

The Plain and Practical

Year Six, Issue 49, January 2013

“Live simply, that others might simply live.” Elizabeth Seaton

What I Don't Want to Hear—Finding My Own Way with My Inner Light

When I'm at the doctor's office, he's telling me to lose 20 pounds and I should go get yearly mammograms now that I am past forty-five, and his voice kinda trails off in my brain as I think about the groceries I need to pick up on the way home and if I have time to go to the Broad Street thrift store or not. I don't want to hear again the same lecture he gave me last time I had a physical, and I didn't do those things before and I'm probably not going to do them now.

I sit in the dentist chair of my previous dentist, and he tells me to use a special toothpaste and electric gadget that he just happens to sell, and floss three times a day and it's all I can do to not roll my eyes because, well, it ain't going to happen. I manage to brush my teeth just before I get dressed in the morning, and before I get into bed at night, and usually not in-between. I floss only when something is stuck.

We lecture our elderly parents on their driving and they lecture us on the way children are raised, wives tell husbands to throw out that worn out underwear and start wearing the new ones in the drawer (ditto socks and raggedy flannel shirts). Husbands tell wives not to let the gas get low in the car and it's time to get the oil changed, has the check for the rent been sent yet, and remember we're out of beef jerky, next time you're at the store. Bosses tell workers not to waste time, teachers say, “study harder.”

Most of us live in a world where men and women are equals. Good marriages have divided up the chores, with each partner having some they enjoy and some they don't much like to do. My grandparents divided it up at the threshold—everything out there was Grandpa Max's domain, everything inside the doorway was Grandma Mexie's. But she was a guiding force in the gardens, both the planning and the labor, and he was often at the sink late at night soaking and washing the piles of pots and pans she could generate fixing one of her big country dinners.

But now I'm going to open a big debate right here and now in this essay, but I'm going to ask in advance that you not see the topic and rip the paper down the middle and put it into your birdcage or trash can just yet. You and I know I should be listening to the advice from the doctor and dentist, and weighing it carefully. I should be looking at my thoughts and actions and asking myself, “Is this the Way I should be walking?”

I felt the voice years ago to be a Christian, and I submitted. Then came the leading to be Plain in dress, and to learn more about my faith, and I am submitting. With that leading, I have been studying not only why to be Plain, but working it into other aspects of my life beyond just my clothing. One of those ways is to try to Listen to what the Bible says about women, and try to understand the wisdom that it presents.

And here's the part that will upset folks. If you aren't familiar with these passages, read them now: 1 Corinthians 14:34; 1 Timothy 2:11; 1 Timothy 2:12.

This isn't easy for me to grasp. I was raised in a household of two equal wage earners, educated teachers, and have lived independently as well as married. I have taught college courses for years, and belong to a denomination—Quaker—which gives equality in full measure for men and women and even allows participation in the services and offices to young people long before the state recognizes adulthood. All of these are Good things to me, points of which I approve. In my world, when I see a young mother battered by her husband, without any means of getting free and leaving with her children because she has no income or resources of her own, I remember my grandmother counseling me, “Always have your own bank account.” When I see a man complaining that “Home is always on me to do, I'm responsible for everything” I think about the equality and balance of a good marriage, where one can lift the other in sickness and in health, both in the yoke together for better or worse.

But here's my Good Book, the Word to guide my life, telling me not to follow the vocation for which I was trained? Not to speak out as other Quaker women have historically done, promoting positive changes in political realms where there needs be less discrimination and more fairness? I am not supposed to stand as a witness in my meeting, or express consensus on a decision of church finances, or ask for help on behalf of a Query? (cont'd on page 3)

The cold wind against our skin, then as now:

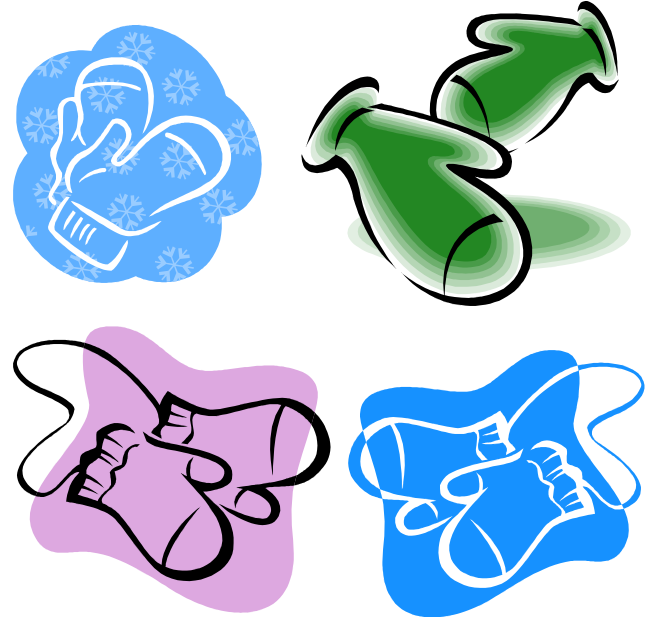
“While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.”
Genesis 8:21-22

“Thou has set all the borders of the earth: thou hast made summer and winter.”
Psalm 74:17

“For, lo, the winter is past, the rain is over and gone”
Song of Solomon 2:11

“And it may be that I will abide, yea, and winter with you, that ye may bring me on my journey whithersoever I go.”
1 Corinthians 16:6

“Do thy diligence to come before winter. Eubulus greeteth thee, and Pudens, and Linus, and Claudia, and all the brethren.”
2 Timothy 4:21



Answers to HOT puzzle on page 2)

Peppers	Steam	Fireplace	Log
Stove	Bunsen Burner	Quilt	Socks
Cat	(and) Coat	Mittens	Scarf
Vest	Sweater	Stew	
Beans	Curry	Soup	Pup
Coffee	Tea		

Traditional New Years Foods

You probably won't get this newsletter in time for New Year's day unless you are in Central Ohio (apologies from the Day Late Dollar Short Department here at the PNP), but try these out in First Month. All are associated with being “good luck” foods—and notice how they are all low cost?

- Black-eyed peas—also called hoppin' john, made with pork or butter, and served with collard greens. Just the thing for a winter lunch!
- Lentils—in Brazil, it's lentil soup, and in Italy, it's lentils and sausage just after midnight on New Years' Eve
- Sauerkraut is a long tradition for New Year's Day in Germany
- Pomegranates are popular in Greece and other Mediterranean New Years celebrations, as a juice, chutney, or even syrups
- Soba noodles—careful, don't break them, and don't eat them all before midnight—are a popular Japanese dish for the new year.
- Anise-flavored cake—in Greece, it's called Vasilopita, and has a coin hidden inside, and the cake is topped with dried or fresh fruit and a glaze
- Dumplings in China resemble the gold ingots that were once the currency, and hope for a prosperous new year. But don't count them!
- Grapes in Spain and Portugal are plentiful, at midnight, everyone eats them one by one in time to the local bells—one for each stroke of midnight for a good year.

January 2013

First Month

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

“Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.”
Robert Frost

We can now look back at the days that were shorter,
and look towards a little more light each morning.

Fresh New Year Beginnings

What is it about the new year beginning, that makes one feel that fresh starts can really stick, bad habits can be diffused? That we can change ourselves in some small ways—through our routines or intentions, a new recipe or a self help book—that the new year holds hope for improvement?

As some may hold this as a silly false hope, let me encourage you to fully participate, anyway. Go ahead and buy the new diet book and read it cover to cover, study the recipes, make a couple. If you are a cigarette smoker, go ahead and give Cold Turkey another attempt. If you've never been good about paying bills right on time, get a calendar just for tracking those, and start thinking upon how you can be more timely and avoid late charges. Never get around to that exercising? Find a simple routine that will work into your schedule, even if it's just lifting hand-weights while dinner cooks.

Because you will eventually succeed. If not fully, at least partly. If not this year, maybe the next.

Health clubs and workout facilities know this desire well, and offer discounted membership for folks that they know may only make it there only a few visits before giving up. Advertisements for smoking cessation products are frequent, as are offers from accountants and debt-reduction services. Bookstores have towers of beautifully displayed books for all of these topics, because they know sitting down with a new book on a winter's snowy evening, is one of the world's great pleasures. Whatever you attempt, anything you participate in, what you read, even the advertisements around you, will help you towards your goal in some small way, so this is a great time to do a little pushing. Set realistic goals—instead of "I want to run a marathon next year," try "I'd like to walk a mile without wheezing." Want to lose a few pounds? Try gently changing your diet, away from anything fried, and processed foods, and sodas, and meat, and enjoy more steamed/baked foods, simple fare made at home, water and tea, and vegetables and grains. Even one meal a day of the "new" foods instead of the "old" foods, will help.

There's nothing wrong with wanting to improve your body and your self, and the fresh start you feel with the New Year, 365 days flowing forward from First Day, First Month, why not now?

In everything you plan, whether a meal or a purchase, a garden vegetable to try out or a trip, just work in the Changes you are focusing on. Combined with prayer, I firmly believe that people can change, and that sometimes change starts in very small ways. You won't know, unless you try, and even if you fail, what you learn in the attempt may make the difference for success the next time.

What is a Makerspace?

There are a variety of styles in makerspaces. Some are warehouses full of industrial metal and wood-working equipment, intended for folks who know how to use such things comfortably from their job training or previous career; others are geared more towards electronics and computers and look more like classrooms with their drop ceilings and tables and chairs. Some are intended as introductions to shop practices and equipment, and others might focus on clays, ceramics, fused glass and other fine crafts.

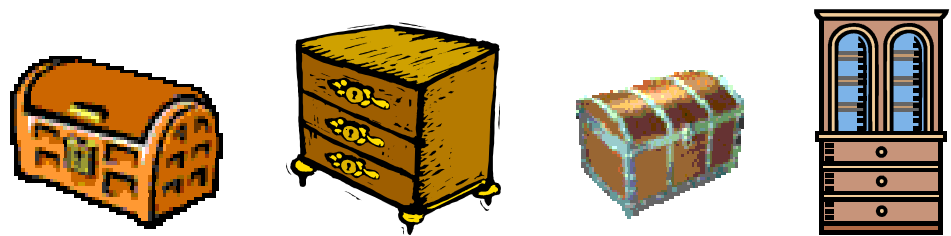
I'll be starting to volunteer on Friday nights at a makerspace in Dublin, Ohio, providing whatever skills I have that might be needed. I can sweep and clean bathrooms and windows; with a little training I can answer the phone and take messages and take care of the emails requesting basic information. In return, I get to support one of the ways that Americans can keep some of their know-how can-do skills. Whether it's making a piece of furniture, sharing a birdhouse project with a grandchild, constructing a metal box for tools or a useful kitchen cutting board, many people no longer have these opportunities in high school shop classes or in grandpa's garage.

We now have a generation of people who have never used a table saw or drill press, who don't know how to repair a porch step or make simple toys for their children. When things break, we throw them out. When a table leg is loose, we donate it. It's another example of how our possessions own us. We trade our days of purposeful hours for the molded plastic products of another country's factories.

I have never forgotten the wonderful hours we shared as a family, in front of the fireplace of that big kitchen of my childhood. We worked on wool strips for rugs, pouring candles, January was usually the month that all the leather got conditioned and repaired for the upcoming springtime. We cleaned and maintained our leather (not plastic) shoes, planned graphs of the upcoming garden to plant, crocheted and knitted and sewed. Grandpa Max would wash and roll coins, grade papers, make a basket, draw out a wood box to be cut out in the workshop, put new leather hinges on a trunk lid.

Somehow we traded good wholesome experiences like that, handing down family stories while dinner baked and simmered, teaching skills to the next generation while saving money being self-sufficient, somehow we as a society have been duped into swapping that experience, for sitting in expensively heated, poorly constructed houses, watching the "idiot box," talking to faceless people on the telephone, eating food someone else prepared somewhere else.

So if you hunger for that feeling that your own two hands can make a nice wood chest, or you'd like to repair the front on that china cabinet your mother gave you, or you've always wanted to make your own garden cart, look around for a Makerspace near you. It's a healthy and wholesome way to meet others who are interested in some of the same things you are, with the gumption to get out there and do it for themselves, just like you. If you already have skills around such equipment, why not donate four hours a week of your time, too, and help the next generation avoid the stigma of depending on others for every thing in their home? We don't have to be helpless to maintain or care for any object, forced into conspicuous consumption, and the filling of our waste heaps.



Hot Things

Pull up a chair to the table, get yourself a steaming mug of whatever bitter brew you are drinking, and let these warm words seep in!

S T E A M P S S
 T A C E I E N R
 E E A E T P A E
 W V L F T P E N
 K O P F E E B R
 C T E O N R B U
 I S R C S S R B
 H V I S C C E N
 T E F O U A T E
 P S A C R R A S
 U T G K R F E N
 P U O S Y T W U
 Q T L I U Q S B

(answers on page)

If You Just Can't Find It

Lately, I've had two requests to help locate some information for folks who don't use a computer. It was very satisfying to grab a cup of coffee and hop online and print off some pages that really were helpful to folks.

That offer stands for you, too. If you aren't a computer person, and you're reading your Plain and Practical newspaper the old-fashioned way, feel free to drop me a line (see the editor's box for contact info) and I'd be happy to take care of that for you. People have said I have a gift for finding things, online as well as in the community's thrift stores and flea markets, so if you are trying to find a product, a person to make a particular thing, or any other information, I am happy to help you. Blessings should be shared, and I have both the equipment here, thanks to my techie husband, and time enough.

Ways to Recycle An Old Pillow

I've been running into folks lately that don't realize soiled polyester fiberfill pillows do not have to be thrown out. They are washable, and yes, lumpy as can be afterwards, but they are clean. Neatly cut open one end along the seam, and take out the innards. Put a sheet down on your lap or on the table and just sit there an hour and pull apart the fibers, then stuff them back into the pillow lining. Fold over and neatly stitch the opening closed. It will be a very fat pillow for awhile, but not lumpy. With new pillows running five or seven dollars for the cheap ones, that's not a bad waste of an hour of your time—and it's a great kid job!

You also can use that clean fiberfill to stuff toys, or lay out a bottom fabric, pinch out fibers to carefully cover it over—then lay a top fabric onto all. That is the world's cheapest fiberfill quilt batt, you just made. Long as you quilt closely, it works fine. The contents of one pillow, carefully groomed out, is enough to make a baby quilt or throw cover.

I always use clean sheep's wool for my couch pillows, so that the back is given firm support where needed. Wool packs more firmly than poly fiberfill or down feathers. It, too, can be taken out and washed.

(Don't want to hear, cont'd)

And I think most of my readers do not wish to return to a time of stoning harlots, killing non-Christian neighbors in their sleep, or forcing a sister-in-law into polygamy when she is widowed. I am guilty of tip-toeing through my New Testament, picking out a little of this and a little of that to live by, like ordering food at a Chinese restaurant, one from column A and one from column B, couple of appetizers from the Old Testament and finishing up with most of James as a dessert.

Whenever I see someone spouting that they want life to be exactly like the Bible, in every aspect, if you question them closely there are some things they don't agree with, and when you quote where in the Bible that scriptures say so, first you make them angry, and then the anger is directed at you. That's not a good way to make friends, or really, to be fair in your dealings with others. They have something they believe, and who am I to judge them? I don't like it when others question my beliefs.

So I have been talking with Friends, and friends, and doing some reading on various interpretations of scripture, and sermons, and I've come to the conclusion, for myself, that this is another example of the Babble we must sort out with our own Inner Voice.

When I have stood at the front of a classroom and helped people who have failed with other teachers, I pray for guidance and the words to say that will help them grasp the required material. That did not feel wrong.

When someone comes to the door, or a letter in the mail, for decisions around the home, I usually handle that myself. Only a small percentage of the time do I lay the message or the mail on the desk and tell husband his input is needed to resolve it. That does not feel wrong to me.

I have listened in Meeting when the words of a woman, standing and giving voice to her leading, meant nothing to me. And I have listened another time that the words were so truthful and pure that warm tears flowed down my face and soaked into my scarf, and I felt I was touched by His love, that the words were meant for me. That does not feel wrong.

I will continue to read and study and pray upon the materials and the teachings that come to me, and hope that I am on the Right Path. If I am asked about my beliefs, I will give truthful responses, honing for kindness but still being firm. I continue to hold out an open hand, recognizing that I can not understand everything, only struggle to be receptive and listen and sort out what feels right, and what does not, and separate the two cleanly. And the foundation under all of that, is I will be respectful of the beliefs of others as equal to my own, and work harder not to judge.

Editor's notes

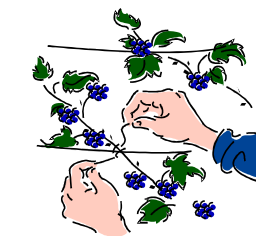
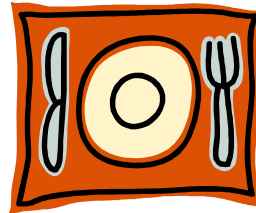
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This Month's Crazy Idea

This is the Quiet month, the slow month, full of long evenings to fill with all manner of repairs and shoe shining and reading with the feet up and under a warm blanket or throw. It's the month for knitting and quilting while casseroles bake and soups simmer.

It's also a nifty month for cupboard-cleaning. Just think, if you went through each cupboard, closet, blanket chest, drawer and box in your home this month—a few a day—and lay out items to be repaired or re-sized or re-gifted. Sort out what someone else can use more than yourself, and package it up to be sent or handed over in person. When you come across loose papers, sort and bind or organize them. Threads all tangled? That's a good sit down job to set them right. Find a half-done project? Set it on the table and after dinner, work on it. Get organized.

And here's the glorious kicker: as you are working, draw a little layout of the rooms, and list what is stored where. The extra boots that don't fit yet, where exactly are those? There's now an empty box under the extra bed, that would be a good place to put summer weight clothing. With two sheets of paper, you could quickly look up where you have placed items that may be stored for months, or even years. Control your possessions.



Walking A Better Way

We've all heard the phrase held dearly,
"Use it up, Wear it out,
Make it do, Or do without"
And when your hand
Tosses the can
Or the food is scrapped
While birdies watch
That little voice inside you says,
"There is a better way."

When the day is busy with no extra time
We hurry back and forth
Careless and thoughtless of worth
As we discard
We disregard
Bits and small pieces
That are not useless
While a voice inside us says,
"There is a better way."

So make sure your day has spaces
To pay attention twice
To think about the price
When you let go
You should be slow
Take a moment to think
And not waste a thing
Listen to the voice, be thoughtful,
"There is a better way."

If at the end of the day
You can quietly rest
Put yourself to the test
Was ever'bit used
Each morsel of food
The discards sorted
All waste thwarted
As you listened and walked
To A Better Way?

Homemade Peppermint Salve

Yup, this recipe has been in this paper before, but good things bear repeating, and besides, we picked up some more readers this year. This salve is simple enough for teen to make on their own, and is wonderful for winter cracks and scrapes, dried-out heels and hangnails, cat scratches and flaky dry areas. All natural and simple. My friend Cindy High (see resources page) helped me develop the recipe.

- 1 7-oz. jar of pure lanolin
- 2 one-dram jars of food-grade peppermint oil (the kind used for candy)
- 1 tablespoon olive oil

Lay out a fork, bowl, spoon, and a clean sanitized 250-ml jelly jar (or other glass or hard plastic containers) on paper towel or napkin. Put ingredients into the bowl, and work them together slowly with the fork, taking care not to splatter the oils. In about five minutes, it will become a creamy yellow, like butter. Spoon into containers and seal. They will leak if tipped!

A Few Plain and Practical Resources for Self-Sufficiency

Need something for the Home, or Clothing?

- Lehmans, 877-438-5346, or write for a catalog, 289 N. Kurzen Rd., Dalton, OH 44618.
- Healthy natural soaps and salves, Cindy High, 905 Egeler Lane, Dexter, MI 48130
- Gohn Brothers, Box 1110, Middlebury, Indiana 46540-1110, toll free number 1-800-595-0031. All sewing done by local seamstresses to your measurements, at very reasonable prices for good quality.
- Prayer caps, Plain and Simple Head coverings, Bayley Thompson, P. O. Box 185, Bagdad, KY 40003.
- Aprons, Dresses and Coverings, Mennonite Maidens, <http://www.mennonitemaiden.com>, or orders by phone, 703-622-3018 or 304-492-5590. Wide variety of all offerings, reasonable prices.
- GVS, clothing for the entire family, baby supplies, toys, stationary, sewing supplies—many hard to find items. Highway 5, Versailles, MO 65084.
- Sisterthreads is a group of three Christian women who sew together in the daughter's house amongst her four children, one of which is special-needs. Although they focus on quilts, they also do a variety of purses and organizers for knitting needles, crochet hooks and other sewing items. By mail: Sister Threads, P. O. Box 91, Herrietta, MI, 49638, or telephone, 231-389-0253.

Need something wholesome to read?

- The Budget, a Mennonite rural newspaper, P. O. Box 249, 134 N. Factory Street, Sugarcreek, OH, 44681. Several editions, so ask for information, 330-852-4634.
- Keepers At Home magazine (Plain homemakers) \$13 year/4 issues. 2673 Township Road 421, Sugarcreek, OH 44681
- Quaker Hill Farm, children's books, P. O. Box 10, Harrisville, MI 48742 (recently featured on Animal Planet!) Quaker Anne has all kinds of good things made from her farm, web site is www.quakeranne.com
- An Encouraging Word, P. O. Box 374, Covert, MI, 49043, \$20/year includes yours and one gift subscription.
- Plain Interests newspaper (Plain lifestyle), 420 Weaver Road, Millersburg, PA, 17061. Monthly, \$16 yearly.
- Young Companion, Pathway Publishers, 2580N=250W, LaGrange, IN 46761, scripture-rich moral stories for young people, many are reader-contributed. They also produce Family Life, as well as Blackboard Bulletin, and I recommend all three as suitable literature to leave around where you find yourself spending a few moments in the day, they are uplifting, spiritual, and helpful. \$23 annually for all.
- Pendle Hill, 338 Plush Mill Road, Wallingford, PA 19086. Quaker literature resource.

Want to stop and get bulk food on your next trip?

- Clintonville Community Market, 200 Crestview Road, Columbus, Ohio, 43202, 614-261-3663
- Yutzy's Bulk Foods, 614-873-3815, 6010 Converse Huff Road, Plain City, Ohio 43064
- Countryside Bulk Foods, 4230 West Pike, Zanesville, OH 43701, telephone 740-450-1595
- Bulk Food Depot, 5457 Radford Road, Athens, OH 45701, 740-594-5053.
- Apple Hill Ltd., 8690 Vermilion Road, Amherst, OH 44001-9475. Telephone 440-965-7077
- Coon's Candies, 16451 County Highway 113, Harpster, OH 43323, telephone 740-496-4141
- American Harvest 51323 County Road 16, Coshocton, OH 43812, 740-622-2855
- Swiss Village 309 S. Broadway St., Sugarcreek, OH 44681, telephone 330-852-2896

Need supplies for Making it yourself?

- handspun yarns for knitting, soy candles, black walnuts for dyeing: Beverly Thorne, 1941 S. Camp Ten Road, Elmira, MI 49730.
- Leather: Scrap Leather, lacing, and hides, all American leather, Real Leather People, P. O. Box 251, Sonora, KY 42776 or 270-369-8880 or sales@realleatherpeople.com
- Make your own brooms—Broomcorn and supplies at R.E. Caddy, Box 14634, Greensboro, N.C. 27415, 336-273-3609.
- Sewing Supplies, Home-Sew Inc., P. O. Box 4099, Bethlehem, PA. 18018-0099, 1-800-344-4739, homesew.com.
- Linen and wool fabrics, 1-888-546-3654, FabricsStore.Com, 6325 Santa Monica Blvd., Suite #102, Hollywood CA 90038
- Countryroad Fabrics and Gifts, 2195 N 700W Shipshewana, Indiana, 46565, good resource for fabrics, snaps, prayer caps, and more.
- Knit Picks, P. O. Box 870760, Vancouver, WA 98687, 1-800-574-1323. Fine quality wool and wool blend yarns—their natural color, dye your own selections are especially well priced. Many sock yarns, patterns, and superior quality needles. Online also.
- Raw Wool for Spinning at \$2-4 pound, also well priced natural roving, and shepherd's supplies, Mid-States Wool Growers Co-op, 9449 Basil Western Road, Canal Winchester, OH, 43110-9278, 614-837-9665, call for hours and directions.
- Wm. Booth, Draper. 18th century reenactment supplies, I get my linen thread, horn thimbles, and other well-made, old fashioned items from this resource, 2115 Ramada Drive, Racine, WI. 53406, or, <http://wmboothdraper.com>, or 815-648-9048.
- Discount fabric, Guhl's, 710 E. Main Street, Jackson, Ohio, cash only, closed Sundays.
- Makes Scents, candle supplies, wicks, waxes, jars and bottles. 10465 Columbus Parkway, Pataskala, OH 43062. 740-927-3526.

Self-Sufficiency and Preparation Supplies

- Bathtub liner for 100 gal. water storage—Water Bob, from Way Safe Florida, Inc, 14175 Icot Blvd, Suite 100, Clearwater, FL 33760 1-800-966-8044, approximately \$25. Available on Ebay as well.
- Seeds to store, \$55 for small garden, non-hybrid—Baker Creek Seeds, 2278 Baker Creek Rd., Mansfield, MO 65704.
- Archery supplies—Obsession Archery, 8289 Burden Rd. Machesney Park, IL 61115, 815-877-1212
- First aid supplies—a number of professional-level kits from \$71 to \$415, First Aid Supplies Online, 1-800-874-8767

Honey and Honey Products: Honeyrun Farm, 9642 Randle Road, Williamsport, Ohio. 43164, 740-225-2462. Candles of the rolled beeswax as well as poured, beeswax in all amounts for sewing and crafting, honey straws, honey and combs. On Etsy, Honeyrunfarm.

Art and Scrap Box—paper, drapery and wall paper sample books, yarn, wood scraps, fabric scraps, tubes, all \$7 fill a paper grocery bag: 581 State Circle, Ann Arbor, MI (734) 994-0012.

Arts and Scraps—more sewing and yarn than previous listing, lots of paper, mat board, interesting magazines and books to cut up, wood scrap, tile section, posters to recycle: 16135 Harper, Detroit, Michigan, 48224, (313) 640-4411, Tues-Sat. \$6.50 fill-a-bag.

There is a free store in Commercial Point, Ohio, the United Methodist Church runs entirely with volunteers and community donations. It's open Saturdays 9 a.m. to noon; Mondays from 6 to 8 p.m. It's on E. Scioto Street, right in the center of town, you can't miss it. Clothing, household items, they will take a cash donation if you twist their arm but it's all free. Bring your unwanted and drop them off while you're there.

Angel Food Ministries—I'm sorry to have to report that a program I once strongly supported (AFM), has been investigated and many dozens of counts of fraud against the founders have been brought, and the evidence against them is substantial. As of September, 2011, the program collapsed and cards were no longer being honored. The founder, Wesley Joseph Wingo, got a pay increase from \$69,598 in 2005 to \$588,529 in 2006, and his wife and the couple's two sons were also well paid—and they were allowed to borrow over a million dollars from the charity's coffers. It is sad that as early as 2006, these signs were in front of board members and accountants, and yet nothing was done to curb expenses or to control the greedy founders. 400,000 people in 37 states, people who depended upon the program to help them purchase groceries, have been abandoned. Let this be a lesson to all who make decisions at charities and non-profits: God is watching, and so is the IRS. When the Department of Agriculture loaned AFM \$8 million dollars of tax payer's money, that was you and me, and we are watching, too.

