

Our Gift to You

Faith at Work

Inspired

Be

HONOR our
Veterans as we
Celebrate!

Take the **Freedom Rock**
TOUR with Iowa Artist
Ray Sorensen

Fresh-Picked **FAVORITES**
Triple Berry Treats



For more about
The Freedom Rock
turn to page 07.

Thankful for Our...

Freedom

America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves.

—Abraham Lincoln

Struggle is a never ending process. Freedom is never really won, you earn it and win it in every generation.

—Coretta Scott King

The best road to progress is freedom's road.

—John F. Kennedy

Freedom prospers when religion is vibrant and the rule of law under God is acknowledged.

—Ronald Reagan

Freedom consists not in doing what we like, but in having the right to do what we ought.

—Pope John Paul II

*I will walk in freedom,
for I have devoted myself to
your commandments.*

—Psalm 119:45





But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control...

—Galatians 5:22, 23



Inspired

Faith at Work

BeInspired 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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Give Thanks and...

Celebrate With Us!

You may have noticed that there are three images on the cover of almost every issue of *BeInspired*. As Christians, the trio of images is our tribute to the Holy Trinity. In this issue, the cover image also celebrates the third birthday of *BeInspired*.

In the three years since the first issue was published in 2012, more than 300,000 copies of *BeInspired* have now been printed and distributed.

Using the standard magazine industry average of 7 readers per copy, *BeInspired* has reached more than 2 million readers.

Here are a few of the comments received from readers in April:

"I am planning to give this issue to my granddaughter who has breast cancer...I just wanted to encourage you...I appreciate the excellence, and how it is timely and God-inspired. "

—Des Moines

"With my husband not working due to injury—I can't afford to send money. I found this while in Des Moines...What an inspiration. God bless, and thank you!"

—Guthrie Center



“As of last December, I’m in Assisted Living and now must live on \$50 per month. Sorry, I can’t send anything financially.... Thanks for the Blessings as I have cancer of the lungs.”

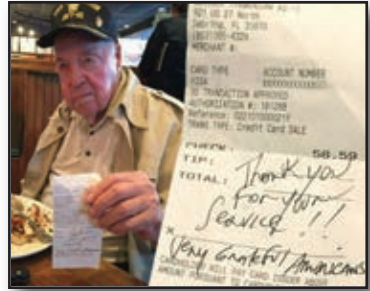
—West Des Moines

“I picked-up *BeInspired* at the Heart Center of the Iowa Clinic in Urbandale. I was in a bad accident and lost both of my legs...one above the knee and the other below. I am impressed with your magazine, and anything I can to support Christian ministries... I want to.”

—Madrid

That’s why we publish *BeInspired*... to honor God by encouraging and inspiring readers. With no ads, *BeInspired* is distributed for free only by the financial support of others. To all who have made a tax-deductible gift in the past (or will in the future), we celebrate our birthday with thanks for being part of our team.

In this issue, we celebrate and honor the men and women—past and present—who have sacrificed for our freedom. Join us as we honor our Veterans and thank God every day for America.



Thanking a Veteran...

Ray Sorensen was inspired to paint the Freedom Rock by Veterans who gave all for our freedom. Although you may not be an artist...we can all thank our Veterans!

- Do a random act of kindness, remain anonymous and pay for a Veteran’s meal
- Visit a local nursing home or VA Hospital...make a blanket, bake cookies, bring a book to read, or just visit and listen
- Employers can hire Veterans or host a special luncheon to recognize Veterans on staff for their service to your company and country
- If you own a business, invite all veterans in for something—a free cup of coffee, flower, or something you can give to show your gratitude
- Nearly 40 percent of our veteran population is 65 or older, give a veteran your phone number and ask them to call if they need help around the house
- Teach your children a patriotic song, like America the Beautiful or the Star Spangled Banner
- If you hear the National Anthem playing, stop what you are doing and think about the sacrifices of our US Military
- Vote. Don’t let them sacrifice for naught. Be a good citizen and do your part to protect the freedoms our service men and women have fought and died for.



One Iowan's Life's Work to...

Honor Our Veterans

Few people are uniquely gifted to look at a 60-ton, 12-foot-high boulder along the side of the road and see it as a way to thank our veterans—but that is exactly what Ray Sorensen did in painting his very first mural in 1999.

Sitting tall in the beautiful Iowa countryside just south of I-80 along Highway 25 in Adair County, the Rock for many years was decorated for high school rivalries and love interests. But then after seeing the movie "Saving Private Ryan," Ray was inspired to visually thank Veterans on Memorial Day that year. The response from Veterans was so overwhelming that he now honors veterans every year with a new mural.

The Freedom Rock, as it has come to be known, is an eagerly anticipated attraction each year for those waiting to see what new mural Ray has painted to honor our service men and women for Memorial Day.

