

PLAIN VALUES

HOMESTEAD FURNITURE

RUNNING AWAY

HOMEMADE SANITIZER SPRAY

A RADICAL KIND OF LOVE

ON FIRE FOR GOD

MAMMARY GLANDS



*Room
to
Bloom*

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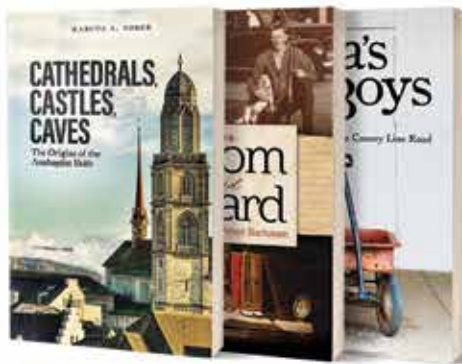
"Through time in prayer, I began to understand that God had bigger plans for the magazine than to only be a business that turned a profit. Giving away Plain Values magazine would, in turn, give hope and life to children around the world."

read more on page 11

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THE FORMALITIES

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THE PLAIN PAGES

This section of *Plain Values* is devoted to showcasing local goods and services to our readers. Each reader will enjoy one of four editions, depending on where they live. Our hope is that the "Plain Pages" can be a resource in finding local businesses to assist you in your needs as well as in your wants. // between pages 34 and 35



MESSAGE

from the

PUBLISHER

words by: **MARLIN MILLER**

Often times when we are out and about with our family, our daughter Adelaide will greet people in passing with an enthusiastic, “Hi! What’s your name?” It makes her day when people respond, and it also opens the door to connecting with others who we may have just passed by without any interaction.

We have met many amazing people along the way since our magazine was first started. Families, missionaries, ministries, and so many caring people who have a heart for a cause and do what they can to make a difference. It’s been an incredible journey!

You may recall a few months back I shared that there was something new coming soon. This month we are thrilled to finally be able to tell you what we have been working on: October is the launch of our new non-profit organization, *Room to Bloom*. In this month’s story, we will share with you what started us on our journey, our mission for the non-profit, and—with your support—who we hope to help.

The colors blue and yellow together are always tied to Down Syndrome Awareness Month, which happens to be October of every year. This month brings a chance to spread awareness of the abilities and accomplishments of individuals with Down syndrome. As part of our non-profit, we seek to help children with Down syndrome, and we felt like this was a perfect time to share the news of *Room to Bloom* with all our readers. Thank you in advance for your support and prayers.

As always, may you find joy in the simple things. //



Room to Bloom

Room to Bloom

COMPILED BY: ELAINE TOMSKI

CONTRIBUTERS: KELLY WOLFE, KELLY NUSSBAUM, STACEY GAGNON



What does the magazine you hold in your hands have to do with a flower? You will be amazed to discover how the simple story of a tulip and many willing hearts provide life-giving love and hope to the oppressed.

Plain Values publishers, Marlin and Lisa Miller begin the story. Then at the Lord's bidding, they invite others to join in. All of these stories are rooted in the same common ground.



our story

A tale of adoption, a magazine, forgotten children, and a family of readers that ties it all together.

words by: **Marlin + Lisa Miller**

LISA: Sometimes the Lord calls us with a gentle nudge. Other times His calling can feel like a rush of a sudden wind when things begin to whirl around us, seemingly out of nowhere. The calling to adopt a child grew in my heart from the time I was a young girl. When I was six years old, I first learned (to the best of my six-year-old capacity) that there were children in the world who did not have someone to care for him or her. I couldn't fathom that there were babies needing to be held and loved, and I wanted to rush to them! I used to dream of opening the front door to find a baby who needed love and imagined what it must be like to care for dozens of babies, to make sure they felt loved and valued.

The call to adopt steadily grew stronger as I grew older. The extra bedrooms in our home remained empty despite being readied with a crib, a toddler bed, diapers, baby gear, and tiny outfits

hanging washed and ready in the closet. After five years of marriage, Marlin and I both felt it was time for us to complete our adoption home study and take those first steps to make the dream of adoption a reality.

We didn't begin our journey to adopt children with special needs specifically, but as we completed our home study paperwork, we asked the Lord to bring us the children who needed us the most and to equip us to meet their needs. Having no idea what to expect, we completed our home study, and just a few weeks after it was approved, we were sent a photo of a little boy. I will never forget seeing his face for that first time: I knew this was our son. The next day found us driving nervously to our adoption agency to pick up our son. He was three years old, and we had little idea how much our lives had changed overnight.

As it is with adopting an older child, the first year was challenging. But we also had many times of joy. After our son had been with us for



a few years, Marlin and I began to talk about the possibility of adopting another child. Since our children like to surprise us, it was just a few days after that conversation when our adoption agency called to ask if we would consider adopting a baby girl with Down syndrome who was going to be born in a few months. We were thrilled to say, "Yes!" It was less than two weeks after that call when she arrived early, and we found ourselves nervously driving to the hospital to meet her. Our daughter's beginning was a bumpy one which consisted of an extended neonatal intensive care unit (NICU) stay, several surgeries, some complications, and a feeding tube. It was a joyous day when we finally were able to bring our baby girl home and settle in as a family of four.

Welcoming our daughter into our family also opened our eyes to just how big the need is for families to adopt a child with Down syndrome. We joined the NDSAN (National Down Syndrome Adoption Network) registry of adoptive families

when our daughter was two. Just six months later we were matched with our second son! He was born several states away, and after a brief stay in the NICU, he was discharged. We spent the next week enjoying our vacation home-away-from-home and soaking in time with our new baby as we waited for the paperwork to be completed to allow us to return home.

After our son was a few years old, we moved to our new home and decided not to renew our adoption home study. We thought our family was complete. But then a still, small voice told us there was one more child who was meant to join our family. We prayed about adopting internationally, and although there are so very many children with Down syndrome who are in need of a family, that is not where the Lord was calling us. Seeking His guidance, we prayed that if we were supposed to adopt again that God would bring the child to us. And that's just what He did. One Sunday afternoon, our adoption agency called us once more to tell us

there was a family who wanted to meet us. A few days later, our families spent the evening together and in a whirlwind of events, we became the proud parents of a new baby boy.

Our family is now complete, and we are so thankful for each of our children and for their birth families who lovingly placed each of them into our arms. Marlin and I feel the Lord's calling on our hearts is to do the best we can to raise the children we have been blessed with, while also raising awareness of the orphans around the world and children in our own community who need someone to care for them.

It can be so easy to list the reasons why it is not a convenient time to foster, adopt, sponsor a child, volunteer on a mission trip, donate to an orphanage, become a mentor, or serve a family who is currently fostering or has recently adopted a child. I would challenge you to take time to think and pray; to be still and to listen to where God may call you to step up and serve. Not everyone is called to adopt, and we cannot all do everything. But we can all do something to help a child in need or help someone who comes from a hard place.

MARLIN: In the fall of 2010, I had been working for a local business for five years and loved my work. Lisa was teaching first graders in our local school district,

but the day our little daughter came into the world, she quit teaching in order to stay home to care for our family. Two months in a neonatal intensive care unit with your baby brings a deeper awareness of the coming costs, specialists, therapies, and needed time for additional appointments. Lisa and I weren't sure how we would pay for all of this.

In light of our new reality, I prayed: "Lord, You brought us these kids, please help me provide for our family."

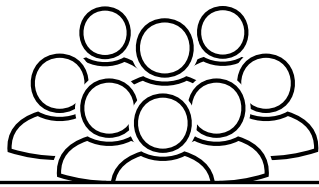
God was faithful, and he provided for our family through the creation of *Plain Values* magazine. The magazine has been a blessing for us, but I wanted to bless other families, too. In our magazine, we highlighted stories of families and children who were in need, with the hope that our readers would support them. And yet I still felt there was more we could be doing for those with needs deeper than our own.

And this is what God laid on my heart: "Marlin, give the magazine away."

Why would God want me to do something like that? In the business world, you don't just give away a thriving business! I struggled with the idea of freely giving it away, and I wrestled with what God had laid on my heart.

Through time in prayer, I began to understand that God had bigger plans for the magazine than

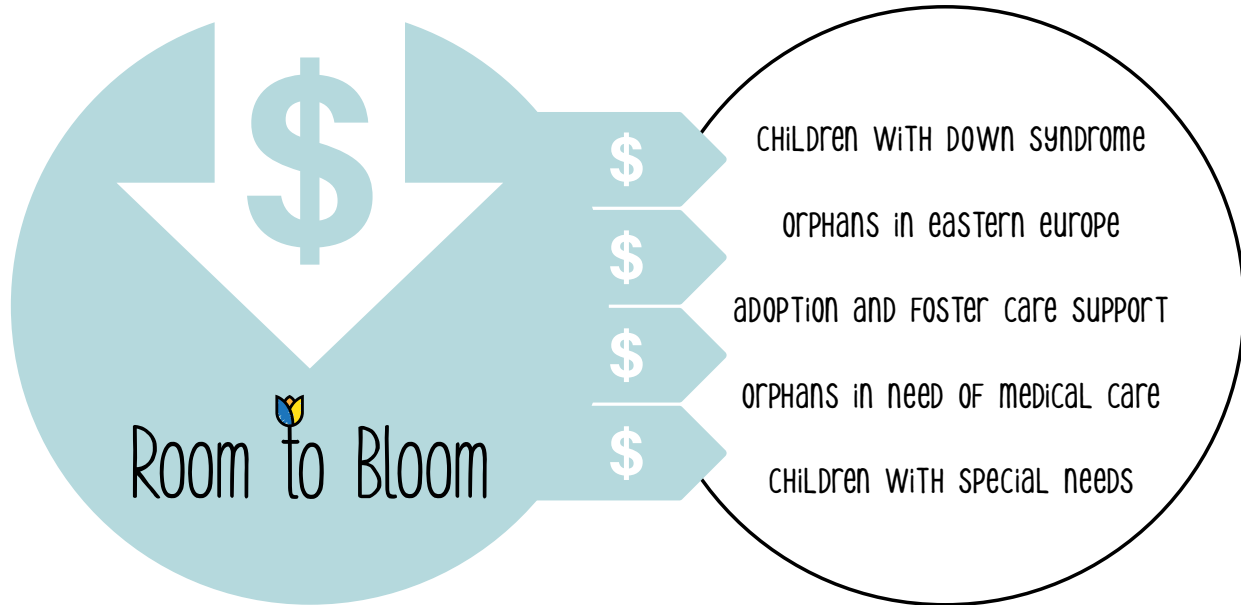




PLAIN VALUES READERS

TO PUT IT SIMPLY...

Plain Values readers donate funds to Room to Bloom, which then get passed on to Biblically-sound organizations that help with children in need all across the globe!



to only be a business that turned a profit. Giving away *Plain Values* magazine would, in turn, give hope and life to children around the world. When I realized this, I found peace.

I'm sure you have a lot of questions about how this will work. Here are the nuts and bolts:

You are giving the magazine away?! What does that mean and how does this work?

Lisa and I have created a non-profit called Room to Bloom (Lisa will explain the name in the next part of the article). We have gifted *Plain Values* magazine to our non-profit. Our mission is to help children in need by supporting organizations doing Biblically-sound work. We believe that by sharing our resources with children in need, this will give them room to bloom.

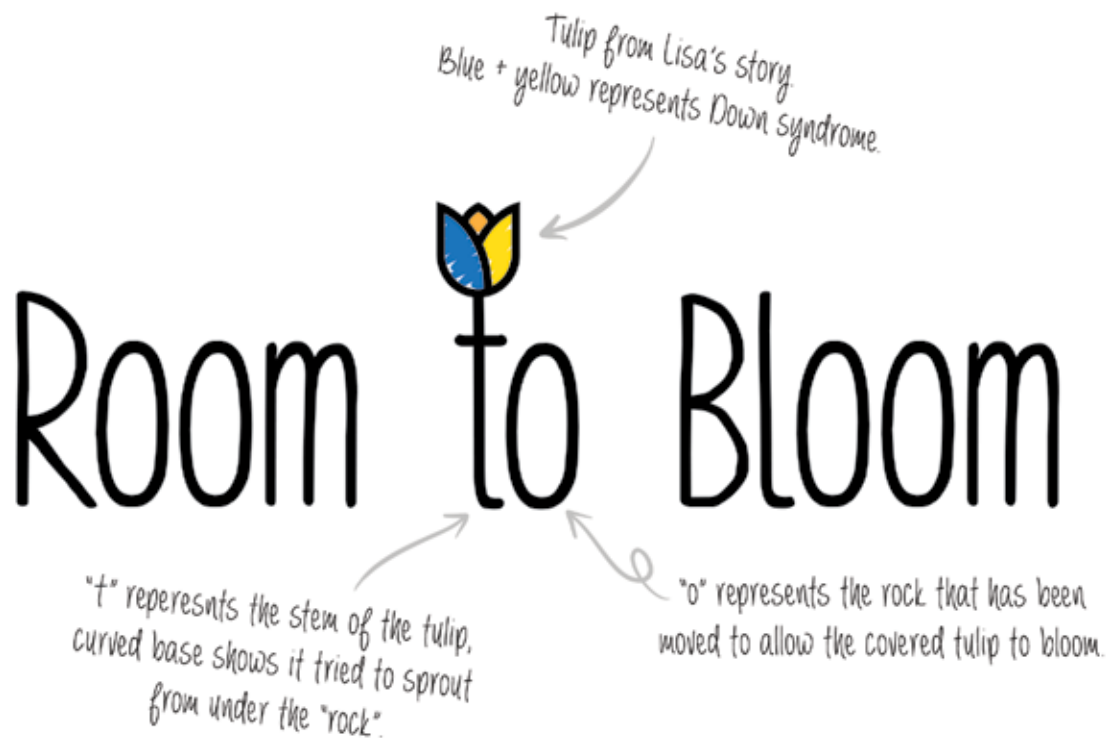
Plain Values will still be a magazine produced with ad revenue; but by giving it to Room to Bloom, this will allow us to use it as a fundraising tool by getting our message out to readers. We believe this is a path where we can make an eternal difference for children in need.

Room to Bloom is an IRS-approved 501 (c) (3) non-profit organization and your donations are tax-deductible. To ensure that we stay focused on our mission, we will have a board that will oversee the organization.

You may think I've fallen off my rocker! That's ok—sometimes I wonder the same thing! But God has laid this on my heart, and I am fired up to share our plan with you.

What sort of organizations will you be supporting through Room to Bloom?

In the pages to follow you will read stories of a few teams we have partnered with already. From life-saving surgeries involving organ transplants to cleft lip surgery giving a child a greater chance of being adopted; from Asia to our very own backyard, Moscow to Kenya, all over the world there are people and families who need hope in more ways than I can imagine. Our team has enjoyed many conversations with people doing life-changing work the world over, and we will be tapping into these connections moving forward.



What if I already get *Plain Values*. Do I have to donate to continue getting it?

No, you will still continue to get the magazine free of charge.

Many years ago, I read a ministry's policy on the books and resources they offered. It said, "If you cannot afford a book or resource, tell us and we'll send it to you for free or give what you can afford." Instead of sending us money for the magazine, please consider supporting our mission by donating to Room to Bloom (if you want to learn more ways to help, go to page 25).

Where does the name "Room to Bloom" come from?

From here, I'll turn it back over to my wife Lisa, who will share with you the story behind the name.

LISA - One of my great joys is gardening. I enjoy growing vegetables and fruit for our family as well as tending large flower beds of perennial plants. Early one spring I was working at one end of the flower garden where we have a border of rocks. Something caught my eye, and I quickly moved in to take a closer look. There, barely peeking from

under the edge of a large stone was a small tulip. It was still wrapped tightly and obviously struggling. The previous fall we had done some reworking of that area and a heavy rock had been placed over this tulip bulb.

I moved the rock away from the tulip. As the spring weather warmed, I watched as it struggled to grow. Its stem was a pale white which lay crooked along the ground instead of standing tall and green like the others. I cleared away the dead leaves, added compost, and trimmed back the overhanging shrub to allow the fragile bulb to soak in the sun's warmth.

Over the next few weeks, I watched the tulip plant change from a sickly white to a lush green. The stem lifted from the earth and the tightly wrapped petals opened up to a beautiful flower. That year, this tulip never did look the same as the other tulips. Its stem was still crooked, and it didn't stand as tall, but that little plant put all its energy into the best flower it could muster, given its tough start. The potential to flourish had been there all along, it just needed the room to bloom. //

Love Without Boundaries

Providing Healing,
Education, and
Refuge to Vulnerable
Children Worldwide



words by: **Kelly Wolfe**

While very difficult to think about, in many countries around the world, babies born with medical needs are frequently abandoned. In China alone, over 100,000 children each year are left on their own. They become orphans because of medical conditions such as premature births, heart defects, or cleft lips. While each child is precious in God's perfect eyes, in many societies, those with special needs are sadly found unworthy and discarded.

Such was the case for tiny Ryder, who entered the world last Christmas on a cold, snowy night in east Asia. Rather than being welcomed with prayers of thanksgiving, he was left outside in the cold. When discovered by a passerby, he was in critical condition. Thankfully a call was made to Love Without Boundaries, an international charity that provides healing, education, and refuge to vulnerable children around the globe. Their team members rushed the little baby, who was blue from the cold, to a nearby children's hospital. Ryder



weighed just 4.4 pounds and was quickly diagnosed with severe pneumonia and a heart defect.

Once in the intensive care unit, Ryder was placed on a ventilator, which mechanically pumped oxygen into his fragile body. For two weeks, doctors said they didn't know if he would survive. Countless prayers were lifted for him to find the strength to hold on, and in late January, he was finally able to breathe on his own.

Ryder remained in the hospital until late May, as he battled infections and struggled to gain weight. Tears of joy were shed when he was finally strong enough to be discharged. Ryder was then taken to one of Love Without Boundaries' healing homes, set up for orphaned children needing extra care and interventions. What these special homes provide most of all is the one necessity every orphaned child deserves: the gift of knowing they are loved.

The first five months of Ryder's life were difficult ones, from being left in the cold to only seeing the world from inside an incubator. But now, because of the kindness of those who support

Love Without Boundaries' programs for vulnerable children, Ryder is truly thriving. His first smiles and giggles were recently celebrated, and he is starting to babble. Ryder's transformation from a frail infant to a now-healthy baby boy calls forth scripture from Isaiah 58: "Then your light will break forth like the dawn, and your healing will appear." Ryder's healing has indeed appeared. Ryder's life truly matters.

There are three little words those at Love Without Boundaries believe fully: "Every Child Counts." Every child born is a gift from Almighty God, and every child whose life is saved is a blessing beyond measure. As long as there are children like little Ryder who have no one else to believe in them, Love Without Boundaries will continue their work to bring hope and comfort to those who are often forgotten. //

TUMAINI

— *children's home* —



words by: **Kelly Nussbaum**

In Eldoret, Kenya, there lives a foster family. There is a father, a mother, and forty-four children. Each one of these children was abandoned and left for dead in streets, fields, latrines, or garbage dumps. These kids and their parents, Horace and Phyllis Leister, make up the Tumaini Children's Home. A home rightly named because Tumaini means hope.

One bright smile that calls the Tumaini Children's Home her family is named Zuriel. As a newborn, she was abandoned in a grocery bag in a field. She was not rescued from that bag for a week. Despite the desperate state she was found in, she flourished in the care of Horace and Phyllis Leister. Today Zuriel is completely healthy and has one of the most caring hearts and kindest smiles you can find.

These children know their abandonment stories, and along with their parents, they will tell you that it is only by the Lord's hand they survived at all. Many abandoned babies do not survive or cannot recover from their injuries and malnourishment. By the grace of God, and only through His healing hand, has every child placed with the Leisters survived. These children know God has spared their lives, and they are grateful to grow up in a home filled with God's love. They are typical children who love to draw, make bracelets, and hate math class. They have fears and hopes, just like every other child. Dad or mom's lap is the place to be, and if both laps are full, a pillow and blanket by the fireplace are second best as the children await their evening devotions and worship time.

The Leister family is not your typical "foster family" or "children's home." It is a family—a large family built on the love and the Tumaini (hope) of Christ. //

orphans die.

words by: **Stacey Gagnon**

I have been asked everyday about my trip. Well-intended, “How was your trip?” questions. And honestly, I find I lie. I lie and say, “it was hard, but we did a lot of good.” And the lie tastes bitter on my tongue. It was more than hard, and there was not a lot of good.

When I disembarked from the plane in Bulgaria, I stepped into this ocean of a problem and got knocked on my back by a tidal wave of crisis and emotions. And I’m sitting here choking on the water, trying to figure out where that wave came from. I was prepared for this trip; I was ready. I had packed, unpacked, and repacked several times. I had gathered supplies, letters, and created PowerPoint teaching slides and videos. But the truth is I never will be prepared, nor do I want to be

prepared to see, hear, and touch what I saw in the orphanages because I should never be ready to look at an innocent child who is starving and flinches at my touch. I never want to sit holding the skin and bones of a seven-year-old-child-who-looks-like-an-infant and feel prepared. So, I have been crushed by the wave, and I’m trying to process it all.

I think back to a training I attended on disaster preparedness. A portion of the training was how to triage and tag victims of a mass casualty incident. Triage tagging is a way to effectively and efficiently distribute limited resources and immediate care until more help arrives. Each victim is assigned a color before the first responder moves to the next victim.

As we moved across Eastern Europe through several orphanages and facilities, I found myself “tagging” the victims and thinking how very little I was doing and how very many victims there were.



Immediate (red tag) – life-threatening

There were many children I saw, and I prayed for death. At the end of each day, I wondered—who *was this person I had become?* I have never prayed for a child to die, yet I found my soul weeping and begging for God's reprieve. And the part I struggle with is that the reprieve would have been mine. I would have been able to unload the burden of a fourteen-year-old twisted like a pretzel with a hole cut in his mattress to hold his contorted frame. I would have been able to forget about the pressure wounds glistening with bone and ligaments and how they contrasted with his soft, brown eyes framed by thick, black eyelashes. If death had offered a reprieve, I would never have seen the five-year-old infant who lay contracted like a strung bow with nostrils flaring and air gasps. I would not have noticed her ragged breaths were the only sound in the room, nor the fact that the rest of the

infant-sized children lay "sleeping" in a drug-fogged haze as drool slipped down their cheeks and pooled on their stained sheets. Had death visited, I would never have to carry home an image of a shrunken, yellowing body of a five-year-old. Eyes too large for his tiny frame, lips frothing as he labored to exist. I would not be sitting here now weeping as I type, weeping over the children I left dying in an orphanage. I could have rested in their reprieve from this life, instead of wondering if they were still in pain. Yes, I begged for their death because the weight of it all buckled me to my knees.

Delayed (yellow tag) – serious, non-life-threatening

There were so many children who were physically healthier. I looked at them and searched for hope. They were the quiet witnesses; seeming like shadows. A shadow who was four-year-old;

a boy dressed in a purple sleeper taking a nap at 10 a.m. and still napping five hours later. And this same boy has not met the outside world, but lives suspended in time. He marks the days with the passing of metal cups and mealtimes and has never seen the beautiful garden right outside his window. He cannot smell the roses blooming on the vines, or feel the sun on his face. He has never learned about numbers and letters. His mind sits stagnant with the lack of stimulus.

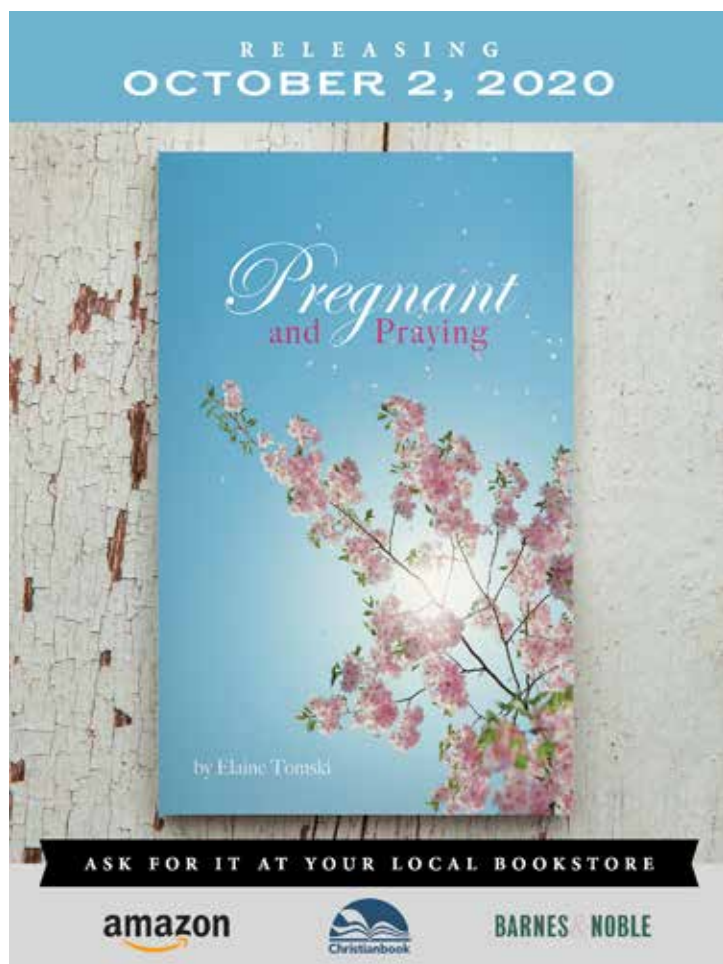
She is the seven-year-old who does not know what it feels like to have a mother's kiss or a daddy's tickles. She sits rocking day after day on the sagging crib mattress, waiting to fill an empty space inside her heart. Her knuckles are raw and scabbed from where she bites them out of numb boredom. She regurgitates her food to have the sensation of swallowing. Her teeth are corroded, her hair is patchy, and her skin is sallow. She is a job to a caregiver and a burden to a system. Yet she has feelings and hurts; love and fear. Inside her is

contained potential locked away by a disease called "Indifference."

I looked at these children and saw my own son, Israel. I realized he, too, had sat suspended in time, waiting for a future. His only hope was adoption. Their only hope is adoption. If they are not adopted, most will die within institutions. Every child has a basic human right to be loved by a family, regardless of country. Children are not supposed to be raised and die in institutions.

Minor (green tag) – walking wounded

When I first went to the orphanages, I wanted to place blame on families who gave their children up for adoption. I wanted to point a finger at a mother who would just leave her baby at the hospital and walk away. As I opened my eyes and my ears, I learned about the extreme pressure placed on parents who give birth to a special-needs child. Stories of families who were told that their child would die soon or die if they took them home.



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ISREAL IN
HIS ORPHANAGE

Moms who were told that they could not raise their child, and that it would be a burden to their family. And I began to see how the orphanages filled with children.

We met some amazing families who chose to take their child home. These families are the ones who said, “no, I will raise my child at home” when physicians told them it was impossible. They stood up to the pressure and criticism of family and friends when they brought home a less-than-perfect infant. They have weathered years without services, therapies, equipment, and social support. They have been creative in raising their children, from constructing their own medical equipment to driving great distances for help. Many were lonely and struggling while navigating the life of a special-needs child with no support. When I shared my son Israel’s video, they wept. And when I looked at the tears in their eyes, I saw a bridge known only to parents with special needs children, and I couldn’t have been prouder of their brave love.

Morgue (black tag) – pulseless

Orphans die. Mostly we never know. They are buried without tears or fanfare. They do not leave

ISREAL GAGNON A FEW YEARS
AFTER HIS ADOPTION



out the front, but are bundled up and carried out the back.

Before I left for Bulgaria, I watched as God moved mountains to help one orphan named Valentina. She was in liver failure, and her conditions were dire. I tentatively began to reach out for support. It soon became obvious I might be able to help her while I was on my trip. I began to make more phone calls and the responses were amazing. One of the best pediatric liver transplant teams coordinated her ongoing care with me, and I watched in awe as people across the world donated everything necessary for her survival.

The weeks before I left, I received her specialty formula, feeding pump and tubing, money for ongoing nurse care, and prayer. The only thing we were missing was the most important part: the adoptive family. We needed a family to adopt her, and they needed to be at a specific point in the adoption process because it needed to happen quickly. And so, we prayed. The world prayed. And one morning, I woke up to a message from a friend. God had answered our prayers, and I was soon put in contact with her new family. In a flurry



VALENTINA



of excitement, I was able to secure final letters, dietitian instructions, physician orders, and every piece of equipment was ready in record time. I was going to be able to help save her!

The day before I reached her orphanage, we received a phone call from the orphanage director. Valentina had died...the girl whose eyes captured my heart had died that very night, and I sat in my room and sobbed great big ugly tears. I felt as if I had completely failed, and I couldn't help but think she died alone. Little Valentina "was motionless for an instant; she did not cry out. She fell as gently as a young tree falls." These words from *The Little Prince* were on my heart as I thought of her tragic death. I felt so defeated and tired and numb. I questioned why I had come, why I had chosen to see all these hard things, and what a fool I was to think I could make a difference.

I was sitting in the ashes of my pride and planning, and then a truly beautiful thing began to happen. I began to see how I cannot walk among

these children on my own strength and ability. And so, I prayed that God would give me the strength to get up out of that dark place and do what I was meant to do. I walked up the steps of Valentina's orphanage that day, and I loved on the living. I touched the hurting, the marginalized, the silent, and broken. I called them by name and promised them I would tell the world about them. I told them that I would be their voice. And now that I'm home, I realize the triage tagging system only works when help follows. Triage is only labeling. It's when reinforcements come in that change happens and healing begins.

And now you know, too. You cannot say that you never knew there were places where infant-sized children were hidden away to die. You cannot say that you didn't know six-year-olds could be transferred to adult asylums. Now you know orphans die, and you also know I will never remain silent because we are the only voice they have. //



WELCOMING YOU INTO THE STORY



Every child made in the image and likeness of God deserves the opportunity to stretch and grow like Lisa's struggling tulip. Every child needs the warmth of sunshine on his face. Each one longs for the embrace of a father's arms, the soft touch of a mother's kiss, a place to call home. Above all, every child deserves to know the grace and mercy of the Savior by experiencing God's love within a family.

By creating Room to Bloom, Marlin and Lisa have answered God's call to action from Isaiah 1:17, "Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow." Through their non-profit, Marlin and Lisa seek to bring comfort to children affected by disabilities; help foster orphans into families; give a voice to the helpless; and provide hope and healing to the vulnerable.

These actions provide children with the means to grow and flourish. So now, the invitation is extended to you and me. We now have the opportunity to join Marlin and Lisa in giving precious children around the world room to bloom. ***Here's how you can help:***

1) Donate to the Room to Bloom Foundation

Write a check to "Room to Bloom Foundation" and mail it to PO Box 201, 2106 Main St. Winesburg, OH 44690. Please include the donation card found after page 34. Other options for donating can be found on our website at www.plainvalues.com.



Note: *If you want to double the impact of your gift, talk to your employer to see if they will match your gift; this will allow us to help more children in need.*

2) Sponsor a Child


In future articles of *Plain Values*, we will be sharing stories of children in need. Consider supporting a child. To do so, when you send in your check, include the child's name in the memo line.

3) Pray for Us

Please pray for us that we will continue to seek God's will; that our board members will provide us with wisdom and ethical guidance; that Room to Bloom will be a ministry that makes a positive impact in the world and the lives of children; and that we will find people who are willing to help us support our mission.



For more information, contact us by giving us a call at 844-260-4578, sending us an e-mail at reachout@plainvalues.com, or by checking out our website at www.plainvalues.com.



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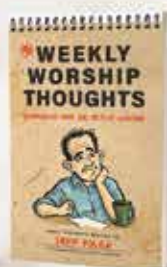
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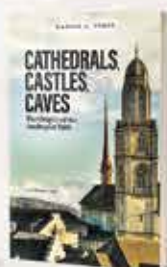
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FURNITURE

FALL COMFORT

Fall is here, and with the change in season it is the perfect time to change or update your upholstery. As we prepare to spend more time indoors during the winter months, make sure your upholstered furniture is as cozy and functional as you've always wanted. Homestead Furniture has a style and material for every taste, so be sure to see what's new this fall.

Come See What's New

It's not uncommon for shoppers to be unsure of what they really want when it comes to buying new upholstery furniture. We understand that you want to feel confident about your purchase, and that's why a member of our sales consultant team will help guide you through our showroom.

Top Four Things to Look For When Shopping For a New Recliner

The best thing about relaxing after a long day is sinking into a comfy recliner. Here are the top four things we always point out to customers who are shopping for a new one:

- **Comfort.** The cushion surrounding your arm rest is an important item to examine. If it's not properly cut to fit the shape of the arm, but rather stuffed around it, you'll notice that over time, the armrests begin to sag because the foam shifts down. When you combine good fabric with quality foam and a well-built frame, you'll have comfort that lasts a lifetime.
- **Material.** All furniture naturally suffers from the wear and tear of daily use. However, top quality upholsteries stand up better to spills and show wear much slower than ordinary brands.



- **Power.** Homestead Furniture offers battery packs that allow power recliners to be used without needing access to electricity. These models are easier and more convenient to operate than standard models.
- **Frame.** Pay attention to the quality of your recliner's frame. Ask questions about how it is made. Poorly-made models have weak frames that are unable to withstand normal use and tend to break down after only a few months. When recliners are built with low-quality materials, the arms are the first area to go.

Classic, Traditional Craftsmanship

When buying furniture, many customers feel limited to what they see on a showroom floor. At Homestead Furniture, we showcase hundreds of design options in our showroom, but we aren't limited by color, shape, size, or material. You'll never have to sacrifice style for the function you want when you shop with us. We offer hundreds of options in color and material, so you'll never have to settle for a piece that's just 'okay.'

Never Sacrifice Quality

There's a misconception that beautiful furniture can't also be functional or well-crafted. At Homestead, we know that's simply not true. Every piece of furniture we sell is backed by our Homestead Guarantee. We never sell furniture that we wouldn't take home ourselves. That's why each piece is carefully inspected and run through quality control before delivery.

One-stop For Top Brands

Homestead is proud to carry upholstered furniture from dozens of top brands, including:

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- DUTAILIER
- HIMOLLA
- NORWALK
- LA Z BOY

You'll notice that the brands we carry are all American or German-made. We never sell furniture that is mass manufactured in Asia, because we find the quality of product to be a substandard quality that we refuse to put in our showroom.

La-Z-Boy's 7 Superior Features

When it comes to recliners, La-Z-Boy is arguably the most recognizable brand around. That's why Homestead is proud to sell La-Z-Boy products in our showroom. There are seven important features that set these recliners apart:

- **Exclusive Lower Back Support:** When you recline and there's a gap between your lower back and the seat, pain often follows. La-Z-Boy is the only recliner that prevents this pain by offering superior back support in every reclining position.



- **Recline and Rock:** When it comes to comfort, this brand can't be beat. This is the only recliner that can recline your back without needing to also put your leg rest up.
- **Three Locking Footrest Positions:** For the ultimate comfort, La-Z-Boy's patented locking footrest allows your feet to be angled in three different positions, rather than being locked into just one.
- **Sixteen Locking Rocker Positions:** There are 16 different positions that you can lock and rock through until you find the one that suits you best. La-Z-Boy calls this, "The Sound of Comfort."
- **Uni-body Frame Construction:** This patented frame is what makes La-Z-Boy products so long-lasting and durable.
- **Dual Locking Footrest:** You never need to worry that your footrest might suddenly collapse while pets or children play underneath. This feature prevents accidents from happening.
- **Contour Cut Foam:** This foam offers the ultimate comfort by holding its shape longer, looking nicer, and surpassing all comfort than what's used in typical recliners.

A Furniture Company With Heart

It's important that you're able to find high-quality upholstery from a local business you can trust. That's why, for almost 30 years, we have earned the reputation for going the extra mile to make it right. We believe you deserve to be proud of the furniture you bring home from our store. We craft furniture that is built to last through this generation and the next.

Our company was built on the belief that furniture should fit the homeowner's exact need — not the other way around. We can create custom furniture for every room in your house, with practically no restrictions. Whether you're looking for a cozy recliner, a beautiful sectional for your living room, a stunning leather sofa, or even the perfect outdoor living set, Homestead will make sure you love every aspect of your home.

Community First

We appreciate our community's continued participation in events like the SERVE Conference and Go Eddie 5K. It is incredibly encouraging to partner with our local community, and we are always so appreciative when you support these events. Homestead truly enjoys the opportunity to engage with the community we are so proud to be a part of.

Locally, we are known for quality and customization. We sell custom furniture that is built to last through this generation and the next. We believe you deserve to be proud of the furniture you bring home from our store. //

Running Away

words by: **FERREE HARDY**

At first thought it might seem ridiculous that a grown woman would want to run away. But you might be surprised at the answers you'd get about this from widows (and widowers too).

Sometimes we think that a different place will make life better. One widow told me the story of how, two weeks after her husband's funeral, she fled. She intended to help a sick family member in another state. She discovered that it was too soon. Away from her home, she found herself crying all the time and not able to be around others or to be of any help. After a week she "ran away" again. Instead of going home, she went to see her sons in yet another state. That didn't calm her either, so she bounced back to the first place she fled to. Then she panicked. She wasn't comfortable anywhere! She finally went back to her own home.

Leaving home was not good in this early stage. If you've been there, you don't blame her. She didn't know that the only way to deal with grief is to face it and work through it. You can't run away.

Sometimes we think trying to ignore our hurts and problems will make them go away. Another widow told me that her way of escape was to stay busy. She made sure she had activities to attend five days out of seven. Staying busy gave her a false sense of success. Later, she admitted that she only managed to postpone the process of healing. Into the third year of her widowhood, she dropped most of her activities and faced her sorrows. Then she could begin to forge a future life for herself.

Sometimes we think we can leave the grief behind by getting into a new relationship, a new house, or a new job as soon as possible. I can't tell you the heartache (and divorces) that widows and widowers have faced by getting married

A rustic wooden sign hangs from a rope on a wooden door. The sign is made of dark, weathered wood and features the text "Be Back soon" in a white, hand-painted script. The door behind it is made of vertical wooden planks with a large X-shaped brace. A white diagonal shape is visible on the right side of the image.

Be Back
soon

too quickly. Granted, sometimes it does seem to work out, but that's the exception rather than the rule. The general rule to take at least a year before making any changes is a good standard. But not all changes are bad. Small changes, when you're ready, are good practice for the bigger ones. Remodeling your house, building a new home, or starting a new job can be good things, even in the first year. Just don't let them distract you from your real life. Find your own unique pace for change; this is not a race.

Instead of running away, try getting away for a short break. One widow spoke of a visit to the mountains and how she felt lighter, more joyful, and more peaceful there. Getting away helped her put things in perspective. She began to feel as if she could find a new beginning, and maybe someday she'd even move to the mountains. Not everyone will feel such a hopeful change from a short trip, but to her it was the Lord's way of affirmation and peace.

There's something good about planning and looking forward to getting away, rather than impetuously running away. When you're ready, begin to start with some short adventures. It doesn't matter how adventurous the adventure is! A trip to McDonald's counts just as well as a bus tour to Niagara Falls.

Perspective changes over time. After the car accident which took her husband's life, a widow continued with renovation plans on a house that she and her late husband had chosen for retirement. It was in a different state so as she travelled between her two houses she first wanted to believe she could "run away" to the remodeled house and leave all her grief at the old one. But, she admitted, it followed her.

Eventually, though, the remodeled home became her place for starting over instead of running away. To her, starting over seemed more like healing; staying at her former house seemed like going backwards.

For another widow, getting away has helped her to realize that she doesn't want to stay away from her home too long. She has several places she likes to visit, but they also make her long for her husband and old times too much. When she's home, although she's without him, she still retains a sense of belonging and love. Each of us responds to getting away differently, and that's a perfectly good thing.

A note about coming home. Arriving home to an empty house can be its own sort of heartbreak at first. Sometimes it's bittersweet, sometimes it's wrenching. After a few tries however, many widows find that their house becomes a safe haven. The opposite can happen as well.

I read about a widower who stayed in his home after his wife died. He thought he'd always stay. But early one evening when he returned home to a darkened house, all he could think of was the scene he used to come home to: the house all lit up, and his wife visible from the kitchen window waiting for him to come home. He discovered that he could stand the stillness of an empty house, but he could not stand the darkness of her absence in the window. And so, he put the house up for sale the next day. The process of going to work and coming home every day helped him make that decision.

Running away is often a temptation, but it's not a solution. Getting away, sort of like a baby bird trying its wings, can be good for many widows IF they will try again and again. There's no reason to be embarrassed if it doesn't work out at first, this is not a test. Each visit out is a practice run; we learn new things each time, and that's very healthy. There's no such thing as failure on the widows' path, there's just always more to learn. Where will your path lead in the next few months? //

Until next month,
ferree ♥

ADDRESS CHANGE! To learn more about widowhood, order a copy of *Postcards from the Widows' Path – Gleaning Hope and Purpose from the Book of Ruth*. It's a gentle, biblical guide for widows that has many saying, "This is the best I've ever read!" Contact your local Christian bookstore or mail a check for \$14.99/copy (paperback, 248 pgs.), along with your address to: Ferree Hardy, 122 Breckenridge Dr., North Augusta, SC 49841. Allow 2 – 3 weeks for delivery. Free shipping for all *Plain Values* readers! www.WidowsChristianPlace.com

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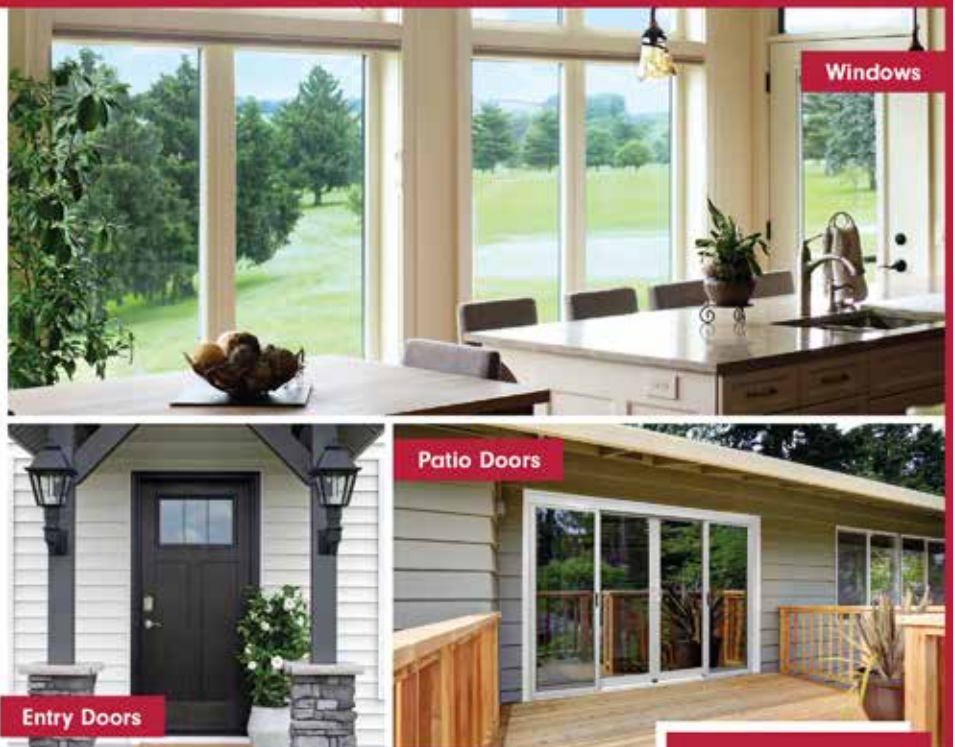
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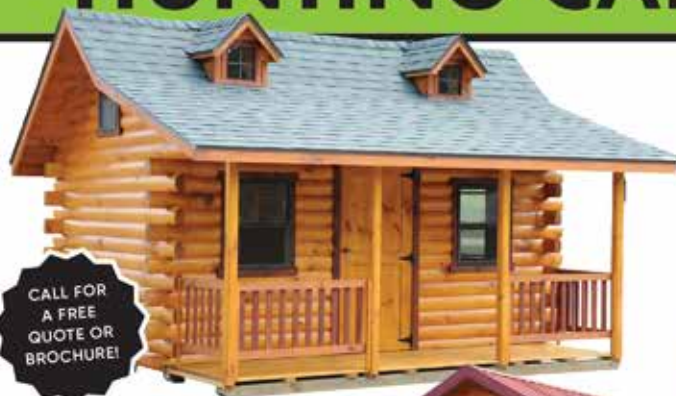
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- have difficulty with body space?
- have difficulty following multiple instructions?
- behave immaturely for their age?
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Instructions: Fill [●] any that you wish or all that apply.

1. Do you currently buy books from Ridgeway Books?
☐ Yes ☐ No
2. How many people are in your household? _____
3. What type of occupation do you have?
☐ Retail Store
☐ Wholesale Distributor
☐ Farming
☐ Contractor/Builder
☐ Wood Working Shop
☐ Metal Working Shop
☐ Other: _____
4. Which of the following does your business own?
☐ Vehicle ☐ Fax Machine ☐ Computer
☐ Word Processor ☐ Smart Phone
5. Which of the following do members of your family visit?
☐ Medical Doctor ☐ Eye Doctor ☐ Dentist
☐ Chiropractor ☐ Naturalist
6. Does your family use home remedies?
☐ Yes ☐ No
7. Do members of your family use herbal supplements?
☐ Yes ☐ No
8. Do members of your family enjoy hunting?
☐ Yes ☐ No
9. Do members of your family enjoy fishing?
☐ Yes ☐ No
10. What animals do you hunt?
☐ Deer ☐ Turkey ☐ Elk
☐ Coyote ☐ Bear ☐ Small Game
11. Does your family enjoy camping?
☐ Yes ☐ No
12. Does your family have mostly home-cooking or eat out and/or ordered out?
☐ Home Cooked ☐ Eat out and/or Order out
13. Do you bake your own bread:
☐ Yes ☐ No
14. Which of the following applies to you?
☐ We bake with whole grains
☐ We grind our own flour
☐ We use store-bought flour
15. Do you grow your own garden?
☐ Yes ☐ No
16. Is organic raised food important to you?
☐ Yes ☐ No
17. What type of school do your children attend?
☐ Public ☐ Parochial ☐ Home
18. Are any members of your family adopted?
☐ Yes ☐ No
19. Do you sew your own clothes?
☐ Yes ☐ No
20. How are you most likely to purchase your books?
☐ Mail ☐ Fax ☐ Phone
☐ Online ☐ Local Bookstore
21. What type of books does your family like to read?

<input type="radio"/> True Stories	<input type="radio"/> Fiction
<input type="radio"/> Persecution/Martyrdom	<input type="radio"/> History
<input type="radio"/> Medical Drama	<input type="radio"/> Outdoors
<input type="radio"/> Animal	<input type="radio"/> Children's Stories
<input type="radio"/> Travel	<input type="radio"/> Cooking
<input type="radio"/> Religious	<input type="radio"/> Inspirational
<input type="radio"/> Finances	<input type="radio"/> Hunting/Fishing
<input type="radio"/> Do-It-Yourself Books	<input type="radio"/> Crafts
<input type="radio"/> Coloring/Activity	<input type="radio"/> Health
<input type="radio"/> Adoption	<input type="radio"/> Biography
22. How many of your family members read on a regular basis? (mark the number of readers in each group)
_____ Child _____ Teen _____ Adult

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Located in the heart of Ohio's Amish Country, Amish patients make up nearly 50% of our customers, and we care for more Amish patients than any other hospital in the world.

Through years of investing in relationships and building trust, respecting local culture and values, along with our unique customer focus, we have made it a priority to create a successful, robust Amish Services program. From outpatient testing and diagnostic services, surgery, cardiology, OB and Midwifery, primary care providers, as well as access to specialty care, Pomerene Hospital is here to provide the care you deserve.

More than fifteen years ago, Pomerene recognized a need to improve communication and help build awareness and understanding of the Amish community, its culture and healthcare needs. A major investment was the hiring of Laura Schlabach who joined Pomerene Hospital as the Amish Advocate. An integral part of Pomerene Hospital's relationship with the Anabaptist community, she works closely with Amish patients and visitors to provide a comfortable and positive healthcare experience. Laura speaks Pennsylvania-Dutch and puts in a lot of time, going above and beyond her normal duties, visiting with the families at the hospital as well as their homes. As part of Pomerene's Amish Services Program, the Amish Advocate is always ready to assist our Amish patients. Laura also assists with billing questions and serves as a liaison in all areas of patient care.

Early on, Pomerene recognized how challenging it could be for families to find local housing options when a loved one was in the hospital. Pomerene converted a three-bedroom, furnished home into its own "Amish House" to help families stay together. Amish families who travel to Pomerene from outside of the community or from another state may stay at the "Amish House" to be near their loved one who is in the hospital.

The cost of healthcare continues to rise year after year, but Pomerene has developed a unique and proprietary "bundled payment" program called "Packages" to help provide the community access to affordable all-inclusive priced healthcare. Today, there are well over 300 package-pricing options (including inpatient care) and services that are available to our self-pay patients. One added benefit for self-pay patients is access to FREE transportation services within a 30-mile radius from our facility.

More recently, we have expanded our support to the plain community through the development of our Nurse Navigator program. Our nurse navigator is an experienced registered nurse who has been trained to be an advocate and intermediary for patients and their family members who may need help interacting and dealing with multiple healthcare organizations or the healthcare system. Pomerene's nurse navigator is fluent in Pennsylvania-Dutch and works diligently to eliminate barriers and cultural disparities in order to increase the health literacy of a patient and their family, empowering them to make the best possible decisions related to their care.

As an organization, we take pride in our Amish culture awareness and provide every employee with cultural training to help ensure we deliver great patient care to every patient, every time.



Don't delay the medical care you need

It is no secret we are experiencing a time period like no other. The Coronavirus pandemic has swept through communities all over the world causing fear and uncertainty. Although many questions still remain and we have yet to return to our normal routines, placing your routine health and healthcare needs on hold should be avoided. Delaying or withholding your own healthcare can have a negative impact to your future quality of life and can be very costly to your pocketbook.

Pomerene is going above and beyond to ensure you and your loved ones are safe while utilizing one of our facilities. We are following the recommended health and safety guidelines from the Centers for Disease Control (CDC) and the Ohio Department of Health (ODH) by taking temperatures of every patient and visitor who enter and exit our buildings, providing masks to be worn for the protection of yourself and others, following social distancing in public areas and rigorously increasing the frequency of cleaning and disinfecting at all facilities and locations with the use of our very own, ultra-violet germ-zapping robot. During your time at Pomerene, visitors are permitted, but may be limited for those patients who may have COVID-19 conditions. We are making a every effort to accommodate certain visitation requests as well as investing in new equipment, protective barriers, communication technology so family members can have access to speak and see their loved ones. As we put these new investments and services into place, keep in mind our priority is your safety and wellbeing as well as being mindful of the importance of our local perspectives and cultural values.

Lower costs by seeking care NOW

Seeking care when it is needed and staying vigilant of preventive care such as physicals and periodic examinations, mammograms, colonoscopies, and vaccinations can help prevent long-term diseases that may impact your quality of life and impact your pocket book. Chronic illness can greatly reduce quality of life for patients, their families, affecting their enjoyment of life, relationships, and finances.

Pomerene continues to develop and grow its network of providers in locations across Holmes County to meet your healthcare needs. Dr. Jenna Frakowski, Family Medicine Physician, alongside Danielle Byler and Debra Lewis, Family Care Nurse Practitioners, provide services to patients of all ages, newborn to elderly. In addition, Dr. Yasser Omran, Dr. Rohini Kalisetti and Terri Weiland, Physician Assistant provide care in adult medicine.

This means men, women and children are able to see highly skilled providers who understand the Anabaptist community and will seek to provide you with top-of-the-line care at the lowest cost possible. For additional screening or testing needs, Pomerene Hospital offers affordable services with our community outreach events as well as over 300 package-pricing options to meet your healthcare needs. Providing access to affordable healthcare will help save your hard-earned dollars, by keeping yourself healthy NOW!

We are here for you

Our team of clinical staff and care providers want to see you recover faster, heal smoother and get back to life as you know it. The health and well-being of you and your loved ones should never be postponed and Pomerene is ready to care for you now more than ever. Our processes may look different, but our promise remains the same – to care for the health of our community and those beyond.



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Hochstetler, IA

"I had restless leg syndrome for 6 years. The medicine was not helping anymore. It had gotten so bad that I was unable to sleep at night and would have to walk the floors constantly at nights. I didn't know what to do. Someone called and told me about the Nexalin ad. I called and set up an appointment. I did 20 sessions in my home. Within two weeks all my symptoms had disappeared. Four months later I still have no symptoms."

Olsen, MN

"Our child was having multiple seizures, as many as 12 a day. She was being treated by a medical university, which put her on seizure medicine. The medicine had negative side effects and offered no relief from the seizures. Our child had stopped growing, and we were becoming very worried for her health. We learned about Nexalin Therapy from an ad, and called to schedule treatments. She did 15 sessions and as early as the next day stopped having seizures. A month later she was still not having seizures. We took her back to the university, and they took her off all the seizure medications. She is still seizure-free and growing like crazy."

Bontragers, IA

"I had massive anxiety and heard voices all the time. As a 20 year old, it became so bad that I could no longer live at home and had to be away from the family. My brain stayed confused. I was on five different strong medications and felt tremendously drugged. I went through the Nexalin treatments twice. For the first time, I am off all my medications, have more energy to work, and am extremely happy."

Byler, MO

"At 45 years old, I have spent my entire married life on Zoloft and Prozac. I feel like I have missed out on so much with my children growing up and have never felt mentally normal. I've been through Nexalin treatments three times and for the time have stopped all medications. The terrible fear I would feel in the mornings and the anxiety I would feel through the day are gone."

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"I was a 20-year-old schizophrenic; hearing voices most of my life. I went through 3 sets of Nexalin treatments, and have been able to cut my medications down to half. For the first time, I have a bright, positive outlook on life."

Chris E, MO

"My anxiety and depression had stopped me from working most days. I was the highest dose of medication that was allowed. After treating with the Nexalin, I have stopped all my meds, sleep soundly all night and am back to work."

IN

"I enjoyed doing chores and gardening with my husband, but I had gotten so stiff in my neck and shoulders and my legs hurt so bad I couldn't work outside anymore. I treated with the Nexalin, and my neck and shoulders are completely normal, and I can run like I did when I was young!"

MO

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As I got older, my sleep became uneven. Many nights, it would take more than 15 minutes of reading to make me sleepy. Then, I would wake up three or four times during the night. Sometimes my brain wouldn't shut off, and I'd be up for an hour or two. Needless to say, I no longer woke up feeling refreshed.

Luckily, I found a solution.

Sleep More is an alternative health product that safely helps folks get a good night's rest. I simply take one or two pills about 30 minutes before bed. It's that easy.

Sleep More contains four key ingredients: melatonin, valerian, passionflower, and magnesium.

Melatonin is a hormone that your body naturally produces to get you to sleep. But in some cases, your body just doesn't make enough on its own.

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Research has shown that valerian can increase the amount of gamma-Aminobutyric acid (GABA) in your brain, which can have the sedative effect of making you feel calm and relaxed, thus helping you fall asleep faster and sleep better overall.

Passionflower also increases the amount of GABA in your system. And the classic, traditional recommendation of combining passionflower and valerian root for sleep problems now has research to support it.

A magnesium deficiency is another possible cause of sleepless nights. It's hard to make sure you're getting enough magnesium from diet alone. But by taking a supplement, you don't have to worry about it.

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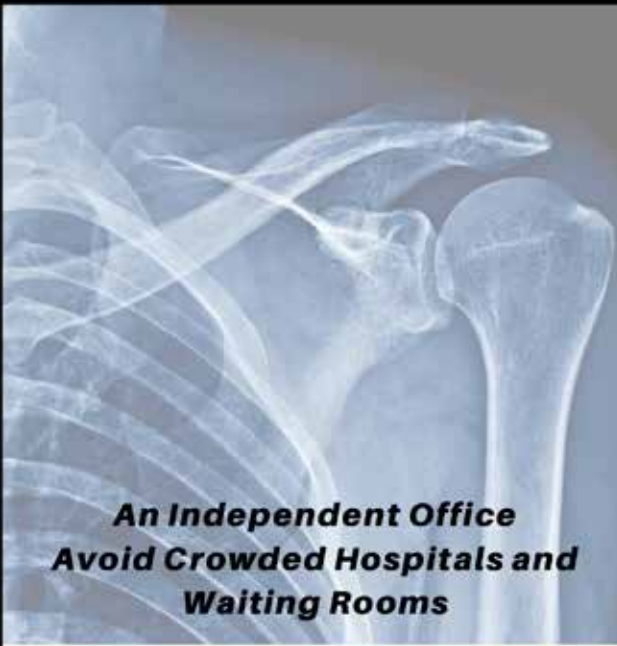
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HOMESTEAD ROOTS

words by: **MERISSA A. ALINK**

While I'm not a big fan of hand sanitizer, since it can be drying to your hands and it usually just smells bad, I can understand that it has its time and place. If you are in a very dirty, germ-filled grocery store with nowhere to wash your hands during flu and cold season, you aren't going to care if your hands smell a little bit from using hand sanitizer; at least they are clean!

If you'd rather skip the store version, it's actually pretty easy to make your own DIY Hand Sanitizer Spray. You just need a few simple ingredients. Here's the simple recipe for how to make hand sanitizer spray!

HOMEMADE HAND SANITIZER SPRAY

INGREDIENTS

- 1 ¼ cup 99% Isopropyl Rubbing Alcohol
- 6 T. Aloe Vera Gel
- 20 drops of Tea Tree Oil

In a small bowl, mix all the ingredients together until they are well blended. Pour into a small spray bottle and use as needed. Be sure and give it a shake before using to help distribute the essential oils better.

This will make the perfect amount for a 12-ounce spray bottle. You could also pour it into smaller bottles which will fit easily into your diaper bag or purse so you can always have it on hand for those trips to the grocery store, restaurant or after playing at the park.







A RADICAL KIND OF LOVE

words by: **NORITA YODER**

Women who chose to be rebaptized during the Reformation, were making a conscious decision to follow a path that veered sharply away from the reforms of Luther and Zwingli. The bold contrast is evident when comparing the life of Helena von Freyberg, an Anabaptist woman, to the life of Katharina Zell, a Lutheran woman. Both women lived during the time of the Reformation in the early 1500s. They both spoke, wrote, proselytized, aided the reforms—and sheltered reformers—but for different sides and with profoundly different consequences. Helena chose to side with Anabaptism, a faith which was marginalized in that era by the Lutherans, Zwinglians (Reformed), and Catholics. She made the conscious choice to become a part of a radical faith not dependent on systems or forces of the world. We will contrast Helena von Freyberg's life with that of Katharina Zell, who chose the Lutheran faith and thereby was able to remain within a state dependent system.

Katharina Zell was born in Strasbourg and lived her entire life in the city of her birth. A devout and faithful member of the Roman Catholic Church in her youth, she heard the teachings of Martin Luther from a local priest, Matthew Zell, in 1521. She embraced the

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“KATHARINA SHELTERED AND FED NOT ONLY FELLOW PROTESTANTS ON THE RUN, BUT ALSO LARGE NUMBERS OF REFUGEES FROM THE GERMAN PEASANTS’ WAR.”

new reforms of Lutheran teachings, then married Matthew Zell on December 3rd, 1523. Katharina would clearly have understood that her marriage to a Catholic priest turned Lutheran pastor was an alignment with the Protestant reforms.

As Zell's wife, Katharina sheltered and fed not only fellow Protestants on the run, but also large numbers of refugees from the German Peasants' War. With at least a vernacular education, she wrote tracts, letters, and songs. When her husband died in 1548, she wrote an extended *Lament and Exhortation*, in much the same manner as sermons that were circulated at the time.

Five years after the death of her husband, an incident occurred where she remonstrated Ludwig Rabul, a former boarder at her house, on a theological matter on which they disagreed. He accused Katharina of being “a disturber of the peace of the church.” She replied to Ludwig Rabul's accusation with a public letter of defense to the whole citizenship of Strasbourg wherein she said, “I have never mounted the pulpit, but I have done more than any minister in visiting those in misery.” She described her role and identity as “a church mother, nurturer of pulpit and school” and that from her “younger days I was so dear to the fine old learned men and architects of the Church of Christ.... They never withheld from me their conversation about holy matters and they gladly from the heart heard mine.” Although she had contact with Anabaptism, Katharina never chose rebaptism, instead working for Lutheran reforms.

Whereas Katharina Zell worked for Luther's reforms, Helena von Freyberg was a woman of nobility

who worked for Anabaptist reforms in the Tyrol region of Austria. Helena was an only child whose early connections with reformers were mixed with old family connections from the “von Freyberg” family and the “Marpeck” family. As an example of the two families' interconnectedness, Helena's father Gilg, a noble man from Münichau, sold Heinrich Marpeck “mining and grazing rights.” As reforms broke out, Helena and Heinrich Marpeck's Anabaptist son Pilgram would find their paths cross in unusual ways. In addition, the castle in their hometown of Münichau would play an important role for Anabaptists in the region.

When she was around twenty, Helena married a young baron of equal nobility named Onophrius. Together they had four sons who became knights. Legend says that Martin Luther visited Onophrius at his castle in his hometown of Hohenaschau in 1518; if this is in fact true, Helena had knowledge of—and possible interaction with—early reformers.

As the Anabaptist movement spread out of Zürich, Switzerland, and into Germany, the Tyrol region of Austria, and Moravia, the teachings evolved with the different leaders in the various regions. In and around the city of Augsburg, Germany, it was Pilgram, the son of Heinrich Marpeck, old family friend to Helena's family, who emerged as a later influential Anabaptist leader in the southern Germanic regions.

Helena first appears in court records associated with Anabaptism in 1528. In 1523, Helena inherited the Münichau Castle when her stepmother needed funds to free herself from debt after the death of Helena's father. Eventually, Helena occupied the castle and made it a center for Anabaptist activity. When her name first appears in the records, it states that she and her whole household had been rebaptized. Reports also included services held by prominent ministers, including Pilgram Marpeck. From at least 1527-1529, a church flourished there in Helena's Münichau Castle.

It was not until 1529 that reports were verified by an arrested individual and the order went out for her arrest. Helena fled in time to avoid arrest, first to her husband's residence in Tyrol. Discovering she was no longer safe in the Tyrol region, she fled yet again, this time to Constance, a city that today is near the border of Switzerland, Germany, and Austria. Once she settled in Constance, she set about proselytizing and working

to further the cause of Anabaptism until driven out of that region in 1532.

For a brief period she returned to Tyrol when she won her case to recant in private. Having done so, rather than live in quiet, she once again became an active Anabaptist. Helena then relinquished her castle and other property, and her rights, as citizen of her homeland of Tirol. During these times,, she was supported financially by her husband and sons who remained in the Tyrol region, under the influence of Lutheran and Zwinglian reforms.

Finally forced from Tyrol for the last time, Helena lived the final eleven years of her life in Augsburg, Germany. These years proved more productive than her early years in advancing the cause of Anabaptism. During this period she instructed her tailor Hans Jacob Schneider in the Anabaptist faith. In the 1550s and 1560s, he would go on to become a major Anabaptist leader in the Augsburg area working with Pilgram Marpeck.

It was also during this time she was involved with the *Damenkrieg*, or the “war of the ladies.” The *Damenkrieg* was an effort between Anabaptist leaders Pilgram Marpeck and Casper Schwenckfeld to gain support of noblewomen such as Helena. Her old family ties to Marpeck, plus the fact that Schwenckfeld was living with Helena’s brother-in-law, provided her with a unique place of influence. It was Helena and Magdalena von Pappenheim who passed letters and writings between Marpeck and Schwenckfeld. Through all of it, Helena remained committed to Marpeck’s theology.

Marpeck insisted that God’s kingdom is one of love: “Here there is no coercion, but rather a voluntary spirit....” Helena chose to follow this path of radical love and stake her own life on the One who said of His life, “No man taketh it from me, but I lay it down of myself.”

Helena might have chosen to remain with her husband and family, as did Katharina Zell, and work for Lutheran and Zwinglian reforms. Instead, she chose a way that followed the teachings of Jesus as written in the New Testament. Her life and her writings reveal that the Anabaptism that she committed her life to is rooted in the authentic Christianity of the early church. Followers of this kind of authentic Christianity prioritize loving God and others—even at the cost of their own lives. While Helena suffered the loss of her homeland, her children, and grandchildren for the sake of her faith,

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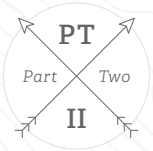
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she gained a spiritual family and heritage that reached far beyond her life. Her faith resided in a God who says, “For whoever would save his life will lose it, but whoever loses their life for my sake will find it.” //

*If you would like to learn more about this or any other part of our history, please call or visit the Amish & Mennonite Heritage Center. We offer guided tours of "Behalt" - a 10 ft. x 265 ft. Cyclorama oil-on-canvas painting that illustrates the heritage of the Amish and Mennonite people from their Anabaptist beginnings in Zurich, Switzerland, to the present day. Behalt means “to keep” or “remember.” We are open Mon–Sat 9:00–5:00 and are located near Berlin; you can find us at 5798 County Road 77, Millersburg, OH 44654. **Please call (330) 893-3192 for more information or to schedule a day or evening group tour.***

NORITA YODER IS A HISTORIAN AND THE ASSISTANT TO THE DIRECTOR OF THE AMISH & MENNONITE HERITAGE CENTER.



ON FIRE FOR GOD

words by: **TORRY MARTIN & DOUG PETERSON**

One day, Rob set a gasoline can about ten feet from the burn barrel.

"That can is awfully close to the barrel, don't you think?" I said.

"Stop freaking out. I know what I'm doing."

"But I'm pretty sure that's not safe."

"And I'm pretty sure you need to stop freaking out."

The next morning, Rob was outside burning trash in the barrel, but as he dumped cardboard boxes in the can, they just wouldn't catch fire. There were smoldering coals in the bottom of the barrel (sound familiar?), but evidently they weren't hot enough to ignite the cardboard.

That's when Rob's eyes landed on the gasoline can I had warned him about. The can contained only a little bit of gasoline, so he figured it couldn't hurt to pour it on the smoldering coals and give the fire a little encouragement.

He gave the fire a lot more than a little encouragement.

Rob was pouring out the last little bit of gasoline when he saw a flame jump from the bottom of the burn barrel to the can, which was





still in his right hand. It all happened in a flash, before he had a chance to react.

KABLOOM!

Rob told me later that the only thing he remembered thinking was, *Boy, that was stupid.*

The next thing he knew, he was completely on fire.

I was still in bed when I heard the KABLOOM, and I knew immediately what had happened. Dashing outside, I found Rob completely engulfed in flames. I mean completely engulfed. The explosion caused the gasoline to splatter his clothing, so his shirt was on fire, and so were his pants. Remembering the old rule, “Stop, drop, and roll,” Rob did just that, but the flames would not go out. So he leaped back up and yanked the burning T-shirt over his head and tossed it aside. But this exposed his bare belly to the fire that still shot up from his flaming pants. So the human torch pulled down his pants and tried to kick them off, but he couldn’t get them over his work boots.

By the time I reached him, he was sitting on the ground with his pants around his ankles, and he was patting at the flames wildly.

“I’m all right, I’m all right!” he said.

“You don’t look all right.”

He probably would have been a lot more convincing if he hadn’t still been smoldering when he told me he was okay.

Rob finally managed to douse the flames, and as he put it, he wound up with second-degree burns to his body and a third-degree burn to his male ego. The entire right side of his face was red—as if he’d gotten a bad sunburn or stood too close to a nuclear test explosion. He also had second-degree burns on his belly and on his right hand, which had been holding the gas can when it exploded. The can was torn apart, but his hand remained in one piece.

After these two fiery incidents, I have to say that I can relate to the prophets of old. I’m not saying that I’m a prophet in any way, but I did get a sense of what it’s like to issue a warning over and over and not be taken seriously. When I warned Rob about the burn barrel in the trailer or the gas can near the barrel, he dismissed me with a roll of his eyes and a wave of his hand.




I wouldn't have been surprised if Isaiah had been similarly dismissed by the Israelites: "Stop freaking out, Izzy!"

The prophets were busy during the period of the divided kingdoms, when Israel split apart from Judah following the death of Solomon. During this time, Elijah, Elisha, Amos, Isaiah, Hosea, and Micah all tried to warn the people of Judah and Israel to stop running after false gods and to turn back to Yahweh, but inevitably the chosen people would say, "Stop being such a worry wart!"

Josiah, a king in Judah from 640 to 609 BC, tried to eliminate all the temples dedicated to the god Molech, but this god and others kept popping up throughout the land, like the smoldering coals in our burn barrel. (Ironically, Molech was the god of fire.)

Today, we no longer worship a god of fire like Molech or a god of fertility like Baal, but we still have our own twenty-first-century gods. They go by other names: pornography, greed, success at any cost, apathy, and much, much more. So we need to listen for the warnings



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in our lives—warnings from friends who care enough about us to point to the smoldering coals in our lives that might burst into flame if we're not careful. These people are the "prophets" in our lives.

Prophets are like smoke detectors, which can sense invisible particulates well before you even see smoke or fire. So make sure you have people in your life who aren't afraid to tell you when you're dragging along a barrel full of hot coals that could burst into flame at any moment.

And while you're at it, clean up the spiritual trash in your life because God sponsors a dump day every single day of the year. //

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THE CANINE CORNER

MAMMARY GLANDS

words by puppy expert: **DR. TERESA HOXWORTH**

This article will cover the topic of mammary glands and some of the disorders that we may see concerning them. Most of the problems will be associated with lactation, but occasionally we will see tumors or other swellings arise that could be confused with mastitis. I have received multiple emergency calls concerning swollen mammary glands and severe mastitis lately, so a review of problems seemed like a good idea.

The most common problem that I see associated with mammary glands is mastitis. Mastitis is infection or inflammation of mammary glands. Mastitis normally occurs after a female has puppies, but can occasionally occur before whelping or with a false pregnancy. Signs of mastitis can include red and firm glands that are warm to the touch and may be painful. In severe cases, the glands may become abscessed and rupture. These abscesses can sometimes be seen when areas of the skin over the affected mammary gland becomes clear or dark or black and bulging. It may start out looking like large blisters on the gland. The female may have a fever, especially when there are abscesses forming. She may also neglect her puppies and become lethargic and not want to eat. The milk from affected glands is often

"PUPPIES SHOULD BE SUPPLEMENTED UNTIL THE FEMALE'S TEMPERATURE DROPS BELOW 103 DEGREES AND THE MILK APPEARS MORE NORMAL."

clear or discolored. Treatment includes antibiotics, hot compresses applied to affected glands, and if abscesses are present, opening and draining the abscesses and trimming the dead tissue. The ruptured glands are then allowed to heal as an open wound. Pups can usually still be allowed to nurse the female if there are glands which are not affected. I tend to see problems with diarrhea and puppies not feeling well if a female's temperature is above 103 degrees and the puppies are still being allowed to nurse. Puppies should be supplemented until the female's temperature drops below 103 degrees and the milk appears more normal. Puppies should also receive treatment if they have developed signs of diarrhea.

One of the common signs seen with false pregnancy is something called galactorrhea, which is the medical term for inappropriate milk production. Whether a dog is pregnant or not, after a heat cycle, all dogs go through a two-month period of high progesterone, which rapidly falls and stimulates a hormone called prolactin. This rise in prolactin can stimulate milk production, even in females which are not pregnant. Some females can be difficult to tell if they are having a false pregnancy or if they are only pregnant with one or two puppies. In these cases, a radiograph is needed to make an accurate determination of pregnancy or false pregnancy. Unless mastitis occurs during a false pregnancy, the milk which is produced should quickly dry up in a week or two. Do not attempt to milk out a female that is producing milk because of a false pregnancy, as this will signal her body to keep producing milk.

Another problem that can be seen commonly in the mammary glands of dogs is tumors. Tumors or neoplasia are seen as hard masses or lumps in the mammary chain. They are usually not painful and can be seen at any time during the cycle, not just after whelping. Some of

these masses are benign (not spreading) and some of the masses are malignant (spreading to nearby tissues, lymph nodes, and lungs). You will not be able to tell if a mass is benign or malignant unless the mass is either aspirated and examined microscopically or removed surgically and then examined under the microscope. Treatment is surgical removal, but the prognosis depends on if the mass is benign or malignant.

Finally, sometimes inguinal hernias can be confused as a problem with the mammary glands. The last two mammary glands sometimes appear enlarged when it is actually an inguinal hernia. Most of the time this will be a soft swelling, but if something from the abdominal cavity becomes trapped in an inguinal hernia, it will be hard. I have seen fat, intestines, the urinary bladder, the uterus, and even an unborn puppy trapped inside an inguinal hernia. It is more common to see these swellings when the female is in heat, but it could occur at any time. The hernia is actually underneath the mammary tissue, so it does not affect the mammary gland itself, but it can make it appear that the mammary gland is swollen. Surgical repair is the treatment for an inguinal hernia, but it is not recommended that females that have had inguinal hernias repaired be used for breeding due to the concerns of it being an inherited condition.

I hope this review of the mammary glands has been helpful. If you have any concerns about any of your females having any of these conditions or if you are treating a suspected mastitis that is not improving, you should contact your veterinarian to schedule an exam. //

DR. TERESA HOXWORTH IS A VETERINARIAN AT DANVILLE VETERINARY CLINIC IN DANVILLE, OHIO.

FUNDS *and* BENEFITS

// ARLEN AND WANDA MULLET FUND

A fund has been set up for Arlen and Wanda Mullet. Arlen, 31, fell at home and fractured several vertebrae in his neck. He is currently paralyzed from his chest down. They are facing large medical and rehab expenses. They have two children, ages 2 and 7. Thank you for your prayers and support. Make checks payable to Mt. Hope Charities Inc., PO Box 19, Mt. Hope, OH 44660. Attn: Fairview West Church.

// URIAH AND LIZZIE HOSTETLER FUND

A fund has been set up for Uriah and Lizzie Hostetler. Their 5-year-old son has acute leukemia and is going to Akron Children's Hospital every other week for chemo, blood tests, and blood infusions, staying anywhere from one day to over a week. This will be ongoing for 2-3 years. All contributions and prayers are greatly appreciated. God bless you. Tax-deductible donations can be made to Mt Hope Charities Inc., Po Box 19, Mt Hope, OH 44660. Attn: Hostetler NE District #134-1.

// DANIEL STOLTZFUS FUND

Daniel was in and out of the hospital in Florida for three months with heart and lung problems. He has a huge hospital bill and is currently off work. He is on oxygen and has ongoing medical expenses with very little income. Coronavirus put a stop to benefit sales. Send donations to Coatesville Savings Bank, 1099 Georgetown Road, Christiana, PA 17509, payable to Daniel Stoltzfus Fund.

// FISHER FUND

A fund has been set up for Levi and Sarah Fisher. They have been in Arizona to find help for Sarah's Lyme disease since May 4, 2020. They will be gone for at least three months with no income. They have three boys ages 5 years, 3 years, and 5 months. Any donations will be appreciated. Send donations to Fisher Funds, c/o The Muncy Bank & Trust Co., PO Box 1, Dewart, PA 17730, payable to Fisher Fund.

// IRENE KAUFFMAN FUND

A fund has been set up for Irene Kauffman's living expenses in the Eberhart assisted living facility. She is 79 years old, has Parkinson's disease, and has no income. Irene is a single lady and needs a lot of care. Thank you for your prayers and support, and may God bless you. Make checks payable to Irene Kauffman Fund, Arthur Community Bank, 201 S. Vine St., Arthur, IL 61911. Attn: Dawn Boddy.

// CLEMENS AND CHRISTINE BORINTRAGER FUND

Christine Borntager has a chronic medical condition and she is in need of financial help to help pay her medical bills. Handling these costs has been difficult enough, but recently they had to move out of their old house because of mold issues. If your heart is moved to help them, please send payments to BTC Bank, 3606 Miller Street, Bethany, MO 64424. In the memo line, write "medical fund," with checks payable to Roman Borntager. May God bless you for your help!

// DUANE AND DORA YODER FUND

A fund has been set up for Duane and Dora Yoder. Due to mold in their house, they have health issues and are completely rebuilding. Thank you for your donations. Make checks payable to: The Commercial & Savings Bank, Duane Yoder Fund, PO Box 36, Charm, OH 44617.

/ PLEASE NOTE /

If you are conducting a fundraiser to assist with medical or hardship expenses, please let us know and we will be happy to feature it for one month at no cost. Funds must be payable to a bank, church, or charitable organization.

GOOD STUFF

WITH KEVIN BILLE

Hey, what's the good word!

Selflessness. Thinking of self less and others more. As I like to say, less of *me* and more of *we*. It is so counterintuitive to a lot of today's society, but so ever present in Jesus' time on Earth.

Greg Tonagel, the Head Men's Basketball Coach at Indiana Wesleyan, has established a principle for his program, and I can personally tell you that they live it out to the best of their ability every day. Not just as basketball players and coaches, but as people. It is the foundation for their words, actions and behaviors. Here's his principle:

I am third. God first, others second, myself third.

Think about that. Honestly, go back and read those three words then pause. Take time to reflect, right now, and try to comprehend how powerful and life changing that is. *I am third.*

My personal struggle with following this principle includes dealing with my selfish thoughts and allowing them to take over my words, actions, and behaviors. If you experience these same thoughts in your own head, here are some tips from certain examples that could help you stay focused on others.

The next time someone is talking to you, be present and give them your full attention. Listen without the intent of responding instead of only thinking about what you want to say next.

What about when someone else needs help and you think first about how it will affect you —ever had that happen? Shift from me-first thinking to considering how it will affect the other person instead.

Don't worry about being right all the time. By having to be right, you may be quick to blame others and assume fault, even if it's a result of your actions. Those who live as if they are always right rarely take responsibility for

things they've done wrong. They refuse to accept the consequences of their actions and live in denial.

There are many other variations, but you get the idea. These are all self-centered thoughts. I have them and I know a lot of others do too. It's natural for us to have these self-centered thoughts. When we are kids, we believe we're the center of the universe. Then we grow up and mostly still believe this. It's probably a self-defense mechanism to create a universe where we're at the center of it, entitled to what we want.

We must get ourselves out of the way and think of the other person. As my good friend Mike Gallina of Aultcare says, "We must not make it about ourselves, but about finding ways to use our skills and talents to help others. And no talent or skill is too small to use to serve others."

The truth is, the more selfless we are, the greater we experience happiness. Those with servant hearts who are self-less and embody the principle of "I am third" are joyful people.

So, ask yourself, what is one specific thing I can do to become self-less? Is it spending more time in prayer? Helping a neighbor in need? Volunteering? Find that one thing so that you get out of your own way and become self-less rather than selfish.

Now that's GOOD STUFF! //



Please feel free to reach me anytime with your thoughts at kevin@plainvalues.com or:

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