

Stuff that just might make your life better

Holiday 2013

BEING better

Skateboarding star

Brian Sumner

having it all

Tracy & Brian
Sumner

5 Things
Rich people know

How to live forever
without being a

Vampire

Holiday
Decor under
\$10

Take this magazine with you. When you're done, give it away.

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BEING BETTER is created to help you achieve the life God wants for you. We hope to inspire you to seek the best life you can have, and that happens when you include God. For those who don't know how to do that or why, we hope we can help. Ultimately, we want to help you find Jesus in a way that doesn't freak you out. God just wants to hang out with you...(yes, you) and when you let Him, your life really will be better.

"You will seek me and find me when you seek me with all your heart. I will be found by you, declares the LORD..." Jeremiah 29:13-14

If you want to find out more about God, you just need to start looking for Him. We'll help. You can start at our website or one of the others listed in this issue. Also, find a great Bible-believing church in your area and go.

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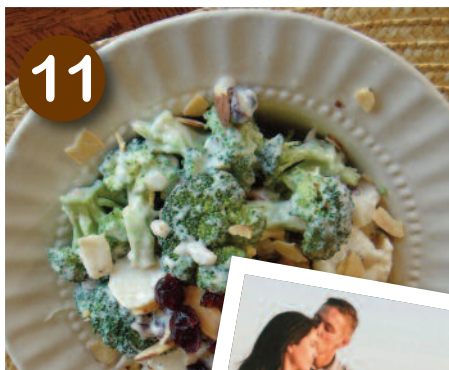
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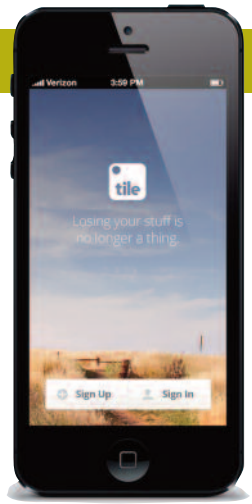
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The Best Stuff

this season

Autumn



Best Funny

You've heard the saying:
 Work like you don't need the money,
 Dance like no one is watching, and
 Love like you've never been hurt.
 Humorist speaker Gina Barecca has
 a different take on those:
 Love like you don't need the money,
 Dance like you've never been hurt, and
 Work like no one is watching.

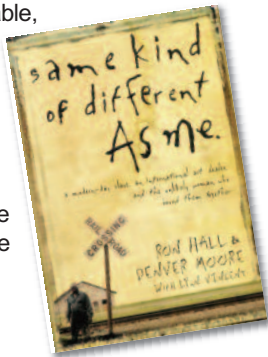
Best Book

Same Kind of Different As Me

Nearly unbelievable,
 but true.

A story of hard
 heads, hard
 hearts, and the
 miracles that
 happen when
 you suddenly see
 through someone
 else's eyes.

Jeff G, Sioux City, IA



Best Locator

Couch cushions
 have met their
 match. Buy the
 little tiles and
 put them on
 your stuff: car
 keys, your computer,
 book bag, your bike.
 The app keeps track
 of your stuff. When
 you can't find some-
 thing, the app will
 help you locate it.
 Even if your stuff is
 stolen, other tile
 users' apps are secretly
 helping to locate your
 stuff and the system
 will let you know if
 they find the location
 of it. How cool is that?!

Check it out at www.thetileapp.com

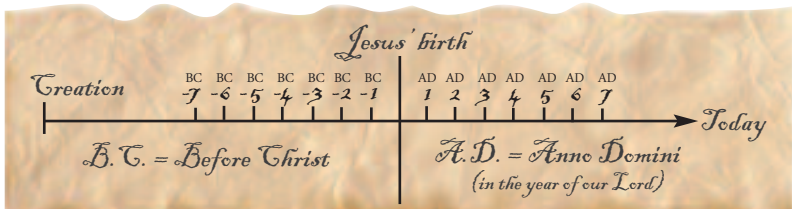
Best Quote

"Say and do something positive that
 will help the situation; it doesn't take
 any brains to complain."

—Robert A Cook

Best Random info

The counting of Earth's years is based on Jesus. Things that happened *before* Christ was born are represented by B.C. Events that happened *after* Jesus was born are tagged with A.D. which doesn't mean "after death" but stands for Anno Domini which is Latin for "in the year of our Lord."



Do you have a "best" that you'd like to share? Go to our website and click Submissions.

www.beingbettermagazine.com | Holiday 2013

“Choose your companions before you choose your road.”

