

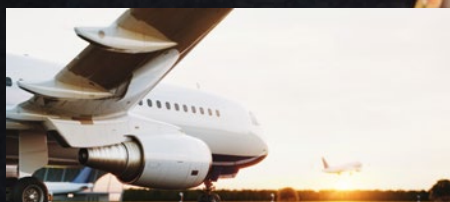
CHOICES

SPRING 2019

DESTINY ISSUE!

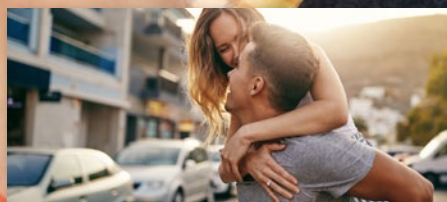
LEARN TO IDENTIFY THE
ROLES OF FATE AND
DESTINY IN YOUR LIFE!

INTERVIEWS WITH
CHRISTINE MAZGLAD
& ERIC COURTNEY



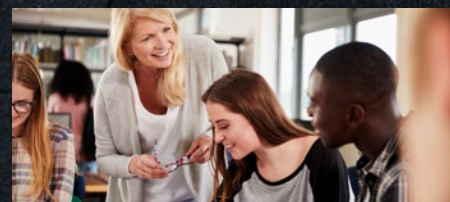
WAS IT MY DESTINY?

WAS IT DESTINY THAT
CHANGED A LIFE ON A TRIP
THAT STARTED AS A JOKE?



MAINFEST YOUR OWN DESTINY

8 SIMPLE STEPS THAT WILL
HELP YOU MANIFEST YOUR
OWN DESTINY



WHY ARE WE HERE?

THREE CORE OBSERVATIONS
FORM THE BASIS OF FINDING
YOUR PURPOSE IN LIFE

CONTENTS

DESTINY

- 06** WAS IT MY DESTINY?
BY JUDI MOREO
- 17** DESTINY OF CHOICE OR
CHOICE OF DESTINY
BY HENRY NOEL
- 20** HOW TO KNOW YOU ARE
ALIGNED WITH DESTINY
BY HOLLY DUCKWORTH



- 24** WHY IT IS EASY TO
CONFUSE DESTINY
BY JOAN S. PECK
- 41** FRONT ROW VIEW
BY GINA GELDBACH-HALL
- 66** REALIZE AND MANIFEST
YOUR OWN DESTINY
BY ANTHONY BURNSIDE



- 68** A FINAL NOTE
BY JUDI MOREO

ON THE COVER

- 14** WANDA PORTER
TRAINER, SPEAKER, AUTHOR, COACH & CONSULTANT

INTERVIEWS

- 33** CHRISTINE MAZGLAD
BY JUDI MOREO
- 53** ERIC COURTNEY
BY JUDI MOREO



LIFESTYLE

- 29** WHY ARE YOU HERE?
BY PAUL LEVIN
- 46** FOR SUCH A TIME AS THIS
BY SHANA KAI
- 49** ARE YOU ON TRACK FOR A
SUCCESSFUL 2019?
BY KEVIN DUNLAP
- 62** A FRESH NEW START
BY RIDGELY GOLDSBOROUGH

BEAUTY & THE FEAST

- 58** FEAST FOR FIFTY
BY S. L. GORE



FROM THE EDITOR

to me, means that a person, incident, or experience is put in front of us. Destiny is determined by the choice we make as to what to do with it.

I know sometimes it feels as though it was fate that we met that special person and it may have been, but how we develop that relationship or not will determine our destiny.

Sometimes it feels as though fate brought us to this special place and it could well have been but whether or not we make the choice to stay there will determine our destiny.

Most of us believe when bad things happen, it was probably for a reason. It may have been fate that made it

happen, but we determine our destiny by looking for the reason.

In this issue, our writers explore the subjects of destiny and fate from various angles. They have given us food for thought. As you read their stories, think about the parts that "fate" and "destiny" play in your lives and how you can shape your future.

And remember, you are more than enough,

Judi

Is there really such a thing as destiny? Is there some hidden power which controls what will happen to us in the future? Is there a predetermined course of events that determines the future? If so, does that mean we have no choices?

As you know, I believe we always have choices. Just as I believe that fate and destiny are not the same thing. Fate,

OUR TEAM

PUBLISHER Turning Point International **EDITOR IN CHIEF** Judi Moreo **CREATIVE DIRECTOR** Jake Naylor
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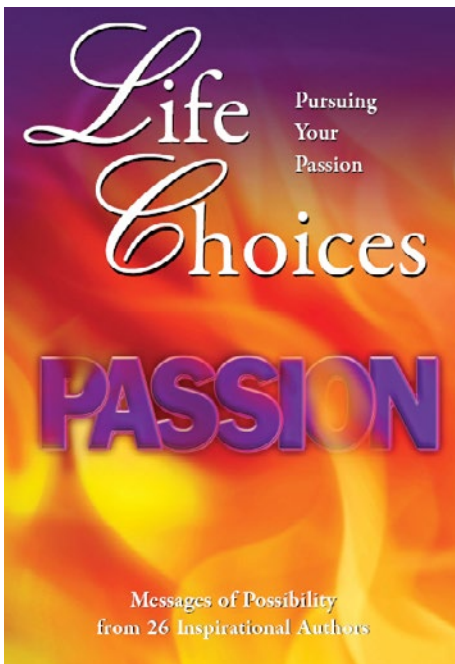
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LIFE CHOICES SERIES

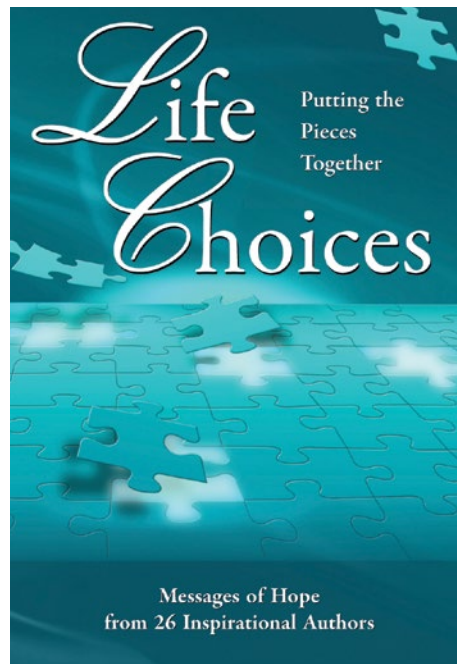
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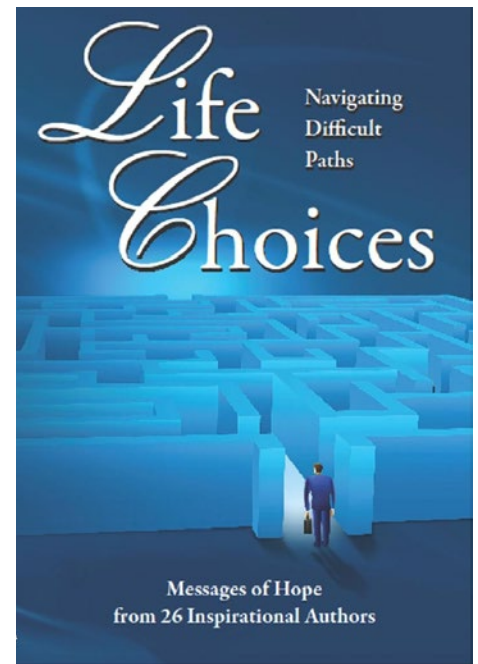
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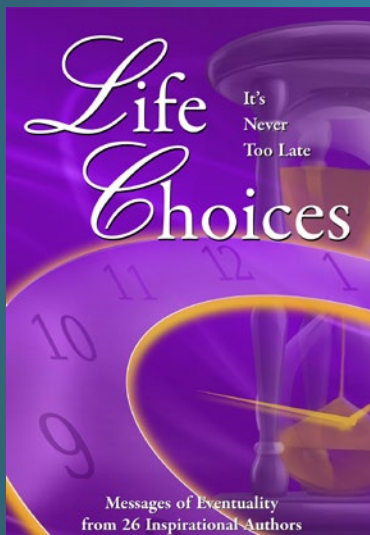
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This empowering collection of stories reminds us that we all have choices and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their inspiring journeys when navigating the difficult paths of their lives.



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WAS IT MY DESTINY?

BY JUDI MOREO

A gorgeous 6' 2", blond-haired, brown-eyed photographer was actually standing in the doorway to my office, laughing and smiling, saying, "Come with me to South Africa."

I had never been outside of America except to go across the border into Mexico. And I had a modeling agency to run. I hadn't taken off for a holiday in six years. His invitation was tempting, but I didn't feel I could take the time for a vacation or holiday. So I thanked him and shrugged it off. Perhaps one day I'd have time for holidays.

My secretary came into my office and asked, "Did he just invite you to go with him to South Africa, visit his home country and meet his parents?"

"Yes," I said. "Wouldn't he be surprised if I actually went?" Then, the idea struck me. "Buy me a ticket," I told my secretary, "And get me the seat next to his. It will be a wonderful joke. After we show him the ticket and see what he says, we'll cash it back in."



She bought the ticket. The next time he came into my office, I showed it to him and, sure enough, he was very surprised.

"I invite everyone to come to South Africa," he said, "but no one ever accepts. I will call my mother and have her make arrangements for you." Out he went.

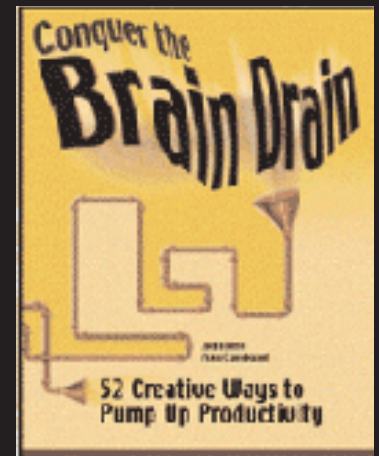
What great fun! We had called his bluff and were thoroughly enjoying our little joke. About an hour later, my secretary came in and said, "I think the joke is on

us. I didn't realize I bought you a non-refundable ticket."

What started out as nothing more than a joke ended up becoming the choice that changed my life forever.

I met my photographer friend, Vimmi, at the airport and within an hour, we were on our way to South Africa. I couldn't recall ever having been so excited. I must have asked him a hundred questions in the first hour on the plane. He explained to me in no uncertain terms that he was going home to see his family and had no intention of entertaining a foreigner by doing touristy things and sightseeing. Once we changed planes in New York, he took a sleeping pill and went to sleep, leaving me to my excitement and questions. I read the literature that my secretary had collected for me. I learned about Johannesburg, Pretoria (the capital of South Africa), Durban, Cape Town, and Sun City (a gaming resort in what is called "a homeland"). I watched movies and talked to the people who were seated around me. It was a ten-hour flight from New York to Johannesburg, so there was plenty of time to meet the other passengers and get to know them. Many of them were from South Africa and others had visited before, so they gave me pointers and sightseeing tips.

Vimmi's mother, Marty, met us at the airport in Johannesburg and they drove me to the Landrost Hotel, downtown, where she had made a reservation for me. It was a beautiful, old, historical hotel with dark wood paneling, high ceilings, plush furnishings and Persian rugs. I felt like royalty. Once I was checked in, they left and I went to my room. I was alone. Not only was I alone, I was alone in a foreign country about which I knew



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nothing except what I had read in those brochures and learned from the people I had talked with on the plane. What was I to do? I had a choice to make. I could stay in my room, hide out, and be safe. Or, I could muster up my courage, go out in the streets, see this new country and have an adventure.

Early the next morning, I went down to the lobby and consulted the concierge who told me a tour that day was not possible as I had to make a reservation the previous day. But, he said he would arrange tours for me for the next three days. Today, he recommended, I should put my money in my boot and my camera in a paper bag and take a walk around downtown. The idea of the paper bag was not to look like a tourist. It wasn't long until I figured out that

my disguise probably wasn't working, as my flaming red hair and brightly colored attire were really out of place in the business district of Johannesburg. Everyone I passed wore grey, black, or tweed business suits. I noticed one man in particular as he was dressed in black and white; everything was stark, beautiful, tailored, and expensive. He was more striking than Tom Selleck at his peak of popularity. This man smiled as he passed me. I was lingering and looking in store windows, noticing the architecture, going in and out of stores, looking at tourist treasures and didn't think too much about it when I passed him again a while later. Once again, he smiled and nodded.

