



HIGHWAY NEWS



TFC GLOBAL

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April 2022

A WORD FROM OUR PRESIDENT

TRUST, AN ALL OR NOTHING DECISION

Total trust in God is available to every blood-bought follower of Jesus Christ. It means you give up total control, and the Lord's assurance replaces your fear with peace. You cannot figure it all out but you do have the capacity to trust Him totally. It is a trust issue, and if He is who He claims to be, He can be trusted. If you can trust Him with the eternal salvation of your soul, you can trust Him with the temporal control of your life. If you can trust Him with the big things, you can trust Him with the small things.



If He led you to the right spouse, He will give you the opportunities to provide. If He led you to a new career, He will give you the wisdom, finances, and relationships to be successful. If He led you to have children, He will provide for the needed resources to be successful parents.

Wherever God leads, He provides. What God initiates, He completes. His part is provision and your part is trust. Don't fall into the trap of trusting Him with some things and not trusting Him with others. Distrust in God is distasteful and an insult to His integrity. How can God not be big enough to handle any situation? Health, war, teenagers, money, conflict, prosperity, relationships, and people can all be placed into His hands. God can be trusted because He is trustworthy.

The well of His salvation is infinitely deep. You have limited capacity to bear burdens. However, His character and resources are unlimited. Without the support of a sympathetic Jesus, you will be immobilized, even crushed under the weight of worry. Jesus understands, and He is offended if you do not yoke up with His support.

There is no need to root around and search for answers when He already has it figured out. There is no need to sacrifice your health to worry and overwork when He offers peace and options you have yet to discover. There is no need to rush through life and then ask Him to bless your efforts after the fact. He can be trusted to lead you even before you put a prayerful plan into motion.

Trust in God does not mean you act irresponsibly and seek forgiveness later. Trust in God means you patiently walk with Him in your decisions and choices. Slow down, look up, trust Him, and watch Him reap extraordinary results. Partial trust leads to frustration and worry. Total trust in Jesus leads to contentment, joy, and peace.

The Bible says, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight" (Proverbs 3:5-6).

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TruckStruck

By Lynn Bolster

ES EL DÍA DE LLEVAR SU CAMIÓN AL DENTISTA

Ah, la revisión dental. Ya era hora, pero mi dentista habitual estaba lleno. Así que tiré los dados y fui a otro a las afueras de Gettysburg en la concurrida Rt. 30. Sentí que lo estaba engañando, pero esperar dos meses más no iba a ser suficiente. Así que me senté en una oficina agradable, una gran pantalla plana colgando justo en frente de mí, equipo nuevo y ¿quieres hacer 18 radiografías ya que soy nuevo? ¿Quién hace 18 de nada? Un poco exagerado si me preguntas. El higienista comenzó a pinchar y sondear con una serie de herramientas afiladas mientras veía el día de la demostración en HGTV. Y luego lo escuché. Sonaba como un motor, específicamente un motor CAT. Ahora sabes que me encantan los camiones, pero escuchar un motor con tanta claridad en una carretera muy transitada, esto era inusual y se hizo más y más fuerte.

Y luego sucedió. El mundo estaba en cámara lenta. La pared detrás de mi televisor explotó. El techo se cayó, las paredes de yeso se derrumbaron, la televisión voló por la habitación y todo en el universo se detuvo pero siguió moviéndose, directo hacia mí. La gente gritaba. Mi higienista estaba encima de mí, protegiéndome, raspándome el cuello con sus herramientas. Mi silla dio vueltas como un paseo de carnaval. ¿Que esta pasando?

Gritos, confusión, desorientación: todos estábamos en estado de shock. Un basurero de tres ejes se había estrellado contra el edificio. Dios sabe que me gustan mucho los camiones, pero ¿es una broma enfermiza? ¿No puedes llamar mi atención de otra manera? Estaba abrumado, horrorizado, asustado y estupefacto, todo al mismo tiempo.

Alguien me arrastró de la silla al pasillo donde intenté ponerme de pie, pero mis piernas se sentían como de goma y caí al suelo como un muñeco de trapo. Alguien gritó que salieran del edificio por las bombonas de gas en el sótano que posiblemente podrían explotar. Fue como si hubiera estallado una bomba.

