The Business Bulletin CONNECTING BUYER AND SELLER FROM COAST TO COAST

CONNECTING BUYER AND SELLER FROM COAST TO COAST December 2022 Volume 21 Issue 5

Martin Charles

Dear Father, I thank Thee for the many joys of Christmas, and I pray that I may find ways to make the day happy for others. I thank Thee for the manger scene of lovely mystery. I thank Thee for the wonder in children's eyes as they say their parts in Christmas programs and for their solemn, shining faces as they sing "Away in a Manger." I thank Thee that we have this day to show love for family and friends and others far away, whom we may never see.

AN ANTO

May all our festivities be in the memory of the great gift and all our gifts given in the thought of the Christ Child. Amen



Welcome to

The Business Bulletin

CONNECTING BUYER AND SELLER FROM COAST TO COAST

Offices

Editorial, Advertising, Billing, and Subscription 109 W Shore Dr Hamburg PA 19526 Web businessbulletinonline.com Email businessbulletin@gmail.com



OWNERSHIP/MANAGEMENT

Owner/Director Phillip Koehn

Assisting Director Brett Koehn

IT Officer Harlan Koehn

Marketing Cliff Smith

CONTRIBUTING EDITORS

(Th)Ink Bradley Dirks, Finger Lakes, NY brad@prairiehomesteads.com

Lessons in Life Elmer Weaver, Shippensburg, PA elmer.weaver@gmail.com

Advertising

NOTICE If you need artwork for your ad you may contact *The Business Bulletin* at businessbulletin@gmail.com.

Products and services advertised are not endorsed by The *Business Bulletin*.

Making the products and services of the brethren available to the needs of our people is an important part of this paper and was one of the original reasons for founding this publication. We encourage our advertisers to contribute to an atmosphere of respect and fairness but not to be overly concerned about jeopardizing the business of someone who is advertising a similar product or service.

PUBLICATION SCHEDULE

Ads or listings received after the 15th of the month may not be printed in the current issue. Cancellation of ads must be called in, faxed, or emailed to the office by the 15th of the month **prior to cancellation <u>and</u> no later than** the 20th of the same month. TAQS Tips Kelvin Gable, Perrysville, OH Phone 419-368-3955 gabletax@gmail.com

Danielle Zimmerman, Fleetwood, PA QuickBooks ProAdvisor daniellejohnson6@gmail.com

Carlos Nichols, DeRidder, LA Phone 337-462-2700 carlosthetaxman@bellsouth.ne

Cattleman's Corner Daniel Holdeman, Clarksville, TX Phone 903-966-2486 danielholdeman@gmail.com

Les Dirks, Montezuma, KS lesd76@gmail.com

Steps Toward A Better Future Bob Goodnough, Delisle, SK bobgoodnough@gmail.com

Compassionate Caring

Ben Friesen, Bristol, IN MSN, FNP-BC brsc70@gmail.com

Mark Loomis, Ayden, NC RN - Medical Oncology Unit marksloomis@gmail.com

Behind the Counter Cliff Smith, Fleetwood, PA

schmitty1720@gmail.com
Sailing On

Michael Decker, Stapleton, GA mdeckerdutch@gmail.com

Experience Haiti Quiara Pinchina Port au Prince, Haiti quiaran@bellsouth.net

Advertising in The Business Bulletin is a fast and easy way to broadcast information about your

business. Submit your ad by the 15th of the month and it will print in the next issue and usually be in the hands of most subscribers by the 15th of the next month. If necessary, we will communicate with advertisers on a monthly basis, otherwise ads will print until canceled.

ADVERTISEMENT PRICING

Display ads are sold by column inch. For example, an ad two columns wide and three inches tall, is six column inches. An ad one column wide and four inches tall is four column inches.

© Copyright 2009 Printed in USA **Contributions**

ARTICLES

The Business Bulletin will accept original, well researched articles that are considered to be of significant value if they are submitted as a text file by email or on a CD. The editor reserves the right to determine eligibility of articles sent in. Feel free to contact the editor to discuss your ideas.

We will be pleased to review any other articles and items submitted for publication. However, in most cases, items from other publications will not be reprinted unless permission can be obtained.

COLUMNS

Our contributing editors welcome input for their respective columns. Feel free to contact them to submit ideas and questions.

Subscriptions

Address changes and subscription questions should be directed to the business office at 484-665-3993.We try to make it easy to become a subscriber. All we need to know is your address and that you would like to subscribe. You will recieve an invoice by mail or you may give a credit card number.

TO SUBSCRIBE

Call 484-665-3993 Email your name and address to businessbulletin@gmail.com Mail a check to Business Bulletin 109 W Shore Dr. Hamburg PA 19526

SUBSCRIPTION RATES U.S. - **1 YEAR**-\$24.00, **2 YEARS** -\$46.00

Canada - **1 YEAR**-\$29.00, **2 YEARS** - 56.00 (credit card only) 12 issues per year

E-Subscriptions 1 YEAR: US, CANADA-\$18, 2 YEARS -\$34

Download is approximately 7 Mb. When subscribing, please include personal or business name, physical address or box number, a phone number, and the email address.

