

ONE HUNDRED ISSUES OF PLAIN VALUES
WHAT DOES IT TAKE TO PRODUCE A MAGAZINE?

SPECIAL
EDITION

INVASIVE SPECIES WITH JIM ZUMBO
THE CREATOR'S PATTERN WITH JOEL SALATIN

PLAIN VALUES

100th ISSUE



OCTOBER 2021 \$6.00



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PLAIN VALUES

Our Story

A LONG TIME AGO...

The Millers adopt the first of their four children with special needs.

THEN...

They start a magazine to highlight the beauty of adoption and the dignity of children with special needs.

NOW...

The magazine grows and grows.

They start a nonprofit.

And give the magazine to the nonprofit.

The nonprofit raises money for children all over the world through the magazine.

Room to Bloom (the nonprofit) is able to support multiple families adopting children with Down syndrome with financial grants making it easier to bring these special ones home!

The magazine and nonprofit continue to grow and grow.

Join us – by subscribing you help fund the work of the nonprofit and bring awareness to children with special needs.

LEADERSHIP

Marlin Miller, *publisher*

Kevin Bille, *general manager*

EDITORIAL

Nic Stoltzfus, *editorial manager + contributing writer*

Sherri Romig, *contributing writer*

Ferree Hardy, *monthly columnist - The Widow's Path*

Merissa A. Alink, *monthly columnist - Homestead + Roots*

Joel Salatin, *monthly columnist - Confessions of a Steward*

Elam Stoltzfus, *guest columnist - Our Heritage*

W.H. "Chip" Gross, *contributing writer*

Jim Zumbo, *monthly columnist - All Things Outdoors*

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Aaron Stutzman, *Indiana + Michigan sales advisor*

Joshua Saufley, *Pennsylvania sales advisor*

OFFICE + PRODUCTION

Bethany Troyer, *bookkeeping*

Jan Schlabach, *customer service*

Isaac Hershberger, *production manager*

Seth Yoder, *graphic artist*

Landon Troyer, *photographer*

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NOVEMBER AD CLOSE // October 5, 2021

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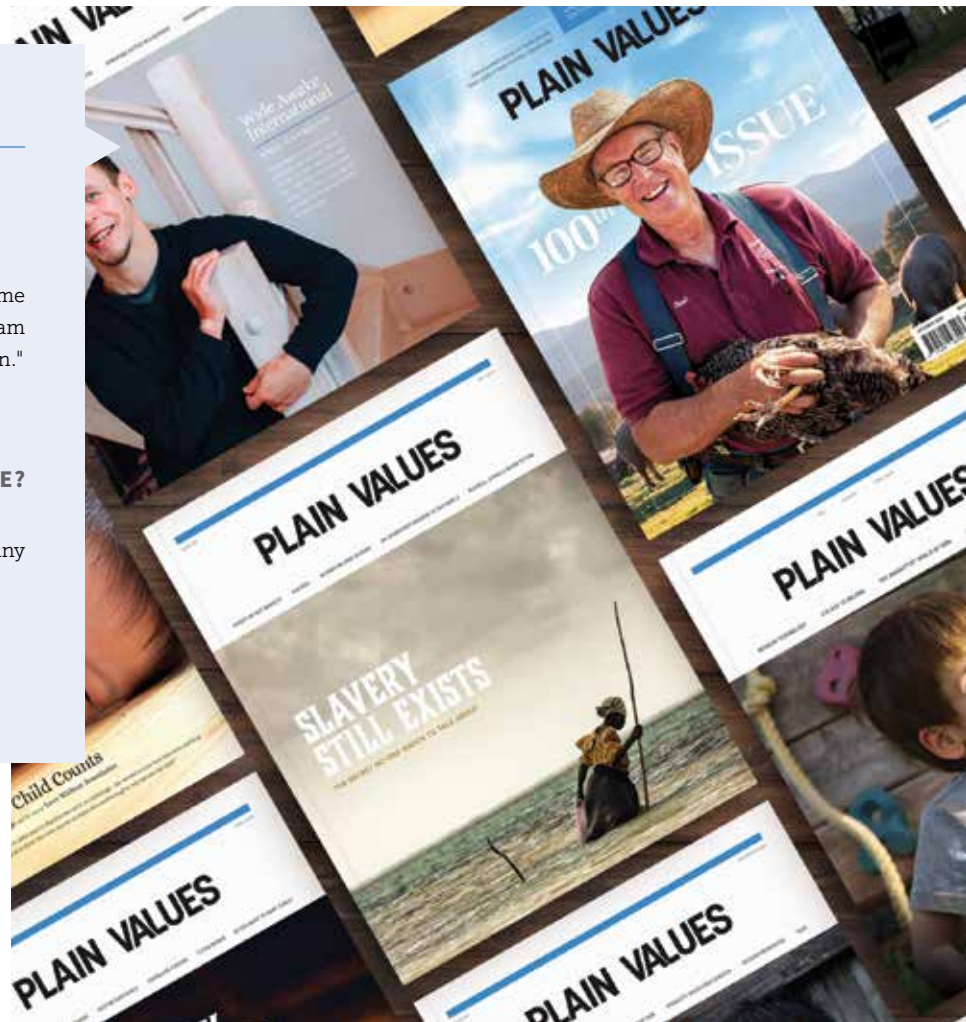
NEW

CONFESSIONS OF A STEWARD

The Creator's Pattern

column by: *Joel Salatin*

"In 1961 as our family looked out over this newly-acquired farm property with its rocks, gullies, and weeds, we needed a roadmap to healing. In our imagination, we could see fertile fields, filled-in gullies, and soil-covered rocks, but how to get there was intimidating."



ONE MINUTE WITH MARLIN

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

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MARLIN MILLER
publisher

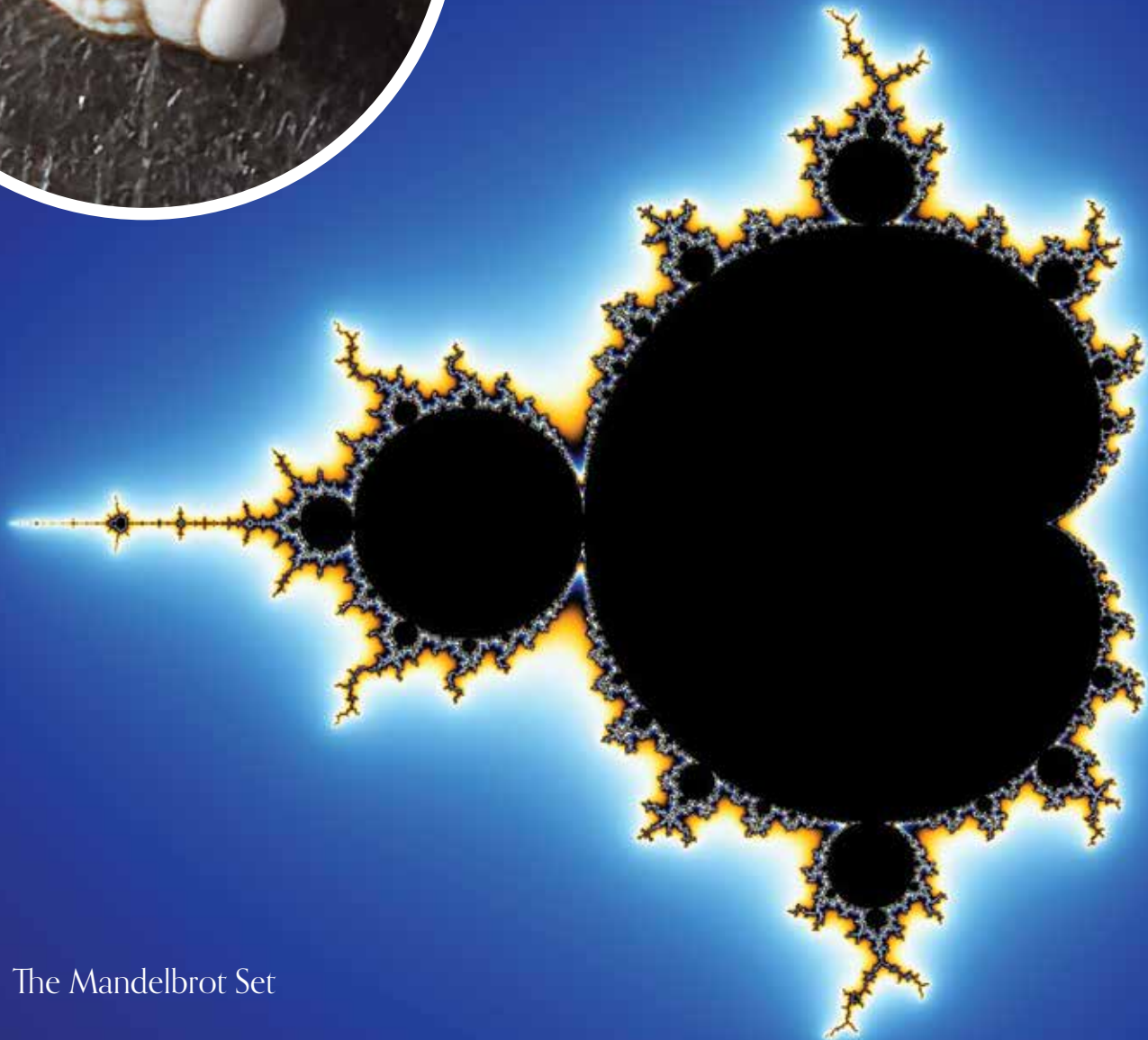
OUR FAMILY RECENTLY VACATIONED at the Atlantic coast. Our children had a blast playing in the waves and soft sand for hours each day. While keeping our eyes out for big seashells and sharks' teeth, we also enjoyed a new challenge of micro-shelling. Talk about peeking into a whole new world! As you will see in the photo, these shells are perfect in every way, only a fraction of the size!

Dr. Jason Lisle is an astrophysicist who researches issues pertaining to science and the Christian Faith. He recently published a book entitled *Fractals: The Secret Code of Creation*. Within the first pages, I learned more about mathematics and what God has done with numbers than I ever thought possible. A fractal is a set of numbers... 2, 4, 6, and on and on into infinity. They can also be within much more complicated sets, including addition, squaring, or multiplication. The photo you see is a more complex set of numbers called the Mandelbrot set put to color with computers. You can find fractals all throughout Creation: they are found in mountains, rivers, and trees; fractals can be found in the chambered nautilus shell and the streak of lightning across the night sky.

Dr. Lisle suggests a few things I find to be amazingly compelling. First, numbers cannot evolve. The number 7 could not have come from a number 3. Second, only the Christian worldview brings any answers to the question of the origins of information, including numbers. The third point is the most intense and humbling. Our Creator's infinite-ness is truly beyond our comprehension. The beauty and precision He uses to run our universe are so much higher than we can imagine or comprehend; it simply staggers the mind. Last of all is this reality: our God—the One holding every single proton, neutron, and electron in place across the universe—remembered you and me from before He set all things in motion.

Just like the micro-shells and fractals show, God is in and behind all of life infinitely!

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



The Mandelbrot Set

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



Debby Needs Spinal Surgery as Soon as Possible.

In the December 2020 issue of *Plain Values* we shared the story of Horace & Phyllis Leister and their family of 44 children. One of the children, Debby, was born with some serious spinal issues and hasn't been able to receive the surgery needed to correct the problem.

Debby just turned 13 and is one of the sweetest little girls you'll ever meet. However, her spinal issues are beginning to push on her airway and breathing is getting more and more difficult for her. Debby had her long-awaited surgery scheduled at the mission hospital, but it was recently postponed for an entire month. Unfortunately, she is unable to wait any longer and the surgery will need to be done by a local surgeon, which is very expensive.

The operation is expected to cost nearly \$8,000, assuming additional surgeries are not needed. Please pray for Debby as she anxiously awaits the day she can breathe easily again.



estimated surgery cost

\$8,000+

How to Donate

If you want to help Debby, or others like her, please find our donation card on page 50. 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



One Year Later

It is hard to believe, but October marks the first anniversary of our non-profit, Room to Bloom. When I look back over these last ten years and trace the Lord's work up to this point, I simply have to shrug my shoulders in awe. It is a wonderful joy to live life knowing who's ultimately in control down to the smallest details. I don't want to open a can of worms debating the levels of our free will and God's sovereignty, but there is such peace to be found when we rest in Him with the paths of our lives.

I want to sincerely thank every one of our readers who have trusted us and believed in our work. In the first year, we have helped fund six adoptions, paid for multiple surgeries, poured money into organizations bringing awareness of the needs and training for families engaged in and caring for children with special needs around the world. Our team and I are chomping at the bit to share the stories of the families who have adopted little boogers with an extra chromosome and much more in the coming year.

Until next month, thank you again.

MARLIN MILLER

Room to Bloom

100 Issues *of* Plain Values

*Revisiting the most memorable moments
from the first 100 issues of Plain Values magazine.*

SO MUCH HAS HAPPENED since the first issue of *Plain Values* was published back in 2012. The magazine itself looks quite a bit different, hopefully for the better, but the world we live in looks a bit different as well. We've all had to navigate our share of challenges and struggles since 2012, but as we look back and reflect on the past nine years we can clearly see the hand of God at work in our little magazine—and in the lives of our readers as well.

As you page through the years, we've provided some commentary from members of the *Plain Values* team on what's impacted, inspired, or called them to action over these first 100 issues.

2012

2013



1

2

3

4

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MARLIN MILLER
publisher

July 2012

THE BEGINNING

It's amazing to look back to our very first issue and see just how far the Lord has brought us. The first two "issues" were technically not even considered magazines—the only thing in them was advertisements! These flyers, however, were stepping-stones towards our vision of producing a magazine.



MARLIN MILLER
publisher

June 2013

ISSUE #1

In June of 2013, we published our first "official" magazine, complete with stories for our readers to enjoy. Although it says "Issue 3" on the cover, looking back, we consider this the first month we were able to call it a magazine.

December
2013

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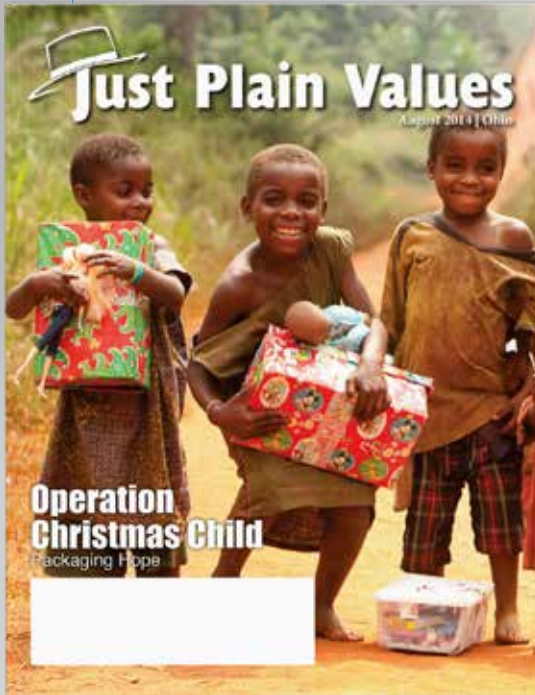
The Great Missing Issue

ISSUE #7

Early in 2021, knowing that our 100th issue was coming up in October, we began the process of compiling each and every issue of *Plain Values*. We quickly discovered that one issue was missing from our print reserves—Issue #7, published in December of 2013. We then searched our digital records and, to our great confusion, discovered the digital files for issue #7 were missing as well!

