

Magazine Redesign

Revitalize *your* message.

A decorative graphic in the bottom right corner consisting of a white square with rounded corners, partially overlapping a light gray background.

“True art directors must recognize that they are not mere page decorators, but visual communicators, partnering with the editorial team.”

– *Introduction to Magazine Training*



SACONNECTS



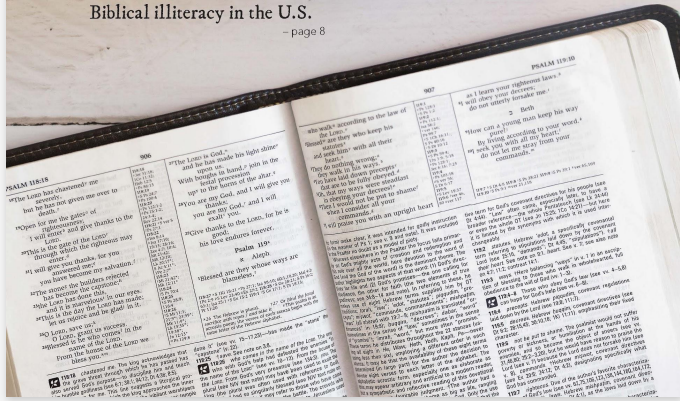
VOL. 5, NO. 3 • APRIL 2019
SACONNECTS.ORG

the magazine

DO YOU READ THE BIBLE?

Biblical illiteracy in the U.S.

—page 8



sacconnects

VOL. 8 NO. 2, 2022

Discover how giving back helps you become stronger, healthier, and happier.
p. 8

Who were the children of William and Catherine Booth?
p. 12

Erin Morgan teaches YogaFaith.
p. 30



Kurt Warner

NFL Hall of Fame quarterback talks about faith, family, and being an underdog.



Redesign | Do we need one?

FIRST, ANSWER THESE QUESTIONS:

- Have you had the same design for at least five years?
- Do you want to reach a new or broader audience?
- Is your design, logo, and brand outdated?
- Have you strayed from your magazines original structure/design? Is it no longer cohesive?
- Is your circulation stagnant or decreasing?
- Do you want to change the name of the publication to better reflect your mission?
- Is your design unmemorable or not functional?
- Do you want to shift the focus of your content?

SACONNECTS

VOL. 5, NO. 3 • APRIL 2019
SACONNECTS.ORG

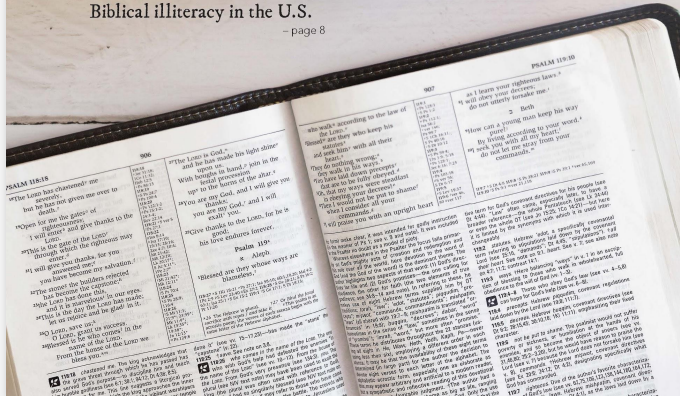


the magazine

DO YOU READ THE BIBLE?

Biblical illiteracy in the U.S.

—page 8



sacconnects

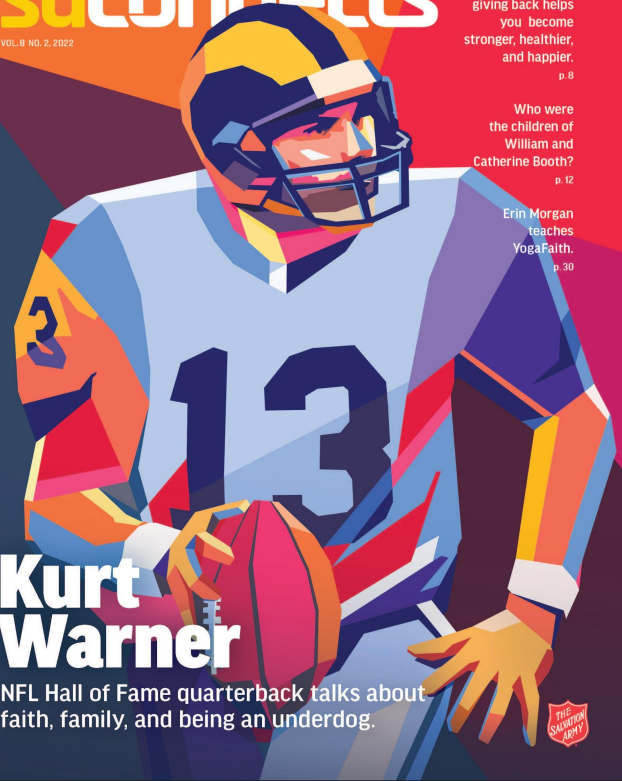
VOL. 8 NO. 2, 2022

Discover how
giving back helps
you become
stronger, healthier,
and happier.

p. 8

Who were
the children of
William and
Catherine Booth?
p. 12

Erin Morgan
teaches
YogaFaith.
p. 30



Kurt Warner

NFL Hall of Fame quarterback talks about
faith, family, and being an underdog.





The Café crowd gathers to hear the Word.



The group prays for Chip Kelly.



COMING TO THE CROSS

Coivin said the format changes, but it often involves extended and meaningful contemporary worship, the reading of Scripture, a devotional by a guest speaker, and prayer.

"There is a significant amount of prayer and Bible reading in every one of those meetings," says Major Kevin Stoops, Mandarín Church's corps officer.

Coivin adds, "The goal is to foster renewal among the participants and to make sure that people know that they can leave that burden at the Cross."

Coivin said the people who come to the café "feel more connected" to the corps.

"Their growth is deepening rather than expanding," he says. "I have received testimonies from people saying they feel more connected with other believers since we started this."

A FRESH START

Other people have shared with Godin that they've turned out 22 months says, but "Sindly Night Renewal" came to meet a need.

"There is also a sense that people are returning to their different corps to better serve the mission from a place of abundance," Coivin says.

The story is quite different at the Dev&Donuts Café at the Portville, Pa. Corps. Café organizer Ashley Hermany said she wanted to create a "safe alternative for young adults in an area with a lot of drinking and partying."

"We were looking for some place where people could come and not be involved in that sort of thing," she says. "A safe place where they would feel welcomed, and in a relaxed environment."

RELATIONSHIP EVANGELISM

The café started last June; Hermany keeps in contact with the participants through social media and through her weekly devotional essays.

About 10 people come every Sunday from 6–10 p.m., to enjoy free Wi-Fi and to sip coffee while working on their laptops. While half the gym is set up for basketball, the other half offers a coffeehouse with low-key music, free doughnuts, and popcorn.

Patrons of the café also enjoy some fun with art supplies, board games, and card games. Other benefits include cell phone charging stations, a television, a PlayStation 3, and a Keurig coffee maker.

There is no devotional, but Hermany works the crowd, making sure everyone feels welcome. She also has a "prayer box," in which guests can leave prayer requests.

BRINGING THEM IN

"It's not your Sunday church service, so I don't go preaching to people all the time," Hermany says. "But before people leave at the end of the night, I always say everyone I can pray for them," she says.

"I'm very evangelical. I'm constantly talking about the love of God and that sort of thing. There's definitely a spiritual aspect to it."

