

He provides in tough times

SEVERAL winters ago while doing missionary work in Albania, we found out that a neighboring farmer went out of business. We had furnished feed and raised heifers for this man, and he owed us a lot of money.

His business provided two thirds of our income.

This all happened while we were half a world away. Our daughters said we had to come home to take care of this problem. Even our farmer friends working with us in Albania said we should go home.

But we felt at peace and decided to stay in Albania. We couldn't wait to see what God was going to do. After all, Romans 8:28 says "... all things work to-



Higher Ground

gether for good to them that love God, to them who are called according to his purpose."

What happened next

We had a very successful year in Albania. Many people came to know Christ!

At home, we had heifers to sell. We called a farmer who'd bought animals from us before. While he wasn't looking for heifers to buy, he was looking for someone to raise heifers for him.

We agreed to do it, but now needed to sell all of our own heifers. We had tried to sell them earlier, but couldn't get the price we wanted. With only a week left to move them out, we called an auctioneer. He offered us 25% more than we wanted and was willing to take all the animals.

Thank you, Lord, for providing! In the meantime, we got to rent my neighbor's

land. All our lost income was restored because we placed our faith in God and not in money.

While we were very disappointed with that farmer, we were never angry at him. We knew God would resolve things. We simply kept trusting him through it all.

Now, we're trusting again. George recently fell in the shop, landing on his feet on the concrete, breaking one leg in two places and his other ankle. He'll be in a cast until June. Many helpers have come to assist us. Once again, he provides!

Julie Holmes

Trumansburg, N.Y.

Holmes and husband George are members of Finger Lakes Chapter of Fellowship of Christian Farmers, International. For more about FCFI and local chapters, visit the Web site at www.fcfi.org.



**I.T. Hurtz
M.D.**

Play it safe at the fair

TAKE livestock to the fair this summer? Reduce the risks to them and your stay-at-home animals!

Most of us do what we've always done, even when it comes time to getting ready for the fair season, field days and livestock shows. But how much thought have you given to protecting your own animals from getting sick — or worse, picking up a disease bug and bringing it back home?

Consider these safeguards

Here are some questions to consider:

- Do you follow a regular vaccination schedule for all your animals?
- Do you take basic disease prevention measures, along with routine animal health exams?
- Do you transport animals in your own truck or trailer that's clean and disinfected?
- Do you hire a hauler? Check out the trailer for cleanliness. Offer to disinfect.
- Are your animals kept in stalls or pens that are separated from other animals? Where and when possible, try to reduce or eliminate nose-to-nose contact.
- Is the public prevented from petting and/or feeding your animals? Yes, this is hard to enforce at the fair. But minimal contact with humans is a good practice.
- Do you change your clothes before returning to your home farm? Many disease agents can be transported on clothing and boots.
- Are animals returning from the event isolated from the main herd for at least 28 days and monitored for signs of illness? Provide care and feeding of isolated animals after you've finished tending the rest of your animals.

And please, never take an animal that exhibits any sign of illness to the show.

I.T. Hurtz is brought to you by Cornell University's farm safety program.

Power up with healthy breakfast

RESEARCH shows that Americans are getting only half of the recommended three daily servings of dairy products. One way to get more dairy in your diet is to power up your breakfast with milk and yogurt. Fresh Berry Stuffed French Toast with Vanilla Yogurt Sauce offers both, along with the vibrant colors and tastes of blueberries, strawberries and raspberries to brighten your morning. Each serving of dairy provides a unique package of nine key vitamins and minerals that helps build strong bones and teeth.

Fresh Berry Stuffed French Toast with Vanilla Yogurt Sauce

2 cups fresh blueberries, sliced strawberries, raspberries or blackberries (about ½ pound)
2 tablespoons powdered sugar
½ cup fat-free sweetened condensed milk

1 (6-ounce) carton low-fat vanilla yogurt
1 small loaf French bread (about 10 ounces)

1 egg
1 egg white
½ cup 1% low-fat milk
1 teaspoon granulated sugar
1 teaspoon vanilla extract
¼ teaspoon ground cinnamon
Nonstick cooking spray

Place berries in a small bowl and sprinkle with powdered sugar; let stand until sugar dissolves. Remove about one-fourth of the berries and place



in a blender or food processor with sweetened condensed milk and yogurt. Process until smooth; set aside.

Cut bread into twelve 1½-inch slices. Cut into each piece almost all the way through to create a pocket. Stuff the bread slices with remaining sweetened berries and press to close; set aside. Reserve any unused berries for garnish.

Whisk egg, egg white, milk, granu-

lated sugar, vanilla and cinnamon in a medium bowl. Heat a large nonstick skillet over medium heat. Spray skillet with nonstick cooking spray. Dip stuffed bread slices in egg mixture to coat and cook in pan until lightly browned on both sides, turning once.

Spoon sauce onto serving plate, arranging French toast on top and garnish with berries. Makes four servings.

Trip to show turns perilous

MY 12-year-old son had a beautiful Polled Hereford heifer that he had readied for a Hereford show. This particular day, he and his 17-year-old brother left early in the morning to take Trendera to the show.

Driving our pickup with the stock box, they ventured into new territory, but couldn't find the fairgrounds. So they needed to stop and get directions. Ah, they spotted a motel, and



people out and about in the early morning.

So they pulled under the motel office marquee — most of the way. The stock box sloped up from the front to the back, and soon there was a "crunch." The trailer wedged firmly under the marquee, to the dismay of my sons and the motel manager.

Customers, seeing the stricken looks on the boys' faces, climbed onto the rear bumper. With the truck weighted

down, they were able to back out.

To the boys' immense relief, the motel manager said, "No charge." It had been dented before. And he told them how to get to the fairgrounds where Trendera won her class.

I heard this story when the boys were in their 40s!

*Elaine Swiler
Cameron, N.Y.*

Swiler says she's still addicted to raising beef cows in Steuben County, N.Y.

Share your story

HAVE a funny or poignant true story of life on your farm? Please share it with us. We pay \$100 for published Country Air stories of 350 to 500 words.

Send your story to Country Air in care of American Agriculturist, 5227B Baltimore Pike, Littlestown, PA 17340. Please include your address, phone number and Social Security number. Or e-mail them to fieldsofhome@farmprogress.com.

