

Behind the Scenes

May 2024

Better Life Goats From the Desk of Charlie Oliver

The voice on the line was urgent, telling me about a bunch of farm animals in desperate need of a new home. Many were already rehomed, but chickens and goats remained. Skipping the standard “Can you help us out?”, our friend went straight to “How many can you take?” I ran a quick inventory as she explained the need, and concluded that we could handle a few more hens, and goats would help address an invasive blackberry issue that was forming down near our raspberry patch. I told the good Samaritan that I’d have to check with my wife first but was pretty sure we could help out. Several days later, our single hen had five new not-so-friendly coopmates, and we had a couple of goats for the first time since our boys were little.

I wasn’t sure what to expect when we first met the new goats. Our previous experience had not gone well. Those goats were playfully aggressive with the kids, sometimes butting them, and more than a few tears were shed over the few months we had them. We were also in the middle of a county-enforced wetland rehabilitation project and lived in constant fear that the goats would get loose and eat some of the thousands of trees and shrubs we had planted. Well, our introduction to Benny and Dryl, humorously named by our son and collectively known as Benadryl, was completely different. Benny and Dryl LOVE people. So much, in fact, that it felt like we had adopted a couple of Labrador puppies. They wanted nothing more than to be with us, which was great! At first. You see, goats do indeed have a knack for getting where they want to go, which



is often where you want them NOT to go.

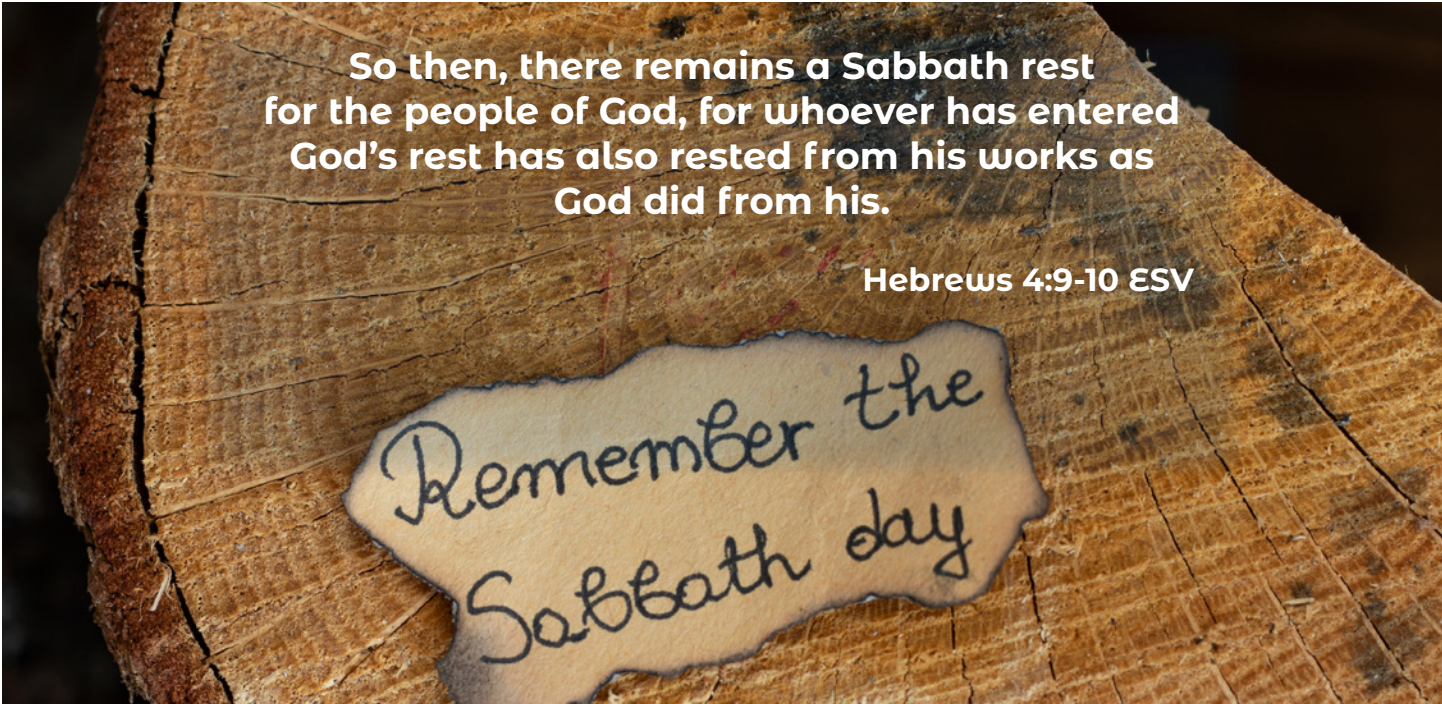
“Love is patient, love is kind.”