Mientras me llevaban del edificio al aire libre, comencé a temblar, no solo por la conmoción, sino que, después de todo, era diciembre. Llegó una ambulancia y me escoltaron a ella. Se sentía cálido y seguro, pero yo no era el único allí. Dos hombres se sentaron frente a mí. Un hombre mayor conducía un todoterreno que también fue golpeado y aplastado contra un poste de electricidad, lo que dejó fuera de servicio un transformador y el suministro eléctrico local. Y el otro, un joven de 18 años, era el conductor del camión que casi nos mata a todos. El EMT le preguntó qué pasó y dijo que se quedó dormido. Había 177 pies de huellas de neumáticos desde donde dejó la ruta. 30 e impactó el edificio. Nunca usó los frenos. El edificio detuvo el camión. Para ser honesto, quería estrangularlo en el acto, pero estaba demasiado agotado para hablar o incluso funcionar, así que todos nos sentamos en un estado colectivo de incredulidad y agotamiento en nuestro camino a la sala de emergencias.

En esta foto, yo estaba justo al otro lado del capó. ¿Y si este edificio no tuviera un exterior de ladrillo? La muerte sin duda. Al final, físicamente estaba bien, pero mentalmente no tanto. Se produjeron demandas, el trauma de todo requirió algo de asesoramiento para procesar. Cuando voy al dentista todavía ahora, soy demasiado consciente de dónde están las ventanas y el flujo de tráfico alrededor del edificio.

TruckStruck

By Lynn Bolster

IT'S TAKE YOUR TRUCK TO THE DENTIST DAY

Ah, the dental check-up. It was time but my regular dentist was booked solid. So I rolled the dice and went to another just outside of Gettysburg on busy Rt. 30. I felt like I was cheating on him but waiting two more months wasn't going to cut it. So there I sat in a pleasant office, large flat screen hanging right in front of me, new equipment and you want to do 18 x-rays since I am new? Who does 18 of anything? A bit overkill if you ask me. The hygienist began poking and probing with all a number of sharp tools as I watched demo day on HGTV. And then I heard it. It sounded like a motor, specifically a CAT motor. Now you know I love trucks but to hear a motor so clearly on a busy highway – this was unusual and it became louder and louder.

And then it happened. The world was in slow motion. The wall behind my TV exploded. The ceiling fell, the sheetrock walls collapsed, the TV flew across the room and everything in the universe stopped yet still kept moving – straight at me. People were screaming. My hygienist was on top of me, protecting me, scraping my neck with her tools. My chair spun around like a carnival ride. What was going on?

Yelling, confusion, disoriented - we were all in shock. A tri-axle dump had slammed into the building. Now Lord knows I am all about trucks, but is this some sick joke? Can't you get my attention some other way? I was overwhelmed, horror struck, frightened and dumbfounded all at the same time.

Someone dragged me out of the chair to the hallway where I attempted to stand but my legs felt like rubber and I fell to the floor like a ragdoll. Someone yelled to get out of the building because of the gas bottles in the basement that could possibly explode. It was like a bomb went off.

As I was carried from the building to the outdoors, I began to shiver, not only from shock but it was December after all. An ambulance arrived and I was escorted into it. It felt warm and safe but I wasn't the only one in there. Two men sat across from me. One older man was driving an SUV that was also struck and crushed into a utility pole, knocking out a transformer and local power. And the other, a young man, age 18, was the driver of the truck that almost killed us all. The EMT asked him what happened and he said he fell asleep. There were 177 feet of tire tracks from where he left Rt. 30 and impacted the building. He never used the brakes. The building stopped the truck. To be honest, I wanted to choke him on the spot but was too spent to speak or even function so there we all sat in a collective state of disbelief and exhaustion on our way to the emergency room.



TRUCKSTRUCK: It's Take Your Truck to the Dentist Day (continued)

In the photo at the bottom of the previous page, I was just on the other side of the hood. What if this building didn't have a brick exterior? Death no doubt. In the end, physically I was okay but mentally not so much. Lawsuits ensued, the trauma of it all required some counseling to process. Even now, when I go to the dentist, I am overly aware of where windows are and the traffic flow around the building.

When I relayed this story to my best friend, she asked about the shape of the chair in which I was sitting. She told me that dental chairs are designed to hold the body like a hand, curved, arched and cupped in the right places to sort of 'hug' the patient. I did remember that to be the case. We then realized that the Lord also holds us in His mighty hand. The event still doesn't make sense but as I spun around in the chair away from the on-coming truck, it's as if He were in charge of the carnival ride, spinning me to safety and saving my life. Remember, He's got you too.

