

Our Gift to You

Faith at Work

Be
Inspired

LEAP of
Faith Drake Relays'
Director **Brian**
BROWN

Os Guinness and
the **Iowa Prayer**
BREAKFAST with
a tribute to Dwayne Alons

Women of the
Gingham Apron celebrate
MOTHER'S DAY





Inspiration to Keep You... Looking Up

Aim at heaven and you will get earth thrown in. Aim at earth and you get neither.

—C.S. Lewis

Perseverance is failing 19 times and succeeding the 20th.

—Julie Andrews

Every strike brings me closer to the next home run.

—Babe Ruth

God loves each of us as if there were only one of us.

—St. Augustine

Aim for the moon. If you miss, you may hit a star.

—W. Clement Stone

I have learned...that when one's mind is made up, this diminishes fear.

—Rosa Parks

If you want to lift yourself up, lift up someone else.

—Booker T. Washington

Your attitude, not your aptitude, will determine your altitude.

—Zig Ziglar

I can do all things through Him who strengthens me. —Philippians 4:13



*When God pushes
you to the edge,
trust Him fully,
because only two
things can happen.
Either He will catch
you when you fall or
He will teach
you how to fly.*

—Unknown



Inspired

Faith at Work

BelInspired is a Christ-centered magazine sharing uplifting stories and encouraging faith in the home, work and marketplace.

Published by Faith at Work, a Christian non-profit dedicated to sharing the Good News and encouraging positive living.

In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

—Matthew 5:16

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New Life Begins...

Spring

Spring is our favorite season. Growing up on a farm, the springtime landscape was suddenly alive and bursting with color—from newly hatched chicks and lambs on wobbly legs to the early blooming crocus and the green tips of the seed crops popping up out of the ground. Even the words that define “spring” are lively—rise, arise, leap, jump or suddenly spring!

This issue of *BeInspired* is full of the promise of spring. Start your own container garden from seedlings or help children learn



where food comes from by watching it grow with *A Garden for Every School* program through Keep Iowa Beautiful.

To help you keep “looking up,” we share stories of people who inspire. Learn more about the late Dwayne Alons, an Iowa State Representative who served his country throughout his life or Drake Relay’s Director Brian Brown and his life-changing leap of faith.

Above all, spring ushers in the celebration of that first Easter when Jesus died on the cross, was buried, and **arose** from the grave for you and me. New life is here—embrace it and bloom where you’re planted!

High Flight

by John Gillespie Magee Jr.



Oh, I have slipped the surly bonds of earth and danced the skies on laughter-silvered wings; sunward I've climbed, and joined the tumbling mirth of sun-split clouds...and done a hundred things you have not dreamed of...wheeled and soared and swung high in the sunlit silence. Hov'ring there, I've chased the shouting wind along, and flung my eager craft through footless halls of air. Up, up the long, delirious, burning blue I've topped the windswept heights with easy grace where never lark, or even eagle flew. And, while with silent, lifting mind I've trod the high untrespassed sanctity of space put out my hand, and touched the face of God.

High Flight Hero...

Dwayne Alons

What comes to mind when you hear the word “hero”? Some may think of the dictionary definition, “a person who is admired for great or brave acts” while others may think of a specific person whose life and example defines the word.

Dwayne Alons was a hero in our book by both definition and example. A retired farmer who lost his battle to cancer this past December, Dwayne served House District 4 in northwest Iowa the past 16 years in the Iowa Legislature. During his lifetime, Dwayne impacted and inspired thousands.

Dwayne was born in Hull, Iowa, and raised on his family’s farm near Boyden. Shortly after graduation from Boyden-Hull High School and Northwestern College in Orange City, he entered the Air Force in 1968, training as an F-4 fighter pilot. Stationed in Germany, he helped



Dwayne Alons proudly served Iowa

bring an end to the Cold War. In 1975, Dwayne joined the 185th Fighter Group in Sioux City. Dwayne’s duty in the Iowa Air National Guard offered a great career and service opportunities that allowed him to maintain a solid family life on the farm.

Dwayne was a humble leader whether flying jets in the Air Force, serving as Brigadier General in the Iowa National Guard as well as in the state legislature, and as a farmer,



Clarice and Dwayne were a team and part of the Iowa legislative family

husband, father or grandfather. Clarice, Dwayne's wife of 47 years, said, "He was such a grand man. He had such a love of his country and of people...I pray that God raises up more individuals like him who love and serve their country."

According to the Iowa Air National Guard, Dwayne was, "...an exclusive member of the famous fighter pilot/farmer fraternity that is prominent in the Air Guard... farmers who are weekend fighter jocks." Flying in the military for just 6 months short of 30 years, Dwayne's career totaled 4,000 flying hours in the F-100, F-4, A-7 and F-16 fighter aircraft.

He flew missions in Germany, Britain, South Korea, Panama and numerous continental states as well as Hawaii.

Governor Branstad stated, "As a retired Brigadier General in the Iowa National Guard and as a member of the Iowa State Legislature, Iowa lost a true statesman."

Lieutenant Governor Kim Reynolds said, "You would be hard-pressed to find a better advocate for Iowa families, agriculture and rural economic development than Dwayne..."

House Speaker Kraig Paulsen noted, "Dwayne showed us how to live every part of life by faith and service."

In Dwayne's words, "Many have forgotten the original vision of individual liberty, personal responsibility, along with limited government. I intend to work to bring about a restoration of those original ideals."

Dwayne loved his family. He and his wife, Clarice raised 4 children and were blessed with 14 grandchildren. He was

honored when his son, Kevin, followed in his footsteps as an Air National Guard pilot and they flew jets together.

Kevin said of his Dad, "he's definitely been a hero and an inspiration to me."

In addition to American Legion and Kiwanis Club, he was a member of associations including Farm Bureau, Iowa Corn Growers, Iowa Cattlemen's, Pork Producers, and Iowa Soybean. Dwayne faithfully



Dwayne flying an A-7 Air National Guard jet over his family farm near Boyden, Iowa

served on the Iowa Prayer Breakfast Committee.

He and Clarice were members of Christ Community Church in Sioux Center where he had previously served as a deacon and elder.

Quoted in a newspaper article, Dwayne said, “I’m kind of an independent person and when I’m flying in a single seat airplane, with the Lord’s help, I’m directing it and trying to get a certain job accomplished.

That’s the role I see for the independent American Farmer—a force in the economy who, again with the Lord’s help and with proper rain and sunshine, can plant the crop and help it along during the growing season and then harvest it at the end of the year.”

Active in the Gideons International for 35 years, he above all loved sharing his Christian faith and giving Bibles to others. Last summer during Ragbrai, Dwayne could be found welcoming bikers to Rock Valley and actively



Dwayne loved his 14 grandchildren and is shown here with newborn granddaughter, Genevieve

passing out Bibles. After visiting a local jail just last summer, Dwayne came home excited with news that one of the prisoners, with tears in his eyes, accepted Jesus after Dwayne had shared his faith.

Jesus said in Matthew 9:37, “The harvest is great, but the workers are few.”

Dwayne was one of those workers who are few, but will be remembered as a hero.

A Son's Tribute to His Father...

My Dad is My Hero



Dwayne Alons piloted this T-38 Talon Jet at Sheppard Air Force Base in Texas, 1970

My dad is my hero. He was a devoted father and husband who taught and modeled a life of commitment to the Lord, Clarice, his family, and his country. He diligently farmed for decades.

He served in the Air Force and Air National Guard, retiring with the rank of Brigadier General followed by nearly 2 decades as a representative in the Iowa House.

I love my dad and am so proud him. The impact that he had on me and the many people that he interacted with, and the legacy that he leaves all of us, is immeasurable.

One of my dad's favorite poems was *High Flight*. Written by another aviator, it describes his life quite well. In the fight for his life, he imparted a personal blessing on everyone who visited him.

—Kyle Alons

Iowa Prayer Breakfast...

Honored Tradition



The above Bible was used at this year's inauguration by the Governor.

For more than half a century, the Iowa Prayer Breakfast continues to be a long-standing tradition where Iowa's Governor, legislators, community and religious leaders join the public in asking God's direction and blessing upon our state.

Formerly called the Governor's Prayer Breakfast, the name was changed in 2003. The Breakfast is always held on Maundy Thursday (the Thursday before Easter weekend). This year it falls on April 2, 2015. People from all walks of life come to enjoy this Maundy Thursday celebration with local vocalists and musicians, an inspiring message from a selected keynote speaker and, of course, prayer for our state.

A breakfast is served as Iowans enjoy the company of their friends as the Easter weekend celebration begins. Doors open at 6:45 a.m., the event begins promptly at 7:15 a.m., concluding by 8:45 a.m. Reservations are encouraged, as the Breakfast is a tradition normally attended by more than 1,000 people.

The Prayer Breakfast is open to the public and friends, co-workers, pastors and staff, the business community, students, teachers, heads of state, legislators, U.S. Senators and members of

Congress have attended this event.

The Iowa Prayer Breakfast is composed of volunteers from the legislature and business arena who meet each year to organize, secure a renowned speaker, and promote the Iowa Prayer Breakfast.

As a tax-deductible non-profit, small business owners, churches, corporations and private citizens fund the Iowa Prayer Breakfast with donations.

In addition to the Iowa Prayer Breakfast, Dr. Guinness will speak at a **Teacher and Student Seminar** on Wednesday, April 1st at Urbandale High School. The 7:30 p.m. event is free and open to the public.

**Iowa Prayer Breakfast
Thursday, April 2, 2015**

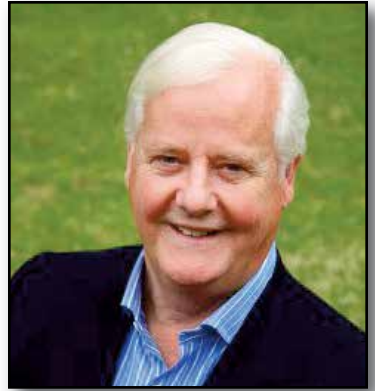
7:15–8:45 a.m.

Community Choice Credit Union
Convention Center (Vets Auditorium)

Featured Speaker:
Dr. Os Guinness

Adults: \$20.00 per person
Students: \$10.00 per person

Register online:
iowaprayerbreakfast.com



About the Speaker:

Os Guinness is a well-known author and speaker. Os was born in China during World War II where both his parents and grandparents were medical missionaries.

Os was a witness to the climax of the Chinese revolution in 1949 and the beginning of the reign of terror under Mao Tse Tung. He was expelled with many other foreigners in 1951 and returned to Europe where he was educated in England.

Os has written or edited thirty books on a wide range of themes. He has also been a frequent speaker and has conducted seminars for leaders around the world. His countless addresses at leading universities worldwide have helped to influence an entire generation of thinkers.

Heidi Vermeer-Quist

New Beginnings



I am certainly not a master gardener when it comes to nurturing plants and trees.

In fact, I've found it wise to keep only low maintenance plants in my home and office (actually the ones in my office

are fake). However, through the years I've learned many tried and true, almost foolproof ways of gardening people.

I also fully believe that God (the master gardener) wants to garden you!

At some point in your life, you may have lost (or perhaps have never learned) the skills to live fully grounded along life's journey. Psychological and emotional growth is a lot like gardening.

You need solid Grounding. Breathe slowly. Live in the pleasant present. And take care of the life God gave you—your physical, emotional, social and spiritual health.

When you work through hurts or let go of lies or myths you once thought were true, it feels like pruning or Grieving. But then you are free and more open and before you know it, you'll develop and begin Growing in new and exciting ways.

Be open to the new growth that is budding up inside you. Consider God's promise in Isaiah 43:19 to garden and grow His people, "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Solid grounding and good grief are always part of life, but growth is new, exciting, and often unexpected. It's time to grow!



Heidi Vermeer-Quist, Psy.D. is a licensed clinical psychologist providing professional counseling services since 2002 at the Des Moines Clinic of Pine Rest Christian Mental Health Services.

The author of *Gardening Your Life*, a three-phase growth group rooted in solid Christian teaching, she provides therapy to people struggling with depression, anxiety, relational conflicts, unresolved grief and adjustment, and personality disorders.

Be inspired by Heidi's blogs: www.pinterest.org/pine-rest-blog

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(515) 331-0303

NEW YORK TIMES BEST-SELLING AUTHOR

MAX LUCADO

before
amen



THE POWER OF A
SIMPLE PRAYER

A Conversation with God...

The Pocket Prayer

If you've never read one of Max's books, read this one. I promise, you will be inspired.

—George Strait, Country Music Hall of Fame

We all pray...some. We pray to stay sober, centered, or solvent. When the lump is deemed malignant. When the money runs out before the month does. When the marriage is falling apart. We pray.

But wouldn't we like to pray more? Better? Stronger? With more fire, faith, and fervency?...Yet we have kids to feed, bills to pay, deadlines to meet.

We aren't the first to struggle with prayer. The first followers of Jesus needed prayer guidance too. Jesus gave them a prayer. Not a lecture on prayer. Not the doctrine of prayer. He gave them a quotable, repeatable, portable prayer. Couldn't we use the same?

Join Max Lucado on a journey to the heart of biblical prayer and the power unleashed by these simple lines:

Father, you are good.

I need help.

They need help. Thank you.

In Jesus' name, amen.



Photo by KarenJames.com

About the Author:

More than 120 million readers have found inspiration and encouragement in the writings of Max Lucado.

He serves the people of Oak Hills Church in San Antonio, Texas, where he lives with his wife, Denalyn, and a sweet but misbehaving mutt, Andy.

Visit his website at
www.MaxLucado.com

4 Minutes, 4 Weeks

Take the

beforeamen Prayer Challenge
beforeamen.com/prayer-challenge

He Has...

Risen

It's not important who does the planting, or who does the watering. What's important is that God makes the seed grow.

—1 Corinthians 3:7

Easter is a celebration of the light of the world—Jesus, who came down into a dark world and died on the cross for your sins and mine. Following Jesus' death and burial, on the third day the Son of God rose again.

Do you live in darkness? Ask God to bring His light into your life today.

*Lord Jesus, I have made so many mistakes in my life and I am sorry. Please forgive me for my sins. I know You are my Lord and Savior. Come into my life and give me the strength to turn around and follow you. In your name I pray,
Amen.*

Just as the sun rises in the east, every day we can live our days in the faith and hope of God's promise. Live in His light, and He will make that seed grow in yours.





Container and Raised Bed Gardening...

Growing Wishes™

The floral growing wishes™ JOY collection: Flowers are special for the simple, beautiful way they convey feelings. To celebrate the rich language of flowers, varieties of flowers are paired with the sentiment tied to their individual beauty. Plant them from seedlings indoors and move them outdoors to patio pots or raised beds in the garden. Before long all your wishes will be in full bloom.



Sweet Pea

Friendship



Pinks

Strength



Forget-Me-Not

Love



Daisy

Clarity



Lavender

Happiness



Baby's Breath

Joy

The herbal growing wishes™ CHEER collection: Herbs are colorful, fragrant and easy to grow and maintain. They work equally well as container gardens or mixed with vegetables and flowers. Like flowers, herbs are also valued for their symbolism. Six varieties of herbs are paired with the sentiment tied to their individual character qualities. Soon after planting, you'll have a beautiful garden for all your wishes and culinary needs.

For a kit that includes growing directions, garden stakes and pencil, visit: pottingshedcreations.com



Organic Dill

Cheer



Organic Oregano

Peace



Organic Sage

Gratitude



Organic Thyme

Health



Organic Basil

Harmony



Organic Garlic Chives

Laughter

A Garden for Every School Program...

Watching It Grow



Keep Iowa Beautiful...

Mounting evidence indicates that students who participate in school gardening programs score higher on standardized science achievement tests and are more likely to make healthy food choices.

After months of research, Keep Iowa Beautiful designed *A Garden for Every School* program to educate school administrators and teachers on how to manage and maintain a school garden, long-term.

"Watching a child learn where food comes from and make that connection is truly priceless. *A Garden for Every School* training can help give teachers the tools they need to get planting," says Darren Fife, parent and garden volunteer for Cowles Elementary School.

The goal of *A Garden for Every School* is to find sponsorship for planting gardens in 87 Greater Des Moines elementary schools.

To learn more about *A Garden for Every School*, visit KeepIowaBeautiful.com



Cowles Montessori is keeping Iowa beautiful with a school garden, greenhouse, garden and worm compost systems, rain barrels, butterfly garden, and prairie garden.

Heather Anderson, a 1–3 grade teacher at Cowles, said of the lessons on Teachers-Going-Green.com, "I like the connection to math, science, and literature. The lessons are easy to present and I like the hands-on activities provided."

In the spring of 2013, Cowles Montessori received the Beautiful Iowa School award.

Located in the community of Windsor Heights, Cowles is Iowa's only public Montessori school and serves students in preschool through eighth grade.

A Leap of Faith...

Brian Brown



Brian Brown is known in our community and throughout the country because of his dual roles at Drake University—serving as Associate Athletic Director and as Director of the Drake Relays. Now in its 106th year, the Drake Relays has long-been known as “America’s Athletic Classic” bringing the best athletes in the country together for competition each spring. What you may not know about Brian is how his life has been one leap of faith after another.

Born and raised in New Iberia, Louisiana, Brian loved sports—especially basketball. As a 9th grader he could barely touch the rim, but the following summer something happened. While at a University of Louisiana basketball camp, when Brian jumped he just kept going up and dunking the basketball became easy. He realized this was a gift and his special ability to leap playing basketball also impacted other sports, including the high jump in track. As a result, track became the sport he excelled at and followed into college.

After the first college Brian enrolled in dropped track as a sport, he transferred to Northwestern Louisiana State. Upon entering his dorm room, Brian was met by Eric Willard Lee, his new roommate who happened to be a high school nemesis in track. But something was

different about Eric. Instead of trash talking as he used to do at athletic competitions, Eric spoke life into Brian consistently saying things like “you are such a champion.” Brian soon learned that the change in Eric was that he now placed God first in his life. Brian wanted to find out more. So one day Brian took a different kind of leap—a leap of faith to invite Jesus into his life—right there in the middle of the dorm room he shared with Eric. Brian and Eric have been best friends ever since,

with Eric serving as Best Man in Brian’s wedding.

As a college athlete, Brian was a champion in competing at the Drake Relays including setting a record 7 feet 7 inches in the high jump in 1997—a record that he owned until 2014. After receiving his Bachelors degree, Brian continued his education at the University of Missouri where he earned both a master’s followed by a doctoral degree.

While in graduate school, he met Natasha Kaiser who became



Brian Brown, Drake Relays Director, as a high jumper once ranked #2 in U.S. and #9 in the world.



a friend, but in his words was “out of his league.” A standout track athlete herself, Natasha was a Silver Medalist in the 1992 Olympic games. Beginning as a runner at Roosevelt High School in Des Moines, Natasha would eventually compete in the Drake Relays a total of 16 times, winning the 100 meters in high school and the 400 meters in college on more than one occasion. When Natasha was

given the opportunity to return to her hometown to become the Women’s Track Coach at Drake, Brian took another leap of faith and followed her to Des Moines.

Now married 22 years to Natasha and with three children, Elle, Quinton and Kristian, Brian is focused on living a life of consistency. His goal is to be an example for his children, as well as the young people he has the opportunity to work with at



Drake and the community.

In addition to his impact at Drake, Brian also serves as Associate Pastor at Elim Christian Church located near the Iowa State Capitol, and is on the Boards of the Boys and Girls Club and the Fellowship of Christian Athletes.

Brian hopes others will see there is something different about him—just as he did in his friend Eric more than 20 years ago—and take that same leap of faith.

Drake Relays Fun Facts:

- In 1910, the first Drake Relays was attended by 100 shivering spectators who weathered an April blizzard
- In the 1930s, the late president Ronald Reagan, the chief sports announcer for WHO radio, used to broadcast the Drake Relays
- Due to the weather, only 82 athletes competed in the first Drake Relays. Today, thousands of student athletes from high schools and colleges attend

Drake Stadium is the home to the Drake Relays, one of the premier track and field meets in the country.

Thousands of high school, college, and professional track athletes come to Drake Stadium in late April to compete in one of the largest track meets in the United States.

The stadium also hosts the Iowa boys and girls high school track state championships.

The 106th Drake Relays proudly presented by Hy-Vee are held April 19–26, 2015 in Des Moines.

For more information, visit www.godrakebulldogs.com

Spend and Save Wisely for...

Building a Nest Egg

What is Financial Peace University? We all need a plan for our money. Financial Peace University (FPU) is that plan! It teaches God's ways of handling money. Through video teaching, class discussions and interactive small group activities, FPU presents biblical, practical steps to get from where you are to where you've dreamed you could be. This plan will show you how to get rid of debt, manage your money and spend and save wisely.

How do I Take the Class? Taking FPU is easy. You can take control of your money no matter how busy your schedule is. FPU classes meet for around an hour and a half each week for nine weeks. Classes are held all over the country—just find a class in your area and register online! If you can't carve out time to attend a live class, you can take the class online or purchase the DVD home study edition!



Amanda's story...

My husband and I have a household income of \$30,000 a year. We were at rock bottom when we found Dave Ramsey in January of 2012. All of our credit cards were maxed out and we had a few dollars to our name. Then we found out we were expecting our first baby. Seven months later, we had paid off over \$13,000 in debt and had \$1,400 in the bank—and couldn't have been more ready for our little girl!

*We are so grateful Dave teaches the baby steps! Last month alone, we put \$300 into fixing his car, then two weeks later, turned around and drop \$600 on mine! Our \$1,000 emergency fund is now fully refunded and we paid all of the next month's bills **before** the next month.*

If it weren't for Dave and Financial Peace University, we would be in a world of hurt. FPU along with The Total Money Makeover have given both of us so much motivation. Not to mention the opportunity to meet really great people.

Our lives have changed so much and we could not be happier!

—Amanda, Age 22 Brett, Age 24

***The average family pays off
\$5,300 in debt and saves \$2,700
in the first 90 days!***



About the Founder:

Dave Ramsey is America's trusted voice on money and business. His four New York Times best-selling books—*Financial Peace*, *More Than Enough*, *EntreLeadership* and *The Total Money Makeover*—have sold more than 7 million copies combined.

The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations and iHeartRadio.

To find a Financial Peace University class that meets in your area, visit:

daveramsey.com



An Iowa Farm Family...

The Gingham Apron

When most of us plan to go “tailgating,” it is for college football and following our favorite team. When Denise Herrick and her daughters go tailgating, they pack up the pick-up trucks with the kids and food, and go to a near-by field to find their favorite team—their husbands who are hard at work farming in the rolling hills of Adair County (about an hour west of Des Moines).

Depending upon the time of the year, the men might be planting crops in the spring, baling hay in the summer or harvesting corn and soybeans in the fall. Farming, like gardening, is living a life filled with faith—planting a seed in the spring and trusting it will



grow and produce a fall harvest. Whether you currently farm, grew-up on a farm, town or city, many of us have a fascination with farming. The land in the Midwest has been set-apart as having some of the best soil in the world to grow crops.

In Iowa that fact is revealed with our state often leading the nation in the production of corn, soybeans, pork, eggs and more.

With Denise as matriarch, along with daughters Annie (Boyd) and Jenny, and daughter-in-laws Molly and Shelby, the extended Herrick family is an example of the great life farming has provided for generations of Iowans. But with the number of family farms declining and population growth in the cities, what once was common has now become a unique life.

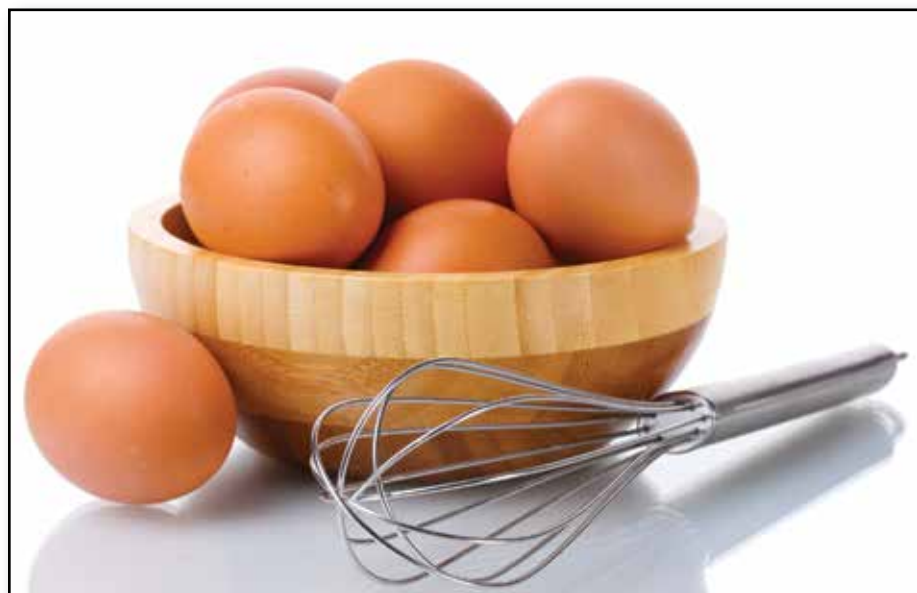
As a result, the Herrick family decided to share their stories of faith, family, farming and food with others. With their training

and backgrounds ranging from design to education and wellness, they banded together and started a website and blog aptly named “The Gingham Apron.” “Gingham” because it evoked a feeling of country and farm life and “apron” because it represented how important the farm woman’s role is in making a house a home.

The Gingham Apron blog is centered around faith, farming and food to celebrate the everyday joys of family life.

Denise said, “The blog shows that everything we do revolves around the farm and the four seasons.” She added, “We have divided our website into six categories; including our inspiration, recipes, farm, gatherings, DIY and schoolhouse.”

We hope you enjoy the recipe shared by the Women of the Gingham Apron in this issue of *BeInspired*, as well as recipes and inspiration from blogs posted by The Gingham Apron.



To enjoy more of the Herrick family’s favorite recipes, activities for children and more, go to www.theginghamapron.com.

Mother's Day...

French Toast Bake

The French Toast Bake (made by Molly) would be a perfect make-ahead recipe for celebrating Mother's Day the easy way. Something as simple as taking the baking dish from the refrigerator to pop into the oven makes for a relaxing and memorable family gathering.



2 tbsp. corn syrup
5 tbsp. butter
1 c. packed brown sugar
1/2 c. chopped pecans
1 loaf French bread, cut in 1-inch slices
5 eggs
1 1/2 c. milk
1 tsp. vanilla
1/2 pint strawberries, halved
whipped cream

1. Butter a 9x13-inch baking dish. Set aside. In a small heavy saucepan combine the corn syrup, butter and brown sugar. Cook until bubbly.
2. Pour syrup mixture into the buttered dish. Sprinkle chopped pecans. Layer bread slices.
3. In a mixing bowl, beat the eggs, milk and vanilla. Pour over bread. Cover and refrigerate eight hours or overnight.
4. Preheat oven to 350 degrees. Remove from refrigerator. Bake about 35 minutes. Invert baking dish onto platter. Serve with strawberries and whipped cream.

Serves 8 to 10.



Faith at Work, publisher of *BeInspired* Magazine, is a 501(c)(3) non-profit organization ministry.

Contributions are tax-deductible.

Thank you for considering your support of this Christian outreach in the community.



Springtime is for Planting ...Come Grow with Us!

With an average of 20,000 copies of each issue given away for free in the community, *BeInspired* is completely **sponsor supported**... and **we need you!**

BeInspired is distributed to more than 500 grocery stores, restaurants, coffee shops, medical and professional offices, manufacturing companies and other businesses where copies are FREE to pick-up and take home.

Because *BeInspired* is published six times per year, **we need you!** As a high-quality publication, *BeInspired* is published by Faith at Work, a Christian non-profit, at a modest cost of only \$1.00 per copy from start to finish!

Please consider a tax-deductible gift today...

—Visit www.FaithatWorkIowa.org to donate online

—Mail your gift to:

Faith at Work, 5585 NE 16th St., DSM, IA 50313.

Sponsors of any amount will receive copies of *BeInspired* mailed to their home or office. From a reader with an online gift honoring her husband, "I appreciate everything about this magazine...THANK YOU!"

Contact Scott@FaithatWorkIowa.org or call 515.974.5415.



20 Top Tips for...

Future Pilots

1. Takeoffs are optional. Landings are mandatory.
2. If you push the stick forward, the houses get bigger. If you pull the stick back, they get smaller.
3. Flying isn't dangerous. Crashing is dangerous.
4. It's always better to be down here wishing you were up there than up there wishing you were down here.
5. The only time you have too much fuel is when you're on fire.
6. The propeller is just a big fan in front of the plane used to keep the pilot cool. When it stops, you can actually watch the pilot start sweating.
7. When in doubt, hold on to your altitude. No one has ever collided with the sky.
8. A "good" landing is one from which you can walk away. A "great" landing is one after which they can use the plane again.
9. Learn from the mistakes of others. You won't live long enough to make all of them yourself.
10. Never let an airplane take you somewhere your brain didn't get to five minutes earlier.
11. Stay out of clouds. The silver lining everyone keeps talking about might be another airplane going in the opposite direction.



12. Reliable sources also report that mountains have been known to hide out in clouds.
13. There are three simple rules for making a smooth landing, sadly no one knows what they are.
14. You start with a bag full of luck and an empty bag of experience. The trick is to first fill the bag of experience before you empty the bag of luck.



15. In the ongoing battle between objects made of aluminum going hundreds of miles per hour and the ground going zero miles per hour, the ground has yet to lose.
16. It's always a good idea to keep the pointy end going forward as much as possible.
17. There are old pilots and there are bold pilots. There are, however, no old, bold pilots.
18. Always try to keep the number of landings you make equal to the number of takeoffs you've made.
19. The three most useless things to a pilot are altitude above you, runway behind you, and a tenth of a second ago.
20. Remember, gravity is not just a good idea. It's the law. And it's not subject to repeal.



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We hope you will enjoy this issue of *BeInspired* Magazine. We've gathered encouraging stories of faith, hope and love you'll want to share. Thanks to support from our sponsors, it's our gift to you.