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Mag

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FEATURE STORY

Rusty Cochran

We Care Plumbing Heating & Air

EDITOR'S NOTE

Spread His Love Everywhere You Go!

INSPIRATIONAL ARTICLE

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EDITOR'S NOTE

Dear Brothers & Sisters

I hope you all had a wonderful Christmas and your New Year's is off to a GREAT start!! I wanted to share another story with you all. I was recently up in Lake Arrowhead with my family and decided that I needed to get some fudge at their famous fudge shop. As I walked into the shop I was horrified by the long line, but I figured it was worth the wait. Directly in front of me I noticed a very, very large and obese man standing with his head down and looking very shy and uncomfortable. By my discernment I immediately could tell he was very uncomfortable and didn't know where to look. I felt so sorry for him, I knew that he felt as if everyone was staring at him. You guys all know me, LOL!! I thought to myself, well let's break the ice and make him feel comfortable. Since he was wearing a Raiders Sweatshirt, I decided to tease him a bit. I said to him "ewwww you're a Raiders fan, YUCK".



He turned around and with a HUGE smile on his face and said "what team do you like?" I told him how we love the Chargers. If you are not familiar with Football, certain teams are hard core rivals, and the Raiders and Chargers are that for sure. We both started laughing and joking with one another and soon the entire packed fudge shop was rolling with this hilarious man's sense of humor. This man had the BEST and most hilarious sense of humor I think I have ever experienced. The time passed so quickly and soon we were saying our goodbyes. I told him as he walked away "hey, God bless you brother" and he replied, "you too Sister". Sometimes we forget that as Christians we are here to bring others happiness and joy. We are the salt of the earth; we are the light in this dark world. If you see someone who looks sad, down, uncomfortable, lonely.

Please reach out to them. If you are on the shy side, then just give them a HUGE loving smile. God gave me the gift of being an extrovert, so I use it with all my heart! I am not shy at all and will talk to ANYONE! I love making people smile and making people laugh. That day in the fudge shop I saw a quiet and shy man make an entire Fudge shop laugh hysterically. I watched a group of complete strangers enjoy one another's company. I watched the Love of God fill that place. It was beautiful to witness. Please remember to share your gift with others. Use your talents that God blessed you with and bring joy to others. When the Pharisees questioned Jesus on which was the most important commandment to keep, he said to Love God with all your heart, and he added "Love your fellow man". We are here to LOVE one another and to help others. This world is so lost, and we need to bring as many people to Christ before His very soon return. Love you all so much!! Happy New Year's! This 2023 let's spread HIS awesome love everywhere we go!!

Dear Readers, side note. Please do business with my AMAZING advertisers. I screen each business JUST FOR YOU! These businesses are God loving people who will treat you with the utmost care. They give back to our community and they are GOOD people!! I have turned away MANY businesses because I knew they were not worthy of you. These businesses are the BEST!! God bless & thank you for considering them!!

Sheila York
Editor



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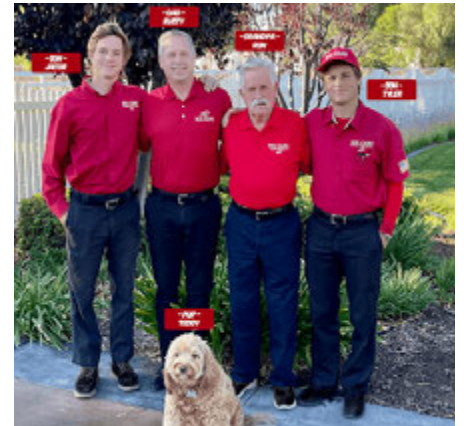
OUR Valley Mag

FEATURE STORY

Dear Readers,

Some of life's most valuable lessons are passed down from fathers to their sons. Whether it's riding a bike, tying a tie or changing a tire, or how to do an AC tune-up the right way, lessons fathers teach can last a lifetime.

I remember, riding along with my dad Ron on HVAC service calls and installs, learning the technical side of the trade and the value of a dollar. My father taught me to work hard and always "Go The Extra Mile" for each customer. I loved working alongside my dad and soaking up every lesson he taught me, it helped me develop a passion for helping people and taught me the right way to "Wow" a customer. Thanks to the lessons I learned from my father, and a lot of hard work. We Care has grown into to be the #1 AC and Plumbing company in all of Southern California, even winning several awards for our customer service from both customers and from our peers.



Hard work and determination paid off, and the company now boasts over 150 team members that make up the We Care Family. With headquarters in state-of-the-art facilities in both Murrieta and Orange, California, We Care continues to flourish and build its loyal following through the unmatched value it provides to customers. In addition to being a household name throughout Southern California, the We Care family now spans three generations with my sons Tyler and Jacob both following in mine and my father's footsteps. By working their way from delivery drivers to full-time installers and technicians, they are learning all facets of the business. Who knows one day they may take the lessons they've learned from their father and expand We Care into a nationwide enterprise. Whatever the future holds for We Care, it's destined to be one bolstered with family values and compassion for the communities we serve.

By working their way from delivery drivers to full-time installers and technicians, they are learning all facets of the business. Who knows one day they may take the lessons they've learned from their father and expand We Care into a nationwide enterprise. Whatever the future holds for We Care, it's destined to be one bolstered with family values and compassion for the communities we serve.

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- /Darren & /Sheila York



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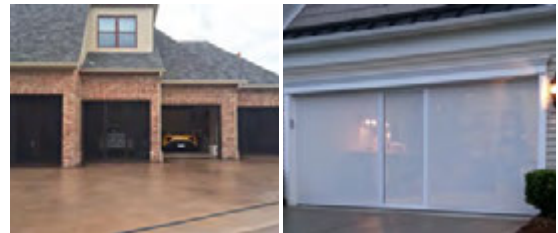
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Celeste Ducharme has spent the past 31 years building businesses and managing teams within several high-profile companies such as Nordstrom, Dennis Uniform Company and The Rancon Group. Her ability to make a difference within women's lives and organizations, has positively changed thousands of lives. As a top-ranked athlete, Celeste quickly learned not only how to be part of a team, but how to push through obstacles as well. Her love of softball led her to coach for 13 years and it is in this arena that she developed a passion for motivating others to pursue and achieve their dreams. Celeste is also a Co-Author of the #1 International Best-Seller, "Turn Possibilities into Realities" and will be appearing in the documentary film "Beyond the Game" that will be release on Netflix fall of 2019. Celeste holds a degree in Business Administration. She is grateful for the unwavering love and support of her Husband, children, Mom and her entire family, is dedicated to her faith and loves helping others create amazing opportunities in their life.

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Hebrews 11:6 Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.



The Day I Jumped From The Golden Gate Bridge

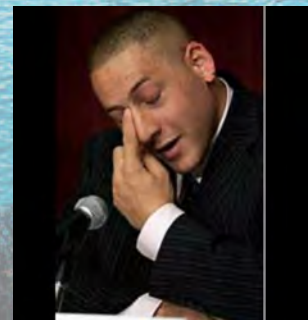
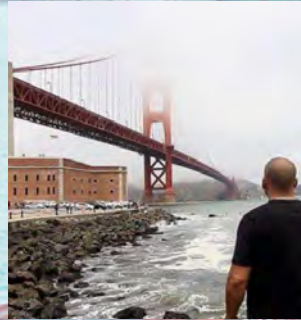
John Hines

The Golden Gate Bridge is the premiere suicide venue in the United States. The lure of the bridge as a place to end one's life is such that individuals fly long distances to San Francisco, go directly to the bridge, and jump to their deaths.

I read a story about a man named John Hines that has stuck with me to this day. The month was Oct, the year 2000. John was suffering from severe depression and bipolar. He decided that cold Oct day to end his life. He said that deep down he still wanted to live, but just felt terrible sorrow. On his way to the bridge, John stated that if just one person smiled at him, or spoke to him that he would not jump. Unfortunately, not one person smiled at John. John estimated that he must have passed a minimum of 70 people, yet not one person looked at him with kindness.

Out of the 1,300 people who have jumped off the bridge, John Hines is one of the 26 who survived the fall.

I am begging everyone who reads this article to PLEASE stop and look around. Look for the people who are hurting, look for someone who needs a smile, looks for someone who needs a hug! Just look!! People need us in this dark world, now more than ever!!



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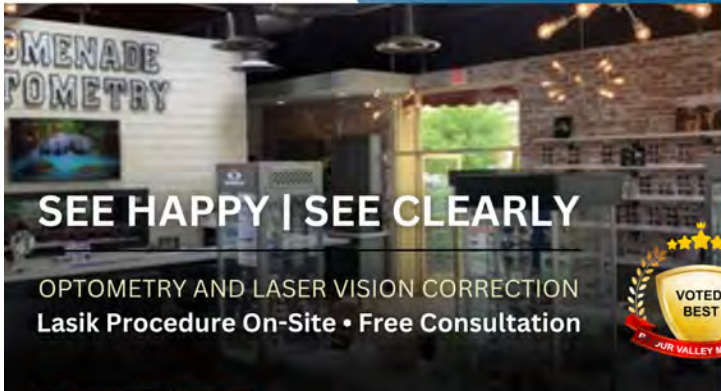
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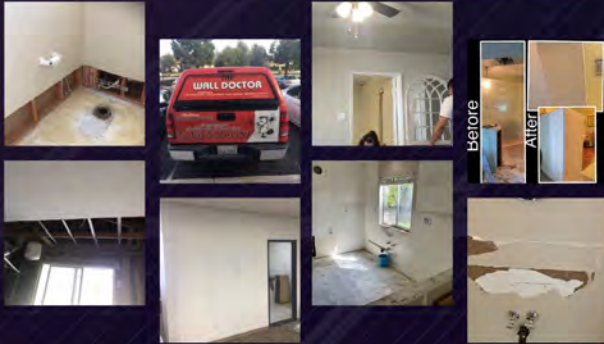
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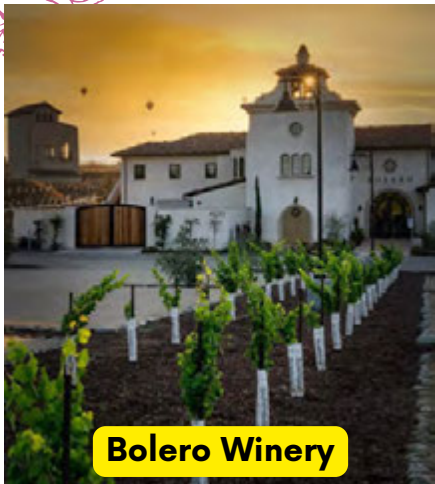


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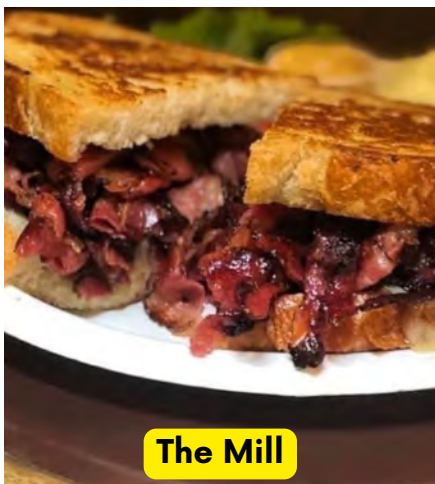
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Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire."
"Each step feels like I'm walking
through wet paint."
"I live in constant fear that I'll fall."
"I can't sleep, my hands and feet
tingle all night."**

What do all of these people have in common? They suffer from peripheral neuropathy. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Sarika Connor, L.Ac, of Soma Acupuncture & Wellness in Temecula shares this belief. "I've been treating neuropathy, in all its various forms, for about a decade now and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my social media posts, or read the testimonial of another patient and say to themselves 'hey, I feel the same thing'."

Frankie M. of Murrieta testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately Frankie would eventually see Sarika on the local news talking about similar symptoms and how she offers a real solution at Soma Acupuncture. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to us with a story similar to Frankie's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older'." shares Amanda, a Patient Care Technician at Soma Acupuncture. "It just breaks my heart but I know how much we can help people like Frankie so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price

tags and offer little to no resolve. Which is why Sarika and the staff at Soma Acupuncture pride themselves on being 'the last resort with the best results.'

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitation. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Sarika. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Sarika able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This is tech that was originally developed by NASA to expedite recovering and healing."

"I just can't say enough about Soma Acupuncture," Frankie shared through tears of joy. "My husband and I moved here 3 years ago and he's gone hiking almost every day. I always stayed home because of the pain and discomfort. Yesterday I walked the trail with him! And next week we're starting ballroom dancing lessons. I am truly living life these days."

"According to Frankie's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Amanda. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions Sarika has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation

during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred" tells the practitioner. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call (957) 597-0488 to schedule an initial consultation or visit SomaAcuWellness.com to read more incredible success stories.



Question to Esther



Ask A Question WITH *Esther*

Question: *Dear Esther,*

I get so excited for your column every month. Thank you for your ministry and love for God and others. I don't know you, but I pray for you all the time. I am a school teacher and we have been taught to teach things completely against my faith. I know God does not want me to teach my children about certain things that do not align with HIS GODLY characteristics. I am struggling, because I LOVE my job and my kids, but if I speak up I will be let go.

Any advice I will GREATLY appreciate.

Answer: *Dear School Teacher,*

I got emotionally touched when you stated that you pray for me and my ministry. How noble and impressive is your gesture to intercede for someone you do not know personally. Thank you, and may our Loving Father in Heaven keep pouring rich blessings upon you to overflow your cup with peace of mind, spirit and soul.

My friend, it appears that you are very stressed in your present job and it is causing you despair and anxiety. You are battling between what is right and wrong. You love your job and your students and teaching them what you know is wrong must be very difficult. Deep in your heart, you must know that this battle is making you weary. You must either make peace with the fact that some things are required in your job and that you can't change them or, you can pray to God and ask him to take this dilemma from you. What if there is a better job, position, or opportunity where you will thrive in every way, because you agree with every aspect of the job requirements. We don't know the answer to those questions, but God does. We know that God loves you and your sincere heart. When we pray and ask God for His guidance, He will answer in His perfect way that we need. Most of the time, the answer comes in a way that we could never have imagined.

Remember the stories in the Bible of Abraham, Joseph, Daniel, and Esther and how they maintained their faith and loyalty to God. "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9

Teachers are so important and so needed! We all love teachers and all they do! Thank you for all you do for our children. "The student is not above the teacher, but everyone who is fully trained will be like their teacher." Luke 6:40

Do not forget! Before you make any decisions or move, pray first; and read Jeremiah 29:11-13. These are the words of God Himself through His prophet Jeremiah.

My sincere wish is for God to reveal to you what is the right decision to make. It's completely between you and God. I pray for Him to replace your worries with Heavenly peace.

*God bless and keep you always,
Esther*



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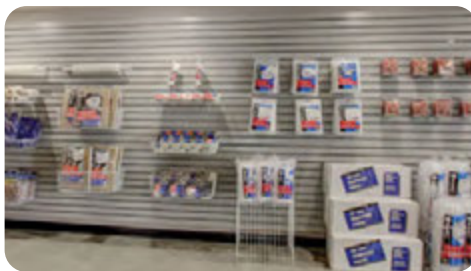
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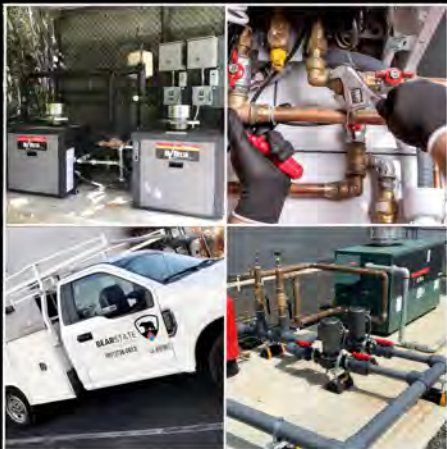
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