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: Es el Día de Llevar Su Camión al Dentista (continuada)

Cuando le conté esta historia a mi mejor amiga, me preguntó sobre la forma de la silla en la que estaba sentado. Me dijo que los sillones dentales están diseñados para sostener el cuerpo como una mano, curvados, arqueados y ahuecados en los lugares correctos para "abrazar" al paciente. Yo recordaba que ese era el caso. Entonces nos dimos cuenta de que el Señor también nos sostiene en Su mano poderosa. El evento todavía no tiene sentido, pero cuando giré en la silla para alejarme del camión que se acercaba, es como si Él estuviera a cargo del paseo del carnaval, llevándome a un lugar seguro y salvándome la vida. Recuerda que Él también te tiene a ti.

Memorials & Honorariums

IN MEMORY OF HOMER GEIB FROM THE FOLLOWING PEOPLE:

MELVIN GEIB

MR & MRS RON PAWLING

MARY THOMPSON

ROY BURKHOLDER

EVELYN HESS

IN HONOR OF GRACIE RAY FROM HER FIANCE

The Inspiration Behind Play to End the Game

Several years ago I was in a local bookstore browsing for books when I came across a book titled, “Pimpology: 48 laws of the game.” Being involved in anti-human trafficking work at the time, the book caught my eye immediately. I picked it up and began skimming through the pages and I couldn’t believe what I was reading. It was a how to manual of how to recruit and groom young vulnerable girls into a life of prostitution. A manual, if you will, of how to be a sex trafficker, and it was available for sale to the public.

Just a few years later a news story broke of a teenage boy who bought a copy of the book and began implementing what he was reading. The boy was eventually arrested on charges of sex trafficking of a minor.

Skimming through the book that day, a seed was planted in my heart, that if there are people in the world who call sex trafficking a game, then there needs to be people in the world to end the game. And seeing as this so called “game” is being played in every major city across the United States, it would be up to local communities coming together to say, “no more.” I didn’t know it at the time, but Play to End the Game was birthed in me that day.

This month the Gateway to Freedom Foundation is launching the first ever Play to End the Game awareness event in Lancaster, PA. 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 Saturday, April 30th at Leisure Lanes Bowling Alley (3440 Columbia Ave, Lancaster PA). We are going to bowl, give away prizes and hear from experts in the field combatting sex trafficking. This is a great bonding opportunity for your church, company or community group, while supporting a good cause.

If you can’t physically attend April 30th there are other ways to get involved through sponsorship, donating prizes, and helping spread the word. You can also work with us to bring Play to End the Game to your community. Learn more and register to Play to End the Game at: gatewayff.org and click “Play to End the Game.”

Or contact us at gateway@tfcglobal.org or (717) 426-9977. It’s time to end the game.

**PLAY TO
END
THE GAME**

IT'S **EASY!** IT'S **AFFORDABLE!**

REACH YOUR COMMUNITY WITH THE GOOD NEWS OF JESUS!

Sign up to receive multiple copies for \$1.00 an issue!

Receive 5—10—15 or more issues every 30 days! (Minimum order of 5)

Along with information about the trucking industry and faith-filled articles for everyone, the *Highway News* will share the good news of Jesus in your community.

Where can **YOU** share the
HIGHWAY NEWS
magazine?

- * Donate to your church
- * Leave in clinics and waiting rooms
- * Gift to retirement communities
- * Leave with the sick or homebound
- * Share with Bible study groups
- * Leave in coffee shops, truck stops, restaurants & more!



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Complete the form at www.TFCGlobal.org/Highway. Or, email info@tfcglobal.org.

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Donate towards the cost of the magazine and your/your organization's name will be printed in the next issue.

America is waiting to hear the good news, so what are you waiting for? Discover for yourself the rewards of distributing the *HIGHWAY NEWS* magazine and share God's love throughout your community!



Trucking with Women in Mind

By Ellen Voie, President & CEO, Women in Trucking

Your Voice in Washington DC

One of the goals of the WIT board of directors is to be a resource. This not only includes providing information and data to our members, but it means sharing our mission with people who have the power to create change. Recently, the Women In Trucking Association had been invited to two White House events to explore ways to bring more women into the trucking industry. This is only the beginning, however, as the recently passed Infrastructure Bill included another opportunity to have a voice in Washington DC.

