

# Reach UP

The Magazine to Empower and Enrich Today's Urban Woman

Fall 2012

DREAM  
*Flight*  
Live



*Faith*  
Be-Happy Attitudes

*Lifestyle*  
Putting Shoe Leather to the Ground



To say ***I like how God puts things together*** is an understatement. Sometimes I just want to shout out a cheer!

Two years ago I happened to hear a newscast about a Miami woman who was a finalist in the Energizer Bunny Woman of the Year awards. Listeners were urged to vote for her. After hearing her story, I voted for Andrea Ivory myself. I also wrote myself a note and filed it away to remember her story for a future issue of *Reach UP*.

So be sure to read “Putting Shoe Leather to the Ground.” She battled a giant and found her destiny in the process. (You’ll read about it in this issue.) I was blessed to have a breakfast interview with Andrea Ivory and her husband, Willie. Let me tell you, she’s as beautiful on the inside as she is on the outside.

To me that’s what true beauty really is. Inner beauty doesn’t age. Inner beauty actually grows as the years go by. It doesn’t require an expensive cream, or reaching some cultural standard for only the few. You’re never too young and you’re never too old to become truly beautiful.

How does a woman begin becoming beautiful on the inside? I think it starts with believing what God says about you and letting it get deep inside your thinking.

Here are a few verses from God’s Word that reveal God’s feelings for you. So take a few quiet moments and read God’s love letter to you. He is the Lover of your soul, and you are so beautiful to Him.

*Crystal Wacker*

Editor-in-Chief  
Reach UP Magazine



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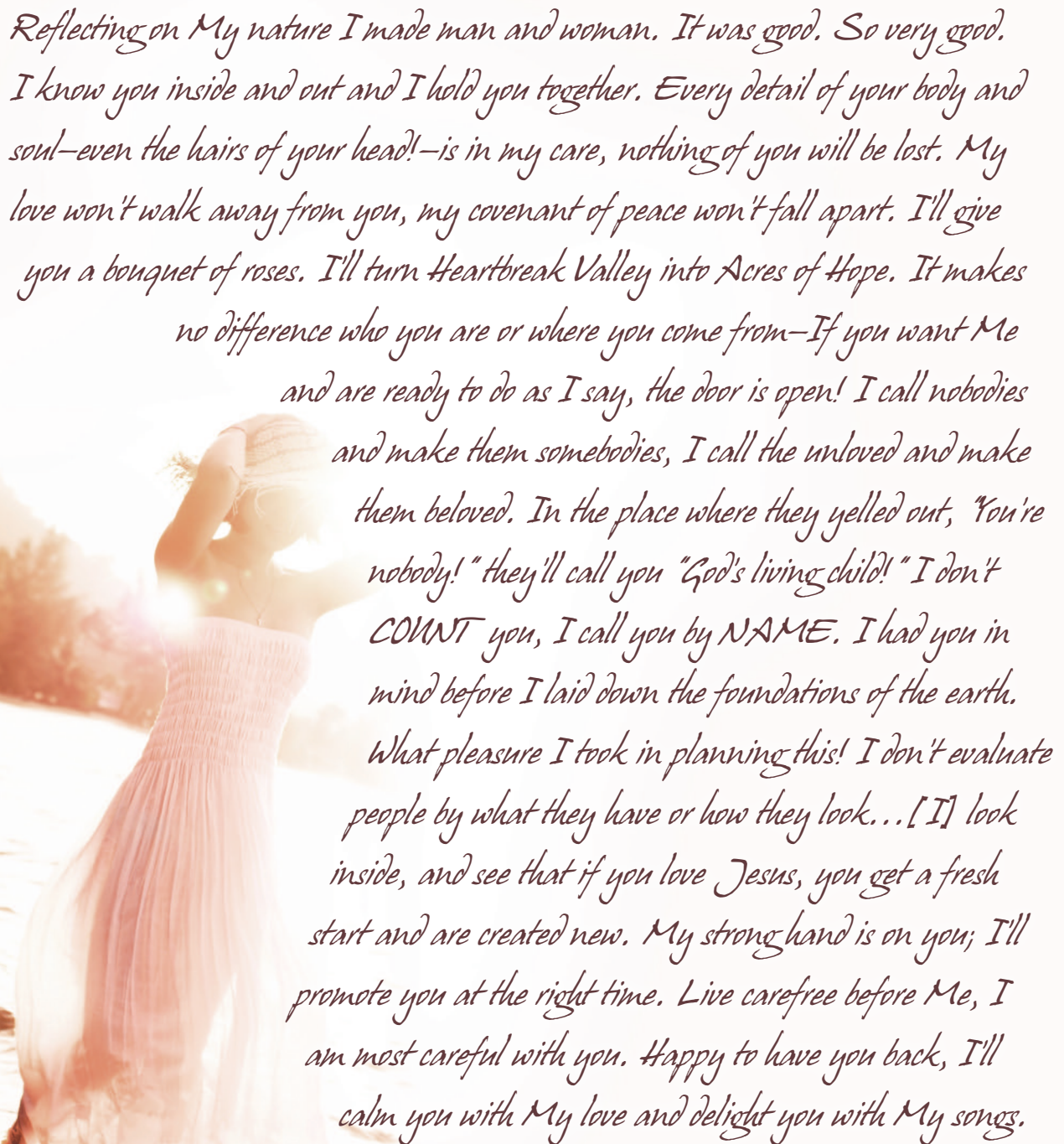
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*Reflecting on My nature I made man and woman. It was good. So very good. I know you inside and out and I hold you together. Every detail of your body and soul—even the hairs of your head!—is in my care, nothing of you will be lost. My love won't walk away from you, my covenant of peace won't fall apart. I'll give you a bouquet of roses. I'll turn Heartbreak Valley into Acres of Hope. It makes no difference who you are or where you come from—If you want Me and are ready to do as I say, the door is open! I call nobodies and make them somebodies, I call the unloved and make them beloved. In the place where they yelled out, "You're nobody!" they'll call you "God's living child!" I don't COUNT you, I call you by NAME. I had you in mind before I laid down the foundations of the earth. What pleasure I took in planning this! I don't evaluate people by what they have or how they look...[I] look inside, and see that if you love Jesus, you get a fresh start and are created new. My strong hand is on you; I'll promote you at the right time. Live carefree before Me, I am most careful with you. Happy to have you back, I'll calm you with My love and delight you with My songs.*

God Almighty  
My Word in The Message Bible

Genesis 1:27, 31; Psalm 41:12; Luke 21:18; Isaiah 54:12; Hosea 2:15; Acts 10:35; Romans 9: ; Ephesians 1:3; 2 Corinthians 5:16, 17; I Peter 5:7; Zephaniah 3:17

# Putting Shoe Leather to the Ground; Saving Lives One Knock at a Time!

by Crystal Wacker



What does the Energizer Bunny Hall of Fame, L’Oreal Woman of Worth, CNN Heroes, and Yoplait Champions have in common?

Andrea Ivory!

You may not know Andrea Ivory, but over 10,000 people each year are helped because she had a dream.

But before she had a dream, she had a frightening health diagnosis – breast cancer.

The year was 2004, and she was going to a Bible Study, trying to learn what her purpose in life was. They were studying the best-seller, *The Purpose Driven Life*, by Rick Warren. She went to the doctor for her normal exam thinking that everything was fine.

But everything wasn’t fine. Her mammogram revealed that she had breast cancer. “It’s not the kind of news you ever expect happening to **yourself** even though I know that breast cancer does not discriminate. One in 8 women will be diagnosed with breast cancer.”

Though her husband, Willie, knew he needed to be strong for Andrea, he was devastated. But she surprised him with her strength. She told him, “We believe the Word of God, and it’s time to put shoe leather to our faith.” (If they were going talk the talk, they were going to walk the talk!)

“Because I had early detection,” explains Andrea, “I had choices of treatment.” She went on to say, “The later the diagnosis, the fewer choices you have, and the greater the chance of dying.”

