

Faith & Family

News

A Spiritual Resource For Your Family

Free Copy

Spring 2012

Volume 1 Number 1

What Does It Take To Have a Lasting Marriage?

by Mike Ennis

According to a 2001 census bureau report, "first marriages that end in divorce last about 8 years on average." I don't think that any couple walks down the aisle of marital bliss thinking, "Boy, I hope we can stay together 8 years." Most couples enter the marriage relationship with hopes of remaining together for the rest of their lives. "After all, we are in love and we just want to be together forever," they think. Unfortunately the statistics say that the "happily ever after thing" is just not working out for many couples. Though different reports vary the percentages slightly, it is reported that half of all marriages end in divorce - twice the rate in 1966 and three times the rate in 1950. Changing societal views have contributed to this somewhat,



but the single greatest factor to failing marriages is the lack of marital skills.

The idea of living happily ever after implies that there are two people out there who are perfectly compatible with each other, and if they just manage to meet and get married, they will achieve marital bliss. During the honeymoon phase of the marriage it may seem as if everything is following along the path to "happily ever after," but sooner or later marriages settle down to face challenges in a real world filled with real problems. Just think about some of the challenges of marriage. You are taking two people with different backgrounds, different personalities, different ways of looking at things, and putting them into close proximity

and saying to them, "Now get along." Mix with that the stresses of work, bills, health, children, and a myriad of other challenges of life and your "happily ever after" theory gives way to the "we have to deal with this" reality.

You are taking two people with different backgrounds, different personalities, different ways of looking at things, and putting them into close proximity and saying to them, "Now get along."

How do marriages last? The key is not having a marriage that has no challenges; the key is being able to work through those challenges and grow your

relationship in the process. Marriage is like any other endeavor in life; you must work at it if you want it to succeed. A successful marriage is a marriage that applies certain principles and skills to the relationship in order to grow closer together over the years. Do you know those principles or have those skills? Chances are that

you do not. Our culture surely does not help us in this area. Most television shows and movies not only depict divorce as normal, but also to be expected. Most media families are dysfunctional in the traditional sense. Did we learn marriage skills from our parents? Again, chances are that we did not learn good marital skills from our parents, considering the fact that at least 58 out of 100 children born are born into a broken family. Even if your parents managed to remain together, it is not likely that they did so because of good marriage principles and skills. The question that must be asked then is, "Where do we get the information that we need to have a lasting marriage?"

I am a handy man of sorts. If something breaks around my house I am going to at least try to fix it. If it is not a simple fix I start looking for information from the manufacturer. In other words, I go to the one who made it to find out how to fix it. In the

Lasting Marriage cont. on page 3

Aging Gracefully

by Morris Starkey

Sixteen For A While

While I am more partial to traditional Christian music, there are a few secular artists I enjoy. The Sons Of Maxwell, two Canadian brothers who perform songs with great lyrics, often with a Celtic flavor, are especially entertaining. In my estimation, one of their best songs is *Sixteen For*



A While, a song recorded also by a group called The Celtic Connection. *Sixteen For A While* is an up-tempo, yet melancholic song of returning to one's hometown and the flood of emotions that come as a result. Though none of the old friends look the same, still the long-ago experiences of youth are tender on the heart.

It's an all too common experience to wish there could be a return to one's youth. From Ponce De Leon's search for a fountain

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Editorially Speaking

Welcome to Faith and Family News' premier edition. Faith and Family News will be a quarterly publication in a newspaper format. It is designed to bring you a variety of articles across a wide range of family focused topics. Faith and Family News came about as an idea by Pastor Mike Ennis to develop a means to reach families with information and tools to help them steer through the myriad of conflicting philosophies that can either help or hurt the family. Our mission statement reflects this vision - "To provide resources that spiritually educate, establish, build and strengthen the God-ordained institution of the family, through the medium of the printed word and in-person counseling."

You will find articles within this premier edition that reflect the type of articles you will see in subsequent and, hopefully, expanded issues. Contributors for this issue reflect widely diverse backgrounds, unified in the desire to give you casual reading, spiritual insight and practical information from preparing a garden space to making your marriage work. We do not claim to know all the answers and sometimes confess to not even knowing the questions. But what you get won't be like those big Texas Longhorns - a couple of good points with a lot of bull between.

It is the belief of the staff and supporters of this publication that the key to the stability of our society is Godly families. Therefore, our publication is decidedly spiritual

in content and unapologetic in that conviction. Families are under attack by philosophies that seem good but are thinly-disguised deceptions that will destroy what they claim to benefit. It is said that there is no value in making the world a better place from which to go to hell. With that in mind, we will do our bit to make our corner of the world a better place for families, while giving them something to prepare them for eternity. The apostle Paul echoed God's heart when he said, "If in this life only we have hope in Christ, we are of all [mankind] most miserable."

It should be said that all the writers and staff of Faith And Family News, including the President and Editor, are volunteers. We have no paid staff. From the columnists, researchers and proof-readers, to the distribution team, this is a labor of love - love for God, families and this wonderful country that God has so abundantly blessed. We believe, to a person, it is an investment of ourselves that must be made if families are to flourish as God intended.

Morris Starkey
Editor, Faith And Family News

Morris Starkey is retired from Indiana University Kokomo and lives with his wife, Donna, in Miami County. They have two children and five grandchildren.



Education Alternatives to Public School

by Matthew Turner

Certainly, one of the most difficult things you will ever do is raise your children. A difficult part of raising children concerns their education. To complicate the matter, parents must choose between the government schools (public schools), private schools, and homeschools.

As a product and former employee of the public school system with over twenty years of experience in private and homeschool education, parents often ask my opinions concerning these three options. Personally, I think homeschooling can be the best, followed by private schools, and finally the government school system. Of course there is a very important caveat to that order. The homeschool and private school must provide a quality and comprehensive education.

Let me make clear from the start I do believe a family can send their children to the government schools and receive a great education. The only problem is you will find yourself working almost as much at deprogramming and tutoring your children as you would if you had simply homeschooled them or sent them to a private school. Likewise, it is far too common for parents to try homeschooling or private schools that end up being a disaster for one reason or another. Like everything, the more you put into something, the more you get out of it.

