

# PEACH TOP

The Magazine to Empower and Enrich Today's Woman

Spring 2017



*Food*  
Apples or Salad?

*Lifestyle*  
Lover-Boy Lies



To my new and dear friend,

I'd like to introduce you to Mary.

She has an interesting story because when she was young, she was out of control, quite unlikable, messed up, and from the bad part of town. And she lived in the time of Jesus.

In the Bible she's known as Mary Magdalene. In those days if your name was common, folks added your hometown to your name so they could figure out who you were. Magdalena was Mary's hometown; it's a pretty name, but it had a bad reputation. So not only did she come from the rough side of town, but the Bible says Jesus cast seven demons out of her (LUKE 8:2). Like I said, messed up! We aren't told many details, but we can imagine! Yet when Jesus stepped in, everything changed.

Mary was set free from the evil taskmaster of sin. Her change was so real that she chose to become a devoted follower of Jesus. We're told she gave money to His ministry, she stuck with Jesus during His unfair trial and murder on the cross, and she volunteered to prepare His body for burial.

Mourning deeply, she was one of the first who returned to His tomb to anoint His body for burial according to their traditions. But she found the tomb open and empty. That discovery crushed her and she began to sob. Jesus heard those cries and chose to reveal Himself as the risen Christ to her first! He simply said her name, "Mary," and she knew that she knew He was not dead, but alive. Hope lived again.

Maybe you understand what it's like to have a bad reputation, or perhaps your world has caved in and is out of control. Life may seem hopeless, but that doesn't have to be the way your story ends! The people who gave you this magazine can help. Jesus can change you and deliver you out of problems that seem too deep for help.

Your first step is to ask! Talk to Jesus. Fancy words aren't needed. A cry or even a thought is a good start. When you allow Jesus to take control, your world can turn around. And, like Mary Magdalene, a shameful past can fade to only a mere memory.

Praying for you and your new life,

*Crystal Wacker Knapp*  
Editor-in-Chief

P. S. Enjoy the other articles on healthy eating, headache cures and even thoughts about further education as they help you make positive steps forward!



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# AN **Apple** a Day

or

# A **Salad** A DAY?

by *Janey White, MS, RDN*



The old saying, “An apple a day keeps the doctor away,” reminds us that our bodies need fruits and vegetables for health. But are apples the best medicine, or can we do better?

Apples are full of fiber and vitamins, but they are also high in carbohydrates, which means they make sugar in the blood. Blood sugar is the main source of energy in the body, but for people with type 2 diabetes, too much of a good thing can lead to a trip to the doctor.

If there is one food group everyone should focus on having daily, it is vegetables.

Veggies offer our bodies loads of fiber and vitamins, but most of them are very low in carbohydrates. This makes them the ideal food to boost our health and help manage good blood sugars. One reason people may not reach the recommended four servings a day is that veggies seem expensive. But check out these prices based on USDA national averages for one cup of fresh vegetables and you will see that they are a reasonable choice.

Broccoli	72 ¢ per cup
Green cabbage	25 ¢ per cup
Cauliflower	29 ¢ per cup
Collard greens	51 ¢ per cup
Green bell pepper	46 ¢ per cup
Romaine lettuce	41 ¢ per cup
Onion	41 ¢ per cup
Roma tomatoes	51 ¢ per cup

Remember that making healthy changes takes time. Start with the small goal of having a vegetable most every day, and increase it from there! For something different, try this recipe for roasted vegetables.

### Ingredients

1 bell pepper  
 ½ onion  
 2 cups chopped zucchini  
 3 tablespoons olive oil  
 Salt and pepper to taste

### Roasted Vegetables Serves 4

Preheat the oven to 400°.

1. Cut the bell pepper in half, remove stem and seeds. Chop into bite-size pieces.
2. Remove dry outer layers of the onion and cut off the ends. Chop into bite-size pieces.
3. Remove stems from zucchini and chop into bite-size pieces.
4. Mix the vegetables together in a bowl with the olive oil. Make sure all the vegetables have a light coating of oil.
5. Spread the vegetables out in a single layer on a cookie sheet or baking dish. Season with salt and pepper.
6. Roast for 10 minutes in the oven. Stir the vegetables to make sure they cook evenly, then roast another 10 minutes or until the edges start to turn golden brown.
7. Serve and enjoy!

