

PRODUCER'S NOTE: "30 Days in a Life" is a book by Jannel Rap that gives some backstory to the show "Finding Gina."

30 Days in a Life

(Excerpt)

By Jannel Rap

If we are truly the sum of all of our experiences from conception, with all the genetics we are given at birth until now, then each second is truly an exceptional moment in time.

Over the last 10 years, random people thought my life had some interesting twists and turns and suggested that it would make a good book. I could go into the many reasons: traumatic divorce, domestic violence, eating disorder, co-dependency, life altering spiritual journey etc... The reasons are as varied as the random people who suggested the idea. I can only surmise that it was not the situations that were important, but rather how each incident influenced and altered my thinking and ultimately directed my life's path.

Writing a book seemed like an intriguing idea, but had no vision of where I would find that kind of time or patience. I could not picture, sitting down and taking the time to write a book. Ask me to write a three minute song-no problem, but a book? The commitment sounded like entering medical school. Then, out of the blue, one young woman's story across cyberspace gave me the drive and the inspiration to dedicate a small capsule of time, to write for 30 days about whatever I felt, each day, no matter what. No boxes, no expectations. Whatever came out during that time would be "the book." I would allow no time for anymore or any less. Just those 30 days. It was the only way I could trick myself into fitting it in.

My original idea was to be about all the "warriors" I have met. This book has turned out to be not so much about the "warriors" as the path of one "warrior" still in the making, me. So here's to commitments, 30 days and what is.

When I was going through what I thought was an unbearable divorce, I loaded up my two boys and went to visit my parents in Arizona. When we first arrived my father mentioned an evangelist, David Ring. He insisted that I watch a video tape he had of David before I left to go home. I was not thrilled. I had grown up with enough hell, fire and brimstone, and I had no need or room for anymore of it. My dad did not give up. Finally, right before we went back home I consented. The tape my dad so insisted I watch turned out to be David's story and an introduction to a way to live my life. I had no idea how pivotal that day would be until about six years later.

David Ring was born with cerebral palsy. His mother was his lifeline. She kept him grounded, clear and positive about his life. Children made fun of him at school, but with his mother by his side he was able to make it through anything. Then, at 14 he was orphaned and moved from family member to family member. He fell into a deep depression. His brothers and sisters tried to help him, but no one could help. All he could do was ask why, God, why? Why me with cerebral palsy, why my dad, why my mom, why, why, why? Then, one day, he realized that why never answered, so he began to ask what? You might even say that when David learned to ask what his "what" gave him the key to taking advantage of the bad things that had happened to him. This was his pivotal moment and now it was mine.

Regina "Gina" Bos disappeared October 17, 2000 from Lincoln, NE after a performance at an open mike night. At the time of her disappearance she was 40 years old, a single mother of 3 and...she was my sister.

What can "I" do about something so horrible, so unfathomable, so mind numbing?

The concept of the "warrior" came out of my subconscious in the form of a song entitled, "Warrior." It was one of those songs that simply wrote it self. I never thought of myself as a "warrior" until I wrote the last verse. In fact, I didn't realize that David Ring's message of, "Don't ask why, ask what", would become what defines a "warrior." I didn't realize David's simple message was planted in my subconscious mind waiting for right time to take root and grow beyond what I ever thought possible? I don't feel worthy of associating with or calling myself a "warrior". In fact, none of the people I call "warriors" feel comfortable with that title. However, we do feel comfortable recognizing each other as "warriors." The song that created the concept of warriors, wrote itself, inspired by Gina's disappearance and David Ring's life lessons honors that moment in time. With that definition anyone who asks what can I do, instead of asking why, under any type of circumstance can rise to the status or rank of a "warrior."

Webster's definition of warrior: a man engaged or experienced in warfare; broadly: a person engaged in some struggle or conflict

Warriors don't ask why this has happened. Warriors ask, "What can I do about what has happened? Then, they take advantage of the "what" by turning that bad thing-their pain, into one of the most empowering lessons of their lives. I challenge you to ask what?