"It really is a freeing atmosphere to be who I am and to share the love of Christ without having any backlogs."

Hermany, a substitute teacher, recently spent a month in Thailand counseling human trafficking victims and teaching them English.

She is committed to the Dev&Donuts Café and believes

“Th
ar
Bit
on
—M



I often hear friends say, "This has been an insanely busy week for me," or something along those lines.

That seems to be the refrain of our rushed society. Distractions come from every direction. Our cell phones vibrate constantly. Every few minutes, another "ding" alerts us to more messages, breaking news, and information that we ostensibly can't live without. Can all the stimuli coming at us every second really be that urgent?

Many friends tell me they will look at their calendars, see an open day, and wonder if they've forgotten something. They can't imagine actually having any free time between work, school, soccer practice, music lessons, dinner preparation, and nightly television. They often schedule more events rather than slow down.

Studies show that many people get caught up in the hoopla and fail to unplug and spend time with family or friends—let alone God. How do we cultivate a deep and nourishing spiritual life when we're constantly

going full tilt? How do we stop the rollercoaster and get off the ride?

Many Christians say their spiritual growth comes from a strong devotional life—reading the Bible, praying, spending quality time with God each day, meditating on a Bible verse or passage, and listening for the "still, small voice" of God. Christians often refer to this as "quiet time" and it can take various forms, including reading, music, journaling, rereading or whatever brings a person closer to God.

Some people buy a new devotional book or Bible reading plan at the dawn of a new year, but the busyness of life quickly gets in the way. Pretty soon, they're tempted to set aside the things of God, check their email or phone, channel surf, and settle on Netflix. Too often, God gets the leftovers of people run out of time. God gets nothing.

When there is no Bible reading, meditating, or prayer,

our relationship with God becomes distant. Like the person who doesn't eat and becomes physically weak, we become spiritually drained without the nourishment of God's Word. We're surprised when spiritual stagnation, the sense of male factors, and a fall into sin occurs.

What can be done?

In the classic Christian book *The Screwtoppe Letters*, written by G.S. Lewis, a senior demon is training his nephew and understudy on how to keep humans from the things of God. Among his advice: "You will find that anything or nothing is sufficient to attract his wandering attention. You no longer need a good book, which he really likes, to keep him from his prayers or his work or his sleep; a column of advertisements in yesterday's paper will do... You can make him do nothing at all for long periods."

So, how did we get here and what can we do? How do we headen back to a simpler and less busy time?

Majors Samuel and Janet Gonzalez, who lead The Salvation Army's Spiritual Life Development Department in the USA Eastern Territory, said business is valued in America's secular culture.

"It seems like in our society, there is so much emphasis on producing, on doing, and accomplishing," Majors Samuel said. "That is one reason we get so busy. We see it as a sign of upward mobility. When we work at other cultures, leisure and free time are signs of upward mobility."

Majors Janet said today's secular mentality tells us "We are better because we are doing more; assigning value more to the doing than to the being."

"We became such a busy society through technology, which was supposed to improve the quality of life, but it has added another layer to our life," she said. "Now, instead of having 10 things to do, we have 20 after receiving 10 emails. It's not always a healthy approach to view productivity as a sign of efficiency. We become slaves of our own system."

The Barna Group found this to be true in 2017 when it released a study showing 64 percent of parents check their phone when they wake up—not their Bibles. The survey of 1,000 U.S. parents found they check their email (74 percent), social media (48 percent), news (36 percent), and calendar (24 percent). Fewer than one in five (17 percent) used a Bible or devotional app.

Lifestyle choices

Majors Samuel said the key to overcoming this trap and engaging your spiritual life is to be intentional about setting aside time for the things of God—and making it a habit.

"It becomes like a something that's important for his wife added. "Without it, we know something is missing."

Majors Samuel said a mature Christian knows the

importance of spending time with God.

"It's something we know, and we feel," he said. "The Holy Spirit encourages us and admonishes us to seek time with the Lord." Major Janet said, "The intentionality can be as simple as putting your slippers under the bed each night. When you wake up, you must bend down to get the slippers. That provides a great opportunity to start your day in prayer."

She said spending time with God should not be a priority, but the priority for a growing Christian.

"People say God is important to them, but is He really the No. 1 priority? When you understand that it's His time, every hour, it shouldn't be a burden to make time for the giver of everything that we are and have."

"The world went and got itself in a big hurry."

Brooks
The Snowcranes' 40th Anniversary

Majors Janet, using another clothing metaphor, said if you start buttoning a shirt with the third or fourth button, you may later discover it's misaligned.

"If you start with the first button on top, going all the way down, they will fall in place," she said. "Starting your day with God will fall in place. I don't dare to leave my house without having presented myself to the Lord. I start my day with the Lord and it's my intentional submission to Him."

What is your priority?

Dr. Colonel Patricia Labossiere, who formerly led the SLD Department the Gonzalezes now head up, said she often hears people say they are switching churches "because I'm not being fed." She warned that Christians can't depend only on Sunday morning sermons and mid-week Bible studies for spiritual growth.

"We also have to be able to feed ourselves spiritually," she said. "I really believe the Lord wants us to take that into our own hands as well. I think that's something that's important for us, in busy times, to be able to figure out ways that we can do that."

Major Samuel said a mature Christian knows the



“Redesign is an opportunity to reinvigorate readers and designer; to remember why this matters.”

– *Introduction to Magazine Training*

Redesign | Radical or Evolutionary

RADICAL

**Reevaluate all design
and editorial elements**



Redesign | Radical or Evolutionary

EVOLUTIONARY

Reevaluate portions of the editorial with some frequency.



INfocus

- 1 our leaders
- 4 from the editor
- 6 sound doctrine

ONfile

- 5 *relevents*
Bill Burke, National Advisory Board chair, talks about his love for The Salvation Army.

28

- unity
Soldier Ads Laporte, who survived a brutal knife attack, received a second chance at life and with God.

30

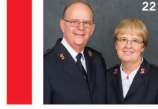
- wholly living
Walk, pray, rest. Discover how these activities can greatly improve your physical and spiritual life.

32

- profile
Bandmaster and Territorial Music Director Ronald Waisnoris retires this year and will leave a rich legacy.

FAITHinACTION

- 22 An Interview
The General and Commissioner Cox talk about 'mobilizing' the Army.
- 24 'I had the best job in the Army'
Betsy Blankenship, a THQ staple for decades, retires. Her story is an amazing journey of service.
- 26 Q&A
Lieutenant Giovanni Romero reflects on his visit to Honduras, the place of his birth.



features

COVER STORY

7 Play it loud, fortissimo!

The Fortissimo Music Program in Puerto Rico has brought young soldiers (and their parents) to The Salvation Army and to the Lord.

12 'Sonrise' at OOB

The General and Commissioner Silvia Cox brought powerful messages to the Senate Pavilion, installed territorial leaders, and participated in a "March of Witness." A spectacular Pier Ministry mesmerized a record number of onlookers.

18 RISE-ing Above Her Past

A heroin addiction thrustled "Angel" into the streets to work as a prostitute. But a Salvation Army program in Toledo, Ohio, has put her on the path to a better life.



Para leer más artículos en español por favor visite
SACONNECTS.ORG/ENESPANOL



10 A Party With Purpose

For years, philanthropists Sally Carver and Jerry Hopkins have raised funds for The Salvation Army. Find out why they believe God led them to this ministry.

14 What Can We Do?

The answer to that important question came when residents of Dayton, Ohio, realized that together they were stronger than any natural or man-made disaster.