This leaves us with only one option—to ask you for help! If you, or anyone you know, has a copy of the December 2013 issue, and is willing to part with it, we would be forever grateful! If our memory serves us correctly, the cover is a photo of a winding road through a snow-covered woods with a horse-and-buggy driving through it.

A crisp \$50 bill will be rewarded to the first reader to help us find our long-lost issue #7, along with a high-five from Marlin if you're in the Holmes County, Ohio area.



MARLIN MILLER
publisher

August 2014

ISSUE #14

This was the first time we highlighted Operation Christmas Child and the response was wonderful! I think more than 2,000 boxes were brought to our office. The following year I had the privilege to hand shoeboxes to children in the Dominican Republic.



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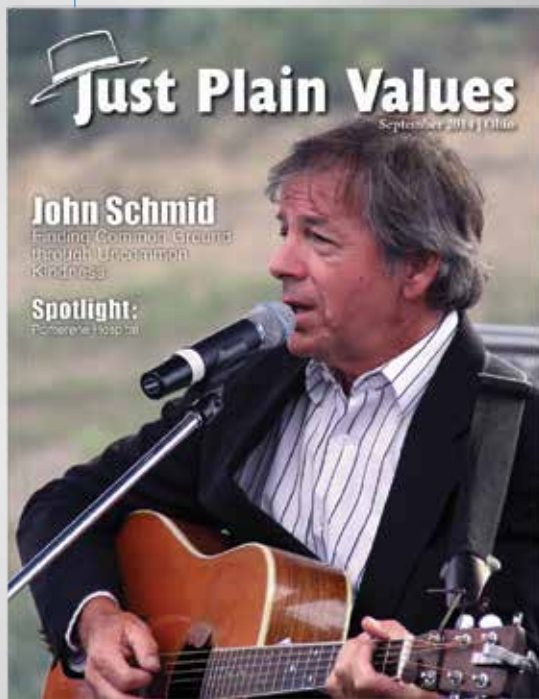
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MARLIN MILLER
publisher

September 2014

ISSUE #15

John Schmid was my dad's good friend, and he used to put on concerts for up to 400 people at our family cabin for many years. It was an honor to share his work and life story with our readers. We went on to publish a few books for John and are still good friends to this day.



ISAAC HERSHBERGER
production manager

February 2015

ISSUE #20

This is just for fun, but the guy on the cover of this issue is actually me! Our hope was to highlight the equine program at SpringHaven Counseling Center by photographing a friend interacting with one of their horses. When that plan fell through, I was "Plan B."



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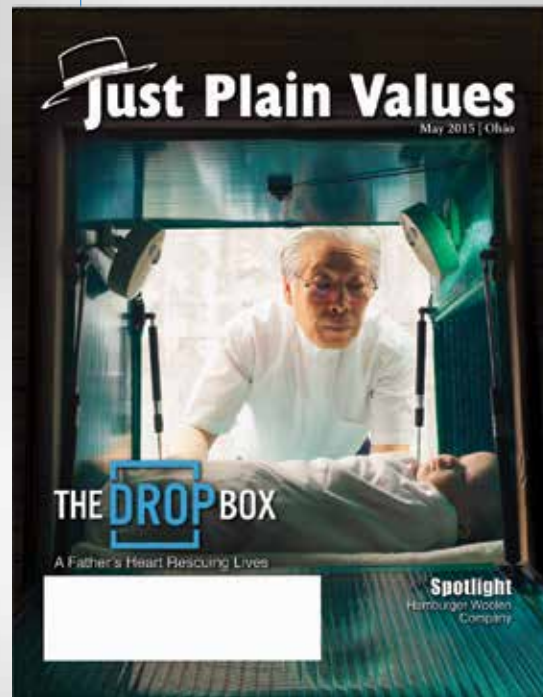


MARLIN MILLER
publisher

April 2015

ISSUE #22

Hank and Ruth Hershberger are dear friends who invested many years in Bible translation both abroad and within our Amish communities. Hank is 98 and Ruth is “around 90;” they continue to invest their lives praying for many people, including the *Plain Values* family.

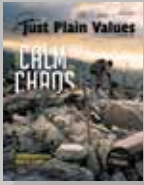


ISAAC HERSHBERGER
production manager

May 2015

ISSUE #23

The story we shared about what Pastor Lee Jong-rak was doing to save abandoned babies in South Korea was both shocking and inspiring. When that issue came out, my wife and I were on the brink of welcoming our first child into the world, so it hit a very tender chord in our hearts.



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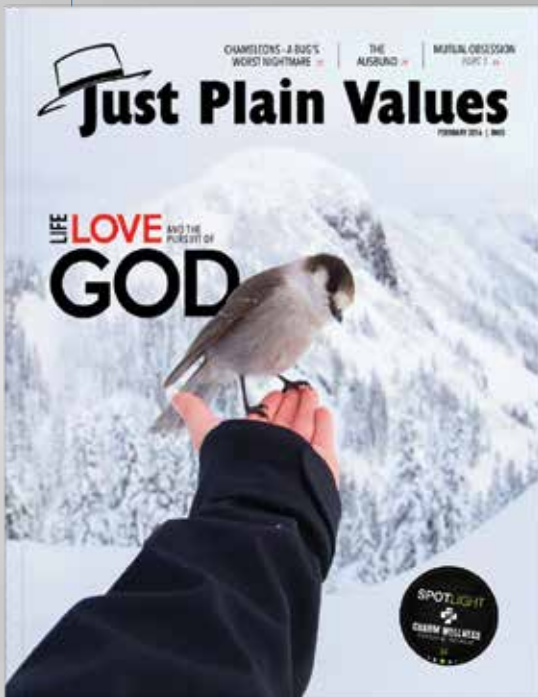
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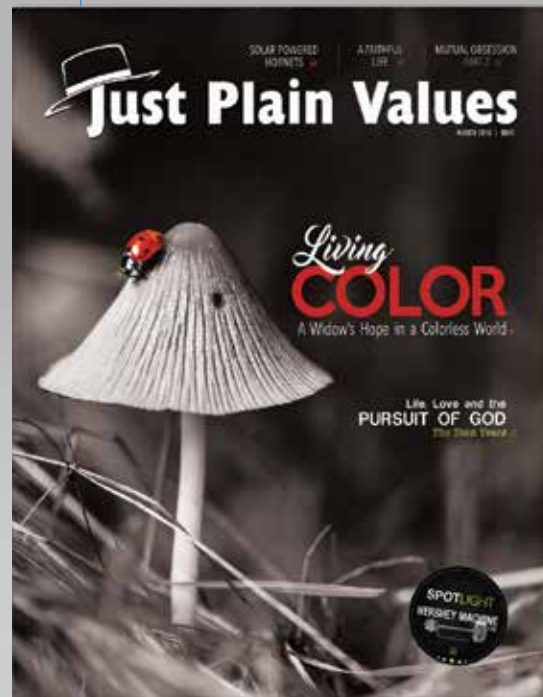


ISAAC
HERSBERGER
*production
manager*

February 2016

ISSUE #32

In this issue, we published part one of a four-part series on the life of Atlee Barkman, the father of Phil Barkman – who was our editor at the time. Phil is a dear friend of mine, so getting to read how the Lord worked in his father’s life was a joy.



MARLIN
MILLER
publisher

May 2015

ISSUE #33

Our first issue with a focus on loss and widowhood. It has become a favorite of many readers!



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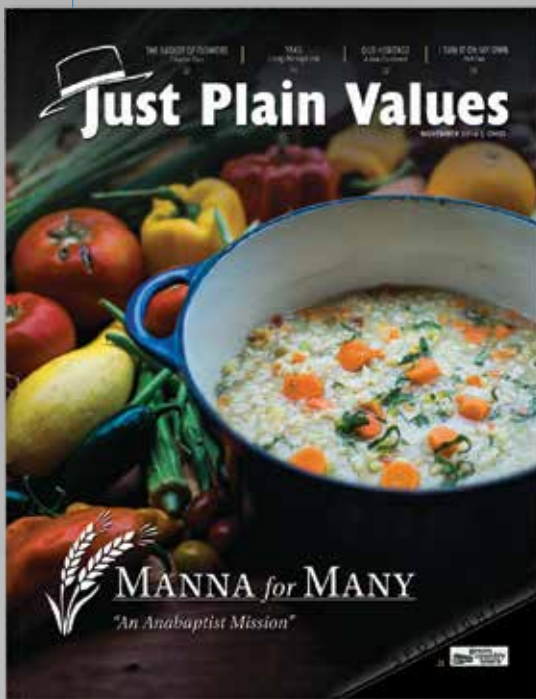
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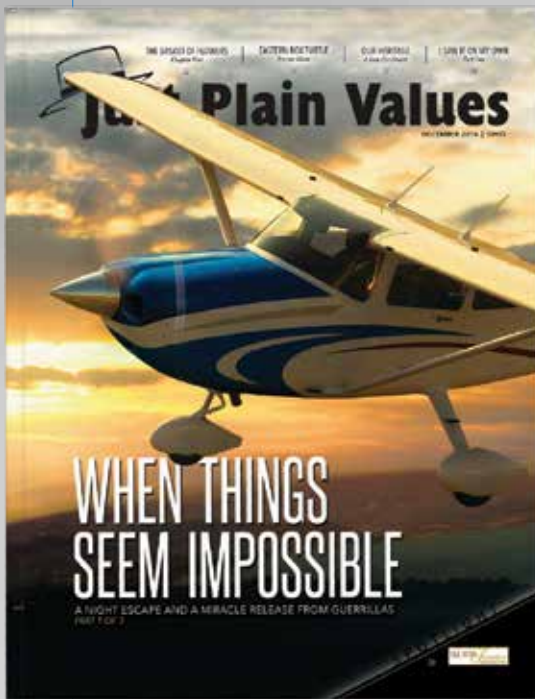


MARLIN MILLER
publisher

November 2016

ISSUE #41

In this issue we offered a writing class and it sold out the first day! Many wonderful stories were shared during the class with much laughter!



ISAAC HERSHBERGER
production manager

December 2016

ISSUE #42

Back in 2010, fresh out of high school, I spent 6 months living in Spain as a missionary, so I'm a sucker for missionary stories. This three-part series on how God helped Tim Cane and Paul Dye escape capture by hostile guerrillas in Colombia was incredible.



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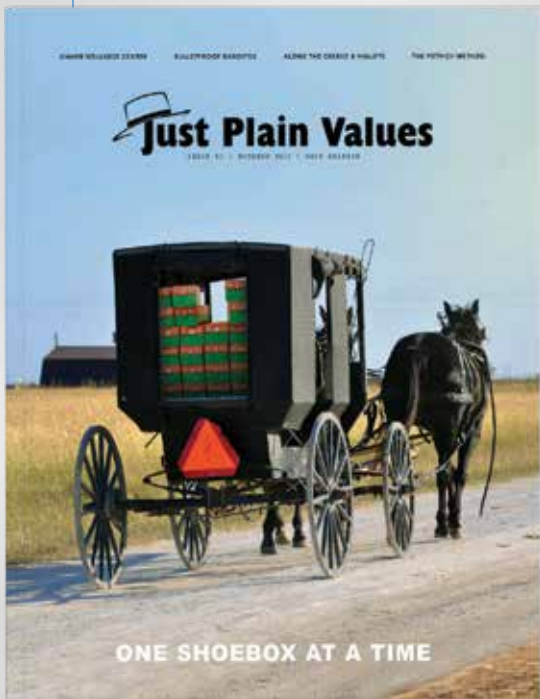
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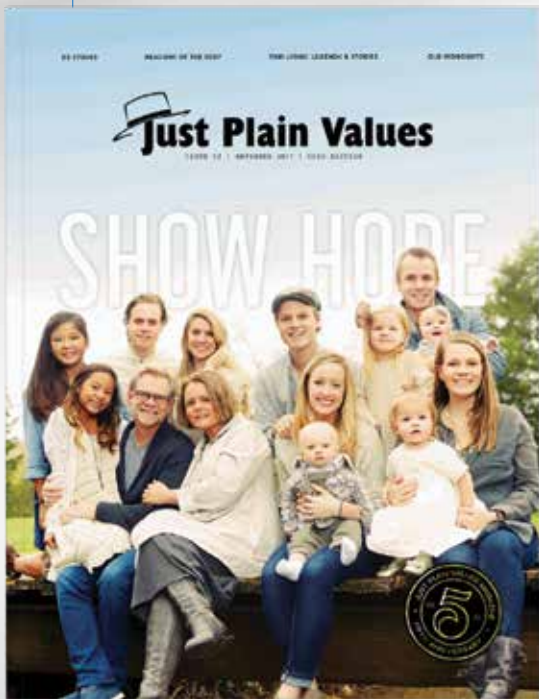


MARLIN MILLER
publisher

October 2017

ISSUE #52

In this issue we briefly shared how Hurricane Harvey hit Houston, Texas in August of 2017. A few months later, our readers sent almost \$30,000, boots, and blankets to a church aiding displaced refugees.



ISAAC HERSHBERGER
production manager

November 2017

ISSUE #53

This issue marked the fifth year anniversary of *Plain Values* magazine! Not only was it a fun milestone, we had the pleasure of sharing the story behind the ministry of a world-class musician, Steven Curtis Chapman!



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ISAAC
HERSHBERGER
*production
manager*

June 2018

ISSUE #60

This may be biased, but I loved this issue purely because I love the leather products produced by Saddleback Leather. I gifted my wife one of their leather backpacks back in 2017, and it is so well made we are planning on passing it on to our oldest child once we are old and gray.



ISAAC
HERSHBERGER
*production
manager*

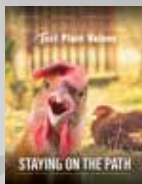
August 2018

ISSUE #62

It was an honor for us to be able to publish this story on the Museum of the Bible shortly after it opened its doors in our nation's capital. I still haven't been there myself, but it's definitely on my list.



63



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66



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MATT YODER
Ohio sales advisor

March 2019

ISSUE #69

I was truly inspired by the story of "Nickel Mines - from Heartache to Hope", as well as the follow-up story in September of 2021, "New Hope". I was moved by the way those families were able to react after such a horrific day, how they chose forgiveness, and how God used that choice to somehow impact and help a brokenhearted community on the other side of the world. This is how God works when we choose His ways and not our own.