On December 16th I was invited to attend a listening session at the White House hosted by Secretary of Transportation Pete Buttigieg, Secretary of Labor Marty Walsh, and White House National Economic Council Director Brian Deese. There were seventeen executives at the event, where each participant was given the opportunity to share their solutions and challenges regarding the need for professional drivers. I spoke about challenges female drivers face as well as the progress we've made in increasing the numbers of women in the industry.

On January 13th I was invited to a virtual roundtable discussion hosted by the Biden-Harris White House. I was able to provide a list of influential women who were included in the invitation for the one-hour event. There were about 35 women from various companies, including seven of our Image Team members. We felt it was important for professional drivers to have a voice in the conversation. There was so much interaction and the conversations continued as the session extended to ninety minutes so everyone could participate.

In the near future, the Women In Trucking Advisory Committee at the Federal Motor Carrier Safety Administration should be announced. This was introduced in a bi-partisan bill and was included in the Infrastructure legislation signed by President Biden in December. This committee will include no fewer than eight individuals representing motor carriers and trucking industry associations as well as a trucking trade school.

Another bill included in the infrastructure legislation included an outreach program for all modes of transportation. From rail, to trucking to aviation and maritime, a more diverse and inclusive workforce is the objective. The bill outlines a public relations initiative to encourage more participation in transportation careers.

In the past we have invited FMCSA officials on ride-alongs with our female professional drivers. In fact, we have given rides to Senators, Congressional Representatives, and numerous print and TV/radio journalists. We have invited the new FMCSA Administrator Elect, Robin Hutcheson, to go on a ride-along with one of our Image Team members and she has accepted. We will be sure to keep you apprised when the trip has been scheduled and we are confident the experience will offer her insight into the challenges our female drivers face in their careers.

As we gain influence in Washington DC, our goal is to educate, not to lobby, for more regulations that affect our industry. That's why we offer our Image Team members to do the talking and the driving as much as possible. In fact, three of our Image Team members were appointed to the new driver subcommittee under the FMCSA Motor Carrier Safety Advisory Committee, on which I have been also chosen to serve. Our drivers have a unique perspective, and we are doing everything possible to ensure their voices are heard.

We welcome YOUR comments and insight on how we can advance our mission to increase the ranks of women in trucking careers. We will carry your voice to Washington DC, whether it is through our drivers or our leadership, your insight is valuable. Thanks for allowing us to represent you.

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

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TFC GLOBAL: UPCOMING EVENTS

April 14: Advisory Team Meeting, Marietta, Pennsylvania

April 16: Lancaster Prayer Breakfast, New Holland, Pennsylvania

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: \$8,750 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!

DO DRIVER RETENTION AND TURNOVER RATES MATTER? -- PART 1

What Causes High Turnover Rates?

Large carriers are self-insured, which allows them to hire and train inexperienced drivers. Unfortunately, many new drivers will not make it through their first year in trucking, and this can be for a number of reasons. Some have too many accidents and get fired, some have family issues and realize they cannot be away from home, and others may decide it is too much responsibility for them to handle. The large carriers are the ones that hire and train most of the new drivers, therefore they have higher turnover rates. Does that make them bad companies? Of course not.

Insurance rates are cheaper once a driver has one full year of experience, therefore, many companies require one year of driving experience. What some don't know is that a company with a 20% turnover only hires drivers with 2 years experience. That means the company is only hiring experienced drivers who know exactly what to expect on a daily basis and have the knowledge to make decisions and handle the job. They also have a better chance of avoiding accidents.

Stories Of Drivers Leaving Their Company

Over the past couple of months, we've seen a number of new drivers leave their first company, though the company did nothing wrong. They weren't evil slave drivers trying to suck the life out of a new driver. They weren't withholding pay from the driver or some other crazy declaration you might see posted on review sites. All of these cases had to do with personal issues that led the driver to leave the company or leave trucking altogether.

First we had Don, who painstakingly made spreadsheets to help him decide which company was best for him. After months of consideration, he chose CFI and fully intended to stay for one full year to fulfill his contract. He attended their school, went through training, and several months later due to a family illness decided to find a company closer to home. He did the professional thing and gave notice, and fully intended to pay off his contract. He didn't have one bad word to say about CFI, the training, or the dispatchers. He simply could not remain an OTR driver.