What a beautiful sentence in a favorite reading from the writings of Paul in 1st Corinthians 13. In my mind, I cross-reference these passages with the parable Jesus told of the lost sheep, where the Shepherd leaves the ninety-nine to find the one that has gone astray (Luke 15:1-7).

Friends, this is our Father in

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So then, there remains a Sabbath rest
for the people of God, for whoever has entered
God's rest has also rested from his works as
God did from his.

Hebrews 4:9-10 ESV

Remember the
Sabbath day

Inspirational Musings

by Jeanette Stark

I recently watched a series on Netflix titled "Live to 100: Secrets of the Blue Zones." Good stuff! If you're able, I strongly recommend you watch it. Dan Buettner, collaborating with National Geographic, scoured the globe looking for places where people live much longer than average — the concept of "Blue Zones" was born.

Following Buettner's bestselling book, "The Blue Zones: 9 Lessons of Living Longer from the People Who've Lived the Longest," this documentary series travels around the world to investigate the diets and lifestyles of those living the longest lives. Dan said, "The series is the culmination of 20 years of identifying and studying the world's longest-lived people...and the core secret they have to offer us is not at all what you think."

Travel to the tiny Aegean Island of Ikaria, Greece, to discover the secrets of residents who live eight years longer than Americans, have half the rate of heart disease, and almost no dementia.

Visit Sardinia, Italy, in the Mediterranean and find it home to the greatest concentration of male centenarians in the world. You will also discover healthy lifestyles that have not changed much since the time of Christ.

Visit Okinawa, Japan, and meet residents, including the world's longest-lived women.

Grab a bike and pedal along a path on this Pacific Coast peninsula, and you will find colorful houses, exotic fruits, and residents twice as likely as Americans to reach a healthy age of 90. That would be Nicoya, Costa Rica.

A little closer to home perhaps? All you need to do is "pull off the San Bernardino freeway east of Los Angeles and you will encounter a community of Adventists teaching us new lessons about the power of faith, friendship, and fruit." - bluezones.com

Blue Zones. Only 5 zones in the entire world where people live the longest lives, consistently reaching age 100. Sadly, in contrast, the average life expectancy in the U.S. is currently 77 years, according to the CDC.

Caitlin McAfee, a wellness dietitian at Houston Methodist, said, "...it's not just about longer lives, it's about healthier ones, too. People living in Blue Zones are also much less likely to suffer from chronic illnesses."

Sociologists have also studied the happiest people on earth, and one of those groups is Seventh-day Adventists. Here is what the study found: Seventh-day Adventists are among the happiest people on earth and live approximately 11 years longer than the average American.



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I watched a video about a year ago where the pastor asked the audience to pay particular attention to that number: eleven years.

Experts say the average lifespan is 77 years or 28,105 days. The pastor wondered, if a person always kept the Sabbath during that same amount of time, how many Sabbaths would they observe? Since there is a Sabbath every 7 days, you would divide 28,105 days by 7 days to get 4,015 Sabbaths.

The pastor then turned it up a notch, and instead of days, how many years' worth of Sabbaths would they keep? To find the answer, you take the 4,015 Sabbaths divided by 365 days. Are you ready for this?

That comes out to exactly 11 years! This pastor was excited! So am I! Do you see what happened? These people observed 11 years' worth of Sabbaths over their lifetime, and God added on average 11 years to their lifespan! Incredible! It appears as though God is saying, 'Every time you give me a day, I'll give you one back.'

Then God blessed the seventh day and sanctified it because in it He rested from all His work which God had created and made.

Genesis 2:3 NKJV

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Goats -

Heaven. This is how He looks at all His children. At you. At me. With love, care, and mercy. And it's how He asks us to look at and treat others, choosing to allow Him to act through us, despite our nature to do the opposite.

I'll be honest, it isn't easy for me to always be loving and patient with Benny and Dryl, who are driven to get into the raspberry patch, to the fruit trees, or over to the neighbors for a visit. But just as Jesus has backup plans ready to put into action with me when I go astray, I've learned how to help the goats stay safe and secure, where I want them to be. The latest strategy was devised last week when it dawned on me that the goats would really enjoy helping clean up the overgrowth of blackberries in the engineering yard behind Better Life! The area is securely fenced, and they are enjoying frequent visits from people who want to see the Better Life goats! Be sure to check out our social media feeds for the post Jeanette made about Benny and Dryl, along with a video and pictures! Drop by and let us introduce you to them!

God is so good to us. He cares for us, protects us, and comes and finds us when we go astray. But in His kindness, He allows us the opportunity to choose. My friend, choose Him today. Lean into Him. Allow Him to grow your faith, your hope, your love. And reflect that love, His love, into those around you. God bless us all as we mingle with others, desiring their good, and inviting them to meet our Jesus.



@Better Life Television



Better Life Television



5 Tips to help you make changes to your diet

1. Pray

Ask God to help you make the changes

2. Start Small

Gradually change foods a few at a time

3. Plan Ahead

Prepare meals and snacks in advance

4. Listen to Your Body

Tune in to hunger cues and feelings

5. Be Present

Focus on savoring each bite and being present during meals

Dear Better Life,

The broadcast on March 12, 2024 was a blessing. It was on the return of Jesus and the 1000 years and what will take place. It is wonderful to hear the truth from the Bible. We are getting closer to the day of the return of the Lord.

Thank you for all the programs on Better Life.

-AW

Better Life Television,

Thank you for all you do? I enjoy and learn from you. I enjoy Kenneth Cox, Stories of Faith and many other programs.

-JR

Peanut Butter Cookies

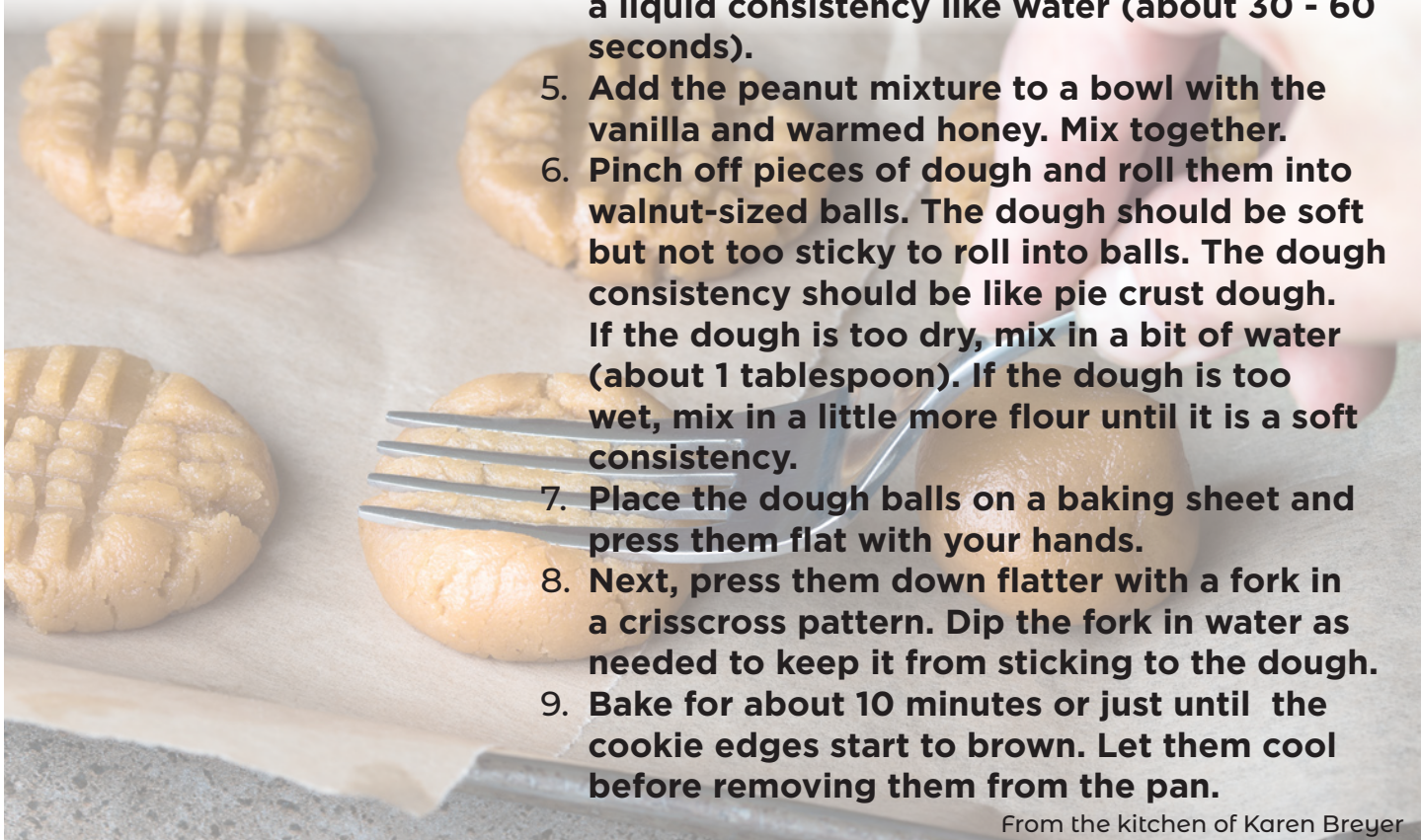
Makes about 24 cookies

INGREDIENTS

- 2 cups roasted peanuts, salted or unsalted
- 1 cup whole wheat pastry flour
- 1/2-1 teaspoon your preferred salt (to taste)
- 1/2 cup honey, warmed
- 1 1/2 teaspoon vanilla

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Add the peanuts and flour to a food processor or strong blender. Blend until the flour and peanuts are the same texture.
3. Add the salt (to taste) and blend to combine. If the peanuts are salted, add less salt; if not, add more.
4. Warm the honey in the microwave until it has a liquid consistency like water (about 30 - 60 seconds).
5. Add the peanut mixture to a bowl with the vanilla and warmed honey. Mix together.
6. Pinch off pieces of dough and roll them into walnut-sized balls. The dough should be soft but not too sticky to roll into balls. The dough consistency should be like pie crust dough. If the dough is too dry, mix in a bit of water (about 1 tablespoon). If the dough is too wet, mix in a little more flour until it is a soft consistency.
7. Place the dough balls on a baking sheet and press them flat with your hands.
8. Next, press them down flatter with a fork in a crisscross pattern. Dip the fork in water as needed to keep it from sticking to the dough.
9. Bake for about 10 minutes or just until the cookie edges start to brown. Let them cool before removing them from the pan.



From the kitchen of Karen Breyer



Donations Made to BetterLife

In Memoriam

Madison Jewell Baird

Floyd & Celeste Sweat,
grandparents

Ken & Joyce Casper

Kenneth Dubay

Marjorie Cate

Amy & Kevin Fletcher,
daughter

Marta Davis

Ron Davis, husband
Richard & Carol Rogers

Charles Dubay

Kenneth Dubay, father

Ron Dubay

Kenneth Dubay, father

Scharlotte Dubay

Kenneth Dubay,
husband

Edith Fletcher

Amy & Kevin Fletcher,
son

Wanda Florea

Kimber Florea,
daughter

Steven Florea

Kimber Florea, sister

Marcella Harrom

Charleen Gerlic,
daughter

Pstr. Milton Hayes

Alva & Patty Hyland

Anita Heisler

Bob Heisler, husband

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Frank Hurd

Rosalie Hurd, wife

Jack Karp

Jacqueline Karp, wife

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Delmer Wagner

Evelyn Wagner, wife

Ken Ward

Donald Erb

Tom Watson

Mary Watson, wife

Dustin Weidman

Kimber Florea, mother

Vern & Virginia Wells

Pam & Steve King,
daughter

Dr. Samuel & Alicia Werner

Charles & Eunice
Werner

Hans Calvin Wiggers

Robin Martin,
grandmother



If you wish to make a donation in honor of, or in memory of an individual please call our office during regular business hours, or mail your donation to:

Better Life
PO Box 766
Grants Pass, OR 97528

Phone: (541) 474-3089

Note: It may take up to 2 months for names to appear in the newsletter.

CHANNEL GUIDE

Dish Network & DirecTV

Ch. 30

Curry, Jackson, Josephine, Klamath, Lake & Siskiyou Co.'s

Ch. 36

Benton, Coos, Douglas & Lane Counties

ALSO watch via the internet using free apps for Roku, iOS and Apple TV

CITY	CABLE	ANTENNA
Ashland, OR	K25IM-D	22
Bandon, OR	KAMK-LD	21
Brookings, OR	KBLN-TV	22
Canyonville, OR	KAMK-LD	21
Cave Junction, OR	K16NK-D	30
Coos Bay, OR	KAMK-LD	21
Corvallis, OR	KAMK-LD	12
Crescent City, CA	K25NO-D	21
Eugene, OR	KAMK-LD	12
Gasquet, CA	K25NO-D	30
Gold Beach, OR	KBLN-TV	22
Grants Pass, OR	KBLN-TV	22
Grants Pass, OR	K36NF-D	22
Klamath Falls, OR	K31NH-D	22
Medford, OR	K23EX-D	22
Merlin, OR	K33GJ-D	22
Mt. Shasta, CA	KBLN-TV	13
Portland, OR	KEVE-LD	31
Port Orford, OR	KBLN-TV	22
Redding, CA	K33HH-D	33
Reedsport, OR	KAMK-LD	21
Reno, NV	KNRC-LD	14
Rogue River, OR	K17EZ-D	22
Roseburg, OR	KTVC	21
Springfield, OR	KBLN-TV	12
Yreka, CA	K36NY-D	13

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Midnight	It's Coming	Coming Out	Country Wisdom	Bible Answers	Gospel Outreach		Praise!
12:30 AM	Secret Life of the Desert A Wolf in Sheep's Clothing	Women in the Word 3ABN Homecoming	The Incredible Journey Sanctuary/Salvation&Our Savior Authentic	Made for Health Mission Revival	Maranatha Mission Stories Housecalls		Your Favorite by Request Daniel All Access
1:30 AM	David Klinedinst	Boots 'n Bibles	Stories of Faith Nature Music	Women in the Word White Horse Media	Better Life Today Adventist World Radio		Revelation Now
2:00 AM	Spotless	Unlocking Bible Prophecy	The Whole Message	Nature Music GP Worship Hour	Worship Hour Special Series		Revelation Insights
3:00 AM							
3:30 AM							
4:00 AM	The Seventh Day	Stories of Faith When We Talk	Better Life on Tour	GP Worship Hour	NEWSTART Now!		Amazing Facts Presents
4:30 AM	The Carter Report	Impact Canvasback	Fountainview Music Exercise Variety	Amazing Facts Presents Exercise Variety	Authentic Animal Encounters		Gospel Outreach
5:00 AM	Ready Set Explore/Critters	Bible Treasures/Fit Club	3ABN Today Live (repeat)	3ABN Today	Nature Music Exercise Variety		Nature Music
5:30 AM							ITW Sabbath School
6:00 AM							3ABN Today
6:30 AM							
7:00 AM	Your Favorites by Request	Bible Answers		Shelly Quinn Presents	ASI Conventions		Bible Answers
7:30 AM	It's In The Bible	Authentic Variety	Secret Life of the Desert Variety	It's In the Bible The Seventh Day	Nature Music Variety		Cook :30
8:00 AM	GP Worship Hour						Enjoy Healthy Eating
8:30 AM	Simple Truths Sabbath School	The Carter Report Adventist World Radio	Worship Hour Special Series	Fountainview Music Help! I'm a Parent	code's Last Message to the World		Stories of Faith
9:00 AM							Made for Health
9:30 AM	Ken Cox Ministries	Ken Cox Ministries	Ken Cox Ministries	Ken Cox Ministries	Ken Cox Ministries		Pioneer Media
10:00 AM							Unshackled Purpose/Recipes fr Secrets Unsealed
10:30 AM							Simple Truths Sabbath School
11:00 AM	Boots 'n Bibles	Off the Grid Abundant Living	Maranatha Mission Stories Cook :30	Lineage Better Life Today	Jesus for Asia Now Amazing Facts Presents		Behold the Lamb Presents
11:30 AM							GP Worship Hour
Noon	Exercise Variety	Exercise Variety	Body & Spirit Mission Revival/Journeys	Action for Life	Body & Spirit		Women in the Word
12:30 PM	Better Life Today	Down to Earth	3ABN Today	Receiving the Word 3ABN Today	Journey 'n Journals 3ABN Today		Fountainview Music
1:00 PM	3ABN Today Live (repeat)						Unlocking Bible Prophecy
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Catching The Light	The Whole Message	Unshackled Purpose/intimate Multitude of Counselors	The Whole Message	White Horse Media		Kids Time Praise
3:30 PM	Journey 'n Journals						Jesus 101
4:00 PM	Receiving the Word	Bible Buzz/Sing Along	Kids Time Kids Time Praise	Bible Gems/Creation Crafts Kids Time Praise	Kids Time Kids Time Praise		Secret Life of the Desert
4:30 PM	Women in the Word	Creation Case	Secrets Unsealed	Made for Health A Wolf in Sheep's Clothing	Bible Answers		It Is Written
5:00 PM	3ABN Sabbath School	Nature Music Catching the Light		Prophecy Unsealed			Secrets Unsealed Presents
5:30 PM							
6:00 PM	Worship Hour Special Series	Unlocking Bible Prophecy	Country Wisdom Gospel Outreach		3ABN Today LIVE		Boots 'n Bibles
6:30 PM							
7:00 PM	Authentic	Summer Camp Meeting	Behold the Lamb Presents	Doug Batchelor			Boots 'n Bibles
7:30 PM	Good News for Muslims						White Horse Media
8:00 PM	Strategies for Strongholds	Stories of Faith	Better Life Today Adventist World Radio	Catching the Light It Is Written	Women in the Word Gospel Outreach		Nature Music
8:30 PM	Lineage	The Seventh Day	Ken Cox Ministries	Ken Cox Ministries	Ken Cox Ministries		Mark Finley Presents
9:00 PM	Ken Cox Ministries	Ken Cox Ministries					8:30 PM
9:30 PM							9:00 PM
10:00 PM	Better Life on Tour	Nature Music	Featured Ministries	NEWSTART Now!	Table Talk		Authentic
10:30 PM		Native New Day	Maranatha Mission Stories	Your Favorites by Request			Women in the Word
11:00 PM	Celebrating Life in Recovery	Mark Finley Presents	Prophecy Unsealed	Jesus 101	3ABN Today LIVE (Repeat)		GP Worship Hour
11:30 PM							Discover Prophecy
							Jesus for Asia Now
							Fountainview Music

DVD copies are available for many programs. Please call (541) 474-3089 for more info.