Ray's Family

- Ray and Maria began dating in her first year at Southwestern Community College in Creston. Maria graduated from Iowa State in journalism and photography.
- Active in Emmanuel Lutheran in Fontanelle, a church Ray's great-grandfather helped build 101 years ago
- Ray and Maria's son is named Michael after his Dad, daughter is Independence, and dog answers to Reagan

- With only an idea and no money, Ray's Mom and Dad were his biggest fans giving him \$50 to buy paint for the first Freedom Rock mural

- While at the Rock, Ray prays and talks to God for inspiration for the mural each year

- The helicopter painted on the Rock includes ashes of more than 60 Veterans

- Ray includes an image of Jesus on the Freedom Rock each year

- A truck was recently donated by Deb & Jeff Hansen Foundation of Iowa Falls and a trailer by Aluma Trailers in Bancroft to support Ray's Freedom Rock Tour

Ray's story in his own words...

For me the Freedom Rock is a labor of love. Every May, I go out and paint the rock again, giving it a different look to thank our veterans and to make people think about those past and present who have laid down their lives for our country, reminding people of what Memorial Day is all about.

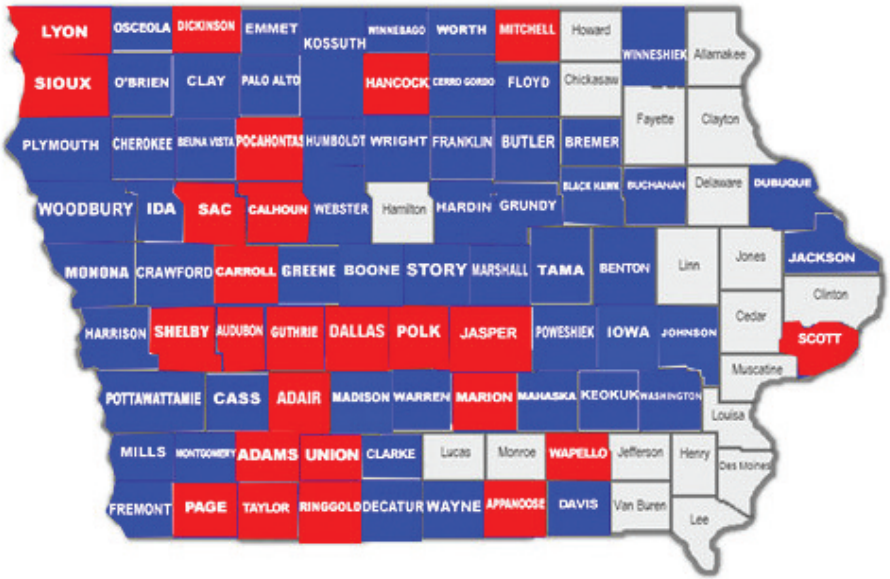
I am a mural artist, and I've been painting murals since the very

first Freedom Rock 16 years ago. I started by painting the flag-raising at Iwo Jima with a simple message: Thank you Veterans for our Freedom. After that, I received such a huge response from our local Vets that I decided to repaint the Rock every May.

Most unique and important about this Rock is that the ashes of Veterans ashes are mixed in with the paint used for the helicopter on the north side. This began in 2006 when a group asked to spread some Veterans' ashes around the Rock.

This is the one constant thing that remains each year when I repaint the Freedom Rock.





The counties in RED currently have a Freedom Rock. The counties in BLUE have booked a Freedom Rock.

To date there are more than 60 Veterans whose ashes are within the green paint...it is something that will be included and remain as a lasting tribute.

I'm honored to volunteer time and money to create the Freedom Rock every year as my thank you to Veterans. Because of its popularity and requests received





around Iowa, I started the Freedom Rock Tour. This is a funded project taking the message of thanking our Veterans and combining that with Iowa tourism to place a Freedom Rock in every single county. To date 81 of Iowa's 99 counties have been booked, with the 28th recently completed.

My goal is to complete the entire tour within 8 to 10 years. Once there is a Rock in every county in Iowa, I hope to create one throughout the country—in every single state.

I believe we all need to be reminded our freedom is the most expensive thing we own, even if we didn't pay for it ourselves.

Editor's Note: You can help support the Freedom Rock Tour by purchasing a calendar that includes Freedom Rock photos and Veterans' stories at select Casey's General Stores or thefreedomrock.com



The Freedom Rock
PO Box 97 • Greenfield, IA 50849
thefreedomrock.com
(641) 343-7110

Where Leaders Come to Life at Scheels...

Walk of Presidents



There is plenty of room to sit beside Honest Abe... "I was born February 12, 1809 in Hardin County, Kentucky. My parents were both born in Virginia of undistinguished families..."

Why would the largest sporting goods store in the state of Iowa, an attraction and destination for thousands, display the life-size bronze statues of four great American Presidents (along with plaques of history and famous quotes) at their north entrance to the Jordan Creek Mall in West Des Moines, Iowa?