Next we had Britton and Kim who both went to Prime Inc paid CDL training. Kim made it all the way through training and upgraded to her own truck. After several weeks, she decided the stress of finding parking and trip planning was too much for her. She was happy having achieved her lifelong dream of obtaining her CDL and attempting a trucking career. She saw a great portion of the country. Despite that, she felt much more comfortable in her job at a law firm, after almost two decades on the job, than behind the wheel of a big rig. Her exact words to me were, "In the law firm, the stress is predictable, you know what to do and how to handle it. Trucking stress is erratic and ever-changing. No two days are the same." Britton never made it through training when he decided the weeks spent away from his family was too much of a sacrifice for him, and he headed home. Both of these drivers gave proper notice and at any time would be accepted back at Prime, because they handled themselves in a professional manner. Trucking companies and dispatchers understand that OTR driving is not for everyone, and they also understand that personal matters may change at a later date and they will welcome back those who deserve it.

Then there was Marc Lee, who after two weeks of training with JB Hunt hurt himself on the job. He went on Workmen's Compensation and was then given a return to duty by the doctor. Unfortunately, Marc Lee was unprepared to deal with certain medical paperwork he needed before the DOT physical. Despite having just had a physical a few months prior, the company required a new one for him to return to work. This is not uncommon. I needed a new one after both my diagnosis of sleep apnea and an elective surgery I had last year. Marc Lee was dismissed by JB Hunt when he didn't cut through the red tape quickly enough. Should Marc Lee have been prepared for this paperwork situation? Probably. But being new, he was unaware of this being an ongoing issue rather than a one-time thing. Most of us cannot predict family illness, so Don was not at fault. Britton and Kim may have had completely different perspectives on trucking had they stayed the full year. The stress and exhaustion diminish as one gains experience. Scheduling face time with family becomes easier as well, so perhaps these two may have quit too early, but only they can know that for sure. And Marc Lee will now be prepared for future paperwork.

But all of these people count toward the company turnover rate. Do you think the companies should be held liable in these cases?

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.

Carl Thompson, Pastor, Author, Certified Neuro-health Coach, CEO of XXX Church and Live Free Ministries

Monica Satcher, Founder and Executive Director of Acts of Love Ministries

Trevor Baker, Southern Gospel Singer and Song Writer

David Benjutschek, Creator of Wowtrucks Calendars and host of LeadPedalRadio.com

David Parker, Founder & President of Covenant Logistics

Follow our program on the following podcast programs: Apple Podcaster, Google Podcasts, Breaker, Spotify, Pocket Casts, TuneIn, Stitcher, Deezer and Amazon Music.





LODI, OHIO MINISTRY STORY BY CHAPLAIN STANLEY WERTZ

“Rick” came into the FLC recently and began talking about how grateful he was to be able to visit truck stops across the country where there is a trailer for some type of spiritual encouragement. He was thankful for the chaplains who continue to serve at these locations.

He continued by saying that the first 27 years of his career he battled with drug addiction and would “crawl up the steps (of the trailer) to escape the demons that were physically and mentally attacking him.” Thankfully, for the last 20 years, he has overcome this addiction, thanks to Jesus’ saving grace, the Celebrate Recovery program and the support of the chaplains that he sought out and met for his renewal. He now walks proudly into various truck stops and speaks highly of God’s power and his ongoing growth in Jesus Christ.

Celebrate Recovery is a program offered by TFC Global at each of our locations. In order to help drivers complete their requirements for this program, each chaplain is able to answer questions and go through book lessons at any time that is convenient for the driver. We also are able to provide this service at your organization.

These opportunities to share in people’s faith journey continues to warm my heart daily.

CHAPLAINCY TAKES PLACE IN THESE PLACES:

- ◆ TRUCK STOPS
- ◆ TRUCKING COMPANIES
- ◆ MANUFACTURING CORPORATIONS
- ◆ TRUCKING DEPOTS
- ◆ COMMUNITIES

WE NEED PASSIONATE, CALLED PEOPLE OF GOD TO JOIN OUR TEAM.

For more information visit www.TFCGlobal.org.

DOPAMINE DETOX — PART 2

By Brad Huddleston

The Wall Street Journal ran the captivating headline Digital Addictions Are Drowning Us in Dopamine. Stanford University Psychiatrist and professor Dr. Anna Lembke wrote:

A patient of mine, a bright and thoughtful young man in his early 20s, came to see me for debilitating anxiety and depression. He had dropped out of college and was living with his parents. He was vaguely contemplating suicide. He was also playing videogames most of every day and late into every night.