Display Advertisement Pricing

1-3 Column Inches - **\$20.25 per column inch** 4-11Column Inches - **\$16.75 per column inch** 12-28 Column Inches - **\$15.85 per column inch**

Color Insert Advertisement Pricing ¼ Page **\$135.00** ½ Page **\$269.00** Full Page **\$539.00**

Classified Advertisement Pricing 25 words or less \$35.50 Each additional word \$1.65 Credit card payments only for advertisements.



The Bulletin BLOCK Putting Your Ads First



Moundridge Manor • 620-345-6364 • info@moundridgemanor.net



Website Design & Development

Web design packages starting at \$350! www.quiarapinchina.com

> - Site Makeovers -- Social Media Account Management -

Email: quiaran@bellsouth.net - WhatsApp: (509) 4374-0195

HEALTHCARE LEADER at MOUNDRIDGE Manor Come join our community of care Moundridge, Kansas The nursing unit manager is responsible for the coordination of care of 26 elders with their families in a multidisciplinary team of doctors & nursing staff. This person is also responsible for managing nursing staff as assigned. RN or higher credential required **Excellent Benefits Plan Christian Environment** Supported by 13 area congregations a rich community life! Supportive Team & Administration Free Meals Provided ARE YOU READY to GET STARTED? apply.moundridgemanor.net Churchmaps.net Online congregational maps Easily add your congregation and share with visitors Printable and printed area maps available Create and export phone lists

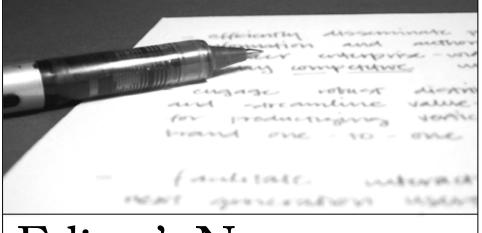
TAKEYOUR PLACE as a

For more information: (989) 763-9280 support@churchmaps.net

NEWELL, SOUTH DAKOTA

Wanting to relocate? How about trying beautiful western South Dakota? We are looking for an experienced mechanic and a parts person for our Service Center in Newell, South Dakota. If interested, call Brent at 605-892-5676.

TO ADVERTISE CALL 484-665-3993



Editor's Notes PHILLIP KOEHN, FLEETWOOD, PA businessbulletin@gmail.com

CHRISTMAS SPIRIT MUSINGS

No, I am not thinking about Black Friday. I am not thinking about fantastic trips to see our children, the vehicle loaded down with gifts. I am thinking of the second sentence from the poem on the front page of this issue -"I pray that I may find ways to make the day happy for others."

I have two very faithful employees. They stick by my side every day of the year. They are at work every day. They don't need days off. They don't know what to do if I give them vacation days, so most years I just give them vacation pay and they keep on working. They stay busy at work without me having to babysit them. They are very skilled at what we do. They don't require top pay! They both are single, fifty-year-old men. You are thinking, *Wow, Phillip, you have it made.* And, yes, I do!

Both of them depend on me in various ways and I find myself giving and giving. I pick both of them up every morning on my way to work. One has a car and the other one does not. Many times on the way home from work in the evening, the one who does not have a vehicle will need to stop to pick up his prescriptions, get some groceries, or stop at Lowes for a tool. We stop at the bank sometimes to cash his check.

Neither one has a wife or children. The one without a car rents a 400-square-foot apartment. The other one owns his own house. The first one does not speak with his mother or twin sister. He also has health problems, with a lot of pain associated, but he still works hard and faithfully every day. The other one comes from a good family with good relations to all of them.

I am thinking of the phrase in this very issue that you are holding in your hands, and that is "I've got your back," coming out of *Tales from the ER*. The last paragraph in this article can be very inspiring to all of us. The part mentioning a casserole given or praying hands emojis is very true. That is all good. But if we give of ourselves to others "heart to heart," that is what really counts when someone has "heart" pain. That spiritual connection is what eases the pain of their situation.

As I listen to Samuel (name changed) tell me about his past life's misfortunes, I find myself growing weary. Many times I just listen. Sometimes I ask questions and he will give me answers. I find myself sighing and thinking *here we go again*.

However, when Nancy and I were on a recent trip out west, I received a text message from him. Here is part of the text message: "I just wanted to say that you are missed here. Things are going well. I pray for all of us and look forward to your safe return. I now realize more than ever before how very important it is that I reside amongst you all. I don't CONTINUED ON PAGE 5



December, 2022

"EDITOR'S NOTES " CONTINUED FROM PAGE 4 take that lightly. God knows what he is doing." At another time, by text - "I am sorry for my attitude this day. I awoke to confusion and soreness. I am really trying my very best!" I replied, "No problem, you are doing good! We can stop at Walmart."

Samuel depends on me very much and worries when Nancy and I go on trips. He texted me one time - "I prayed much for your safe travels. God bless you all!" I know, and he knows, that I am his lifeline to life.

