



Reach UP

The Magazine to Empower and Enrich Today's Woman

Spring 2013



Faith

When the Glass Slipper Doesn't Fit

Lifestyle

I'm Going to Be Somebody

Why Reach UP?

I don't often talk about myself in *Reach UP*. There's a reason for that: *Reach UP* was never about promoting me at all. I think we've all had enough of people who talk and tweet about themselves every hour of the day!

But this time, I'm going to say. "It has been a TOUGH year! I've experienced the loss of finances, love, and work. I've also experienced God's provision, His love and faithfulness, and His promises coming true."

Maybe like me, you've experienced times that seemed awfully dark. And maybe like me, you wondered, "Why REACH UP?" Let me just stay in bed and cry....

Here are a few things I learned this past year about why we encourage each other to "Reach UP."

Always Reaching UP,

Crystal Wacker

PS: Let me know other reasons to "Reach UP" at reachupmag@aol.com



A woman who Reaches UP, is an example of hope for her children.

Reaching UP gives you purpose.

Reach UP when you're confused, and you will find the answers.

God keeps your days stable and secure.

Winners Reach UP when the going gets tough.

When I Reach UP to do better, I feel better about myself.

Worry wears us down, a cheerful words picks us up.

If Jesus sets you free, you are free through and through!

Reaching UP helps you get good advice.

A lazy life is an empty life, but "early to rise" gets the job done.

Reaching UP opens doors of opportunity.

Committed and consistent work pays off.

When you Reach UP, you are on your way to a good choice.

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When the Glass Slipper Just Doesn't **fit**

by Babs Kincaid

Who doesn't know the classic story of the handsome prince who slips the sparkling slipper onto the foot of the servant girl and discovers his one true love, Cinderella? It is a beautiful match made in heaven! All is well, and the two walk off happily ever after into the dazzling sunset!

As the fairy tale of Cinderella comes to the end, the one who we wanted to receive the gift of love, the one who deserved it, did receive it. The mean imposters were left empty-handed.

Bravo! We are familiar with the Hollywood version of the perfect world. Life in the **reel** world rarely looks like life in the **real** world.

Let's be honest. When real life hits and the sparkling glass slipper doesn't fit, *how do we handle our disappointment?*

*"God grant me the
serenity to accept the
things I cannot change
and the courage to
change the things I can
and the wisdom to know
the difference"*

Reinhold Niebuhr

I'm not just talking about relationships and romance. We can be stung with disappointment by any opportunity that falls short and misses the mark. It can be a career experience, an unmet goal, a physical health issue, or a family experience.

Do you and I just roll over and die when we're hit with major disappointments? Do we give in to doom and gloom? Is it, "Bring out the 'whine' and cheese! Send in the firing squad!" Where is the future and our hope now? Do we just quit?

In the midst of disappointment, we can't let ourselves forget that God hasn't finished the story of our lives!

What comes to mind for me is the principle of acceptance. Acceptance means being honest by acknowledging my reality over my imagination or fantasy. And that's what the Serenity Prayer is all about. God says it best with these words:

No good thing will he withhold from them that walk uprightly. (Psalm 84:11b)

But they that seek the LORD shall not

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want any good thing. (Psalm 34:10)

Those who fear him lack nothing. (Psalm 34:9)

Perhaps our focus needs to be on **the things we can change** rather than the things we can't change.

In a 19th century version of Cinderella written by Jacob and Wilhelm Grimm, the wicked stepsisters struggled with the concept of acceptance. Instead, the stepsisters try to trick the prince by cutting off parts of their feet in order to get the slipper to fit.

Emotionally, I have done the very same thing. I have tried to mutilate my thinking and personality in order to fit a person, place, or thing that wasn't right for me. I need and I want to break the cycle of trying to connect myself with a person, place, or thing that is unhealthy for me. Do you?

Acceptance, my friend, hooks me up with a winning mindset. Acceptance is a **power** word, beloved! I need to accept what I can't change and quit crying over the dream that might have been. I have to believe the Maker of the stars and sunsets knows what I need the most. I have to believe that better days are ahead! I have to trust that the Creator of Love can shower some rainbows my way!

After all, the Hero of the Big Book is madly in love with me! I am not saying this life is a cake walk, but He does transport me to a safe space. I am choosing to believe the biblical promise, "*Blessings crown the head of the righteous*" (Proverbs 10:6).

Ok, so maybe your glass slipper didn't fit! But maybe God has a greater gift for you that will take your breath away! I call that a "Heaven drop." Maybe His Heaven drop will be more than you can dream of or imagine! Heads up! There might be a greater golden slipper coming your way!

Wow verse: "*Surely goodness and mercy shall follow me all the days of my life*" (Psalm 23:6).

Recovery tool: The principle of acceptance begins with honesty, courage, and faith. The reward is Godly wisdom and a life of blessings. We are honest when we accept our reality over our imagination or fantasy. "*Let us walk honestly*" (Romans 14:1). It means my hope is in Christ to fulfill my needs rather than myself. "*As bad as you are, you still know how to give good gifts to your children. But your heavenly Father is even more ready to give good things to people who ask.*" (Matthew 7:11). I can accept my reality because I trust in a power greater than myself -- God -- to work it all out for good.

I like to think about it like this: **Since I am royalty in God's family, I can believe my golden slipper is on the way!**

Things I **CANNOT** change:

Things I **CAN** change:

What I **CAN** do to help it change:

Skip down the street!
Take the hand of a child and
have some fun!

Hand towels aren't just for drying your
hands. Quickly wipe down the faucet
and sink after using it and your faucets
will sparkle.

Smile a lot!

Bling up your phone
with some stick on
gems.

Paint your nails in the color of your
choice, top coat with a layer of sparkles.

Lay down a coat of clear nail polish on
a picture frame. While wet, sprinkle or
pour glitter on the wet, clear nail polish.
Glitter always adds sparkle!



For a sparkly feeling, wash and
change your bed sheets. Take a
warm bath and snuggle in your
clean bed with a good book!

Spray some body glitter on
yourself and feel as if you
are a princess all day.

Add some
SPARKLE
to your life!

Have some sparkling
apple cider with dinner
in a fancy glass.



Drop your
rings into a
glass of Alka-Seltzer for
10 minutes. They'll sparkle
like new!

Relax and light some candles, they
have a nice sparkling, warm, glow.

Clean your windows:

Best & cheapest way: Take a pail of water, add
vinegar and a dash of ammonia.
Sponge on the windows. Then squeegee down the
window in a straight stroke. Wipe squeegee with an
old towel. Repeat until the window is totally finished.
Use the towel to catch any water still remaining on the
window.

Add a dash of white sparkle powder
to the inside corner of your eyes to
compliment the whites of your eyes.

Go outside and light some
sparklers with your kids and write
your names in the night.
You can see your
name in lights!





I'M GOING TO BE **SOMEBODY!!!**

by Jeanette Rivera with Tasha Michelle Hayes

Who says it's too late to get your high school degree? Just because you may have children, or you're older than the average high school aged student, or you didn't have enough credits to meet standard graduation, it's never too late to go after your education. There is always time -- and hope.

Never give up!

Tasha Michelle Hayes had a goal and she went after it. She had three children and no man who helped with the support. Her many challenges didn't dim the promise she made to herself: "I'm going to be something in this life!"

Here's what she told *Reach UP*.

Growing up wasn't the easiest. I watched my mother struggle and try to make ends meet for my sister, brother, and me.

After a couple of moves, I lost interest in school at a young age and dropped out.

I had my first child, Diamond, at the age of 20. It didn't take long before I feeling depression. I was alone with no one to help me. Diamond's father was out

the picture.

It was very hard to go from being a teenager to a woman with responsibility. I couldn't do the things a single person could do. I looked for love in a man and that too failed.

To deal with the depression I went to doctors to see if anything could be done for me. They gave me medications. But I still had an empty feeling. Though I always knew who God was, my focus wasn't on Him.

I wanted to feel love and acceptance. So again I turned to a man. This time I got pregnant with twin boys. We got married and I thought things would work out.

My dream was soon shattered by his controlling and manipulative ways. I learned he was a thief and was on probation. All through our relationship he was in and out of jail and always in trouble. He wasn't physically abusive but he did verbally abuse me.

He would tell me, "Why you going to school? You need to be at home taking care of your kids and the house!"

All I wanted to do was better myself and help my family. I remember telling my now ex-husband that I wanted to go back and finish my GED. He was so against it.

I contacted a church and they

sent me everything I needed to do in order to prepare for the pre-exam and the GED test. I was so excited to start anew.

In 2009 at the age of 26 I completed and passed my GED exam! For once I was so proud of myself. I was still married but, sadly, by the end of the year we divorced.

Meanwhile other things seemed to be going great. I took my first tour to a college and went through pre-RN courses. It felt amazing.

But some cycles were hard to break. I met a man and got pregnant with my fourth child. Depression set in again because now I was alone raising four children.

Everything seemed to be going so wrong, but I was not about to give up.

This time I found God! I knew God hadn't given up on me, so why should I give up on myself? I may be a single mother with four beautiful children,

**Take baby steps
and go back
to school!**

but that does not stop me from accomplishing my goals in life.

Just because I live in the projects does not mean I won't make it. Soon I will be the Registered Nurse I dreamed about. Times are still hard, but I continue to push. I want my children to believe in me as I believe in them. It's good to be able to say that now I have a loving family. At 27 years of age, I am proud of my small accomplishments.

To all women who are struggling and have self-doubt, I want to say, "Take baby steps and go back to school." If I can do it, so can you. When people look at me, I don't want them to think I'm just another statistic. I want to be someone. I want to hear them say, "Wow! She's somebody."

I am always the one pushing my family to move forward. And now I want to push you! With God on your side, you will be okay. Just lean on Him. He will direct your path.

My Advice

- Surround yourself with positive people. It is not easy, but there is always a way.
- Take out a library card and educate yourself. It's free.
- Study hard for the test.

In all your ways acknowledge Him; And He will make your paths straight.

Proverbs 3:6



Tasha (L) and her Kids (R)

HELPFUL TIPS FOR GETTING YOUR HIGH SCHOOL DIPLOMA...

The GED high school diploma program is designed for adults who did not earn their high school diploma in a traditional high school setting. Having your High School diploma or GED is crucial in gaining employment.

The test consists of:

- **Writing:** The writing test is divided into two parts. The first part of the test consists of 50 multiple choice questions regarding the Basic English language and grammar, with a time limit of 75 minutes. The second part of the test requires you to write an essay on an assigned topic, with a time limit of 45 minutes.
- **Reading:** The reading test is a 65-minute test in which you must read poetry and other literary works to answer 40 multiple choice questions.
- **Social Studies:** You will have 70 minutes to answer 50 multiple choice questions on geography, government policies, economics, and history.
- **Mathematics:** Some questions on the math portion of the test are multiple choice, and others are not. With a time limit of 90 minutes, you must complete math problems with skills in geometry, basic arithmetic, patterns, statistics and algebra functions.
- **Science:** With an 80 minute time limit, you must answer 50 multiple choice questions on physical science, life science, and Earth science.

How do I start?

Visit your local community college or Labor department and enroll in their GED preparation class. These classes will cover the material you can expect on the test, and you will develop skills that are necessary to pass the GED test. In addition, GED class teachers will reveal study tips to help you pass your GED test.

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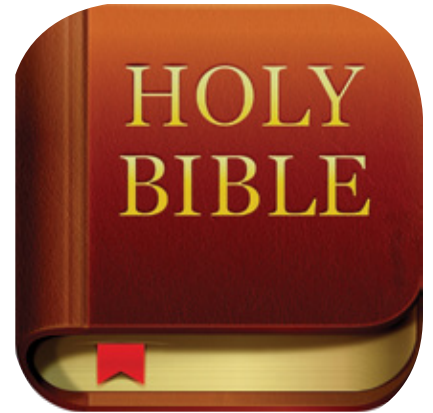
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The Essential 100 Challenge (E100) helps you get an overview of the Bible without getting bogged down. This plan guides you through 50 Old Testament readings and 50 New Testament readings (The Essential 100) so you can see the big picture of God's Word. Plus, you will form a daily Bible reading habit in the process. E100 is a way to have a "through the Bible" experience; it's the Bible reading plan people love to complete.



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