

## Family Room



**HILLS** With her mom and grandmother—the lipstick brigade

**Jodi Hills** turned her mom's favorite motto, "Slap on a Little Lipstick ...and you'll be fine" into greeting cards, magnets, a book and more (page 68). Jodi tells us her mom often turned to reading to keep her positive attitude. "She kept a bookmarked copy of *The Power of Positive Thinking* on her

nightstand," says Jodi. It was Jodi's love of books that took her from artist to author. "Writing was always my first love, so I called the publisher of an inspirational book I picked up and left a message with my ideas." That company was Tristan Publishing, who put out the best-selling book, *A Cup of Christmas Tea*. *GUIDEPOSTS* featured its author Tom Hegg and his story, of the same name (December 1992), about how the book came to fruition, and publisher Ned Waldman's story (*Adele*, December 2006) about its affect on him. "I couldn't believe they called back—I didn't even have a book yet!" A friendship was forged and Jodi's first book, *I Am Amazed*, was born. Her latest venture? Creating hand-decorated denim clothing emblazoned with inspirational sayings. Get more at [jodihills.com](http://jodihills.com).

**H**ow do **Rick Bernstein** and his wife, Carol, measure the success of their farm? Not in dollars, but by making a difference (*Give Away the Farm*, page 92). "By giving away our extra produce, we hope others will be inspired to do the same," says Rick. "If you don't have a farm, you can give from your garden." Carol says their faith helps them through when Mother Nature has other plans. "One morning about sixty volunteers arrived to help us with a potato harvest, when the sky turned black. We prayed for the rain to hold off because potatoes will rot if harvested in the rain. We were able to fin-

ish. The second the last truck was loaded it started pouring!" The Bernsteins later learned it had rained all day in their area, but their farm stayed dry until the harvest was done. Visit [First Fruits Farm at firstfruitsfarm.org](http://FirstFruitsFarm.org). Want to donate to a food bank? Visit [secondharvest.org](http://secondharvest.org) for a food-bank locator.



**BERNSTEIN** Rick and Carol, a perfect team

# Abundant Table

HEALTHY FOOD FOR BODY AND SOUL

## Blueberry Almond Muffins

THESE MUFFINS ARE WONDERFUL BREAKFAST TREATS. THE BLUEBERRIES, full of antioxidants and low in fat, make these great for anyone with diabetes.



- 2 cups all-purpose flour
- $\frac{2}{3}$  cup sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  cup vegetable oil
- 1 egg
- 1 cup 1% milk
- $\frac{1}{2}$  tablespoon vanilla
- $\frac{1}{2}$  tablespoon almond extract
- 1 cup fresh or frozen blueberries

**P**reheat oven to 350°F. In medium bowl, whisk together flour, sugar, baking powder, baking soda and salt until well blended. In another bowl combine oil, egg, milk, vanilla and almond extract until well blended. Pour liquid mixture into middle of flour mixture and stir until not quite all combined.

Add blueberries and gently finish combining. Spoon batter into 18 muffin cups, filling each about  $\frac{2}{3}$  full. Bake until a toothpick inserted in the center comes out clean, about 15 to 18 minutes.

From Susan DeBay  
of East Granby, Connecticut:

*Thank you, God,  
this happy day,  
for food and home  
and friends and play.*

For more great recipes, go to [guidepostsmag.com/abundanttable](http://guidepostsmag.com/abundanttable).