The answer is part of Scheel family history—a legacy they proudly continue to this day.

In 1902, potatoes on three acres were the seed for the first Scheels store. Frederick Scheel, a German immigrant, used the \$300 he earned from that initial harvest as the down payment to purchase the first Scheels, a small hardware and general merchandise store in Sabin, MN.

Firmly planted in hardware, Scheels started adding a small selection of sporting goods to their stores in 1954. Customer

interest grew, and increasingly more sports lines were added with athletic shoes and clothing being introduced in the Scheels' product mix in 1972.

The first Scheels' All Sports Superstore opened in Grand Forks, ND in 1989.

Today Scheels has grown to a 26-store operation in eleven states, including Iowa. It boasts the largest All Sport Store in the world located in Reno, NV.

Scheels is committed to communities in which they live and work, serving various worthy organizations, teams and individuals.



President Reagan greets Scheels' customers...
"If we ever forget that we are One Nation Under God, then we will be a nation gone under."

For more information, go to scheels.com.



Battleship of Presidents...

USS Iowa Museum



President and First Lady Reagan boarding IOWA in 1986, Photo credit: US Navy

Almost every state has had a naval ship named in its honor, and that is true of the great State of Iowa. The Navy's ships were named by way of a system tailored to ship types. Names of states were borne by battleships (BB). Cruisers were named for cities, while destroyers came to be named for American naval leaders and heroes.

The battleship named for Iowa was something special. Later known as the "Battleship

of Presidents," no other in our nation's history hosted more U.S. Presidents, including Presidents Franklin D. Roosevelt, Ronald Reagan, and George H. W. Bush.

But the nickname called by thousands who served on her deck was actually "Big Stick," in reference to President Teddy Roosevelt's famous quote, "Speak softly and carry a big stick; you will go far." Built in 1940, the USS Iowa was designated the "World's Greatest Naval Ship"

BATTLESHIP IOWA

BB-61 DID YOU KNOW?

IOWA'S NICKNAME IS "THE BIG STICK"



IOWA DESIGNED
(1938)

DECOMMISSIONED
(1958)

MODERNIZATION
(1982)

DECOMMISSIONED
(1949)

DECOMMISSIONED
(1990)

MUSEUM FOUNDED
(2012)

IOWA LAUNCHED
(1942)

RECOMMISSIONED
(1984)

RECOMMISSIONED
(1951)

4TH UNITED STATES
NAVY SHIP NAMED
IN HONOR OF THE
29TH STATE

BB-61 BATTLESHIP IOWA
HMS TITANIC

OVERALL LENGTH:

887 FEET

FOUR FEET LONGER THAN RMS TITANIC

BB-61 BATTLESHIP IOWA

FULL LOAD OPERATIONAL DISPLACEMENT:

STATUE OF LIBERTY

57,450 TONS

EQUAL TO THE WEIGHT OF
1,900 SHERMAN TANKS

1 TANK

HEIGHT ABOVE WATERLINE:

175 FEET

TWENTY-FOUR FEET TALLER THAN THE
STATUE OF LIBERTY FROM TOE TO TOP

WORLD WAR II COMPLIMENT:

2,800

COMPARED TO THE 1980'S
MODERNIZATION
COMPLIMENT OF
1560 SAILORS

OVERALL FUEL
OIL CAPACITY:

2.4 MILLION GALLONS

MAXIMUM SPEED:

33 KNOTS

due to her big guns, heavy armor, fast speed, longevity and modernization—serving our country for 50 years!

The IOWA served in World War II, the Korean War and the Cold War. With a complement of 151 officers and 2,637 enlisted men, based on population the USS Iowa would have been larger than 85% of the cities and town in Iowa.

Decommissioned in 1990 and facing an uncertain future, volunteers in California—with the leadership of Iowans Becky Beach and Jeff Lamberti—banded together to preserve its history for future generations.

Pacific Battleship Center, a non-profit established in 2009, was awarded ownership of the USS Iowa by the U.S. Navy for display as an interactive naval museum. After being moved to Port of Los Angeles Berth 87 in Los Angeles and initial renovations, the IOWA opened for tours July 7, 2012.

Now more than 1,200 volunteers every month serve the more than 250,000 who come on board of the USS Iowa annually to learn of its place in defending our nation's freedom.

To learn more about the USS Iowa's great history, go to PacificBattleship.com.



Meet The USS Iowa's Mascot First Class...

Victory the Dog



USS Iowa's Captain John L. McCrea's dog Victory, nicknamed Vicky, was just a mutt.

That "mutt" would go on to sleep at the foot of President Franklin Roosevelt's bed, share the Captain's room with military leaders of World War II, log over 205,000 miles on the IOWA, and be given full military honors.

In 1943, the IOWA received a Top Secret mission to transport President Roosevelt across the Atlantic to the Tehran Conference

to meet with Winston Churchill and Joseph Stalin.

Roosevelt was no sooner onboard, when he noticed a dog. FDR asked his friend Captain McCrea where the dog slept. He replied that the dog slept at the foot of his bunk. Roosevelt, missing his dog Fala, said "Well John, I see no reason to disrupt this little dog's routine...."

—Adapted from Mike Hershman with Annie Sullivan, Michele Gustafson

Heidi Vermeer-Quist

Finding Freedom



In his Better Life Coaching Blog, Darren Poke, a Life Coach in Melbourne, Australia, shares the following observations, “Sometimes there can be a fine line between winning and losing in life. I’ve witnessed people who have been abused, downtrodden and come from terrible backgrounds live like champions, and I’ve seen people who have been given significant advantages and opportunities act like victims.”

Most often, it’s not always circumstances, but attitudes, that define people, and Darren

has identified mindsets that separate victors and victims:

- Victors take responsibility when things go wrong—victims look for someone else to blame.
- Victors look ahead with optimism and hope—victims see the future as a dark and scary place.
- Victors see talented people as potential teammates—victims see them as potential threats.
- Victors are aware of their need to continue to develop and grow—victims think that life would be better if only everyone else would develop and grow.
- Victors see challenges as an opportunity to overcome adversity—victims see them as more evidence that the universe is conspiring against them.
- Victors plan for the future—victims worry about it.
- Victors paddle their boat where they want it to go—victims go wherever the currents take them.
- Victors understand that their life is a self-fulfilling prophecy—victims

don't know what that means, but their life becomes one anyway.

- Victors regularly do the hard things—victims follow the path of least resistance.
- Victors can't imagine being anything else and feel free—victims can't imagine being anything else and feel trapped."

Are you choosing to be a victor or victim? Consider what Jesus teaches us in the following passage: "remain in me (Jesus), and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. neither can you bear fruit unless you remain in me. I am the vine; you are the branches. (John 15:4, 5)

We easily become victims when we disconnect ourselves from the Vine. At some point we are all victimized, taken advantage of, abused. However, we have a choice every moment to take on a victor mentality. A victor mentality reminds us that we are not alone. We are free to make choices. We have options.

Most of all we are connected to the Vine of Christ, the very presence of God, the source of all love and truth. Choose His life, His love, His freedom in and through you!



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: pinerest.org/pine-rest-blog

**Pine Rest Christian
Mental Health Services**
6200 Aurora Avenue, Ste 401E
Urbandale, Iowa 50322
(515) 331-0303



It is impossible to rightly govern a nation without God and the Bible.

—George Washington

More than two hundred years ago, based on their faith in God, the founders of our country envisioned a nation built on bedrock of Christian principles—not by accident but by design.

Many of these families had risked their lives by traveling on

a one-way ticket to what would eventually become the United States of America. Our founders placed faith in God above all.

With 29 of 56 signers of the Declaration of Independence holding what would today be considered seminary or Bible



school degrees, and many others bold and outspoken in their personal Christian Faith, not one of our nation's founders was secular in thought or action.*

As stated in our Pledge of Allegiance, we are "One nation, under God." Even the dollar

proclaims to the world our testament that "In God We Trust."

*Facts from Wallbuilders.com

Jesus said, Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock.

—Matthew 7:24

LeMar Koethe...

The Big Picture

Oftentimes people wonder what makes me “tick.” Simply put, I am a Christian. In the big picture, I believe there is life here on earth and then there is eternal life.

Is Your Life Important to You? We are often tempted to worry from day-to-day about our lives here with work, health, spouse and family—trying to get as much out of this life as possible.

Each of our lives is important, but in mine I find that if I don’t feel good—that is eat right, exercise and take care of myself—I can’t accomplish my goals. I won’t have the attitude and energy needed and feel pulled down and lacking desire. For me to be the best husband, father, business person or friend to another, I have to take care of myself and want to encourage everyone around me to take care as well.

But in taking a good look at the Big Picture, what is most important to me is eternal life, and I hope that it is true for you, too!

Do you look at life in this world from the perspective of “full-time” and eternity “part-time”? If truly being honest with ourselves, often we have it backwards. We allow the importance of this world to get us concerned and upset about what happens, when it happens, and feel like the sky is falling. No one can debate the fact that my life and yours will definitely end. But after life in this world does end for us, I believe we will live forever either in heaven or hell. And the choice is yours!

I think most people do agree that God is indeed good, and that He made heaven and earth. Some, however, feel that if they go to church regularly, are involved in church activities, donate to the hungry, study the Bible and pray—that they are a Christian and





will go to heaven. These are all works that the Lord loves us doing, but none of them leads to salvation. Jesus said, “For God so loved the world that he gave his only begotten Son, that whosoever believes in him should not perish, but have everlasting life.” (John 3:16) and “I am the way, the truth and the life. No one can come to the Father except through me.” (John 14:6)

Bottom-line, and I can't stress this part enough because it is everything—the Lord wants your heart and a daily relationship with you and me. He wants to be a part of all that we do and in any decision we make.

This is a big statement, but the Bible tells us God would rather we be cold than lukewarm. Revelation 3:15-16 says, “I know all



the things you do, that you are neither hot nor cold. I wish that you were one or the other! But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!" If you are an atheist, people will not be confused as to where you stand. But if you are lukewarm as a Christian, you may lead people away from God—instead of toward Him.

President Ronald Reagan once said, "Within the covers of the Bible are the answers for all the problems men face." My hope is you will hear my heart and know how critical it is to understand and follow the teachings of the Bible. Someday you and I will stand before God and give an account for our lives and our actions on earth. I challenge you to exercise your faith every day—to be

bold and stand-up wherever you are in life, whatever you are doing, and commit your life to Jesus Christ and follow God's commandments.

Happiness is based on happenings that are temporary. For you to have true joy in your life comes only from God. The way the world is today, I believe that the only way to find true joy and make it through each day is to have a solid grip...not on life, but holding onto Jesus' hand. If you do, He will be with you every step of the way.

The late Adrian Rogers was a favorite of mine. In a sermon he once said, "A lost person is just lost, but he's not a backslider because he's never known the Lord to slide back from the Lord. The backslider is not a lost person; he is a saved person out of fellowship with God. If there was ever a time when you loved the Lord Jesus Christ more than you love Him at this moment, if there was ever a time when He meant more to you... if there was ever a time like that when it was more than now, you are backsliding..."

My prayer is that you know Jesus...and that you are not backsliding. I am mindful that we are all sinners, so when I fail... I pray to God and ask for forgiveness and move on. I have made a lot of mistakes in my life, and work each day to improve in my relationship and draw closer to God.

At any moment, anyone can breathe their last breath. Don't put your faith off until tomorrow, because you know tomorrow never comes. I live each day with joy, and I am so thankful that God is the One who keeps me ticking!

—LeMar Koethe

Meet the Koethe's...

LeMar & Jennifer

Do business and the Bible work together? Ask LeMar and Jennifer Koethe, and you'll get an immediate and emphatic, "Yes!"

LeMar believes, "All our questions about work, family and daily living have answers in the Bible. And because the Bible has answers for everything, it gives each of us real freedom to be a positive influence in our daily life, work and walk with Christ."

Born and raised on a farm near Dubuque, from a young age LeMar has been a doer, not a dreamer. With his can-do attitude and farm work ethic, LeMar achieved success by adopting a mentor's words of wisdom, "If you can see it and believe it, you can achieve it." Through his commitment to health and fitness, LeMar has impacted thousands through healthy eating and exercise while succeeding in business.

LeMar would be the first to tell you that his business success is founded on Christian principles. Although now focusing his business on commercial properties and numerous farming operations, what matters most to LeMar and Jennifer is sharing their faith. Quietly they are having an impact through support of International Cooperating Ministries and locally, too...purchasing, remodeling and donating an office building at 6000 Douglas in Des Moines to currently provide office and meeting rooms for eight culturally diverse ministries impacting families in our community and reaching around the world.



Summer Fun at Parks, Parks & More Parks...

Family Staycations



Are you or your family needing a quick and quiet break from hectic daily living? Short on time (and cash!) for a grand national tour? Then Staycations are for you! Plan to “be away” for even a day and discover how relaxing it can be. For summer fun, nature abounds even in the city and may be waiting for you just around the corner.

Summer is the perfect time to pack up the kids and experience the natural beauty and fun offered by public parks. There are dozens of choices—from state parks, county parks and city parks all across the state!

Did you know that Iowa has 85 state parks, 24 state wildlife areas, 10 state forests, 3 national and 2 state wildlife refuges, and 2 state fish hatcheries?

That is just for starters. Iowa’s 99 counties manage more than 1400 parks and recreational areas that include wildlife, timbers

and historic sites, and many with camp sites and shelters, cabins, trails, boating, swimming, fishing and of course, playgrounds galore. And that is not all.

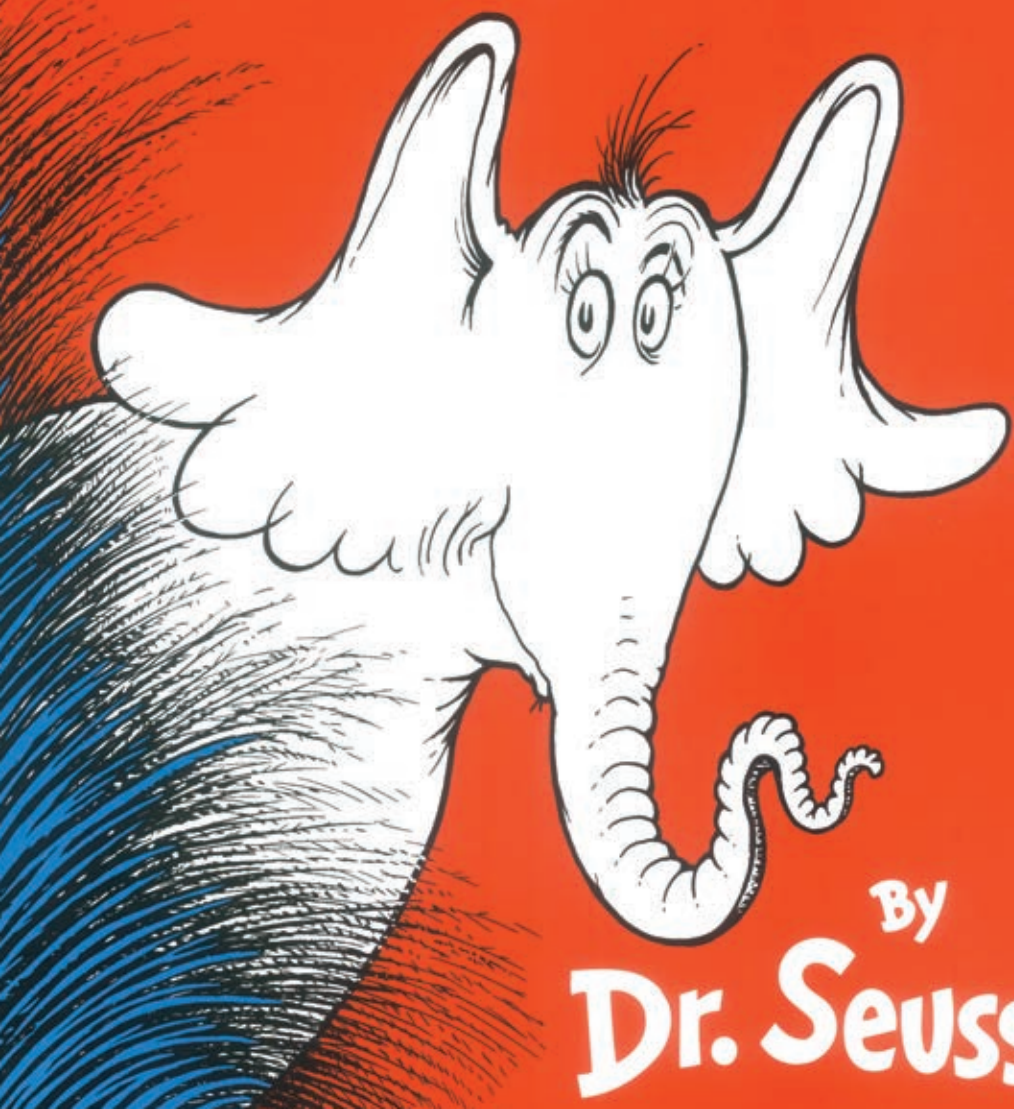
We can't forget the parks in Iowa's 947 towns, with larger cities having many. Just in Des Moines alone, there are 76 city parks, with more than 4,000 acres of parkland and 45 miles of trails.

Some of Des Moines' signature parks include basketball courts, BMX track, boat and bicycle rentals, disc golf, enclosed and open-air shelters, equipment rentals and concessions, horseshoe, ice skating, nature trails, picnic areas with tables and grills, playgrounds, ponds and fishing, sledding hills, soap box derby track, soccer fields, softball fields, tennis courts, volleyball courts, wading pools, skateboarding, and more.

To plan your family's park adventure with activities you enjoy, go to iowadnr.gov for state parks, mycountyparks.com for county parks, or dmgov.org and click on "Parks and Recreation" near the end of the page to find a listing for parks in Des Moines.



HORTON HEARS A WHO!



By
Dr. Seuss

Be a Reading Hero For Your Family...

Reading is Fun!

Let your kids choose their favorite hero from children's literature.

Suggest characters like Charlie (*Charlie and the Chocolate Factory*), Matilda, Horton (*Horton Hears a Who*—great for young readers).

Choose a day to celebrate the hero of choice; invite kids to dress like the character and discuss and adopt his/her heroic qualities for a day, show the movie version of the book if there is one, and create their own book covers.

For interactive activities, involve kids in creating a poster to promote the book or offer supplies allowing them to draw or sculpt the character.

Provide a hands-on activity in which kids write/draw thank you cards for local military personnel, firefighters, police officers, EMTs, etc. Arrange a visit from a representative to collect cards in person, talk with the kids about what the organization does.

More ideas...

Share yours at info@faithatworkiowa.org.



About the Book:

Horton is back! After his first appearance in *Horton Hatches the Egg*, everyone's favorite elephant returns in this timeless, moving, and comical classic in which we discover that "a person's a person, no matter how small."

Thanks to the irrepressible rhymes and eye-catching illustrations, young readers will learn kindness and perseverance (as well as the importance of a good "Yopp") from the very determined—and very endearing—Horton the elephant.



Fresh-Picked Favorites...

Triple Berry Treats

Because of their flavor and coloring, fresh-picked berries make ideal jams, jellies and preserves.

How to Pick and Store Fresh Berries

Strawberries: Pick red, ripe strawberries with their caps and stems. Keep strawberries cool—don't leave them in a hot car or in direct sunlight; refrigerate immediately. Store in shallow containers so as not to crush the berries; do not remove the caps (green stems) until ready to use or process. Use within three days.

Raspberries: Raspberries are probably the most delicate of the berries. Pick into shallow containers. Ripe raspberries will separate easily from the plant. Handle gently and refrigerate immediately. Do not wash until ready to use or process. Use within 1–2 days.

Blueberries: To pick, hold the cluster in your hand and gently roll your thumb over the berries; ripe berries will separate from the plant. Sort out twigs and leaves prior to refrigerating. Blueberries may be placed in deep containers during picking and storing. Do not wash until ready to use or process. Will keep in refrigerator up to two weeks.

Jam and Jelly Making Tips

Do not reduce sugar or use sugar substitutes. The exact amount of sugar, fruit and pectin is necessary for a good set. Do not double recipes; mixture may not set.

Use fully-ripened fruit and fruit juice at room temperature to help sugar dissolve. Crush berries one cup at a time; a potato masher works well. If using a food processor, pulse (on/off) to chop fruit—do not puree!

You can use unsweetened frozen fruit. Thaw fruit to room temperature and crush to equal the same amount of crushed fresh fruit.

For freezer jam, use clean plastic containers with tight-fitting lids that have been rinsed with boiling water.



Find a Pick-Your-Own farm near you! (Call first for hours and seasonal fruit availability). Then learn to can and freeze!

Visit pickyourown.org for a complete listing of locations in the greater Des Moines area.

Adel: Berry Fresh Farms
(515) 554-6698

Altoona: Upstream Gardens
(515) 957-1303

Ankeny: Bob's Aronia Field
(515) 778-4262

Boone: Timberlea Farm
(515) 432-9251

Montour: Hinegardner Orchard
(641) 492-6353

Nevada: Berry Patch Farm
(515) 382-5138

Winterset: Burr Oak Farms
(515) 462-1482

From Our Kitchen to Yours...

The Gingham Apron



FAITH, FAMILY, FARM: The five bloggers are from one farm family (from left): Jenny Herrick, Annie Boyd, Denise Herrick, Molly Herrick and Shelby Herrick. (To enjoy more of the Herrick family's favorite recipes, activities for children and more, go to theginghamapron.com.)

I love berries! My first 10 years of life were on a farm, bordered by 400 acres of timber ground. Every year on a summer's morning, I would get an invitation from my mother, "Run upstairs and dress in an old long-sleeve shirt and long pants. We're going to the timber—berries are ready for picking!"

Visions of black raspberry pie, cobbler, jam (on homemade bread), and best of all, **homemade ice cream** topped with fresh berries came to life. Little Miss Sidekick was down in a flash!

The journey was an adventure: Drive back on the old dirt road to the dead-end, then walk through the pasture (hopefully the scary bull was over the hill), cross the barbed-wire fence and head to a deep ditch. We'd plant our feet on a side bank and fill our buckets from awkward positions with berries picked fresh from the vine.

Those memories are precious jewels in my treasure chest. If only I'd get that invitation today—I'd change into my long-sleeved shirt and long pants and be ready in a flash for berry picking!
(Proverbs 6:6–8)

—Denise Herrick

Plain to Fame with Fresh Fruit...

Peach Blueberry Pie



Two-Crust Pie (10-Inch)

1 c. all-purpose flour

Pinch of salt

1 stick margarine

¼ c. milk

Pie Filling:

6 c. of fresh peaches

1/8 tsp. lemon juice

1 c. fresh blue berries

2 tsp. almond extract

1 ¼ c. sugar

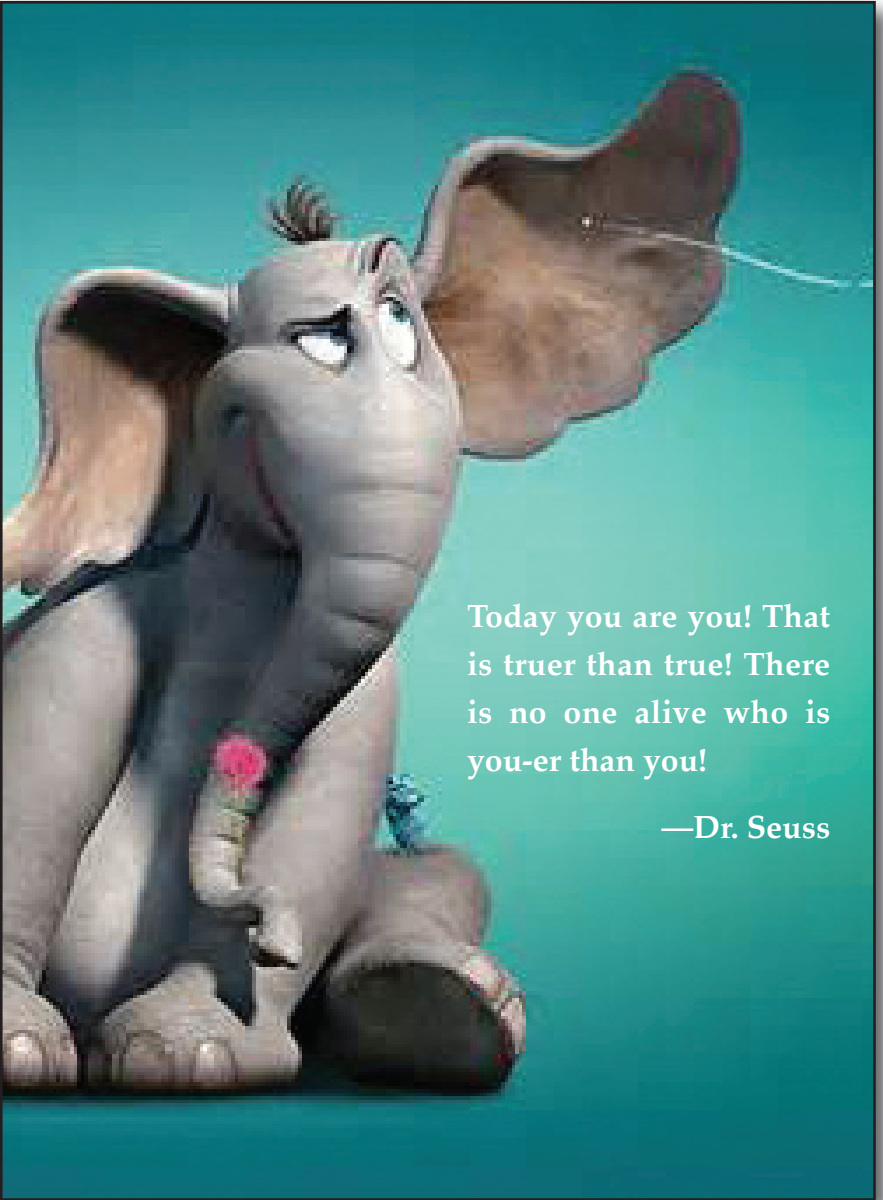
1/3 c. all-purpose flour

Pinch of cinnamon

3 tbsp. butter

1. Heat oven to 425 degrees. For crust, combine flour and salt; cut in margarine 'til crumbly. Add milk and mix together. Form a ball. Refrigerate for 15 minutes. Cut ball in half and roll out. (This dough will not get tough.)
2. Mix fruit in lemon juice. Stir in all other ingredients except butter. Pour into pie shell. Dot with butter. Cover with top crust and seal and flute edges. Cut slits in top.
3. Sprinkle top crust with a little water and sugar. Cover edge with foil and bake for 50-55 minutes: remove foil for last 15 minutes. Cool.
4. Garnish with thinly sliced peaches and assorted berries. Enjoy!





Today you are you! That
is truer than true! There
is no one alive who is
you-er than you!

—Dr. Seuss

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Par for the Course...

18 Golf Meditations

1. The game of golf is 90% mental and 10% mental.
2. If you really want to get better at golf, go back and take it up at an earlier age.
3. Since bad shots come in groups of three, a fourth bad shot is actually the beginning of the next group of three.
4. No matter how bad you are playing, it is always possible to play worse.
5. Never try to keep more than 300 thoughts in your mind during your swing.
6. When your shot has to carry over a water hazard, you can either hit one more club or two more balls.
7. The less skilled the player, the more likely he is to share ideas about the golf swing.
8. A golf match tests your skill against your opponent's luck.
9. It is surprisingly easy to hole a fifty foot putt...for an 8.
10. Nonchalant putts count the same as chalant putts, but keep in mind it's still not a gimme if you're away.
11. Shortest distance between two points in golf is a straight line passing directly through the center of a large tree.
12. When golfing, there are two kinds of bounces; unfair and those that land just the way you meant to play them.
13. A two-acre fairway can be hit 10% of the time; a 2-inch branch 90% of the time.





14. Every time a golfer makes a birdie, he must then make two triple bogeys to restore fundamental equilibrium of the universe.
15. It seems like hazards attract and fairways repel.
16. A ball you can see in the rough from 50 yards away is likely not yours.
17. If there is a ball in the fringe and a ball in the bunker, your ball is in the bunker.
18. Everyone enjoys replacing their divot after a perfect approach shot.



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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.