Sometimes we, as employers, find ourselves tiring of certain situations that repeat themselves time and time again. But we don't know how much the other person depends on us and our acceptance of them and their problems. You might say that if we really knew how much an employee depends on us, not just for the paycheck, but for the emotional acceptance that they feel from us, we would not lose patience like we do sometimes. If we treat our employees with respect, they will love us as their boss and work for us with loyalty.

What does this subject have to do with Christmas spirit musings? We wish goodwill as we give bonuses and gifts to our employees at Christmastime, but as we give ourselves *in spirit* to our employees, that spirit of Christmas extends itself not only during the Christmas season, but all year long!-Phillip



Southwest Florida Real Estate

Are you secretly or openly wishing for a home in the South?

- Commercial Investments
- 1031 Exchanges
- Winter Homes
- Permanent Homes
- Owning Rental Properties
- For Sale by Owner Sellers
- Ready For All Real Estate Questions
- Ask About The Perfect Home Finder Program

Warren Nightingale

Venice, Fl. 34293

(641) 208-0070



warren.nightingale@cbrealty.com

warrennightingalerealtor.com

Your Satisfaction......My Specialty

Tales from the ER I'VE GOT YOUR BACK

The emergency room where I work is in an area of the city that isn't known for its wealth and prestige. As a matter of fact, some people would call it "rough" or "the ghetto." The hospital is Baptist in affiliation and often is called "Bapghanistan" or "the Bap trap" by the local medics. We are frequented by the homeless and are currently the only receiving ER for mandatory psych hold patients. Because of our location, we receive victims of gang violence in our area. We also seem to be the main receiving ER for inmates from the local correctional facilities, maybe because of our proximity, or maybe because the other two hospitals in our area just won't see these patients. At any rate, a day at the Big B is usually filled with sights, sounds, and smells that will rock a Baptist newbie to his core. For most of us, though, it's just another day at the Big B.

The hospital itself was built in the 1950s

and is in poor condition. The ceiling tiles have been known to ooze water during a big rain and the occasional rat or roach warrants a call to the maintenance team. In fact, a rat once fell out of the ceiling into an exam room (with a patient inside) and had to be chased down and trapped in a barf basin by the ER team. We have an old dumb waiter to carry supplies between the floors that appears to have been manufactured around the time the hospital was built. It has two clanging stainless-steel doors covered in Sharpie graffiti with various instructions from miscellaneous hospital staff. (Per hospital administration, the correct term for this useful mini elevator is a "service elevator." It seems that the term "dumb waiter" is now too insensitive to actual real-life dumb waiters.) The upper floors and units aren't much better. The passageway to the medical ICU on the fourth floor is literally sloped and makes for interesting patient transport, especially when the patient is intubated and requires a whole team of people to move from unit to unit. Recently, I had a patient's family member tell me that she went out to buy cleaning supplies, including a mop, so that she could clean her husband's hospital room on the third floor after she found mold in the bathroom. The helicopter landing pad is on the roof, so when LifeFlight lands, the smell of aviation fuel wafts down the elevator shaft and into most of the hospital.

The ER parking lot is another unique place to explore. When I arrive for a shift, I walk from my car to the time clock, which takes me directly through the ER parking lot. To



be honest, I could write an entire story on the things I have seen in this parking lot, but I'll summarize. Often, freshly discharged patients can be seen roaming the area, sitting out by the main road so they can smoke a cigarette. Clothing usually appears to be optional or minimal, although I did recently learn that stripping naked and lying in the street is illegal after a disgruntled patient tried it. We have one frequent flier who is a double amputee and a raging alcoholic. When I see her sitting in her wheelchair out by the curb, I know some poor unfortunate nurse just had the opportunity to join the "nub club." She always accuses employees of stealing her wheelchair when, in reality, she was most likely brought to the ER in a drunken stupor and her wheelchair was either stolen or left behind. However, as a result of her accusations, the hospital has bestowed her with numerous wheelchairs just to get her out the door. Last I heard, she was on her seventh chair. A few weeks ago, as I strolled through the parking lot, I noticed an old Ford truck up on blocks, missing a few wheels. Also recently, I saw an old box truck converted into a party bus ... complete with one Plexiglas wall and a pole for pole dancing. The most bizarre addition was a life-size mannequin attached to the pole. Apparently, you can rent this bus when you want to party while driving down the street.

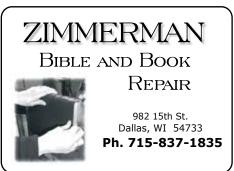
Sometimes people ask me why I would work in such a place, and here is why ... Yesterday we had a two-month-old patient who had been attacked by a dog. Her tiny little head was mauled and disfigured. After she was stabilized and transported to the local pediatric hospital, I saw nurses taking care of nurses, asking each other if they were okay, and sharing hugs and listening ears. Also yesterday, when I had a patient that became very angry and combative, I called once over my radio and, in seconds, had half the ER staff available to help me subdue the patient, including good ol'Norm, who is proficient in jujitsu. He had the patient in a headlock before he even knew what happened. Last week I had a GI bleed patient who was stable until suddenly he wasn't. In minutes, I had nurses helping me stabilize the patient and start an emergent blood transfusion. Also, last week I had two very sick patients, back-to-back. One had a heart rate of almost 200 and one was actively having a seizure. Both rooms were filled with nurses and medics who came to help becase CONTINUED ON PAGE 7

"I'VE GOT YOUR BACK" CONTINUED FROM PAGE 6 they knew there was no way ${\rm I}$ could handle

both cases on my own. We help each other with difficult IV sticks and code Browns, with the mean little demented patients, and the crazy volatile meth addicts. We have potlucks when someone moves away and baby showers for our coworkers that are new mamas. We have each other's back nine times out of ten. I can't imagine working in the ER environment without the element of teamwork, but I am told that our teamwork at the Big B is rare.

I have been thinking a lot recently about the term "I have your back" and what that means in relation to my spiritual life and church family. We know that God always has our back. He knows our innermost thoughts, feelings, and emotions and will never belittle or diminish them. He will carry our burdens, from the smallest and most insignificant to the largest and most overwhelming, if we are willing to surrender them to Him. Many times, I've wondered what "surrendering our burdens" to God actually means? We can say those words in a prayer and mentally hand over our problems to God, but the problems don't actually disappear. I wonder if surrendering our burdens means that we are willing to share them with someone else, even when it's embarrassing or deeply personal? Does surrendering mean that we are willing to be open with someone that we trust so that they can help us bear the burden and maybe even give advice and counsel? If so, then "having someone's back" in our church family is so much more than dropping off a casserole or leaving the praying hands emojis when someone asks for prayers. Having each other's back in this crazy Christian warfare we are fighting means that we are truly invested in each other's wellbeing. Having each other's back means that you aren't quick to pass judgement if a situation seems "stupid" to you, or you don't agree with the direction your brother is going. Having each other's back means that you will be willing to sit down with your brother or sister and hear their story. Whether you agree or not with their side of the story is beside the point. You need to be a safe place for them to share. You may see error in their judgement, and you may need to tell them so. But "having their back" means that you will share your concerns in a way that leaves that brother or sister with no doubt of your love for them. When that person can genuinely feel love and concern, their church family will become invaluable to them. Just like my ER team helps me make it

through the shift, even if it means peeling five layers of wet socks off of a homeless man's feet, we can help each other through this thing we call *life*. If, even when the situation is difficult (like smelly socks), you will get right down in the trench with me and fight alongside me without judgement and without "spilling the tea" to your other friends over coffee, this is how I know you have my back. Let's please try to truly have each other's back!–Vanessa H



Reprints from the early 1900's by renowned author,

Lewis B. Miller

Novels based on facts about the southwestern frontier. They were all originally published in serial form in The National Stockman and Farmer, a weekly farm paper. Most of these titles did not appear in book form until after 1980.

	<u>Retail Price</u>	
The Cross Timbers Stories	\$11.70	
Fort Blocker Boys	\$9.95	
Thad and Charley Dick	\$10.95	
Cruise of the Blunderbuss	\$13.15	
Saddles and Lariats	\$10.50	
Bolly Weddle	\$12.45	
Flint and Steel	\$12.95	
A Crooked Trail	\$11.50	
The Barnaby Claim	\$8.10	
When the Wemmikaw Levee Broke	\$9.95	
Big Smoke Mountain		
The White River Raft	\$11.45	
Trappers of the Ozarks		
The Branded Oak	\$10.95	
The Trail Makers		
Compass and Packsaddle	\$11.65	
Pike's Peak or Bust		
Down the Sabine		
The King of Texas	\$12.85	
Boones Lick	\$13.15	
Coopers Fort	\$9.75	
Complete set of 21 titles for \$185.00, p includes free shipping to anywhere in	the US.	
Whalesale price 200 off rateil price		
Wholesale price: 30% off retail price.		
1-3 copies: Retail price + shipping & handling		
4-6 copies: Retail price + free shipping 7-12 copies: Wholesale price + shipping & handling		
7-12 CODIES, WHOLESALE DIRE + SHIDDING	& nanumig	

A Residents must add 6% sales tax 13+ copies: Wholesale price + free shipping Please order from: Please Apublishers 3981 East Newport Road, Gordonville, PA 17529 (717) 768-0444

Pequea Publishers

டி



An anthology of 800+ poems with a poem for every occasion and age: poems for reflection, poems to bring a little cheer on a cloudy day, poems to comfort the sorrowful, and poems to remind us of the power of a smile. Something for everyone and every stage of life. If you buy this book as a gift, you may find yourself sorry you didn't also purchase a copy for yourself!

POSTAGE & HANDLING: \$3.00 for the 1st copy, plus 50¢ for each additional copy. Additional cost for shipping to Canada. *PA Residents must add 6% sales tax*



A Primer on Diabetes

Diabetes is one of those scary medical conditions that we worry about. If you don't have it yourself, everyone knows someone who is living with diabetes. We want to look at what diabetes really is. How do you get it? What is involved in managing it? What is the prognosis for someone living with diabetes? Understanding is the first step to conquering fear and positions us to help support others.

Professionally, we call the condition *Diabetes Mellitus*, or we use one of our popular acronyms *DM. Mellitus* is the Latin word for *honey sweet. Diabetes* comes from the Greek and means *to pass through*. This is describing one of the symptoms of uncontrolled diabetes where the sufferer is very thirsty and has a large amount of urine output. For the purpose of our discussion, there are three types of diabetes: type 1, type 2, and gestational.

Diabetes is a disorder in our body's ability to regulate blood sugar levels. You might remember from a previous article that sugar (dextrose in particular) is our body's fuel. We need a consistent level of sugar circulating in our blood to function properly. The problem is that we take in dextrose through eating, and most of us do not eat constantly. And when we do eat, the amount is inconsistent. Our body regulates blood sugar levels primarily with a hormone called insulin, which is produced in our pancreas. Our pancreas is a fascinating gland found in our mid-abdomen, behind our stomach and beneath our liver. It weighs less than a quarter pound but has four different functions. Regulating blood sugar is just one of them. In healthy adults blood sugar can fluctuate from 70-140 mg/dl (milligrams per deciliter). Without our insulin system, life as we know it would not be possible.

To help with understanding, I have seen people with blood sugar as low as 30 mg/dl, minimally responsive, slipping into a diabetic coma, and close to death. Some people who are not acclimated to low blood sugar might die with a blood sugar level of 30. There simply isn't enough fuel to keep the brain working at this level. I have also seen someone with a blood sugar level in excess of 1400 mg/dl. Blood sugar above 400 mg/dl is considered a medical emergency. High blood sugar is damaging to kidneys (diabetes is the leading reason why someone might need dialysis), eves, blood vessels, and nerve tissue. Blood sugar levels above 400 create a condition known as Diabetic Ketoacidosis, in which the **CONTINUED ON PAGE 9**



"A PRIMER ON DIABETES" CONTINUED FROM PAGE 8 blood becomes acidic. Sustained high blood sugar leads to kidney failure (sometimes permanent), blindness, numbress and tingling in feet, hands, and legs, and awful sores in the feet and legs that are resistant to healing. Besides traumatic injury, uncontrolled blood sugar is the leading reason that limbs are amputated.

Type 1 diabetes is sometimes called insulin dependent diabetes. In this case, the pancreas fails to produce any insulin. The cause is not completely understood but it is due to our body's immune system attacking the insulin-producing cells in our pancreas. Genetics has something to do with it, so there is usually a family history of type 1 diabetes. There is nothing you can do to minimize your risk of having type 1 diabetes and there is no cure. Managing this type of diabetes requires careful meal planning, engaging in exercise, and periodic injections of insulin regulated by measuring blood sugar levels. The onset of this condition is usually around age 14 but it may vary.

Supplemental insulin was first used one hundred years ago in 1922. Before the use of supplemental insulin, the prognosis for diabetes was death between one to twelve months. The most successful treatment was a starvation diet. Death did not come easily and was very painful.

Today people can live long, productive lives with type 1 diabetes, thanks to supplemental insulin. It is important to keep in mind that these individuals need to maintain their routine as far as rest, exercise, and meals. Snacks need to be readily available, and meals need to be on time. Technology is helping by the use of insulin pumps that deliver a constant trickle of insulin to the body much like a healthy pancreas. The rate is adjusted periodically depending on food consumed and level of activity. Also, measuring blood sugar does not always involve periodic finger pricks anymore. Some people use a gadget with a needle that is imbedded under the skin that can be read on the user's cell phone as often as desired. Service animals are sometimes used as monitors, since they can sense low or high blood sugar in their owner. The problem is that this level of monitoring can be expensive. The prevalence of type 1 diabetes is 0.6% of the population.

With type 2 diabetes, your pancreas is producing insulin, just not enough. Also, your body does not respond as well as it

result is much the same as other types of diabetes-your blood has too much circulating glucose. This may result in the same complications that we talked about with type 1 diabetes. The onset of type 2 diabetes is normally much later in life, usually well into adulthood, and more gradual. You may not be diagnosed with this condition for possibly a year or more after its onset. The causes are different as well. While genetics does play a role in type 2 diabetes, being overweight and sedentary are also risk factors. Management of type 2 diabetes is a little different. In some people, this type of diabetes can be managed with improved diet and exercise alone. For some, pills such as Metformin or Glucophage, make our bodies more sensitive to the insulin which our body produces. They are taken on a daily basis. A few people with type 2 diabetes have to take supplemental insulin.

People with type 2 diabetes may not have to check their blood glucose level as often as those with type 1 diabetes. The incidence of type 2 diabetes is increasing with the increase in obesity and people of a younger age are being affected. About one in four adults 65 or older has type 2 diabetes in North America. It is a significant contributor to mortality and morbidity. That is the medical way of saying that it shortens people's lives and reduces the quality of life. According to the National Institute of Health, diabetes contributes to the two top killers in America: cancer and heart disease. You can significantly reduce the risk of contracting type 2 diabe-

should to the insulin being produced. The tes with diet and exercise before age 65. There is a condition which is becoming known as Prediabetes, in which you are headed toward type 2 diabetes, but where there is still time to reverse course. Screening for this is part of a good physical exam and is one of the benefits of annual wellness visits to your health care provider. A simple blood test called a Hemoglobin A1C can tell us a lot about how well our blood sugar has been regulated over the past month or so.

The third type of diabetes is called gestational diabetes. As the name implies, this type affects pregnant women. It usually shows up around the middle of pregnancy and the reasons for it are not well understood. The good news is that it can be managed with little long-term effect on the mother or baby. Left untreated, the birth weight will likely be much higher, the mother is more likely to have preeclampsia or dangerously high blood pressure, the baby could be born early or with breathing difficulties, and it could cause a stillbirth.Most mothers return to normal and natural blood sugar regulation following delivery, although gestational diabetes increases the risk of getting type 2 diabetes later in life.

God has created a beautiful system that is self-balancing and works well most of the time. But we are frail, mortal creatures in which these systems break down, leaving us with some challenges. It is hoped that in understanding how our blood sugar system works, we can aid in its optimization and be a good steward of our health, even when there is an infirmity involved. - Mark

The Fun and Fact Page

Fun Stuff

What do you call a bear without ears? B.

I was surprised that Elon Musk is from South Africa.

I thought he would be from Mat-atgas-car.

Why are blond jokes so short? So men can remember them.

How do you build a multi-million dollar company? Sell it to Elon Musk for \$44 billion.

What happened when a cheese factory in France exploded? Da brie went everywhere.

My wife asked me if I knew what her favorite flower was.

Apparently "Gold Medal All Purpose" was not the correct response.

If con is the opposite of pro, then what is the opposite of progress? *Congress*?

If you're ever in Germany and people start hoarding sausage and cheese, you should be worried.

It means they're preparing for a wurst käse scenario.

When does a joke become a dad joke?

When it becomes apparent.

INTERESTING FACTS

The "Holodomor", also known as Terror-Famine, was a man-made famine in the Soviet Union from 1932 to 1933 caused by then-leader Joseph Stalin. While scholars don't agree on the numbers, somewhere between 3.5 and 10 million people died. The highest deaths were recorded in Kyiv and Kharkiv Oblasts in Ukraine.

At 2,300 miles, the Volga River is the longest river in Russia and in Europe. Ships can navigate all but the first 65 miles.

Skyscrapers made from steel, concrete, and glass have a usable lifespan of about 100 to 200 years, sometimes less. Future generations will likely be tasked with tearing them all down and rebuilding.

In the U.S., car ownership is around 88% but worldwide only about 17% of the population has a car.

In the U.S., CEO-to-typicalworker compensation ratio was 20to-1 in 1965, 58-to-1 in 1989, and 278-to-1 in 2018. From 1978 to 2018, CEO compensation grew by 1,007.5% while wages for the typical worker grew by just 11.9%.

100 years ago this month:

At a conference in Switzerland, İsmet İnönü of Turkey informed the European delegates that his government had decreed that the remaining Greek Christians in Eastern Thrace, numbering nearly one million, were banished and had two weeks to leave peacefully

In one of the worst disasters in the history of the U.S. state of Oregon, about 24 city blocks of the business district in Astoria were destroyed by a fire that burned under the streets. The town had been constructed on a foundation of wooden pilings and the fire spread quickly, destroying the town's department stores, hotels, banks, and many other businesses and homes

At least 15 people were fatally scalded and 40 injured in an accident at the depot in Humble, Texas. Houston East passenger train number 28 sideswiped a freight train's locomotive, tearing loose a two-inch diameter steam pipe. The pipe crashed though the window of the car on the train reserved for smokers and sprayed the compartment with its boiling contents.

The de Bothezat helicopter, nicknamed "The Flying Octopus," because of its four massive rotors, made its first flight at McCook Field in Dayton, Ohio. The helicopter set records for duration of airtime (2 minutes and 45 seconds) and altitude (30 feet) but was difficult to control and incapable of proceeding into the wind.

Guest House - Chickasha, OK For rent by the day or week!

4 Bedrooms, 3 Baths

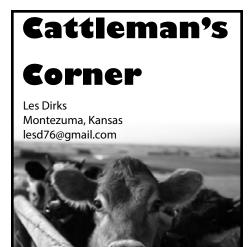
1/4 mile east of Plainview Mennonite Church Call or text: Carrie @ 405-224-4270 Email: carriedawn0305@gmail.com

Bethel Home Inc.

Have you ever wondered who will be the compassionate nurse that will take care of you or your parents when they are no longer able to care for themselves at home? Well, there are those elders today that are needing someone like you. They have given to us and now it's our turn to give back. They need someone to

first of all, care about them. That caring will produce cooks, nurse aides, licensed nurses, housekeepers, and many other acts. If you care and want a job that is both fulfilling and rewarding, call us at Bethel Home in Montezuma, KS at

620-846-2241 or 620-561-0991. We would be thrilled to have you join our excellent team where we put the CARE in our slogan, "Caring from the Heart". We offer competitive wages and benefits, growth opportunities, and a fun work environment. Don't have the training? We can help you with that. Concerned about relocating? We can assist you with that as well. If you have questions, don't hesitate to call! Tell us what interests you, and we will be happy to find a place for you. *Love isn't love 'til you give it away*.



Three Cups

McDonalds at Pratt, Kansas - At first, I saw very little. Austin, Lindsey, Lexi, and I had finished up a lengthy round of disc golf at the park in the northwest corner of town, tucked down behind the railroad tracks. That park is pretty enough and the course neat enough that I'll go back sometime soon to play again. I think Austin finished best on score, and I came in close to the worst, but no matter. When you can spend a good day with family, the score on disc golf doesn't figure.

The day was hot, we were overheated, and the McDonalds building didn't seem overly submitted to the A/C. I began to pick up bits and pieces of the visual around me as I cooled down and the food and liquid started working. I picked up on a family seated just to my right. Grandpa, Grandma, Son, his wife who would bring their fourth child into this world within the week, and three children.

They were, if I were Sean Dietrich writing, your quintessential American family.

They were finishing up their dinner and Grandpa was stretched back in his chair, at ease with life and his family. Grandma and daughter-in-law chit-chatted about the latest things that the family had been involved in. Son was sitting in the midst of it all, finishing up some of the lunch that his children hadn't eaten. Their little girl, so happy with life and herself, got up from her chair and started meandering around the table in a random sort of way. I'm pretty sure if I had been near enough and had leaned over to her level, I would have heard her humming a tune. She reached up to the table, took Grandpa's empty cup, pulled the lid off, and set it on the empty table next to them. Next, she got herbrother's cup and set it beside the first one on the table. Lastly, she got her dad's cup and set it up next to the other two. Three cups, all in a row, near the edge of the table, with the lids off. Unit. She knew this because someone took the time to play her little, insignificant game with her. Life needs to be like them. It's not in the big showy things which cost a lot of money that we do or the things we give our children which make the difference. No. It's the little specks

Her dad had been watching all along, and when she turned her twinkling eyes to him, the unspoken challenge was easily understood. "Think I can make a basket?" he asked. She nodded eagerly.

Wadding up a sandwich wrapper, he gave a toss. "Aww, missed." "Try again."Another sandwich wrapper. The first one had bounced to the floor. "Aww, missed again." It joined the first wrapper on the floor. Brother tried once and missed. Little Miss Twinkle Eyes fetched the wrappers from the floor without being told to and put them back on the tray. The family resumed their easy conversation as the little girl happily resumed her seat and place among them. unit. She knew this because someone took the time to play her little, insignificant game with her. Life needs to be like them. It's not in the big showy things which cost a lot of money that we do or the things we give our children which make the difference. No. It's the little specks of everyday living that fill the barrel of happiness and contentment to the brim. And while all those little specks seem so insignificant at the time, their worth is counted by millions in the long run of things. At the end of a good life, one looks at his heaping barrel of happiness and marvels at such bounty.

Stop a little, today. Find some twinkling eyes looking up at you and play their trivial game, even if you must sacrifice some pride in how you look while you do it. Even if the restaurant floor needs to be cleaned up after you are done.

Grandma and I met at the soft drink dispenser. "You have a very nice family,"I said. "I've been noticing yours," she said. And, God help me, I hope it was for the same reason I was noticing hers! - Les

She belonged. She added value to the family

This home is 20 to 30 minutes from the Hartford Mission Group (Mission house, the Gospel tract house, and the CPS Unit house). It is located 1-1/2 hrs from Boston and 2 1/2 hrs from NYC.



59 N. Park St. Ellington CT

Rates:

\$100 per couple per night-children free A family with grown/wage earner children - \$200 per night Boys only/Girls only guests - \$200 per night Weekly Rate - \$75 per couple per night Cleaning Fee: \$50 for a 1-2 night stay \$75 for a 3-4 night stay \$100 for a 5+ night stay \$100 for a large group 3-4 night stay

Contact Henry or Floretta Shetler (662-902-2091) (662-902-0662) Email: hshetler@icloud.com

Sounds

By Maxo Boursiquot Belleville P.A christianfinancialaid@gmail.com

Who of us has not said something that you wished you could have retracted later? Words once spoken are unstoppable, even going where they were not intended to go. Who of us has not had an opinion or idea that we thought was so right, only to find out later in life that it was not so sound?

In 1994, after becoming a church member, I was floating in the outer sphere of the NYC mission life, heading for a black hole. I did not have a job, nor did I have a place to call my own. Besides, I spent all my savings while bouncing from place to place. I did not belong anywhere, and the future looked as bleak as could be. Days later, led by the voluntary service boys, I found myself at the doorstep of Minister Samuel and Anna Shirk in Fleetwood, Pennsylvania. This was a decision I did not make. Tucked between the mountain and the Ontelaunee Lake, Fleetwood was beautiful for situation, a perfect rest stop for the missionaries and the voluntary service unit. However, thinking of making it my home was far from my dream.

After a warm welcome, Mama Anna led me to my room found at the south side, where a creek gently flowed to a nearby pond, picture perfect. It was awkward dragging the two suitcases which contained all my belongings except for my college books and a few tools. On the porch hung a large set of Corinthian bells which Papa Sam had installed for the busy mother, minister's wife, nurse, counselor, comforter, and hostess. Powered by the gentle breeze, they made musical sounds to soothe the mind and heart of those who dwelt there. But to me, as I settled down onto my cot for rest and into a world of darkness and uncertainty, I found the music annoying. As I lay there in the dark, unable to sleep, I needed to find some way to stop the irritating, soothing sound.

What Mama Anna was thinking about the extra workload that *life* had laid suddenly upon her shoulders, I did not know. She did not act or say anything that showed opposition or resistance. I tiptoed about in the dark room thinking and looking for a solution. It may have taken me a while but eventually I found a rubber band. I quickly and quietly stepped outside to stop that noise with the plan to remove the band at daybreak. Well, sad to say, I forgot to remove it and days later I sat in the living room to explain my naughtiness.

Today I find myself facing some strong opposition to the work of Christian Financial Aid Foundation and I catch myself defending the *truth*. I must admit that I have not been doing an excellent job at that. The challenger's view was humanistic but well-grounded. The Haitians should live within their means. They don't deserve a dime. They will ask for more if you send them any. The sound that went out from



me, though biblically sound, only irritated the listener. *The truth needs no defender*, my sweet wife reminded me after the conversation ended on an unpleasant note. I needed to put it in reverse once more.

The Haitian board of Christian Financial Aid Foundation is ever so careful to not make any mistake nor repeat the mistakes their parents have made. They have spent many hours designing forms and writing instructions needed to guarantee the success of the program. One of the members had even asked me openly if there will ever be any forgiveness coming forth from the Church in North America. They even feel challenged to redeem their name and erase the spots that covers them.

What sound are you sending that could affect humanity? And in what way? Like the Wilson's and the Unruh's, the Shirk family did not see a perfect man, far from it. Maxo could not have fooled them at all. Instead, they saw a brother in need of aid, in need of love though different in color, culture, and customs. They saw a resident alien in need of a home, a hungry soul to be fed. Papa Sam did not tell me to go and be warm and be comforted. Instead, he took me in and fed me as one of his own. That was and is the real sound, the Sound of Love!

In our 33rd CFAF meeting, Minister Gildony reported how his children are asking for more food. However, they must ration the little food they have. Our Haitian brethren are going hungry and are afraid to say it. They are facing the most difficult crisis of all times, famine, while the bullets are flying overhead.

The Christian Financial Aid Foundation Board wants to thank you all for the sweetsmelling offering that you have sent for your Haitian brethren. We have collected nearly \$15,000 so far for immediate relief. A total of \$10,200 was sent in two segments to be divided among the 232 families in the Church. May God richly bless you for it. - Maxo

Maxo J Boursiquot

Christian Financial Aid Foundation Inc https://givesendgo.com/G353W https://donorbox.org/matt-25-44 2469 State Route 655 Belleville PA 17004





TRAINING

- Mennonite trainers
- Corporate onboarding support
- Technical, business, & marketing

FAMILY FOCUS

- Flexible hours and schedule
- Hire family members as you grow
- Great business to pass down

OPPORTUNITY

- NOVUS services in high demand
- Start mobile, then open a shop
- Buy more territories as you grow

MN Franchise Reg. # F-2934 NOVUS Franchising Inc. 2018

Make it yours.

Over 15 Mennonite families own NOVUS Glass franchises throughout the United States. Join in their success today!

- Visit Us Online!

www.novusfranchising.com

----- Contact Us! ------1-800-944-6811 sales@novusglass.com



Working With Your Congregation to Advance the Design of Your New or Renovated

Church | Fellowship Hall | School | Seniors' Residence





Stettler, Alberta 1-800-949-9052 admin@railsidedesign.com www.railsidedesign.com



Hamdurg PA 19526 109 W Shore Dr Hamdurg PA 19526

Astandard Mail A U.S. POSTAGE PAID Kutztown, PA 19530 80.08

Wish You Had Your Own Copy?	The Business Bulletin 109 w SHORE DR HAMBURG PA 19526 PHONE 484-665-3993 Pay online at www.businessbulletinonline.com.	PRINT SUBSCRIPTION US □ 1 YR \$24.00 □ 2 YR \$46.00 CANADA □ 1 YR\$29.00 □ 2 YR \$56.00 E-SUBSCRIPTION US and CANADA □ 1 YR \$18.00 □ 2 YR \$34.00 Download is approximately 7 Mb
	NAMEADDRESSSTATEZIP PHONEEMAIL ADDRESS	,
ORDER HERE	CREDIT CARD TYPE C CREDIT CARD NO	