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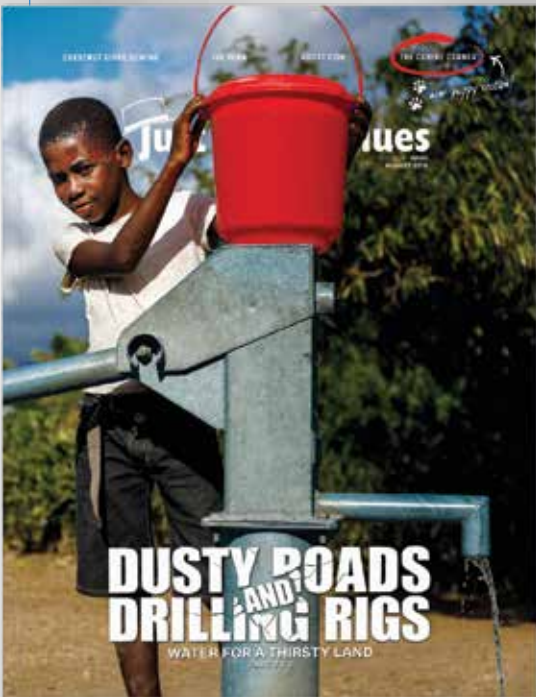
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MARLIN MILLER
publisher

July-August 2019

ISSUE #73-74

Kevin Kate and Curt King have been drilling water wells in Haiti for many years, bringing clean water into the area, which in turn brings massive change to the villages in the region. In the spring of 2019, we sent one of our writers and our photographer with Kevin to document the work and stories. When Landon came home with over 3,000 photos, we saw an opportunity. Choosing the best dozen, we sold enough calendars to drill 3 more wells.



NIC STOLTZFUS
editorial manager

September-December 2019

ISSUE #75-78

I had the opportunity to travel with my father Elam to Passau, Germany, when he was doing research on the *Ausbund*. Since my dad grew up Amish, he has a deep connection to this songbook, and I got to explore more of that history with him. It was a unique opportunity to connect more with my dad and my heritage.



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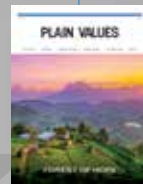
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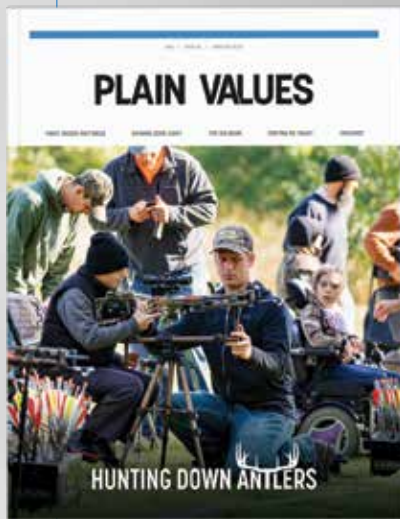
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SETH YODER
graphic artist

February 2020

ISSUE #80

Giving underprivileged children the opportunity to hunt deer is always a treat. My dad and I participate in a local deer management co-op that organizes an annual youth hunt. Watching the young hunters' faces light up makes you realize it's about more than hunting. Because of my close ties to this organization, this story meant a lot to me.



BETHANY TROYER
bookkeeping

April 2020

ISSUE #82

I was deeply impacted by this issue. It hurt to read about the orphans in Eastern Europe who have never known the love of a family or friend and are living in horrible circumstances. Reading of Israel's story shows what God is capable of doing if we are willing to answer the call he has placed on each of our hearts.



KEVIN BILLE
general manager

This story is so inspiring! The part about walking through doors and the difficulty it brings really resonates with me. I think all of us go through those types of situations in our life and it makes us appreciate what God has in store for each of us—or as it mentions in the story, what God is doing through us.



AARON STUTZMAN
Indiana + Michigan sales advisor

June 2020

ISSUE #84

This is the issue that showed up in my mailbox the day I got the call offering me the opportunity to work with Plain Values. I took it as a confirmation from God that this is what I was supposed to do for the next chapter in my life.



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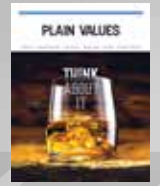
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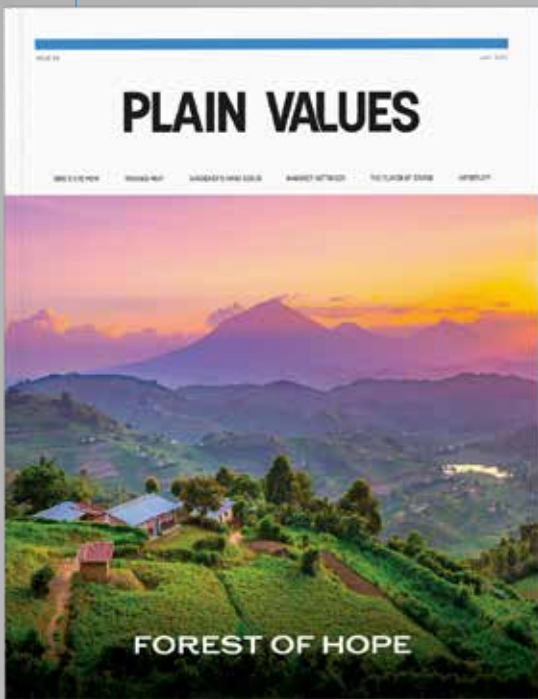
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LANDON TROYER
photographer

July 2020

ISSUE #85

The mission of Forest of Hope is to provide the education tuition of children by planting trees. With two growing cycles and a harvest strategy, Tim Troyer is investing in communities on so many levels: education, infrastructure, and providing jobs. I love how this has such an incredible impact on everyone within the community.



NIC STOLTZFUS
editorial manager

September 2020

ISSUE #87

The September 2020 cover article about StormAid rebuilding after Hurricane Michael was a deeply personal story for me. Because my hometown was decimated after the storm, it touched my heart to see Amish from Lancaster coming down to Florida to help rebuild. It truly revealed to me what our heritage is all about: serving other people in the name of Jesus.



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100



JAN SCHLABACH
customer service

September 2021

ISSUE #99

I was inspired by the September 2021 issue. The story of the tragedy at Nickel Mines touched my heart. The forgiveness that the community of Nickel Mines showed can only come from God. The redemption that God worked in the hearts of everyone is beyond human ability. What Satan means for evil, God will turn for good.

The 100th Issue & Beyond

We made it. This issue that you hold in your hands is the culmination of 100 months of hard work, progress, and—most of all—God’s leading.

As humbled and thankful as we are to have reached this point, we know this is still just the beginning. We don’t exactly know where the next 100 issues of *Plain Values* will take us, no doubt to places we never thought possible. However, we do know this—our roots are firmly planted and there’s no telling how far our Lord will extend our branches. However far that may or may not be, we are nothing but excited for the next 100 months.

Thank you to everyone, from our readers to our writers to our advertisers and friends for taking this humble magazine to where it is today. You’re all family in our eyes. //

feature
HOW IT'S
MADE



RUBBER BANDS.

MAY 2021

What Does it Take to Produce a Magazine?

words by: **NIC STOLTZFUS**

"Write the vision and make it plain on tablets, that he may run who reads it."

HABAKKUK 2:2B, NKJV

WHAT DOES IT TAKE to print a magazine? There are many steps involved, but the first step is a vision about what content you want to put inside the pages of that magazine, and this is the role of the publisher, Marlin Miller. As publisher, he is constantly thinking and praying about the vision for *Plain Values*, dwelling on these questions: How do we best align the pages of the magazine with our Christian values? Where is God taking us next? How can we best honor God in the work that we do?

Marlin and his wife Lisa started the magazine back in July of 2012 and today—100 issues later—it is plain to see that our vision is to put out a high-quality magazine every month that is based on Christian values. The magazine started as a way to share high-quality ads with our readers; then, *Plain Values* added editorial content with a mission of sharing stories that inspire, impact, and call to action; last October, Marlin and Lisa gifted the magazine to Room to Bloom, and now



a large part of our focus is to promote the beauty of adoption and ascribe dignity to people with Down syndrome and other special needs.

So, we have a vision: but how do you take this and run with it? Let's start with our salesmen. Every Monday morning, our general manager Kevin Bille and the salesmen meet digitally on Zoom to discuss their game plan for sales. The magazine is split into two parts: the editorial content, and the "Plain Pages", where the ads are. Our three salesmen sell ads in four regions. For the Ohio edition, Matt Yoder drives around the hilly backroads, stopping in at small shops from Berlin to Charm talking to folks; for the Michiana edition, Aaron Stutzman gallops across rural Michigan and Indiana communities, making calls to feed stores in Shipshewana and family-owned stores in Goshen and everywhere in-between; and for the Pennsylvania edition, Josh Saufley reaches out to businesses from Lancaster all the way out to Pittsburgh. All three salesman place ads in the National edition, which is currently our fastest growing edition.

Here's how the process of selling an ad works: let's say that Matt sells a full-page ad to a Mr. Coblenz in Walnut Creek. After making a sale, Matt discusses the



ad with Mr. Coblenz: Who is your target audience? What do you want in your ad? What do you want the ad to look like? Sometimes, the ad requires us to take photos for the client. In this case, our photographer Landon Troyer will go out and take photos of the product. When all this is done, Matt then sends everything along to our graphic designer Seth Yoder. Seth then builds the ad, combining the text and photos in a pleasing way. When Seth is done, he sends it back to Matt, who reviews the ad with Mr. Coblenz. If Mr. Coblenz likes his ad and has no suggested changes, then it is considered finished. Seth sends it on to the production manager Isaac Herschberger, who then takes the ad and fits it in with all the other ads in the Ohio Plain Pages. Meanwhile, back at the office, Bethany Troyer handles the bookkeeping to make sure the sales transactions are handled smoothly, and Jan Schlabach handles customer service to keep our clients happy.

The other important facet of our magazine are our stories. Every month, our writers e-mail me their columns for publication. As the editorial manager, I read through each column and edit it. Some of my edits are simple grammatical ones ("delete comma, add period")



and some are more involved (“consider rewriting this paragraph so it flows better”). Each of the writers provides us with stories from their life’s journey, and our readers have the chance to learn from our writers and apply those lessons to their lives. In particular, our feature stories allow writers to do in-depth storytelling, and Marlin and I work together to pick these stories several months—sometimes more than a year—before they are published. Once the editing process is done for all the stories, I send it on to Isaac.

Now, Isaac has gathered all the information he needs to put together our 100th issue. He has the approved ads, the accepted columns, and the photos. Isaac then fits the different pieces together in a way that flows well from page to page and is easy for our readers to understand.

Once Isaac has built the magazine and the four Plain Pages, everyone on the team carefully looks over the digital proofs, looking for any mistakes. After this is done, Isaac then uploads the digital files to our printer located in New Philadelphia, Ohio.

Our team has written the vision of what we want the magazine to look like, but it is our friends over at Freeport Press who “make it plain on tablets”—or, in this case, paper!

The inside of the magazine—the editorial content and all four regions of the Plain Pages—are printed on a heat-set web press. In this type of printing press, the paper is rolled between eight ink-covered rollers that roll color on the page. There are two rollers per color: **BLACK, MAGENTA, CYAN, and YELLOW**. After the paper is rolled through the web press, it is heated in an oven that helps to “set”—or dry—the pages. This makes sure that the ink doesn’t smear on your fingers, like old newspapers used to do.

The covers of the magazine are printed on a different press known as a single web press. The covers are then wrapped around the inside pages, trimmed to size, packaged inside a plastic mailing bag, and addresses are printed onto it. Freeport then delivers it to their local New Philadelphia post office on skids, where they organize, sort, and deliver all 50,000 copies across the United States.

By the time you are reading the page before you, we are already back at the beginning, working on our 101st issue. And that’s what it takes to print *Plain Values* every month! //

Printing Fun Facts

- It takes about 6 hours to print all 50,000 copies of the magazine (not including the cover)!
- The pages of the magazine are printed *fast*—50 feet of paper per second! That’s around 34 miles per hour. As a comparison, the famed horse Secretariat won the Kentucky Derby running at 38 miles per hour!
- The pages of our magazine are not printed on printing paper you’d find at your home—they are from large rolls of paper. Each roll is over 5,000 pounds and over 70 inches wide! That means that, if you flipped the roll on its side, it would be about the same height as the average American man, but the roll would weigh as much as five telephone poles!
- Each month, it takes 30,000 pounds of paper to print all our magazines. That is the same weight as thirty telephone poles—or 151 adult men!



The Faces Behind Plain Values



Marlin Miller

PUBLISHER

What I Do:

I do my best to keep all the balls in the air and moving forward in the direction the Lord is pointing!

What's on my Desk:

My little trilobite fossil—it's my reminder that God's always watching over us, and it's also a reminder of our mortality: rock and dust we become.



Favorite Plain Values Cover:

Issue #82 // April 2020



Matt Yoder

OHIO SALES ADVISOR

What I Do:

I get to work with businesses looking to reach our Ohio readers. I work with clients and our production team to create attractive ads that will interest readers and help grow the client's business.

What's on my Desk:

A personalized calendar my wife gave me for Christmas. It's a gift that keeps giving—with each new month my desk gets a new photo of my three kiddos. Also, an employee-of-the-month award I stole from Isaac.



Favorite Plain Values Cover:

Issue #69 // March 2019



Kevin Bille

GENERAL MANAGER

What I Do:

I try my best to connect with our team individually and collectively. Leading RoundTables, organizing meetings, and communicating with clarity are intentional.

What's on my Desk:

A small, personalized calendar that my wife gets me every year. It has pictures of her, the boys, and me, and I. LOVE. IT!



Favorite Plain Values Cover:

Issue #94 // April 2021



Aaron Stutzman

INDIANA + MICHIGAN SALES ADVISOR

What I Do:

Every month, I strive to bring satisfaction to each of my clients by helping them get their ad designed and approved by deadline. After each deadline, I check to make sure all of my clients' ads are there and placed accordingly.

What's on my Desk:

Since I'm in the process of finishing my home office and don't yet have a desk to work from, you can often find me working from my front porch, enjoying the nice days.

Favorite Plain Values Cover:

Issue #84 // June 2020



Nic Stoltzfus

EDITORIAL MANAGER

What I Do:

I work with all the writers to make sure they submit their work in time and that their work fits within our guidelines and is error-free. I then submit this work to the graphic designer. I also work with the publisher to select and set a schedule for future articles.

What's on my Desk:

A stuffed beanie baby owl from when I was a kid.



Favorite Plain Values Cover:

Issue #99 // September 2021



Joshua Saufley

PENNSYLVANIA SALES ADVISOR

What I Do:

My job is to find businesses in Pennsylvania that would benefit from advertising in Plain Values. Since there are different ways to market, it is also my role to figure out what exactly is best for my clients. This means I have to get to know the business and their goals and preferences.

What's on my Desk:

Crayons (you never know when they may come in handy).



Favorite Plain Values Cover:

Issue #85 // July 2020



Isaac Hershberger

PRODUCTION MANAGER

What I Do:

My main responsibility is to design *Plain Values* every month. When I'm not doing that, I'm making friends with printers, overseeing workloads, quoting projects, telling stories about my kids, or wearing beach shirts every Friday.

What's on my Desk:

My Nacho Libre figurine - he's always on duty protecting my desk from the mundane. Also, my self-given employee-of-the-month award... *gasp...*



Favorite *Plain Values* Cover:

Issue #69 // March 2019



Seth Yoder

GRAPHIC ARTIST

What I Do:

Graphic design is my specialty! I'm responsible for designing and/or prepping the advertisements that are placed in each issue, among other design projects that arise. I consider Photoshop to be an extension of my physical body.

What's on my Desk:

I call this fluffy friend my emotional support buffalo. He rests calmly under my computer providing encouragement and support during the busiest of deadlines.



Favorite *Plain Values* Cover:

Issue #80 // February 2020



Bethany Troyer

BOOKKEEPING

What I Do:

I do bookkeeping, which basically consists of recording all incoming and outgoing transactions and posting them in the appropriate accounts within our accounting software. I also process payroll and prepare reports as needed.

What's on my Desk:

My current favorite thing on my desk is the coffee in my coffee mug, which keeps me alert and awake throughout the day.



Favorite *Plain Values* Cover:

Issue #82 // April 2020



Landon Troyer

PHOTOGRAPHER

What I Do:

As a photographer, I work with salesmen and advertisers to create ads for the magazine. I also compile and share stories and photos on our website and social media platforms.

What's on my Desk:

On my desk are film cameras and coffee table books collected from countries I have visited.



Favorite *Plain Values* Cover:

Issue #74 // August 2019



Jan Schlabach

CUSTOMER SERVICE

What I Do:

As a Customer Service Representative, I answer phone calls and emails. I also keep track of the ad orders, keeping count of the pages and the status of the ads.

What's on my Desk:

My coffee cup.



Favorite *Plain Values* Cover:

Issue #89 // November 2020

Our Contributing Writers

Plain Values would be nothing without our dedicated team of contributing writers. They pour hours of work into crafting spectacular content that we are honored to be able to share with you each month.

ELAINE TOMSKI, *feature story writer*

FERREE HARDY, *monthly columnist - The Widow's Path*

JOEL SALATIN, *monthly columnist - Confessions of a Steward*

MERISSA A. ALINK, *monthly columnist - Homestead + Roots*

MARCUS A. YODER, *monthly columnist - Our Heritage*

JIM ZUMBO, *monthly columnist - All Things Outdoors*

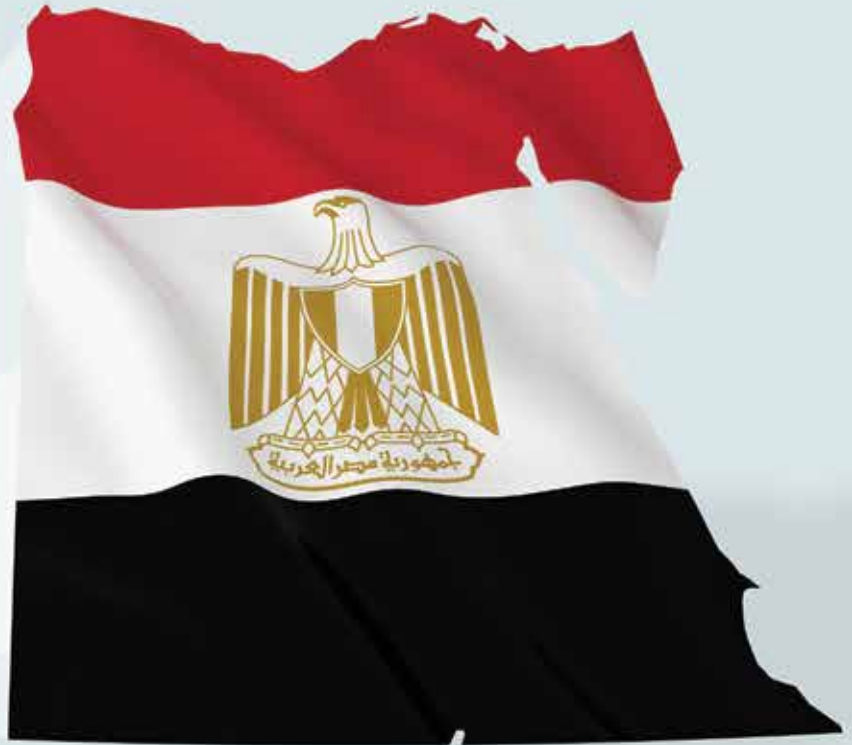
SHERRI ROMIG, *spotlight writer*

ELAM STOLTZFUS, *guest columnist*

W.H. "CHIP" GROSS, *contributing writer*

EGYPT

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DID YOU KNOW?

The Coptic Church is the largest Christian community in the Middle East and is based out of Egypt. It was founded by the Apostle Mark around 42 AD. Copts often fast over 180 days a year and mainly eat a vegan diet.



Kushari is an Egyptian dish made of rice, macaroni, and lentils mixed together and topped with spiced tomato sauce, garlic vinegar, chickpeas, and crispy fried onions. This vegan dish is a popular street food and is considered Egypt's national meal.

SIZE 390,121 square miles
(three times the size of New Mexico)

POPULATION 104.1 million

ETHNICITY Egyptian (99.7%)
Other (0.3%)

LANGUAGES Arabic (official)
Arabic, English, and French widely understood by educated classes

LITERACY 71.2%

RELIGIONS Muslim (90%)
predominantly Sunni
Christian (10%)
majority Coptic Orthodox

COPTIC ORPHANS



Coptic Orphans is a Christian organization dedicated to breaking the cycle of poverty in Egypt. Since its founding in 1988, it has served over 65,000 children. The flagship program for Coptic Orphans is the *Not Alone* program, where a network of volunteers in over 700 towns and villages across Egypt—in conjunction with the local church—work together to help fatherless children. These trained volunteers foster a loving, supportive bond with each fatherless child, allowing the young boy or girl to regain dignity and begin on the path to a brighter future. The *Not Alone* program makes it possible for these children to stay in school, lift themselves out of poverty, and succeed in life.

POPULAR DESTINATION

Saint Catherine's Monastery is located at the foot of Mount Sinai and is one of the oldest working Christian monasteries in the world, and it is home to the world's oldest continually operating library. The Codex Sinaiticus—one of the oldest remaining versions of the Bible—was discovered here in 1844.



PRAYER POINTS

Pray for the orphans of Egypt and pray for mission organizations like Coptic Orphans that are serving the fatherless and orphans.

Many Coptic Christians face persecution and have received threats of violence from terrorist groups such as ISIS. Pray for their safety and pray for peace in the region.



service
BUSINESS
SPOTLIGHT





Luxis International, Inc.

words by: **SHERRI ROMIG**

WHETHER WE LIKE TO ADMIT IT OR NOT, we are all getting older. Many of us experience aches and pains we never had when we were younger. Maybe it's not an age thing at all. Maybe your aches and pains are due to an injury, or long, hard hours at work. Pain affects our life. Sometimes it slows us down. Whatever the case, Luxis International is here to help you find solutions from your feet up.

It all started out in the kitchen of a couple in Seattle back in 1972. They knew the Featherspring product would benefit so many people and be the answer to foot pain. Through a lot of hard work, the company has grown and changed hands. In 2006 it became Luxis International, Inc. and moved to Illinois. The company that began almost fifty years ago still remains to offer the same devotion to their customers.

I had the privilege to speak with Laura Steubing, the president of the company. Luxis International wants you to be confident in choosing their products. Their Customer Service Representatives are knowledgeable, caring, and friendly. They are always ready to assist with any questions. Laura expressed their desire to help others. She mentioned several of their quality products which I will share with you.

Let's face it. Our feet take a lot of abuse. All of our weight is put on our feet. How many of us come home from work or shopping or even walking to stay healthy and our feet hurt? We can't wait to sit down and take off our shoes! When we wear improper shoes or stand on our feet on hard surfaces for a long period of time, this hurts our

feet. Even growing older causes stress in our feet. This wear and tear causes the bones to be misaligned and result in foot pain. The foot's twenty-six bones, tendons, muscles, and ligaments stretch and change into a bad position. By wearing a pair of Feathersprings, they will keep your feet in the right position. Feathersprings realign your foot, which allows your foot to walk the way it's supposed to without pain. This will give you comfort throughout the day!

Featherspring foot supports eliminate problems such as: corns and calluses, that burning sensation on the balls of your feet, bunions and dropped toes (which results in poor balance). All of these problems can affect our nerves and blood circulation to the feet.

Feathersprings give your feet the support they need to even out the weight across your feet. The result is no more foot pain. When the foundation of your body, which is the feet, is working as it should, your leg, joint, back, and neck problems go away, as well.

Feathersprings have a three-point suspension system. As a result, your foot is able to move freely and independently. One pair is all you need. Whether you wear work boots, sandals, tennis shoes, dress shoes, or

others, the Feathersprings will move with your feet as they flex.

It's simple. All you need to do is call or go online and request a free brochure. In your brochure will be directions to make a carbon copy of the bottom of your feet. This will enable Luxis to see the length of your feet, where your arch is located, and see if there are any pressure points. It also allows them to know where and how much support is needed. They are custom-made to your feet. What's great about this product is the fact that it comes with a one-year trial period. You can return them any time within the first year for a full refund if you are not 100% happy. If you have any questions, please feel free to call them. What an opportunity to give your feet the relief and help they need plus walk and live pain-free! Properly maintained, your Feathersprings come with a ten-year guarantee!

From the foundation of our feet, we move up to our ankles, knees, and wrists. The Barlowe supports are simple and effective and have been around for many years.

Maybe you have been injured or have strained your knee. The Barlowe knee support is an advanced knee support that is easy to use. Simply pull it onto your knee - no buckles, straps or hard metal parts. It has padding



over the knee cap with support on the sides. The special material warms and soothes your knee joint. It is very comfortable, which allows you to bend and stay active. You can wear it all day long.

The Barlowe ankle and wrist supports work effectively as well. The support will depend on how firm you wrap it around your wrist or ankle. If you have any problems with aches or pain, give one of the Barlowe supports a try.

Many of us know of a friend or family member who has trouble hearing. We usually have to repeat what we say or speak louder when talking to them. Luxis International may be your solution. They work with select manufacturers that offer quality products and special large quantity discounts. These discounts are then passed on to their customers so everyone can enjoy (and afford) better hearing.

They've created for their hearing aids a power level chart which ranges from one to nine. You might hear mostly everything that's said and need just a little help. Maybe there's a little difficulty in distinguishing letters in a word. Some sounds have different frequencies and are difficult to hear. Words might sound muffled. In that case, you may just need a power level one or two.



The Luxis-04 goes in the ear. It has power level one. You adjust the volume with a tiny screwdriver and let your ears do the rest.

If a friend or family member needs more help, or if you are constantly repeating and speaking up, the Happily Hearing Everything 33 may be just what you need with a lot of extra power. It fits right behind your ear. It's compact and sturdy along with being simple and effective to use. But please, don't let me influence your hearing aid choice. Maybe you need something more specialized. Whatever the need, please give Luxis International a call. They will be happy to help! If you're still a little hesitant, hear the difference and see what you think. They offer a forty-five day trial on their hearing aids so you can hear and try for yourself.

I know I have mentioned several great products. The Feathersprings and the Luxis Hearing Aids are on sale right now. Take advantage of this opportunity. Give them a try or tell a friend or family member. Enjoy a quality of life that is pain-free. Communicate by hearing others easily and effectively.

Luxis International, Inc. ships their products all over the world. Please give them a call today to order any of the products or to ask questions. You can also visit their website to view everything they have to offer.

"We earn our customers' trust and deliver quality products. At Luxis International, that is the only way we do business." //

Luxis International, Inc.

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Toll Free: 1-800-628-4693

Website: www.Luxis.com

Monday, Tuesday, Thursday

8:30am - 5:00pm (Central Time)

Wednesday

10:00am - 3:00pm (Central Time)

Friday

8:00am - 1:00pm (Central Time)

simple
living
HOMESTEAD
+ ROOTS



HOMESTEAD ROOTS

column by: **MERISSA A. ALINK**

ARE YOU READY for another yummy recipe to add to your collection? I've put this lemon bread recipe into a simple mix so that you can keep this delicious treat in your pantry and make it whenever you feel like it. If you'd rather not make the lemon bread mix, just follow all the instructions below and bake it right away. Here we go!

Lemon Poppyseed Bread Mix

Bread Mix Ingredients:

- 2 cups All-Purpose Flour
- 2 tablespoons Poppyseeds
- 2 teaspoons Baking Powder
- ½ teaspoon Salt
- ½ cup Sugar

Baking Ingredients:

- 1 jar Lemon Poppyseed Bread Mix
- 3 Eggs
- ¼ cup Vegetable Oil
- 1 cup Plain Whole Yogurt
- 1 teaspoon Vanilla Extract
- 3 tablespoons Lemon Juice



BREAD MIX INSTRUCTIONS:

1. Mix all ingredients together in a medium-sized bowl and place the mix in a quart jar.
2. Store in your pantry until ready to use.

BAKING INSTRUCTIONS:

1. Mix all of the ingredients together in a large bowl.
2. Pour into a greased loaf pan and bake at 350 degrees for about 30 minutes or until a toothpick inserted into the center of the loaf comes out clean.



Confessions *of a* Steward

column by: **JOEL SALATIN**



Joel Salatin is our newest columnist for *Plain Values*. Joel co-owns, with his family, Polyface Farm in Swoope, Virginia. Four generations of his family currently live and work on the farm, and his farm services more than 5,000 families, 50 restaurants, 10 retail outlets, and a farmers' market with salad bar beef, pigator pork, pastured poultry, and forestry products. When he's not on the road speaking, he's at home on the farm, keeping the callouses on his hands and dirt under his fingernails, mentoring young people, inspiring visitors, and promoting local, regenerative food and farming systems. Salatin has published 15 books, and he is the editor of *The Stockman Grass Farmer*, granddaddy catalyst for the grass farming movement. He passionately defends small farms, local food systems, and the right to opt out of the conventional food paradigm.



IN 1961 AS OUR FAMILY LOOKED OUT over this newly-acquired farm property with its rocks, gullies, and weeds, we needed a roadmap to healing. In our imagination, we could see fertile fields, filled-in gullies, and soil-covered rocks, but how to get there was intimidating. Our redemption project seemed impossible.

My dad contacted both private and public (government) agriculture experts to receive as broad a range of counsel as possible. Every advisor recommended borrowing more money, planting corn, building silos, grazing the woods, and feeding the soil chemical fertilizers.

My grandfather was a charter subscriber to *Rodale's Organic Gardening and Farming* magazine when it debuted in the late 1940s and drank the non-chemical Kool-aid. He had a quarter-acre garden surrounded by T-trellis Concord grapes, an octagonal chicken house, and

THE CREATOR'S PATTERN



a large compost pile. Because of this mindset growing up, Dad viewed chemicals of all types—remember, DDT was culturally considered God's gift to humanity—as a drug addiction. To get the same kick, you needed either more volume or more concentration; either option required more expenses.

As an economist, Dad knew that trying to grow commodities with a narrow margin on a small farm didn't make sense. Undifferentiated commodities always reward the biggest players because the margins are slim. Competing in that arithmetic requires lots of bushels or pounds in order to generate enough income at low margins.

While he didn't know all the answers, he knew that the answers from expert agricultural advisors were not correct. Those models had eroded the soil, hurt the forest, and brought on poverty. Over the next decade, he began a series of experiments that today form the basis for our land redemption recipe. Interestingly, it coincides precisely with general patterns in nature. God designed nature to be abundant, not scarce.

1) Perennials Are Key

Annuals do not build soil; perennials do. Because perennials depend on food stocks stored in the root mass savings account, the energy flows from the plant into the soil. Annuals, on the other hand, depend on a seed (grain) or fruit containing seeds to propagate and therefore extract energy from the soil.

For agronomist readers, this may sound too simplistic, but it's generally correct. The energy flow in perennials is down; the energy flow in annuals is up. That's why cropland over time impoverishes soil while perennial pasture improves soil. Pre-chemical fertilizers, 7-year rotations with 3 years of annuals and 4 years of perennial pasture used building years to balance out extraction years. Indeed, draft power created a bit of an insurance policy over this extraction because all draft animals are some permutation of an herbivore, requiring forages rather than grains. Before the industrial revolution, all farms required one-third of their acreage in perennial pasture to provide their energy via draft power.



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PRE-ORDERS FOR SPRING 2022 CHICKS OPENS NOVEMBER 2021

Petroleum and non-animal energy, breached this historic boundary to cultivation and annuals, greatly accelerating soil erosion and degeneration. Realizing that all the best soils on the planet developed under perennials meant we wanted as much of our land in perennial forages as possible. Perennials, like on the native American prairies, convert more sunlight into biomass more efficiently than trees, shrubs, or annuals.

2) Animals Move

This seems like a silly axiom, but we live in a culture that does not believe animals need to move. The industrial paradigm assumes farm animals should be locked up in large buildings, confined to tiny quarters, devoid of sunlight and congested with fecal particulate. Docking pig tails, debeaking chickens, and other techniques all developed as a result of stress in these disrespectful conditions.

While we couldn't duplicate the migratory choreography of large herds and flocks that we see in nature, we could innovate mobile control, shelter, water, and feeding systems. Thus Dad developed a workable mobile electric fencing system; eventually, today's more dependable and lightweight systems gradually replaced our early clunky systems. When I was home from college, I spent one month hand digging some 250 post holes to install our permanent electric fence grid around all the fields. This identified usable fields and protected forestal and riparian areas.

Moving the animals around required water in all the fields. This progressed from Vs into creeks to hauling to piston-pumping by hand to battery pumps to today's 8-mile network of gravity-fed black plastic water lines fed by permaculture-style high terrain ponds.

Mobile shelters using shade cloth for cattle, pigs, and turkeys but solid roofing for chickens offered comfort on hot days and placed manure meticulously where we wanted it rather than losing it under trees.

3) Carbon Economy

God's design does not use chemical fertilizer to feed the soil; it utilizes biomass decomposition. Manure, fallen leaves, lodged grass—all of this is carbonaceous organic material that falls onto the soil surface as food for the billions of bacteria, fungi, nematodes, and protozoa living there. These decomposers and recyclers feast on

"The energy
flow in perennials
is down; the
energy flow
in annuals is
up. That's
why cropland
over time
impoverishes
soil while
perennial pasture
improves soil."



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this physical sunlight (plants) and in turn offer the next generation of plants minerals, vitamins and hormones.

Perhaps the most important community in our sphere of influence is not the human but the community of beings in the soil beneath our feet. Ultimately, everything we build, use, or fabricate depends completely on this soil biological community. Unfortunately this community is never considered when writing business plans and negotiating trade deals in today's frantic and frenzied economy.

How could we encourage this community? With carbon. We purchased a chipper and began converting poor quality, diseased, and fence-line encroaching trees into decomposable pieces. Today we use some 25 tractor-trailer loads of chips to build a carbonaceous diaper under the livestock when they are indoors during the winter. This includes chickens, rabbits, and pigs in hoop houses, as well as cattle in sheltered sheds. Under the cattle, this static carbon sponge can build up to 4 feet deep.

The cows tromp out the oxygen, creating an anaerobic pack. As we add chips throughout the winter, we put in about 80 pounds of whole shelled corn per

cubic yard. That ferments in the pile to provide the salary for the pigs. In the spring, when the cows go back out to pasture, the pigs aerate those carbonaceous diapers seeking the fermented corn and convert everything to aerobic compost. That's our fertilizer.

4) Multi-everything

Mono-cropping and single species farming flies in the face of God's diversity design. Just like a variety of gifts encourages balance and functionality in a local fellowship group, so a variety of animals, plants, and enterprises creates stability in an ecosystem. A farm is an ecosystem.

A related nuance is complex symbiotic relationships between species. Companion planting in the garden utilizes this idea. Animals do too. Birds following herbivores are one of the most common symbiotic relationships in nature. As a result, we follow the cows with laying hens in an Eggmobile. It's not new; it's as old as creation.

This includes buildings that serve multiple functions. Hoop houses for pigs, rabbits, and laying hens in the winter double up as vegetable production in the spring, summer, and fall. The pole shed that stores hay also houses cows in the winter, pigs for pigerator compost in the spring, and rabbits in the summer. The various animals in proximity keep pathogens confused and stifled.

5) Water From Ponds

Rather than digging wells, we mimic beavers. North America was 8 percent water 500 years ago, the product of 200 million beavers. Today, North America is less than 4 percent water. Rather than viewing water as a drainage problem, we need to view water as a hydration challenge.

Louis Bromfield, writing about his Malabar Farm in Ohio during the 1950s, said the answer to flooding on the Mississippi was not big Army Corps of Engineers projects on the river; it was millions of small farm ponds on high ground. He said water needs to be saved before it builds up volume and velocity, and he was exactly right. Part of humanity's mandate as stewards is to build forgiveness into the landscape. We will always have rain excesses and rain shortfalls. The beavers helped ameliorate these cycles, but with modern machinery we can do better by locating surface runoff impoundments

"...saving [water] on high ground is one of the most redemptive things we can do for a landscape. Every time we get some extra money, we invest it in building another pond."



in normally dry valleys. This protects neighbors downstream from flooding and offers the balm of water to the community during droughts.

Since one-third of all raindrops run off because they come too fast or the soil is already saturated, saving that on high ground is one of the most redemptive things we can do for a landscape. Every time we get some extra money, we invest it in building another pond.

6) Neighborhood Commerce

Known as local food systems, selling to folks nearby creates regional food security. Virtually every community in America imports 93 percent of its food. On average, 4 calories of energy are necessary to move every calorie of food to our dinner tables because the average morsel travels 1,500 miles between farm and plate.

That means eaters don't see how their food is produced, which diminishes accountability in the food chain. It also means farmers feel no connection or responsibility to the people they're feeding.

Longer distance selling is not a sin, but the backbone of any food system should be regional and not global. A certain degree of distance commerce has always existed, like the spice trade. But the majority should be regional, not just for accountability but also for security and stability in the food chain.

Over the years we found success by joining those notorious middlemen condemned by average farmers for making all the money. By adding processor, marketer, and distributor to our producer job description, we owned more of the value chain, enabling us to make a full time living on a small farm.

In future columns we'll flesh out all these principles; that will take years. But these are the key points of the template that did indeed build soil up over the rocks, fill in gullies, and create a profitable small farm. Stay tuned. //



support
THE WIDOW'S
PATH



A Longing for Home

column by:
FERREE HARDY



I WAS SHOCKED. My hand flew over my mouth. Did I really hear myself say that? In church? I quickly looked around to see if people were staring at me in surprise.

After ten long years in the South, it finally slipped from my lips. With a drawl no less: “Hey, **y’all**, see you next week.” Several people smiled and nodded. A few said, “See you...” Nobody fainted; no one even noticed that I’d uttered my first “y’all.”

Maybe I was finally fitting in. Maybe Southern living had really started to grow on me. I wasn’t yet hooked on sweet iced tea... but fresh shrimp? Tomato pie? Pimento

cheese spread? Benne wafers? Blistered and roasted peanuts? Pecans (which I now pronounce as “pee-cans”)? Count me in! My picky palate has even sampled the local Chicken Bog—a chicken and rice dish that tastes much better than it sounds; it was sold at every fundraiser when I lived in Florence, South Carolina.

I sighed. Someday soon, I will miss these things. I’ll even miss the signs for hurricane evacuation routes (very reassuring), pine straw mulch, seagrass baskets, and the every-town fast food chains like Chick-fil-A, Zaxby’s, and Krispy Kreme Donuts.

"People who've lost a loved one understand that sense of distance and displacement."

Yes, I am moving again. The past two years have been a series of hippity-hops from one side of South Carolina to another, with an in-between move to North Carolina. But this next move is a magnitude of one thousand miles, back to my husband Tom's hometown of Ticonderoga, New York. We will be near his parents and in the beautiful Adirondack Mountains, only a hundred miles from the Canadian border. I should have started knitting my wool sweaters years ago!

What will I do with my newly honed "y'all?" It will stick out like a big fat magnolia flower. And how will it sound when I mix it up with my latent Wisconsin, "Oh, ya?" and all the other local slang I've unknowingly picked up through all these moves? I'm going to be what my Southern friends call "a hot mess," except I'll be freezing cold. Hello snow! Hello ice! Hello blizzards! This is going to be one very interesting—and funny—experience!

Life done my way would have never changed. I'd still be back in the farmhouse I grew up in. I'm a little jealous of y'all who are still on the family homestead. You're like the sturdy oaks. Me? I'm like a tumbleweed, bouncing with the breezes. God has put me on a different path that doesn't seem to let me get too

comfortable in one place. I think this first line from an old Christian song sums it up well:

*This world is not my home,
I'm just a passing through*

I don't casually claim to be a saint, but I can relate to what the Bible says about them: "...they were longing for a better country—a heavenly one." Hebrews 11:16

I think of so many people, more displaced than I am: refugees escaping countries like Afghanistan, Rwanda, North Korea, and China because of genocide or religious persecution. There are thousands at our southern border longing for a better life, trying to escape drug lords, gangs, and political chaos. And then there are others: wanderers, homeless, and exiles who may or may not know which direction they can go, or if they will ever find a safe place. All they know is that they are far from home. They dangle like a mountain climber fallen over a cliff, swaying on a thin safety line of hope. Some have loved ones with them, others have lost both their place and their people. The distance is not only in mileage; it leaves a wide, empty expanse in relationships, and a constant sense of insecurity and longing.

People who've lost a loved one understand that sense of distance and displacement. Once our loves were near, now they are far away. Like a ship that we watch head out to sea, it seems to grow smaller and smaller until it vanishes. So it is when we bury someone. A feeling of near panic seems to rise in my chest at times—he's so far away! Our loves are out of sight, but they are never completely out of our thoughts. We feel homesick for them. Sometimes we rush back and forth along the dock, as it were, just for another glimpse of that ship.

With Tom working in New York, I've stayed in South Carolina. It's a waste of a good marriage, but we can't find a house there yet, and we don't seem to have any other alternative. We're straining to keep this separate living as short as possible. Tom is living with his parents,





Remission Cancer Patient Carol Selfridge



I praise God for his healing hand. I am so thankful to Dr. Bautista, and the wonderful staff at ITC for putting me on my healing journey.

I was diagnosed with stage 4 breast cancer for the third time in 27 years. I was told that the three pillars of conventional therapy were not an option for me and all I kept hearing was "I'm sorry". I walked out of that renowned hospital, never to return. After much prayer and seeking God's direction, one of my daughters began researching successful alternative and holistic treatment options. This led us to ITC because they had great results from building up the immune system with alternative therapy cancer treatment and I knew I would need a strong immune system to fight. During the three weeks stay at ITC in 2018, my tumor markers dropped 26 points! I continued with the recommended "at home" protocol for the next three months. I had a PET scan six weeks after returning home, and according to my local oncologist, I was in 95% remission. Since then, every PET scan has shown no cancer activity.

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Dr. Carlos Bautista

and he's helping them with many jobs and repairs around their house and yard. I'm living totally alone for the very first time. My children aren't around, like when I was a widow. It's a big adjustment and reminds me of the challenges and struggles that many widows face. I ponder the true meaning of home; living alone doesn't make my house feel like home. It's just a house.

Getting feedback from my widowed friends keeps me grounded. Those who have matured past the initial grief tell me this: "Home is not so much a place. Home is the presence of someone we love."

Sometimes married people get those two ideas switched around. They work very hard to provide a perfect place. A house that has everything one could ask for: quality, beauty, efficiency, convenience, abundance, peace—you name it. It's a family gathering place. It might be filled with laughter and fun.

But once the presence of the one we love is missing from that perfect property, it becomes a mere shell. Hollow. Lifeless. Dusty. It's only a place without the presence of the person we loved. Someday I'll be back together with Tom, and we can once again have a home. But I think what I'm learning through all of this paints a bigger picture: it comes back to that old song, "This world is not my home, I'm just a passing through."

I appreciate more and more that I have a Savior, and that He is love. He's preparing a place for me where His presence will be my forever home. A perfect combination: the place and presence of God's love—my true home at last.

Hey, y'all, I hope you will find your forever home in Jesus, too. //

Let's keep pushing on,

ferree♥

history
OUR
HERITAGE





PART TWO

History of the Amish Parochial Schools in Pennsylvania

column by: **ELAM STOLTZFUS**

THE HEADLINE of the March 16th, 1960 *Reading Eagle* stated, "Amishmen Take Jail Terms in School Case" - "Jailed Amish Spend Time Reading Bible."

"Nine Honey Brook Amish fathers who were judged guilty of violation of the state compulsory school attendance law at a hearing in Honey Brook Township elementary school, last night underwent preliminary processing in the new Chester County Prison Farm today, their temporary home till Saturday."

- JOHN P. NEARY, EAGLE STAFF WRITER

photo © AP Image

NEWS

Men Take Jail Terms in School Case



Three Amishmen from Honey Brook, Chester County, who were committed to Chester County Prison Farm last night for violations of the state school compulsory attendance law, are shown during a recess in a hearing in the Honey Brook Central Elementary School. From left to right are: Levi P. Kauffman, sitting; Jonathan B. Stoltzfus and Jacob S. King. The trio was among nine Amish fathers who took five-day jail sentences rather than pay \$5 fines and costs for refusing to send their children to the new Twin Valley Joint High School near Morgantown. Other photos on Pages 50 and 52. (Eagle Staff Photo)

"The court sentenced the nine men to spend two nights at the Chester County Prison Farm. The men were fingerprinted and photographed, given a brief physical examination, asked to give an account of their personal history, and then all nine were committed to jail."

The nine Amish men had been sentenced to jail. They refused to pay the penalty of fines and costs for not sending their children to the "worldly and distracting" consolidated Twin Valley High School. The two-hour hearing leading up to their sentencing was tense.

Midway in the hearing, there was a heated exchange between W.O. Trindle, Justice of Peace; Vincent Grant, Twin Valley board solicitor; and Aaron E. Beiler, spokesperson for the Amish. Beiler had something he wanted to share in the courtroom. Grant did not want to hear what Beiler had to say, so Grant curtly stated that Beiler's comments were not relevant to this case. Beiler did not want to be cut off, so he spoke up, and firmly asked the court to reconsider sending the men to jail.

He asked the Justice of the Peace, "Can't you give us any consideration?"

Justice Trindle responded to his question, "What kind? We're giving you every consideration under the law."

Beiler replied, "There are human considerations; these men are going to jail because of their beliefs and their convictions."

The Amish men pleaded "no defense," and their closing comment was, "We are at the mercy of the Court".

The court sentenced the nine men to spend two nights at the Chester County Prison Farm. The men were fingerprinted and photographed, given a brief physical examination, asked to give an account of their personal history, and then all nine were committed to jail.

This was a terrifying time for the family members of the nine men. One man I talked to, who was sixteen at the time, recalled the uncertainty and anxiety that his family had over the situation.

He had traveled with his father to Honey Brook the day of the hearing. He was shocked by what he saw and heard at the hearings, and he couldn't believe his eyes as he watched the police put his father in the backseat of the police car, headed to jail. Still in shock, the young man walked out to his father's horse and buggy and drove a lonely ride home. Upon arriving home, he told this mother and his siblings about what transpired in Honey



The nine Amish men being escorted to their jail cell at Chester County Prison Farm.

PHOTO © AP IMAGE

Brook at the hearing that evening. The family did not know when their father would come back to the farm. His mother took the bad news in stride, and with a strong note of resolve in her voice, she told the family, *"We have chores to do and cows to milk. Let's get this work done and pray that Dad will come home soon."*

One of the daughters of the nine men—who was thirteen at the time—also shared her recollections of that time with me. She said, *"When I heard my father may go to jail—then eventually went to jail—I cried myself to sleep every night. We just didn't know what was going to happen to our parents, our community, and [our] church"*.

Mercifully, the men were not jailed for a long time: they only spent two days in jail. While they were imprisoned, they spent their time in prayer and reading from the Bibles that they had brought with them.

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"The 1967/68 school year was when the Amish in the Honey Brook area left to attend their own private, parochial school."

By this time, the state government stepped in to resolve the issue. Pennsylvania Attorney General Anne X. Alpern offered the 11 families a three-to-five-year grace period while an agreement could be reached. The intent was to give the Amish the same status as parochial schools. By the mid-1960s, the Amish in the Honey Brook area formed the Fairview Private Parochial School. This one-room school was where I attended fifth to eighth grade.



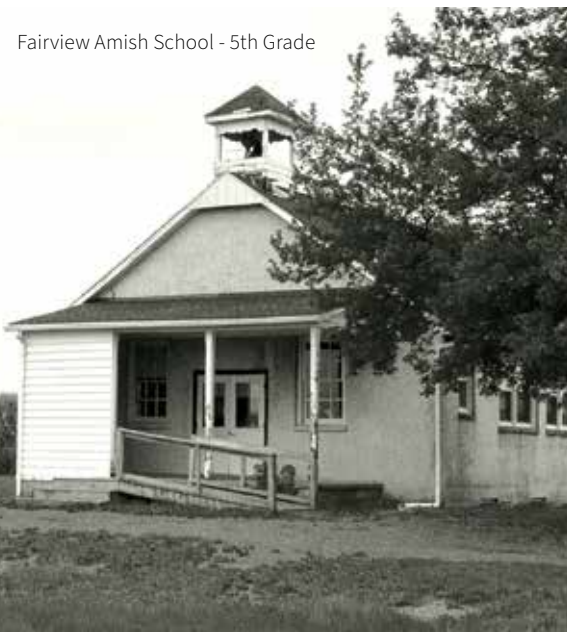
As a young boy, I was oblivious to all these big changes that were taking place around me. Like the changes taking place at the nearby Twin Valley School District, the West Nantmeal School District was also closing their small one-room schoolhouses and consolidating the students into larger schools.

In second grade, I attended school at the same two-room schoolhouse as the year before—Central School. In third grade, I moved to the Franklin School. I was one of the last classes at the two-room Franklin

schoolhouse. The wealthy Potts family had originally built the schoolhouse, and it had charming corner tower that looked out over Wyebrook Road and the East Branch Brandywine Creek. I still remember recess time, running down to the creek with the other boys, and exploring the woods, imagining it to be a wild frontier.

In fourth grade, I was bussed with other rural students to downtown Honey Brook to attend a larger elementary school. If I recall correctly, all the Amish students—mostly boys, from the Honey Brook area—were all placed in the same classroom. Although I missed my outdoor adventures at the more rural Franklin school, I found things I enjoyed at the larger school—particularly the well-stocked library. I enjoyed reading and checking out books such as the *Hardy Boys* series, *National Geographic* magazines, and several books featuring Disney characters. When it was time for the yearly classroom photos, my parents informed my siblings and me not to participate in the photos. In previous years, we had participated in the class photos.

Fairview Amish School - 5th Grade



Honey Brook Elementary School - 1967



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Little did I know or understand that this year was the last year that the Amish students in the Twin Valley district would be attending public school. The 1967/68 school year was when the Amish in the Honey Brook area left to attend their own private, parochial school. The Fairview one-room schoolhouse in Honey Brook housed Amish students from 1st grade to 8th grade, and Thelma King taught all eight grades. We were taught the basics of the three "R"s—reading, writing, and arithmetic—along with some German language.

This was a big time of change in my life—I was no longer a part of the public education system, and I was also no longer a part of the Old Order Amish. In 1966, my family left the Old Order Amish for the New Order Amish when there was a church split in the Honey Brook/Morgantown area.

Thankfully, the other Amish children I went to school with didn't think much of it, as we were all too young to understand the adults' disagreement with one another. We were just happy to have friends to play with at recess.

It seemed like we never tired of playing Ollie Over, the game where we threw the ball over the little schoolhouse. One winter we flooded the front lawn with water to create an ice-skating rink. Fittingly enough, the games we played that winter were freeze tag and chain tag.

Of course, consolidation of schools and the confusion that went along with it was taking place throughout the state and country, not just in my little corner of the world in Honey Brook. Another key conflict about schooling took place in Lancaster County in the late 1950s. We will discuss this event in next month's article. //

Elam Stoltzfus is a guest writer for *Plain Values*, and he currently serves as caretaker of the Nicholas Stoltzfus Homestead. In 2016, he documented the Great Florida Cattle Drive, a historic cattle drive telling the story of Florida cowboys. To get a copy of the coffee table book featuring his photos, mail a \$35.00 check to: Elam Stoltzfus, 1700 Tulpehocken Road, Wyomissing, PA 19610.

nature

FALL TURKEY
HUNTING



— DOGS IN BAGS —

Fall Turkey Hunting

words by: **W.H. "CHIP" GROSS**

WILD TURKEY HUNTERS DO SOME STRANGE THINGS, and I proudly count myself among that lot. In the spring, we rise well before dawn, dress in camouflage head to toe, and sit in the woods making turkey sounds with our callers, trying to tempt a wary tom into gun or bow range—no more than thirty or forty yards. We go to such extremes because shooting a sharp-eyed gobbler is not easy. To become a proficient spring wild turkey hunter takes patience, persistence, know-how, and yep, a little bit of luck, too.



photos © W.H. "Chip" Gross



Fall wild turkey hunting, on the other hand, is a little more laid back. Both hens and toms are legal game in most states that have autumn seasons, and with many young birds making up large flocks in fall, hunting tactics are a bit different. Tom Kelly, an ex-military man who wrote the classic turkey-hunting book *Tenth Legion* (first published in 1973 and reprinted many times since), described the difference between the two hunting seasons this way: "Fall hunting is maneuvers, spring hunting is war."

That said, I enlisted for two days of such fall maneuvers many years ago under the expert tutelage of Marlin Watkins and his two turkey dogs, Keekee and Cutter. Autumn leaves were reaching their peak color as we stepped into the quiet, dawn woods of Columbiana County in northeast Ohio. Though a veteran of countless spring hunts, I'd only fall turkey hunted once before, and never with dogs.

"Fall turkey hunting with dogs got its start many years ago in the South and has slowly spread



"It takes quite a bit of time, commitment, determination and dedication to raise and train good turkey hunting dogs."

northward," said Watkins. "But it's far from common north of the Mason-Dixon Line. It takes quite a bit of time, commitment, determination and dedication to raise and train good turkey hunting dogs."

Watkins hunts with what's known as an Appalachian Turkey Dog, a mixture of Plott hound and English pointer and setter, a breed developed by John Byrne of Virginia over the past half century. The dog's job is to locate a flock of wild turkeys by scent, then rush toward the flock, barking, and scatter the

birds. Once that's accomplished, Watkins sits down at the scatter point, calls his dog back to him, and either covers the pooch with a camouflaged cloth or zippers it into a camouflaged bag.

"My older dog, Keekee, I can just cover with a camo cloth and she'll lie at my feet and not move when the turkeys approach," said Watkins. "But I don't trust my younger dog, Cutter, to do that quite yet. I have to bag her to make sure she doesn't bolt and scare the birds."

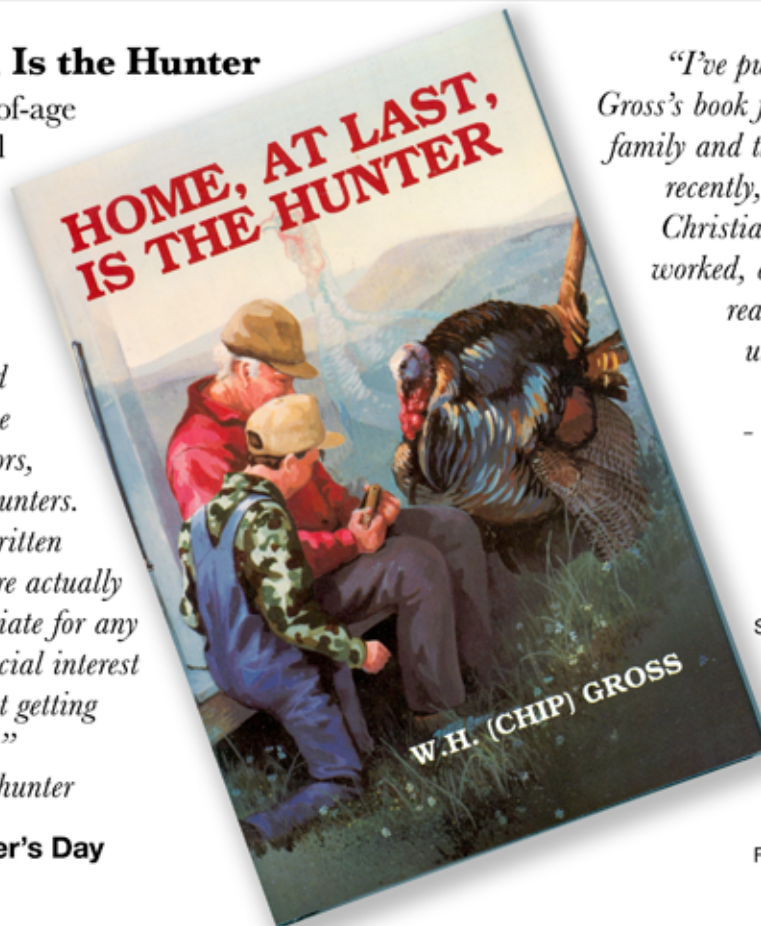
Home, At Last, Is the Hunter

The classic coming-of-age turkey hunting novel by author and outdoors writer W. H. (Chip) Gross.

"It's the best hunting story I've ever read. I'd recommend it to anyone interested in the outdoors, both hunters and nonhunters. The book is so well written that you feel as if you're actually in the woods. Appropriate for any age, it would be of special interest to a teenage hunter just getting started turkey hunting."

- Atlee Miller, turkey hunter

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"I've purchased my friend Chip Gross's book for all the hunters in my family and they've all loved it! Most recently, I donated a copy to the Christian school library where I worked, and the sixth-grade boys read it all the time. It's an unforgettable journey to a man's true home."

- Ferree Hardy, author of Postcards from the Widows Path

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Watkins trains his turkey dogs to go into bags as puppies. He pets and rewards them for doing so, which means entering a bag is second nature when they grow old enough to begin hunting.

Wild turkeys, being flocking birds, want to get back together as soon as possible after being flushed and scattered by a dog. Consequently, the birds readily respond to Watkins' calling on his custom-made turkey box call. By the way, Watkins just happens to be a national champion call maker, his exquisite box calls having won numerous awards at National Wild Turkey Federation (NWTF) annual competitions.

"I leave my dog's head out of the bag so she can breathe, and often the dog knows turkeys are approaching before I do," said Watkins. "When my dog goes on alert, I know it's time to put down the caller and pick up the shotgun."

This type of fall turkey hunting has a high-tech side to it. Watkins straps GPS collars on both of his dogs so that he can keep track of them when they're out of sight in the woods. A small, handheld GPS

receiver with a map display tells Watkins how far his dogs are ranging from him. He can also tell by listening to their barking and noting their behavior when they've flushed a flock of turkeys.

On the first day I hunted with Watkins I had a young gobbler within range, but he saw me before I saw him. Game over. The next day, however, two other hunters and I went three for three from the same flock of turkeys. Watkins doesn't usually carry a gun when he takes other people hunting; he simply enjoys watching his dogs work and calling turkeys for other hunters.

You certainly don't need a dog to hunt wild turkeys this fall, just find a flock and scatter it, then sit down at that location and attempt to call the birds back to you. Of course, whether you zip yourself into a camouflage bag with just your head sticking out is optional. //

W.H. "Chip" Gross is an outdoor writer and photographer. He is a guest columnist in this issue of *Plain Values* magazine.



Eight Tips & Tricks

FOR FALL TURKEY HUNTING

NEVER STALK A TURKEY

Trying to sneak up on a wild turkey or turkey sounds could result in you being involved in a hunting accident. A wild turkey's eyesight and hearing are so acute that your chances of successfully stalking a bird are remote. Always attempt to call a turkey to your location.

DRESS FOR SUCCESS

Eliminate the colors red, white, and blue from your hunting clothing, the colors of a gobbler's head. Wear complete camouflage when calling from a stationary position, including a head net and gloves. When moving through the woods, display some hunter orange.

REMAIN STILL

When approached by another hunter, don't move, wave, or make a turkey sound to alert him/her of your presence. Instead, speak in a loud voice or even yell at them. And always assume that any turkey sound you hear is first another hunter.

DON'T USE A GOBBLE CALL

Gobble calls are great for locating birds prior to the hunting season, but should be left at home once the turkey season begins. Obviously, having another hunter think you are a gobbler is an unsafe situation.

CHOOSE A SAFE CALLING POSITION

Whenever possible, select a large tree or rock to sit against when calling. The object will not only break up your outline, but will protect your back as well.

POSITIVELY IDENTIFY YOUR TARGET

In most states, only bearded birds are allowed to be taken during the spring turkey hunting season. If hunting in the spring, make sure that you see a beard before pulling the trigger. Spring or fall, never ever shoot at just a sound or at movement.

KNOW YOUR RANGE

Pattern your shotgun prior to the turkey season with the ammunition you plan to hunt with. Numbers 4, 5, 6, or 7½ size shot are all good choices. Know your gun's effective range, and keep in mind that most wild turkeys are killed at 40 yards or less.

WHERE TO AIM

When hunting with a shotgun, always aim for a turkey's neck and head. Wild turkeys are large, heavy, big-boned birds that are seldom killed by a body shot. You may knock one down by shooting it in the body, but the result is usually a crippled and lost bird.

nature
ALL THINGS
OUTDOORS

— ALL THINGS OUTDOORS —

Invasive Species

column by: **JIM ZUMBO**



IT HAPPENS EVERY YEAR. Ringneck pheasants cackle along fencerows, hoping to attract and mate with hens. Carp obey their spawning urge and lay millions of eggs in waters all over the US. Dandelions make their annual presence with countless yellow flowers, much to the annoyance of folks who see them as irritating nuisances.

What do all these have in common? They're invasive species, none of them native to our country, and all brought to our shores for a variety of reasons. The pheasant was imported to America from the Orient in hopes of providing a new game bird for hunters. The birds were first introduced in Oregon in the 1880s. They flourished, and soon they were released in many other states. In no time, they became a popular quarry for hunters around the country. Nowadays, the pheasant is held in high esteem. There are few complaints about pheasants, with the exception of some farmers who suffer crop damage in states where the birds are numerous.

Carp were introduced by early settlers from Europe to offer new food sources that were common in their former homelands. That effort resulted in carp inhabiting countless reservoirs, ponds, and rivers all over the country. Unfortunately, most Americans consider them trash fish, though some enlightened folks are discovering that carp can be a gourmet's delight when cleaned and cooked properly. Ironically, Europeans still

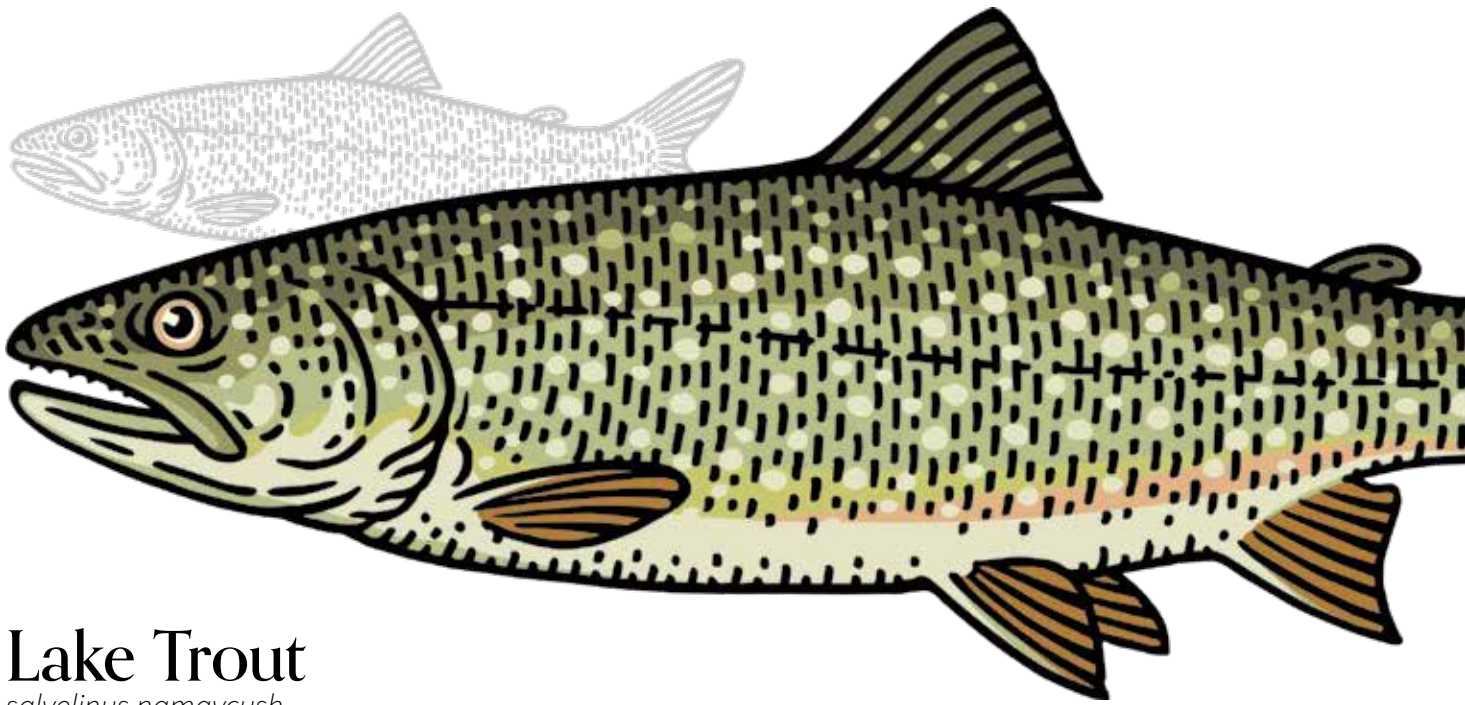
"The Asian carp is easily frightened by fast-moving boats and will jump up to ten feet out of the water."

consider carp as a delicacy. Several carp subspecies were introduced, the first being the common carp. Now we have one called the Asian or silver carp that is considered a serious threat to other fish and the underwater environment. This fish is easily frightened by fast-moving boats and will jump up to ten feet out of the water. At times, dozens of fish will be airborne at one time, sometimes hundreds. Boat occupants have been seriously injured when struck by these fish, suffering concussions and broken bones. Some people wear a helmet to prevent injury. Efforts have been made to find a way to use the carp commercially, such as converting them into

dog food or fertilizer. This carp is quickly expanding its range, threatening many American waterways.

Dandelions are considered to be the king of all invasive plants. They were brought here as a food source, but as we all know, they are a nuisance everywhere they're found, from lawns and gardens to farm fields and golf courses. Their deep taproot makes them tough to dig up, and their seeds are sent aloft by tiny parachutes. They easily take over a landscape. As a matter of interest, I can attest to the culinary value of dandelions. Every spring I head out with a weed fork and dig up young plants before they exhibit stems and buds. I cut the leaves





Lake Trout

salvelinus namaycush



off the root, wash them thoroughly, remove every wisp of grass, and enjoy them as a salad, either by themselves or mixed in with other greens. The flowers can be used to make wine, tea, and other uses. Before you gather dandelions, select a place where herbicides or pesticides have not been used—and avoid places with lots of dogs, for obvious reasons.

These are just a few examples of the invasive species found in our country. “Invasive species” means non-native to the ecosystem under consideration. Not all invasive species come from other countries or continents. They might be local. For example, Yellowstone Lake in the well-known park once held only native cutthroat trout. They were important to the ecosystem because grizzly bears, ospreys, eagles, and otters fed on them, especially when they spawned up tributary creeks. Somehow, lake trout were introduced in the lake and began wreaking havoc on cutthroats to the point where cutthroat numbers crashed to frighteningly low levels. Park officials began a netting program to eliminate the invasive lake trout. As I write this, almost four million lake trout have been killed. No one really knows how

Sika Deer
cervus nippon




the lake trout entered Yellowstone Lake, though the most compelling theory is that they were illegally and purposefully introduced in the lake by fishermen from other nearby lakes.

So far, I've discussed species that have been introduced intentionally, but some found their way to America because of circumstances that allowed them access. The Norway rat is a prime example. Actually, this rat didn't originate in Norway but elsewhere in Europe. The rat is adept at climbing and tightroping, and they escaped from foreign ships by scurrying down the ropes that held the ship to the pier. It was only a matter of time before the prolific and highly destructive disease-bearing animals made their way across the country.

The Burmese python has essentially taken over Florida's Everglades. People who kept them as pets often released them in the swamp because they got too big or the owners simply didn't want them anymore. The owners thought they were doing the snakes a favor by releasing them in the wild, but they were actually helping build a population where now there are tens of thousands of pythons in the Everglades. Wildlife officials have attempted to put a dent in their numbers by offering bounties and holding contests. Pythons are exceedingly difficult to see in the dense vegetation and a major challenge to catch. A big python can exceed 15 feet in length. Obviously, it takes a skilled person to successfully capture one. Pythons have now become a major predator in the Everglades, devouring all sorts of birds, other reptiles, mammals, and even deer.

Like the pheasant, other wildlife bird species have been purposefully introduced and occupy niches of habitat that once was barren. The chukar and Hungarian partridge are good examples, and they now offer excellent hunting opportunities, mostly in the arid West. Wild turkeys are now found in all the lower 48 states, thanks to efforts by conservation organizations and state wildlife agencies. They've been introduced in places that never held turkeys before. That brings up an interesting point. Turkeys cannot be raised in a pen and then turned loose. They wouldn't stand a chance against predators because they never were

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taught evasive tactics by the hen. Furthermore, they'd have difficulty finding food because all they ate was commercial bird food. In order to establish new flocks, biologists must capture wild birds and quickly transport them where they'll be released. This is always a wonderful event and typically has an audience of many onlookers. Seeing the birds fly away into new territory is a thrill.

Big game animals have also been introduced to the US from abroad, and most have offered excellent hunting opportunities. The tiny Sika deer that lives in Maryland and Virginia swamps is a good example. These deer, brought over from Japan, offer unique hunting challenges in their very watery environment. They're also wonderful on the dinner table. Gemsbok, from Africa, were introduced to parts of New Mexico that were devoid of other species. The large antelope quickly adapted to their new home, much to the delight of big game hunters. Texas takes the prize for being the state with the



most invasive species, though they're called exotics in the Lone Star State. Axis deer, nilgai, blackbuck, fallow deer, and Barbary sheep are among the most popular, though there are many other species. Most are delicious.

Then there are the feral hogs that have made huge inroads across America. Millions of them cause enormous destruction to farms. Brought to the US from Europe and Asia, they were either released intentionally or escaped from pens. On the plus side, they provide recreational hunting opportunities, offering excellent meat. Interestingly, hogs are the number two hunted game species in the US, following whitetail deer. Often called wild boar, which is a misnomer, they're found in some 30 states. Top states are Texas, California, and Florida.

There are many more invasive species in the US, too many to address here. Of special note are the noxious plants and insects that create havoc with farmers and ranchers. It's critical to recognize them

at their early stages and take appropriate action. By the way, the tumbleweed that you see blowing across the prairie is not "Western." It was brought here from Eurasia. That comes as a surprise to many folks.

And finally, If you have a boat, you probably had to have it inspected before you put it in the water at your destination. Invasive, destructive critters like zebra mussels are quickly spreading around the country.

When you consider invasive species, it's amazing how many we deal with on an everyday basis. Look at that dandelion in your yard. It originated in a faraway place thousands of miles away. Food for thought and food for the table. //

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.

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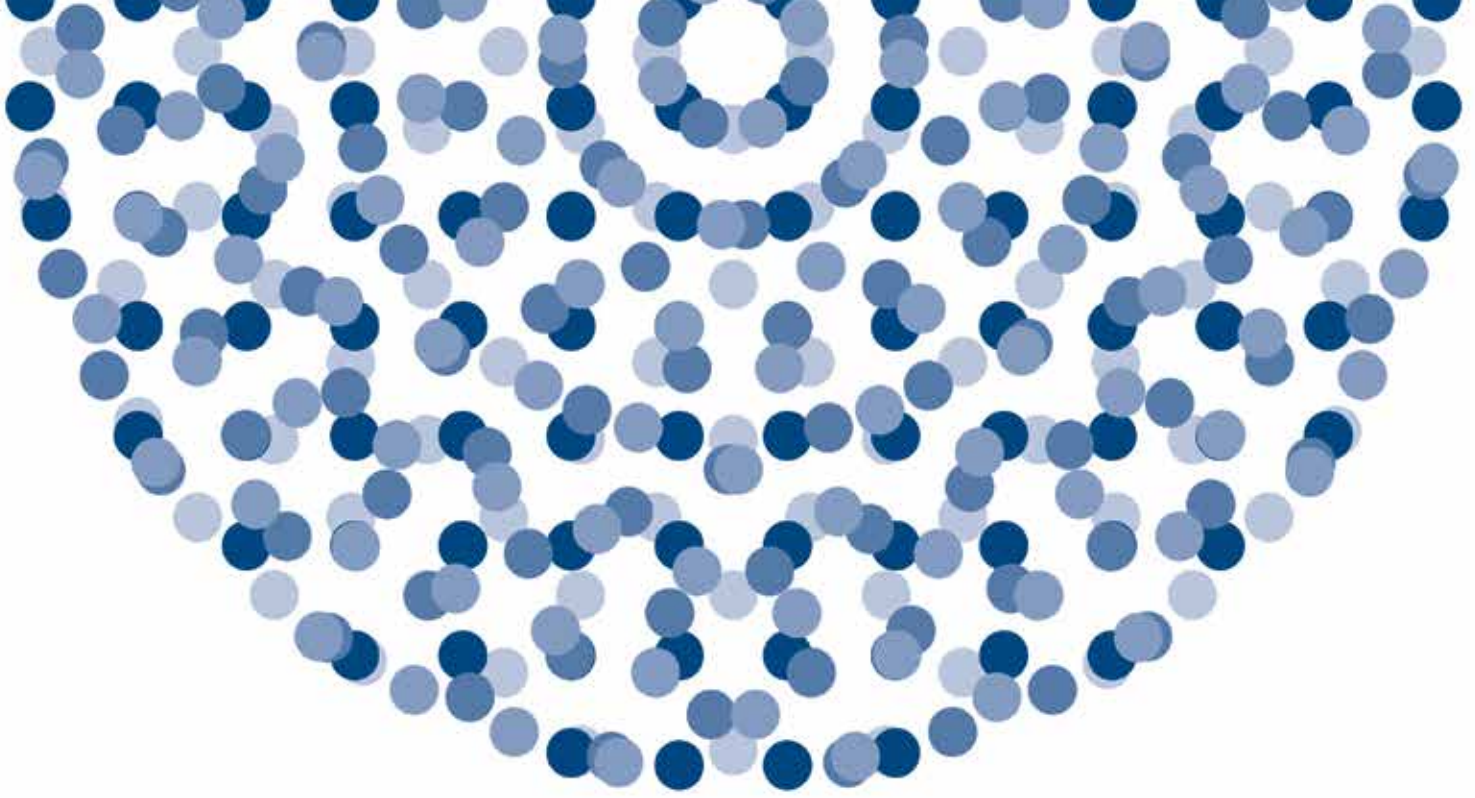
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Foot pain begins when the foot's balance and natural support is gone. You might first notice painful corns, calluses, burning skin, tender blisters, and toe cramps. Even worse, bunions, hammertoes, fallen arches, and heel spurs can develop. You can even blame ankle, leg, knee, hip and lower back pain on improper foot alignment. Sadly, when your feet hurt, you hurt all over!

It doesn't matter whether you are a man or a woman, whether your feet are size 4 or 14, what width your foot is, how low or high your arches are, how old you are or how long you've had foot pain. Because **Featherspring®** Foot Supports are custom-formed just for you!

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Are seemingly gluten-related digestive problems making your life miserable?

Destroying the Gluten-Free Myth

Not long ago we went out to dinner with another couple and while I didn't initially "get" what was going on, I soon figured it out. You see the wife in the couple we went out with begged off of the side of pasta with her entrée. She didn't help herself to any of the delicious breads on the table. And then when it came to desert she avoided the cakes and pies and settled with ice cream. I asked her, "An issue with Gluten?" She answered "I'm gluten sensitive."

It's estimated that one in three people is now avoiding gluten. This has been a windfall for food companies and stores around country in that they can charge premium prices for products that are "gluten free".

A gluten-free loaf of bread can cost 3 to 5 times that of a loaf of bread containing gluten. Similar things are happening with many other foods like pasta, cereals and deserts. Someone with a gluten problem will spend far more money than someone who can eat foods that contain gluten. **And did I mention taste?**

Anyone that's tried gluten-free foods knows there's a difference. Many times the taste of the gluten-free product isn't nearly as good. Many times the texture is off-putting. Obviously there's a big price to be paid in both money and taste when one has to avoid gluten. The sad thing is that for many gluten sufferers it doesn't have to be that way. Let me explain...

Today many that are gluten intolerant believe their issues are tied to a "Celiac disorder" or "Celiac disease". But some experts are saying that only 1% of the population truly suffers from celiac, which in turn makes the digestive system incapable of processing products that contain gluten.

So if only 1% of the population truly suffers with celiac, what's causing the digestive problems for the other 32% of the population that is actively avoiding gluten?

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"The Yellow Bottle" Probiotic comes with a full 30 day money back guarantee. If for any reason you're unhappy with the product you can send it back for a full refund – even if the bottle is totally empty! Simply send \$39.95 (OR buy 2 bottles and get the third FREE) by sending your payment to MWSB Inc, 834 South Union St, Olean, NY 14760-3917 Or when paying with a credit or debit card call us at 1-888-762-5477.

So if you're looking to end your misery from eating food that contains gluten or simply want the freedom to start enjoying gluten-foods then consider The Yellow Bottle Probiotic today. You could save money from not having to buy those gluten-free foods and potentially be able to enjoy all those breads, cereals, pastas and desserts that you use to!

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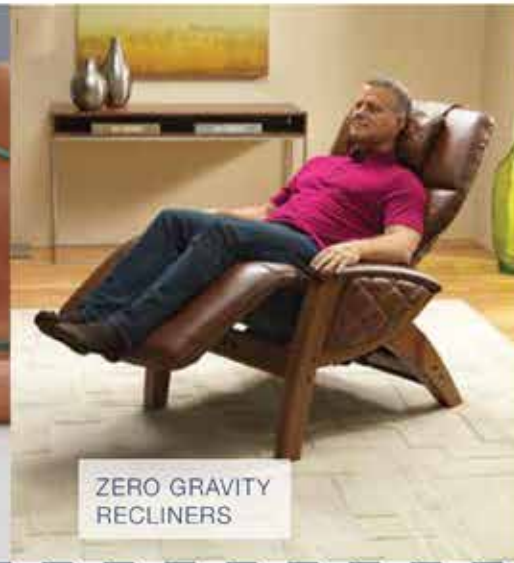
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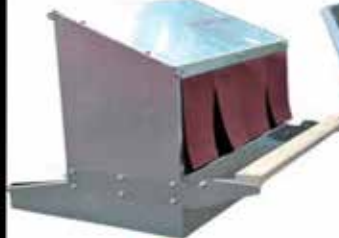


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"S" - 11 years old - Academics

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Triple-Negative Breast Cancer



Cancer researchers have made significant advances in the prevention, early detection, and treatment of breast cancer of all forms. I say forms because not all breast cancers are the same, even if they are at the same stage. For example, hormone-dependent breast cancers, cancer cells that depend on the female hormone estrogen to grow and thrive, are generally slow-growing, while those cancers that are not estrogen-dependent seem to be more virulent.

We have also learned from research that breast cancers that carry a unique gene (HER2/neu) are very aggressive, but we have several drugs that target that gene making a positive impact on such patients. There are too many other details beyond the scope of this writing and too many scenarios to discuss that fall in the scope of the specialist's expertise.

There is a form of breast cancer that is not hormone-dependent and does not express the HER2/neu gene. This type of breast cancer is what we call the Triple-Negative Breast Cancer (TNBC). Not only is this cancer virulent in its growth, but it is also

hardly responsive to the treatments we have available. Triple-Negative Breast Cancer is one of our arch enemies; it has gotten our attention! We need to do something about it. Cancer research teams are tirelessly working to reach another milestone.

For example, the JINA clinical trial that we at Gabrail Cancer Center are involved with is trying to find a way to beat this monster. The clinical trial uses an approved drug and a version that is uniquely formulated to release the anti-cancer drug slowly. This is based on the principle that in many cases when the anti-cancer drug is released slowly over time, the cancer cells are exposed to the drug for a more extended period. Hopefully, this will promote fewer side effects and, yet, may be more effective in fighting the cancer cells.

This is only one of the several clinical trials that Gabrail Cancer Center is conducting. We are currently helping develop more than 50 potential anti-cancer drugs for all forms of cancers and all stages.

- Nash Gabrail, MD | Canton, OH

Anyone interested in learning more about Gabrail Cancer Center and the unique services, including the clinical trial for Triple-Negative Breast Cancer we cited above, can contact us at 330-492-3345 x 209 or email Carrie Smith at csmith@gabrailcancercenter.com.



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Thank you to everyone who made the 2021 Plain Communities Writer's Workshop such an enjoyable event!

The Second Annual Writer's Workshop is being planned for the spring of 2022 and will be held in the Winesburg/Bunker Hill area. Watch for future ads!

There were an average of 140 to 150 people there each evening, and we hope to see more of you next year! Here are some comments from this year's attendees:

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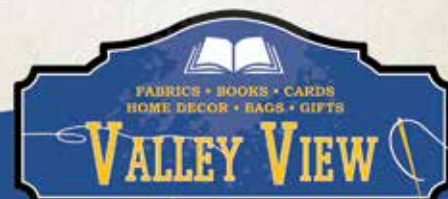
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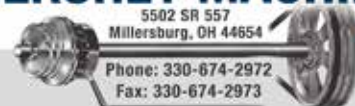
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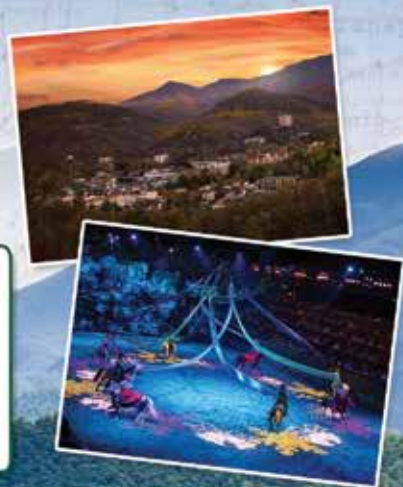
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- Beiler

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.

- Stoltzfus

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- 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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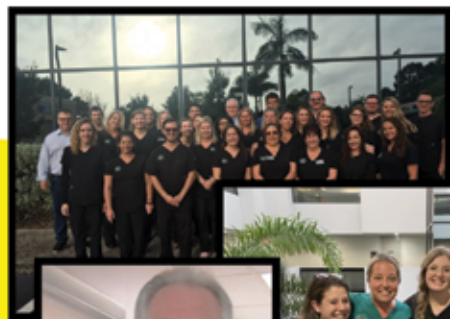
WHY *Nutrition Wellness Center?*

You've probably tried other nutrition programs that have left you feeling drained of your time, money, and even energy. At the end of the day... it didn't live up to *your* expectations or *their* promises. Does this sound familiar? We get this question quite often from prospective members... *"How is your program different or better than other programs I've tried?"*

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Why are people traveling to our 3 offices from all over the United States and Canada? ... to AVOID getting surgery!

While not everyone is a candidate for our NON-surgical CTX Program to avoid Back or Neck surgery, or Hip and Knee Replacements, for those who qualify, 98% are satisfied and would recommend us to friends and family. Considering the costs of surgery, most who suffer with ongoing knee, hip or spine pain want to get out of pain as fast as possible when other options don't work. Those who fail conservative therapy (like chiropractic, massage, or physical therapy) typically will spend 16,000\$ minimum for surgeries in any of these areas... and often much, MUCH more.

Plus, for those who undergo the surgery, MANY find that it was not what they expected. They just aren't satisfied. A recent Canadian study found over 55% of hip and knee replacements were not satisfied. And recent back and neck surgery research found that only about a third of surgeries are satisfied. Another third have the SAME kind of pain despite being cut on! ... But 30% are even WORSE!

Our CTX Method, developed, modified and improved since 2005, has been helping countless people to relieve their pain by stimulating cartilage and nerves to promote repair and healing.

To receive a Free Report on avoiding surgery in any of these three areas (or for a Free Report on healing nerve damage in the feet/legs or hands/arms) just call our offices and we will get your information and mail one out to you.



Dr. Russ Schroder
DC, DACNB, FACFN
Chiropractic Neurologist



Dr. Heather Schroder
Naturopath

If you want to see if you qualify for one of our FREE consultations this month, call one of the three offices...

OR, as we have written about recently in our *Chiropractic Neurology News Letters* and *The Budget*, you can also simply mail in your Xrays, MRIs, or CT ("cat") scans to our Zanesville office (which has daily delivery to our door) for us to evaluate, to see if a trip to see us is worth your time! We can read the films and call (or mail) you back about moving forward with an exam or mail them back if it looks like surgery may be the best fit for your case.

"I'm 86 years old and was having pain in my knees and couldn't be on my feet a lot. I had 18 treatments, now I don't have any pain." - Anna Yoder

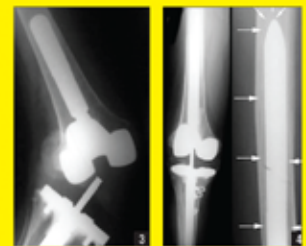
"In my opinion, (Dr. Russ's treatment) has been one of the best experiences for the relief of my pain I have had."

- Dr. Ben Goldberg, Retired Physician

"I was a week away from having back surgery! Before undergoing such an invasive medical procedure, though, I came to see Dr. Russ Schroder. Within about 6 weeks I was feeling a lot better and the pain down my legs is almost gone! I have recommended him to my family members." - Edna C. Miller

"I've been coming here about 15 trips and it's like a small miracle for my hip." - Charles T.

Call one of our offices today for a Report on How to Avoid Spine, Hip or Knee Surgery! For a Consultation and Exam the month of October, call today! (Excludes Xrays, but they are discounted to \$45 (normally \$240) at our Zanesville office this month, for those who need them.)



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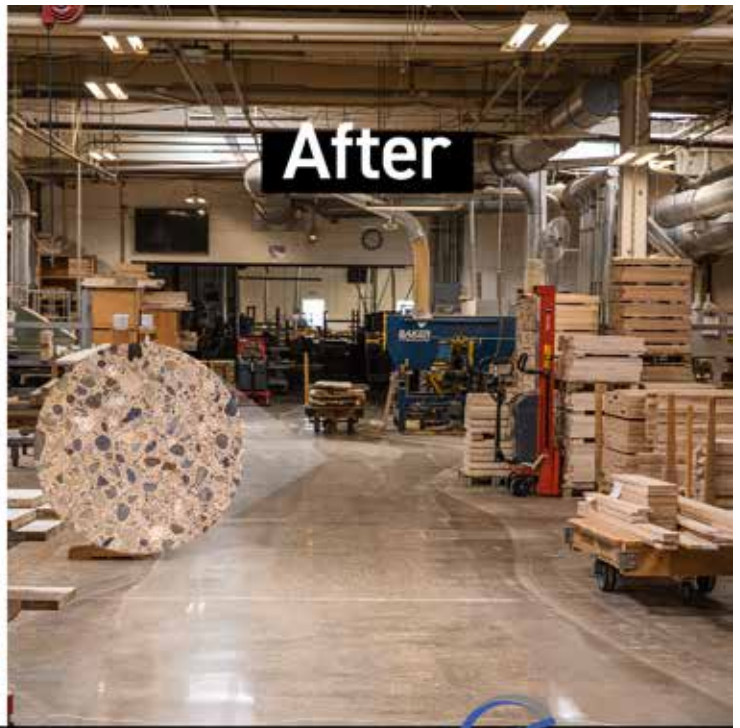


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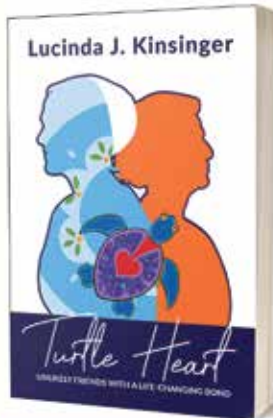
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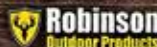
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BEN & ELMA PETERSHEIM FUND

Ben and Elma had twin girls born in the hospital, both weighing 3 lbs 15 oz. They were in the hospital for a little over 4 weeks, so they have a big hospital bill. These are their first babies. Any help would be greatly appreciated. Thank you, and God Bless You! Funds can be sent to Deacon Melvin P. Weaver, 5484 Tamarack Rd., Osseo, MI 49266. Write in the memo line: For Ben and Elma.

MILLER FAMILY FUND

Nathaniel Miller passed away on June 9th from complications of a brain tumor and surgery, leaving behind his wife and 5 children. A fund has been set up to help with funeral expenses. Make checks payable to Miller Family Fund. Send to: Consumers National Bank, 1017 Canton Rd. NW, Carrollton, OH 44615.

DAVID GLICK FUND

A fund has been set up for David and Lizzy Glick. In March 2021, they had a stillborn Down Syndrome baby. In June, Lizzy had a growth removed, and it tested to be cancer. They are now in Mexico for medical help, and they may have to remain there for 7 weeks. In addition, Lizzie is also dealing with cancer in her lymph nodes. In the midst of this, David and Lizzie's daughter has a wedding this fall, and they are doing work to remodel their house. Funds will be used for building material and medical expenses. Any help would be appreciated. Send funds to Muncy Bank and Trust Company. PO Box 1, Dewart, PA 17730. Make a check out to David Glick Fund.

JONI BEACHY FUND

In 2013, 27-year-old Joni was in a truck/cart accident with serious head injuries. He has had numerous hospital stays since, and he is facing yet another head surgery. In addition, he is currently unable to hold a full-time job. Any help is greatly appreciated—Give God all the glory. Make checks payable to Joni Beachy Medical Fund, Clare Bank, PO Box 36, Boscobel, WI 53805.

CEPHAS NISLEY FUND

Cephas Nisley, a young 13-year-old Amish boy, was going to surprise his mom by making a new bird feeder as the old one broke. As he was cutting the wood, he accidentally cut his fingers, thumb and hand, and his smallest finger was barely attached. He was taken to the University of Iowa hospital and spent the week recovering from his injuries. He is fortunate to keep his thumb and finger. We are asking for any donation to help his parents Nelson and Mary Nisley pay medical bills for the hospital. All donations would be greatly appreciated! Make checks payable to: Helping Hands Fund c/o Midwest Heritage, PO Box 331, Chariton, IA 50049.

KEVIN YODER FUND

Kevin was born to Alvin and Margaret Yoder in April of 2020 with CDH (congenital diaphragmatic hernia). His diaphragm was only 25 % formed on the left side, causing 4 organs to move up to his chest. This causes a lot of pressure on his heart and lungs. He had surgery to fix it and was on life support for 6 days. Finally, after 9 weeks in the hospital, he was able to come home. His hospital bill was \$1.8 million, but now it's down to \$400,000. Any help would be greatly appreciated. Write your check to South District GAMC, (memo) Kevin Yoder Fund. Send to Kevin Yoder Fund c/o Elkton Bank & Trust, PO Box 98, Elkton KY, 42220.

OMAR & BARBIE RIEHL FUND

Omar's 17-year-old daughter Marion Rose became sick the first week of August. She has brain inflammation and was taken to Children's Hospital of Philadelphia. Marion Rose's health is improving, but she will need therapy when she leaves the hospital, and her medical costs are high. Let's show the Riehl family that we care. If you feel led to donate, make checks payable to Omar Riehl Fund. Send to Bank of Bird-In-Hand PO Box 516, Intercourse, PA 17534.

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