20 You Will Survive

Iconic singer Gloria Gaynor shares her heartfelt testimony of survival against the odds. In her new album "My Testimony," she reveals how faith in God made all the difference in her life.



in every issue

- 4 from the editor
- 5 an active army
- 7 relevents
- 24 snapshot
- 30 wholly living

departments

6 LEAD

What you need to know about the reasons for the seasons!

8 what's the Digital?

Learn how you can edit movies your family watches at home!

26 FAITHinACTION

After years of homelessness and living out of vehicles, Soldier Patricia Cuiver found hope and reconnection with God.

28 Q&A

Through his music, hip-hop artist George Moss works to bring souls to God's Kingdom.

32 20/20 vision highlights

An after-school program called "The SMART" Center keeps kids bright!

INfocous

- 1 our leaders
- 4 from the editor
- 6 sound doctrine

ON file

- 5 relevant
Bill Parks, National Advisory Board chair, talks about his love for The Salvation Army.

- 28 unity
Scully Adu Caputo, who survived a brutal leuko attack, received a second chance at life and faith.

- 30 wholly living
Walk, pray, rest. Discover how these activities can greatly improve your physical and spiritual life.

- 32 profile
Bandmaster and Territorial Music Director Ronald Wilkinson shares his year and will leave a rich legacy.

- 22 An Interview
The General and Commissioner Cox talk about mobilizing the Army.

- 24 'I had the best job in the Army'
Bery Berkowich, a THQ staple for decades, retires. His story is an amazing journey of service.

- 26 Q&A
Lawrence Cisneros Romero reflects on his visit to Honduras, the place of his birth.

- 12 'Onrise' at OOB
The General and Commissioner Silvia Cox brought powerful messages to the Seaside Pavilion, installed territorial leaders, and participated in a 'March of Witness.' A spectacular Pier Ministry mesmerized a record number of onlookers.

- 18 RISE-ing Above Her Past
A heroin addiction thrusts 'Angele' into the streets to work as a prostitute. But a Salvation Army program in Toledo, Ohio, has put her on the path to a better life.

- 10 A Party With Purpose
For years, philanthropists Sally Carver and Jerry Higgins have raised funds for The Salvation Army. Find out why they believe God led them to this ministry.

- 14 What Can We Do?
The answer to that important question came when residents of Dayton, Ohio, realized that together they were stronger than any natural or man-made disaster.

- 20 You Will Survive
Isonec singer Glotia Gaynor shares her heartfelt testimony of survival against the odds. In her new album 'My Testimony,' she reveals how faith in God made all the difference in her life.



10 A Party With Purpose

For years, philanthropists Sally Carver and Jerry Higgins have raised funds for The Salvation Army. Find out why they believe God led them to this ministry.

14 What Can We Do?

The answer to that important question came when residents of Dayton, Ohio, realized that together they were stronger than any natural or man-made disaster.

20 You Will Survive

Isonec singer Glotia Gaynor shares her heartfelt testimony of survival against the odds. In her new album 'My Testimony,' she reveals how faith in God made all the difference in her life.



in every issue

- 4 from the editor
- 5 an active army
- 7 relevant
- 24 snapshot
- 30 wholly living

departments

- 6 LEAD
What you need to know about the mission for the event
- 8 what's the Digital?
Learn how you can still support your locality watches at home!
- 26 FAITHinACTION
After years of loneliness and living out of vehicles, Soldier Patricia Collier found hope and reconciliation with God.

- 28 Q&A
Through his music, hip-hop artist George Meza wants to bring souls to God's Kingdom.

- 32 20/20 vision highlights
An actor-ethiopian singer called "The SoulART" Carter keeps kids bright

WHO WE ARE page 5

Programs

In Massachusetts, seniors learn music and share their unique life experiences. Plus: Tips on learning music. page 6

People

Captain LeNissa Rivera welcomed the Lord's gift of music in her life. page 7

Faith in Action

With the development of vaccines against COVID-19, The Salvation Army has met the ongoing need to get information into minds and needles into arms. page 10

History

In response to the deadly protests and riots in 1966 in Cleveland, Ohio, The Salvation Army created the first community center of its kind in the Hough community. page 14

RECOVERY page 22

Testimony

Michael Shehand was angry at the world and missed an assortment of drugs. That was before he found The Salvation Army Adult Rehabilitation Centers program. Now, he says, "I have joy in my heart." page 23

My story starts here

Michael Vandenburg was once consumed by drugs, alcohol, and the streets. Today, he's a graduate of The Salvation Army Adult Rehabilitation Center, and is consumed by a passion to help others and tell them about Jesus Christ. page 24

LIVING page 28

Spiritual Life Development

How do we live a life that is close to God? Here are a few thoughts on which to meditate. page 28

Health

Your physical heart has to be in shape so you can live your best life. Learn what it takes to do that. page 31

VOLUNTEER page 32

Janet Mellon

While giving her time to The Salvation Army, Janet Mellon helped transform the life of another volunteer. page 32

COVER STORY

What can we do when life seems so busy that we push away the things of God? Christians give some practical advice.

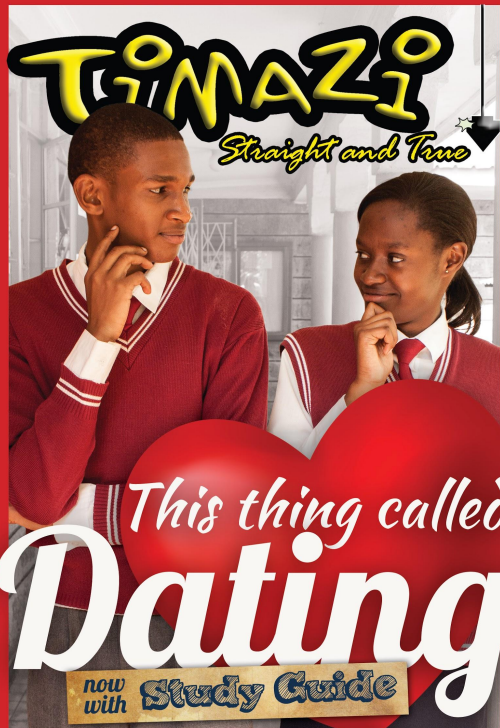
page 10



Redesign | Purpose

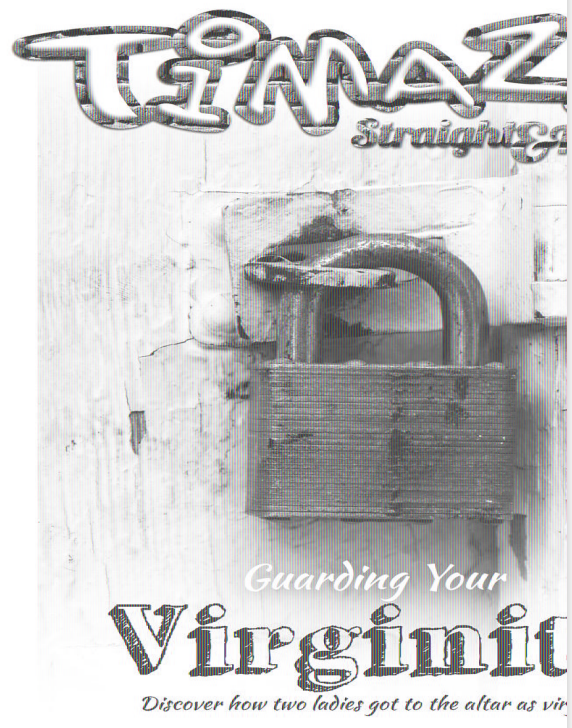
What are the objectives of your redesign?

- ❑ To better represent the magazine's values or purpose.
- ❑ To respond to change in editorial content or focus.
- ❑ To respond to changing demographic or readership trends.
- ❑ To refresh the publications appearance.

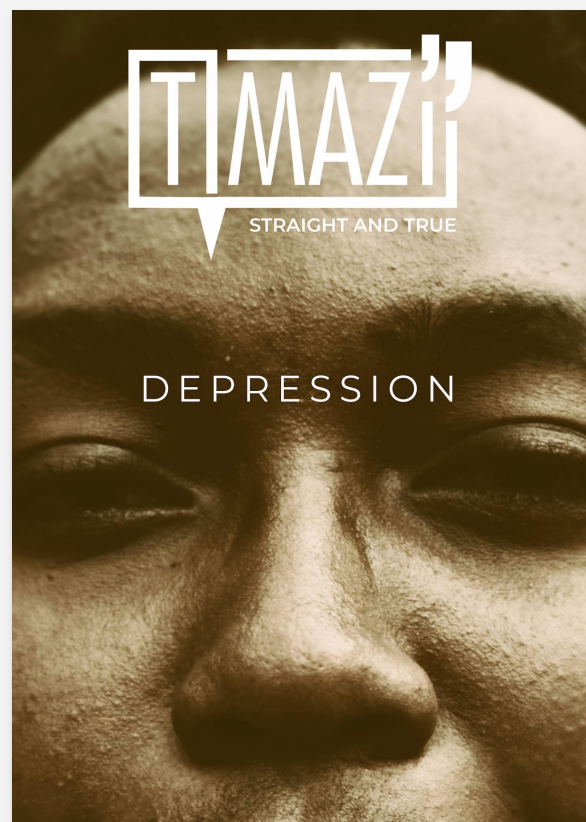


Ezekiel 44:23 | They are to teach my people the difference between the holy and the common and show them how to distinguish between the unclean and the clean.

Issue 12, June - August 2012. A Publication



Ezekiel 44:23 | They are to teach my people the difference between the holy and the common and show them how to distinguish between the unclean and the clean.



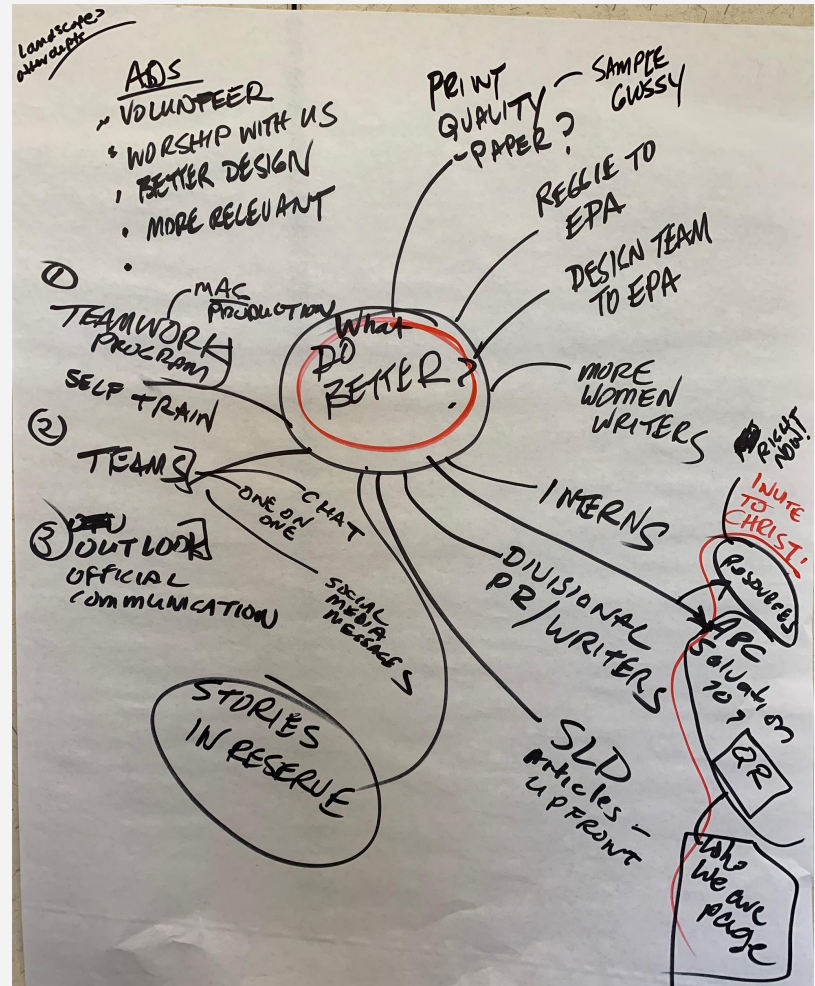
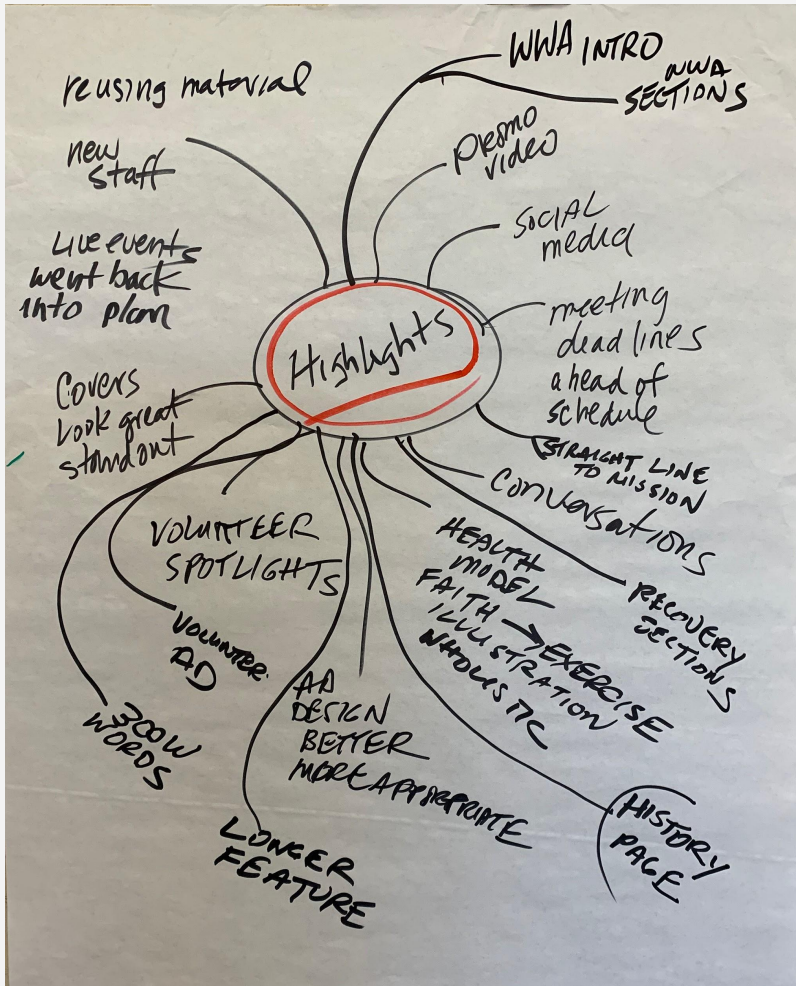


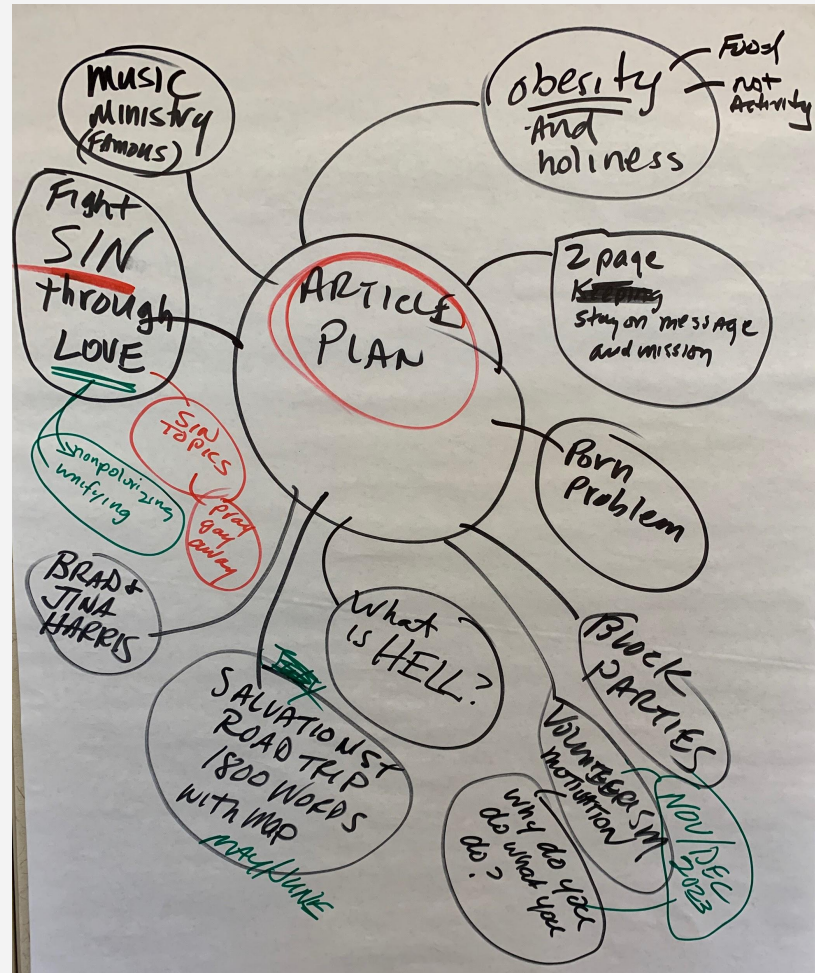
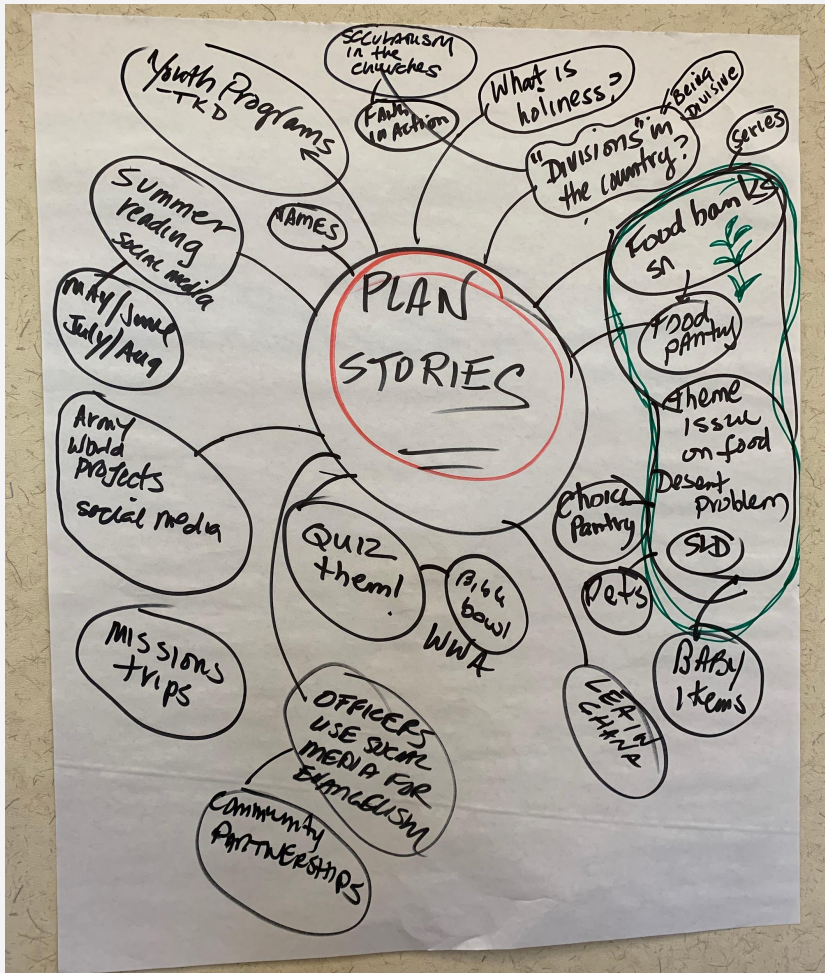
Re-evaluate/evaluate the magazine's voice.

- **What are the core values of your organization?**
- **What words best describe your magazine and reflect its voice?**
- **How do you want your readers to perceive who you are?**
- **Who is your audience and what is their age range?**

**What words best describe your
magazine and reflect its voice?**

Make a plan.







**Article
Ideas**

**Magazine
Format**

**Color
Philosophy**

**Editorial
and Visual
Strategies**

**Typographic
Style**

**Magazine's
organization**

Images

Research.

Cover image: Shutterstock



16



24



30

SOJO

contents

SEPTEMBER-OCTOBER 2017 Vol. 46 | No. 9

COVER

16 Clash of Liberties

How do we find the balance between religious freedom and civil rights?

by **Oliver Thomas**

PLUS: Holy cakes and colanders/21

At play in the fields of church and state/23

FEATURES

24 The Paradoxes of Mother Teresa

I was moved by her compassion and courage. But it's her doubt that really speaks to me.

by **Dean Nelson**

30 'Sit Where They Sit'

Sowing seeds to end hunger in Africa—five acres at a time.

by **Stephen Carr**

PLUS: Small farmers show the way, by Steve Brescia /33

CULTURE WATCH

34 Dissent on Broadway

Reviews: *Radical Faith*; *Movies Are Prayers*
Excerpt: *White Awake*

36 Eyes & Ears, by Danny Duncan Collum

37 On Film, by Gareth Higgins

COMMENTARY

8 Health care

9 Privatizing water

10 Capital punishment

DEPARTMENTS

5 Letters

12 Homepage

14 Poetry

44 Living the Word

by **Wil Gafney**

COLUMNS

7 Hearts & Minds

by **Jim Wallis**

14 Moving Mountains

by **Lisa Sharon Harper**

29 Marginalia

by **Catherine Woodiwiss**

42 Deep Economy

by **Bill McKibben**

46 H'rumpus

by **Ed Spivey Jr.**

contents



Meet the new hero products that will transform your routine.

In Every Issue

8 Off the Page

Everywhere else you'll find Shape

10 Letter From Elizabeth

The lift we get from lipstick and other magic of a beauty routine

15 The Body Shop

Next-level ideas to live well

112 Everyday Athlete

This surfer is on a mission to bring a new wave of inclusivity to the sport she loves

Be Waterproof

BEAUTY & STYLE FOR THE ACTIVE LIFE

23 2020 SHAPE BEAUTY AWARDS

From drugstore finds to dreamy makeup and the latest treatments, shop our 77 amazing picks.

36 What Makes You Pretty Happy?

Actor Shay Mitchell is all about her baby daughter, FaceTime workouts, and coconut oil masks

38 Check Yourself Out

New options for catching and treating skin cancer

42 Your Future Face

Start these key rejuvenation techniques now to look healthy and radiant long term

46 Play It Cool

Our favorite cover-ups for all types of fall weather

49 A Better Blow-Dry

Innovative products, tools, and tips for DIY hair that looks pro

90 Lily James

How the fast-rising star found inner strength and self-care amid a global slowdown

Photo: © iStockphoto.com/Stephanie D'Amico

sojo

contents

16 SEPTEMBER-OCTOBER 2017 Vol. 46 | No. 9

COVER

16 **Clash of Liberties**
How do we find the balance between religious freedom and civil rights?
by **Oliver Thomas**

PLUS: Holy cakes and cobblers/21
At play in the folds of church and state/23

FEATURES

24 **The Paradoxes of Mother Teresa**
I was moved by her compassion and courage. But it's her beauty that really speaks to me.
by **Sean Nelson**

30 **'Sit Where They Sit'**
Sowing seeds to end hunger in Africa—free acres at a time.
by **Stephen Carr**

PLUS: Small farmers show the way, by **Steve Brocius** (3)

CULTURE WATCH

34 **Dissect on Broadway**
Reviews: *Radical Faith*, *Merlin Are Progers*
Excerpt: *White Awe*

36 **Spies & Sins**, by **Thomas Cullum**

37 **On Film**, by **Gareth Higgins**

COMMENTARY

8 **Health care**
9 **Privatizing water**
10 **Capital punishment**

DEPARTMENTS

5 **Letters**
12 **Homepage**
43 **Prayer**
44 **Living the Word**
by **WJ Gehrey**

30

sojourners
Clash of Liberties

4 SHMPEGCOM OCTOBER 2017 sojourners 3

contents

2020 **SHAPE** BEAUTY AWARDS

Meet the new hero products that will transform your routine.

In Every Issue

8 **Off the Page**
Everyone has a side you'll find Shaps.

10 **Letter From Elizabeth**
The lift we get from lipstick and other magic of a beauty routine.

15 **The Body Shop**
Next-level ideas to live well.

112 **Everyday Athlete**
This surfer is on a mission to bring in new waves of inclusivity to the sport she loves.

Be Waterproof
BEAUTY & STYLE FOR THE ACTIVE LIFE

2020 **SHAPE** BEAUTY AWARDS

From drugstore finds to dreamy makeup and the latest treatments, shop our 27 amazing picks.

36 **What Makes You Pretty Happy?**
Actress Sherry Mitchell is all about her baby daughter, FaceTime workouts, and coconut oil masks.

58 **Check Yourself Out**
New options for catching and treating skin cancer.

42 **Your Future Face**
Start these key rejuvenation techniques now to look healthy and radiant long term.

46 **Play It Cool**
Our favorite cover-ups for all types of fall weather.

49 **A Better Blow-Dry**
Innovative products, tools, and the best DIY hair brush tools.

90 **Lily James**
How the fast-rising star found inner strength and self-care amid a global slowdown.

4 SHMPEGCOM OCTOBER 2020

WHAT'S INSIDE

CONTENTS

WHO WE ARE page 5

Programs
In Massachusetts, seniors learn music and share their unique life experiences. Plus: Tips on learning music.
page 6

People
Captain LeNissa Rivera welcomed the Lord's gift of music in her life.
page 7

Faith in Action
With the development of vaccines against COVID-19, The Salvation Army has met the ongoing need to get information into minds and needles into arms.
page 10

History
In response to the deadly protests and riots in 1966 in Cleveland, Ohio, The Salvation Army created the first community center of its kind in the Hough community.
page 14

RECOVERY page 22

Testimony
Michael Shehand was angry that he would be found an assortment of drugs. That was before he found The Salvation Army Adult Rehabilitation Centers program. Now, he says, "I have joy in my heart."
page 23

My story starts here
Michael Vandenburg was once consumed by drugs, alcohol, and the streets. Today, he's a graduate of The Salvation Army Adult Rehabilitation Center, and is consumed by a passion to help others and tell them about Jesus Christ.
page 24

LIVING page 28

Spiritual Life Development
How do we live a life that is close to God? Here are a few thoughts on which to meditate.
page 28

Health
Your physical heart has to be in shape so you can live your best life. Learn what it takes to do that.
page 31

VOLUNTEER page 32

Janet Mellon
While giving her time to The Salvation Army, Janet Mellon helped transform the life of another volunteer.
page 32

COVER STORY

What can we do when life seems so busy that we push away the things of God? Christians give some practical advice.

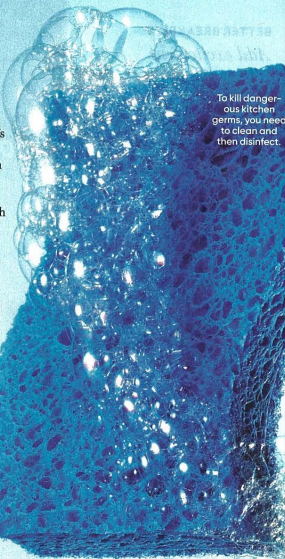


keep it clean

A Healthier Kit

We're using it more, which means it's loaded with germs. Here's how to make your cooking space clean and safe.

The kitchen is the germiest place in the house," says Charles Gerba, Ph.D., a microbiologist at the University of Arizona. That's because there's a steady supply of food for bacteria there, and we've been less likely to use disinfectant cleaners in our kitchens until recently, he says. But now, with the coronavirus to watch out for, not to mention the germs that cause foodborne bacteria like *E. coli* and *Salmonella*, it's time to get serious about sanitizing. Here's your plan.



To kill dangerous kitchen germs, you need to clean and then disinfect.

CLEAN FIRST, ALWAYS

Cleaning removes dirt and some microbes from surfaces, but it doesn't necessarily kill viruses and bacteria, says Nancy Goodyear, Ph.D., an associate professor of biomedical and nutritional sciences at the University of Massachusetts Lowell. That's what sanitizing and

Hidden germ hot spots

SINK & COUNTERS

The sink is a breeding ground for germs, and countertops are constantly being touched. Disinfect them once or twice a day.

SPONGE

It's a microbe magnet. Sanitize it in the microwave or dishwasher, or soak it in a diluted bleach solution every few days. Replace your sponge every few weeks.

HANDLES & KNOBS

The door handles of the refrigerator, cabinets, and pantry harbor germs from all the use they get. Disinfect them once or twice a day.

CUTTING BOARDS

These "usual suspects" have more *E. coli* than a toilet seat," Gerba says. After you cut raw meat, run the cutting board through the dishwasher on the sanitizing cycle, he says.

mom life

Lighten Your Mental Load

The daily lift of mom duties is real and can make the need to decompress essential. How to give your brain a rest. *By Mary Anderson*

On average, mothers take on 65 percent of the child care

in heterosexual couples who are both money earners, says clinical psychologist Darcy Lockman, Ph.D., the author of *All the Rage: Mothers, Fathers, and the Myth of Equal Partnership*. That's in part attributable to patterns ingrained over a lifetime. "Girls are praised for thinking about others and helping—or being communal. Boys are rewarded for thinking about their own goals and priorities—being 'agentic,'" Lockman says. Fast-forward to having kids of their own, and "the mother is implicitly charged with carrying the mental load." Here, three ways to free your time and your mind.

SHARE THE GOAL TENDING

Moms are inordinately tasked with "prospective memory"—that is, remembering to remember, says Elizabeth Haines, Ph.D., a social psychologist and a professor at William Paterson University in New Jersey. "And we know that when people are taxed with remembering goals, it shuts down the brain's executive function—that's your mental scratch pad."

Haines suggests using shared digital calendars and motivational strategies to empower kids and partners to tend to their own goals. That way, you regain mind-share and "they gain critical skills in self-efficacy and feelings of competence—every-one wins," Haines says.

COMPRESS YOUR TO-DO'S

"Don't pepper your day with the list of things you do for the family," says *Shape* Brain Trust member Christine Carter, Ph.D., the author of *The New Adolescence*. Instead, block off a time slot one day a week for what Carter calls "family admin." Create a folder in your email to file incoming notices from schools and the like, and have a physical in-box for bills to deal with during your designated power hour. Doing so will signal your mind to chill for now. "Often, we are plagued by intrusive

be food smart

creative ways to eat healthy



Modern Beans

By Laura Rege

"This modest yet incredibly versatile plant-based protein is the building block of all kinds of delicious dishes," says Joe Yonan, the author of *Cool Beans* and the food and dining editor for the *Washington Post*. "Anything chicken can do, beans can do better." You can roast them, simmer them until they're creamy, blend them into dips—the list goes on. Of course, they're also super nutritious. Turn the page for Yonan's innovative tips for making the beans of your dreams.

(Continued on page 72)

photographed by CAITLIN BENDEL

RECOVERY

Sobriety Through Service

Walt Kehoe once struggled with drugs and alcohol, but now he keeps himself so busy serving, he doesn't think about his past

by ROBERT MITCHELL

If it's happening at The Salvation Army in Portland, Maine, chances are maintenance man Walter "Walt" Kehoe is right in the thick of things.

This church in the heart of downtown Portland is busily committed to The Salvation Army's mission. In the mornings, Walt and other volunteers serve steaming cups of coffee to the city's hurting and homeless. When large numbers of asylum seekers arrived in the city last year and the church's gym floor served as a nightly sanctuary and a place for weary bodies to sleep, Walt was there behind the scenes, helping make it all happen.

Walt is not specifically trained in maintenance but says, "I just know a little bit about a lot of things." He spent most of his life as an equipment operator before coming to The Salvation Army after graduating from the organization's Adult Rehabilitation Center (ARC) program.

"I'm a jack-of-all-trades type person for the property," Walt says.

One of the signature ministries at the

Portland Corps is Holy Grounds, the morning coffee outreach to homeless people, shelter residents, and migrants. It's not uncommon to see a line form outside the coffee window even before it opens at 7:30, but Walt usually arrives around 5 or 5:30 a.m. to start the brew and get everything ready.

Captain Michael Harper, who is the former corps officer in Portland, and Walt used to hit the streets once a week in the church's canteen serving coffee before starting Holy Grounds. Two years ago, Harper bought a fast food-style window and asked Walt to install it facing the busy street outside the church.

"I put that window in, and we were off to the races," Walt recalls.

Ministry of presence

Holy Grounds at one point was giving out 400 cups of coffee every morning, but that has slowed down some with the closing of a nearby homeless shelter. Walt and Harper often engage the recipients and pass out Bibles and tracts. Sometimes they just sit

and listen and let those struggling with life share their stories.

"We just go out there and converse and be an example for the people," Walt says. "I see the struggle. In kind of a weird way, their struggle helps me stay sober. I remember where I came from."

Walt helps them celebrate their personal victories, such as finding a job, a place to live, or even getting into the ARC with a chance to turn their lives around with Christ's help.

"Not everybody will listen to these people," Walt says. "Then you try to give them advice. I give them a hand up, not a handout. A lot of people are stuck, and they can't find a way out. I'm always recommending the ARC as a better way of life."

The church also offers English as a second language (ESL) and computer classes to help migrants adjust to life in the United States. Walt, as the maintenance man, led the effort to renovate the space that serves as the classroom.

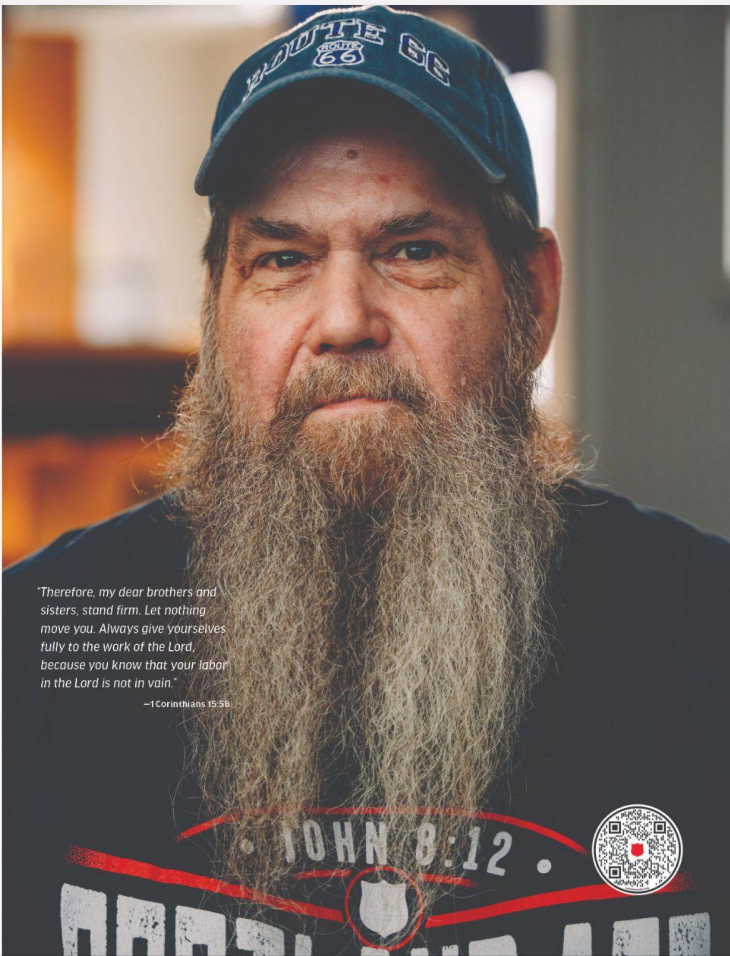
"I organize things so they can do their classes," he says. "It's very rewarding. I don't have time to think about drinking and other things anymore. They can rely on me, and they know that."

Last year, Walt was busy making sure the church was ready for migrant families to come each evening for dinner and to sleep on the floor of the church's gymnasium. The migrants now sleep elsewhere.

"There were almost 80 migrants down there on mats every night," he said. "They came from several different countries to get here. They were grateful because they weren't being shot at. Now, they mostly come for ESL and computer classes."

The go-to guy

The church also depends on Walt for more routine tasks, such as snow removal. He helps transport Christmas gifts during the holiday season and delivered meals after the mass shooting last year in nearby Lewiston, Maine. He also helps with Christmas



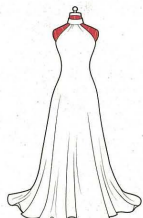
"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."

—1 Corinthians 15:58

For the Record

'He speaks and his people sit up at attention. I want my people to do the same.'

DONALD TRUMP, U.S. President, in a Fox News interview following his summit with North Korean dictator Kim Jong Un; he later said that he was being sarcastic



£3,500

The price—equivalent to roughly \$4,650—of a viscose replica of Meghan Markle's silk wedding-reception dress; designer Stella McCartney announced plans to make 46 copies of the dress to mark the opening of a new store

3 Number of votes cast for incumbent Bruce Lorenz in the Russo, N.D., mayoral race; he was re-elected unanimously



'But my emails.'

HILLARY CLINTON, former U.S. Secretary of State, tweeting on the June 14 Department of Justice inspector general's report, which found that former FBI head James Comey used personal email for official business; Comey raised similar concerns about Clinton's email use during her 2016 presidential campaign

'POSSIBLY BECAUSE OF MASS JUMPING.'

INSTITUTE OF GEOLOGIC AND ATMOSPHERIC INVESTIGATIONS, an organization in Mexico, explaining the cause of the "artificial earthquake" that was registered by its sensors on June 17, right after Mexico scored the goal that led to an upset victory over Germany in the World Cup

gaming disorder

A mental-health condition added to the new edition of the World Health Organization's disease-classification manual; it's characterized by a pattern of prioritizing online games or video games to the point of "significant impairment in personal, family, social, educational, occupational or other important areas of functioning"

'I didn't want people to think that you could give in to fear.'

STEVE SCALISE (R., LA.), majority whip in the U.S. House of Representatives, on returning to play in the annual charity congressional baseball game after he was shot while practicing for last year's outing; Democrats beat the Republicans 21-5

Emmanuel Macron, French leader slammed for spending \$58,000 on china plates



Napoleon, hat worn by the French leader sold for almost \$400,000

30

Length, in days, of the prison sentence received by a neighbor of U.S. Senator Rand Paul (R., Ky.), who tackled the politician and broke his ribs during a dispute over yard debris last year

WHO WE ARE

Did you know?



In the early 20th century, The Salvation Army ran a very successful emigration program. By 1933, it had helped over 200,000 British citizens emigrate to the colonies and dominions of Great Britain.

John Ashbery (1927–2017), an influential American poet, once said, "There is the view that poetry should improve your life. I think people confuse it with The Salvation Army." The Salvation Army improves lives by "Doing the Most Good."



Often one of the first organizations to respond to disasters, The Salvation Army provides practical, emotional, and spiritual support to people in need. We are also frequently the last to leave, sometimes after having offered months of professional and volunteer support.

Evangelize Anywhere

Founder William Booth set up a tent in a Quaker graveyard in London's East End during the early days of The Salvation Army and held several successful evangelistic meetings there.

Donor Corner

Since 2020, high school student Avani Verma (at right) has supported The Salvation Army Kroc Center in Camden, N.J., with donations of gently used sports equipment through her nonprofit organization, The Seva Project.

The Seva Project contends that every child deserves the opportunity to enjoy the benefits and character-building lessons that come with playing sports. Since seventh grade, Avani, a high school athlete herself, has hosted drives to collect new and gently used sports equipment for local organizations. Seva means "selfless service" in Sanskrit.

"We are blessed by The Seva Project's partnership with The Salvation Army in Camden," said Major Richard Sanchez, corps officer at the Kroc Center. "This year's donation of lacrosse equipment will help us establish our lacrosse program after a several-year hiatus, and ensure that our developing athletes have the tools they need to play the sport competitively. We are so thankful to Avani for her support!"

Visit www.the-seva-project.org for more information.



Everyday Athlete

Danielle Black Lyons, 38, Oceanside, CA



Everything clicked for me the moment I tried surfing one winter in Hawaii on a beautiful longboard I'd borrowed from a friend. While riding my first wave, I saw a sea turtle gliding beneath my board. I knew that was a sign I had to continue. **Daily douse** I have my

board strapped to my car before I drop my son off at school, and I surf every day. It's an essential space for me. It's my sanctuary, my playground.

Sparking a sisterhood There aren't a lot of women of color waiting for waves in the surf lineups in California or really in the mainland U.S. Four of us found one another through the internet, and we started Textured Waves on Instagram to

promote diversity in the water. There was this voice missing from surfing, a culture that wasn't represented. We wanted to change that. **Endless summer** I've never lost that stoke you experience catching your first wave. Feeling what the wave is going to give me, then giving my energy back to the wave—it's a dance.



With @texturedwaves, we're trying to build community and get more women of color involved in the water.



Top: JG Sengco; Left: Matthew Minkoff/Getty Images; Right: Instagram



Hover your phone's camera over this smart code to tap into more stories of fitspo.

VOLUNTEER SPOTLIGHT

by HUGO BRAVO

Robert "Butch" Conklin's co-workers know that every December, he takes three weeks off. Conklin, along with his daughters Caitlin and Ciara, spend most of December at The Salvation Army in Middletown, N.Y.

They pack food and prepare Angel Tree toys for delivery. They also play Christmas music and wear their favorite holiday sweaters. Major Mary A. Moore, the Salvation Army pastor at Middletown, knows that this family understands the importance of the Army's mission during Christmas.

Fifteen years ago, Conklin was introduced to The Salvation Army through a partnership with his job at Frontier Communications, where he works as a foreman. In awe of the Army's ministry, he continued to volunteer on his own time.

"I did community service in my own church, but I really liked the no-nonsense approach that Majors Paula and Donald Spencer, the corps officers at the time, had towards ministry," says Conklin. "It amazed me to see the books that corps officers handle, how they keep track of what each family needs, and how they're going to get it for them."

"When someone makes a donation, they don't see the work that goes on behind the scenes or how officers work to provide for a family that comes in looking for food or a winter coat," says Conklin.

Conklin also brought his daughters Caitlin and Ciara to help.

Caitlin remembers, "It was definitely new to us; no one in our school did any volunteering."

But just like their father, the girls found joy in giving their time to Middletown. They even recruited their friends to join them, a skill they inherited from their dad. Caitlin says he cannot stop singing the praises of The Salvation Army, even while out with his friends.

"My father is turning others into better people by showing them the spirit of volunteering," says Caitlin.

Conklin says that it's even surprising to him how eager his friends are to be a part of the ministry. "These are people who I've known for years and who are still the hardest workers or retired.

Butch Conklin and his daughters Ciara (left) and Caitlin (right) spend the month working with The Salvation Army.



You might not think they are the first ones to give their time. But they're the ones happily carrying packages and food to homes a mile away. For example, a friend named Bobby King has been here every step of the way with us. Christmas time at The Salvation Army has made Bobby a huge part of our family."

Caitlin says, "My father's friends see that volunteering for the Army lets them see the fruits of their labor. Here, they meet the people who they're helping. It's a beautiful experience to see the joy on children's faces when they pick up a dollhouse or a bike, or when a mother gets a car seat for her baby. Those are moments that keep me coming back."

Conklin's youngest daughter Ciara says, "When we started volunteering as kids, I didn't think too much into it; volunteering was just something that we did as a family. But when I look back, I realize that it has shaped my sister and me into the people who we are today."

The sisters' time with The Salvation Army was a precursor to their own careers. Caitlin works for the Ronald McDonald House New York and manages 8,000 annual volunteers. Ciara studied sports management in school, but now is pursuing her Masters to become a special education teacher. She currently works as a crisis intervention worker for kids with Special Needs; meeting the families and children of the Middletown Corps influenced her career change.

During the COVID-19 lockdowns, Ciara donated food and other essentials and worked with staff members at her school to deliver it to families in need.

"You've never really lived until you do something for someone who can never repay you. That is a staple of being part of The Salvation Army," says Ciara.

Conklin says, "Every year, I look forward to the December day when Major Moore calls me and says, 'The food is in the gym; come do your magic!'"

"Our Christmas is The Salvation Army," says Caitlin. Ciara agrees. "We don't ask each other what gifts we want or what are we cooking for Christmas dinner. We ask, 'On what days does The Salvation Army need us?'" ■

Collaborate.