Twenty years ago the first thing I would have done for a patient like this was prescribe an antidepressant. Today I recommended something altogether different: a dopamine fast. I suggested that he abstain from all screens, including videogames, for one month. Over the course of my career as a psychiatrist, I have seen more and more patients who suffer from depression and anxiety, including otherwise healthy young people with loving families, elite education and relative wealth. Their problem isn't trauma, social dislocation or poverty. It's too much dopamine, a chemical produced in the brain that functions as a neurotransmitter, associated with feelings of pleasure and reward.

The practice of "Dopamine Fasting" took Silicon Valley by storm when California psychiatrist Dr. Cameron Sepah started using the technique with tech workers and venture capitalists. However, the technique does need some clarification:

The name — dopamine fasting — is a bit of a misnomer. It's more of a stimulation fast. But the name works well enough, Dr. Sepah said.

The reason for clarification is that fasting activities that cause the release of too much dopamine do not rid the brain of the neurotransmitter. Furthermore, many people in Silicon Valley were taking Dr. Sepah's technique to extreme measures by completely cutting out activities such as food, eye contact during conversations, and sex. Dr. Sepah advocates a more balanced approach by encouraging activities such as human interaction, which is, in fact, beneficial.

In his *The Definitive Guide to Dopamine Fasting 2.0 - The Hot Silicon Valley Trend*, Dr. Sepah said, "Let's first understand how impulsive behaviors become problematic or addictive. If you've ever studied behaviorism in a psychology course, you may recall that 'classical conditioning' is a process which helps us learn that involves dopamine. To be clear, we ARE NOT fasting from dopamine itself, but from impulsive behaviors reinforced by it. With enough training, unconditioned stimuli we've never seen before, like a red dot or notification on your smartphone, can become conditioned stimuli, because we learn to anticipate a reward (the negative reinforcement of alleviating our negative emotions, or the positive reinforcement of seeing a novel thing). This 'double reinforcement' can lead to impulsive/addictive behavior since every time we feel bored, anxious, angry, sad or lonely, we seek those things that both numb the bad feeling and distract our attention with pleasure."

Based in a Cognitive-Behavioral Therapy (CBT) known as "stimulus control," Sepah believes that a dopamine fast can assist us in regaining "flexibility over such automatic, rigid behavior by restricting the external stimuli."

Dr. Sepah has identified six behaviors that he considers compulsive and needs a dopamine detox:

Emotional eating
Thrill and novelty-seeking

Excessive Internet usage and gaming
Recreational drugs

Gambling and shopping

Pornography and masturbation

At the time of this writing, dopamine detox has not been studied scientifically. Thus, the practice has its critics, but therapists see success with the technique, which is why I'm advocating it. If we make this step of fasting from too much digital stimulation, God will gladly assist us with regaining self-control.

Proverbs 25:28 (NIV) Like a city whose walls are broken through is a person who lacks self-control.

Walk the Walk

By Mike McGough

The Light of Faith

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

It had been a long day. It was cold and rainy. All she wanted to do was get back home, have dinner, and relax.

She and her husband ran a two-truck, contract carrier, operation for a farm co-op. They were both in their 60's. They still enjoyed driving, so they kept at it. They had a simple deal, whoever got back to the house first, had to prepare dinner. That night it would be her husband. He had been a cook in the Navy, so there were always plenty of leftovers.

As she came off Route 30, she saw a car off to the side of the road. The dome light was on, but the car wasn't running. As cold as it was, that concerned her. She found a spot to pull off and walked back. When she approached, the woman opened her window, and said, "We're okay, thanks for checking on us." After a brief chat and judging from what she saw, they weren't all that okay.

This young mom and her two small children were making their way to join her husband, who had gone to Ohio to look for work. She was trying to stretch what little money she had to make it to Ohio. Their dinner was peanut butter crackers and milk for the kids and a cup of coffee for Mom. Knowing that there would be plenty, the kindhearted truck driver invited them home for dinner. Without hesitation the mother agreed.

Over dinner they got to know each other and discovered that they had a mutual friend. Although he was happy to have them at his table, the cook and host asked why she so readily accept such an offer from a total stranger. Her answer was a true testimony to faith, love, and trust.

"When I looked in the mirror as your wife was approaching us, I saw the cross in yellow lights on her grill. I knew we have a mutual friend, He sent her to help us, and that she meant us no harm."

