

Reach UP

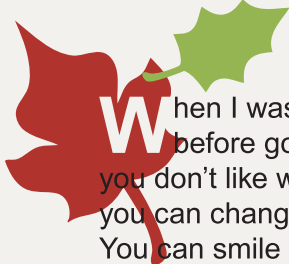
The Magazine to Empower and Enrich Today's Woman

Fall 2016



Faith
Don't Get it Twisted

Food
Real Food for Real People



When I was young, I was given some advice before going out to a party. “Remember, if you don’t like where the conversation is going, you can change it.” And you know what? It’s true. You can smile and change the subject. Most people will follow right along with you. In a matter of moments, mean talk can change into good talk when you take control. You have the power to change the tone of the whole conversation.

Likewise, women have power to set the “tone” of their homes. You know how you just get a feeling about someone when you meet them? The tone of your home is like that. Is your place picked up or cluttered? Clean or filthy? Harsh or pleasant? Does it smell good or nasty? All those feelings people pick up on are connected to their five senses. But sometimes the feeling or tone of a home is a little more complicated — spiritual perhaps. And it is often centered around what is allowed into your home, and what makes itself at home there. Setting the tone of your home spiritually lays the groundwork for a peaceful home. So thinking about the good pointers that

Jessica and Karen give in their articles will help you set a good tone in your home.

Home should be a place of good memories when a child is sick. Cindy Hochart gives great advice that will save you the time and money of running to the ER or nearby clinic. One sweet memory of mine as a little girl is of my grandma sitting by my sick bed and making doll clothes from scraps of materials. It felt as if we played dolls all day. She set the tone of comfort.

Janey White’s article is the first in a series talking about how to give our bodies the kind of food they need. When we feed our bodies good food, it is the beginning of a “toned” body. Haven’t you heard it said, “You are what you eat”?

Mmmm. Fall is such a nice time of year – outdoors and indoors. Enjoy!

Crystal Wacker Knapp
Editor-in-Chief

“When she speaks she has something worthwhile to say, and she always says it kindly. She keeps an eye on everyone in her household, and keeps them all busy and productive. She’s up before dawn, preparing breakfast for her family and organizing her day.” Proverbs 31 MSG.



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777



by Karen Duckett

Kids (as well as us adults) can get scared this time of year, with all the emphasis on the devil, witches, ghosts, and goblins.

I'll never forget when the kids in my neighborhood told me, "The devil is calling people on the phone and telling them '666'!" They were truly scared.

Calmly I told them that the devil is not calling people. There is a devil, the enemy of man, but I knew this could not be real. Then I asked God what else I could say to help them understand.

"Don't be scared of the number 666 or anything else the devil can do. But do be afraid of acting out 666 instead of 777," I told them. Let me explain.

Certain numbers stand for different things in the Bible. The number of man is 6. The number of perfection, and the number of God, is 7.

God is three Persons – God the Father, God the Son (Jesus Christ), and God the Holy Spirit, so you could say His number is three 7s, or 777.

We need to make sure we choose 777 and not 666.

The first **6** in 666 means, "I'll stick with man. I don't need God the Father! I don't need Him to help me, to teach me, to provide for me, to correct me, or to lead me! I don't want God to be the Dad that I don't have!"

The second **6** in 666 means, "I'll stick with man. I don't need God the Son (Jesus Christ)! I don't need Him to take the punishment for my sins; I'll pay for my own, thank you! I don't need Him as the way to the Father, the Light of the World, and my Healer! I don't want Him as my big Brother to fight for me!"

The third **6** in 666 means, "I'll stick with man. I don't need God the Holy Spirit! I don't need

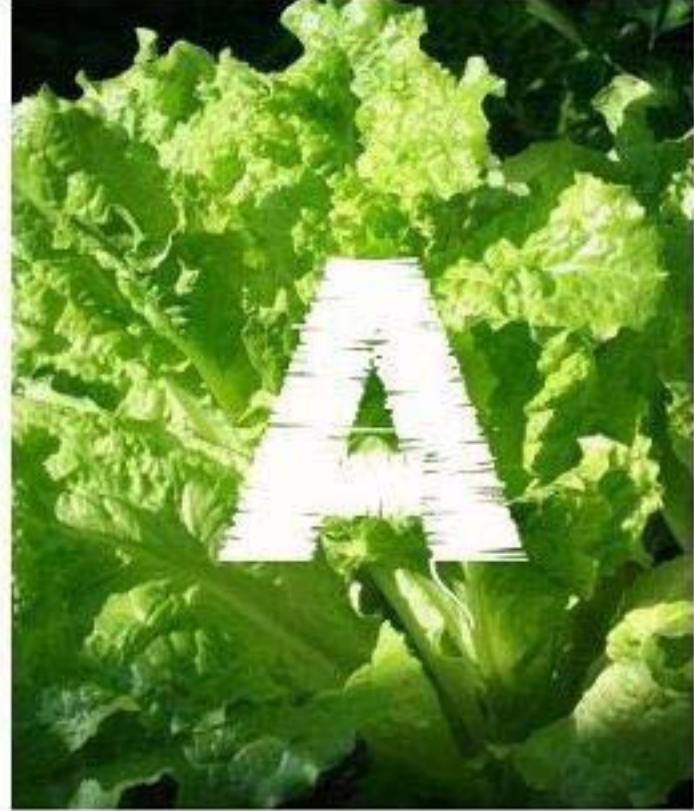
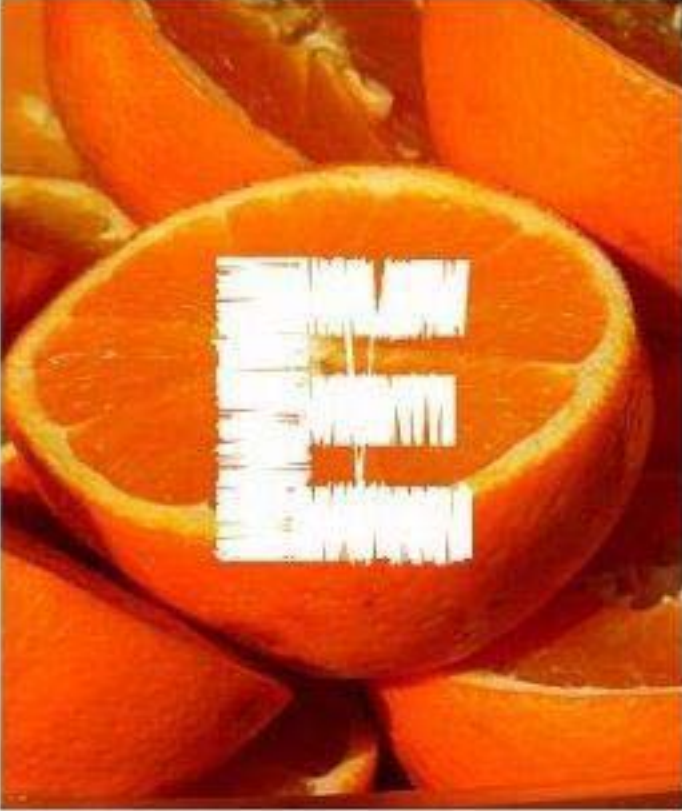
Him to teach me, to remind me of everything Jesus said, to convict me of sin. I don't want Him to comfort me or guide me! I will comfort and guide myself, thank you very much!"

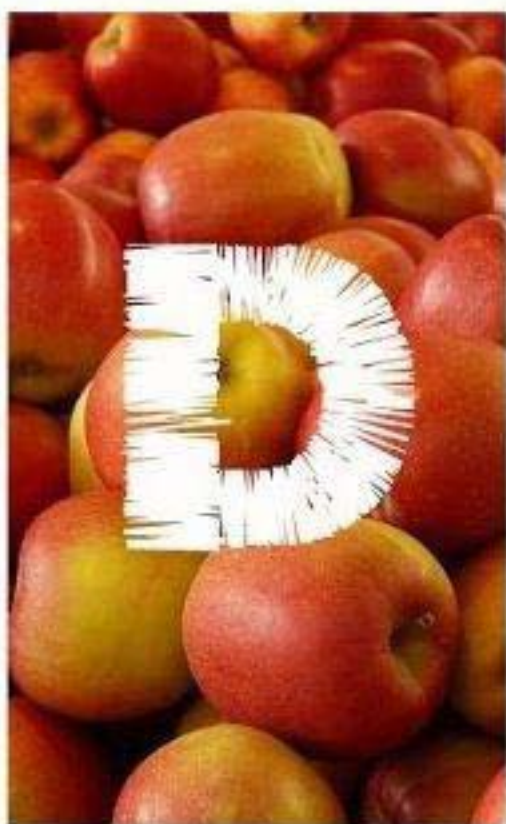
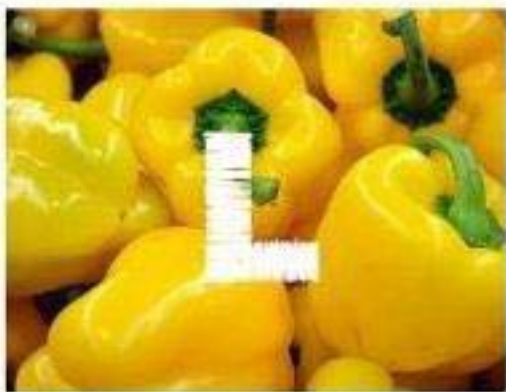
So don't be scared of the devil or anyone else saying, "666!" to you. But be very afraid of acting out 666 instead of 777!

The emphasis is not so much on what the devil can do to you, but what you can do to yourself if you tell God "No!" in small or big ways.

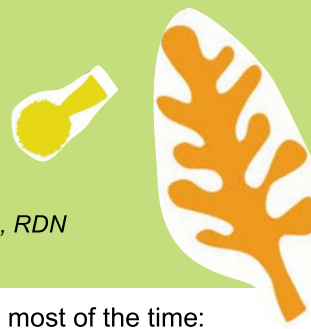
During the fall when kids dress up like ghosts and goblins and run along the streets looking for candy, let it be a reminder for us to make sure we do not act out 666 in our actions and our thoughts.

No, I'll take **777** over 666 anyway. God all the way for me! What about you?





REAL Food For People!



(Big or Little!)

by Janey White, MS, RDN

Have you ever wanted to help your kids eat better, but didn't know where to start? Most of us have felt that way at one point or another. Eating healthy can be a challenge for anyone, but especially those with little kids.

The key is to talk about it with your kids and lead by example. Starting the conversation is not just a first step, but a leap in the right direction.

When you talk to your kids, keep nutritional information simple.

Good nutrition is eating real food most of the time. Real food has one ingredient, and we will be able to name it. For example, an apple is real food cause it is just an apple, but sour apple candies are not because they have many ingredients. (Can you name or even pronounce all the ingredients in those sour apple candies? I can't.)

FUN WITH FOOD

Choose a food that is round and red (or green) and grows on a tree. It makes a crunchy sound when you bite it. It can be juicy and sometimes we make a juice out of it.

Real foods help you to feel your best, plus they help keep you from getting sick. Choosing a variety of real foods will help you get more nutrition out of your meals.

Here are a few simple guidelines to keep in mind when thinking and choosing healthy.

Choose real foods most of the time: Grains (*bread, corn, rice, noodles*); fruits (*apples, bananas, peaches, pears*); vegetables (*carrots, green beans, tomatoes, lettuce*); meats (*chicken, fish, beef, pork*); beans (*black beans, pinto beans, garbanzo beans, kidney beans*); nuts and seeds (*peanuts, almonds, sunflower seeds, pumpkin seeds*).

Choose at least 3 different foods to make a meal. That means a bowl of noodles needs at least 2 more foods to make it a meal.

We need 3 meals a day to get the nutrients we need.

If it's a long time between meals, snacks from the list above are a good idea! Save things like chips, candies, cookies, juice, and soda for once in awhile treats.

For younger kids, play a game to include at least 3 real foods in a meal. For older kids, have them help out in the kitchen and get involved.

Need some fresh ideas? Try meals like these, or come up with your own combinations.

Breakfast: Whole grain toast with peanut butter, and fresh fruit

Lunch: Veggie quesadillas made with corn tortillas, spinach, tomatoes, and cheese


Dinner: Loaded potato topped with black beans, broccoli, and cheese

Are you afraid eating real foods will break the bank? You can find most of these foods at a dollar store with a good grocery section.



DON'T *Get it Twisted*

by Jessica Menendez



When you come to God, repent of your sin, and get a new life, new means **NEW!** You are not “adding God” to what you’re already doing. You must check to make sure you haven’t mixed anything else in.

In my neighborhood about half the people practice Santeria. Bloody chickens. Rituals. Potions. Idols. Santeria is a religion that began in West Africa and the Caribbean, then was mixed with Roman Catholic traditions. Followers kill animals and worship idols as part of their rituals. It’s basically witchcraft.

I had witchcraft in my background too. It wasn’t Santeria, but another kind. When I came to God, He made it clear that I couldn’t bring that along. I had a choice, and I decided to reject the witchcraft and get rid of all that was evil, and instead go with God totally. What you decide has a big impact on you, your children, and all those around you.

My friend up the block was raised in Santeria. She and her sister lived with their families in an apartment along with their mother. In the center of their apartment was a table with

several statues and candles on it. They used to pray to these statues and do other rituals with them. I could feel the evil presence when I visited -- a heaviness, a darkness I couldn’t see with my eyes, but I could feel it.

Another friend lived on the next block up. She also lived with her mother, siblings and kids and they too had statues and candles and practiced Santeria. They would often hear “something” in the kitchen opening up the cabinet doors and banging around, although no one was there. Even worse, something would try to choke the children at night while they slept. Who could sleep through that?

The first friend started going to my church with her children. She received Christ as her Savior. She learned that God says, “No idols! Don’t worship anyone but Me!” I didn’t know how she’d take it, whether she would try to keep the mixture or give up Santeria. A couple days later I went to her house, and all the statues and candles were gone! The evil presence was gone too! She got rid of that mixture.

The second friend went to church too. She acted as if she wanted to follow God too. But when it came down to it, she didn’t want to let go of that witchcraft. Her idols remained

in her home. What stinks is that those evil spirits had free reign in her life, and she and her children kept on being abused and terrorized by them. That’s messed up! She got it twisted.

Don’t get it twisted. You can’t follow God and practice witchcraft at the same time.

Maybe your thing isn’t witchcraft or idol worship. You’re sitting there saying, “No, no, that’s not me.” But did you know that sex outside of marriage is not right? Lying, stealing — all these are things God hates. (He doesn’t hate you, but just those things that hurt you and are wrong.)

The Good News is that God helps us change. But first we have to notice what we may have mixed in with God. Then we must be willing to get rid of it. It could be something that you grew up with and feels normal to you, like it was for my friends and me. But that doesn’t mean it can remain.

Check yourself. Ask God to show you anything that needs to go. Then get rid of it. And don’t get it twisted.

Small Budget, Small Spaces, Small Girls? NO PROBLEM!

by Esther Martinez Maschkywitz

Are you on a budget? Or do you live in a small space and have run out of ideas of what to do with your children? That's me! I admit, sometimes it's so much easier to just turn on the TV and let that black box entertain them.

But if you have little girls like me, why not give them a mini-spa day? You can use things that you already have at home or get a few things from the dollar store, such as small buckets, nail clippers, a foot brush, and polish. Here's a list of what you might need:

- 2 Small Buckets
- Soapy warm water
- Body scrub
- Foot brush
- Nail clipper
- Lotion
- Nail polish
- Towel



While your little girls play, don't forget yourself. Try these easy do-it-yourself masks:

1. Mix the juice of a lemon with 2 tablespoons of baking soda. Put mixture on your face for 10 minutes, then rinse. It's so refreshing!

2. Mix coffee grounds and coconut oil together. Put it on face and rest for 10 minutes. Then scrub your face with it, and rinse well.

You can find face masks for big girls and fun masks for little girls. Make your own or find fun ones like these in several discount stores. If you have a computer, search "animal beauty masks" online. They are available for as little as \$1.00 each.

Fever!

Is it THAT Bad?

What's the Best Thing I Can Do for a Fever?

by Cindy Hochart, RN, MBA, PMP

Your child has a fever when his or her temperature is at least 1 degree higher than the normal temperature of 98.6 degrees. An increase in temperature is the body's normal way to fight off sickness. Most doctors think that a temperature of up to 99.9 degrees is fine and does not need treatment. This increase in temperature helps the body fight off the illness naturally. Teething and being exposed to common viruses (through other kids who have a runny nose) can cause a small increase in temperature, but are not a concern. Sometimes babies and small children can run a low fever after their well-baby shots, too. This is normal.

When your child's temperature is 100 degrees or higher, the fever should be treated. Here are 4 ways to treat a child's temperature at home.

- + Give them lots to drink, especially water.
- + Keep them cool. Putting them in a lukewarm bath can help.
- + Try to get them to rest or sleep.
- + Give them children's Advil or Tylenol to reduce a temperature of 100 or more. Follow package instructions for their age. You can switch between Tylenol and Advil.



For example, if the directions for Advil is every 4 hours and the directions say Tylenol can be used every 4 hours:

Never use aspirin for a child.

Tylenol	Advil
8 AM	10 AM
12 noon	2 PM

When should you take your child with a fever to a doctor?

Take your child to see a doctor if their temperature is 103 degrees or higher or if their temperature lasts longer than 3 days. Also take your child to a doctor if they are throwing up or having loose stools more than 3 times in a day, or if there is any sign of trouble breathing.



Joining the *LegacyCircle* Circle this fall are honorees who hold a special place in the hearts and lives of the *Reach UP* friends who nominated them. These good people helped our friends to "reach up!" And that is a wonderful part of their legacy.

Happy to enlarge our *LegacyCircle*.

Nevis Ryan Jimmie J. Ryan
 La Nay Wacker Shirley Wacker

Contact us at www.reachupmag.org or reachupmag@aol.com for more information about joining the *LegacyCircle* with your "reach up" honoree.

Given to you by:

