The Whistleblowers.’” (To Be Continued...)

“And the one sitting on the throne said, “Look, I am making everything new!” And then he said to me, “Write this down, for what I tell you is trustworthy and true.”

—Revelation 21:5

Transformation Table Talk

AN INTERVIEW WITH DR. TERESA ALLISSA CITRO

LINDA: I talk with Justin and Ellianna every day so I can say the old cliché, “The proof is in the pudding,” is very true, and the pudding is delightful. I have never had to worry about them keeping their word and following through with what they tell me they will do. Their love for GOD is remarkable.

LINDA: What advice would you give those who are going through hard times and feel hopeless?

DR. CITRO: First of all, there is no hopeless situation, but in the moments, we are suffering, we are hurting and feel hopeless. We need to remember we don't go by feelings or circumstances. We must trust in GOD and know, beyond a shadow of a doubt, He will work everything out for our good and for His glory. This is a time where you spend a lot more time in prayer and reading His Word, and thanking Him for what He has already done. You need to have a moment where you say, like Job, “Though he slay me, I will hope in him...”

Secondly, this is the time you start looking for the righteous people who love GOD and honor Him, and you know you will hear the truth from them. I have one of my favorite verses found in Malachi 3:16 which states, “Then those who feared the LORD spoke to one another, and the LORD paid attention and listened. A book was written in his presence to be a reminder to those who feared the LORD and respected his name.” This passage GOD brought to my attention while I was fasting. I had asked GOD a series of questions, and He woke me up at 3:33 a.m. He impressed upon me to read Malachi 3. When I did, the verse which jumped out at me was “Then those who feared the LORD spoke to one another, and the LORD paid attention and listened.” What is important is we need godly counsel. You need to seek out people of great faith who honor GOD with their lives. GOD hears. GOD remembers. GOD answers.

LINDA: How you say there is no hopeless situation?

DR. CITRO: Because GOD says “All things work together to them that love him and who are called according to his purpose.” The best way I can explain this is to give you this picture. The Master Weaver who was creating a masterpiece used to stand back as his/her weavers stood in front of the tapestry waiting for the Master Weaver to tell them where to stitch and change color. The Master Weaver was the only one who knew the design of that tapestry. Many times, one of those workers would accidentally stitch or use the wrong color. Instead of stopping, he/she would work with the mistake and still was able to create



the masterpiece. You see it is the same for us whether we are at fault for what we have done or whether it was the wrong done to us. If we have made a decision to follow GOD in all of our ways, then we can be assured that there is forgiveness in Him for the sins we have committed, turn our back, and never do it again, or if the wrong was done to us leaving us in a hopeless situation, we can confidently be assured, GOD is weaving those things according to His purpose. There is something we must do. That thing is called forgiveness. We must forgive those who have trespassed against us just as we are forgiven the trespasses we have committed. You must apply the same principle, and this includes forgiving yourself, letting go of the past. Hope begins when we move forward in Him. As it says in James 1:12, "Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him." That passage talks very clearly that when we have passed the test God has allowed, then there is complete restoration. We received restoration, something we can see, that is tangible. And I love that picture of a crown. It represents royalty, and it represents majesty. That alone brings me hope, and it should bring you hope as well. That is why I say nothing is hopeless. We are more than victorious in Him, no matter what.

LINDA: Even if it were for just a few minutes, I hope, one day, those reading this interview have the opportunity to meet Dr. Citro. I have known her to be a wonderful woman of GOD. Her integrity is impeccable, her counsel godly, her sincerity genuine, her optimism relentless, her spirit humble, and her encouragement unending. Dr. Citro has been in my life since I was a child on into my adulthood. I could always count on her to tell me the truth. She is loyal, and she is reliable. I have watched her go through trials that would have some calling it quits but she pressed on, didn't care about the opinion of others, and did exactly what GOD wanted her to do. Dr. Citro is constantly pointing people to GOD and His Word and what GOD has to say. I am proud to call her sister, friend, mentor, family, and teacher.



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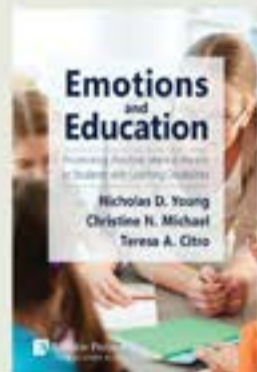
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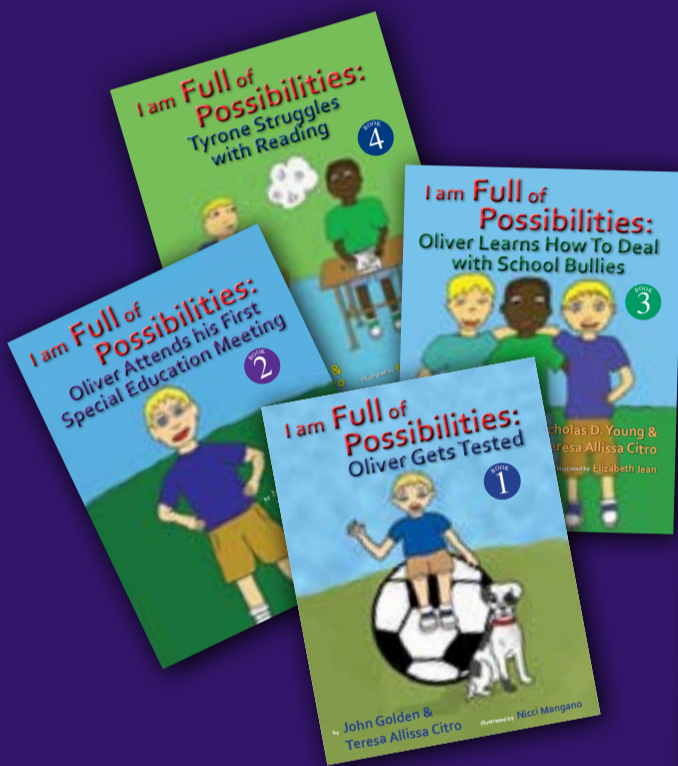
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SOCIAL BUSINESS NEWS

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...