PS: One of the lights in the cross on the front of his truck had burned out recently. Before starting out the next day he replaced it. He didn't want to take any chances that someone might miss it!

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.

FOOTNOTES FROM DOPAMINE DETOX, PART 2

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"Child Sex Trafficking is an ugly secret that many in America refuse to accept or refuse to acknowledge."

KAYLEIGH O'DONNELL BENNETT REPOSTING FROM MELANIE CHOLISH

Repost from Melanie Cholish: my father trafficked me from the ages of about 5 or 6 until I was a teenager. Knowing this, I can say, I was never once tied up in a dark place. It's important for people to educate themselves on what trafficking can really look like.

Many, many times I walked into an amusement parks dressing room, Hershey, Dorney, etc with my father, told to wait in the stall, and a few minutes later another man came in acting like he was looking for his daughter. And that easily a "drop" was made. Out I would walk holding his hand, nothing anyone would think twice about. Usually I'd be given something like an ice cream cone, etc. And like me, these children are often not treated "badly." I mean, yes, they're treated awful and violated beyond words, I just mean that they're not hit, tied up, beat up. Most of the time, they're treated with fake kindness. (This really messes up a child's trust later on in life.) But, they're often praised, given treats, and made to feel like what is happening is a good and normal or because they're special.

There were countless vacations we went on where I was left for a minute at the pool until a man came. I left with him for a while. Airports were where I was passed over to another man in a crowd, looking like any girl going from her dad, uncle, to her dad or uncle. Again, a public drop and nothing looked suspicious.

Most children trafficked in the US are so conditioned, they don't know anything else. It's their normal. I think back as an adult and think, "Why didn't I scream out for help or make a scene?" I had to forgive my inner child, there was no reason I knew to scream out for help. I wasn't in danger, this was just my normal life.

I say all of this to simply say, it's really important we bring attention to child trafficking in the US. VERY important. And information like this can get the conversation started, but we also need to educate people that it doesn't all look like young children being tied up and living in cages. I lived in Robeson, a tiny nothing town. My father was a little league coach. My mother knew and helped some with these happenings; she was just a stay-at-home, small-town mom. Child sex trafficking is happening everywhere and can look very normal.

The best thing we can do is talk to children. We don't need to be graphic. Teachers and schools need to talk to children about things like this in a child-safe way. We need to assume these exploited children aren't being taken to doctors for regular check-ups. Teachers can make a huge difference in the lives of students. Go with your gut. Schools shouldn't be scared to act on what they feel -- when something just doesn't add up with a particular student. Conrad Wesier had a social worker in the elementary school who pulled me out of class on more than one occasion after my teachers noticed "things" and it went nowhere. Social services were never notified. And they should have been. Period.

Pay attention. Be mindful. If you're waiting in line at a park, notice who goes in and out with what child. If you see something; speak up. If you're wrong, fine you ruined someone's day, apologize. If you're right, you saved someone's life. Written by Melanie Cholish, survivor and advocate. Public domain.

TFC Global's Gateway To Freedom Foundation is working to bringing that awareness to students and their parents to protect our youth. Survivor care is important, but more so, ending the demand for consumer sex. When people are in healthy relationships, human trafficking becomes less of an issue. Pray with us toward this goal; support this ministry bringing resources and awareness events to your area by visiting our website at www.TFCGlobal.org, clicking on the Gateway To Freedom Foundation column on our homepage.

WHY DO YOU NEED A CHAPLAIN?

*Does your workplace
have any of these?*

- *Addiction*
- *Substance Abuse*
 - *Depression*
 - *Gambling*
 - *Child Illness*
 - *Mental Illness*
- *Parenting Struggles*
- *Aging Family Care*
 - *Incarceration*
 - *Downsizing*
- *Spousal Abuse*
- *Financial Difficulty*
- *Family Violence*
- *Spiritual Concerns*
- *Separation & Divorce*

TFC Global Provides a Ministry of Presence...

Our boots-on-the-ground approach to ministry through the network can care for those who need a trusted and objective friend and confidant for those who cannot bear their burdens alone anymore.

Our Corporate Chaplains Network employs primarily fulltime, long-term chaplains who combine workplace experience with professional chaplaincy training. Our proven success incorporates management principles that provide employee support with the greatest convenience to the CEO/Owner and with the maximum impact for the employee.

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South Dakota (Sioux Falls) - siouxfallssd@tfcglobal.org

Washington (Seattle) - info@tfcglobal.org

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.