

# July 2015



## FEARLESS ON THE 4TH

I could see the excitement on my 7-year-old's face in the rearview mirror. We were driving home from church, and our pastor had talked about the town's 4th of July celebration next week. The church would be sponsoring a hot dog stand and moon bounce followed by a baseball game.

"It'll be awesome, Dad," Angus said. "Will you go with us this year? We can watch the fireworks!" I had to suppress a shudder. My wife, April, shot me a worried look. "Angus, remember, Daddy needs to leave before the fireworks." Angus's face fell. "Oh yeah."

It might seem strange to something that brings so much joy to a 7-year-old would strike fear into the heart of a grown man—especially an ex-soldier. But I hadn't attended a 4th of July celebration in years. Not after what happened my first Independence Day back from active duty in Iraq. We were living in an army housing at Ft. Bliss at the time. April and I brought baby Angus with us to a friend's barbecue. We stood in the backyard chatting I heard it. Pop! Pop! Pop! Machine gun fire. "Incoming!" I yelled, and dove to the ground. I lay on my stomach, my hands covering my head, my heart pounding as I waited for the all clear. "Patrick, man, you all right?" I looked up to see my friend and April crouched beside me. Then I started to get my bearings back. I wasn't with my battalion in Iraq. I was home. Across the street I could see the neighbors, lighting strings of firecrackers. I stood up, as embarrassed as I'd ever been. "Sorry," I muttered. I knew I wasn't in a combat zone, but my pulse raced like I was. My stomach was in knots, every hair on the back of my neck stood on end. Everyone was sympathetic, but I couldn't enjoy the rest of the party. When the city fireworks started, I retreated inside the house and April followed, missing the show on my account. No more fireworks for me. Never again.

Last summer, I'd lost my job at an oil company. Our family finances were stretched to the limit. It took me a few months to find another job, driving a truck for a soft drink company—at a third of my former salary. I was grateful, but for a while we weren't sure how we could afford to buy Angus new shoes for the upcoming school year. Then we heard about a community

outreach sponsored by a church. They were buying shoes for kids. We went to the shoe store, and Angus picked out a pair he liked. I felt a little ashamed accepting charity, but the minister was friendly. The next morning was Sunday and I was planning to sleep in, as usual. But at dawn Angus marched into our room and insisted we go to church to thank them for the shoes. That Sunday service was the first I'd been to in a long while. Everyone was welcoming. What the pastor said really moved me. **"We often feel alone with the challenges we face," he said, "but God is always with you."** My eyes filled with tears. Yes, my family faced challenges, but we weren't alone.

Angus and I became regulars. The youth pastor talked me into helping with the youth group. Getting to know God had enriched my life.

Finally it was the 4th of July. On the drive to the baseball field, Angus couldn't sit still in the backseat, pressing his face against the window. We pulled into the parking lot and Angus made a beeline for the moon bounce. I headed to the hot dog stand to hand out franks. Then April, Angus and I sat in the stands and watched the ball game.

At dusk, I got antsy. Band music blared. Last year I would have hurried home before dark. April took my hand and held it tight. . "We've got your back, Patrick," I heard someone say, and turned to see two of our friends from church. Another couple we knew was next to them. I noticed a lot of our church friends gathering around. So many people asking God to watch over me.

The first firework whistled into the air and popped. I took a deep breath, and kept watching. Then came another explosion and splash of color. Silver streaked the sky, pompoms of red, white and blue.

"Look, Dad!" Angus shouted, pointing skyward, his eyes lighting up. I wrapped my arms around him.

"I'm looking," I whispered, gazing high into the technicolor sky, celebrating, for the first time in years, my Independence Day.

**"WHEN YOU FACE DIFFICULT TIMES, KNOW THAT CHALLENGES ARE NOT SENT TO DESTROY YOU. THEY ARE SENT TO STRENGTHEN YOU."**

### FOCUS CORNER

Thoracic vertebrae 5-8 are the exact middle of your spine. They allow the body to twist and turn as well as bend front to back. The thoracic vertebrae controls organs such as the stomach, liver, pancreas, and gallbladder. Subluxations (pinched nerves) in these areas can cause not only pain and immobility but symptoms such as indigestion and heart burn." - Dr. Kelly Remillard



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## PHYSICAL THERAPY SUMMER INJURIES

"Many summer athletes have a pretty good idea of what it means to train, eat and exercise for a game, but often times injury occurs when we are improperly trained. Therefore, along with proper training, there are risks of overuse injuries and the effect they will have after the sporting season is over.

Some common injuries seen during this time of year are an increased number of shoulder, leg and back injuries. Although, each sport has its own tendency to put stress and strain on different parts of the body, there are many ways to prevent injury from occurring. With physical therapy we can teach you the proper mechanics, stretches and techniques which can help to avoid injury. Physical therapy can find the imbalances that many may not know exist and correct those imbalances for future years to come."

-Amber Bossert, PT

**Focus Chiropractic Center**

**1122 W Divide Ave**

**Bismarck ND 58501**



**Muscle Spasm:** The human body has over 600 voluntary muscles that work together to control even the simplest of movements. Muscles work in conjunction with joints, such as cartilage, and bones to provide motion. When the spinal vertebra become misaligned and irritated, it disrupts the nerve muscle relationship and causes a muscle spasm. These symptoms can be treated through spinal adjustments. Left alone they can become permanent causing chronic pain.

## DID YOU KNOW

Vertebrae T5-T8 have control over the nerves and muscles within that area. Each vertebrae is attached to a rib which encases the organs. Mid-back and rib cage pain, soreness, numbness, or tingling may be caused by a pinched nerve within the thoracic spine. Vertebrae T5 is responsible for controlling the gallbladder and liver. Chiropractic adjustments will ensure those organs are filtering blood at their best capabilities and may help with symptoms of jaundice. T6 controls the stomach. Adjustments in this area can help reduce indigestion and heart burn. T7 controls the pancreas. An adjustment can help suppress symptoms of a pancreatic disorder such as pancreatitis and diabetes. Adjustments can also help with ulcers and low blood sugar. T8 controls the spleen. An adjustment at T8 ensures that your spleen is functioning at its best!

The Thoracic Spine plays an important role in the function of organs. Getting adjusted regularly helps to ensure that you don't have any pinched nerves becoming a factor in any of the above disorders or symptoms.

**OVER 155 MILLION  
HOT DOGS ARE  
CONSUMED EVERY  
INDEPENDENCE  
DAY!**

Aloe Vera is one of the most common medicinal plants containing anti-inflammatory compounds to stimulate skin regeneration after a nasty sunburn. It can also help to heal acne and hydrate damaged skin.

Aloe juice is also thought to improve digestion and cleanse the digestive tract. It may also stimulate insulin production and prevent high triglycerides.

Aloe gel is safe to use for pets suffering from fleabites, reducing itching and scratching.

The freshest aloe of course, is from your own plant. Just remove a lower leaf from the plant, slice it open, and apply to the affected area.

Aloe Vera Gel also contains many of the properties as home grown aloe for fast relief of a sunburn.

Always remember to apply sunscreen when exposed to the sun for long periods of time!



## BACON-Wrapped ←← →→ Cheese-Stuffed HOT DOGS

- ~Large hot dogs or brats
- ~Cheddar cheese, sliced into thin sticks
- ~Bacon (1 slice per hot dog/brat depending on size)
- ~Toothpicks, soaked in water (3 picks per hot dog)

Directions:

1. For each hot dog, cut a lengthwise slit about 3/4 of the way through, leaving the ends intact. Stuff cheese tightly inside. Using a toothpick, secure a strip of bacon at one end of the hot dog and start wrapping, keeping the bacon snug but avoiding overlapping. If you run out of bacon before you get to the end of the hot dog, continue your wrapping with another half strip. Secure bacon with toothpicks in the center and at the end of the hot dog.

2. Preheat grill to medium-high heat. Place hot dogs on a sheet of tin foil (to ensure bacon does not become charred).

3. Grill first side until bacon is crispy and cooked. Rotate hot dogs a quarter of a turn and repeat. Continue until all four sides are cooked. Remove toothpicks and serve on buns with desired condiments.