**Vital Force**  
Radio Show

**NEW!**

On  
[www.ReachUPmag.org](http://www.ReachUPmag.org)

Interviews with music artists and more!

Listen to Debra Price's song "**Masterpiece**" - especially written for women - and find out the story behind it!

Check out the interview with Shane White of SWERVE - his story from drugs and prison to New Life with Jesus.

Download SWERVE's ("**Feeling Good**" "**Jesus Freak**") music for **FREE!** Find out how at [www.reachupmag.org/vital-force-radio/](http://www.reachupmag.org/vital-force-radio/)



# LOVER-BOY

## Lies

Storybook promises that lead to slavery

by Gloria Young with Crystal Wacker Knapp

She's afraid. Things haven't been going too well for her lately. She is alone and she feels like giving up because she has so many problems. She wants someone to understand, but no one does – at least not until he comes into her life.

Who is this girl? It's likely she's pretty young, not older than 24. She's smart in some ways, but not so smart in other ways. Her problems are giants in her mind, and she believes that he really "gets" her.

But he doesn't want her to know what he's really doing. He doesn't want her to see his sweet talk for what it actually is. We call him Lover-boy.

I don't care what Lover-boy wants. I'm on the side of this girl – and I'm on your side! These are the secrets Lover-boy doesn't want you to know. He wants you to be ignorant of how he does what he does.

### Lover-boy Exposed

He hangs out where the girls hang out – malls, around schools, or on the internet, "chatting." Lover-boy watches for someone who is going to be easy to draw out.

He looks for girls who are having a hard time and who want someone to help make it better. Often the girl doesn't feel good about herself.

Some call that being vulnerable and having low self-esteem.

So Lover-boy moves in and works toward being her friend. She thinks he's the answer to her problems.

His personal mission is to make her fall in love with him. He showers her with affection, nice gifts, expensive clothing, and anything else she wants.

Lover-boy tells her how beautiful she is, something she desperately wants to hear. But he says these things to get what he wants, not because he believes they are true.

Lover-boy gives her a new cell phone. She likes the gift, but he uses it to control who she talks to, where she is. Through the phone he has access to her 24 hours a day. Lover-boy is becoming more powerful in her life.

Lover-boy breaks through her boundaries by persuading her to have sex with him.

Sex is a powerful connector between a man and a woman. God created it to be a good thing in marriage. But Lover-boy uses it for a destructive purpose. It's not long before he asks her to prostitute herself or to pose for pornographic pictures he can sell. This brings him money to spend on

the next girl, but she doesn't know that. Because she thinks he loves her, she will do anything for him.

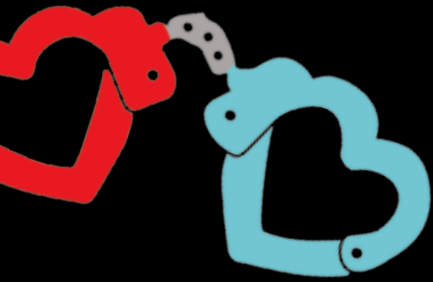
The sex still captures the girl's heart, but it leads to modern-day slavery. Lover-boy offers her a job that pays good (easy) money — and she can wear those pretty clothes. She's beginning to feel like a princess. The trap is set.

**He doesn't want her to see through his sweet talk for what it is - Lies that leads to slavery!**

The more she does what he requires, the more control he has. If she resists him, he becomes violent with her. She is shocked, but the conditioning is in place, and she'll excuse it as not being so bad. "It's just a slap across my face. I'm okay." She excuses him and blames herself.

He's slowly brainwashing the girl. He may even tattoo his name on her body. She may think that it's a sign of true love, but Lover-boy knows it's his mark of branding her as belonging to his brothel. That's why when someone tries to rescue her,





her dependent and not thinking straight. She belongs to him. The trap is so deep now. She has become totally dependent on him, and she will not leave.