As I stopped for the light before crossing the street at the corner of Coetze and

Kline, I happened to look up and see a small outdoor café on the second floor of a building across the street. The café was located on an outdoor terrace with many colored umbrellas shading the tables from the sun. I was thinking how beautiful it was when the Tom Selleck look-alike walked up behind me and said something that I didn't understand. So I said to him, "I'm sorry. I only speak English."

"I was speaking English," he replied in a heavy accent.

"What did you say?"

"I said that I've been running up and down this street for a half hour trying to find out if anyone knew you so they could introduce me, but no one did,

so I figured I'd better introduce myself before you get away. I'm Jeff Hoffman."

"Well, nice to meet you, Mr. Hoffman."

"Would you like to have a coffee?" he asked, indicating we should go to that charming café that I had been admiring. I saw no harm in sitting in an outdoor café, having coffee with the most handsome man I had seen in many years, so I agreed to go for "a coffee."

Mr. Hoffman turned out to be divorced, a few years older than me, a successful businessman, and very interesting. He offered to show me around Johannesburg, but I explained that I had tours booked for the next few days. He then suggested that he drive me back to my hotel. I said that if he'd like to walk me back and point out the sites of downtown, I would be happy to have him accompany me. So we walked, talked, and arrived at the hotel a couple of hours later. He invited me to dinner and I agreed, as long as it was in the dining room at the hotel. After all, I was in a foreign country and didn't know him at all. After dinner, he said "good night" and that he would call.

The next day, I took my first tour. I had fun talking to people whom I probably never would have talked with had I not been alone. I met people from England, Australia, and Asia. We saw the city, watched a performance of African dancers, toured a gold mine, and even panned for gold. As the bus pulled up to let me off at my hotel, I saw Jeff Hoffman standing on the curb.

"Hi," I said. "What are you doing here?"

"I've come to make sure you get a good dinner," he said. Once again, we had a

fabulous meal and enjoyed talking with each other about our different cultures and our lives. He explained to me that he was from Rhodesia and when the communists took over his country, he had moved to South Africa with his family. I was fascinated with his life and he was happy to share his experiences with me.

Each evening, as I returned from my daily tour, he was standing at the bus stop waiting to take me to dinner. Then I went on a three-day tour to the Kruger National Park, where I photographed animals in the wild. Everyone on the tour slept in round huts with thatched roofs called rondavals. In the Kruger Park, all eight of us who were on the tour ate our meals together and had cocktails called "sundowners" in the bush as we watched the sun go down. We also had dinner in the bush ... a

fabulous dinner served on folding tables with white tablecloths, china, and even candles. Later we observed the night creatures as they came out of their daily hiding. What a wonderful adventure I was having.

Sure enough, when the tour bus pulled up to return me to the Landrost, there he was again. He said he figured that by now, I would need some clean clothes. He had come to take me to dinner and pick up my dirty laundry. He said that I should not pay the high hotel prices for having my laundry done, but give it to him and he would ask his maid to do it for me. Then, when we were together on Friday evening, he suggested that on Saturday he would take me to the Indian market. Surely, I could trust him enough by now to get in his car. After all, he had returned my clothing!



So Saturday, I made the choice to go with him to the Indian market, shopped, ate exotic Indian foods, laughed, walked, and shopped some more. He invited me to his home for dinner.

On Sunday morning, Vimmi called wondering where I had been. They hadn't heard from me all week and were beginning to worry. He said he was also feeling guilty that he had dropped me downtown and left me on my own to fend for myself. I told him I was having a wonderful time, but he insisted that I go with him and his mother to Sun City, the gambling mecca in Bophutawana, to see an entertainer by the name of Julio Iglesias. Julio was not yet known in the United States, so I had never heard of him, but I felt it would be fun to travel and see a bit more of the country. I packed up my bags and went off with Vim and Marty to see Julio's show.

Marty had forgotten to fill up the gas tank in the car which caused us to run out of gas halfway to our destination. So I called Jeff and he brought us some "petrol" for the car. Marty invited him to join us on our trip, but he said he didn't want to impose; after all, he had business to attend to.

We were late arriving in Sun City and had missed most of the show. We made our way into the showroom in our traveling clothes, just in time to see Julio sing his last song. Marty was very upset. The tickets had cost her a lot of money and she had really wanted to see Julio's show. Not knowing who he was, but being from Las Vegas, I said I was sure that we'd be able to go backstage and meet him. So we marched up to Stage Door 4 where a group of ladies were screaming and jumping up and down. I walked right to the front of the crowd

with Marty in tow, presented my Las Vegas modeling agency business card to the security guard, and said, "Please tell Julio that I'm here." Before long the security guard came back with a gentleman who asked us to follow him.

Back stage, reporters from around the world waited to interview Julio, as waiters in black tails and white gloves served champagne and hors d'oeuvres. Needless to say, we were a bit underdressed in our traveling jeans

and t-shirts. I even had a chocolate drip on the front on my shirt — the result of having eaten a candy bar in the car after it had melted in the sun. Julio entered the room with my card in his hand and said, "Judi, how nice of you to come."

"This is my friend, Marty," I said. "She so wanted to see your show but we ran out of gasoline and were late and missed all but the last song. Please, will you autograph her program?"



He not only autographed the program, he took Marty's face in his hands, kissed her on the cheeks, and sang her a song. She was blown away! He then greeted the press, thanked everyone for coming and when we finished our drinks, we said our goodbyes. Marty and I were like teenage girls as we went outside and sat on the patio, giggling, not believing that we had managed to get in backstage and that Julio actually sang to her and kissed her cheeks. She swore she would never wash her face again.

The following morning, we went out to sit by the pool and Julio was already there. He called to us, "Judi ... Marty ... come and say hello." We were ecstatic.

We spent the day swimming, parasailing, and waterskiing. We ran into some friends from Las Vegas who now danced in the production show at the Sun City Hotel. It was such a glorious day; it was incredibly beautiful there and we had such a wonderful time.

When I got back to my room, there was a message to call Jeff, so I did. He asked if he could take me to out to a small town about fifty kilometers outside of the city to meet his father, sister, and her family when I returned to Johannesburg.

That, too, turned out to be a wonderful outing. His family members were all so nice and asked many questions about America and my life there. They served a wonderful meal and told me about their lives.

Vimmi then decided I should go to Cape Town to the beach for a few days with Marty and him. It was the most beautiful place I had ever seen. Vim and I laid on the beach in the sun and watched gorgeous people walk by; everyone was friendly and they all smiled at us. I was sure they were smiling because they somehow knew I was from America. Vimmi swore they were smiling at him. We enjoyed granadilla popsicles at the beach, ate out at the Greek restaurant on the corner down from Marty's apartment, and drove around the Cape, giving real baboons rides on the hood of the car around the downtown area. I was fascinated by how the baboons would wait on the side of the road for cars going out to the beach, jump on the car and ride one way; later, they'd jump on a car to ride back to the edge of the city. Imagine ... hitchhiking baboons!

Jeff called every night and when we arrived back in Johannesburg once again, he was waiting for me. I only had two days left before I was to return home. We spent almost every waking second together ... sightseeing, shopping, we even attended his son's cricket game.

When the day came for me to return home, Jeff drove me to the airport to say



goodbye. We stopped at a restaurant near the airport to have lunch. As we finished lunch, this wonderful, stylish, kind man with dark hair and dark eyes pulled out a small box and gave it to me. I opened it and discovered a beautiful, handmade gold ring set with a champagne diamond. Jeff smiled at me and said, "Come back to South Africa and be my wife."

I definitely had a choice to make. It took me several months before I made the decision to say yes. But I felt he was my

soul mate and it was destined. I closed up my home in Las Vegas and made all the arrangements to move to South Africa. Shortly before we were to be married, I received a phone call from Jeff's brother-in-law telling me that Jeff had died. It was a terrible shock.

Needless to say, I had another choice to make. I made the choice to move

to South Africa anyway, which was the beginning of the adventure of my life. I lived in South Africa eight years before I returned home. It was the best decision I ever made. Living in another country, especially that country throughout the end of apartheid, changed my life forever. And every year, I return. Africa is my destiny!



ABOUT THE AUTHOR

Judi Moreo is the author of *You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power*, and its companion, *Achievement Journal*. She is an award-winning businesswoman and motivational speaker. Her superb talent for customizing programs to meet organizational needs has gained her a prestigious following around the world. Her passion for living an extraordinary life is mirrored in her zeal for helping others realize their potential and achieve their goals. With her dynamic personality and style, she is an unforgettable speaker and inspiring motivator.

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“Control your own destiny or someone else will.”

Jack Welch



ON THE COVER

WANDA PORTER

TRAINER - SPEAKER - EDUCATOR - COACH - CONSULTANT



anda is the Chief Excellence Officer and founder of Wanda Porter Enterprises whose mission is to Exhibit Excellence

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With over three decades of experience, Wanda has educated thousands of people from diverse backgrounds and ages on a variety of countless topics. Her high-power teaching techniques include various learning strategies that will continually leave you enlightened. As a Certified Life Coach with a Master's Degree in Guidance and Counseling, Wanda's genuine approach to coaching is manifested by making her clients flourish. Her talent for building confidence and skillfully challenging people to become their best selves, assures her clients success.

She is also a decorated child welfare consultant who specializes in foster care and adoption.

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DESTINY OF CHOICE OR CHOICE OF DESTINY

BY HENRY NOEL

Destiny, sometimes referred to as fate, karma, or kismet, places us in the embrace of a predetermined future from a predetermined past. The concept of destiny can justify the events one has experienced. Destiny explains away the choices we made having delivered us into our present. Destiny is seen as the inevitable outcome regardless of our past decisions, as these decisions are predetermined and therefore out of our control.

My disillusionment with the concept of destiny is not based on a disbelief in destiny but the juxtaposition creating the question why should I try to

improve myself or humanity if destiny already preordains the outcome? With destiny, I have the excuse to evade any self-responsibility for my decisions as I can chalk it up to destiny.

To explain destiny, one must look deeper into who we are and why we are here without removing the responsibility. What I mean by that is if destiny is the reason the world in the turmoil it is in, then there are a handful of choices to make: we leave it alone and the world will simply follow destiny (positively or negatively). Or, someone chooses to step in and make changes (positive or negative) and we chalk it up to destiny. Or, we all accept responsibility, change the way we think and act, and create a

new world or create our destiny.

I believe destiny is simply a flexible guideline, or rough sketch, rather than a stamped in concrete certainty because there are elements of us not covered by destiny and those are our unconsciousness (id) and our ego. If ego fails to control our id, it will manipulate us into the life-styles it chooses for us. Now, you can call that destiny, but I do not consider greed, fear, hate, guilt, discrimination, and self-centeredness by-products of destiny. I do see them as by-products of our id and ego.

Destiny becomes a handy tool to justify our debt-driven support of the id and our inability to afford these wants. This

creates the battlefield we all live on. The causalities are every one of us, our relationships, our health, our psyche, our families. Destiny? I'm not so sure.

I prefer to see this existence as an attempt to create a destiny rather than simply us living what destiny has laid out for us. By taking responsibility and controlling our id/ego, we create our destiny rather than living destiny.

Destiny explains why the images we create of our life's path are shown as that: a path that already exists extending from some past to some future.

I see our life's path as a footstep on a sandy beach. As we walk, our past footstep is washed away, and our future

footstep becomes the present as soon as we shift our weight. No past, no future. Just the present. Destiny? Well, is destiny created by where we place our next footstep, or is destiny directing where we place our foot? If this is destiny, then what of the pre-determined past and future, if neither exist?

My contention, we are all responsible for what goes on in our life. We

have no penance to pay, no sins to answer for, no judgements to make. Our choices brought us here to this place in this time. Destiny? Fate? Karma? Kismet? Perhaps! If all our decisions are preordained as destiny proclaims then regardless of my contentions, placing these thoughts on paper just might be destiny. What say you?



ABOUT THE AUTHOR

Author, radio personality, inspirational speaker, spiritual teacher and healer, Henry's philosophies about who we are and our purpose here are challenging, and in-the-face of traditional philosophies. "If you seek fulfillment in your life, listen to your inner voice. Fulfillment isn't the stuff you have, it's the untapped inner wisdom we were given at conception. The answers are buried within and must be uncovered. Our answers are not out there."

Contact Henry: Henry@henrynoel.com
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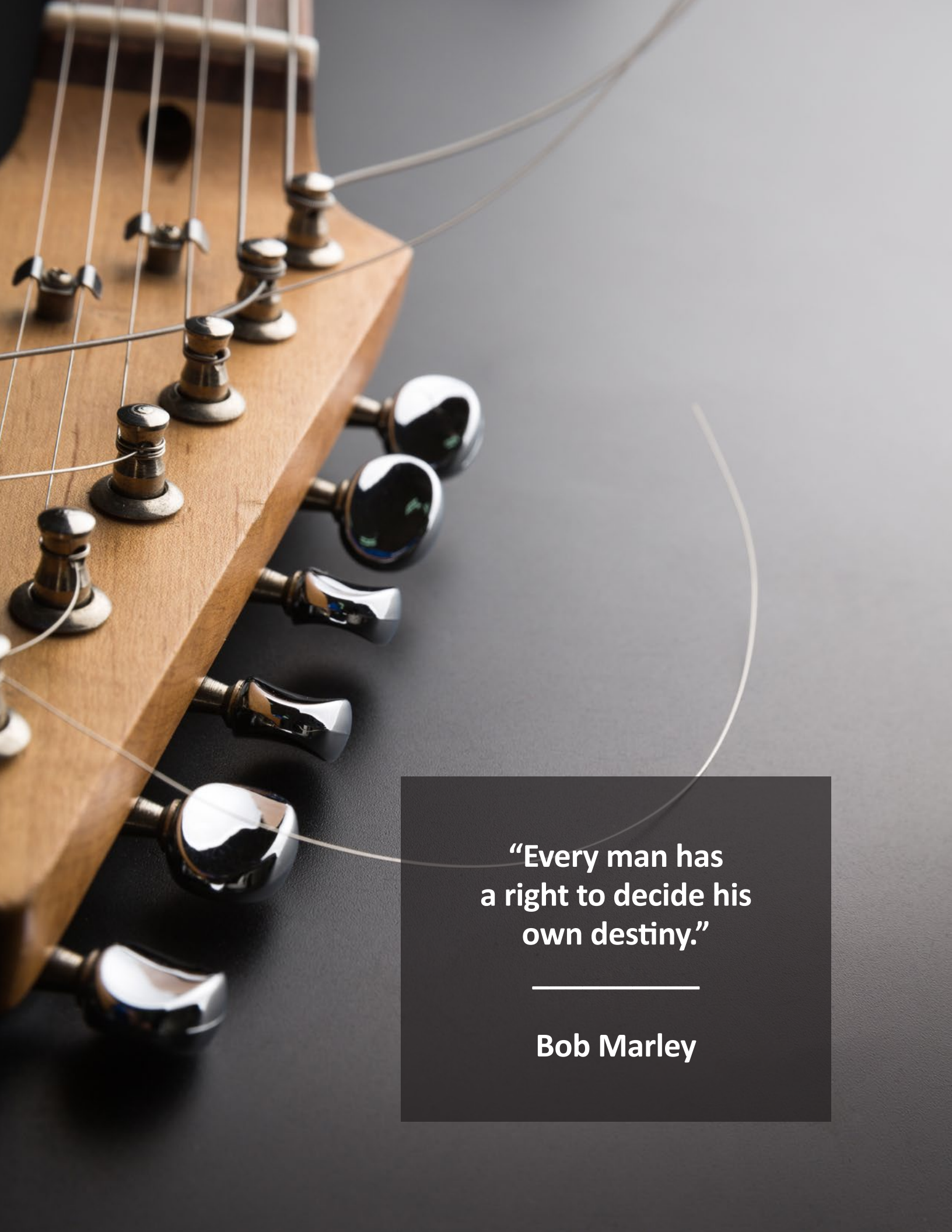
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**“Every man has
a right to decide his
own destiny.”**

Bob Marley

YOUR DESTINY DECISION: HOW TO KNOW YOU ARE ALIGNED WITH DESTINY

BY HOLLY DUCKWORTH

A

According to the Science of Spirituality, 65% of our lives are ruled by destiny and 35% by willful action. Yet, from a young age, we are taught we need to be in control of every action of our life. Is it possible we never were in control to begin with? As I work with words and their spiritual application to the world, I have come to know that we have less control, and more influence to align our lives with destiny than we often allow ourselves to be aware

of. What we focus on increases. Society encourages us to numb ourselves with food, alcohol, drugs both prescription and non-prescription. These acts can close us off to our destiny.

When I see statistics like the one above, I ask, how do they know, 65%? Who did they ask? Is this good data? Then, it hits me maybe this data does not even matter. What matters is my ability to define, experience, and quantify my own definition and application of destiny. For me, the definition of des-

tiny is also found in breaking it down to an acronym D=Desire E=Energy S=Spirit T=Trust I=Intention N=New Thoughts and Y= Yes. I am living my destiny as I allow the energy of my Spirit desires to create new thoughts and intentions that are a yes for me. I choose to see, hear, sense and know my destiny and you can too, here is how:

As you live your life, how do you define destiny? How do you know when you are living your destiny?

Pay attention to what you see:

Are there things you see often? For example, a combination of numbers or time. When you see them do you take note? An example in my life I see 11:11 a lot. This can be interpreted to be alignment with the One Power. Do you see certain birds or flowers? Everything is a sign, or nothing is. Ask that item what it is trying to tell you. Listen for its response. Or, Google “spiritual meaning of ____” and let the experts guide you to destiny’s message for you.

Pay attention to what you hear:

For many, music can play a huge role in living destiny. Is there a song that you continue to hear? When you jump in the car, what is the first song on the radio? Each morning my heart hears the song “You Are the Reason” by Calum Scott. For me, this song and each word

in it is a Spirit message. What song may be speaking to you?

Pay attention to what sense:

When we no longer numb ourselves with outside influences, we become mindful each moment. This makes us more aware of our intuitive sensing. As you develop this skill, you can use it more. I practice this all the time in the car. I ask my inner guidance what direction to drive. Time after time it routes me around accidents and gets me to my destination faster as I align with the synchronistic nature of Spirit.

If you want to increase your connection to destiny to live a mindful life, spend this month paying attention to what you see, hear, sense and know. Record your outcomes. Are there repeating patterns?

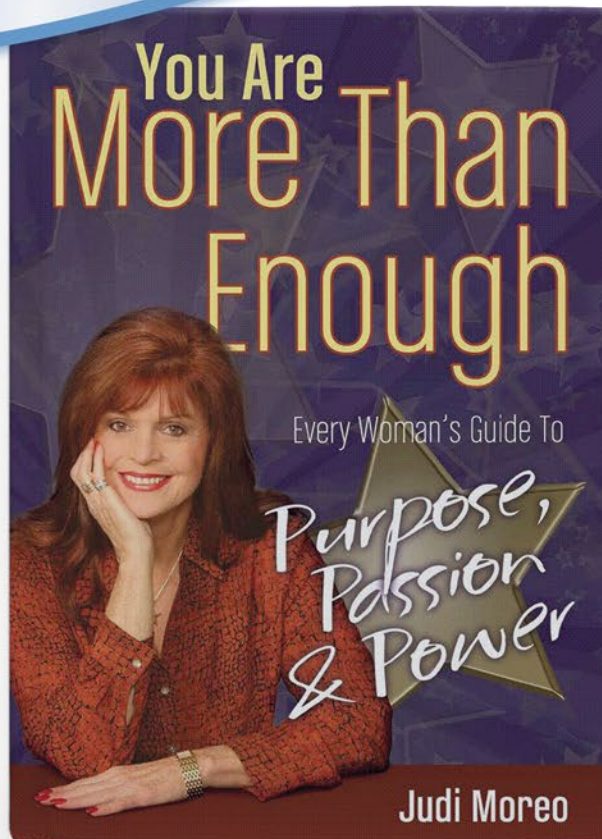
My life aligns with a power greater than I am in wonderful and mysterious ways. I celebrate the days where the alignment brings joy and celebrate the alignment on the days that bring challenges, and in the end, I know the world is conspiring for my good. This is the destiny decision. Pay attention this month. Let me know how your destiny is leaving messages in your life. Write me holly@hollyduckworth.com

**ABOUT THE AUTHOR**

Holly Duckworth, LSP, CAE, CMP is known as the C-Suite Network Advisor on Mindfulness in the workplace, unleashes human potential through mindfulness techniques. She helps stressed-out leaders find and sustain greater focus, clarity, and inner peace, resulting in a more grounded and powerful presence and enhanced profits. She focuses on the Inner Game as a keynote speaker, facilitator, and coach as an applied mindful leadership advisor. She is a published and award-winning author and a contributor to the New York Times, Producer/Host of the Everyday Mindfulness. She lives in Denver, Colorado. Learn more at www.hollyduckworth.com



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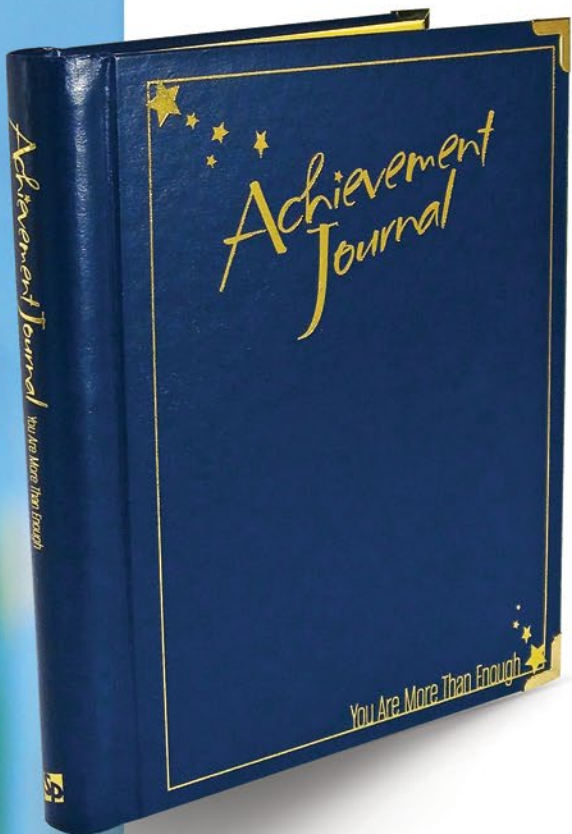
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WHY IT IS EASY TO CONFUSE DESTINY WITH INDIVIDUAL RESPONSIBILITY

BY JOAN S. PECK

W

hen I think about destiny, the immediate thoughts that come to my mind are the times I've heard others who have met the love in their lives, say, "It was destiny that we met." Whether that is true or not for them is not for anyone else to decide. But each time I hear a similar statement,

it makes me reflect on how destiny has been a part of my own life and those times when happenings have been out of my control. It always leaves me with much to consider.

There are two basic different philosophies regarding destiny. The popular western view is that we are in control of our lives and everything that happens to

us is a result of our own choices. On the other hand, the popular eastern view is that everything that happens to us is not under our control and we are nothing but puppets in a preordained plan.

I believe as we have become more open to spirituality, we've come to recognize that there is a power greater than ourselves that has influence over our lives.

That has taken some of the pressure off us from feeling the responsibility that it is up to us to design every aspect of our life, minute by minute. As good as that relief sounds, I believe as we have grown closer to the eastern viewpoint of destiny, we have been more unwilling to take responsibility for *anything* bad that happens in our lives.

The Spiritual Science Research Foundation has a simple way of explaining what I mean.

“An example of willful action: Suppose there is a person who is drunk and has a badly maintained car. In a drunken state, he decides to drive his car down a steep mountain side and he does so at high speed. If he were to at some point skid off the road down the mountain side, whose fault would it be? Would that be

an accident caused by destiny or an accident caused by willful action?

It is willful action as he could have chosen not to drink and drive. He could have ensured his car was better serviced and could have driven slowly.

An example of a destined event: Take the case of another driver who is sober. He drives carefully and maintains his car in perfect condition. He, too, drives down the same mountainside observing all precautions. All of a sudden, a portion of the road collapses due to a landslide and he meets with an accident. In this case, the person had no control over the landslide that occurred and hence, this is a destined event.”

I have reached a point in my life where I seem to question everything about

destiny because nothing makes sense to me. I have questioned why destiny allows the amount of suffering to go on around the world...the mud slides, the hurricanes and tornadoes, the floods, the fires, illness, and the list goes on. For what purpose?

Or, do those happenings have nothing to do with destiny? Perhaps those things have more to do with the amount of hostility and negative energy that we humans have created to the point where that energy is what makes Mother Nature demonstrate her displeasure, simply to get our attention and become more loving in all ways.

I have to believe that to live a fulfilling life there needs to be a partnership between the eastern and western philosophies so that we can understand how

“Your destiny is to fulfill those things upon which you focus most intently. So choose to keep your focus on that which is truly magnificent, beautiful, uplifting and joyful. Your life is always moving toward something.”

Ralph Marston

to create our destiny while allowing our destiny to blossom. For each of us, that is a choice.

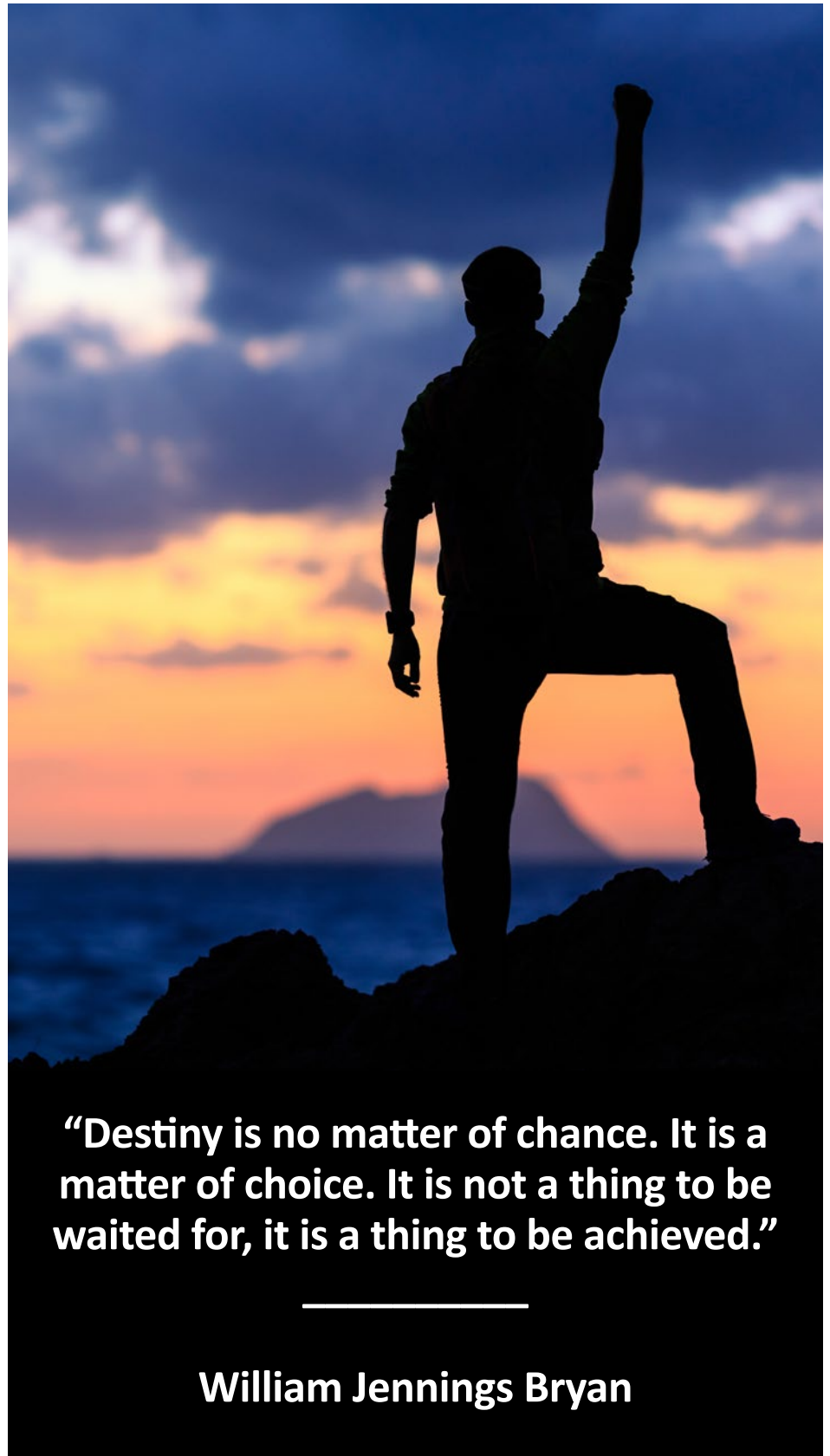


ABOUT THE AUTHOR

Joan S. Peck is an editor and author of short stories, spiritual books and a contributing author in two of the books in the *Life Choices* book series. She also writes for *Recovery Today* magazine.

Her latest authoring is the *Death Card Mystery Series* with three of the series books being released in 2018. *"To me, the fun of reading mystery books is to become so intrigued with the story it becomes impossible to put the book down. The fun of writing them is to put you in that same situation."*

She can be reached at:
(702) 423-4342
joanpeck39@gmail.com
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"Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved."

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WHY ARE YOU HERE?

BY PAUL LEVIN

It was a Tuesday evening. Charlene stepped up to microphone. Her speech was amazing. And all I remember today, is the title – “Destiny’s Child.”

She told the story of her life, from childhood, pointing out the times along the way, where she exhibited character traits that pointed to who she is today. She found more events, repeating the same messages, of who she is, of her purpose, of her mission, in her teen years. And again, in young adulthood.

As she stood before me the proud accomplished psychologist that she was, she painted a picture of the threads that knit together the tapestry of her life, thus far.

We have all seen glimpses of those threads. When we take the time to look, we discover that who we are, may be not right now, but who we are destined to be, was foretold in our past. At least in my case it was.

I remember one afternoon, working on a computer problem for a small busi-

ness, and having accomplished the goal, the owner said to me, “You know, you’re gonna go far kid. You got the gift of gab.” Yes, way back then I was destined to be a speaker.

What about you? Why are **you** here? What is **your** purpose and mission in life?

Ok, I heard a lot of answers, mostly saying, “I haven’t got a clue!” Perfect. Let’s start there.

In a general sense, we are all here for 3 main reasons.

We are here to give value. It does not matter what you do, how old you are, your sex or your race. You have the abil-

ity, the desire, and the need, to give value to the universe. It does not matter what that value looks like nor to whom you give it. You have a driving force to show the universe your value and to have it accepted. This driving force comes from deep down in your being.

We are here to receive value. Again, it does not matter who you are, your age, sex, race, religion, any of that. You might be the Queen of the richest country in the world and still there are times when you will need to receive value from someone else. Receiving value is a humbling experience. It does not co-exist with ego. If you believe you can do it all, you don't need any help from anyone, you are blocking this essential core driving force in your being. Those were

my beliefs. I could trust no one. I could rely on no one. It's a lonely place to be.

We are here to grow. Growing, advancing, maturing, both as an individual and as a race – the human race. If we look at the history of humanity in large chunks (500 or 1000 years) we can see the evolution, the growth of humankind. If we look at your life in large chunks (5, 10, 20 years) again, we can see the growth – hopefully. There is an uncomfortable law in the universe – if you're not advancing, you are falling behind. That is, if you are not growing, you are actually going in reverse. There is no standing still. Growth is maturing, evolving, becoming a better more powerful you. This is a good thing. Yes or yes? Is it painful? Sometimes. As we grow, that

pain affects us less. Growth is also exciting and fun.

These three core reasons for our being here, are the basis of finding your purpose in life. Abraham Hicks tells us to go through our life observing. Make note of the things you like, the things you want more of in your life. Also make note of the things you want less of in your life. As you give more and more attention to the things you want, your purpose for your being here right now, will reveal itself to you.



ABOUT THE AUTHOR

Paul Levin is an author, speaker and life breakthrough mentor. Paul is a Certified Hypnotherapist, and Certified NLP Practitioner specializing in Belief Systems. Creator of the Super-Consciousness Reality Shifting program, Paul shows young-adult women how to step through sadness back into happiness, and how to have inner peace and confidence in every decision they make. You may contact Paul at: paul@IDeserveAPerfectLife.com or call: 813-841-5583



**"I do believe that one way to have a
destiny is to choose one."**

Melinda McGraw



CHRISTINE MAZGLAD

AN INTERVIEW

BY JUDI MOREO

A truly whole brain thinker, Christine Mazglad spent 31 years working in Finance and Marketing and became the first female Finance Director of any General Motors Car Division where she utilized creativity daily to help support new programs and/or market initiatives from a financial and marketing perspective.

As a child, Christine was consciously introduced to new experiences by her parents. This included movies, plays, concerts, and art. She learned to play the organ and was later a vocalist in high school. Her parents, who were life-long learners, instilled the belief in her that she could be anything she wanted to be if she was willing to work for it and encouraged her to try new things.



Christine's love and appreciation for art caused her to gravitate toward abstract pieces that could communicate a feeling and compliment her home. After retiring, she finally had the time to explore producing art. Her initial class at Center for Creative Studies in Detroit (where many car designers study) was intimidating but satisfying. She learned that she needed to start with some basics

After moving to Henderson, Nevada, she had a business idea for Door Art given all the open concept homes with many windows and minimal wall space so she enrolled in three UNLV classes with Gabbie Hirsch in oil and portraiture. Christine began producing some pieces and received numerous commissions from friends and family. Finding the classroom environment with other artists very inspiring, she continues to paint twice weekly (an independent study group directed by Gabbie and an abstract class led by Jan Schaeffer).

In 2013, she joined City Lights Artists' Co-op. This 501c3 non-profit whose mission is to support local art and art education provided an opportunity to use her business skills once again. She has served as Treasurer and been an active Board Member since joining. Christine believes, "The co-op is a great way to interact with other artists and find out about opportunities to display your art. I have art hanging at Las Vegas City Hall, Henderson City Hall and several small local venues."

Take a look. I believe you will love her art. I am one of her biggest fans.

Where did you grow up?

Metropolitan Detroit, MI on an island, Grosse Ile, at the mouth of Lake Erie



How long have you been painting?

I retired in 2004 and took an art class but found fellow students had a huge jump on me- I didn't even know how to clean a brush. After moving to Henderson and taking classes at UNLV, I haven't stopped.

Did you always want to be an artist?

No, but I always appreciated creativity and creative people. Prior to that class at Center for Creative Studies, it must have been 1st grade when I last picked up a brush. I was much more the left brained analytic. Music exercised my right brain creative needs.

What inspires you?

Inspiration can come from almost anywhere. It might be attending local Art Fairs or visiting galleries or simply admiring the view. While I rarely paint landscapes; mountains, water, beautiful sunsets set a mood to create. The goal is virtually always to paint something beautiful knowing that beauty is in the eye of the beholder. I love challenges. I might be inspired by where an owner wants to place a piece of artwork. Inspiration can come from something as simple as admiring a frame and wanting to create something beautiful to fill it.

Who inspires you?

Certainly painting with other artists is a genuine inspiration. The instructors I've worked with inspire me to keep trying new things (paints, colors, mediums, etc.) The support of family and friends is an inspiration all by itself.

When did you first know you had talent?

Life in the corporate world means that many people participate in decisions and the results or your work can take days or weeks or years to see any results. Early on, home projects like wallpaper or rearranging a room provided instant feedback, instant gratification and a more beautiful living environment. I was lucky enough to design my own home and have my husband build it. Spatial relations was not an issue nor envisioning a project. Retirement brought the luxury of having the time to explore new avenues like painting so despite being intimidated by the work of my art classmates in 2005, I was pleasantly surprised at both the process and the outcome.



Did you get a formal education in art?

No formal education in art except the classes I mentioned beginning after retirement. That lack has played a key role in how I feel about my work and how it measures up to others. It's only in recent years when I've been able to sell artwork to total strangers that I've gained a measure of confidence as to how others see my work.

Why do you prefer abstracts over realism?

I've been blessed with many skills which

have translated to successes in many areas. The key element in those successes was being willing to see things differently. Abstracts challenge the artist to see beyond what is right in front of them. It forces one to imagine what will achieve the best results through choice of color, materials, combinations of those and much more. Abstracts can oftentimes convey emotion more effectively than realism.

What makes a painting great instead of average?

I'm sure everyone would have a different response to that question. A great painting will capture you and make you want to look at it time and again. It might result in a smile every time you look at it or surprise you over and over. A great painting will resonate with something inside you, it should reassure you.

Of all your works, do you have a favorite?

My favorites change. The current one is *Living Large*. I love the scale of this large piece, the way the colors and shapes interact and the way it 'fits' into my room. I see something different each time I look at it.

You seem to be a life-long learner... always studying, practicing, attending classes. Why is that?

The older I get, the more I realize I have to learn. (I was much smarter in my teens!@*&!) Somewhere along the way, I learned that I don't have all the answers and that there are many ways to get to a desired result. It's fun seeing how others approach an issue or a





subject. The practical answer to that question is that attending classes not only provides that inspiration I mentioned earlier, it forces me to keep thinking about my next project (subject matter, medium, etc.). It's easy to get distracted with daily life; classes enforce a discipline to keep producing, thinking, imagining new things!

Where can someone view your art?

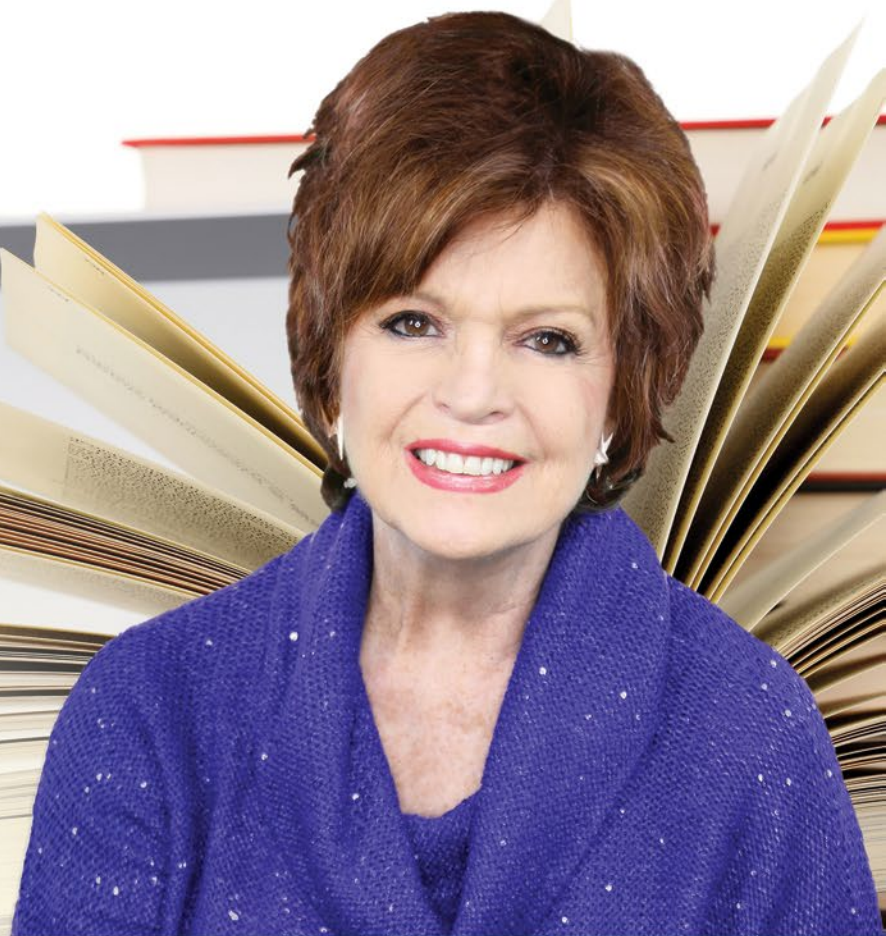
My work may be viewed online at www.mazartdesign.com or at the City Lights Art Gallery in Henderson, NV. Some of my work may also be found on the City Lights website: citylightsartgallery.com

If someone would like to purchase one of your paintings, how can they contact you?

Email me at DoorArtByMaz@aol.com or call 702.466.5953.

Thank you, Christine, for sharing your art and your story. You are one of those rare people who uses both sides of your brain to create an exciting and balanced lifestyle. You are truly an inspiration!





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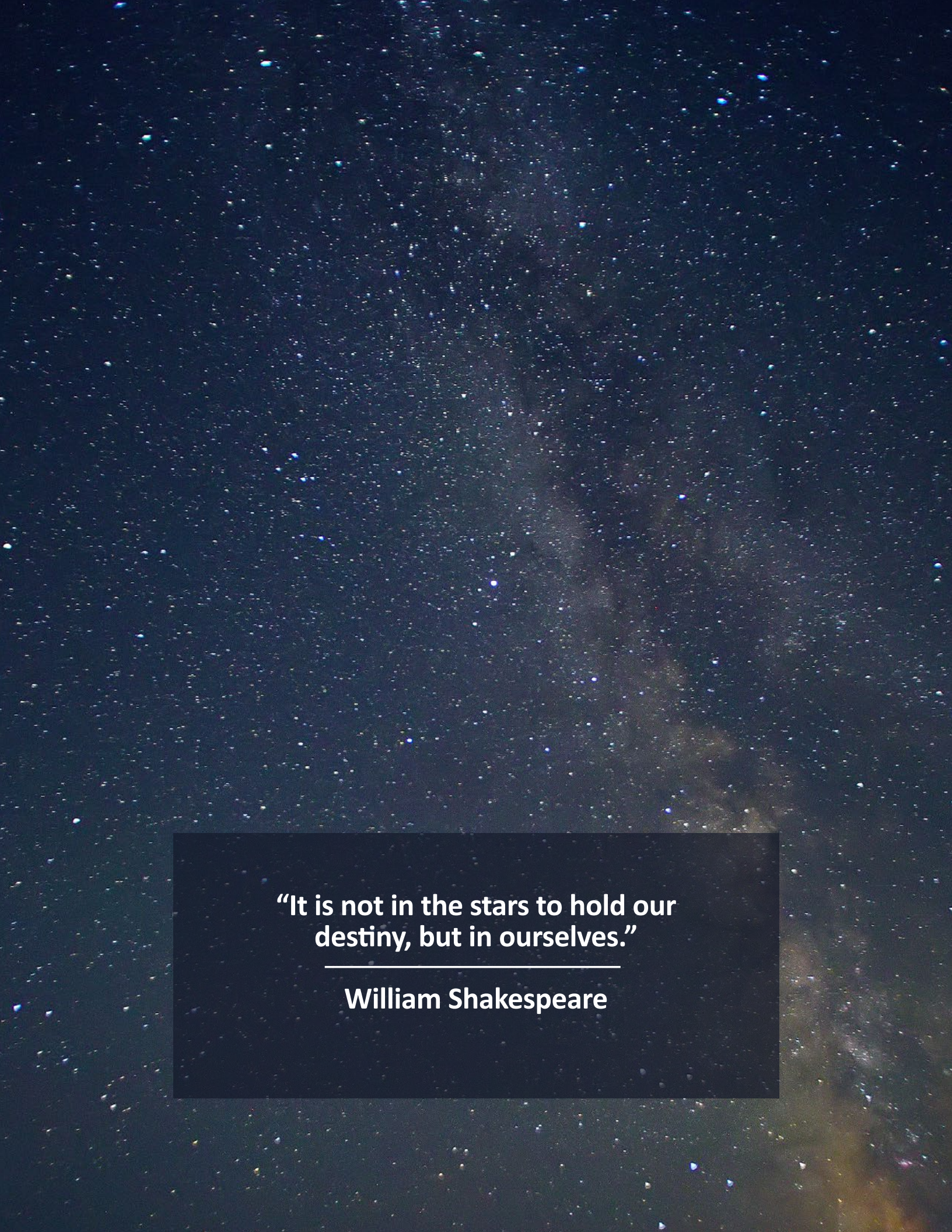
About Judi Moreo

- Motivational Speaker
- Popular Podcast Host, *Choices with Judi Moreo*
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William Shakespeare



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FRONT ROW VIEW

BY GINA GELDBACH-HALL



On November 21, 1980, I was a sophomore in high school and a group of us ditched school at lunchtime to check out the fire at the MGM hotel on the Las Vegas strip. At that time, Flamingo Road didn't go both ways over the I-15 freeway; you could only exit going south on I-15 to east on Flamingo. We made it to the top of the exit ramp and got stopped in traffic with an excellent view of the hotel from our elevated position. We stayed there watching it in real time with the radio giving updates as the event progressed. We were far enough away to be spared the true horror of the event unfolding but close enough to grasp the magnitude and significance of

the day. That day over 85 people lost their lives in a horrific way. If you had told me on that day that seven years later I would be one of those brave firefighters who worked tirelessly to save as many of them as they could, I would have told you, you were crazy!

My path to firefighting wasn't due to planning, wanting it since I could crawl, or because of history or duty. It was destiny. I fell into a career that forever changed who I am today and one I am honored to have served. I saw many tragedies over my years but nothing that ever came close to that day in 1980 and I am thankful I never did. But for those I did see, I'd like to think I was in the right place at the right time with the

right knowledge to make it a little bit better for those who called.

One thing you always see on TV is people coming back to thank the firefighters for what they did. It only happened once in my career. While I appreciated the acknowledgment, it was uncomfortable. I wasn't in the career to get kudos; I was in it to help and that kind of accolade always made me feel awkward. However, there were some calls I wondered if I really did make a difference.

Once I was called to a woman who had been raped. I was one of the first on scene and the only woman amongst the police and fire department response. I remember sitting on the curb with her



after checking her vitals and waiting for transport. She was telling me she felt responsible for what happened. I wanted to let her know she wasn't and I was telling her so. I could see myself in her, an average girl, out for an evening just wanting to have a good time when this assault happened. It could have been any of us... I remember her 30 years later and wonder if the words I spoke to her made a difference in starting her healing process.

Over the years, I have seen over a thousand deaths and I made it my responsibility to be the person who gave the notifications to surviving kin on scene. I would have my crew prepare the body for a love one to say their goodbyes before the police and coroner got there. To see a husband or wife of 50+ years have that moment was an honor. I had to stay in the room with them because we had to maintain custody but that bit of humanity I hope helped in their grief process.

The saddest were the babies and children. One I went on was a SIDS death. As we entered the house, the mother literally threw the baby into my arms in hysterics yelling, "Save my baby!" As I laid the baby down and we started our assessment, it was obvious there was nothing for us to do. I asked the mother if she would like to hold the baby while we waited for the coroner. I was holding it together pretty good until she looked up at me and said, "My baby needs a blanket. She's getting cold." We wrapped the baby into the blanket and for the next ten minutes she said goodbye before the harsh realities following death came to her door.

I didn't know in 1980 that I would be seeing the horror and sadness of life with a front row view. I didn't know what it meant to be a part of some of the worse days of people's lives. What I like to think is because of my destiny of becoming a firefighter I made a few of those days a little more tolerable, com-

fortable or healing for those I helped. I know it changed my destiny and if I had to do it all over again, I would. When you get that close to the horror that life can deliver, you start to appreciate it even more. All of those people and many more still travel with me as a part of who I am and I really hope I made a small difference because they made a huge difference in me. It was an honor and privilege to have served not only their wounds but their hearts as well and I hope I did both of them justice...



ABOUT THE AUTHOR

Gina Geldbach-Hall is an inspirational speaker, author, artist, and life coach with 25-years of emergency services experience from EMT and firefighter to battalion chief. Her book, *Firegal... Rising from the Ashes*, is available online at Amazon.com.

She continues to inspire leadership and service helping others to ignite the flame of empowerment within their lives and work through her writing and artwork. She is available for coaching and speaking engagements. Visit her website at FiregalWisdom.com for more information.

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**“If you do not change direction, you
may end up where you are heading.”**

Buddha



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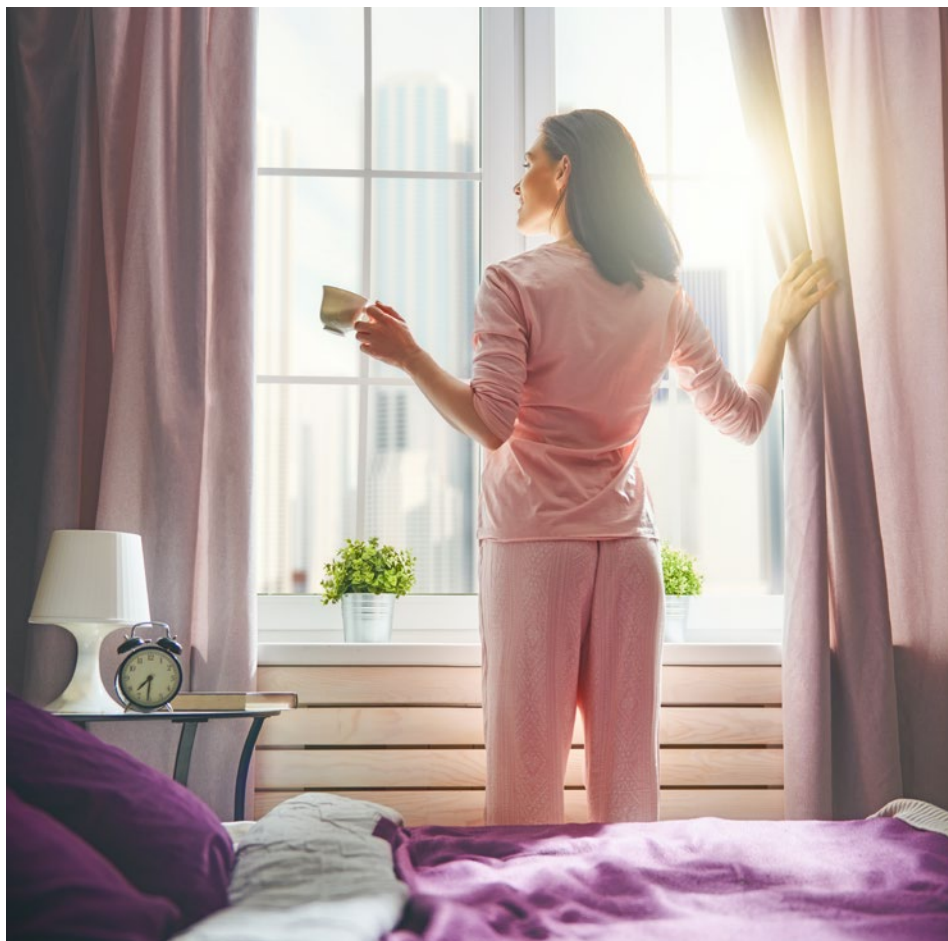
BALI 10.815 km

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FOR SUCH A TIME AS THIS

BY SHANA KAI

W

hen was the last time you woke up and greeted the morning with a simple “Thank you?” Thank

you for the fact you are breathing... you are alive! ...You have been given another day in which to participate. ... One more chance to make a difference in this world. ...Another day for a “Do over.” Do overs are great because they are another chance to improve, correct,

and do better. Maya Angelou once said, “When you know better you do better”. So true!

Ok, you are reading this, so we’ve established you are breathing. Fantastic! Now, go look in the mirror. Resist the urge to find all your flaws. We’re all guilty of pointing out the pesky little crow’s feet around our eyes, the dark circles that seem to appear overnight, the receding hair line, grey roots show-

ing that only L’Oréal can help with and anything else we tend to find wrong or flawed. The fact is the person staring back at you is a Masterpiece. Yes, I said Masterpiece. Everything you have been through in your life so far, I like to think of as colored thread. Each thread represents a day in your life. Some days the thread is bright yellow or blue representing something beautiful just happened. Some days they are dark brown or even black. Those are the days where struggle or sadness is present. Regardless of the color, each day your thread is weaving away creating the tapestry of your life. On a recent visit to Italy, I was admiring a beautiful tapestry someone had created. I looked at the back of it and stood in amazement. I was surprised that something could look so beautiful on one side and look like a conglomerate of threads with no design on the other. Yet, there I was looking at a masterpiece. Something that took time to development. Something that had many colors represented throughout specifically in order to create its beauty. No doubt the artist had moments of exhaustion, doubt, fear, and being overwhelmed. I also believe there were moments of great joy and satisfaction over the accomplishment and result. A masterpiece. A work of art.

I believe on the day we were born it was “For such a time as this.” It’s no accident that you made your entrance into this world on the exact day and year you were born. I’ll be bold and say, I also believe you were given something special to share with the world that only you possess. Unfortunately, we so often get caught up in the dark threads of life and forget just how unique and valuable we really are. We discount our gifts and talents that come naturally for us. We come up with excuses as to why

we can't accomplish our dreams. So, we keep day-after-day choosing the dark threads to weave, mixing from time-to-time a bright color hoping to bring some joy or contentment into our lives.

Stop looking at the back of the tapestry. Stop making excuses as to why you're not stepping into your greatness. You have been given this day to live out your destiny...your calling. This day was meant to be lived to the fullest. Yes, it's inevitable there will be moments when dark threads are woven. I understand the pain of loss and the devastation of shattered dreams. But I also know the joy that comes from greeting the new day with "Thank you." Thank you that even in the darkness, the sunshine is coming soon. After a raging storm, if you watch closely, you will eventually see a break in the clouds. The blue sky starts to peek out from behind and soon the sun appears.

This I know for sure. Just like we all had a beginning, we all have an ending. Until that moment, there are thousands and thousands of life threads to be woven each day. You are unique in all the world. You have gifts that people desperately need. You have ideas and dreams that can change outcomes and lives. You have a destiny or calling or whatever you want to call it but, it's real. It's never too late to activate a "Do over." Some of my greatest blessings and accomplishments have come when I have slowed down long enough to recognize that I'm a bit off course from where I know I should be. Unlike your iPhone there is no autocorrect. You have to take action! Yes, muster up the courage, strength, and gumption to change the thread in the needle from dark to something bright and beautiful. Then weave away, my friend, weave away like there's no

tomorrow! I can promise you this. You will be amazed at the lives you are able to touch and make a difference in. You will develop a sense of gratitude for the blessings received that show up often. You will find a peace that surpasses all understanding in those dark moments. You will shine bright knowing that you are living your best life destined for something great...living your life's purpose.

When at the end of your life, you stand looking at the back of your life's tapestry wondering how in the world anything could have come for this mess, you get to walk around to the front and stand in awe at the Masterpiece you have created. You were always destined for something wonderful. So, take a moment right now and be grateful for the fact you're alive. Right now, in this very moment "Thank you... for such a time as this".



ABOUT THE AUTHOR

Shana Kai has been in the beauty industry for 32 years. She is a Licensed Master Esthetician, Licensed Instructor, Certified Professional Makeup Artist, Certified Eyelash Extension Instructor, Owner of an accredited cosmetology academy, Melange Boutique and Studio, and Inspired Beauty Salon.





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ARE YOU ON TRACK FOR A SUCCESSFUL 2019?

BY KEVIN DUNLAP

Every January most Americans, and I dare say the world, set goals that they want to accomplish in the upcoming year. And by February most people have fallen off the track on achieving that goal.

Why is it that so many people fall off track when just the month before they said they really wanted to achieve these goals?

The reason can be multi-fold. It can be they don't know how to set proper goals or they don't know how to implement those goals.

Let us cover the seven components of any goal and how you can be assured you can get them.

For a goal to be more than a wish or a dream it must follow through a SMARTTY formula.

Many of you have heard of a SMART goal (using the first R). Others of you, like myself, have heard of a SMART goal (using the second R). However, for those of you where this is new, let us dive into this deeply.

S = Specific

For anyone to truly accomplish a goal you must know exactly what it is that you want to achieve. When you are specific, and I do mean an exact value here, you will be able to achieve that goal a lot more easily.

When someone sets a goal with the words "more" or "less," they are not being specific enough. As an example, if you want to make more money in 2019

than you did in 2018, then someone giving you a penny has satisfied that dream.

When you say I want to make \$75,000 in my online business, then you have set a specific goal.

M = Measurable

For any goal to be accomplished, the results have to be measurable along the way.

If your goal is weight loss, then stepping on a scale at any time will show you if you are on the right path.

Any goal has to have a way of measuring it. When it is specific and measurable, you can keep track of your progress and eventually attaining it.

A = Attainable

For a goal to be accomplished, it actually has to be attainable in the first place. As a business coach, I will never say that you shouldn't set lofty goals. Yet, you do want to set goals that are not setting you up to fail.

If your goal is for you to be in orbit of the Earth by the weekend that may not be attainable unless you are in an astronaut training program.

I have personally set some pretty lofty goals. Some of them I have actually accomplished while others I have only come close to achieving.

R = Relevant

For a goal to be accomplished it must also be in alignment to what you want overall. If it is unrelated to what you really want, then it will be much more difficult to accomplish it.

Relevancy is vital in keeping you synergistically aligned in achieving anything that you want.

R = Risky

For you to achieve anything you want in life will involve you being willing to do something different. Any change will also have some form of risk involved.

If it wasn't risky, you would most likely already have it.

A risk is always in the eyes of the beholder. What is risky for me may be easy for you. And, vice versa. Never judge someone else's risk until you know the story they have attached to it.

T = Timely

Time is one of the most critical aspects of setting a goal. A goal without a deadline is merely a wish.

If your goal is "someday I will weigh 180 pounds," this means you have no commitment to that desire. By putting it in a time context like "I will weigh 180 pounds by the first day of Spring," it has a completely different connotation.

All goals must have a timeframe in which to achieve it.

Y = Your Why

To me, when people talk about SMART goals and they don't put in this component, then they are setting themselves up for failure.

Like with the time element above, a goal without a strong enough Why is just a dream or a wish.

The Why has to be so motivating that it makes sure you will get it. It is the thing that will get you up at 5:00 A.M. to go

run 5 miles regardless of whether or not it is raining outside.

The Why is what will ensure you to get that goal. It has to be deep and personal. It is not the "I want to leave a legacy." It is the "why you want to leave a legacy".

In Conclusion

Setting SMARRTY goals on every goal that you have or want is the quickest and greatest way to ensure you live the life you truly want.



ABOUT THE AUTHOR

Kevin A Dunlap is the author of *Designing Your Own Destiny* and the upcoming book, *The Winner's Code: Secrets of the Winner's Mindset*, due to come out in March 2019. He is also a speaker, an international podcaster and a coach for entrepreneurs. He is originally from Florida, yet he has resided in Las Vegas since 2004. You can find him online at www.kevinadunlap.com. His motto is "Your success is my goal."



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ERIC COURTNEY

AN INTERVIEW

BY JUDI MOREO

Eric Courtney is a photographer with whom I have had the pleasure of getting to know personally over the past couple of years. His beautiful work is often displayed at the City Lights Art Gallery in Henderson, Nevada where he also teaches photography classes and is currently the President of the artist

co-op. I know you will enjoy getting to know him better through this interview. I certainly did.

Where did you grow up? What things were you actively involved in?

I was born and raised in Chicago and lived in various areas throughout the city and suburbs until my move to the

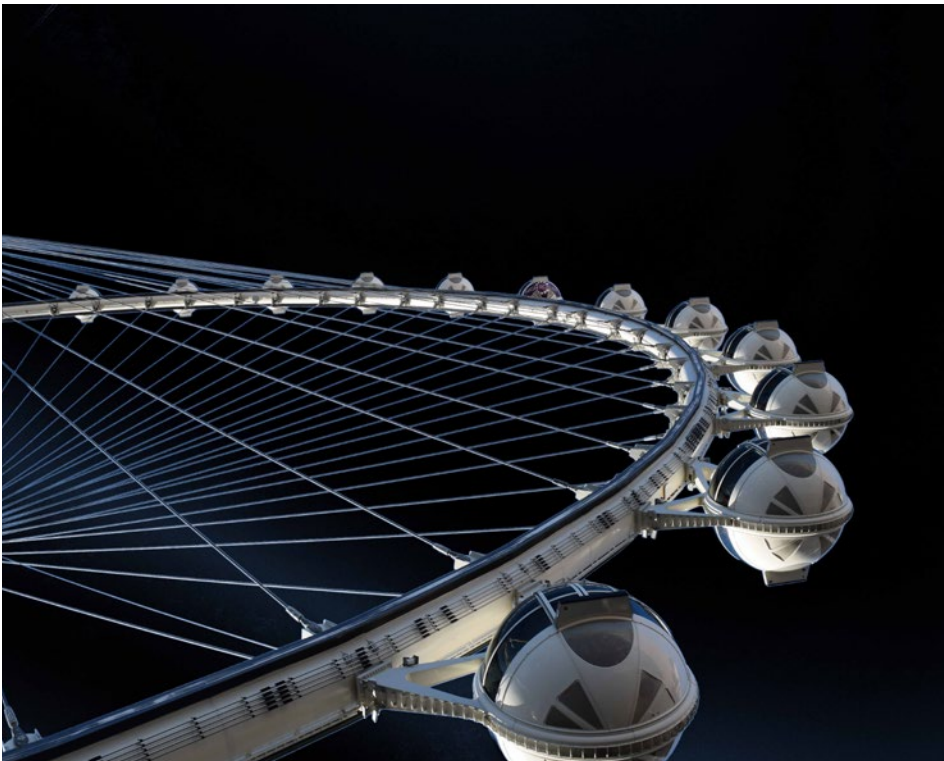
Las Vegas area in 2014. Chicago is a great city with so many photography opportunities, especially the architecture. I was never really an athletic person growing up so I would get involved in things where I could use my talents such as student council, fundraising, helping out others, and of course photography, which started at a young age.

Did you always want to be a photographer?

Yes, I have loved taking photographs for as far back as I can remember. From 35 mm traditional film to the introduction of digital cameras, I have been hooked. It is not uncommon for me to have a camera with me. After I moved to the Las Vegas area and after some inspiration from one of my professors at DePaul University, I decided to share some of my images with others. In October 2016, I entered my first juried show at City Lights Art Gallery in Henderson, NV. Though I did not win an award, it was a great learning experience.

When did you first know you had talent?

When I first started sharing some of my artistic photography with one professor



at DePaul University. He is an accomplished photographer who has exhibited all over the world and when he said I had “the eye” for creating art through the medium of photography, it was then I knew I had the talent. Also, when I sold my first photograph to an art collector.

After thinking about this, I guess I have known I have had the “eye” for a long time, but I was afraid to share my art for fear of criticism. Since I have started to share, I have been amazed at how every photographer has their own unique style!

Who influenced you?

Ansel Adams. In my office I have two images that he took and the story behind both is truly amazing. One is of the great redwood trees in northern California and the other is of the Golden Gate in San Francisco before the iconic Golden Gate Bridge was built. Both images capture a moment in time that no one will ever be able to capture again. Building the Golden Gate Bridge forever changed the landscape of the Golden Gate and the skyline of San Francisco.

Who inspires you?

Though artists may use the same medium to create art, each artist has their own style. The same applies to photography. Though photographers may use the same digital means to capture an image, each photographer has their own unique style. Joel Sartore, who works for National Geographic on the Photo Art project, inspires me in that he has a passion for capturing images of animals that may one day become extinct. People in general inspire me in that smiling faces are some of the most amazing things to photograph. Each person is different and so are their



smiles; but smiles convey happiness and joy and capturing spontaneous smiles of laughter are the best!

Did you get a formal education in photography?

Prior to moving to the Las Vegas, NV area, I decided to pursue another de-

gree in Social Media Marketing. For my electives, I took classes that focused on photography and art. In taking these classes, I took my photography skill sets to a new level and I realized I could actually create unique pieces of art that I could photograph. One example of that is “Pencil or Ink” (pictured at right).



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Throughout the years I have attended a plethora of in-person or virtual seminars and conferences in order to keep current on the latest technology and trends. As with any profession or passion, it is important keep learning and not to get stuck in a rut or become stagnant.

Why did you pick the medium of photography?

I jokingly tell people that I can barely draw stick people, which is true. With photography sometimes you have control over the content, such as creating a piece of art to photograph and sometimes you have no control over the content, such as a street musician or airplanes flying overhead at an air show. So I chose photography as it is my passion but also one in which I can capture those special moments that define life, such as a people smiling at a wedding, having fun at a birthday party, or simply just enjoying life.

Of all your works, do you have a favorite?

I have many favorites but if I had to pick one in my current portfolio it would be "Explosion of Color" (pictured at top right). Taking an original image and putting my digital art touch on it created something that I find really expresses my artistic talent.

I have been blessed to travel around the world. Recently, while on a day cruise around Banderas Bay in Puerto Vallarta in Mexico I was able to capture one of nature's most amazing moments. Humpback whales migrate to Banderas Bay during the winter months. Knowing this, I had my camera ready and I was able to capture what is called a Whale Breach; when a whale breaks



the surface of the water and shows off a tremendous display of strength and agility. One image from that excursion is featured here simply called "Whale Breach" (below).

That is my favorite of your pictures. Perhaps because I love wild life so much. But especially because of the

action you caught in the picture. When I look at it, I almost feel as though I was there and saw it myself. You do an awesome job.

Thank you for allowing our readers to get a peek through the lens of your camera.



**“Destiny is a
name often given
in retrospect
to choices that
had dramatic
consequences.”**

J K Rowling





FEAST FOR FIFTY

BY S. L. GORE

I *f ever in a moment of madness, you agree to stage a dinner for fifty people, may my own experience help guide you through the odyssey. I want to establish right away that although I love to cook, I am no restaurateur.*

So after succumbing to the guilt that the event wouldn't happen without my direction, I set out to devise a menu that could be created in stages with the minimum of help. Then I braved the uncharted territory of calculating how much of each ingredient to buy and the best quality at the best price that it could be found.

A Google search was reliable for estimating the amount of meat per person as well as the asparagus. Ex: "How much chicken per person?" You must take into account bone in or boneless. I found that the online advice overestimated the amount of rice needed and underestimated the gelato. The amounts I suggest below are corrected.

Menu

- Asparagus Vinaigrette and Baguette (bread)
- Spinach Salad with Blue Cheese Vinaigrette Dressing
- Chicken in Mushroom Sherry Cream Sauce with Wild Rice
- Chocolate Gelato Sundae with Hot Fudge and Whipped Cream topped with Toasted Almonds and a Wafer Cookie.



16 lbs of asparagus, trimmed and steamed 3 minutes.

As the New York Sardi's recipe for asparagus vinaigrette calls for chilled asparagus, the veggie can be cooked ahead of time and refrigerated. Steam small batches of skinny asparagus 3 minutes. Thicker about 5 minutes. Test the first batch for correct al dente time. The bulk of the dressing can also be prepared a day ahead, leaving to the last minute the final touches of chopped parsley, pimienta and hardboiled egg white.

Calculation for 50: 16 lbs raw asparagus trimmed to fit on the plate.

See photo on next page for how to calculate vinaigrette for 50 people from a recipe for 6.



Two Mason jars of vinaigrette with olive oil, wine vinegar, chopped capers, chopped onion, chopped dill pickle, mustard and salt stand waiting for the last minute touches of parsley, hardboiled egg white and pimiento.

Chicken thigh filets were marinated overnight in sherry and then sautéed in butter, paprika, diced onions and 5 lbs of quartered mushrooms. The chicken is cooked only 12 minutes, 6 minutes on a side, and then removed. After a quick

reduction, the sauté mixture went into a giant pot to which I added copious amounts of Better than Bouillon Chicken Base and Mushroom Base, a large bottle of sherry, and 1 gallon of heavy cream. After more reduction, chicken

Vinaigrette				
$\frac{3}{4}$ cu = 6 ppl	8 portions	<u>for 48 people</u>		
$\frac{3}{4} \times 8 = \frac{24}{4} = 6 \text{ cups}$				
✓ dill pickle	$\frac{1}{2} \times 8$	4 pickles		
✓ onion	1 Tbsp.	8 Tbsp	$\frac{1}{2}$ cup	
✓ capers	1 tsp	8 tsp	$\frac{1}{2}$ cup	
✓ salt	tsp	8 tsp		
✓ mustard	$\frac{1}{4}$ tsp $\times 8$	2 tsp		
✓ wine vinegar	2 Tbsp $\times 8$	16 Tbsp.	1 cup	
✓ lemon juice	1 tsp $\times 8$	8 tsp		
✓ olive oil	$\frac{1}{2}$ c $\times 8$	4 cups		
LAST MINUTE				
chopped parsley	1 Tbsp $\times 8$	8 Tbsp		
pimiento	1 Tbsp $\times 8$	8 Tbsp		
egg white	1 tsp $\times 8$	8 tsp		

and sherry cream sauce were combined and set aside for reheating and serving the next day.

Calculation for 50: 25 lbs of boneless, skinless thighs.

This luscious chicken dish sprinkled with chopped parsley is best served with wild rice. The cultivated "wild" rice was steamed in a rice cooker on the brown rice setting, using chicken bouillon instead of water at a ratio of 8 cups to 3 cups of rice. Caution: the cooking time is quite long, but the rice turned out perfectly.

Calculation for 50: 9 cups of rice = 27 cups cooked. Still plenty left over.

I make my own whipped cream using heavy cream, a cap of vanilla essence and a heaping tablespoon sugar per cup of liquid cream. The cream can be whipped 3 hours before serving but must be refrigerated. The slivered almonds are "toasted" in a small frying pan (a wok is best). Get the pan hot and



The finished creation. Chicken in sherry mushroom cream sauce sprinkled with fresh parsley and served with wild rice.

ABOUT THE AUTHOR

Born with wanderlust, forever living in a fantasy world, S.L. Gore escaped the prairies of Kansas and followed the yellow brick road on an odyssey that took her around the world. Love of history, languages, mysticism, food, shopping and romance helped create her romantic time travel thrillers of the *Isis Trilogy*. Her *Sex and the Zen of Shopping* is a self-help for the spirit and how-to for the practical. Joyously married, she and her Viking husband live in Coastal California.

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toss in the almonds (smaller batches of 1 cup is best), stirring all the time with a wooden spoon. No oil! I like a small wok as it's easier to lift up away from the heat from time to time to control the browning. When you judge the almonds are golden brown, turn them onto a large plate to cool.

Calculation for 50: Gelato: 16 pints. Heavy Cream: 6 cups liquid. Note: cream doubles in volume when whipped. Almonds: 3 cups slivered, blanched. Serve to rounds of applause!

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A FRESH NEW START

BY RIDGELY GOLDSBOROUGH

“

The boy stuck to his side of the street.

Growing up in the city, he never saw such huge trees, powerful enough to burst through the middle of the sidewalk and break the concrete with their roots.

He wasn't used to the dogs and the birds and the flowers in almost every yard. He shuffled along deep in thought, drinking it all in.

Then he spotted her. She came toward him from the opposite corner with a bucket full of gardening tools.

“That's her,” he exclaimed inwardly, “the mean one.”

Her unbridled mane hung across her forehead and down in her cheeks in sloppy, blond rivulets that framed her face, some of them matted and unkempt. He could barely see her eyes.

“She doesn't look all that mean to me,” he pondered.

Still, he remembered what Billy told him and kept his gaze to himself, caught between curiosity and the protective inner ghosts that feared rejection, the unknown and most of all, getting hurt.

He turned toward his house and climbed the four stairs that led to the back porch and into the sanctuary of Mom's kitchen.

“I saw her,” he declared.
“Who?” his mother asked.

“The mean girl.”

She put down the pile of mixed vegetables and turned her attention fully on the boy.

“What do you mean ‘the mean girl’?” She guarded her emotions and waited.

“The messy one that Billy told me about,” he spouted. “She hangs out by herself at the far end of the park in the flower bed that she calls her own and never talks or play with other kids. Everybody's scared of her.”

“Did you say hello?” The mother squatted down to match the boy's level. “Maybe she's not what you think. Maybe she just needs a chance. Maybe no one ever got to know her.” She paused. “Remember when we talked about starting over?”

The boy flashed back to the day his mother sat him down in their tiny living room a few months after his father died and told him that they were moving.

She told him about a better life in the country, a chance to begin again in a different environment, a space where everything would be much better for them.

She helped him admit that he felt afraid and rubbed his frail chest while he worked through all sorts of demons that tried to close his heart.

He shook his head but said no more.

Days later, the boy found himself in the park very early.

At first, he thought he was alone. He glanced to the far edge and discovered the girl, kneeling in the dirt with her hand wrapped around a trowel, intent on her work.

He resisted the urge to flee, a momentary panic based in past hurt and unresolved emotions too dark to bring to light.

He placed his palm on his own breast and drew in his mother's energy, that boundless strength that caressed away his own terror each time a shadowy spirit took hold of him.

He willed himself forward.

Along the way, he reached down and picked a bright yellow daisy, the biggest he could find.

He approached her gingerly, one fragile step at a time, battling his trepidation. The girl stopped and looked at him, blank and without expression.

"I brought you this flower," he mumbled. "I can see that you like flowers." He held it out in front of him.

Slowly, a tentative smile connected the tip of her chin to the corners of her lips, broadening to reveal a set of straight, pearly-white teeth that lit up the bottom of her face.

"That's very nice," she said, in a soft, feminine voice. "I'm Cecie."

The boy felt his own face lift and brighten.

"Johnny," he replied. "My Mom and I moved just here."

"Do you like flowers, too?" she asked.

"I came from the city and I don't know that much about them," he admitted. "But I'd like to."

"I'll share," she said. "Sit with me."

Hours later, the boy went home, changed.

He exploded into the kitchen, talking a mile-a-minute.

"I met her and her name is Cecie and she's not mean at all and she's teaching me about flowers and she lost her parents, too, two years ago and she hasn't been here that long either and she lives with her Grandma and Grandpa with a kitten named Molly that she promised I could play with sometime. And she's really nice and she told me her whole story and it's just like ours."

"Wow!" The boy's mother put her hand over his heart. "What a mouthful."

"She's just like us, Momma," the boy uttered excitedly. "I can just tell." "What do you mean, son?" she followed.

"It's just like you said, Momma. Nobody gave her a chance."

He waited for a moment.

His mother gently stroked his chest.

"She's just like us, Momma. All she needed was a fresh new start."

That's A View From The Ridge...



ABOUT THE AUTHOR

Author and International Speaker, Ridgely Goldsborough, started his first business at the age of 16. After graduating from Law School, he earned his first million at the age of 29 and in the last three decades, started 43 companies. For one of those businesses, he founded Domain Street Magazine, the very first internet based magazine about the domain name industry.

Ridgely and his team have over 400 active websites in multiple business verticals and he speaks around the world, in both English and Spanish, as one of the foremost experts in internet marketing, with a specific emphasis on video-based follow up sequences, the secret sauce to online campaigns. He has written 11 books, hosted his own television show and created dozens of audio and video programs on success and prosperity, and conducted dozens of online marketing campaigns resulting in millions of dollars in sales.

In addition, Ridgely is the co-founder of the WHY Marketing Formula, the revolutionary marketing program used by professionals world wide to attract ideal clients. He is a frequent speaker at the top internet marketing conferences on the use of the internet to build marketing networks based on the WHY of the company founder.

When not traveling, Ridgely lives in Florida on the water, with his wife, Kathy. They have four children and share a passion for travel, fine wine and building businesses.



**Resilient Survivor
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Resilient Survivor

*A true story of GROWING through
BETRAYAL, DECEPTION and LOSS*

BY MARLENE LIVINGSTON CURRY

"This is a book about love, betrayal, and a mysterious death. The author, Marlene Livingston Curry, shares her personal journey through devastating circumstances in order for us to understand she has been where we are, hurt as we hurt, and felt complete devastation from the secret betrayal of the person she loved the most. She then shows us how to reclaim our self-worth, resolve the shame issues we may be dealing with, and rise to new levels of self-confidence, happiness, and success. Within these pages, you will find practical ways to meet challenges, overcome difficulties, and give up any feelings of brokenness."

—Judi Moreo, author, *You Are More Than Enough*

"This book is both inspirational and practical. It is the kind of book you will keep close at hand, refer to often, and actually use. It is full of simple, yet profoundly effective techniques that anyone can use to regain and maintain self-worth and confidence."

—Mary Monaghan, author, *Remember Me?*

"This is a book I will keep and give to others, to my friends who are grieving. Marlene writes from a calamitous experience and offers advice of various ways of coping with the issues following the death of a loved one."

—Kathie Slaughter, Retired teacher

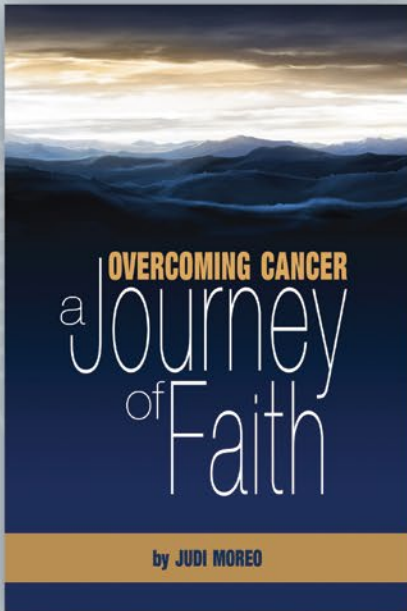
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Marlene Livingston Curry is available for lectures and workshops based on her book *Resilient Survivor*.

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Award-winning author Judi Moreo knows what it is to travel the journey of cancer and shares that experience in this book.

Overcoming Cancer: A Journey of Faith



Through her personal story, inspiring quotes and practical suggestions, Judi shows us that cancer and fear are messages to us to make lifestyle changes. This supportive book can help the newly diagnosed cancer patient ask better questions, understand there are alternative and integrated treatments that can work and, most of all, maintain hope.

Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change; yet it is filled with excitement, experiences and discoveries that can bring us to a new and better place if we are open to possibilities and focus forward.

"This book may help save your life or that of a loved one. Judi Moreo 'gets it.' She understands that the question is not 'what kind of treatment do I undergo?' but rather 'how do I heal myself?' Her personal experience with cancer taught her to recognize that recovery from chronic illness is often a recovery from an unhealthy life in many respects. With humor, grace and courage, she addresses the physical as well as the mental, emotional, psychological and spiritual needs for recovery in an easily accessible, practical way. Whether you are looking for help to reclaim your health from cancer or any other illness, let Judi be your guide."

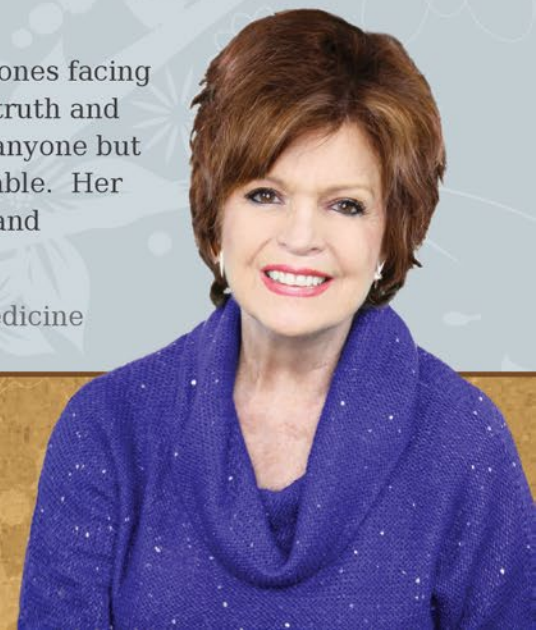
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"This book is a must for those facing cancer and for those who have loved ones facing this fear-filled disease. Judi writes from the heart -- telling her story with truth and emotion. She highlights her course of action, not forcing her opinions on anyone but truly providing options to conventional cancer care that are sound and doable. Her recommendations for nutrition therapy and exercise are quite impressive and fact-based."

- Julie Freeman, MA, RD, LD, Licensed Nutritionist, Integrative Medicine

This Book and Others Now Available Online!

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REALIZE AND MANIFEST YOUR OWN DESTINY

BY ANTHONY BURNSIDE

I know my use of such an antiquated 19th century American territorial expansionist philosophical term as the title of this article may sound alarmist to some of you. But no worries... I just thought it was pretty cool. These words of Emerson ring so true to those who are open to it. While I have been writing books and articles, I learned of a process called "listening to the silence." it's a creative process and that means when undertaking some great creative task (such as writing or doing anything artistic or creative), you must open your mind and dip into the river of thoughts and ideas that flow endlessly within it. When your mind is open the thoughts come to you.

We define "Destiny" as the events that will necessarily happen to a particular person or thing in the future. In my last article I wrote about the RAS (reticular activation system) and how it functions. This component is key in achieving your destiny. Once you master the RAS, your destiny is just around the corner. As we go through life, we filter out different ideas, people and situations. We instinctively know what we are supposed to do in life. We know innately and then we move towards those goals. I know that as a person coming from humble beginnings, I have always known what I wanted to do and I am doing that to this day. I am not some great soothsayer. I am just a guy who figured some things

out in this world. I believe in sticking to what works.

Is destiny your potential waiting to happen? Of course, it is and negative people or situations can sometimes get in the way of your destiny. You must never let anyone stand in the way of your program. The people who come into your life will either be a blessing or a lesson for you. It's up to you if you allow them to alter your course. Now that is not to say that having a significant other can't be beneficial, it definitely can be. There is nothing like sharing your goals with someone you love. We choose our destiny and life is full of experiences both good and bad and it's up to us as

to how we react to it. How do we realize our destiny? Well, first off, we have to change our attitude with regard to it. You have to go from the pessimistic perspective of thinking to an optimistic perspective of thinking.

Look at it this way a person can go from believing that life happens to them, to believing and realizing that we create our own lives. It starts there and flows from there. We must step outside our comfort zone and recognize that you are the greatest person in existence and there is no one else like you in the world. As I travel, I hear people talk about what their fate holds and I swear that has a negative connotation to it. I believe

"The only person you are destined to become is the person you decide to be."

Ralph Waldo Emerson



that fate and destiny are two different things. I think that fate is simply without any effort existing in space and then saying your lines through life and not placing yourself on the path to success. Do you ever feel that way? Here are some steps you can take to achieve your destiny... First of all, be disciplined, stay focused and don't be defined by things you have done in the past. Dwelling on past mistakes will drag you down in the present. Follow these steps ...

1. Look for things in your life that make you happy..
2. Get quiet, meditate, and listen for destiny's call
3. Be more playful
4. Learn life lessons the first time
5. Know what causes you to lose your temper or make bad decisions

6. Have a life plan so you don't get pulled away from your goals
7. Stay away from negative people
8. Remember this quote...

*"All that is gold does not glitter,
Not all those who wander are lost;
The old that is strong does not wither,
Deep roots are not reached by the frost;*

*From the ashes a fire shall be woken,
A light from the shadows shall spring;
Renewed shall be blade that was broken,
The crownless again shall be king."*

- JRR Tolkien

It's so important to achieve your destiny. Remember ... with great risk comes great reward.



ABOUT THE AUTHOR

Anthony Burnside is the CEO of Ronin Group Consulting, a highly sought-after security expert and a certified protective intelligence threat assessment investigator (PPO, PITA, NCI). He is also part of an elite group of close protection operatives tasked with protecting VIP's all over the world. He has also conducted protective operations at the S.S.I Conference at the prestigious U.S. Army War College for a former White House official and at the United States Air Force Academy. In addition, he has helped provide protection at worldwide televised events such as the Golden Globes and the Grammy Awards, American Music Awards, etc. In addition to his security background, he is also an actor, voice over artist, author and speaker.

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CHOICES MAGAZINE
SPRING ISSUE 2019

A FINAL NOTE FROM JUDI MOREO

Is our destiny out of our control? No, definitely not!

We can shape our destiny by being true to ourselves, being authentic, and determining what it is that we want. We must be open to possibilities and have the courage to step out of our comfort zones and go after our desires.

We must decide where we want to go in life, what we want to do, and with

whom we want to do it. We can't sit back and be passive. We must take deliberate actions to reach our desired goals.

We can use our intuition, which is often right. But there's no guarantee it's going to be the best choice for us. A choice based on knowledge of where the benefits really exist is going to be much better than one based on intuition.

When we make deliberate, knowledgeable choices, we begin creating the lives for ourselves that we want.

Fate presents the opportunities, we create our destiny.

You Are More Than Enough,

Judi