



**Cookies, cookies, cookies.** They overflowed two wheelbarrows when the Youth Evangelism Team preparing for a short term assignment in Honduras on Nov. 4,5 was in Springs. The gift was donated by members of the Springs Mennonite Church where, Sara Heatwole of Springs, kneeling at left, is a participant. Her parents, the Rev. Steven J. and Bonnie Heatwole are standing between Justin T. Hollinger and Crystal Zimmerman. Calvin Herr is at left and Jennifer Laub is also kneeling. Since August the young missionaries have been in training at the Baltimore Discipleship Center where such luxuries are not affordable on the austere food budget.

## Cookies By The Wheelbarrow Full

**GAY BROWNLEE**  
Somerset Co. Correspondent

(Somerset Co.) — The five young adults visiting the Springs Mennonite Church were fairly overjoyed to learn the homemade cookies, snacks, and fresh fruit the ushers were pushing up the center aisle in two big wheelbarrows, were a gift for themselves and about 30 others at the Baltimore Discipleship Center.

At first they assumed it was a collection the church was making for a local food pantry.

The three previous months at the center on Eutaw Street they had been united and trained as a team for Youth Evangelism Service (YES), a program of Eastern Mennonite Missions, Salunga.

The stringent food budget at the center excluded luxuries and treats such as those overflowing the carts a few feet from the front pew where they were seated together. During training, therefore, the 19- and 18-year olds learned a good deal about self-denial. In preparation for the work in Honduras or similar countries, digesting spiritual food was most important.

When the Springs people learned the church would be hosting the deprived disciples — including Sara Heatwole, daughter of the pastor and his wife, Bonnie — it seemed a jolly good idea to spring a surprise on them.

Mennonite cooks are known for producing hearty food, at temperatures from 350 to 375 degrees. The idea soon spawned assorted favorites like chocolate chippers, peanut butter, and ginger cookies. Dozens and dozens of them. Someone purchased a peck or two of apples, others contributed juicy oranges and crunchy snacks.

With Sara were Crystal Zimmerman and Calvin Herr from Ephrata; Justin T. Hollinger from Quarryville, and Jennifer Laub from Waynesboro, Virginia. The sixth person and leader was Jeff Nissley, 21, from Middletown. At the last minute he was unable to accompany the team and stayed behind in Baltimore.

The five were eager to make presentation in Sara's home church where committed prayer partners promised to stick with them in spirit, throughout the assignment, which runs January through May 2001 in Cholulteca.

Amid the anticipation to hear the team's testimony and report, Pastor Heatwole directed the ushers: "Bring er in boys and "YES" was converted to "Yummy Excellent Snacks."

Youth Evangelism Service coordinates teams of four to seven young adults, gives them three months of training and sends them on six months to a year of cross-cultural ministry. Participants raise their financial and prayer support.

On Nov. 28, the delegation will depart from the United States and spend December in Guatemala where they will apply themselves to the study of language and Honduran ways. They don't know what is next, but are committed to doing their best.

Their training encompassed many things — working in schools with elementary children and special needs children, performing community outreach, and developing attitudes of ministry, sacrifice and love for the work ahead.

"We are trying to share God's love to people," Sara said, despite the part of town where they lived not being a good one.

"Our vision is to be a Christ-serving community," reported Justin T.

Crystal described the routine of regular chores, duties, responsibilities, and group sessions. She said the team's three levels of learning included: 1. Relationship with God 2. Relationship with others 3. "Us and God and how we affect the world."

Sara said that dynamic speakers from France, Brazil, Canada, and the United States encouraged them to openly speak about their faith to other people, which caused them to gain stronger faith and understanding.

"They really impacted us," she said.

It was her uncertainty about what to do after high school that influenced Crystal to join the YES team. "I had a real interest in missions," she said, "But training is a little overwhelming."

"I am excited about outreach, but a little nervous about what we are going to be doing," reported Calvin, who is pleased with the team.

Justin T. loves kids and talked about his feelings when the assignment changed from that of rebuilding an area devastated by a hurricane to one that is missions oriented. At first, there was strong disappointment, but he got over it.

"I have learned lots and lots about prayer," Jennifer said. "It is so exciting to hear His (the Lord's) voice."

"In Baltimore," said Sara, "I was forced to become my own person and take steps of faith."

In the host country they will reside in private homes, but, Jeff still will be responsible for the delegation and major decisions regarding the team.

## Cranberry Power

(NAPSI) — Recent studies have confirmed that drinking cranberry juice cocktail, long used as a folk remedy for urinary tract infections (UTIs), may help maintain urinary tract health.

An estimated 40 percent of women experience at least one UTI, and many have recurrent infections, making UTIs the second leading cause of lost work days for women.

Physicians say that urinary tract infections, characterized by a frequent and urgent need to urinate, painful urination and lower back or abdominal pain lead to over nine million doctor visits every year and cost the health care system more than \$1 billion annu-

ally. It may be surprising that such a common problem may have such a simple solution.

During the last several years, the growing body of research on urinary tract health has helped change many physicians views on the benefits of cranberry juice cocktail from folklore to fact.

A 1994 university study published in a leading medical journal found that the consumption of 10 ounces of cranberry juice cocktail reduced the bacteria associated with urinary tract infections among the elderly women who drank it daily. This research also de-

bunked the myth that cranberry made the urine more acidic and speculated that there was something specific in cranberry juice that prevented bacteria from sticking to the walls of the urinary tract.

A Rutgers University study published in The New England Journal Of Medicine succeeded in identifying the protective compounds in cranberries. The study confirmed the theory that these natural compounds, commonly referred to as condensed tannins, inhibit certain harmful bacteria from attaching to the urinary tract wall and causing infection.

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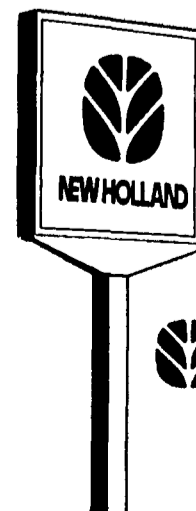
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