— Mark Burnett

THE ROAD WELL TRAVELED

Think about taking a trip with a group of people. What thoughts pop into your mind? It depends, right? A trip with our BFFs to some vacation destination may make us smile. But a trip to the same place with coworkers or that one crabby uncle might make us cringe. If our journey is short, even travelling with people we don't like or get along with is doable. But, if that trip becomes long, or will be difficult, who we travel with is much more important.

Mark Burnett, executive producer of TV shows *The Voice*, *Survivor*, and *The Bible* told of a tribe he met who commute between the Atlas Mountains and the Sahara. They commented that it wasn't the journey up and down the mountain that was difficult, but who they were travelling with that determined the difficulty.

If it's people you like, you can handle just about any pit falls, pot holes, and storms that hit along the way. But if they aren't suited for the journey, the smallest bump in the

road can be a setback.

Who are you travelling with? This doesn't just apply to trips, but to life. Who do *you* do life with?

You have to decide what your destination is (a college education, a loving marriage, owning a home, providing a stable home for your children, heaven), then determine if the people around you are going to be good travel mates to help you get there. If you think they will slow you down, drag you down, or will try to get you to go their way, you need to find some like-minded,

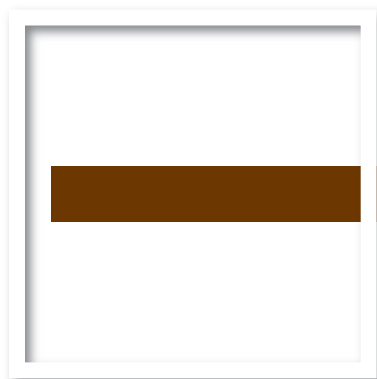
“You are the sum of your five closest friends.” —Unknown

supportive companions to journey with. Someone once said, “You are the sum of your five closest friends. Who are the top five people in your life? Would you consider them winners, life-suckers, motivated, downers?”

Surround yourself with the kind of people you want to be like - then you'll be set for a success. Enjoy the journey.

How to

roast a turkey



If you've never cooked a turkey thinking it's complicated or something, you, my friend, have been misled. It is truly a simple, simple thing. Invite the neighbors...there's going to be plenty.

The bird is the word!

There are all sorts of different ways to cook a turkey but this is the easiest. We are not going to stuff it (make stuffing in a bowl...it's a lot easier. Maybe not as attractive, but for the first go round, we're just making the turkey. Okay?)

Stuff you need:

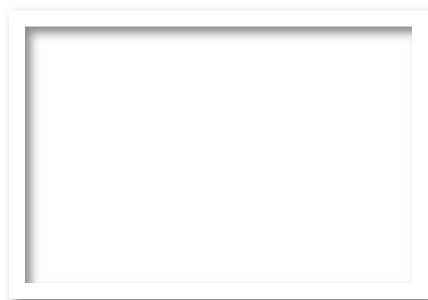
- One thawed turkey
Hint: Plan ahead, thawing a big bird takes time.
- 1/2 stick butter, softened
- Non-stick cooking spray
- A roasting pan
Hint: You'll need something a couple inches deep and big enough to hold the turkey without it hanging over the sides. For a couple of dollars you can buy a disposable foil turkey pan.

Get cooking:

- 1. Prepare to cook**
Make sure your turkey will fit in the oven without touching the top. If needed, remove the top rack of the oven. Turn the oven to 350°. Spray your pan with the non-stick cooking spray.
- 2. Frisk your bird**
Remove the packaging from your turkey. Usually there is something stuffed inside each end of the bird.
Hint: You'll have to do a cavity search in two spots. **A.** Check between the birds legs and **B.** Lift the flap of skin on the other end to

feel in the neck cavity. There's probably a package of "giblets": heart, liver, gizzard. Also look for the turkey neck. You don't need to use any of this. Put it in stuffing if you want or just pitch them.

- 3. Baste and bake**
Put the turkey in the pan. Rub the butter all over the turkey. Put the turkey in the oven. Bake your turkey for about 12 minutes per pound. Example: 10 lb turkey = 2 hrs.
- 4. Remove and eat**
Make sure your turkey is done. It has to be 165°. Use a meat thermometer to test it in the thickest part of the breast. The meat should not be pink. Slice your turkey and eat!



Do you know HOW TO do something interesting? Go to our website and click Submissions.

Under the Influence

it to the camera. They left the cash (including tax) on the counter.

Later, they were tracked down at the local high-school. The four, who are on the

football team, said they thought the store was open (since the door wasn't locked), and that someone was just taking a long break.

Recently, a break-in occurred at a New Jersey store. The owners rushed down to see what had happened. The front door was unlocked and after watching the front door surveillance video, the culprits (four young men - three black and one white) were seen coming into the store and then leaving carrying the out some merchandise. But something strange was found. Money.

When the cash register video was played back, it showed the four guys each bringing their purchases to the register and one by one they showed the product and the money to pay for

They were rewarded \$50 gift certificates for their honesty.

Often, we want to write off "today's youth" - but I'd venture to say that there are WAY more good ones out there than you think.

Unfortunately, we are flooded with news about all the bad stuff...which then becomes our influence - for our behavior as well as influencing our expectation of others.

An experiment was done with trick-or-treaters. Kids were given the choice of choosing a piece of candy or an apple. No one was there to influence them one way or the other.

Popeye, the 90+ year old cartoon, ate spinach when he needed strength. Experts found that kids who regularly watched Popeye doubled their vegetable intake.



"Example is not the main thing in influencing others. It is the only thing."
— Albert Schweitzer

Jesus Christ is the one name consistently found on almost every list (worldwide) of greatest and most positive influences of all time.

The Fun Theory

Volkswagon's initiative inspires people to do things they should, but don't want to. How do you get people to take the stairs instead of the escalator? Make the steps into musical piano keys.

[66% more people took the stairs.]

If you make the trash bin

sound like the garbage is going into a deep, deep hole people will want to throw their trash away.

Check out videos on these and more Fun Theory inventions.



Eternal life. Not just for Vampires *anymore.*

One little bite and you can live forever. But, no more trips to the beach to get some rays, good luck getting anything out of your eye (since you can't see your reflection), and say buy-buy to Italian food (you know... the garlic).

Okay, so let's get real. Does any ACTUAL creature live forever? Well, there is a sea creature that seems to be immortal. **Turritopsis nutricula** is a hydrozoan (kind of like a jellyfish).



Apparently, it reaches maturity and then reverts back to a juvenile which stops the aging effect. The big-brained people are still studying it. Someone commented that maybe they can find the secrets of staying young and living forever from this creature. Maybe they can.

Uhhh, what happens if the world is destroyed or the sun burns out?

Guess you'll be living forever in the dark...on a piece of space dust.

The truth is that **anyone can live forever.** It's just not going to be here.

God loves us and he didn't plan for this to be it for us. He wants us to be with him forever. He sent his son about 2000 years ago to tell us. (He got some people to write it down... it's called the Bible). If you want to live forever you just have to do what God says: **Believe** in his son (Jesus). Tell him that you're done with all the garbage, evil, and sin and ask Jesus to forgive you. It's okay, you can tell him everything... he already knows anyhow. He will forgive you and accept you...yes, even you. Then tell someone that you believe that Jesus is your savior. Hang out with God. Talk to him whenever you want (that's praying). Thank him. Praise him. Tell him what bugs you and what makes you happy. Ask him for help. He will always be there. Always. Get a Bible so you can read it and find out everything he wants to tell you. Eternal life can be yours now... and remember...God doesn't bite. **Bb**

For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have **eternal life**. John 3:16

To find out more about God, read the Bible, find a local, Bible-believing Christian church, and check out our website and these: www.billygraham.org, www.iamsecond.com, and www.godlife.com. See pgs 12-15 for more on eternal life.



things rich people know

HOW TO BE SMART WITH YOUR DOUGH

Financial advisor, Jeff Edgar, gives his tips on thriving financially.

1. **Hi-Ho, Hi-Ho it's off to work you go.**

By far, the number one way to become wealthy is to work. The key is to get paid doing something you absolutely love.

2. **Give, help...go...do**

Those who are most successful often give more than 10% of their income away and spend many hours volunteering and sharing their talents to bless others.

3. **Plan of attack**

Decide what you want:: a new house, new furniture, a car, start a business, send kids to college, or plan for retirement. This is often the key to succes. Write down what you want in order of importance. Now, start putting money away toward the first goal.

4. **Stay out of the hole**

Far too many use debt foolishly and it keeps them enslaved rather than reaching the desired destination they want. Those clothes or couch may be attractive, but they will lose their appeal when the payment comes each month. Plan ahead so you can pay cash for needs.

5. **Be a spend thrift**

Evaluate each potential purchase from various angles. Look at price, value, durability, and how it lines up with your life purpose. Don't spend more when you make more. Successful people carefully analyze purchases. Many lottery winners, sports stars, and celebrities go bankrupt missing this principle.

Photo caption

Photo caption

Find more helpful tips on Jeff Edgar's website www.enedifinancial.com or email him at Jeff@enedifinancial.com

Laughter^{Rx}

"Laughter is the best medicine."

Signs that make you say, "Huh?"

In a public building:

Toilet out of order. Use floor below.

In a laundromat:

Automatic Washing Machines: Please remove all your clothes when the light goes out.

Posted on a farm:

The farmer allows walker to cross the field for free, but the bull charges.

On a repair shop door:

We can repair anything! (Please knock hard. Door bell is broken.)

In an office:

Would the person who took the step ladder please bring it back or further steps will be taken.

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Brain Bender

Exercise your brain, and see if you can answer the question. *Answer on page 14.*

This is an exclamation point: !

This is a question mark: ?

What is it called when they are combined?

- A) Ampersand
- B) Question mark
- C) Ellipse
- D) Interrobang
- E) Postulist



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Body of Knowledge

See into the future

Experts agree that three major factors can increase your chances for having healthy eyes later in life: Eat nutrient rich foods, don't smoke, and protect your eyes from UV rays.

A good yolk

Egg yolks are rich in lutein and zeaxanthin which may keep your eyes healthy and fight macular degeneration.

Give it a rest

If you stare at a screen all day, Web MD suggest giving your eyes a rest every 20 minutes by looking 20 feet away for 20 seconds. Then every couple of hours get up and take a 15-minute break.

Have see food

Studies show that Omega 3s found in fish and shellfish aid in eye health.

©Clipart.com

A superfood named **Broccoli**

Many believe broccoli is the healthiest food there is. It has so many key nutrients, it offers health benefits and disease prevention to just about every area of your body.

Oranges images ©Cijpart.com

Broccoli facts:

- Related to both the cabbage and the cauliflower.
- High in Vitamins C, A, and folate and also soluble fiber.
- California produces almost all the broccoli sold in the USA.
- Americans eat about 900% more than they did 20 years ago.
- Broccoli has just about the same amount of calcium as whole milk.

Broccoli comes in a variety of colors from deep sage to dark green, and even purplish green.



Broccoli is very high in Vitamin C. In fact, by weight, broccoli packs more Vitamin C than even oranges.

Broccoli Cranberry Salad

Serves 8 . Calories 162 . Protein 3 g . Carbs 18 g . Fiber 3 g . Fat 9 g



Ingredients:

- 6 c broccoli florets
- 8 oz can sliced water chestnuts
- 1/2 c dried cranberries
- 1/4 c red onion, chopped
- 3/4 c low-fat mayo
- 3/4 c fat-free plain yogurt
- 1 1/2 t sugar
- 1 1/2 t cider vinegar
- 1 1/2 t Dijon mustard
- 1/4 t salt
- 1/8 t pepper
- 1/4 c slivered almonds

Directions:

In a large bowl, combine broccoli, water chestnuts, cranberries, and onion. In a smaller bowl, whisk together mayo, yogurt, sugar, vinegar, mustard, salt, and pepper. Pour over broccoli mixture and stir to coat all. Top with almonds to serve.

Brian Sumner on the Ride of his Life

How does someone who has it all end up wishing they were dead? Skateboarding superstar, Brian Sumner has a tale to tell. And, like most great stories, it ends with a happily ever after. The really good news is he can tell you how you can get one too...and it's easier than falling off a skateboard.

"I grew up in Liverpool England which is a pretty rough and tumble town. At age 13, I visited New Jersey and saw a guy skateboarding and I fell madly in love (with skateboarding...not the guy). I spent my time learning and inventing tricks and within a couple of years I was winning competitions and getting noticed.

Tony Hawk's company hired me and brought me to the US. Still just a teenager, I spent my time doing what I loved. Very quickly I was earning hundreds of thousands of dollars a year. With sponsors of my own, my name was on pants, shoes, boards, and I was featured on video games and toured the world. It was pretty



Photo courtesy Brian Sumner

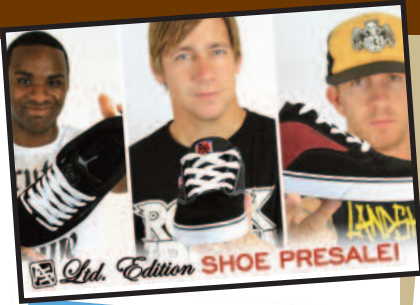
great to have people flock to see you, buy stuff because it has your name on it and scream your name.

When I met Tracy at 19, I found a new love and within four months I proposed to her on the beach. The next day we drove to Vegas and got married. We couldn't wait to start our family. Our son, Dakota, was born within the first year. That's when reality hit and expectations weren't lining up with this life that had been all about me. We were fighting

Before we knew it we were paying a lawyer to take away our dreams.

constantly and before we knew it we were paying a lawyer to take away our dreams.

On the job



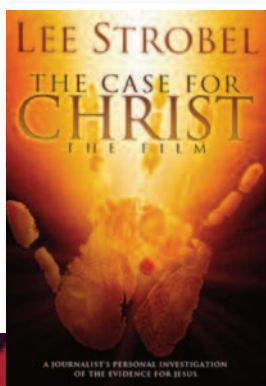
Nothing made sense anymore. I started getting into fights and all of the stuff (the skateboarding, the fame, and the money), didn't matter anymore. With my dreams shattered, divorced, and suicidal, my life was in chaos. Eventually my out of control behavior caught up with me. When I was caught with an illegal weapon in my possession, I had to go to court and was sentenced to 120 hours of community service. I got to choose where and I decided to serve my time at this Christian thrift store. I figured it would be pretty easy. I had heard about God, but didn't really know anything about him. I figured nothing I was

doing was working so I figured I'd prove that it was all just a big lie and prove God wasn't real.

So I started looking at all these different religions: Hindu, Buddhist, Jehovah's Witness, Mormon, even Satanic worship. But it was pretty easy to see they didn't line up. When I found a book called *The Case for Christ* by Lee Strobel at the thrift store, I started looking at the

Bible. Everything started to make sense, but I still didn't own it...and things were still bad at home.

I had convinced Tracy we should live together, for Dakota's sake, but the fights were just terrible.



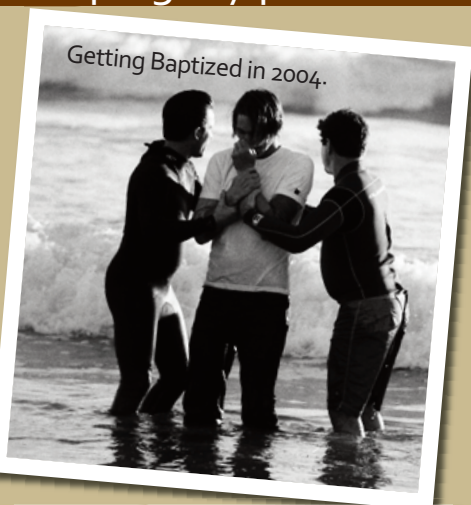
Doing a skateboarding demo and preaching in South Dakota.

Keeping my promises

After a bad fight, I went to my office and I got on my knees. For 40 minutes I just poured out my sins, all the things I had done wrong, all the screw ups. I begged God to help me and I promised God I would remarry my wife, get Baptized, and give my skateboarding to God. I confessed my need for him to save me and I gave my life over to Jesus.

In that moment, I felt a presence enter the room and just pour over me. It was this complete peace. I spent the next 40 minutes just praising God and crying because I was so sad that people didn't know that this was real!

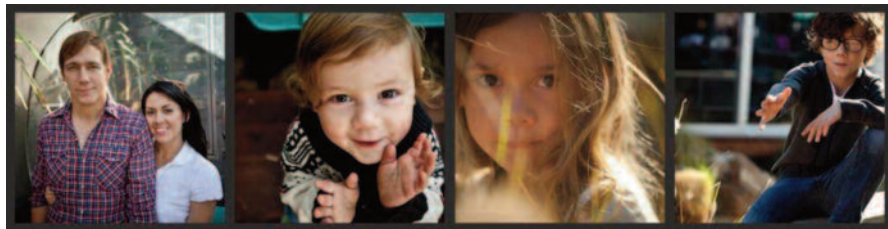
Tracy saw the huge change in me. She later told me it was so dramatic, but so contagious too.



Tracy started going to church with me and just three weeks later she gave her life to Christ.

So, I kept all my promised to God. I was baptized, Tracy and I were remarried in our pastor's backyard and I am skating for God's glory.

Thirteen years later, we are still doing things God's way. We have two more kids, matching tattoos, and are doing marriage mentoring. I left my old life and sponsors and began touring the world using skate boarding to spread the truth about Jesus. Now, I really do have everything."



Brian, Tracy, and their kids living their happily-ever-after

Get your happy ending

With money, fame, travel, and a career he loved, Brian thought he had it all. Now he truly has it all. And he wants you to have it all too. Listen to what Brian wants you to hear...



"Jesus Christ changed my life. Everything I had attained in life was nothin'. People might say, "Well he left all of this to serve the Lord." No I didn't. If the Lord wasn't so valuable it wouldn't be worth leaving. He is so valuable. This does not hinder my life in any way. Today, I want to serve Jesus. I pray you get to know Jesus...which happens when you hang out with him.

Have some faith
In the Bible, Romans 10:9 says, **"If you confess with your mouth that Jesus is Lord and you believe in your heart that God raised him from the dead, you shall be saved."**

If you want, you can watch this message from Brian (just for you) on a video. Just go to our website and click the link under Issue Extras.



The goal

The goal of me saying this to you is that you will be saved. That means born again...restored, back together. When we die we will spend time with God in Heaven for all eternity. It doesn't matter where you are, or who you are, whether you're broken or just won the lottery, you need a savior. The Bible says, "All have sinned and fallen short of the glory of God." (Romans 3:23)

How you own it

Speak to God like you would speak to me. Say, "Lord Jesus, I ask you to forgive my sins. I believe that you died for me on the cross, and you shed your blood for my sins on the cross. I ask you today to save me and forgive me. I want to dwell with you. I want to live for you. I want to serve you. Lord save me today. I want to be your child, I want to go to heaven. Forgive me and transform me. In Jesus' name I pray."



What it means

And when you cry out to God today and end it with, "In Jesus' name" it means you are acknowledging who Jesus is. That when he hung on that cross that the veil was torn that separated us from God, and now we have access to the Father because of Jesus...and you get to speak to God the Father in heaven.

So I pray that you say this prayer today, but you can't do it because I told you to. you've got to see where you are and your need for him. It took me going to hell and back to see my need for Jesus. I pray that you get to know Jesus and that your conversion is true. Amen."



To here more from Brian, check out www.briansumner.net

Want a Bible?

You can download a Bible to your phone with a **FREE** Bible app. Just go to <https://www.youversion.com/>
Need a printed Bible?
Contact us at Being Better Ministries,
2018 Ravens Ct., Sioux City, IA 51104

Answers:

Pg 8, Brain Bender: D



<http://www.facebook.com/beingbettermag>

A Better Way to deck

Getting ready for the holidays can get expensive, but it doesn't have to be if you get a little creative. Not only are these great to look at, they are great fun and a perfect way to spend quality

time with family whipping them up.

Here are some quick projects that you can deck your halls with...and other areas of your home. Most can be made for **under \$10**.

[Scary on

Get a piece of wood, canvas, or even a piece of paper. (We used a piece of wood we found in the garage.) Paint it orange,



and stencil white lettering or buy letter stickers. We created our own pumpkin stencil from a piece of paper.

Cost: \$0 - \$10. If you're cyberly creative you can whip it up on the computer for nothing.

[Harvest box

Scour the house for a cute box, tin, or basket. Place some candles inside and tuck gourds, mini pumpkins, twigs and berries around them.

Cost: \$0 - \$40.



house walls the halls mantle

[Holiday lights

Grab a bag of fresh cranberries and pour them in a shallow dish and wiggle in some tea lights. Strike a match and you're done.

Cost: \$0 - \$10. Your platter can be any shape. If you don't have something go to a thrift store.



[Holiday bowl

Bowl. Ornaments. Candles.



Cost: \$0 - \$30.

[Christmas star

Take a hike around your neighborhood, park, or wooded area to find some sticks of similar thickness. Bind them together with pieces of twine to form your star. Accent with holly if you like.



Cost: \$0 - just finding the time to hike and dig through your junk drawer for the string.

Designer: Jane B Kohlenstein
blog <http://www.buzzmills.net>



If someone really wants help with addictions, who can help?

A Teen Challenge...

- has nearly 200 residential Teen Challenge centers across the USA.
- centers provide care for people of **all ages** demonstrating a need for intensive help with life-controlling problems.
- provides youth, adults, and families with an effective and comprehensive Christian faith-based solution to life-controlling drug and alcohol problems in order to become productive members of society. By applying biblical principles, Teen Challenge endeavors to help people become mentally-sound, emotionally-balanced, socially-adjusted, physically-well, and spiritually-alive.

To find out more,

read testimonials, and to find a location near you go to www.teenchallengeusa.com