But the good news is that because the WBHI volunteers got her help in time, Jewell is alive and cancer free today.



Andrea Ivory



Besides getting a second opinion, Andrea focused all her efforts on learning everything she could about the treatment for breast cancer.

“While going through the treatments, I wondered how other women could afford health care. I had a wonderful husband who supported and helped me. But not every woman is so fortunate. That is when a dream dropped into my mind.

“I wrote down the dream. It became what is known today as the Women’s Breast Health Initiative.”

So by 2006 they began to put shoe leather to the pavement. Volunteers were organized to go door-to-door and alert the women to the benefits of early breast cancer detection.

While Andrea was praying and following the doctor’s treatment and getting better, she kept working, making the Women’s Breast Health Initiative (WBHI) what it is today.

Currently, WBHI’s growing group of volunteers visits 10,000 homes every year. Many women have been educated and helped, but Jewell is especially glad they knocked on her door.

Jewell wasn’t yet 40, the age when women should have their first baseline mammogram. She told WBHI volunteers, “I feel something.” That’s all they needed to hear. Quickly they arranged for a

mammogram. The result came back that Jewell had Stage 2 cancer.

But the good news is that because the WBHI volunteers got her help in time, Jewell is alive and cancer free today.

Since writing her dream down and putting shoe leather on the pavement, Andrea Ivory's dream has gained national attention. Look for her story on YouTube and

CNN's Anderson Cooper's 360 (<http://ac360.blogs.cnn.com/2009/10/14/andrea-ivory-how-early-detection-saved-my-life/>). Most recently she was honored by the Congressional Record, 111th Congress.

Andrea's trust in our faithful God, a wonderful husband, and a strong will to overcome helped her face and conquer the giant of breast cancer. She hopes you will take care of your health and join her in thinking Pink!

# Early breast detection

## What You Don't Know CAN Hurt You!

### Size of Tumors Found by Mammography



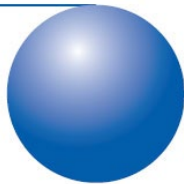
Average-size lump found by yearly mammogram when past films can be compared.



Average-size lump found by first mammogram.



Average-size lump found by accident.

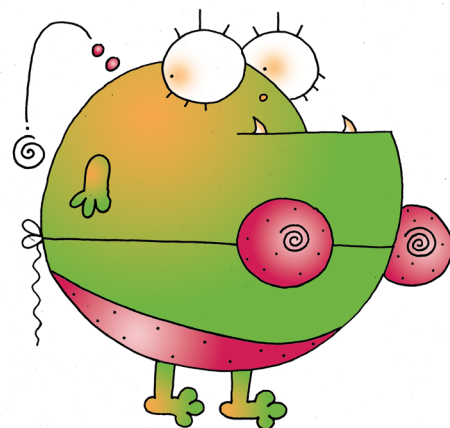


- ✓ 1 in 8 women will be diagnosed with breast cancer.
- ✓ Breast cancer does not discriminate.
- ✓ Know early detection guidelines.
- ✓ If you don't know, you can't fight.

B4Pink.com is part of the Women's Breast Health Initiative. You can learn more healthful tips and buy PINK products. There are so many people who are active supporters of B4 Pink.

If you need help finding where you can have a mammogram, contact B4Pink.com

Raising Eyebrows & Making Impressions in Support of Breast Cancer Awareness  
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*April*

"Beat the (Booby) Monster!"

The American Cancer Society recommends these screening guidelines for most adults.

- ✓ Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.
- ✓ Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- ✓ Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health

### October is Breast Cancer Awareness Month

Cut Your Cancer Risk - One Bite at a Time

Change the way you eat and you could reduce your risk of becoming a cancer statistic. Eating fruits, vegetables and fiber protects healthy cells from cancer-causing free radicals (the bad guys) and keeps weight in check.

# BE the Parent Your Child Needs You to BE

by Elaine Mizuo

Don't just Survive,  
**THRIVE**  
this next School Year!

You want your child to do well in school and get a good report card. Did you know that YOU matter in his/her report card?

