

# Reach UP

The Magazine to Empower and Enrich Today's Urban Woman

Spring 2012



*Faith*

Attitude Adjustment That's Doable

*Lifestyle*

Love Boy Lies that Lead to Slavery



EMPOWERMENT is a word we often hear. The masthead for *Reach UP* uses the word empower: *A Magazine to enrich and empower the urban woman.*” If it’s just a magazine, how can we say that?

Because we believe and teach God’s Word, we believe the articles in *Reach UP* can empower. Whether an article is about keeping your feet soft or teaching a devotion, it’s all about real life. God made the human body to be functional and beautiful. Cracked, dry feet aren’t good for you and they sure aren’t attractive! Besides, the Bible contains plenty of verses about feet in the Bible, including those which tell us where and how to walk out our spiritual journey.

Empowerment also comes when we take control of our finances. We can choose to spend money for what is good and pleasing to God. After moving to Florida, I remember asking the Lord if it was okay for me to buy furniture. After that prayer, I clearly felt that I had His approval.

So I went out and shopped for what I could afford. I ended up buying an entire set and got a fabulous deal that I could pay off in 18 months without a finance charge. I was able to pay the furniture off without paying any

extra money for interest. Today when I sit on my sofa, I know it was His pleasure for me to have it.

But the deep and lasting empowerment comes when you and I realize how much God loves us and the value He places on us. Jesus’ love made the sacrifice on the cross for our sins. Christ’s love gives us His name -- “Christian”-- when we confess Him as Lord and Savior. His love brings us into God’s family forever and ever. His love reconnects each Christian with God! And that makes you and I **Daughters of the King**. That’s real empowerment!

When He says you are the apple of His eye, it means you are so special to Him that He can’t take His eyes off you. His love and faithfulness cannot be taken from you. When God calls you a beautiful woman, he sees you from your heart outward to your face. He speaks truth into you and, at the same time, brings that truth into reality. You have a destiny and He helps you do it. His purposes for your life will stand. That’s what the Bible says.

Today, stand up straight with your shoulders back and be proud of who you are. Embrace Godly empowerment personally for yourself. Recall who you are in His eyes. Don’t believe one single, evil lie spoken about you by anyone. **God’s Word** trumps evil every time! He sees you as you are AND sees what you can become -- all at the same time. God is FOR you!

With great expectation for your Godly empowerment,

*Crystal Wacker*

Editor-in-Chief  
Reach UP Magazine

EMPOWERMENT



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# LOVER-BOY

## LIES

by Gloria Young  
with Crystal Wacker

### Storybook promises that lead to slavery

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

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. Maybe it's because her problems are giants in her mind that she believes that he really "gets" her.

The "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.

But 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 wanting 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, working toward being her friend. She thinks that'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 because it gets him what he wants, not because he believes it's 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 which 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 woman'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.

The more she does what he requires, the more control he has. But if she resists him, he will be violent with her. She's shocked, but the conditioning is in place, and she'll excuse it as not being so bad.

After all, "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 often when someone tries to rescue her, 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 her dependent and not thinking straight. She belongs to him. The trap is so deep now. She has become so 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)

## He doesn't want her to see through his sweet talk for what it is --

## Lies that leads to Slavery!

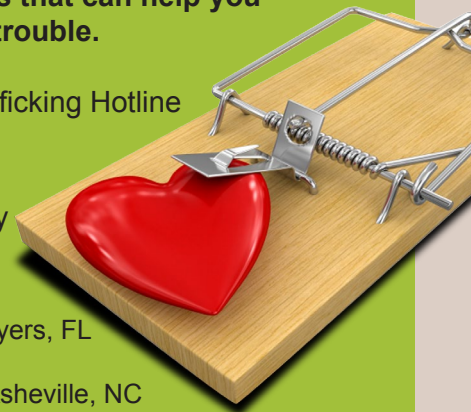
Just a few organizations that can help you if you're in this kind of trouble.

The National Human Trafficking Hotline  
**888-373-7888**

Report Suspicious Activity  
**866-347-2423**

Beauty From Ashes, Fort Myers, FL  
Helping Hands Network,  
US National Hope House, Asheville, NC  
International Justice Mission, [www.igm.org](http://www.igm.org)  
Not For Sale – [www.notforsalecampaign.org](http://www.notforsalecampaign.org)  
Refuge for Women, Lexington, KY  
Run for Freedom/Dream Again Ministries, FL & RI  
Shared Hope International – [www.sharedhope.org](http://www.sharedhope.org)  
Wellspring Living Center, Atlanta, GA

*These referrals should not be seen as an endorsement or approval in any way by Reach UP and its board.*



## Educate yourself about the terms heard on the news:

*Human trafficking* defined: Human trafficking is also referred to as "modern day slavery," and it is happening all over the world. Technically, it is defined as:

"The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services through the use of force, fraud, or coercion for the purpose of involuntary servitude, debt bondage, or slavery. *Sex trafficking* is defined as the recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a commercial sex act in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such act is under 18 years of age.

Newman, G: *The Exploitation of Trafficked Women*. Washington, D.C (2006): U.S. Department of Justice ,pg. 5



# Putting your BEST foot forward

by Elaine Mizuo

Feet. They're such an important part of our body, yet we don't think about them much until they hurt. More than 25% of the bones in our body are in our feet, and our feet have to carry the weight of our body when we walk. No wonder they get tired!

After a long day on our feet, nothing sounds better than a nice warm foot soak to calm those barking pups and relieve some of our stress.

Begin by putting on some relaxing music, then fill a basin with warm water. Mix 3 T. of olive oil with 2 T. of coarse sea salt or Epsom salt.

If you prefer a sugar scrub, use  $\frac{1}{2}$  c. sugar with  $\frac{1}{4}$  c. of olive oil.

Rub this mixture into your dry cracked heels for 5 minutes, then soak your feet in a basin of warm water for 10 minutes. Toss in some flower petals for a pretty soak.

Pat your feet dry and use a pumice stone on the balls and heels of your feet to remove dead skin.

Trim and file your toenails by cutting straight across to prevent ingrown nails. Apply a moisture cream to your feet. Polish your nails if you wish and enjoy wonderfully pedicured feet.

## Did you know?

Did you know that our feet are capable of producing a pint of sweat a day?

If you live in a warm area or if you suffer from sweaty feet, brew 3 or 4 ordinary black tea bags in boiling hot water for about 15 minutes. Pour this tea water into a foot basin. Add 2 quarts of cool water and soak your feet in the warm tea water for 30 minutes. If you do this for a week, the tannins from the tea should help your feet to sweat less.

*"How beautiful are your feet in sandals, O prince's daughter!"*

-- Song of Solomon 7:1



# MONEY ISSUES

Where does your money go?

by Kellie-Ann Davis

It's pretty hard to find someone who doesn't have to watch how they spend their money. The best way to plan how your money is spent is with a budget. Part one of budgeting is with the estimate. A Money Journal helps you figure out how the money that comes in (income) is spent. This can be very eye-opening because a little overspending in two or more categories can add up to a lot of overspending! Part two budgeting involves coming up with a plan based on what you've learned about your spending habits. You are able to decide where to make changes so there is enough money to buy what is needed. It also inspires you to find opportunities to earn extra money. A budget gives you power. It's not about limits -- it's about informed decisions on where your money is spent.

Kellie-Ann has assisted families in reviewing and reworking their budgets for the past six years in non-profit Broward County organization.

Beginning the first of the month, save all your receipts. It's important to keep a record of how much you spend FOR EVERYTHING. Using the receipts, list the amount you spent in the categories to the right. Write every total down, then add them for a grand total, which you can write into the Month 1 column for each category. Then look at each category, especially in the green and red sections, and ask yourself where you can cut back, change, or even eliminate any expense. The second month, follow the same procedure as Month 1. This time, ask yourself if you improved in your spending habits.

The expenses in blue are items that you have to pay. If utilities are paid in your rent, then leave it blank. (You still must have these things to live.)

The expenses in green are very much part of our lives. But It is possible to either cut down these costs, use less, or switch to something else in order to make your money go farther. And in some instances, you can choose to go without something for a time until it's more affordable. Use the extra lines to add in more categories to show where your money goes.

**MONEY SAVING TIP:** *Doing your taxes? Go to the IRS website to find out if you're eligible for FREE help and where. (Criteria is based on income.) <http://apps.irs.gov/app/eitc2011/SetLanguage.do?lang=en>*

The items in red are budget suckers. You don't need them to live, and they do you no good. If you know of other budget suckers, write them down and promise yourself to get rid of them!

*\*Tithe is 10% of what you owe God. It's that simple. It comes off the top of your income. God is always a rewarder and keeper of His own people who trust Him and obey. The truth is, you can't afford not to tithe.. You give your tithe at the church you attend.*

What I use my money for:	Month 1	A better choice for Month 1	Month 2 Did I improve?
Tithe*			
Rent			
Electric			
Gas			
Water/Sewer			
Food			
Snacks			
Transportation/bus			
Car/Cab Car insurance Gasoline			
Cable TV			
Cellular Phone			
Personal Hygiene: Nails, Hair, etc.			
Child Care			
Medical Doctor Visits/ER Prescriptions			
School Supplies			
Entertainment/Video Games			
Alcohol/Drugs			
Cigarettes			
Credit Card Interest Pmt.			
Rent-to-Own 200% mark-up -- DON'T DO IT!			

# ATTITUDE

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inspired by Harvey Mackay

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Ducks Quack  
Eagles Soar



Wally, your driver. While I'm loading your bags in the trunk I'd like you to read my mission statement.'

Surprised, Harvey read the card. It read, "Wally's Mission Statement: To get my customers to their destination in the quickest, safest, and cheapest way possible in a friendly environment."

This blew Mr. Mackay away, especially when he noticed that the inside of the cab matched the outside -- spotlessly clean!

As he slid behind the wheel, Wally said, "Would you like a cup of coffee? I have a thermos of regular and one of decaf." Harvey said jokingly, "No, I'd prefer a soft drink."

Wally smiled and said, "No problem. I have a cooler up front with regular and Diet Coke, water and orange juice."

Almost stuttering, Harvey said, "I'll take a Diet Coke."

Handing him his drink, Wally said, "If you'd like something to read, I have *The Wall Street Journal*, *Time*, *Sports Illustrated*, and *USA Today*."

As they were pulling away, Wally handed his passenger another laminated card that read, "If you'd like to listen to the radio, these are the stations I get and the music they play."

As if that weren't enough, Wally told Harvey that he had the air conditioning on and asked if the temperature was comfortable.

Then he told Harvey the best route to his destination for that time of day. He also let him know that he'd be happy to chat and tell him about some of the sights or, if Harvey preferred, to leave him with his own thoughts.

"Tell me, Wally," the impressed passenger asked the driver, "have you always served customers like this?"

No one can make you serve customers well. That's because great service is a choice. Harvey Mackay, tells a wonderful story about a cab driver who proved this point.

He was waiting in line for a ride at the airport. When a cab pulled up, the first thing Harvey noticed was that the taxi was polished to a bright shine. Smartly dressed in a white shirt, black tie, and freshly pressed black slacks, the cab driver jumped out and rounded the car to open the back passenger door for Harvey.

He handed Harvey a laminated card that read: 'I'm

# Am I a Duck or an Eagle?

Cont'd. from page 6

Wally smiled into the rear view mirror. "No, not always. In fact, it's only been in the last two years. My first five years driving, I spent most of my time complaining like all the rest of the cabbies. Then I heard the personal growth guy on the radio one day.

"He said that if you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. He said, 'Stop complaining! Be different from your competition and above the crowd. Don't be a duck. Be an eagle. Ducks quack and complain. Eagles soar above the crowd.'"

"That hit me right between the eyes," said Wally. "He was really talking about me. I was always quacking and complaining, so I decided to change my attitude and become an eagle. I looked around at the other cabs and their drivers. The cabs were dirty, the drivers were unfriendly, and the customers were unhappy. No

one was winning. So I decided to make some changes. I put in a few at a time. When my customers responded, well, I did more."

"I take it that has paid off for you," Harvey said.

"It sure has," Wally replied. "My first year as an eagle, I doubled my income from the previous year.

This year I'll make probably four times as much. You were lucky to get me today. I don't sit at cabstands anymore. My customers call me for appointments on my cell phone or leave a message on my answering machine. If I can't pick them up myself, I get a reliable cabbie friend to do it and let them take a piece of the action."

Wally was awesome. He was running a limo service out of a Yellow Cab. Wally's story has been shared with more than fifty cab drivers over the years,

and yet only a couple of drivers were inspired enough to try it for themselves. Too bad. They could have found themselves happy and doing quite well.

The rest of the drivers quacked like ducks and rattled off all the reasons they couldn't do that. Wally the Cab Driver made a different choice. He decided to stop quacking like a duck and start soaring like eagle.

Hmmm. Something to think about.

Things really can change and it begins with a 'tude' change.

The Bible says, "*A [wo]man reaps what [s]he sows. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up... let us do good to all people.*"

## Ducks Quack, Eagles Soar

'Just saying....

WISDOM FROM DAD --

YOU CAN ALWAYS BE # 1 IN WHATEVER YOU DO!

PASTOR WILBUR H. WACKER



Given to you by: