

# PLAIN VALUES

PRAYERS FOR THE NATIONS: HAITI

CREAM CHEESE DANISH

REFRESHMENT

THE STORY OF HEINZ GAUGEL

AN ALL-AMERICAN TROUT



## WHO IS MY NEIGHBOR?

*The Story of Eight Days of Hope*



Plain Values is moving to a subscription-based magazine. See page 9 for more information.



# Are you looking to start your own home business?

How could I....

Work at home?

Provide work for the boys?

Generate a sideline income?



- Start a Firewood Business
- Custom Firewood Processing
- Firewood Processor Rentals



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*Request a copy of our Firewood Business Guide Booklet.  
Lots of good advice on starting your own firewood business. Written  
by Scott Salveson, Director of The National Firewood Association*



### Start a Firewood Business.

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### Custom Firewood Processing.

Custom firewood processing is a great business opportunity for those that are looking for additional income as well as running your own custom business. Not only are you utilizing your machine, but also yourself. You know how to operate your machine better than any renter, any day. The profit margin on this type of business can be quite lucrative. If you enjoy providing personal service to clients that make a difference in their life, this is an opportunity for you!



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**-Eugene Hostetler, Bright Star Auctions, Middlebury IN**

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Machine QUALITY meets all of our expectations even for mid to high wood production. This, coupled with a 3-year parts warranty, keeps our operating cost affordable.

I would recommend DYNA to anyone wishing to buy or rent a processor.

**-Dewayne Amstutz, Hilltown Firewood and Services LLC, Huntington MA**

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# PLAIN VALUES

Stories to Impact, Inspire, and Call to Action

**MARLIN MILLER** Publisher

**KEVIN BILLE** General Manager

**MATT YODER** Sales Advisor // Ohio

**AARON STUTZMAN** Sales Advisor // Indiana

**ELAM STOLTZFUS** Sales Advisor // Penn.

**NIC STOLTZFUS** Editorial Director

**JAN SCHLABACH** Customer Service

**BETHANY TROYER** Bookkeeping

**ISAAC HERSHBERGER** Production Manager

**SETH YODER** Graphic Artist

**LANDON TROYER** Photographer

## CONTRIBUTING WRITERS

Nic Stoltzfus

Marcus A. Yoder

Merissa A. Alink

Jim Zumbo

Ferree Hardy

**AUGUST AD SALES DEADLINE** // July 6, 2021

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PO Box 201/2106 Main Street, Winesburg, OH 44690

Phone: (844) 260-4578 | Fax: (330) 601-4099

[www.plainvalues.com](http://www.plainvalues.com) | [reachout@plainvalues.com](mailto:reachout@plainvalues.com)

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Thoughts and ramblings from Marlin Miller, publisher of *Plain Values*. // page 9

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### ON THE COVER

A volunteer with Eight Days of Hope arriving at a destroyed house, eager to get to work.



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JULY 2021



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This month, we turn our attention to the island country of Haiti.



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Giving a little bit of your presence with acts of kindness in words and deeds are refreshments to the widow's soul.



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Heinz committed himself to painting a cyclorama depicting the history of the Anabaptists and engaged in painstaking historical research towards that end.



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## An All-American Trout

When people ask me to name my favorite trout, I have an easy answer. It's the brook trout. Some may express surprise at this, because "brookies" are our smallest trout.

## 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. // after page 42



# Special Announcement





One day during my lunch break at a local eatery, I struck up a conversation with my waitress. The more we shared about life, the more clearly I saw rivers of pain and heard the heartache behind the ready smile she wore. There are more hurting people in our backyards than ever before. Now is the time to be the hands and feet of Christ, listening to, caring about, and serving our neighbors.

It grieves me to ponder the weight of what is hovering just below the surface, often out of sight most of the time. But, if we begin to pay attention, ask sincere questions, and listen to truly hear... we can show the love of Christ to those around us.

My wife, Lisa, and I adopted all four of our children. Our oldest son is on the Autism spectrum and our three younger children all have Down syndrome. Raising our family has been one of the most challenging and rewarding things we have ever done. Diving into the world of adoption and special needs revealed shocking orphan statistics and also revealed to us the many individuals, ministries, and mission organizations working tirelessly for their calling in their corner of the world. We wanted to share more about these stories with our neighbors, so in 2012 we started



## ONE MINUTE WITH MARLIN



### + November 2012

#### JUST PLAIN VALUES MAGAZINE IS BORN

After the adoption of Bryson in 2007, Adelaide in 2009, and Bennett in 2012, the Millers took their first steps toward publishing their very own print magazine.

### + June 2013

#### JUST PLAIN VALUES LAUNCHES IN OHIO

In the summer of 2013, the very first issue of *Just Plain Values* magazine hits the mailboxes of Amish homes all across the state of Ohio. This humble first issue featured only advertisements.



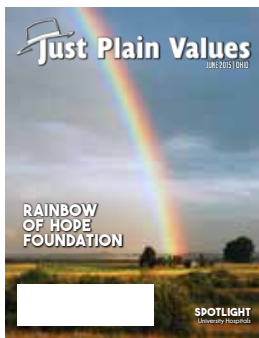
*Plain Values* magazine. Being from Holmes County, Ohio, most of our neighbors are Amish and as a result, we reached out how we could with a print magazine placed directly in the mailbox each month.

I believed in sharing these incredible stories so much that I offered the magazine for free to all of our readers. Advertising has been the only means of income to pay the bills. And this past year, my wife and I gave *Plain Values* to a non-profit we founded dedicated to helping children in need. The mission of our non-profit, Room to Bloom, aligns beautifully with the mission of our magazine. It is to “promote the beauty of adoption and ascribe dignity to people with Down syndrome and other special needs”.

Our readers have responded to our message of good news with opportunities to help others. What

began as just a small magazine for my neighbors in Ohio has grown to over 320,000 monthly readers all over the United States. Recently, a much larger media company has taken note of our work and has asked to share our work with their readers. As exciting as that is, it presents us with a problem: if even a tiny percentage ask to receive *Plain Values*, we will grow ourselves right out of business!

**I need your help.** *Plain Values* is transitioning to a subscription magazine in order to continue sharing stories of missions, ministries, individuals, companies, and organizations around the world who are serving their neighbors and people in need. We are offering current readers of *Plain Values* a subscription to the



#### + June 2015 NATIONWIDE CIRCULATION

By the summer of 2015, *Just Plain Values* is being mailed to 39 states, with an estimated readership of 250,000.



#### + January 2020 DROPPED THE "JUST"

In an effort to update and simplify the branding of the magazine, the January 2020 issue is the first to feature its new, shorter name – *Plain Values*.



#### + October 2020 ROOM TO BLOOM PUBLISHES PLAIN VALUES

Marlin and Lisa's heart for children with special needs leads to the founding of a non-profit organization to help children in need. *Plain Values* is also now published under the licensed authority of Room to Bloom.



#### + July 2021 TRANSITION TO PAID SUBSCRIPTIONS

The magazine has always been mailed to you for free. In an effort to share our mission with as many readers as possible, and due to rising production costs, *Plain Values* is now switching to a subscription-based magazine that benefits Room to Bloom.

magazine for \$30 for one year or \$50 for two years. Now, here is the beautiful thing, when you give, a portion of your funds will go directly to the Room to Bloom Foundation to help children with special needs!

Join us in encouraging and inspiring folks to return to a way of life that is simpler and more truthful... dare I say a lifestyle rooted in "plain values?" Subscribe today! //

#### MARLIN MILLER

*founder and publisher of Plain Values*

+ Asking you to subscribe to *Plain Values* financially is humbling, however it is necessary to avoid growing ourselves right out of business.

#### Q | I already get *Plain Values* for free. If I don't subscribe, does that mean I won't get it anymore?

A | If you and your family already get *Plain Values*, you will continue to get the magazine for free. But I do ask that you consider becoming a subscriber because this will allow us to expand the magazine, tell more great stories, and feature more ministries making an eternal difference in the world.

#### Q | Why are you offering subscriptions to the magazine?

A | Over this past year, our print costs have gone up, and we continue to get more and more people requesting to get our magazine. We have reached a point in the magazine where we either have to cut people off or start offering subscriptions for new readers.

#### Q | What is the benefit of subscribing?

A | Subscribers of *Plain Values* magazine will not only be supporting the magazine, they will also be supporting our non-profit, Room to Bloom, which helps children in need. In addition, our magazine subscribers will have access to exclusive digital content from our *Plain Values* e-newsletter.

#### Q | I want to subscribe. What do I do next?

A | To subscribe, fill out the card, including a check, and send it back to us. You can also give Jan a call at 844-260-4578. Thank you for your help!



# Monthly Update

Room to Bloom's mission is to promote the beauty of adoption and to ascribe dignity to people with Down syndrome and other special needs. We do this by partnering with organizations that are dedicated to orphan care and adoption advocacy, strengthening families who have children with special needs, and giving a voice to the vulnerable.

## Current Needs



### Palmer Needs a Second Heart Surgery

Palmer is a healing home favorite with sponsors because he always sports a gigantic smile on his face. He is truly a miracle baby. Palmer was born with Down syndrome and a severe heart defect which required surgery when he was just a couple of months old. Unfortunately, Palmer continued to have issues with breathing and sickness, and it was discovered that he had funnel chest. He underwent another complex surgery to expand the bones in his chest. It wasn't known if he would even survive this surgery since he was so fragile at the time. He'll need the hardware in his chest removed sometime in the future and without financial gifts from loving folks like you. Palmer's medical needs wouldn't have been a possibility. Palmer's financial sponsors have given him the gifts of life and love.

Palmer now faces the need for another heart surgery in the next 6 to 18 months.



estimated  
surgery cost

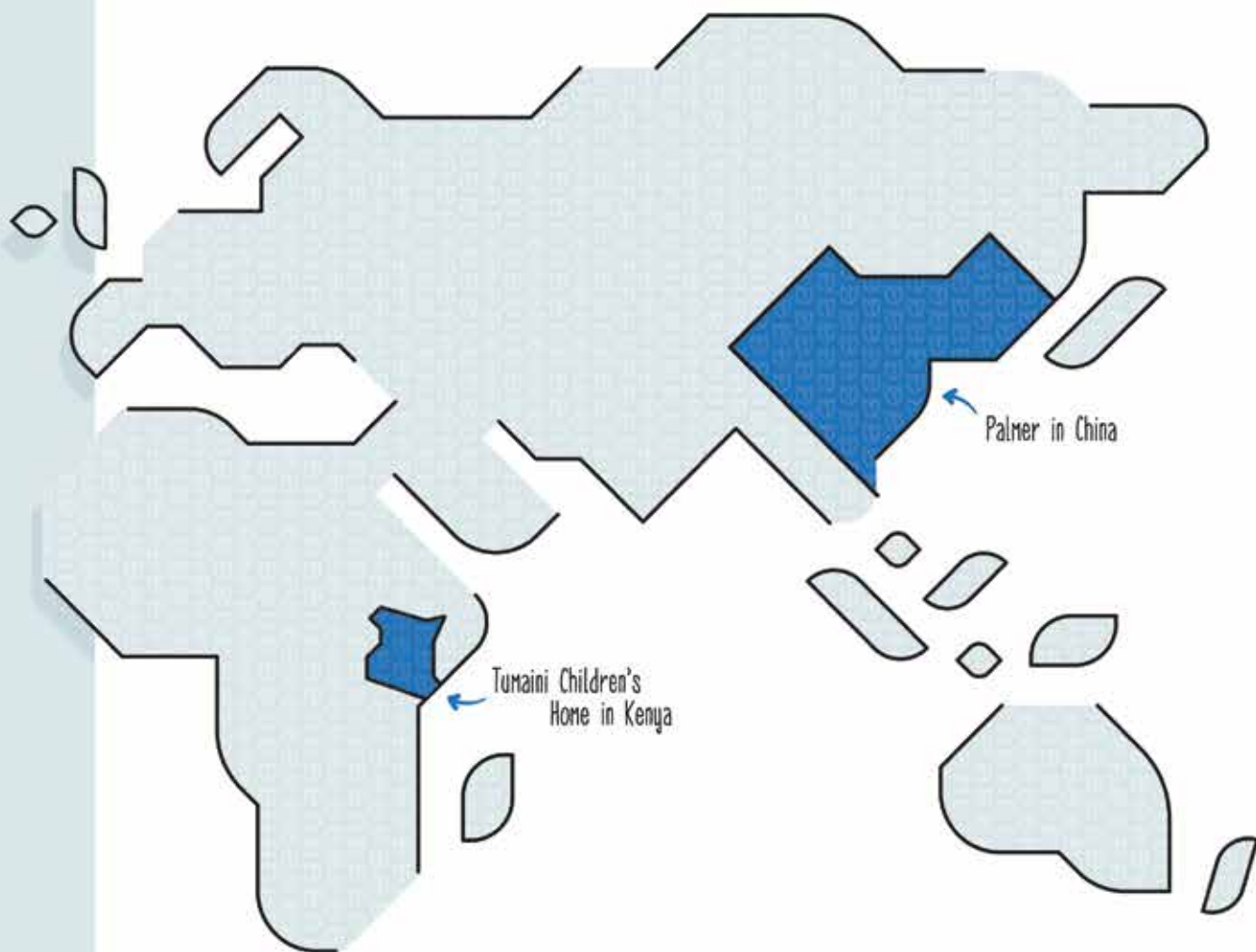
**\$15,000+**

### How to Donate

If you want to help Palmer, Lois, Jarius, Gideon, or other children like them, please find our donation card on page 42. Complete it with your donation information, tear it out, and mail it along with your check to:

#### Room to Bloom

P.O. Box 201  
Winesburg, Ohio 44690



## Tumaini Children Home Schooling Needs

Five of Horace and Phyllis Leister's 44 children in Kenya, Africa, are in need of funds to allow them to attend school in the fall. Lois (6 years old), Jarius (6 years old), Gideon (6 years old), Olive (10 years old), and Joyce (14 years old) are all eager to start school, blessing them with the knowledge needed to create better lives for themselves later in life.

The cost for one year of school is around \$1,000 per child. Raising just \$5,000 will allow five precious children in Kenya the blessing of an education. If you want to support Lois, Jarius, Gideon, Olive, and Joyce financially, please follow the donation instructions noted on the Room to Bloom donation card found on page 42. Thank you for your continued prayers and support!



funds needed  
for school

**\$5,000**

Room to Bloom



# Who Is My



# Neighbor?

## *The Story of Eight Days of Hope*

words by: **NIC STOLTZFUS**

*"...so he asked Jesus, 'And who is my neighbor?'"*

– LUKE 10:29B –

Steve Tybor looked out his window at the magnolia trees swaying in the wind. It was windier than a normal hot August breeze—this was hurricane wind. Fortunately for Steve, he lived in northern Mississippi in the town of Tupelo 300 miles north of the Gulf Coast, where tornadoes were more of a risk than hurricanes. But down in New Orleans and coastal Mississippi? They were experiencing the storm of the century. Steve turned back to the TV, where reports of the devastation were flowing in from live streams of the news choppers hovering over the city. Hurricane Katrina had busted the levees in New Orleans and wiped smaller towns off the map.

Steve was on the phone with his father, who lived up in Buffalo, New York. Steve's father told him that they needed to find a way to help the folks who had lost their homes because of the





PHOTOS © EIGHT DAYS OF HOPE

## Steve Tybor, *founder of Eight Days of Hope*

hurricane. “Steve let’s go find somebody, anyone to help. Let’s find a widow, maybe an elderly couple, a single mom, someone who doesn’t have a lot of means, and let’s go help rebuild a house for free.”

As more news came in the days following the storm, the actual toll of the devastation became clearer. The eye of Hurricane Katrina—where the most damage took place—went right through the town of Waveland, Mississippi, which is around sixty miles east of New Orleans. Waveland is a small town on the edge of Bay St. Louis with just under 7,000 residents. With winds of up to 175 miles an hour—enough to topple trees, flip mobile homes, and cause significant roof damage—and a storm surge of over twenty-five feet, the coastal community of Waveland was obliterated. Fifty people died, the bridge across the bay was destroyed, and all

the houses along the entire seven-mile stretch of beach in Hancock County were leveled. The damage was immense and, for residents trying to reassemble their lives after the catastrophic loss, any form of repair looked utterly hopeless.

Steve had lived in Tupelo since 1999, and he knew that, after large hurricanes, plenty of assistance went to large cities like New Orleans. But he was worried about the smaller towns like Waveland that may get forgotten. That’s where he would go to help rebuild houses: Waveland, Mississippi.

Steve managed to get a slot on America Family Radio and shared his plan to rebuild houses and invited listeners to come to Waveland and help rebuild houses. The





response was overwhelming: nearly 700 people from all over the nation signed up to help Steve rebuild houses after the storm. When it came time for the service project, Steve, his wife, and their three children drove down to Waveland for their week of volunteering. He was shocked at what he saw—it was one thing seeing the wreckage on TV, it was another thing seeing it in person: “I saw miles from the shoreline; it looked like a bomb had dropped. There was no power, no electricity, no cell phone towers. No laundry facilities, no bathrooms that worked.”

For Steve, this is what Christianity is supposed to look like: helping neighbors in need. “When a family wakes up and they’re doing all the right things in life; they work hard, they pay their taxes, they’re doing the best they can to thrive in their marriage, to raise kids. And then a tornado comes through—no fault of their own—or a hurricane or flooding. And...they just lost everything that they’ve ever worked for. Then...strangers you’ve never met from around the country show up. They either knock on your RV, because that’s where you’re living, or they call you on your phone. And they say, ‘hey, you don’t know me, but I’m here to help you. I believe that you have a huge need, and we want to be a part of the solution.’

“The greatest sermon I’ve ever heard is the one I saw. We as believers, we are excited to share biblical truth, a scripture verse, a word of constructive criticism and yet sometimes people come to know Jesus because a scripture verse isn’t even mentioned.”

Over the course of eight days, Steve and 683 other volunteers worked tirelessly to rebuild homes in Waveland and in the surrounding Bay St. Louis region. Eight days later, they had rebuilt eighty-four homes. What started as a simple phone call between a father and a son blossomed into providing homes and safe place to live for people in need.

After their time volunteering in the Bay St. Louis area, Steve and his wife and three children headed back to Tupelo. Steve was driving and looked out his window at the devastation that remained. “I’ll never forget. I was leaving Bay St. Louis...and I still saw boats and trees. And I saw a little girl’s doll hanging on the side of the road. That belonged to a little girl just a couple of months earlier, living in the safety of her own home. And as I drove, I wept. I wept non-stop. And I thought to myself, ‘Who am I? I am just one person. But I just met 683 other people who love



the Lord and love the broken-hearted. So let's not recreate the wheel. If people are passionate about serving, let's find a way where we can go back and serve again."

## The Founding of Eight Days of Hope

In 2006, a year after Hurricane Katrina, Steve Tybor and others started Eight Days of Hope. Steve says, "God wants us to serve and love the broken-hearted. And that's what Eight Days of Hope (EDOH) tries to do, and we hope that one day when we've run the race, we can step back and say, 'You know, I don't know if I've changed the world, but I hope that one day that I served in Alabama or Mississippi or Illinois, those families that we served saw Jesus.'"

Based out of Tupelo, Mississippi, Eight Days of Hope is a Christian, nonprofit organization that exists to love and serve those in need. Since its founding 15 years ago, over 41,000 volunteers have signed up to help nearly 7,000 families who have been affected by major disasters across the United States.

Steve Tybor explains how this works. "We bring in thousands of volunteers, some skilled, some less-skilled, and we bring them to an area, and we rebuild as many

homes as we can and touch as many families as we can over an eight-day span. You know, the number eight in the Bible means new beginnings. And our hope and goal is that on the eighth day, when we leave, when we give somebody back the keys to their house or we see the smile on their face or realize that we were their first glimpse of hope in months since the disaster happened."

Chad Stutzman, who is on the board of directors for Eight Days of Hope, elaborates further on the idea of placing people first. "It's more than just the work. These people are devastated. They're hopeless. They don't know where to start. You can bring hope and healing, so we really try to focus on the people as much as the project. We try to pray with them, listen to them, ask about their story, ask about their life. Those kinds of things. We eat right there on-site, sitting down and talking to them. The whole community knows that we're there to love and serve."

Stutzman, who serves as pastor at Grace Church in Holmes County, Ohio, understands the value of faith in action. "Everything is focused on showing the love of Jesus. Even how the trips are structured—there's worship every night. So for our volunteers who gather, we have a time of worship and a devotion or a teaching every night





when we're there. In the morning, there's time of worship and a prayer time. There's a short devotional time. We are pouring into the volunteers, and then the volunteers go out and pour into the community. And so, when you get to a job site, the first thing we do is we gather in a circle and we pray. And we invite the homeowner / the family / whoever we're serving to join us. And we pray for them."

*"The greatest sermon I've ever heard is the one I saw... sometimes people come to know Jesus because a scripture verse isn't even mentioned."*

## Response After Hurricane Harvey

A great example of how the Eight Days of Hope disaster response works is how they mobilized in Houston, Texas, after Hurricane Harvey struck in August 2017. Harvey was just as damaging and costly as Hurricane Katrina and caused widespread flooding in the city of Houston. According to the Texas Department of Safety, more than 185,000 homes were damaged, and over 9,000 homes were destroyed. Within days of the disaster, funds began pouring into EDOH to help with relief efforts. It took months of planning and coordination to prepare everything for the disaster response. In October of 2018, EDOH scheduled three eight-day trips. Steve reflects on this trip, "Over those three eight-day periods, over 6,000 people showed up and helped 1,108 families rebuild their homes for free. \$15 million of work was done." One woman who lost her house to flooding and



*"Harvey was just as damaging and costly as Hurricane Katrina and caused widespread flooding in the city of Houston."*





had her house rebuilt by Eight Days of Hope was overcome with the compassion of the volunteers. Overcome with emotion, she said, “They’re helping us rebuild our home...but they’ve rebuilt our hearts.”

Like their other disaster responses, Eight Days of Hope partnered with a local organization that helped connect them with local resources. In this case, the organization was 4B Disaster Response Network, a coalition of churches in the Houston area founded to help their community after major disasters. In addition, they also partnered with the Houston Astros to rebuild eight local baseball fields in the town of Dickinson, located between Houston and Galveston Bay. Steve explains, “Not only did they lose their homes, but their kids—as they start to rebuild—they had no place to play ball.” While EDOH volunteers rebuilt the fences, concessions stands, and other structures, the Astros Foundation rebuilt the fields. And, on the last day of the final trip, the Dickinson Little League invited Eight Days of Hope volunteers to throw the opening pitch of the start of the season.

Steve knows that God is at work in moments like this. “I’ve seen for fifteen years that God opens some amazing doors. I tell the volunteers: be ready with your God-sized stories on the mission field. When you serve with Eight Days of Hope, you go home changed. You might be exhausted, but your heart is going to be full because you’ve seen God move time and time again. I tell volunteers, ‘You’re impacting the families we’re serving, but when you leave, you’ll be impacted forever, as well.’”

### **Finding New Ways to Help A Neighbor in Need**

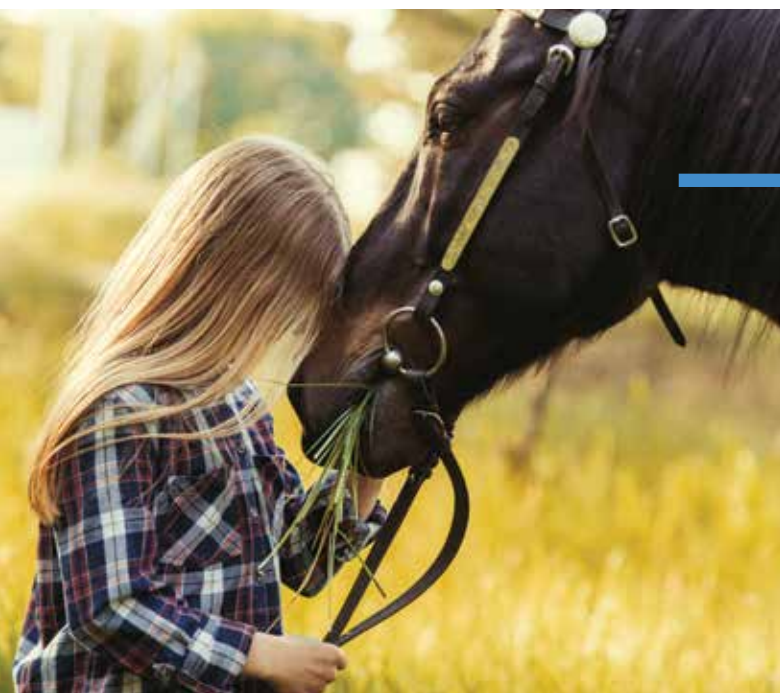
Nearly a decade after Hurricane Katrina, disaster struck closer to home. On April 28, 2014, an EF3 tornado rushed through Tupelo, destroying over 300 homes and businesses. Steve walked through the streets of the town minutes after the tornado left to survey the wreckage. “I saw people as they walked around in a daze or in tears, realizing that...their home was destroyed or loved ones were hurt.” After the clean-up, Steve and others on the leadership team reflected on how Eight Days of Hope operated after a disaster, and they realized that there was an opportunity to change their model. By watching how their community in Tupelo responded after the tornado strike, the EDOH leadership team realized that the first week following a disaster is a critical window of opportunity. In talks with the team, Steve said, “Why do we wait months to come back and rebuild homes? Let’s talk about responding right away.” It was out of this experience that Eight Days of Hope Rapid Response was born.

The primary goal of the Rapid Response team is “to show the Love of Jesus Christ to disaster victims 48-72 hours after a





*One of the things Eight Days of Hope is known for is cutting out a cross from a tree stump.*



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*"The horses at Refuge Ranch act as a bridge, helping each girl reconnect both to themselves and those around them."*



disaster strikes anywhere in the contiguous 48 states. The means of meeting this goal will be through clearing debris, tarping roofs, gutting water-damaged homes, and salvaging personal property. These are the most basic immediate actions necessary to preserve property and livelihood.” To date, EDOH has responded to over 30 disasters with its Rapid Response teams.

Eight Days of Hope continues to innovate. In 2015, Julie Palmer, the founder of People Against Trafficking Humans, a faith-based organization that seeks to end human trafficking, approached Steve with an idea. Julie said, “Steve, I love what you do. You go once or twice for eight days at a time, and you rebuild hundreds of homes. Have you ever thought about helping out organizations like us to provide help for those suffering from sex trafficking?” She explained that there were opportunities for skilled craftsmen to help—why couldn’t the volunteers with Eight Days of Hope who helped rebuild homes after a disaster help to build safe houses for victims of sex trafficking?

Julie’s idea resonated with Steve, as he had recently become aware of the dangers of sex trafficking. At the time, Steve and his wife were in the middle of adopting two girls from an orphanage in Taiwan. During the

adoption process, Steve learned more about the dangers of sex trafficking for orphaned children in Taiwan. As he researched further, he realized this difficult issue extended to the United States, as well: sex trafficking was a real problem across the nation. Steve realized Julie was right: this was a real opportunity for EDOH volunteers to love and serve those in need.

Steve presented the idea to the Eight Days of Hope board, and the Safe House program was started. In this program, EDOH volunteers help build and renovate homes where survivors of sex trafficking can be safe and free to start a new life. EDOH partners with ministries that help victims of sex trafficking and offer help with renovation or new construction projects.

One example of how this program works is the work that Eight Days of Hope volunteers did at the Refuge Ranch in Austin, Texas. Refuge Ranch is a residential community for minor girls through age 19 who are victims of sex trafficking; it is the largest long-term live-in rehabilitation facility for child survivors of sex trafficking. The ranch has many different therapy programs for the young women who live there, and one program that Refuge Ranch wanted to start was an equine therapy program. However,



they needed help building the facilities. This is where Eight Days of Hope volunteers stepped in. Over eleven days, the volunteers worked to build an Equine Therapy Center at the Refuge Ranch. They built a large arena, a round pen, six stables, a tack room, a hayloft, an office for the program coordinator, and a classroom.

Now that the Equine Therapy Center is finished, horses will be brought to the facility for equine therapy work. Refuge Ranch sees this as being a benefit for the girls who live at the ranch: “The horses at Refuge Ranch act as a bridge, helping each girl reconnect both to themselves and those around them.”

### **A Return to Waveland & Bay St. Louis**

It was at the tail end of the 2020 hurricane season—a week before November—when Hurricane Zeta hit Waveland. Eight Days of Hope mobilized their disaster response team and came down to help. Steve Tybor knew he wanted to go. This trip was symbolic: fifteen years ago was when he had first served in Waveland after Hurricane Katrina. Like his first trip, Steve served as a leader of the mission trip. He thought about how different this mission trip was from his first one: “If you told me fifteen years ago that we’d be back in Bay St. Louis, that we wouldn’t have three leaders, but that we’d have 181 leaders, that God would provide millions of dollars of equipment so that we could serve at a moment’s notice, that 41,000 volunteers would have traveled the country with this ministry that was meant to be a one-time trip, I would say, ‘You’re crazy! There’s no way in the world that could ever happen because that’s not the plan.’ That wasn’t our plan. That was His plan.”

The disaster response team was in Waveland & Bay St. Louis in late December, and the volunteers took time on New Year’s Eve to celebrate the ending of 2020 and the beginning of a new year. That night, the group went down to the beach for a time of worship. Steve said, “All of our volunteers came down to worship on the beach. On New Year’s Eve, as people were blowing off fireworks from across the bay, we were just worshipping to our God in heaven.”

In that moment, Steve realized that his heart was full. “I knew I was right where God wanted me to be.” He thought back to that one phone call that changed his life forever. A simple thought from a father saying to his son, “Let’s go help somebody out. Let’s go do something good.” //





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## How Can I Pray for Eight Days of Hope?

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**STEVE:** Pray for wisdom, that we remain humble, keep it all about Jesus, as we move forward, and for more partners and new volunteers to fall in love with what God is doing.

The ministry has quadrupled in size in the last four years and so as we have a northeast satellite in New York and a Midwest satellite in Iowa; as we look to go out West in a couple of years to help families after the fires and mudslides, continue to pray for the leadership. We want to be men and women of integrity. We want to be a reflection of Jesus.

We're always looking for new partners to come alongside. If you are a business or a church and you're looking to tie into a ministry that you can trust...we're a safe ministry to partner with. Pray for more partners to be connected with Eight Days of Hope.

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For more information on how to volunteer with Eight Days of Hope or to make a donation, you can reach out to them in these ways:

### **Eight Days of Hope**

P.O. Box 3208 Tupelo, MS 38803

662-844-6934

[info@eightdaysofhope.com](mailto:info@eightdaysofhope.com)

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NIC STOLTZFUS IS THE EDITORIAL DIRECTOR OF PLAIN VALUES MAGAZINE. HE IS THE AUTHOR OF FOUR BOOKS, INCLUDING "GERMAN LUTHERANS TO PENNSYLVANIA AMISH: THE STOLTZFUS FAMILY STORY" (MASTHOF PRESS).





PRAYERS *for the* NATIONS

# HAITI

*Ayiti*



## DID YOU KNOW?

Haiti was the first country in the Americas to abolish slavery. Slavery was abolished in 1804 after self-liberated Haitian slaves overthrew the French colonial government.



The word "barbecue" comes from the native Haitian language; the Taino introduced it to the Spanish when they arrived in 1492. Today, **Haitian BBQ** is typically made by marinating meat in sour orange juice, lime juice, or vinegar (sometimes all three) and then heavily spiced before being cooked.

**SIZE** 10,710 square miles  
(similar to Massachusetts)

**POPULATION** 11.1 million

**ETHNICITY** Black (95%)  
Mixed and White (5%)

**LANGUAGES** French (official)  
Creole (official)

**LITERACY** 61.7%

**RELIGIONS** Roman Catholic (54.7%)  
Protestant (28.5%)  
Vodou (2.1%)  
Other (4.6%)  
none (10.2%)

# LIFESONG



LifeSong is an EFCA-accredited organization that seeks to mobilize the Church to care for the orphan, where each member can provide a unique and special service: some to adopt, some to care, some to give. 100% of all donations go directly to care for orphans. LifeSong has supported over 16,000 children in need in 13 countries; over this past decade, they have supported nearly 2,500 children in Haiti alone. Currently, LifeSong—in partnership with the Tim Tebow Foundation—is working to build a new facility for the Haiti Deaf Academy at their campus in Bercy. This will include room for 48 deaf students and 18 deaf staff, with plans for the academy to be relocated by December of this year.

## POPULAR DESTINATION

After the Haitian Revolution, the newly-formed Haitian government built a fortress, called **"The Citadelle"** to protect the nation against potential French attacks. Completed in 1820, it is the largest mountaintop fortress in the Americas.



## PRAYER POINTS

Pray for organizations like LifeSong that are working to improve the lives of children in Haiti.

Slavery is still a major problem in Haiti. After the earthquake in 2010—which led to the death of over a quarter of a million people—many people were displaced and human trafficking increased dramatically. Many children are forced into child slavery, working as unpaid domestic servants. **Pray for those who are enslaved in Haiti;** that they will be freed and their captors will receive justice.

Roughly 3 out of every 4 Haitian households lack access to clean water. **Pray that they will receive aid and assistance.**







# HOMESTEAD ROOTS

words by: **MERISSA A. ALINK**

Recently, I was searching online for a Cream Cheese Danish Recipe and everything that kept coming up was basically a cream cheese mixture folded into a container of crescent rolls. That's not at all what I had in mind! I wanted a delicious, homemade danish that was soft and fluffy and didn't taste like a dinner roll.

With that in mind, I set out to create my own delicious danish totally from scratch. Using an old Mennonite recipe as inspiration, I came up with this Cream Cheese Danish braid. If you're wanting the real deal, not some convenient version, then you will love this recipe!

## CREAM CHEESE DANISH

1. Mix together the warm water, 1/2 teaspoon sugar, and yeast in a small bowl. Let it sit for 5 or so minutes.
2. In a saucepan, begin making the dough. First, mix together the sour cream and the butter on low heat. Stir continually until the butter melts so that it doesn't burn or stick to the bottom of the pan.
3. Add the sugar and the salt into the sour cream and butter mixture. Stir on low heat until the sugar is melted. Remove the mixture from the heat and let it cool for a bit before adding the yeast.
4. Add the egg to the sour cream mixture and then mix in the yeast. Then, add in the flour and mix well.
5. Cover the dough and let it chill in the fridge for at least 2 hours. You can even make this dough the night before and leave it in the fridge overnight if you want to bake it fresh first thing the next morning.
6. Mix together the filling. Stir 1/4 cup sugar, cream cheese, and vanilla extract until well combined. It helps if the cream cheese is softened.
7. After the dough is refrigerated at least 2 hours, roll it out like you are rolling out pizza dough. Cut slits along both sides of the dough about 2 inches long and at least 1 inch apart. It doesn't have to be perfect. Then, spread the cream cheese mixture down the center of the dough, between the slits.
8. Fold the flaps of dough back over to the center to make it look like a braid. Bake at 350°F for 15-18 minutes or until golden brown on the top.
9. Yum! If you want you could create a sweet glaze with powdered sugar and milk. Or you could add jam inside with the cream cheese to give it a little fruit flavor! I'm going to make a glaze with mashed up strawberries and a little sugar. Also, if you want to make this ahead of time this recipe works great! Just prepare as directed above, bake, and freeze whole.

### WHAT YOU NEED

- 1/4 Cup warm water
- 1 Tablespoon yeast
- 1/2 teaspoon sugar
- 1/2 Cup sour cream
- 1/4 Cup butter
- 1/4 Cup sugar
- 1/2 teaspoon salt
- 1 egg
- 2 Cups all-purpose flour
- 1 – 8oz. package cream cheese
- 1/4 Cup sugar
- 1/2 teaspoon vanilla extract







# Refresh

words by: **FERREE HARDY**

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It's hard to imagine that summertime is almost half over, but July bears down on us with blazing hot sun and zucchini almost the size of a baseball bat if it's not picked for a couple of days. Bruce, my first husband, wanted our zucchini to get as big as possible one year. It was a long time ago, and money was like a trickle from a well going dry, so our garden was our main source of food. Among the tomatoes, green beans, corn, and a sampling of every other vegetable one could grow in northern Indiana lurked at least twenty zucchini plants. And having never grown them before, Bruce figured the bigger the zucchini—the smaller our grocery bill. But you and I know there's only so much I could do with them. I froze some; I made an awful zucchini pie which was supposed to taste like apple pie; I canned jars and jars of Bread & Butter zucchini pickles; and I created a recipe that made 12-16 loaves of zucchini bread at a time—I called it “Zany Zucchini Bread!”

One day, out in that hot July sun, picking those gigantic zucchini, I'd finally had enough, and—oops! Oh no!—I “accidentally” pulled the whole plant out!

Bruce thought there was a mysterious zucchini blight because a few other plants also turned yellow and wilted in the weeks that followed. We finally put a sign out at the end of our driveway with brown grocery bags full of the things—“Free Zucchini!” Most cars broke the speed limit at the sight of it, but one or two stopped to grab some bounty.

I laugh about it now, but the heat and the zucchini almost overwhelmed me that summer; not to mention I was in the morning-sickness stage of pregnancy, and I had a two-year-old with chickenpox.

Recently I read, “...difficulties don't determine who we are. Rather, they *reveal* who we are... the same heat that softens butter can make mud hard as a brick. It all depends on how the thing being heated responds. The same with the human heart. Difficulties can soften one heart and harden another.” (Today's Turning Point with Dr. David Jeremiah, May 18, 2021, emphasis mine).

I've often seen difficulties reveal a soft, sweet side, or a strong, brick side to folks, haven't you? (Looking at myself, I must confess an overloaded hormonal side, too!). Whatever the case may be, we all can use some help when the heat of hard times comes. Some widowed readers wrote in to share a few things with me over



# ment

the past few months about how people helped them through the difficulties.

"Like the cold of snow in time of harvest is a faithful messenger to those who send him, for he refreshes the soul of his masters." Proverbs 25:13 (NKJV)

These examples are outside of the tremendous community efforts that abound immediately at the word of death and around the Amish funeral. Those efforts simply cannot be surpassed or added to. Instead, these refreshing kindnesses followed in the weeks and months after.

### ***Refreshing Notes and Cell Phone Texts***

One thing very nice about notes and texts is that the person receiving them may open them whenever they are in a good mood to do so. They may also re-read them whenever they want. It's a little gift that keeps on giving.

"A sympathy card or note is never late," wrote one reader to me. "Better to receive a card 'late,' than to never hear from someone at all," she added.

"My out-of-state-sister sent me note cards every week for many months, and that was very special to me," wrote another friend.

I could sense the special joy in this reader's note:

"The other day I got a friendly letter from the youngest married lady in our church just to wish me a 'Happy Spring Day.' I've hardly ever gotten to talk to her as I'm one of the oldest, and she the youngest—I felt so unworthy. Such things make me give thanks aloud to God above! Oh! I have so many blessings, but how we need the support of the church and these dear friends!"







*"...but oh how we  
need the support  
of the church and  
dear friends!"*

### **Refreshing Talks**

A human voice, too, refreshes difficult days in ways beyond measure.

Birds chirp and chatter all day long, but if you live by yourself or with other quiet people, sometimes you wish for the walls to talk—just for some conversation! Visitors and their conversations are refreshing, and kind voices give uplifting sounds of life and hope.

Phone calls bridge the distance between friends and loved ones. "My sister-in-law called every day after the funeral. Same time, every morning. She did this for a month or two. She chatted about daily, normal stuff, and all I did was listen. Nothing about my life was normal, and it was good to hear that her part of the world, anyway, was still regular. She gave me something to hang on to."

"A pastor's wife called me and prayed for me. I was a little uncomfortable, and I think she was too. She only prayed a couple of sentences, but when she said 'Amen,' I found it really meant a lot to me."

"When I became a widow, a dear church friend called me once a week just to talk and encourage me in the way. That meant so much," a reader wrote in to share from her heart.

### **A Refreshing Presence**

There are times when the most important thing we can do is to simply sit with a person. Of course we feel this is never enough; we might feel uncomfortable with times of silence. We might feel inadequate or sad if we haven't come up with the solution to their problem. Sometimes if the person cannot acknowledge our



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Joel Malett from Connecticut

Dr. Carlos Bautista has been treating patients from the Amish community for over 20 years with remarkable results.



Dr. Carlos Bautista

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presence—perhaps they are too ill to know we're in the room—we might feel like it's a waste of our time. But whenever you visit someone who is suffering a difficulty, it can become a sacred and holy time of ministry; you will know its outcome in Heaven.

"I visited a church friend who was dying of cancer. It was very difficult for me; I didn't feel like I was the encourager she had been to me when I faced a hard time. But I did call often, and brought her homemade soup and stayed alert to her needs."

I love how this friend called often and stayed alert to her friend's needs. When visiting, sometimes it helps to bring something good to eat like homemade soup

or a loaf of delicious Zany Zucchini Bread! (Send me a self-addressed, stamped envelope to my address below if you'd like my recipe). Or read aloud a psalm, a chapter of a book, or even a *Plain Values* magazine article, depending on their interests and comfort level.

Giving a little bit of your presence with acts of kindness in words and deeds will be as refreshing as "the cold of snow in time of harvest." But—please, I say this from experience, leave all overgrown zucchini with someone who doesn't have any difficulties. //

Until next month,

*ferree* ♥

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, 244 Sweetwater Landing, Dr., North Augusta, SC 49860. Allow 2 – 3 weeks for delivery. Free shipping for all *Plain Values* readers! [www.WidowsChristianPlace.com](http://www.WidowsChristianPlace.com)





THE HISTORY OF THE ANABAPTIST FAITH

# THE STORY OF HEINZ GAUGEL PAINTER OF BEHALT

PART TWO OF THREE

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words by: MARCUS A. YODER

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Art is often viewed as personal, and beauty is found only in the “eye of the beholder.” While there are elements of truth to that, art often conveys much more than that. Art often allows the person engaging with it to experience the world of the artist. That is the case of two unique pieces of art found in the middle of the Holmes County Amish community. Both pieces of work were done by a German-Canadian artist named Heinz Gaugel.

The first piece is an oil on canvas painting that is ten feet high and 265 feet long! It is known as *Behalt* (German: to keep, hold, or remember). This mural painting is unique for both its size and its content. The second piece is entitled *Immigration* and is a unique medium and for its size and location. This piece is known as a Sgraffito (from the Italian) [zgraf'fi:to]. It is 22 feet high and 34 feet wide and is located at the end of the building that houses the *Behalt* painting. Sgraffito is produced by applying layers of plaster tinted in contrasting colors to a moistened surface. It is most often seen in small-scale work like pottery and rarely as a part of the building. In fact, we are not aware of another Sgraffito on this scale in the United States.

In 1962, a German-born immigrant to Canada named Heinz Gaugel entered Holmes County, Ohio, for the first time. Heinz was an artist by trade, and he had come to Holmes County in search of some glazed bricks for an art project he was working on in Fonthill, Ontario. Heinz became fascinated





with the Amish because they spoke a German dialect similar to his own and lived a unique lifestyle. Heinz also felt a common bond with the Amish because of their strong belief in non-resistance. Heinz had been drafted into Hitler's army in 1944 at the age of 17 and sent to the Western Front after only a few weeks of training. He was part of a unit that was "sacrificed" by being thrown into a fake attack to draw fire away from the main troops. Almost his entire unit was shot to death; more died in the hospital. Heinz himself was shot in the head and chest with near-fatal wounds and spent about a year in a U.S. prison camp in France. Through this experience, Heinz realized the horror and futility of war, and he too became a pacifist. He immigrated to Canada in 1951.

When Heinz completed his project in Canada, he moved onto an Amish-owned farm in Holmes County in 1972. Two local businessmen had invited Heinz to come and help create a theme park. While the scheme never materialized, Heinz continued living on the farm for another eight years.

Tourism in Holmes County continued to increase, causing some members of the Amish faith much frustration. On a warm summer day in 1978, an Amish

blacksmith relayed to Heinz his frustration with tourists. Their constant questions and unwanted picture-taking interrupted his work, and he wasn't always able to provide an answer to their probing questions. "I wish there was some place in the area that people could go and find out about why we live the way we do," the blacksmith relayed to Heinz. "Brother," said Heinz, "tomorrow I will begin working towards that."

Heinz committed himself to painting a cyclorama depicting the history of the Anabaptists and engaged in painstaking historical research towards that end. Heinz's commitment to the project would see him through several serious challenges, which might have defeated many others. However, his determination proved to be stronger and is reflective of the same perseverance that Anabaptists displayed in remaining true to their convictions.

After securing a sponsor for the project, Heinz began to paint in 1978. A small church located on top of Bunker Hill was rented where Heinz continued painting from 1978 to 1980. Many local Holmes County, Ohio, people will remember the old Brethren church in the fork of Routes 62 and 77 just south of the cheese house.



This white-sided frame building was the first space that would house the mural. Since that time, the building was removed, and a modern intersection with a traffic light is now there.

While Heinz was doing some research in Europe in 1979, Heinz's sponsor passed away. The ownership of the painting, with 55 feet of it complete, was disputed. The painting was confiscated by the Holmes County Sheriff and held in the Holmes County Jail for about one year. After settling the dispute, Heinz received the painting back. For a short while in 1981, the painting was displayed at Martin's Creek Mennonite Church. But Heinz soon packed up the painting and shipped it to Intercourse, Pennsylvania, where he hoped to finish the work. In Pennsylvania, a new sponsor was found and had space rented in an old building.

As the painting made its way to Pennsylvania, tragedy struck: Heinz experienced two debilitating and painful heart attacks within a two-week period. He spent half a year recuperating in an Ohio hospital. Heinz eventually made it to Intercourse and opened the painting to visitors. At first, a \$1.00 fee was charged to view the painting; later, donations were asked for.

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*If you wish to hear more historical stories like this or see the Mural and Sgraffitto 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.***

MARCUS A. YODER IS THE EXECUTIVE DIRECTOR OF THE AMISH & MENNONITE HERITAGE CENTER AND THE OHIO AMISH LIBRARY. HE IS ALSO THE AUTHOR OF *CATHEDRALS, CASTLES, & CAVES: THE ORIGINS OF THE ANABAPTIST FAITH*.

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Still, not enough revenue was generated to keep the project alive. Behind in rent monies, the building owner museum confiscated the mural and other paintings of Heinz's as security. After a four-month court battle, the mural and paintings were returned to Heinz. Two non-Anabaptist businessmen in Intercourse appreciated Heinz's work so much that they paid the \$1,500 back rent so that the mural would be returned to Heinz.

We will leave the *Behalt* painting in Lancaster County for now. Next month we will find out how it moved back to Ohio where a building was built to house both the painting and then the Sgraffito on the outside. As one can imagine, the space to house a painting of this magnitude needed to be unique and well-built to display and protect this valuable treasure that speaks to the world in a medium that all can understand.

Like our own lives, *Behalt* has been on a journey. First in the mind of the artist and then in physical form, as it moved between the two largest communities of Amish in our world. We will also discover how a work of art can move people as they engage with the experience of viewing and hearing the story of God's grace in history. //



# *An All-American* **TROUT**





# ALL THINGS OUTDOORS



words by: **JIM ZUMBO**

When people ask me to name my favorite trout, I have an easy answer. It's the brook trout, hands down, no close second. Some may express surprise at this, because "brookies" as they're commonly called, are our smallest trout. There are exceptions, especially in Canada, where they may attain weights of five pounds and bigger, but for the most part, a ten-inch brookie is a good one in most of the waters they inhabit.

I love brookies for several reasons. The most important is the beautiful country they live in, which typically includes small streams and creeks, though they're found in some lakes and rivers. I find it great fun to hike along a creek in the forested mountains where the water is crystal clear, tumbling over rocks where you seek the deepest water that usually holds the most trout. They're also extremely willing to gobble your offering, whether it's a worm, grasshopper, fancy fly, or a small lure. To me, they're the prettiest trout when they're wearing fall spawning colors, and finally, they're wonderful table fare, however they're cooked.

Brook trout are frequently called speckled trout, especially in the New England states. They're native to the eastern part of the US, from Canada down the mountain



ranges from Maine to Georgia. Because of habitat destruction, either natural or man-caused, some of the waters they once thrived in no longer hold brookies. In some areas, states have very restrictive laws governing fishing seasons and bag limits.

Not in the West, however, where brook trout are an invasive species and are often considered a nuisance. How is that possible? Why are they in trouble in some eastern waters but unwelcome in many western streams? To understand this we need to take a look back in time when well-meaning folks introduced them to thousands of miles of streams in the western mountains. Countless brook trout were transported to the Rocky Mountains via trains and in some cases small airplanes. I'd read somewhere that horse-drawn wagons were used, but that's baffling because these fish need highly oxygenated clean, cool water at all times. How was the water in the containers replenished when the wagons crossed the hot prairies?

At any rate, the introductions by pioneers were eminently successful. Therein lies the problem. The cutthroat trout is the only trout native to the Rockies. Rainbow trout came from the West Coast, brown trout from Europe. When the brook trout were dumped into the mountain streams, they eliminated the cutthroats because the cutthroats could not compete with them. Today, countless miles of streams in the Rocky Mountain states that once held cutthroats have only brookies. The cutthroats are gone from most of those streams. Furthermore, the brook trout are often "stunted" because they're overpopulated and have a limited food supply. I've seen schools of brookies in a pool that numbered well over a hundred. Not one was bigger than seven inches, and, according to fisheries biologists, many of them are eight, nine years old or more. That's exceedingly slow growth for any trout.

To understand this, there's a lack of predators in most of these streams, though brook trout are cannibalistic. They compete heavily with each other for the available food. High elevation streams, many of them 8,000 feet and higher, have very short growing seasons. Trout only have a couple of months to feed on grasshoppers and other terrestrial and aquatic insects. For six months or more, they might be locked under the snow-covered ice with very little food. For those reasons, their growth is extremely slow.



One answer is to harvest brookies to make more room and food for the remaining fish in the stream. Most Rocky Mountain states do this by allowing a "bonus limit" of brook trout which allows you to keep a certain number over the regular limit. For example, my home state of Wyoming allows an angler to keep sixteen bonus brookies regardless of size, in addition to a regular limit of other trout, which is typically three. In Idaho, you can keep twenty-five brookies as a bonus in addition to a regular limit. Similar limits apply in other states.





*"Today, countless miles of streams in the Rocky Mountain states that once held cutthroats have only brookies."*



It's common for western fisheries biologists to select a section of a stream and treat it with chemicals to kill every brook trout. Afterward, cutthroats are stocked so they can once again be returned to the waters where they had been eliminated by brook trout.

Fishing for brookies can be a bit challenging under certain conditions, whether you're fishing in Maine or Montana. If the sun is shining brightly and the stream is crystal clear and shallow, you'll have your work cut out for you to catch a mess of trout. If they see you or your shadow, they'll immediately dart away and hide under an undercut bank or quickly swim rapidly up or downstream. These alarmed fish won't bite until they calm down, which could be hours later. The solution is to stay completely hidden, using clumps of willows, trees, or other obstacles as a screen so your presence won't be betrayed.

I like to use an old fly rod with a small worm hanging six or seven feet below the rod tip. I crawl as close to the water as I can, staying low to the ground, and simply





lower the worm in the water. Sometimes I can't see the water at all. Wearing dark-colored clothes works; camo clothes are better. I use an old fly rod because I'm always working my way through willow clumps or walking in heavy timber next to the stream. This is a great way to break a rod. A long cane pole also works.

Once, when I was camping with my family, my daughter and her husband came back to camp empty-handed. They hadn't caught a single fish! I noted that the knees of their pants were clean and not muddy or dirty, and they were wearing light-colored shirts. I advised them to crawl on all fours and to change their bright shirts. Three hours later, they came to camp with limits of fish. Their knees were dirty!

Don't underestimate the size of a creek when sizing it up for the presence of brook trout. One of my favorite creeks is three feet wide and a foot deep, and it flows slowly across a mountain meadow with very tall grass. I ease through the grass, gently plop a worm in the water, and in most cases have a pretty little trout in my creel.

One of the best parts of fishing for brook trout is enjoying a streamside cookout. I either pack a lightweight frying pan and cook them in butter with some spices or seasonings, or I wrap them in foil with butter, onions, lemon pepper, and garlic salt. Put the foil wrapped fish in hot coals and get set to enjoy a meal fit for a king. Brook trout might not be very big, but what they lack in size, they make up for in so many other ways. //

JIM HAS HUNTED ALL FIFTY STATES FOR DEER, HAS FISHED IN MOST STATES, HAS HUNTED ELK IN ALL THE MAJOR WESTERN ELK STATES, AND HAS HUNTED ON FOUR CONTINENTS. HE WORKED FOR FIFTEEN YEARS AS A FORESTER, GAME WARDEN, AND WILDLIFE BIOLOGIST. JIM DRAWS ON THESE EXPERIENCES FOR HIS MONTHLY COLUMN "ALL THINGS OUTDOORS." FOR MORE INFORMATION, VISIT [WWW.JIMZUMBO.COM](http://WWW.JIMZUMBO.COM).

# THE PLAIN PAGES

This section of *Plain Values* magazine is devoted to showcasing goods and services to readers in the state of Ohio. Businesses who choose to place their advertisement in the following pages believe that you, an Ohio reader of *Plain Values*, can benefit from what they have to offer. 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.



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## **Friday:**

🎵 John Schmid - 6:00  
🎵 Matt & Nimmy - 7:15  
🎵 Allen Fisher - 8:30

**6:30** - USA Patriots vs. Local Fire  
Dept./First Responders

**8:00** - USA Patriots vs. Holmes  
County Legends (Some of the best  
local players 35+ that will remind  
you of yester-year)

**7:30** - Kid's Candy Drop  
(weather-permitting)

## **Saturday:**

**Aprox. 3:00** - The Final 6  
**6:30** - 16 & Under Championship  
**7:30** - Women's Championship  
**8:30** - Men's Championship  
**9:30** - Closing Ceremonies

**Laney Memorial Tournament  
Benefit Raffle - Drawing  
Saturday** (need not be present)  
Tickets are \$10 each, 6 for \$50, or  
50 for \$400

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Fries and Loaded Nachos

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**3rd:** 5p. Poly Patio Set

**4th:** 6x6 D&M Hunting Blind

**5th:** Magnum Ui6 E-Bike

**6th:** \$1,500 Charm Merchants Gift Card

**7th:** Kamado Joe Classic III Grill

**8th:** Honda EU2200i Generator

**9th & 10th:** Half Beef Processed

**11th:** Lazyboy Recliner

**12th:** Lake Erie Fishing Trip for 5-6 Guests

**13th:** Stihl BR 600 Backpack Leaf Blower

**14th:** Lake Erie Fishing Trip for 5-6 Guests

**15th:** Yeti 45 Cooler Filled with Meats

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**17th:** 6 Ton Split Firewood

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# A good night's sleep:

a hidden key  
to optimal health

**Sleep is essential** to the overall health of our bodies and level of functioning through our days and vital daily restorative process to cell growth and brain function! Sleep problems are often overlooked in discussions about our health, and yet we spend seven to nine hours of every day sleeping! Sleep doctors recommend one hour of sleep for every two hours of wakefulness. The National Sleep Foundation guidelines advise that healthy adults need between seven and nine hours of rest per night. Babies, young children, and teens need even more sleep to enable their growth and development, while people over 65 should also get seven to eight hours of sleep per night. Many individuals are getting seven to nine hours of sleep but not getting quality sleep during these hours of rest. This contributes to many factors such as why we wake up feeling less rested even though we have been in bed for a long time. These factors have to do with the quality of sleep that happens during the sleep cycles. Our sleep cycles are made up of four stages of sleep, and to be fully restored and rested, we need to run through four to six full sleep cycles. Our brain regulates sleep very closely and is essential and complicated, but we know that the brain controls all aspects of our body functions and daily activities. A healthy, rested brain means better quality of life!

The benefits of sleep are vast and include tissue healing, tissue repair, immunity to viral infection, cardiovascular health; other benefits include improved long-term memory, body weight, mood, and personal performance. The signs of sleep deprivation include needing a daily alarm, microsleep at work, and averaging less than seven hours of sleep per night. Did you know that 71% of the population is sleep-deprived? Sleep deprivation carries many risks including higher incidence of heart disease, risk of high blood pressure, decreased reaction time, decreased lifespan, and more frequent illness.

How do you get a good night's rest? The average person doesn't make it through all four sleep cycles due to many factors, and some of these factors are due to poor sleep hygiene. Sleep hygiene is like personal hygiene or home hygiene: it means the attention and care you bring to your sleep environment. Good sleep hygiene includes having clean and comfortable sheets and mattress protectors and

sleeping in a quiet, dark, and cool room. It is recommended that you set the temperature in your room at night at 65-69 degrees for the best sleep experience. And of course, getting a good night's sleep means having a comfortable mattress and pillows! It is recommended that you change your pillows every year and mattress every 5-10 years.

Many people think that more padding alone adds comfort to your mattress and pillow. Truthfully, it's the "fit" of the mattress and pillow that allow our bodies to sleep in neutral posture and regain all the benefits of a healthy sleep pattern.

A good night's rest is made up of four sleep cycles. The first three sleep cycles are made up of the non-REM (Rapid Eye Movement) sleep. The last sleep cycle is REM sleep. Cycle 1 is the beginning of the body shutting down, even you are still conscious and awake. You begin yawning and preparing your mind and body for sleep. Cycle 2 is when you lose consciousness, and you are no longer aware of your existence. This sleep is very light, and any change in your environment can easily awaken you and doesn't have much restoration embodied with it. Cycle 3 is referred to as Delta Sleep—this is human hibernation. This is the deepest and most restorative level of sleep. This is the shake-me-to-wake-me sleep that teenagers are so good at! This sleep gives you vitality, energy, healing properties and is critical to healthy sleep.

Finally, Cycle 4 is REM sleep, when your eyelids flutter with rapid movement. The act of the eyelids fluttering is a hyperactive brain exercise. During this cycle, your brain is incredibly active, working to process and clean through the events of the day. REM sleep boosts your short-term memory and improves overall concentration. Some research suggests that it may boost your immune system, as well. People who get very little REM sleep lose concentration at work, sometimes they forget where they are going, and their immune system is weaker. No one wants this! This is why it is essential to get enough REM sleep every night.

So these questions remain: how do I get a better night's rest? How can I get the natural benefits of sleep to increase my health?

At Relax the Back, we are sleep educators, and we have solutions to your sleep problems in our store. We will guide you through the process of analyzing your body for a better night's sleep. You can even try our products out when you come visit us!

July is an amazing month to stop into our store! It's our National Perfect Fit Pillow Event: your best night's sleep begins with the pillow! We invite you to stop in for a personalized pillow fitting and receive up to 25% off each pillow during this the month.

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01.

02.

03.

04.

05.

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## 2021 TOURS


**JULY 5-10**  
Branson, MO

**JULY 1-17**  
Pacific Northwest

**JULY 8-24**  
Pacific Northwest

**JULY 8-10**  
Lancaster (from OH & IN)

**AUGUST 4-7**  
Summer Mackinac Island

 **AUGUST 12-14**  
Ark Encounter - Creation Museum

**AUGUST 9-21**  
Colorado

**AUGUST 18-21**  
Mystery Trip

**SEPTEMBER 22-25**  
Fall Mackinac Island

**SEPTEMBER 29-OCT 2**  
Finger Lakes

**OCTOBER 4-15**  
New England States

**OCTOBER 11-16**  
Smoky Mountains

**DECEMBER 27-30**  
Smokies @ Christmas

**\*All overnight trips require 30 days advance RSVP**

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The trial has no potential benefit to the patients, but it does benefit the national research endeavor. Volunteering requires a screening visit to confirm eligibility. Eligible patients will be required to have two overnight stays, and daily visits for four consecutive days. Volunteers will be compensated up to \$868.00 at the completion of the study.



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### Lancaster, PA

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### Thunder Bay & Frankenmuth, MI

September 20-23, 2021

### Galilean Home & More

October 8-9, 2021

## One-Day Trips

### Roger's Flea Market

August 6, 2021

### Pittsburg Zoo

August 7, 2021

### Grove City Outlets & Youngstown

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### Cabela's & the Lights of Oglebay

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## *A Deep Cleaning*

On January 20, 2021 I went to the dentist. A normal cleaning I thought it would be.  
The hygienist checked my teeth. She had some startling news for me.  
She said I have infection in my gums; soon something drastic needs to be done.  
The gums won't heal by themselves. If we don't do anything I'll lose my teeth one by one!  
We set up an appointment to do it February 10, 2021. 10:00 am would be the plan.  
It will take three hours to do the procedure. I imagine my mouth will be spic and span.  
I'll rinse my mouth with Perio-Gard in the morning and before I go to bed at night.  
A price was agreed on for the procedure. It will cost an arm and a leg, but it's fair and right.  
In the past boys have gotten their mouth washed with a bar of soap if their language was bad;  
Thankfully I am able to say that is an experience that I've never had.  
Out of the same mouth comes blessing and cursing, this ought not so to be.  
Do we get bitter and sweet water from a fountain, or olives and figs from the same tree?  
February 10, 2021 was cloudy, the temperature that morning was 12.4 degree.  
My driver was here on time at 9:30, like I expected she would be.  
They made my mouth numb. I was told to open it as big as I possibly can.  
When I saw the dentist with the needle in her hand I was as meek as a lamb.  
With my mouth being numb they could use their tools however they wished to do.  
I think my mouth had about as much feeling as an old worn out shoe!  
I said, "Now I lay me down to sleep." But I was warned I better not die on that dentist chair.  
All throughout the procedure I'd say I was given excellent care.  
We even talked about years ago an old picture on the wall,  
Of a toothbrush and a roll of toilet paper whom we agreed had the dirtiest job of all!  
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**844-746-8537 | [ClevelandShoulder.com](http://ClevelandShoulder.com)**  
**Beachwood, Ohio**

# How can your own cells stop pain?

## Changing the game in orthopedic care - but not all treatments are the same

Regenerative medicine is breaking new ground every day. In orthopedics, medical doctors are now using a patient's own adult stem cells to stop pain, heal injuries and in some cases, regenerate lost cartilage. The treatment is non-surgical and utilizes a concentrated sample of your own stem cells or blood platelets.

### How does it work?

Regenerative treatments work by activating the body's natural healing process. These simple procedures take healthy, regenerative cells from either your fat tissues or bone marrow from the pelvic bone, where they are more concentrated, and inject them into the injured area of the body. Your body's own cells can activate healing to reduce inflammation, stimulate healing and speed repair for bone, muscle, joint, soft tissue and nerve injuries.

Unlike cortisone injections, regenerative procedures can repair the injured area, rather than simply blocking the pain. The treatment is outpatient and takes just a couple hours. As the stem cells begin to do the work in your body, most patients report an improvement in pain and function within a short time and continue to improve for several months as the healing process continues. Ultimately, pain relief can last for several years.

### Is this the same as an injection of amniotic stem cells?

No. Recent studies from Cornell University, University of California and the nonprofit Interventional Orthopedics Foundation found that the "off the shelf" stem cell products made from birth tissues **do not** contain any live stem cells. They are so highly processed, that the stem cells are dead by the time they are injected into the patient. In order for a stem cell treatment to work, the stem cells must be alive. Use extreme caution when working with a clinic that uses any kind of donated, amniotic or birth tissue "stem cell product."

The gold standard among orthopedic leaders in regenerative medicine is to use a patient's own adult stem cells from bone marrow. While this is a quick and relatively painless procedure, patients should ensure it is performed by a highly skilled orthopedic doctor using ultrasound guidance for proper placement.

### Can anyone have this procedure?

Regenerative medicine is an alternative for those who have chronic pain or were recently injured. Some patients look into it to avoid surgery, prolong the need for surgery, or if they may not be a candidate for surgery. It is not recommended for all patients. Be sure to have an evaluation by an experienced medical doctor before you proceed with any stem cell procedure.

In most cases, these therapies can help patients who have failed conventional treatments such as anti-

inflammatory medications, cortisone injections, physical therapy, surgery and rest. The first step is to find out if you are a candidate through a consultation with an orthopedic MD who will evaluate the injury and determine an individualized treatment plan. The initial consultation is covered by insurance.

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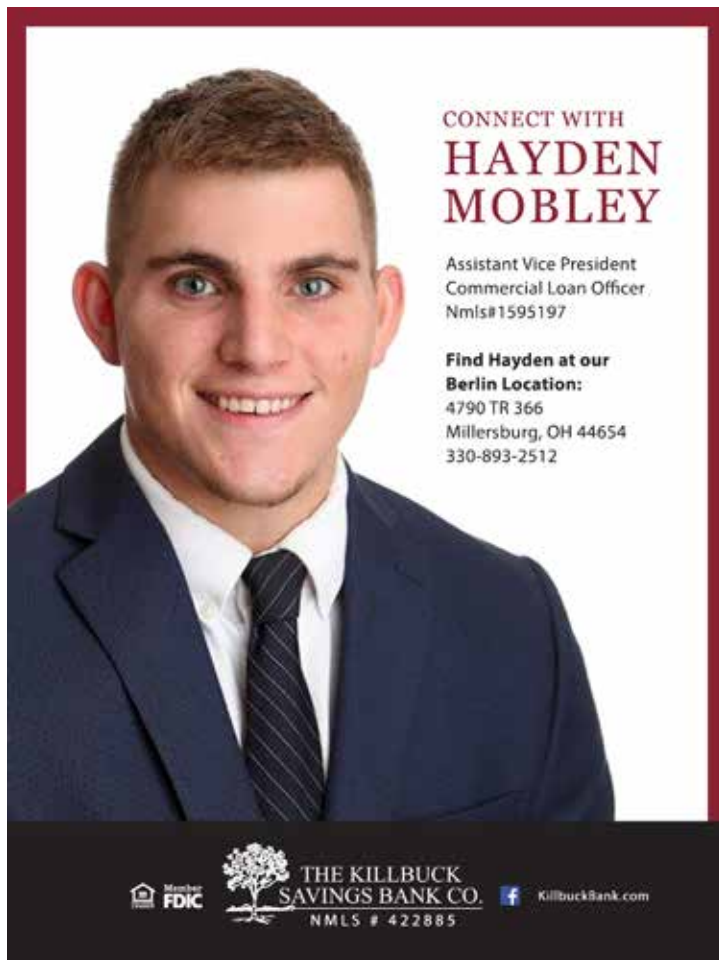
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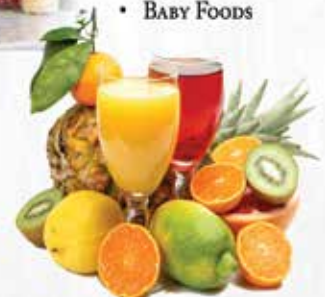


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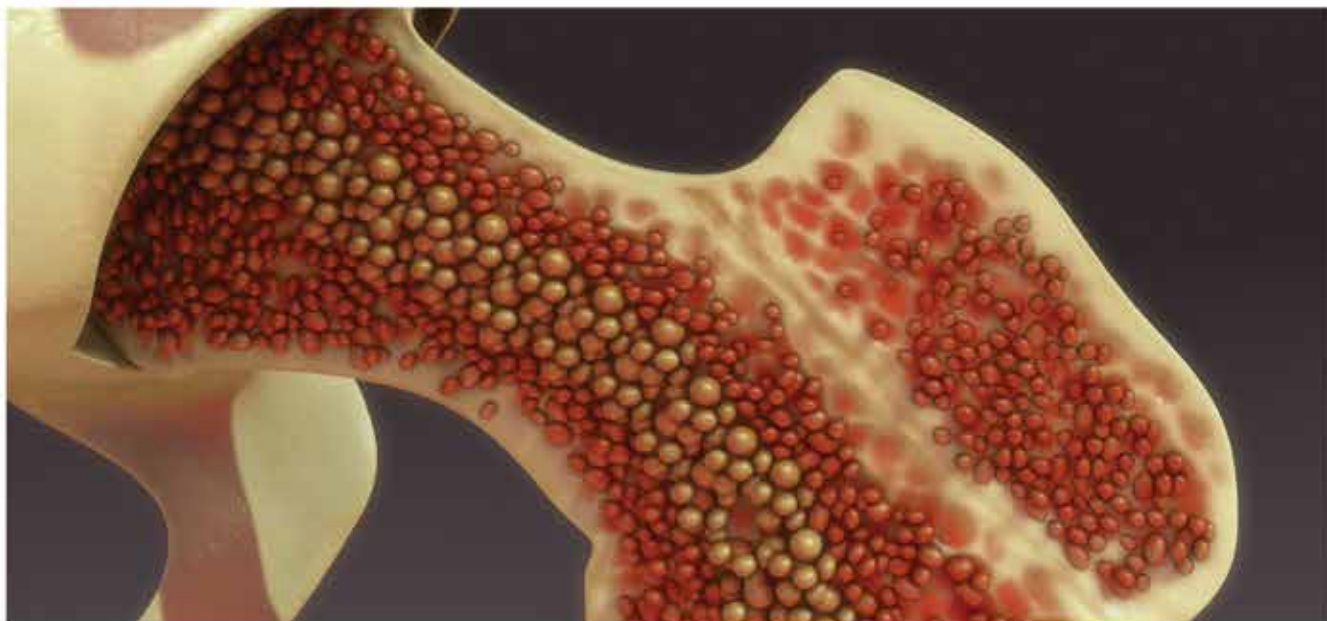
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# Myelofibrosis



**M**yelofibrosis is a rare but severe disease of the bone marrow. The bone marrow is the liquid portion in the center of the bone that makes blood cells. In people with myelofibrosis, the bone marrow is full of scar tissue and can't make blood cells efficiently.

The result is a low blood count causing the patient to be at risk of bleeding, infections, and a frequent need for blood transfusions. A more significant outcome is a massive enlargement of the spleen and often the liver, too. An enlarged spleen eats up whatever blood cells are made, further complicating the problem.

For decades, we had no remedies for myelofibrosis. A few years ago, research from drug companies discovered two drugs that work through shrinking the spleen size and sometimes even improving blood count. The two drugs are Jakafi and Inrebec. They work often, but only for a while, and sometimes they don't, which means that new treatments are still needed.

Gabrail Cancer and Research Center is conducting two investigational studies of a new type of drug that has promise for improving the treatment of patients who are not responding to the known drugs or who

are having inadequate benefit from the known drugs. Gabrail Cancer and Research Center is now enrolling patients with myelofibrosis who had received Inrebec and/or Jakafi or are receiving one of those drugs but are not having a clinical benefit.

*Patients diagnosed with myelofibrosis, sometimes called myeloproliferative disease, interested in being part of the clinical trial should call Gabrail Cancer and Research Center at 330-492-3345x 208 or email Carrie Smith at [csmith@gabrailcancercenter.com](mailto:csmith@gabrailcancercenter.com).*



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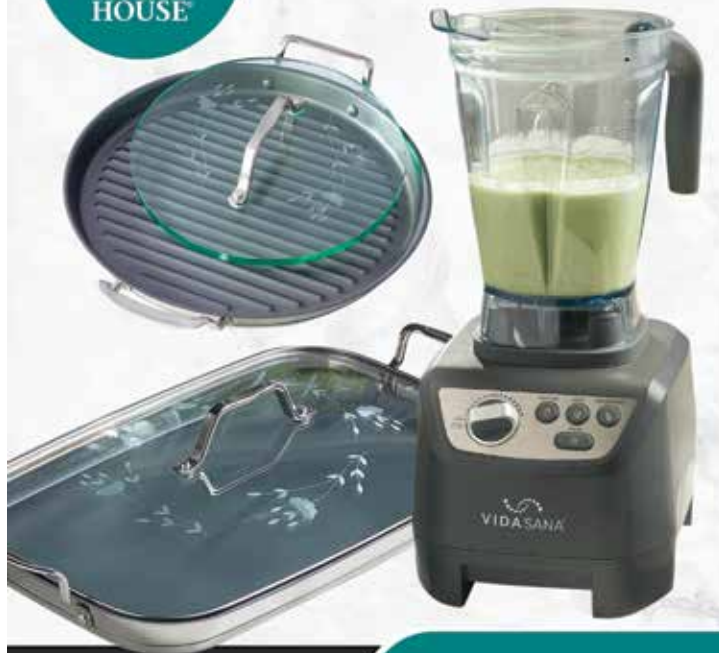
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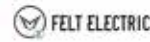
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As a 40-year-old mother with 7 children, I have gotten to where nothing I try seems to help me in my health. I'm always tired and feel horrible. As a recommendation from a friend, I decided to try Nexalin. When my friend did Nexalin, she thought it was just a hoax. As time went on, though, she began to feel better and better. Within a year she said she felt better than she's ever felt, sleeps through the night, and has all kinds of energy for doing her work. So I tried it and had results almost instantly. Although it's only been six months, I never thought I would feel this good again. I think Nexalin is everything they say it is.

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We began having trouble with our older child. We tried counseling and using some medication, even though we didn't want to. Things continued to get worse instead of better. Finally, we were dealing with our child using drugs and drinking on the weekends and had no idea what to do. On a recommendation we decided to try Nexalin treatments. We are extremely happy with the results. We have our 19-year-old back and are very happy with whom they are dating. Please consider treating with Nexalin if you have a child going in the wrong direction. We don't know where we would be without it.

- Missouri

My husband's anxiety, depression, and mood swings continued to get worse until he was missing too much work and didn't know what to do with himself. We have switched medications for 20 years and have tried counseling, but he never improved. Having read the ads in The Plain Values, we were skeptical but decided to give Nexalin a try. He is now off all medications and is extremely happy with his life. He is going to work every day and is able to get his work done at home. He is also more enjoyable to be around in the evenings. I thank God for a treatment plan like the Nexalin that actually works.

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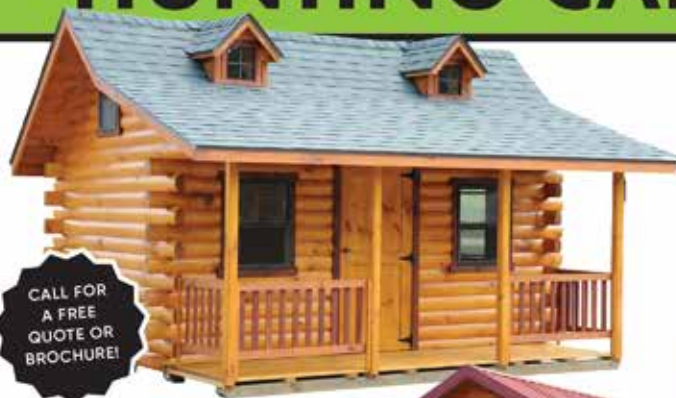
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## "An Open Letter To Anyone Suffering From a Candida Yeast Problem"

### Dear Candida Yeast Sufferer,

If you suffer from candida yeast and feel miserable, you are not alone. There are millions who suffer with this health challenge. However there is help out there that is fast, affordable, and easy to use.

A candida yeast overgrowth can trigger things like gas, bloating and indigestion. Also chronic fatigue and "foggy" thinking are often reported. Women can suffer with a yeast infection while men can suffer with jockitch.

Some who struggle with candida yeast constantly have thrush in their mouths, nail fungus, and other problems that are long lasting.

This health problem can affect men, women, the old and the young (yes children can suffer).

Candida – or candida yeast, or simply yeast – is a fungus that lives within our intestinal tract. We all have some, and in small amounts it does not pose a health challenge. But in larger amounts we can have potential health problems from the top of our head to the bottom of our feet.

So how does someone get a candida yeast problem?

Experts report many ways this problem can start, and diet is at the top of the list.

Diets that are full of breads and sugar are thought to be a large part of the problem. Since candida yeast tends to thrive on sugar, consuming too much sweet stuff can wreak havoc on a person's body.

When the yeast is given food for instance sugar, it creates toxins which can negatively affect the body.

So, it goes without saying that too much sugar can make your problem even worse, but there are other things that can contribute to you experiencing a candida yeast overgrowth.

### Candida yeast problems can be inherited.

Many people suffer from yeast problems that are inherited. Some people have parents that struggle with bloating, gas and problems like athletes foot, as well as nail fungus, only to find as they become adults, they suffer from this same problem.

No matter if you have one problem associated with candida yeast, or you're one of the unfortunate that struggles with multiple issues, it's common to feel depressed and downhearted about all the "solutions" that simply do not work.

### Starting over...

It might feel like you have no more options, but this is the time that you should start over and take another look at a proven solution. There is a product called Candida Yeast Support, and it could very well help you like it has helped thousands over the last 10 years.

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## NOTICE

Clifford Sonnie MD and Ivan R Hochstetler NC are no longer affiliated with Gilead Balm Wellness Center. Please note new address as of March 1, 2021. We are a non-profit, private membership association.

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/ PLEASE NOTE /

When contacting our advertisers, please mention that you saw their ads in *Plain Values* magazine.

# FUNDS *and* BENEFITS

## // JEREMY AND KRISTINE HERSHBERGER FUND

In January, Jeremy and Kristine had a premature girl, Alana, who spent 3 months in the hospital. They have many medical expenses. To help the Hershbergers with their medical expenses, you can make checks payable to Mt. Hope Charities, PO Box 19, Mt. Hope, OH 44660 Attn: Walnut Creek Lower Church 191. Thank you for sharing and God Bless.

## // ABE AND ESTHER MILLER FUND

Abe Miller had his leg amputated and recently had surgery on a tumor that he is currently taking treatment for. Your support will help Abe and his wife Esther with the medical expenses. Any help would be greatly appreciated. Thank you and God Bless! Make checks payable to Mt. Hope Charities Inc. Attn: Fairview West Church 2, Po Box 19, Mt. Hope, OH 44660.

## // CHESTER AND ARLENE BYLER FUND

Chester & Arlene Byler's son William has Reactive Attachment Disorder (RAD). Children with this disease cannot reason or think logically and need intensive therapy and full-time supervision. Because of this, Chester needs to stay home from work to help his son. If you wish to help with expenses, you can mail a check or drop by in-person at any Community Bank. Make checks payable to: Chester & Arlene Benefit Fund, Community Bank West Region, 101 Main Street, Sherman, NY 14781.

## // AARON BEILER FUND

Aaron is 21 years old, and he has recently been diagnosed with Hodgkin's lymphoma. He lives in Pennsylvania and will be traveling back and forth to Mexico for treatments. You can send tax deductible donations to: First National Bank, PO Box 444, Millheim, PA 16854. Write in memo line "for Aaron Beiler." Thank you for your prayers and support.

## // HENRY AND LINDA BEILER FUND

Linda Beiler is a 36-year-old who was diagnosed with colon and liver cancer last June. She had surgery in Mexico last year and is now back in Mexico with more tumors on her liver. Her chemo treatments have made her weak. Henry & Linda and their children—ages one to twelve—are struggling to make ends meet on the dairy farm. Any help is greatly appreciated. Make checks payable to Linda Beiler Fund. Send to: First National Bank, PO Box 444, Millheim, PA 16854.

## // JEFF MILLER FUND

Jeff Miller lost his arm in a baler accident. A fund has been started to help with hospital expenses and any extra expenses in the future like a prosthetic arm. Send payment to any Killbuck Savings Bank with "Jeff Miller Fund" written in the memo. If you wish to have a tax-deductible receipt, send the donation to Faith Haven Mennonite, Jeff Miller Fund, 5617 TR 381 Millersburg, OH 44654.

### / 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.





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