I see parents every day, and here is what I wish they knew about successful kids.

## **Parents hold the key!**

### **Be involved**

Ask to volunteer an hour or two in your child's class or at a school event. Your young children are so proud to see you helping out.

### **Be on time**

Your child begins the day happier and ready to learn if he or she arrives on time. Plus you can have fun catching a few minutes with friends before school begins.

### **Be pro-active**

Attend as many school events and meetings as you possibly can. You are a very important member of the team that helps educate your child.

### **Be real and communicate with your child's teacher**

Teachers can better understand and help your child when they know what's going on in your child's life. If there are issues of concern at home or at school, ask to talk in private with your child's teacher.

### **Be consistent in their homework routine**

Establish this routine at the start of the school year. Your child feels more confident if he or she comes to school with completed homework.

To give your child a better chance of getting it done, establish a **daily time** and **quiet area to work** where he or she can focus on the homework. Have pencils and paper readily available.

### **Be bold**

Ask the teacher for help with your child's homework if needed. Teachers love to see how much you care and want the best for your child's education.

### **Be interested**

You probably have no idea how much your child appreciates it when you take a genuine interest in his or her school day. This shows your child how much you care.

Have your child tell you something new that he or she has learned each day, and ask your child to share any concerns that may have arisen. Share your child's concerns with the teacher if necessary.

### **Be encouraging**

Your child will find comfort knowing that you are there cheering him or her on, especially when he or she is struggling to learn.

### **Be resourceful and creative**

Many attractive items can be made for the home with little cost. This season you may wish to decorate your windows with the beautiful colors of fall that can be found right outside your door.

This is an easy activity to do with your child. They'll love the time they spend with you and will be proud of their creativity, too!

Happy Memories!

continues ...

## Materials Needed:

- ✓ Leaves
- ✓ Paper
- ✓ Waxed paper
- ✓ Iron
- ✓ Colored paper

It's about time  
your phone bill  
paid you.

ask me about ↘



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**1** Go on a family nature walk to gather a variety of colorful fall leaves.

**2** Place paper on your work surface.

**3** Cut a piece of waxed paper.

**4** With your child, arrange the leaves on the piece of waxed paper.

**5** Lay another piece of waxed paper on top of the leaves.

**6** Place a piece of paper on top of the waxed paper to absorb any melted wax.

**7** Set the iron on warm heat and have an adult iron the waxed paper so that the two layers adhere to each other.

**8** Trim the edges.

**9** Cut a fall colored paper to add a border to the leaves.

**10** Tape it to your window and enjoy the beauty of this fall season.



**GOD IS FOR ME!**  
**+ MY FAITH IN GOD**

All scripture used here is from Matthew 5:2-10 from the Good News Translation. Try reading it in the Message Bible, too! **=**

**I CAN BE HAPPY!**

**Be  
Happy  
Attitude # 1**

*"I need help -- I can't do it alone"*

"Happy are those who know they are spiritually poor; the Kingdom of heaven belongs to them!"

**Be Happy Attitude # 2**

*"I'm really hurting —  
But I'm going to bounce back!"*

"Happy are those who mourn; God will comfort them!"

**Be Happy Attitude # 3**

*"I'm going to remain calm, cool and corrected."*

"Happy are those who are humble; they will receive what God has promised!"

**Be Happy Attitude # 4**

*"I really want to do what's right!"*

"Happy are those whose greatest desire is to do what God requires; God will satisfy them fully!"

**Be Happy Attitude # 5**

*"I'm going to treat others the way I want others to treat me."*

"Happy are those who are merciful to others; God will be merciful to them!"

**Be Happy Attitude # 6**

*"I've got to let the Faith flow free through me."*

"Happy are the pure in heart; they will see God!"

**Be Happy Attitude # 7**

*"I'm going to be a bridge builder"*

"Happy are those who work for peace; God will call them his children!"

**Be Happy Attitude # 8**

*"I'm going to be happy -- Anyway!"*

"Happy are those who are persecuted because they do what God requires; the Kingdom of heaven belongs to them!"



Given to you by: