



HIGHWAY NEWS



TFC GLOBAL

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March 2022

A WORD FROM OUR PRESIDENT

WHEN MOUNTAINS MOVE, WHEN SEAS PART, WHEN SEASONS CHANGE

God is always working, mountains are always moving, seas are always parting, and seasons are always changing.

The Lord hears our prayers, sees our tears, looks into our hearts, and answers when we call on Him.

God is always on the move as evidenced in our lives and in the world around us. He reigns supreme and is sovereign. Everything is under His feet and His right hand. Nothing happens by chance, luck or coincidence. Nothing is allowed or not allowed without His say-so. So many times we want to see His face and hear His voice yet He is always showing us who He is and always speaking to us. We just may fail to see Him and hear Him.

So many times we want to see His majesty, His mighty right hand at work, and His powerful glorious voice doing the most amazing things around us, in our lives and in our prayers. Yet, we don't want to go where He is, we don't want to walk through the fires and the storms, we don't want to be changed into an image of and for Christ, and we really don't want to be a vessel and channel in which He works in mighty and powerful ways. We too often fear the cost, we fear the fires and storms, we fear going out into the deep, deep waters where our feet can't touch the bottom, and we fear being in a place where we have to rely solely and completely on Him. This is where we are totally and completely powerless.

And so many, many times we want to play it safe. We want to walk on and stand in the sand or maybe just get our feet wet in the water. We want our tent pitched far inland where it is safe, comfortable, protected, and where it is business as usual and life as normal. We want comfort, blessings and peace to live out our lives unscathed, unshattered, unbroken, unharmed, unchanged, and unsacrificed.

I believe this is one of the greatest lies Satan and the world has told us. Too often we have accepted, held onto and even desired this lie.

Yet, God wants so much more than that for each and every one of us. None of us are common, no not one... not you, not me, not my wife or my children, not my neighbors or those I have to work with and not even those around us who we really don't like or who seem odd or different. No, not one. We may seem common, ordinary, average, everyday Joes and Janes (Forgive me for using those names here if you are a Joe or Jane, because you are not common.) to the world, but not to God...not in His eyes and not in His heart for us. Why? He created each and every one of us. He knew us before we were in the womb. He knew us before He laid the foundations of the earth itself. He created us in His image and in His likeness. He has assigned to each of us a particular meaning and purpose, a particular race in life. In that race, He has given each of us unique and special skills, talents, and gifts to be used in the most amazing ways to do His will, to serve in and for His kingdom, and to glorify His name. Yes, each and every one of us and even those yet to be, no exclusions, are given a purpose.

So the question is why do we, better yet, why do I sometimes want, desire, pray for, and even worse, settle for less than what He wants for us/me?





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TruckStruck

By Lynn Bolster

HABLEMOS BIEN DE LA POESIA

No me importa un poema ocasional. Realmente me gustaban cuando era más joven, viviendo un estilo de vida más hippie. Solía decir que lo único que iba a hacer era sentarme debajo de un árbol y tocar una flauta y probablemente escribir poesía, pero sabemos qué tipo de salario traería eso y mi alquiler y el pago del automóvil me hicieron volver a la razón. Pero cuando se trata de poemas sobre camiones, ¡eso es otra cosa! Este mes quiero compartir una joya de Charlie Perlota que refleja la habilidad del mecánico de camiones:

EL CAMIÓN VIEJO EN MANO DEL MAESTRO

El viejo camión no se había usado en mucho tiempo, Pero debería ser bueno para unas pocas millas más. Debajo del capó, el motor estaba oxidado. Y el interior olía ligeramente a humedad.

Suponiendo que arrancara, todos queríamos saber, Cuando lo pongamos en marcha, ¿realmente funcionaría? Alguien gritó, “todas las ruedas están pinchadas”. Pero un poco de aire nuevo se encargaría de eso. Será mejor que consiga algo de combustible, ya que el indicador está en “E”. Lave el parabrisas para que el conductor pueda ver. Deja que se ande cuesta abajo hasta el taller. ¿Los frenos son lo suficientemente buenos para detenerlo?

El camión estaba tan mal que no tenía ventilador de calefacción. ¡Pero el maestro mecánico tenía un plan maestro! Lo llevó a su tienda para las reparaciones necesarias. Bastante tiempo que lo mantuvo allí Retocó, cortó y eliminó muchas cosas, Resolviendo problemas que habíamos pensado que eran realmente difíciles. Puso mangueras nuevas, juntas y tal, Qué alegría ver su toque hábil. Mientras cortaba lo viejo para dejar espacio a lo nuevo Finalmente llegó el día en que había terminado. Una gran multitud se reunió alrededor de la puerta de la tienda. ¡Para contemplar la nueva creación, allí en el suelo!

Se lavó, se bombeó y se llenaron de fluidos. Incluso el cuerpo que se había visto obligado a reconstruir. Pintura fresca, llantas nuevas y el motor zumbando ¡Estaba listo para enfrentar el mundo que venía! Cuando los defectos parecen difíciles de corregir por el hombre, Retrocede y observa el toque de la Mano del Maestro.

Si lo piensas bien, Dios es el mecánico de nuestras vidas. A veces necesitamos dar un paso atrás y observar el toque de la mano de nuestro Maestro en nuestras actividades diarias. Él puede reconstruirnos, arreglarnos y probarnos tanto que somos capaces de soltarnos de una muleta. Él puede consolarnos, animarnos y hacernos llorar porque ese es Su trabajo para todos nuestros años. ¡Vaya, creo que escribí algo de mi propia poesía justo ahora!

Aunque no conozco al autor ni sé el título, mi poema de camiones preferido es: Esta carretera es mala y odiosa, destroza a un hombre Lo toma de los que ama y le rompe el corazón. Aplasta el amor con 18 ruedas entonces me podrías decir ¿Por qué este camino es tan amado por tantos hombres solitarios?

Mis años en la carretera demostraron que esto es cierto. Hay mucha gente solitaria en nuestras carreteras. Pero sí creo que el camino es un gran sanador. Mientras navegaba a través de tiempos difíciles, relaciones rotas y todo tipo de problemas, conduciendo por la carretera a medianoche, solo en la oscuridad excepto por la luna y una ambiente de salón de cócteles proporcionada por las luces y los indicadores en el salpicadero, mis emociones podrían salir a la superficie con seguridad.

TruckStruck



By Lynn Bolster

I don't mind an occasional poem. I really liked them when I was younger, living a more hippie lifestyle. I used to say all I'm going to do is sit in a tree and play a flute and probably write poetry -- but we know what kind of paycheck that would NOT bring in. My rent and car payments brought me to my senses. But when it comes to poems about trucking, now that's something else! This month I want to share a gem by Charlie Perlot that reflects the truck mechanic's skill.

THE OLD TRUCK IN THE MASTER'S HAND

The old truck hadn't been used in a while, but it should be good for a few more miles.
Under the hood the engine was rusty, and the interior smelled faintly musty.

Assuming it would start, we all wanted to know, when we put it in gear, would it actually go?
Someone called, "all the tires are flat." But, a little new air would take care of that.
Better get some fuel, since the gauge is on "E." Wash the windshield, so the driver can see.
Let it coast downhill to the mechanic's shop. Are the brakes good enough to make it stop?

The truck was so bad, it had no heater fan, but the Master Mechanic had a Master plan!
He took it to his shop for the needed repairs. T'was quite a long time that he kept it in there.
He tinkered and cut and removed lots of stuff, solving problems we had thought were real tough.

He put in new hoses, gaskets and such. What a joy to watch his skillful touch.
As he cut away the old to make room for the new, finally the day arrived when he was all through.
A great crowd gathered around the shop door to behold the new creation, there on the floor!

It was washed up, pumped up and fluids were filled, even the body he had been forced to rebuild.
Fresh paint, new tires, and the engine a'humming -- it was ready to face the world on-coming!
When flaws seem difficult to be fixed by man, stand back and watch the touch of the Master's hand.

If you think about it, God is the mechanic of our lives. Sometimes we need to step back and watch the touch of our Master's hand in our daily doings. He can rebuild, tinker and test us so much that we are able to let go of a crutch. He can comfort us, cheer us and bring us to tears because that is His job for all of our years. (Wow, I do believe I wrote some of my own poetry just now!)

My personal favorite trucking poem, and I don't know the author or the title is: "This highway's mean and hateful; it tears a man apart. It takes him from the ones he loves and breaks his very heart. It crushes love with 18 wheels, so, could you tell me then, why this road is loved so much by so many lonely men?"

My years on the road proved this to be true. There are many lonely folks on our highways. But, I do believe the road is a great healer. As I maneuvered through tough times, broken relationships, and all matter of issues, navigating the road at midnight, alone in the darkness except for the moon and a cocktail lounge atmosphere provided by the lights and gauges on the dash, my emotions could safely come to the surface. A single car would pass, and all I could hear was my singing wheels. I found at times like this, that things would eventually work out -- for better or worse -- but work out they would. In the comfort and warmth of the midnight cab, far away from the issues of the day, I was able to reset, decompress and take a bandaid off an

TRUCKSTRUCK: Let Us Now Praise Poetry (continued)

emotional scar and actually allow for healing or forgiveness. When the windshield is so big and what is beyond it is bigger, it sort of shrinks your problems. This all sounds romanticized, I know, but I can tell you this is how it worked for me. Our trucks are not only our livelihood, they are our offices, our bedrooms, and our windows to the world. And to many drivers, this is the only place they feel understood. This is especially true for long haulers I have known, who can be over the road for lengthy time periods.

So, reach out to a driver today who is providing for our country and give him or her a thumbs-up for what they are doing to keep our country moving -- and maybe read them a poem!



Lynn Bolster loves anything to do with trucks and has been active in the trucking industry since the 1980s. She worked over the road for 12 years with her now deceased partner of 22 years, Bill. She has her bachelor's degree in journalism and a master's degree in Recreation and Leisure Studies Management with a focus on health and fitness. Her Master's thesis was on "The Recreational Pursuits and Health Habits of Long Distance Truckers." She has been featured in The Washington Post, USA Today and has been published in various trucking publications. She was the sales manager at three truck stops for several years. Lynn is on the Board of Directors for TFC Global.

TruckStruck: Hablemos Bien de la Poesia (Continuada)

Pasaba un solo coche y todo lo que podía escuchar era el canto de mis ruedas. Descubrí que en momentos como esos las cosas eventualmente se solucionan, para bien o para mal. En la comodidad y la calidez de la cabina a medianoche, lejos de los problemas del día, pude reiniciar, descomprimir y quitarme una tirita de una cicatriz emocional y realmente permitir la curación o el perdón. Cuando el parabrisas es tan grande y lo que está más allá es más grande, en cierto modo reduce tus problemas. Todo esto suena romántico, lo sé, pero puedo decirles que así es como funcionó para mí. Nuestros camiones no son solo nuestro sustento, son nuestras oficinas, nuestras habitaciones, nuestras ventanas al mundo. Y para muchos conductores, éste es el único lugar donde se sienten comprendidos. Esto es especialmente cierto para los transportistas de larga distancia que he conocido, que pueden estar en la carretera durante largos períodos de tiempo.

Así que acérquese a un conductor hoy que está trabajando por nuestro país y dale un '¡Buen trabajo!' por lo que está haciendo para mantener a nuestro país en movimiento, ¡y tal vez léale un poema!

Memorials

GLEN BEILER SR. FROM HIS SISTER, PEARL S. GOOD ON GLEN S BIRTHDAY

GLEN KREIDER FROM BARB KREIDER

GLEN KREIDER FROM BEVERLY HALDEMAN

GLEN KREIDER FROM KATRINA BRIDGEMAN

An Awareness Event to Put Sex Trafficking Out of Business

Did you know pimps and traffickers call the recruitment and grooming of children into prostitution a game? It's a "game" they have created rules for and it's happening in towns and cities across the United States. Appallingly this so called "game" relies on communities like yours turning a blind eye. It's time to say "no more!"

Now you can through Gateway to Freedom Foundation's Play to End the Game awareness event. Through this event we're bringing local community groups together to play a game, and to definitively tell pimps and traffickers, "the game is over!"

If you agree that sex trafficking isn't a game, then join us for our inaugural

PLAY TO END THE GAME

event Saturday, April 30th at Leisure Lanes Bowling Alley (3440 Columbia Ave, Lancaster PA). For those in the area we invite you to come and bowl, hear from experts in the field combatting human trafficking, and learn about resources in your local community that will help you make a difference. This is a great bonding opportunity for your church, company or community group, while supporting a good cause.

There are other ways to get involved through sponsorship, donating prizes, and helping to spread the word. Learn more and register to Play to End the Game at: www.gatewayff.org/play-to-end-the-game.

Or contact us at gateway@tfcglobal.org or (717) 426-9977. It's time to put sex trafficking out of business.



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- * Leave with the sick or homebound
- * Share with Bible study groups
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Trucking with Women in Mind

By Ellen Voie, President & CEO, Women in Trucking

The Value in Networking

At a Women In Trucking reception, two drivers sitting next to each other discovered that they worked for the same carrier. As they left the event that evening, they vowed to stay in touch and maintain their newfound friendship. These two women knew that they could learn from each other and lean on each other; they knew the value of networking.

For some women in the transportation industry, networking often meant looking for another female face in a crowd of trucking company executives. For female drivers spending their day in the cab of a truck, networking was even more difficult. With a ratio of ten to one, whether in the truck or the corporate office, women were almost assured of being in the minority at industry events. The American Heritage Dictionary defines networking as “an extended group of people with similar interests or concerns who interact and remain in informal contact for mutual assistance or support.” Networking is different from many other relationships as the purpose of the interaction is “mutual assistance or support.” In other words, networking has a purpose.

We can all use a little help these days. Whether we're looking for advice, a career move or just someone who understands our perspective, it's nice to have someone who is willing to offer that encouragement or guidance. That's the value in networking. So, how can you become more connected? In his book, “Never Eat Alone,” Keith Ferrazzi offers his tips on how to utilize the power of relationships to further your career. As you can probably guess by the title, it's not something that you do on one occasion; it's a way of life you adopt to make connections for a lifetime. How can you find value in networking?

First, determine what you want from your interactions. What is your mission? Are you thinking about expanding your fleet, or are your sights set on climbing the corporate ladder? Write down your goal and identify who can help you reach that ambition and then start networking. Be aware of industry leaders and others who can help you become more successful in your career aspiration. Ferrazzi suggests that you expand your networking circle by looking for people he calls “connectors,” or those who can help you link you to “important” people. Connectors can be anyone but are usually people who come in contact with large audiences, such as fundraisers, journalists and restaurant owners.

Make sure that you provide value to others so that you have something to offer in the networking relationship. Be willing to share your knowledge, time and resources and people will be more than happy to reciprocate. Ferrazzi reminds us to never keep score, however, you will develop relationships much more quickly if you aren't expecting something each time you feel that you've given. This also means that you should reach out to others, even when you are not in need of their advice or assistance.

Successful networking also means that you pay attention to details. Write down names so you can remember them, and be sure to note something distinctive about that individual. Did they win an award, overcome a challenge, or do they have an unusual hobby? When you meet, you'll endear yourself and create more trust when you show an interest in your networking partner. Stay in touch and always follow up when you promise to get back to someone, as Ferrazzi calls follow-up “the key to success.” Never eat alone, as the opportunity for networking can occur when you least expect it. Learn how to chat with charm, as small talk is the way people create bonds and build trust. Be interesting and credible, and let the other person know that you are willing to add value to their career by sharing your time and energy to help them become more successful.

The two drivers who found that they worked for the same carrier learned that one of the benefits of being a member of an association, such as Women In Trucking, is the opportunity to network. Finding value in networking will help you become more successful in your career. Consider Ferrazzi's advice look for people and opportunities to network, and remember, never eat alone.

COMMON TRUCKING COMMUNITY ISSUES





OUR SOLUTIONS

OUR CHAPLAINS PROVIDE:

- Locations Staffed by Highly Trained Compassionate Chaplains
- Bible-Based Discipleship Resources
- Celebrate Recovery's Addiction Support Meetings
- Crisis and Emergency Care
- Gateway to Freedom Foundation's Sexual Behavior Help
- Regional Local Church Partnerships
- TruckersLife Foundation for Urgent Driver and Family Needs

TFCGLOBAL.ORG



TFC GLOBAL: UPCOMING EVENTS

March 19: Lancaster Chapter & Susquehanna Chapter Prayer Breakfast

March 24-26: Mid-Atlantic Truck Show, Louisville, Kentucky

April 22-24: Gateway To Freedom Intensive, Tuscarora, Pennsylvania

April 30: Gateway To Freedom Foundation's Play To End the Game Activity

May 21: TruckersLife Foundation Golf Benefit, Mount Joy, Pennsylvania

For more information on any of these events, email info@tfcglobal.org or call 717-426-9977.



WHO'S GOT NEXT!

TFC GLOBAL PROJECTS YOU CAN SUPPORT!

There are several ways that you can support our ministry to the trucking community!
What project will you take on next?

1. Spanish New Testaments. Total Cost: \$7,500 for 2,500 Bibles — get Bibles into the hands of drivers in a language a large percentage of them can understand.
2. Pocket Testament League Gospel of John in English and Spanish: Cost for 1,000 copies is \$900 — an important first step in sharing the gospel.
3. Highway magazines for our staff to distribute: Cost for 1 month is \$2000 — provide a financial boost to our chaplains by paying for all or part of this cost.

WE GOT NEXT!



MEDIOCRITY REAPS NO REWARDS -- PART 2

Setting Goals Will Motivate You.

Goals have a way of encouraging you to reach higher levels of performance and satisfaction. I am very much a goal-oriented person. The truck driving career appealed to me because it followed a model I had repeatedly taught to my employees during the years I was a business operator. That model is sometimes referred to as “performance-based pay.” With performance-based pay, the employee gets to determine how much money he makes by producing effective results.

As a person reaches the early goals they have set for themselves, they begin to see how much more potential they actually have. I remember when I started earning around \$1,000 per week as a truck driver. That seemed like pretty decent money for what I was doing. Then it also opened my eyes to how much money I was leaving on the table through my own inefficiencies.

I had reached my goals, but there was still more that was almost begging to be accomplished. I could see it now. There was no reason it should remain beyond my reach. It took me a few years, but soon enough I had almost doubled my income I was once content with.

By reaching my goals, I could see the potential that was still out there. I was no longer held back by my own self-proclaimed delusions about how miserable this career was. I was free to pursue excellence and prove I could achieve it.

There is Nothing so Liberating as Freeing Yourself from “Group Think.”

Truckers really limit their own satisfaction and income potential by commiserating with each other all the time. When was the last time you heard a fellow driver say his goal is to increase his income this year by \$10,000?

More than likely you heard something like, “I am looking for another company. This one just doesn’t have the miles I need to make a living. They treat me like I’m just a number, and they couldn’t care less whether or not I’m making ends meet.”

Most truck drivers hamstring themselves with their own low aspirations. They are mediocre performers who don’t recognize their own potential. I can assure you their employer has ample opportunities for them to succeed.

Rarely is it the company’s fault that a driver is a low-performer.

Does it bother you when I say that?

I am convinced that is a hard truth we all need to learn. Mediocrity reaps no rewards. Almost every truck driver I know has switched companies many times, only to switch once more when they find they are still disillusioned.

You won’t catch me telling anyone how bad my company is. They gave me an opportunity, and I gave them results. This is the formula for success at trucking. The driver has to produce. The burden is upon the driver, and it is a great opportunity for him to prove his mettle. Drivers who settle for less get less.

Never settle for mediocrity. Motivate yourself to excel. I promise you success in trucking is within your grasp. Have the courage to reach out and take hold of that success.

Printed with permission from the Trucking Truth blog posts on their website, www.truckingtruth.com.

Listen UP:

We are excited about this new opportunity to reach drivers and the trucking community. Partnering with TNC Radio Live's Tom Kelley, Ron Fraser and Derek Thompson are hosting a spot on the radio Monday nights at 7:00 pm. Tune in and listen to the online at www.TNCRadio.Live.



Material will range from an explanation of our ministry to interviews with trucking contacts to fielding listener questions. Pray for this endeavor to reach drivers for Jesus through sharing the gospel and encouragement for their faith journey. If you would like to sponsor a weekly program, please contact info@tfcglobal.org or call 717-426-9977.

CHECK OUT THESE GUESTS ON OUR PROGRAM.

Jonathon Daugherty, President & Founder of Be Broken Ministries
Ingrid Brown, Citizen Driver of the Year Award Winner, Long-Haul Driver, Cancer Survivor
Michael DeBay, Chaplain in Ontario, California
Steve Demme, President & Founder of Building Faith Families Ministry & Demme Learning
David Benjutschek, Creator of Wowtrucks Calendars and host of LeadPedalRadio.com
David Parker, Founder & President of Covenant Logistics

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PROFESSIONAL TRUCK DRIVER, INGRID BROWN, TRUCKERSLIFE RADIO PROGRAM GUEST

WHY DID YOU GET INTO TRUCKING?

Born into a large road construction company and being a shadow to my daddy, my brother and my granddaddy was the beginning of trucking. My mama tried to keep me frilly, and she accomplished it even while I was in the dirt pile playing with my dump trucks. Hauling and operating heavy equipment from a teenager led to the passion and love I have. Once I got my feet on the road and met the people in it, I knew I had to see more. I have since owned and operated trucks and trailers of my own and worked under my own authority for a period of time. I have hauled a variety of freight from the beginning in my 1979 Diamond Reo, which I still have, to flatbed, dry van, reefer, cows and hazmat. I am now a company driver for a small company at home...It's been a ride I'll never regret.

IF YOU COULD TAKE ONE PERSON ON THE ROAD WITH YOU, WHO WOULD IT BE, AND WHY?

I choose to pick two people to take on the road with me. Without one there would never be another. The first that I take on the road with me is God each and every mile. To guide and protect me and those that cross my way. And to share the wonders he gave to us.

And if I had to choose one person to take on the road with me it would be someone to document my life's travels. The places I have traveled in over 29 years have changed but the wonders of them haven't. I've met every type of person imaginable and have learned about different cultures and seen things on the road nobody could or would believe. Songs about Arizona sunsets? They're real. Winters in Montana? The most beautiful I've seen. California beaches? That's the California dreaming. Something different each day. And the many shippers, receivers, mechanics, dispatchers and travel centers are an extension of my life to share. Who else to help me share the positives that trucking gives to me than someone to capture it through a lens for others to see.

WHAT WOULD YOU TELL A YOUNG FEMALE WHO IS CONSIDERING A CAREER IN TRUCK DRIVING?

When I began in the trucking industry in 1979 I obtained a Chauffeurs' License and was grandfathered into CDL in 1993 upon my renewal. The changes over many years are so large it is more of a story line than help in today's mission of entering trucking. Requirements of training to become licensed are so much more involved than they were 34 yrs ago. I choose to share experience rather than advice when doing so. Being a member of Women In Trucking since its inception, the mission is to mentor and share the experiences with all drivers and non-drivers. Teaching rules and regulations to help a driver and myself to safely do our job is an area that I stay on top of. Being completely honest and realistic to someone choosing to enter is also a way I can help. There is always a positive in every negative in life as there are both in trucking. There are even small things that I can share from my years in hopes to help with accomplishments and achievements.



DOPAMINE DETOX — PART 1

By Brad Huddleston

You might have heard of dopamine as one of the brain's "happy chemicals." It's a little more complex than that, so let's take a deeper dive to understand better how to bring dopamine balance to the brain. WebMD describes this potentially addictive brain chemical this way: Dopamine plays a role in how we feel pleasure. It's a big part of our unique human ability to think and plan. It helps us strive, focus, and find things interesting.

Neurons are nerve cells in our brains that produce chemicals known as neurotransmitters, which transmit messages across different parts of the brain and between the brain and the rest of the body. Dopamine is one such neurotransmitter (and hormone), and the problem is not dopamine in and of itself. Instead, problems arise when we either have too much dopamine or too little. For example, having too much dopamine can be associated with many issues, including poor impulse control, ADHD, binge eating, aggression, competitiveness, gambling, and addiction. Too little dopamine, or dopamine deficiency, can result in depression, addiction, ADHD, and Parkinson's.

The brain loves to discover new things, and when we experience novelty, the brain releases dopamine and giving us sensations of pleasure. This can work for or against us. An article titled, *Novelty and the Brain: Why New Things Make Us Feel So Good*, describes one benefit this way: The cool thing about this is how intricate novelty seems to be associated with learning, which means we can use this knowledge to our advantage for learning new things and improving our memory. Dopamine is involved in the learning process, and that's a natural function within our brains. The problems occur when we overstimulate the brain, mainly when using digital devices, even within an educational context. In other words, we can't assume that we are immune to overstimulating our brains just because we are limiting our digital content to educational games, e-books, etc. For example, you might have bought into the idea that the globally popular video game Minecraft is suitable for your kids or grandkids because it is "educational." If so, research suggests you might want to rethink that idea.

In his book, *Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance*, Dr. Nicholas Kardaras describes the negative effects of dopamine when playing the video game Minecraft: And just how is Minecraft an addicting digital drug? The ever-increasing and never-ending "limitless possibilities" of the game create a very hypnotic grip on kids. That hypnotic pull along with the stimulating hyperarousing content creates a "dopaminergic" (dopamine-increasing) effect; that dopamine increase becomes the key ingredient in a primordial addiction-forming dynamic. In addition, the game also creates the opportunity for novelty, something our brains are hardwired to explore. Dr. Peter Whybrow, UCLA's director of the Institute for Neuroscience and Human Behavior, has called computers and computer games "electronic cocaine" and describes this novelty-seeking addictive dynamic this way: "Our brains are wired for finding immediate reward. With technology, novelty is the reward. You essentially become addicted to novelty."

Please keep in mind that the intent of this series of articles is not to disparage the neurotransmitter dopamine. Instead, the purpose is to understand how stimulating the brain produces either the proper amount or too much dopamine to manage our use of technology better. When it comes to stimulating our brains with any activity, including our use of technology, God commands us not to overstimulate ourselves. Regarding the usage of digital devices, there is little to no danger of under-stimulation, but rather too much stimulation in a much shorter time than we realize. I love what the Bible has to say about balance and being alert (or what I call iBalance): 1 Peter 5:8, "Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

Walk the Walk

By Mike McGough

Good For You

A heart at peace gives life to the body but envy rots the bones. Proverbs 14:30

Management determined that the position would be filled in-house. Their delivery company had a very specific clientele. Familiarity and market-specific experience were absolutely essential.

The new position would carry more responsibility, but there would be a significant salary increase, profit sharing incentives, and a more flexible work schedule. Four candidates applied to become the fleet manager. After a round of interviews, the decision was made and announced. There were some hurt feelings and a bit of jealousy surfaced. One candidate let her feelings of envy get the best of her—she quit. Another tried to keep his feelings to himself, but his resentment was obvious. Had he been a child, someone would have told him to grow up and quit pouting!

The last of the unsuccessful and moved on. He was among the manager, and he offered any help he person he was. He was disappointed, for the next opening. The follow-retirement in the safety department apply as soon as the job was posted, a formal application.

The morning after the retirement was with the HR director. She started the was interested in the position. He further discussion, she said, “We’d Coordinator of Safety and OSHA we can transition someone into your

“Thank you very much,” he replied!

“After your interview for the fleet team determined that the next You’ve got the skillset and experience, and you’re a real team player. We’re happy for you!”



candidates accepted the decision first to congratulate the new fleet could provide. That’s just the kind of but he told himself he would wait ing month a somewhat unexpected created that opening. He decided to but he never got the chance to make

announced, he was asked to meet very brief meeting by asking if he assured her that he was. With no like to offer you the position of Compliance. You can start as soon as current position.”

manager position, the management opening on the team would be yours.

Your envy and jealousy over blessings received by others, can close the door on blessings that God has in store for you!

Walk the Walk: A Daily Guide to a More Christlike Life is the daily devotional guide from which the New Testament-based passage that inspired this article is drawn. Copies of that devotional are available at: Leadershipmrm.com under the Books/Publications tab.



A GOOD PLACE TO BEAR FRUIT

Continued from the February issue...

However, over the years, a distance had entered into my relationship with God, and I struggled to believe that God still smiled when He saw me or that He enjoyed my presence. I had no difficulty believing that He loved and cared for others but felt like I was sitting in the back of the room and God was graciously allowing me to be there. And, He didn't really like me very much.

During this season, God wonderfully illuminated a passage which changed my trajectory. John 15:9, Jesus is speaking to His disciples when He utters this magnificent truth, "As the Father has loved me, so have I loved you." The inspired Word of God came alive. I saw that as much as God the Father loved His Son, in the exact same way, His Son loved me, and each of His adopted children. When God illuminated John 15:9 to my heart, I knew that I needed to spend time in the Word to transform my thinking. After years of believing that God loved me more if I did more stuff for Him, it was going to take intentional study of the Scriptures to rewire or transform my thinking (Romans 12:2).

For a long time I searched through the Bible and came away with a few nuggets of fundamental truths. God is love. God never changes. Nothing can separate me from His love. There was much more that I comprehended with the help of the Spirit, but thankfully this knowledge transformed my head and made it's way to my heart. I am persuaded that God loves me. He knows me. And He likes me. I am now rooted and grounded in these truths as never before. In hindsight I see that it was the Spirit of God Who illuminated John 15:9 and led me in my study of Scripture to confirm God's love and care for me. I had been experiencing Romans 5:5, "God's love has been poured into our hearts through the Holy Spirit Who has been given to us."

Courageous Wife: I discovered this saying in a gift shop. "A psychiatrist is someone that will give you expensive answers that your wife can give you for free." While I agree with the basic premise of this saying, I think it is not completely accurate. What makes seeing a psychiatrist expensive, is how long it takes for them to learn what makes us tick. No one knows us like our spouse. The cost to a spouse is never free. It will cost our wives dearly if we do not receive their input well. It took a tremendous amount of courage for my wife to confront me. For the benefit of her family, she took that risk. Sadly, I did not initially receive her insights well. But several months later I looked her in the eye and thanked her for being brave and helping me become a better man. I would not be where I am today without her input and support. She is a true helpmeet.

Abiding in His Love: The last four words of John 15:9 are: Abide in My love. Comprehending that Jesus loves me just as His Father loves Him, is amazing and life-changing. As I wrote earlier, as I abide in His love, I am kinder, more thoughtful, and safe. I want to emulate Jesus in my relationships with my wife, sons, and grandchildren. I cannot do this without resting in His love and letting His grace and mercy flow through me.

Jesus taught, "Abide in Me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine; you are the branches. Whoever abides in Me and I in him, he it is that bears much fruit, for apart from Me you can do nothing." (John 15:4-5)



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If you were to die today, where would you spend eternity? You can know for sure.

- A. Admit you are a sinner. *"For all have sinned and fall short of the glory of God" (Romans 3:23).*
- B. Believe in Jesus for the forgiveness of your sins and for eternal life. *"For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish, but have eternal life" (John 3:16).*
- C. Confess Jesus as your Savior and Lord, and turn from your sins. *"if you confess with your mouth that Jesus is Lord, and believe in your heart that God raised Him from the dead, you will be saved" (Romans 10:9).*

To give your life to Christ, pray the prayer below.

"Lord Jesus, I know that I'm a sinner. I believe that You died on the cross and shed Your blood to pay the penalty for my sins. Please forgive me and come into my life. You are my Savior and Lord."

We would love to hear about your salvation. Email TFC Global at info@TFCGlobal.org or call 717-426-9977. Resources will be sent to help you grow in your faith.