My goal is to shed some light on this topic. Thankfully, this newspaper will afford me the opportunity to explore this difficult topic in as little or much detail as is necessary. First, we will look at the issue of education from a broad perspective. Then we will examine all the pros and cons concerning many different aspects of education.

It would be wise to begin by asking yourself this question, "What do I want my child's education to accomplish?" The answer will probably include several

things. However, if you wrap them all together I believe you will come to this conclusion: I want my child to grow up and be the best he can be physically, mentally, socially, emotionally, and spiritually. We want to give our children the most and best opportunities possible.

We want our children to learn in order to prepare themselves for whatever livelihood they choose to pursue. We want them to grow up respecting and looking to serve all people. Let's face it. We want our children to grow up and be the very best there has ever been in whatever they are going to do.

However, I try to remind parents to be thankful for whatever their children accomplish, and support them in whatever legitimate career they pursue. Always expect their best, but accept whatever you get! If

"What do I want
my child's education
to accomplish?"

not, you will at least miss some of the blessings of parenthood, if not all of them.

Victory
Baptist Church
offers families

alternatives to the public schools at very reasonable prices. Victory Christian Academy offers a regular school and a homeschool program. The tuition is basically \$1000/year for the homeschool program and \$2000/year for the regular school program. (Additional students from the same family are enrolled at a discounted price in either program.) Both programs begin with Kindergarten and continue through high school. Students can earn an accredited diploma, including the homeschool students.

You can visit our school's website at vcaknights.com, or call 765.453.9768 for information. We would love to serve your family for God's glory.

Matthew Turner is principal of Victory Christian Academy and co-founder of the Kokomo TEA Party. You may contact him at vcamatt@yahoo.com.



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Been Thinkin’ ‘Bout . . .

By Margaret Tice

Every family needs in it a person like Abigail, whose story appears in I Samuel 25:2-42. “Of good understanding” is the way this passage describes her. I think she was the female counterpart of “the sons of Issachar” (I Chronicles 12:32), who had understanding of their times and knew what ought to be done. See what you think.

Abigail’s very rich and very disagreeable husband, Nabal, lived with Abigail in one place and had flocks of sheep in other locations. Roving bands of men and wild animals would attack his shepherds, creating havoc among his sheep except when David (of Goliath fame) and his men were near. They were like a shield between Nabal’s shepherds, their flocks and their would-be attackers.

Shearing time came for the sheep. It was like a barn-raising. Food abounded in the camp. On the run from jealous and murderous

King Saul, David and the loyal men who gathered to help protect him lived off the land. They had favored and fought for Nabal many times. Now David respectfully asked a favor of Nabal—to feed him and his men from the abundance of the shearing festival. Though Nabal’s shepherds testified to the protection David and his men had been to Nabal’s flocks, this selfish, unappreciative man refused David, accusing and insulting him.

David marshaled his men and planned a furious attack. Nabal’s servant, frustrated because he couldn’t reason with his master, told Abigail, Nabal’s wife. Understanding the urgency of the hour, she commandeered the resources at her disposal, taking to David and his hungry, now angry, men hundreds of loaves of bread, sheep dressed and ready to roast, figs, clusters of raisins, parched corn and wine in abundance.

She took the blame for the

mistake made in not helping David, saying she had not seen his messengers herself. She pled with David not to besmirch his future God-given kingship by this attack against Nabal. David’s anger subsided. He had dinner with his men.

Her mission accomplished, Abigail went back home to a husband who was now drunken and overstuffed. She held her peace until Nabal was sober. Then she poured out to him David’s barely averted deadly plan. Nabal’s heart “turned to stone.” He died 10 days later.

When David heard, he sent a proposal of marriage to Abigail. She accepted—a delightful ending to a near-tragedy. Note the places she has shown understanding:

Yes, I am persuaded every family could use an Abigail.

• Of her husband - used the avenues left open to her; waited to talk until he was ready

- Of the situation - insults to hungry men would bring down Nabal’s “kingdom”
- Of what she ought to do - food for the warriors immediately; the rest as it came up
- Of David - smarting after unfair insults; care for his army; his need for a wife like her
- Of the LORD - God’s larger plan for David as king
- Of timing - “a tide in the affairs of men...taken at flood stage, leads on to fortune”

Yes, I’m persuaded every family could use an Abigail.

—Margaret Tice, widow of Don Tice, businessman, pastor and Christian educator, mother of two sons who, with their wives and families, know, love and serve the Lord.



Lasting Marriage cont. from page 1

case of marriage the maker is God. Contrary to what some try to tell us today, marriage is not the product of man; it is the product of man’s maker. God is the author of marriage.

Genesis 2:18, 21-24: “And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him. And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.”

God’s pronouncement concerning singleness is found in verse 18, “It is not good that man should be alone.” God’s solution to the singleness or loneliness problem is marriage. God made a woman and brought her to the man. God made the first marriage relationship; He is the author or maker of marriage. If marriage is broken, and it appears that it is in today’s society, then we need to go to the Maker and see how we can fix it. The Bible,

which is God’s communication to us today, has the answers for strained and broken marriages. In fact the Bible gives us the principles and skills that we need to have a lasting marriage. I know both from the teaching of the Bible and life experience that you can have a good marriage, even a great marriage. All it takes is learning and applying the principles and skills from the Bible to your marriage.

The secret to a lasting marriage is not the absence of trials and conflicts, it is being able to have the principles and skills to deal with the trials and conflicts of life together and come out stronger on the other side. In future issues of Faith and Family I will share with you the principles and skills from the Bible that will help you to have a great marriage, a marriage that will last. In the meantime, if you are struggling in your marriage, we do offer marriage and family counseling. See the back page of this paper for more information.

Mike Ennis serves as the Pastor of Victory Baptist Church. A native of Kokomo, he has pastored for 30 years. He and his wife, Joan, have 4 married daughters and 8 grandchildren.



You Said IT ! Why Do We Make Praying So Difficult? By Terry Seagraves

Over the years, I was told by many people how I should pray. There have been many books written on the subject and it is a shame that many have been so confused and have just given up. As children, we were so excited when our dads would listen to our happy voices of great news or hold us as we cried when we have had a bad day. For me, talking to God is the wonderful feeling of talking to my Heavenly Father. God knows our needs and our desires but, like our earthly father, He wants that communication, that one on one time with us. You don’t have to say special words or put on a show for God; just go to Him and be yourself. We all sin, maybe a bad thought or word or a misdeed. We

all need forgiveness. You can be sitting in a chair, lying in bed, be on bended knees or even have a little talk with Jesus in your car. For me, prayer is three simple steps: 1) Go to God in Love, 2) Go to God in Honesty, and 3) Go to God in Sincerity. God will hear you, and He will listen when no one else will. In the upcoming articles, I will explain each of the steps and how they are important to me.

Prayers for you always, Terry



Terry lives with her husband in Howard county and works with an area Child Evangelism Fellowship Good News Club.



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Contact us at editorfaithandfamily@gmail.com.

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For additional copies, call (765) 453-9768.

Christian Principles Lead To a Better Society

by Matthew Turner

It's a great time to be a believer. Although Christianity has taken a beating in the court of public opinion for nearly two centuries, it has survived the onslaught and grown stronger from the battle. A believer has a lot in his arsenal to refute the arguments of the left. Discoveries in the scientific fields of microbiology, archeology, geology, astronomy, and anthropology can be interpreted to support the Biblical worldview.

The social sciences also seem to suggest society is better off when Biblical principles are interwoven through its fabric. Western culture and capitalism have proven themselves to be the best system of government and economics the world has known. As we have begun to abandon these two pillars, our nation's wealth and strength have waned. We are confident that if we return to our founding principles, the benefits our nation has enjoyed will return. However our main purpose is simply to bring

God the honor and glory He alone is due!

FAFN will endeavor to help you equip yourself with the necessary information concerning your faith, family and community. We believe Biblical principles can be applied to every area of life. They can be like a map on our journey through life. There are principles governing our homes and government as well as the ones concerning the church. When we submit to the teachings of Jesus, society seems to run much more smoothly. Isn't that what we want? To get through this life with as much peace, contentment, and dare I even say happiness! Lord willing, we can live this life to its fullest. To God be the glory!

Matthew Turner is principal of Victory Christian Academy and co-founder of the Kokomo TEA Party. You may contact him at vcamatt@yahoo.com.



Cookin' Corner

by Donna Starkey

I love cookies and while slice and bake cookies are very good, there is nothing like homemade, from scratch, cookies. Below is a recipe that has been handed down through my family. My grandmother made these cookies when my mother was a child. In turn my mother made them when I was growing up, and I am hoping to pass the recipe on to my granddaughter.

Coconut Oatmeal Cookies

- ¾ cup butter
- 2 cups brown sugar
- 2 eggs, well beaten
- 1 teaspoon baking soda, dissolved in 2 tablespoons hot water
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 cups flour
- 3 cups oatmeal
- 1 cup coconut

Cream butter and brown sugar together. Add eggs. Add baking soda/water mixture. Sift baking powder, salt and flour together; add to mixture. Stir in oatmeal and coconut, mixing well. Make balls the size of walnuts; press one side into white sugar. Place on greased sheet. Bake at 350 degrees for 8 to 10 minutes.

Here is a great, fast one-dish casserole that is healthy and tasty.

Chinese Casserole

- 1 ½ - 2 pounds hamburger
- 1 cup chopped onion
- 1 cup chopped celery
- 1 can cream mushroom or cream of celery soup
- 1 can cream of chicken soup
- 1 can of bean sprouts or 1 can of Chinese vegetables (drained)
- 1 can sliced water chestnuts (optional)
- 1 ½ cups water
- 1/3 cup rice
- 2 tablespoons soy sauce

Brown hamburger, onions and celery together. Mix the rest of the ingredients together. Add cooked meat mixture. Put into a large casserole or pan, cover and bake at 375 degrees for 45 minutes to 1 hour (make sure rice is done). Uncover and sprinkle with Chinese noodles and bake for another 10 to 15 minutes.

This is one of my husband's favorite meals. I always get a big smile from him when I serve it.

(Editor's Note: *SMILE*)

Donna Starkey is married to the Editor and lives in Miami county. She enjoys cooking, reading and spoiling her five grandchildren.



YOU'RE INVITED



610 West Alto Road • Kokomo, IN 46902
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Pastor Mike Ennis

Sunday

Sunday School..... 9:00 a.m.
Worship Service..... 10:00 a.m.
Evening Service..... 6:00 p.m.
(No evening service every 4th Sunday of the month.)

Wednesday

Adult Bible Study..... 7:00 p.m.
Truth Trackers..... 7:00 p.m.
(Ages 3 - 6th grade)
Teens..... 7:00 p.m.
(7th grade - high school)

Listen to messages online at:
victorybaptistchurchkokomo.com

Mother's Corner

by Ashlee Shoaff

Words similar to “mother” occur rarely. The meaning of it has breadth and depth like no other. Even the root of the word spans hundreds of languages. Its etymological findings come from the Latin *mater*. *Ma* (meaning breast) is the root with *-ter* as its suffix, which literally translates as ‘breast-feeder.’ It is even more profound to know that this is not unique to Western-European languages. The essence or utterance of *ma* is found in some of the following languages: Russian-*mate*, Sanskrit-*mata*, Arabic-*oum*, Hebrew-*em*, Swahili- *mama*, and Chinese- *ma*.

Wikipedia notes that many south Asian cultures and the Middle East use similar sounds (though the word may not look similar to ours) to denote affection and the maternal role of a woman in a child’s life. The sounds of *m* and *a* are among the easiest to make and are said by some etymologists to be among the first sounds acquired by a human infant. The sound is frequently some variant of *ma-ma*. This is one of the first noises in life associated with deep pleasure – the closeness of a suckling baby as he receives nourishment. Though this generalization may not fit the mold of every child’s pattern of growth and development, the word signifies a bond ingrained in our existence. The closeness and attachment of a



mother to child and vice versa is a strong force, almost the most natural and pristine symbol of love. Without surveying the psychological subsets of personalities, cultural customs, or personal circumstances, an effortless connection links the two together.

Many use the “mother bear” cliché for good reason. Upon

observation, researchers have seen the acute response a mother bear has to her offspring. San Diego’s Institute for Conversation Research monitored the sun bear mother’s maternal behavior, citing she displayed behavior indicating a high level of behavioral investment in her young while still in the den. The study noted she held the cub off the ground, cradled it to reduce the cub’s exposure to cool or wet air, and was attentive to the cub’s needs, responding to much of the cub’s vocalizations and grooming the cub frequently. Just as the maternal care of the sun bears appears to be active, so must ours.

At some point the lofty ideals of that mother-child bond collide with independent wills and life circumstances. Our mothering moves from natural survival to engaging him on a personal level. The point is to become intentional about this relationship as well as the ones that directly influence it. Ways to engage children vary. Physical contact, kind and uplifting words, spending quality time together and meeting their needs show children your love.

We must strive for the active, intentional parenting that has long-lasting, beneficial impressions on our children. Whether nurturing or correcting them, the intent of our actions makes the difference. Proverbs 22:6 explains that it is our duty to direct our children onto the right path. This conjures a sense of intention in our responses to them and our manner of living around them. The sun bear does not leave her cub to attend to his own needs. She does not ignore her cub’s communication with her. She is intentional. She actively participates in meeting the demands of his life. From a mother’s perspective, it is not always easy to make maternal investments. Nonetheless, an investment in the development and understanding of love in our children is worth the effort.

Life necessitates that we must teach them to understand and connect with the person God fashioned them to be.

The strength of a mother’s natural attachment concerns many in light of many stories in the media. God tells us children are a gift from Him. Sure, it is taxing- emotionally, physically, financially, and spiritually. Sculpting these little beings into people to effect godly change for the future is a joy, if we allow it. It will not happen by accident. God tells us to direct and train our children. These are words with intention and come with an investment of time and purposeful energy. To explore and experience the wonders of God’s creation with them has to be resolute. Life necessitates that we must teach them to understand and connect with the person God fashioned them to be. The reward begins with the intentional nature of the task at hand. To go on this

journey of life with them knowing God’s truths, impacts how we will shape their view of the world. Moving from this portrayal of the mother-child bond is not complete without the family dynamics that impact the way mothers mother and each child develops. Most notably, the role of the father, who ultimately sets the tone and growth of the family, is essential. The relationship between a man and a woman is the cornerstone of not only the family, but also a nation and even the world. God’s prescription for the two to become one is evident. Surveying Scriptures and also nature compels us to consider the impact of male and female multiplying. Children spend time role-playing this integral relationship. Adolescents seek to understand their role in the dynamic. Teens begin the journey to find their life-long companion. Then, hopefully, homes are built on purpose with intention and

Mother's Corner cont. on page 11

OT Books

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Genesis
Exodus
Leviticus
Numbers
Deuteronomy
Joshua
Judges
Ruth
1 Samuel
2 Samuel
1 Kings
2 Kings
1 Chronicles
2 Chronicles

Ezra
Nehemiah
Esther
Job
Psalms
Proverbs
Ecclesiastes
Song of Solomon
Isaiah
Jeremiah
Lamentations
Ezekiel
Daniel
Hosea

Joel
Amos
Obadiah
Jonah
Micah
Nahum
Habakkuk
Zephaniah
Haggai
Zechariah
Malachi

Gardening: A Great Way for Families to Grow Together

by Mike Ennis

I am writing this article in the middle of January. You would think that a person would not be thinking much about gardening in the dead of winter but most gardeners do begin to long for warmer, sunnier days this time of year. We long for days of being outside up to our elbows in dirt. Most of the seed catalogs arrive just after the New Year so we have pictures to remind us of what LBW (life before winter) looks like. Gardening gets into your blood. Those of us who garden cannot wait until we are able to fire up the tillers and work the soil and plant the seeds. We look forward with great anticipation to the first edible crop that presents itself, usually green onions, lettuce, or some other early crop. But what we really long for is the taste of the warm weather crops, the first ripe tomato, squash, okra, and best of all, Indiana sweet corn! Most gardeners garden because they love to eat. But there are more benefits to gardening than just produce. Those benefits can extend to the whole family.

Gardening helps with the family food bill. One of the biggest items in the family budget is the grocery bill. The amount of money that a family spends at the grocery store is almost depressing. The fact that it is a weekly expense is an additional burden. Although it can be argued that if you are just starting out and want to can your produce, the initial cost of equipment may outweigh the savings the first couple of years. But if it is just the fresh vegetables that you are after, you will save money. Depending on how big the garden is, and what you plant, the savings can be substantial. A recent study by the [National Gardening Association](#) found that the average family with a

vegetable garden spends only about \$70 per year on the garden and grows \$600 worth of vegetables. Individual types of vegetables may offer even a better return on the investment. For example, \$1 worth of green bean seeds will produce as much as \$75 worth of vegetables. Perennial fruits, such as raspberries and strawberries, may cost more money upfront, but will continue producing good crops for years. <http://kerryg.hubpages.com/hub/Midwest-Gardening-Save-Money-on-Grocery-Bills-With-a-Home-Kitchen-Garden>



Gardening gives you a better quality food. There is nothing like the freshness and taste of a fresh picked Indiana tomato or sweet corn. Not only is the taste better, but it is also much healthier. Most “fresh” grocery store produce is grown with the bottom line in mind. Their first concern is getting it to the store in an edible form to make money. If you garden, you can choose the best varieties with taste and nutrition in mind. You can also grow what your kids will eat. You would be surprised to see a child that would not touch a store-bought tomato, eat handfuls of cherry tomatoes that they have picked themselves.

Gardening provides much needed exercise and fresh air. Most parents are rightly concerned about how much time their children spend in front of the TV and video games. It is a contributing factor to the obesity problem that plagues many children. It is much better for them to be outside getting exercise than inside staring at electronic screens for hours.

Gardening brings families

Gardening cont. on page 10

Don't Let Allergies Hold You Back!!!

by Rachel Irwin



We are almost there! Winter is almost over. I keep picturing my family running out the garage door, ripping off our winter coats and spinning around like Julie Andrews in *The Sound of Music*. I know it is a bit dramatic, but spring is a favorite time of year for our family. It is a time we can go for walks, ride bikes, play ball, and just simply enjoy each other in fresh air and open spaces.

Unfortunately, for about 40 million people in the U.S., spring is not something to which they look forward. Why? Well, they suffer with the dreaded spring allergies, the stuffy nose, sneezing, itchy throat, headache, and watery eyes. Let's first understand what allergies are. Allergies, in a nutshell, are hyper stimulations of our immune system. Specifically, the first lines of defense in our immune system - eyes, nose and mouth - are the first barriers the allergen must cross to enter our bodies. So the allergen (pollen, weed, mold, etc.) enters our system and the eyes water to remove it, the nasal passages swell to prevent it from entering, and mucus is secreted to sneeze and cough it out. I know, it's not a pretty picture. The good news is there are some things we can do to get control of these allergies before they prevent us from singing, “The hills are alive, with the sound of music.”

According to Web MD and a Good Morning America appearance by Dr. Jennifer Ashton, which can be looked up on Youtube, there are 5 ways to beat spring allergies.

1. Treat symptoms early

Do not wait until the symptoms are unbearable. Get a jump start on the allergies before spring if possible or at the latest, the first onset of symptoms. How do you go about doing this? Well that brings us to the next tip.

2. Know your Over-the-Counter (OTC) medications

Several OTC brands are available to treat the symptoms of allergies so that you can still function. Three main kinds of OTC medications are used to help control seasonal allergies: topical nasal

sprays - inhaled corticosteroids and antihistamines; oral antihistamines; and decongestants.

For mild allergies nasal sprays, inhalants, and oral antihistamines generally do the trick. Be careful to buy antihistamines that say “non-sedating” on the package - the others can make you sleepy.

Decongestants are great for more severe symptoms, but it is not recommended that you take them for more than a few days.

There are several different brands, so if you are not happy, do not be afraid to try something else.

3. Control your Environment

Controlling the outdoors may not be as hard as you think. Keep an eye on the pollen count; this can be done on most weather-related web sites. Avoid outdoor activities when counts are high or when it is windy. If you cannot avoid those times, you can always consider wearing a mask - not very fashion forward but it is an option. You can always have the kids decorate your allergy mask for fun or bedazzle the mask for extra bling. Just kidding!

For indoor allergies, try a Hepa filter on your vacuum. Keeping windows shut and using humidifiers are myths; they will not help. Air in the house is not recirculated, so allergens still get in with the house shut up tight. The moisture from humidifiers can cause other allergens and do not do enough to penetrate the swollen nasal passages.

4. Try natural remedies

If you are not comfortable taking medications or need more relief than they offer, you can try some natural remedies. The neti pot has been creating some buzz since Dr. Oz recommended it. The neti pot flushes out your nasal cavities by using gravity to rinse them with a saline solution. Studies show that neti pots are effective for minimizing seasonal allergy symptoms.

The internet is full of other natural remedies, but please remember two things: there are some good ones out there, but they have limitations. Second, do not believe or try everything you read on the internet. Try to find a reputable source.

Allergies cont. on page 11

Coming This Summer!!



Vacation Bible School
at
Victory Baptist Church

July 16-20, 2012

610 W. Alto Road
Kokomo, IN 46902

Kidoku

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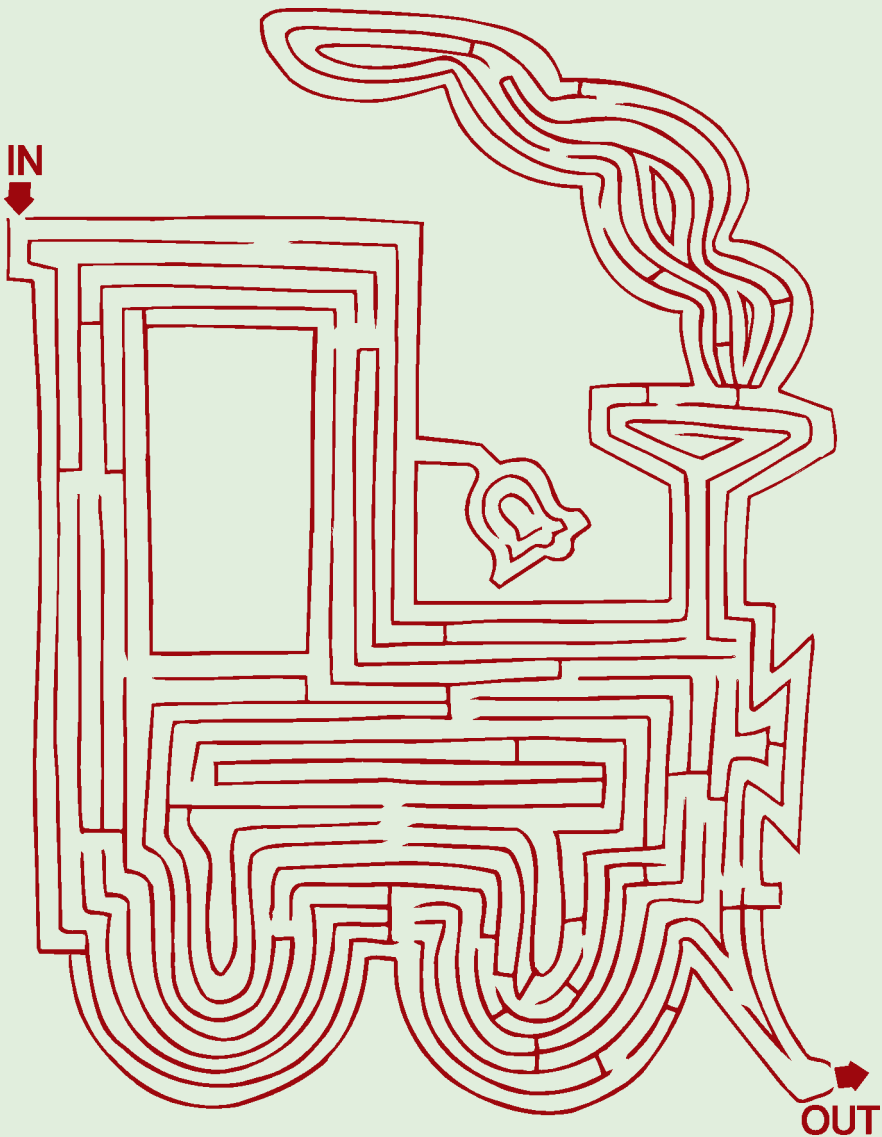
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Fill in the blank squares so that each row, each column and each 2-by-2 block contain all of the digits 1 thru 4.

If you use logic you can solve the puzzle without guessing!

More puzzles at KrazyDad.com
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MAZE CRAZE



Aging Gracefully cont. from page 1

of youth to today’s preoccupation with body image and the plethora of “youth restoration” products, many seek what has passed. I’ve often thought the reason a spouse will leave a relationship in the mid-years of life to run off with a high school sweetheart or a younger person could be a kind of acting out of this same quest.

Scripture teaches us that we are to embrace aging with a proper perspective. Youthful yearnings are appropriate for a child. The Apostle Paul wrote, “When I was a child, I spoke as a child, I understood as a child, I thought as a child.” But then he goes on to say, “But when I became a man, I put away childish things.” There comes a time when we are to make peace with the aging process. The “childish things” of wishful thinking that somehow time can be turned around, should be abandoned. Time, and the aging process, can’t be turned around. We are, instead, to be taking advantage of the present - “Redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is.” It’s wishful thinking, or “unwise” as the apostle says, to daydream on resurrecting the past, when we should be focusing on fulfilling the will of the

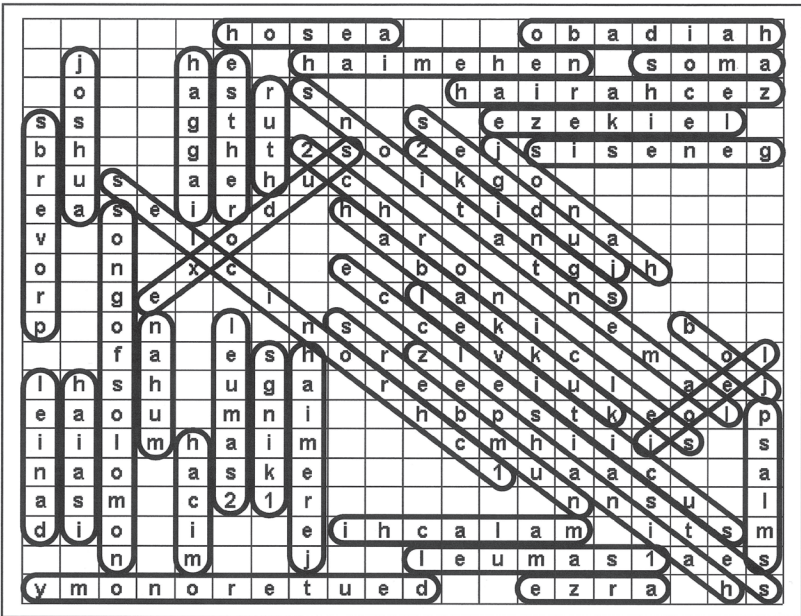
Lord in the present. This column will seek to explore the aging process and the emotional and physical changes that impact our relationships and our functioning within society. Identifying those changes and the impact they have in our lives is important to restoring and preserving appropriate decision-making capabilities. For

those who are sensing a loss of mental keenness it will be our mission to assist in minimizing the impact this loss has upon your lives and the lives of those around you. While we will cover aspects of changing emotional needs and biological functions, this will not be a medical column. Our desire is to help those who are aging and their caregivers to cope with the challenges faced from diminishing physical and emotional abilities. We will share Biblical principles supported with good research to help you and those you love in Aging Gracefully.

MORRIS STARKEY is retired from Indiana University Kokomo and lives with his wife, Donna, in Miami County. They have two children and five grandchildren.

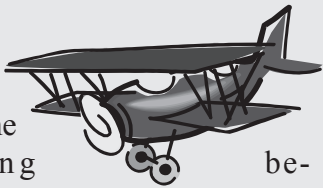


OT Books



Old Timer’s Corner

by Jim Wright



I don’t really know if seventy-eight years qualifies me as an old timer or not, but I’m going to fake it anyway! Some of the things I experienced as a child are the same things children today face, but many times the details are different and sometimes strange. Additionally, they’re sometimes interesting and sometimes funny.

One of my earliest memories is my first airplane ride. My daddy and three of his brothers-in-law bought an airplane, an open cockpit American Eagle biplane with an OX5 water-cooled engine. He was learning to fly when he arranged for his flight instructor to take his mother and me for a ride. Now my grandmother was, shall we say, very large around the middle, and the single seat belt in the front cockpit where passengers ride, went way up over Grandma and slanted down above me to the other side of the seat where I sat. My eyes were only slightly below the big leather-lined edge, but I could at least see the tops of the trees. The engine started, and the trees began moving. Then they stood still for a while, and when they started moving again they were moving much faster. Then they disappeared! All I could see was sky. I was only four, but I thought, “This is no good. I can’t see anything.” So I slipped out from under the seat belt, and stood up on the seat, with my hands on the leather cockpit edge.

This was great. I saw a small truck with a dust trail behind it. It was like a toy. I felt like I could just reach down and pick it up and play with it. I saw what looked like ants shaped just like little cows. I saw little play houses. It was like a fairy land. The strong wind going by didn’t affect me at all. There was no fear whatsoever.

Grandma, who had been looking out to the left, yelled, “Jimmy, do you see the...” By that time she had turned toward me enough

to see me standing behind the seat belt, and she finished the sentence, screaming, “Ooooooh Jimmy! Sit down, you’ll fall out!” as she simultaneously grabbed me in her iron grip. I stood there in that grip for the rest of the flight, chortling happily at the top of my lungs about all the things I was seeing.

When we landed, Grandma took me aside, and with a glow in her eyes said matter-of-factly, (you know how grown-ups do), “Jimmy, you’ll never, never forget this day. You’ll always remember this flight.” And I thought to myself, “Why, of course I won’t forget it. Why would I?”

From then on I was always flying my toy airplanes around the living room sky, thinking about being a pilot. But we were a poor family, and I didn’t have my second plane ride for another eight years. In the meantime, Daddy, still a student pilot, was in his plane when another pilot flew them into low ceilings, hit a tree, crashed and burned, killing the other two in the plane. I was five years old when I was taken to visit my daddy in the Wheaton College Infirmary where I saw a cocoon of bandages, and was told that Daddy was inside with bad burns. I looked into a small hole and asked, “Daddy, are you in there?” I heard a muffled, “Yep,” from inside and recognized my daddy’s voice. No more airplane, but Daddy recovered completely, praise the Lord.

Jim Wright earned his MA in Engineering from Oklahoma State, is a Certified Flight Instructor, and is retired from EDS. Together with his late wife, Lolly, they raised four children. Jim teaches Children’s Church and is a Deacon at Victory Baptist Church.



To Your Health

by Ashlee Shoaff

Food is a hot topic these days. So is exercise. Should I eat this? Should I eat that? Should I dish out large sums of money for organic foods? Should I stop eating takeout? Does physical activity make a difference in my life? If so, do I really care to do it? There is an inordinate number of opinions and ideas about the best approach for our physical well-being. Sound stewardship comes in many forms. Some are easier than others to pin down. Healthy choices are typically within our reach when it comes to food selection and physical activity. The best case scenario at this point: inform yourself with the facts to the best of your ability and



initiate a plan of action that is not overwhelming.

As a nation, we face the grave dangers of poor food and exercise choices, except we have been given the ability to individually derail the collision we currently face. The food is in the hand of the consumer. Americans consume \$100 billion of fast food each year. Every day 25% of Americans are choosing to eat out, which is not the defining issue of our nation's health. The Centers for Disease Control and Prevention (CDC) state that one in three adult Americans are considered obese. Alarming, our children do not tread too far behind. Almost 20% of adolescents 2-19 years of age suffer from obesity. With Marion County having the lowest ratio of sufferers, Indiana does border on having 1 in 3 individuals as obese. Howard County ranks as one of the highest incidences of obesity at 29.9% in the state.

Obesity contributes to varying health risks such as diabetes and cardiovascular disease and much

more. Not to mention the types of foods we choose to eat affect our amount of energy, skin vibrancy and elasticity, and moods. Certain foods provide vital nutrients. Did you know apples pack a punch when it comes to fiber, immune-boosting vitamin

Incremental changes
show an improvement
in overall health.

C, and antioxidants? It contains an antioxidant called quercetin, which aids endurance by making oxygen more available to the lungs. Have you ever considered the benefits of eating spinach? It aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Its flavonoids also pack power-punching benefits. Flavonoids are phytonutrients with anti-cancer properties abundant in spinach that have been shown to slow down cell division in human stomach and skin cancer cells. Furthermore, spinach has shown significant protection against the occurrence of aggressive prostate cancer. The *Journal of Agricultural and Food Chemistry* states blueberries, blackberries, strawberries, and plums weighed in with the highest benefits for healthy skin. Good mood foods include salmon, mushrooms exposed to UV light, dates, and tart cherries.

Incremental changes show an improvement in overall health. Making drastic changes in consuming particular foods is difficult. But hope prevails. Even if we battle incorporating health foods, research shows even the slight bit of increase in physical activity helps. Indiana University conducted research on obese individuals and found pertinent results that should motivate us, even if it is not in regards to what is on our plates—for now. The IU School of Health, Physical Education and Recreation's Department of Kinesiology found that the active

group saw an average 24 percent improvement in their vascular function. The inactive group had a 32 percent decrease vascular strength.

Exercise makes some cringe and others elated. Regardless where you fall on the spectrum, it is always hard to start up anything if you have been on any kind of hiatus. Walking is always a great starting point. For those with joint problems due to weight one can exercise in the water at the Y or elsewhere; water is not as intense on the joints. Other considerations include lifting cans of food and beginning a series of contracting and releasing your muscles while sitting on the couch. The Mayo Clinic notes exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores. Exercise also promotes sound sleep and an increase in sexual drive. The point is to start. Choose. Find something

The point is to start. Choose.
Find something you enjoy and
work at a pace that will enable
you to stick with it.

you enjoy and work at a pace that will enable you to stick with it.

Personal responsibility and stewardship are often overlooked when it comes to maintaining our health. Though many struggle with food choices, it is certainly within our realm of capabilities to always choose the highest and best. We may not be able to avoid the air we breathe, but we should work towards making good selections of food. Planning some form of purposeful exercise will be highly beneficial. Though we may be caught in a culture of over-consumption, chemically-engineered food, and sedentary lifestyles, we have to strive for higher possibilities for our

bodies.

The battle is not always straight forward either. Many times eating is attached to feeling good. Eating has always been a communal event. *Marcelle Pick, OB/GYN, NP* states “that there's a physiological pull at work. Certain foods trigger the release of serotonin, the feel-good hormone, though it's only temporary.” Particular eating practices may have genuine physical underpinnings. Hormonal imbalance and neurotransmitter imbalance can connect to types of foods we grew up eating, some processed foods, or compulsive habits. Pick continues, “Once our [biochemical] pathways grow accustomed to behaving in a certain way, they tend to get stuck, even if it's not the healthiest place to be.”

Whether healthy choices boil down to preferences or emotional attachments, the realm of possibilities are within reach. Our Creator formed our bodies to undoubtedly sustain many things. In this day and age, we are granted the opportunity to make informed decisions regarding what we put into our bodies and how often we use them. He has also put helping hands within reach. If you need someone to talk to, contact VBC **FREE** Counseling Services. Our bodies are the house of a loving Father of heaven, and a tool for Christ Jesus to minister. Healthy diet and fitness selections prolong our abilities to be instruments for His good.

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Ashlee Shoaff, along with her husband, Stan, have four children. She is currently working on an advanced degree, lives in Howard county and serves our Lord at Victory Baptist Church.



“Come to Me, all you who labor and are heavy laden, and I will give you rest.” -Jesus Matthew 11:28



Christian Perspective on Government

by Matthew Turner

It is not an exaggeration to say government affects every area of our life. State Senator Jim Buck uses a high school student's daily routine to explain how government impacts them personally. He informs them there is a group of scientists who maintain our time keeping so students can be sure their clocks are synchronized with the school's clocks. The water they use to get cleaned up and cook with is regulated by government. The food they eat, the clothes they wear, the cars they drive and the roads they drive on, and of course, the schools they attend, are all administered and regulated by a bureaucratic agency. He continues by talking about their cell phones, internet, and jobs. Is it any wonder that the government would also have a tremendous effect on American families?

Certainly, a Christian must acknowledge government is one of the three God-ordained institutions along with the family and church. We understand government is necessary to be a restraint on evil. The reason is simple. Just as it is natural for some people to want to prosper by working hard, it is natural for some people to want to prosper by taking what belongs to another instead of work-

ing hard. The fact is there are bad people who must be dealt with. Human experience has taught us that society runs more smoothly when we use a collective force (lawful government) to administer justice instead of allowing individuals to settle every offense. Mob justice can get pretty hairy!

Unfortunately, like everything

We understand
government is necessary
to be a restraint on evil.

else God created, government can be corrupted. But God did not leave us clueless concerning the proper workings of government. As a matter of fact, if you were to do a diligent study of God's Word, you would find a wealth of information concerning government. Even better yet, the fact is that our Founding Fathers were great students of history and God's Word. That's how they left us a model of the best government mankind has ever established.

Our founders knew we would need to be a people of high moral character in order for our system of government to be successful. The

principles set forth in the *Declaration of Independence* and put into practice by the *Constitution* have brought America to the pinnacle of wealth and power. However, everyone knows something is terribly wrong! Why is there a sense that America has, for the first time, begun a period of decline? As Americans go further away from the principles of God's Word, we can expect our government to become more oppressive as our citizenry becomes more immoral.

Our prayer is for Christians to become more involved in their churches, communities, and even the government. Only as we fulfill our roles of being the salt and light to our country will America begin to see a renewal of its once great heritage. We pray FAFN will play a part in helping your family and our local government be a part of the solution to what ails this nation. Let's glean the truths found in God's Word which can strengthen our families and elected officials.

Matthew Turner is principal of Victory Christian Academy and co-founder of the Kokomo TEA Party. You may contact him at vcamatt@yahoo.com.



For God so loved the world
that He gave His only
begotten Son, that
whoever believes in Him
should not perish but
have everlasting life.
John 3:16

Mother's Corner *cont. from page 5*

commitment between the two spouses. Through future articles, we will explore the affairs of the home including vital relationships, finances, nutrition, discipline, and much more. Until then, consider the following verse and the physical home you will build for the Lord (does it reflect the nature of God through what is selected to be in it?) and the internal relationship (place of rest) you are making for Him in light of the circumstances that surround you.

Isaiah 66:1-2, *Thus says the LORD, "Heaven is My throne and the earth is My footstool. Where then is a house you could build for Me? And where is a place that I may rest? For My hand made all these things, thus all these things came into being," declares the LORD. "But to this one I will look, to him who is humble and contrite of spirit, and who trembles at My word."*

Ashlee Shoaff, along with her husband, Stan, have four children. She is currently working on an advanced degree, lives in Howard county and serves our Lord at Victory Baptist Church.



Lessons From Little Ones

By Brenda Howard

Several years ago my husband and I woke up one night to the sound of our two-year-old daughter crying in her bedroom. When we went to see what was wrong, we discovered that she was scared. Trying to comfort her, we told her she didn't need to be afraid because Jesus was with her. Her reply was, "Jesus is under my bed, and He scare me!" You see, she didn't yet understand Who Jesus was and how much He loved her and wanted to be her best Friend. How true of many children as well as adults who don't know Jesus. Some have never heard of Him, some have heard mistruths, and some have heard a little bit about Him but not enough to really know Him. So

they are in a sense "afraid" of Him or threatened by Him. God's Word tells us, *"But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name"* (John 20:31). When we understand Who Jesus is and all He has done for us, then we learn to love and trust Him! Thankfully, as our daughter grew older, she came to know and love the Lord Jesus, and He did become her best Friend.

Brenda and her husband, Bruce, live in Kokomo, Indiana. They have one daughter, Bethany, who is married to Justin.



"There is nothing as
powerful as truth,
and often nothing
so strange."
Benjamin Franklin

Allergies *cont. from page 6*

5. See a specialist

Even if you have done everything possible, some allergies are too severe to treat on your own. If you are not getting relief, then consider seeing an allergist who may recommend allergy shots. An allergy specialist can also perform tests to figure out exactly what allergens are causing the problems.

There are several good doctors in town who specialize in treating allergies and other related illnesses. Check with your family doctor for a

referral.

I hope this will help you enjoy your spring to the fullest. I know how much we long for that first hint of warm weather. So get out there and enjoy your family and the beautiful Indiana spring. Oh, and don't forget the sunscreen. I'll save that for the next article. God bless you and your family.



Rachel Irwin is married to Justin and has two children. She is a practicing RN in Howard county.



Do you need counseling?

Victory Baptist Church offers
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and individuals.

Call 453-9768 for information or to set up
an appointment.

MARCH 2012

SUN	MON	TUES	WED	THUR	FRI	SAT
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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

Sat., March 10 - **Men's Leadership Breakfast** and series
on Anger 9:00 a.m. at VBC. Please RSVP at 453-9768

March 25-28 - **Dr. Andy Tully** -- "**Biblical Principles of
Personal Finance**"

APRIL 2012

SUN	MON	TUES	WED	THUR	FRI	SAT
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29	30					

Sun., April 8 - **Easter Sunday Service**

Sat., April 14 - **Men's Leadership Breakfast** and series on
Anger 9:00 a.m. at VBC. Please RSVP at 453-9768

Sat., April 28 - **Family Budget Workshop** 1-3 p.m. at
VBC. Please call 453-9768 to RSVP.

MAY 2012

SUN	MON	TUES	WED	THUR	FRI	SAT
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Sat., May 5 - **Mother/Daughter Brunch** 10:00 a.m.

Sat., May 12 - **Men's Leadership Breakfast** and series on
Anger 9:00 a.m. at VBC. Please RSVP at 453-9768

Sun., May 13 - **Mother's Day**

Fri., May 25 - **VCA Awards & Graduation** 7:00 pm

God's Simple Plan of Salvation

The Bible says there is only one way to Heaven.

Jesus said: "I am the way, the truth, and the life: no man cometh unto the Father but by me." (John 14:6)

Good works cannot save you.

"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." (Ephesians 2:8-9)

Admit you are a sinner.

"For all have sinned, and come short of the glory of God;" (Romans 3:23)

Be willing to turn from sin (repent).

Jesus said: "I tell you, Nay: but, except ye repent, ye shall all likewise perish." (Luke 13:5)

Believe that Jesus Christ died for you, was buried, and rose from the dead.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16)

"But God commendeth [demonstrated] his love toward us, in that, while we were yet sinners. Christ died for us." (Romans 5:8)

"That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved." (Romans 10:9)

Through prayer, invite Jesus into your life to become your personal Saviour.

"For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." (Romans 10:10)

"For whosoever shall call upon the name of the Lord shall be saved." (Romans 10:13)



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