### Don't Fall for Lover-boy!

If someone has been telling you these lies, RUN! Don't give in. No matter how much you want to believe his gorgeous eyes and smooth voice, understand that Lover-boy has other plans for you — plans that aren't good for you at all.

Talk to the person who gave you this magazine. Ask God for a way out! God wants you free of this evil.

If you're reading this magazine and you already feel trapped, there are people who can help.

This verse will help you as you're getting free:

*Good News! He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed. He has sent me to tell those who mourn that the time of the LORD'S favor has come.... He will give a crown of beauty for ashes; a joyous blessing instead of mourning, festive praise instead of despair.*

Isaiah 61: portions from verses 1-3 (NLT)

she doesn't want to leave. Or if she does leave, she returns even though he will probably beat her to a pulp.

Lover-boy has done a good job. She is now his slave. He now uses any means necessary to keep his meal ticket. His physical abuse steps up. He no longer tells her how beautiful she is. He changes tactics and insults her with the intent of controlling her. But, if necessary, he will throw in a lie like, "You know I love you, Baby." He offers her drugs to keep



Here are a few organizations who can help you if you're in this kind of trouble.

Book, **MARIA CAN CHOOSE**  
by Carla J Ives, <http://clk.im/D170>

### Nationally

**National Human Trafficking Hotline**

1-888-373-7888  
text HELP to: BeFree (233733)

**www.TeenChallengeUSA.com**  
855-END-ADDICTION

### ARIZONA

**Beyond Fear to Freedom**  
[www.beyondfearstofreedom.com](http://www.beyondfearstofreedom.com)

**Bridge to Hope** | [www.b2hope.org](http://www.b2hope.org)  
602-589-5556

**Hope Women's Center**  
[www.hopewomenscenter.org](http://www.hopewomenscenter.org)  
480-983-4673

**Street Light USA**  
[www.streetlightusa.org](http://www.streetlightusa.org) | 855-435-0900

**The Society of St. Vincent De Paul**  
[www.stvincentdepaul.net](http://www.stvincentdepaul.net)  
602.361.5238

### CALIFORNIA

**Family Assistance Program**  
[www.familyassist.org](http://www.familyassist.org) | 760-843-0701

### FLORIDA

**Grace Place**  
[www.graceplaceschool.org](http://www.graceplaceschool.org)  
954-600-3424

**Beauty From Ashes**  
[www.beautyfromashes.org](http://www.beautyfromashes.org) | 239-939-9218

### KANSAS

**City Union Mission**  
[www.cityunionmission.org](http://www.cityunionmission.org)  
816-474-4599

### NEVADA

**Destiny House** | [www.hookersforjesus.net](http://www.hookersforjesus.net)  
**Trinity Life Center** | [www.trinity-life.org](http://www.trinity-life.org)  
702-734-2223

### SOUTH CAROLINA

**Miracle Hill Ministries**  
[www.miraclehill.org](http://www.miraclehill.org) | 864-268-5589

### International

### PAKISTAN

**Faith & Victory in Christ Ministries**  
[www.facebook.com/fvcm.pk/](http://www.facebook.com/fvcm.pk/),  
+923434138953

### SOUTH AFRICA

**Zoey for Kids** | [www.Zoeyforkids.com](http://www.Zoeyforkids.com)  
**Kerus Global** | [www.kerusglobal.org](http://www.kerusglobal.org)

SO YOU

**WANT**

TO GO TO

**COLLEGE?**



by **Amy George**,  
English Instructor at Southwestern  
Assemblies of God University

**ENROLLMENT**



**If you're not sure what you want to study, look at school websites, particularly at their degree plans and catalogs.**

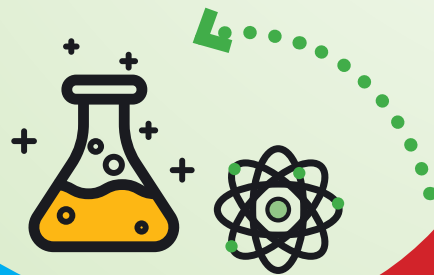
These will tell you what programs and courses are offered. Ask yourself, *What do I enjoy? What areas am I naturally strong in?* You may find a particular degree that fits your interests and strengths.

**TIP:** Look at both traditional on-campus programs and online programs. Call and ask to speak to an admissions counselor, who will be able to answer any questions you have about the admittance process or the degrees offered.

*Just because you're in prison or a shelter right now doesn't mean that you can't dream. Your dream can lead to a plan. Write it down. Your plan can lead to a degree!*

The thought of attending college can be exciting and stressful. After all, it's a big change. You may not even know what you want to study. Many questions must be considered, but one of the hardest can simply be: Where do I start?

Here are some steps to take to get the information you need to make a good decision.





### Call the admissions counselor.



You can make this call at any stage in the process. Be ready to ask specific questions, especially if you cannot find the answers online. What are the basic admittance requirements? When are your school's application deadlines? What financial aid opportunities does your school offer (institutional scholarships, loans, federal grants)?

**TIP:** For general information on federal loans and what you are eligible to receive, you will need to fill out a FAFSA form. You can find information on federal student aid opportunities at <https://fafsa.ed.gov>.

Once you've done this homework, you can speak to an admissions counselor about the application process! Your school has people ready to walk you through the process. Don't worry, you are not committing to school until you are accepted and you agree to it.



GRADUATION



## 2.

### Make yourself aware of the standard requirements for the universities.

These are typically found under Admissions on college websites. Most schools will accept a GED or a high school transcript. If you didn't earn a high school diploma, many communities have GED testing centers who will help you through the process.

If any test scores are required, such as ACT or SAT scores, prepare to take the needed test. Local testing centers can be found online.

**TIP:** No computer? WRITE letters. Keep copies and keep sending until you get the answers you need!

Don't be afraid to call and ask for whatever information you need. The school representatives are used to answering all kinds of questions.

Furthering your education is a huge step, but you never have to go it alone!

OH,  
WHAT A



# PAIN

by Cindy Hochart, RN, MBA, PMP

Headaches are one of the most common of all aches and pains. The treatment of headaches can be hard because they can be caused by so many different things. The cause can usually help you know what to do about it. In this article, we will take a look at the most frequent causes of headaches and how to treat them at home.

Headaches are most commonly caused by stress, eye fatigue, or sinus pressure. You have to be a bit of a detective to discover which might be the cause of your headache.

## SINUS PRESSURE

A sinus headache usually shows up as pain in front of your forehead, and you may even have tenderness in your cheek bones. An over-the-counter antihistamine can help relieve the pressure. Warm compresses on your face are also helpful.

## STRESS

Chronic stress and anxiety can have a nasty habit of making the muscles in your neck and shoulders tighten up, causing a tension headache. Treat a tension headache with Tylenol or Advil, and do some light stretching of your neck and shoulders. A warm bath can help, too. Of course, do what you can to lighten your load of stress. Take some time to relax and breathe deeply.

## EYE STRAIN

Some headaches are the result of eye strain. Common causes of eye strain are glare from the sun, too much time staring at small print on a computer or phone, or uncorrected vision problems that cause straining to see clearly. Take Tylenol or Advil to reduce the pain, then try to address the cause. Start by adjusting any sources of glare by the use of shades, or move around to find a different position. Wear sunglasses and a hat when outside. Take frequent breaks from close reading, especially while riding in a car. If the headaches continue, especially if you also have some blurred vision, get your eyes checked.

## OTHER HEADACHE CAUSES

Some people get headaches when they are hungry, dehydrated, or very tired. To prevent these headaches, eat healthy meals, get plenty of sleep, drink at least 8 glasses of water a day, and do some regular daily exercise. Overdoing it can cause headaches as well so "easy does it" is key.

Although headaches can be caused by something serious like brain tumors, most headaches are not anything to worry about and can be treated at home. If home remedies do not work, if your headaches are extremely painful, or if they come back again and again, make an appointment to see a primary care doctor.



Given to you by: