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See page 2 for details

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# Now We're Cookin'

Homefields and Millersville University are collaborating on a series of videotapes that address challenges specific to people in residential settings, including lack of exercise, poor diet, and increased weight. **Steps to a Healthy Lifestyle** will be made available to all providers in Lancaster County, libraries, and Blockbuster Video. Topics include *Exercise (with emphasis on low impact and sitting exercises)* · *Grocery Shopping (what wholesome foods to buy on a limited budget)* · *Gardening (master gardeners will explore vegetable and container gardens)* · *Food Preparation (a professional chef and resident will demonstrate recipes to staff)*, and *Cooking (emphasizing microwave, oven, stovetop and grilling)*.

Approved by Millersville University's Cooperative Education Program and headed by Dr. Gerard Igyõr, *Steps to a Healthy Lifestyle* will be videotaped and edited by students earning credits. Other participants and supporters include St. Joseph Hospital (dietitian) • The Lancaster County Office of Mental

Health/Mental Retardation · Penn State Cooperative Extension · The PAI Corporation · Community Services Group · Keystone Residence · Leslie Randall/*Workout With Leslie* · Miller's Smorgasbord · Homefields Incorporated. An ideal training tool for group environments, video is easy to view and review at any time and is more easily comprehended by people with varied literacy.

Individual tapes are sponsored by companies—at \$200 each—whose logo will appear on the packaging and video. Sauder's Eggs, The Intercourse News, and John Herr's Village Market are current sponsors. An accompanying cookbook and calendar are long-range projects, and will be sponsored in a similar fashion.

*Seated l to r*: **Jason R. Wicht**, Junior Broadcasting Major, Millersville University; Associate Producer, M.U. Cable; President, local National Broadcasting Society Chapter. **Stacie**  M. Ziegenfuss, Junior Communications major at M.U.; Associate Producer, M.U. Cable; member, National Broadcasting Society and International Television Association. Shannyn Aurand, M.U. student with dual major in Broadcasting and Philosophy. Interested in video production and film. Bev Firestone, upcoming supervisor of Homefields with seven years' experience at CSG where she is presently Assistant Program Director. Linda Strauss, Co-founder and Board member, Homefields, Inc.; Host Site Coordinator, Millersville Chapter of Best Buddies; Artist and Proprietor, Great Panes. Julie A. Engdahl, Program Coordinator, The PAI Corporation, where she is Program Specialist for a community home, Family Living Specialist for Family Living homes, Coordinator for Community Support Services, and Coordinator for staff training and development. Shirley Wagner, Penn State Master Gardener, Coordinator of Lancaster County Master Gardener Program; member, Master Gardener State Steering Committee; Long Range Planning Committee; Educational Resource Committee; Chair, State Conference Committee, and coordinator of volunteers, Conestoga House. Leslie Randall, Chair, Lancaster Council on Physical Fitness and Sports; Professional Exercise/Aerobic Instructor; Personal Trainer; Corporate and Federal Fitness Instruction and feature, Workout with Leslie video.

## Meet a Board Member

Christian R. Herr, Jr. Co-founder and Board Member, Homefields, Inc.; Chair, Homefields' Fund-Raising Committee and Nominating Committee. Publisher, The Intercourse News; Member, The College of William and Mary Swimming Hall of Fame; Lieutenant, The United States Army, 1962.

B.A., Business Administration, The College of William and Mary

Married to Beth Clayton Herr. Children include David, living in Lancaster, PA; Amy in Bethlehem, PA and; Chris in Fairfax, VA. They have a grandson, Andrew, in Lancastnew life on land granted to the Mennonites by the Penn family. Hans' son, Christian, built a farm and when the farm had proven itself, a substantial house was built in 1719 providing shelter for his family, his father Hans, and future generations. Chris is a direct descendant of this family man with deeply held convictions. Although not a farmer, Chris has always embraced the spirit of farming. Today Chris and Beth live just 5 miles away from the original Herr settlement in a house built in 1812.

In college, Chris discovered a love of writing and William and Mary discovered a great freestyle swimmer. Of the many races in which Chris competed, only one was a loss. Heritage was threatened in 1989 when the college decided to dissolve the swim club. More than rising to the occasion, Chris became Chairman of Save The William and Mary Swim Team which raised nearly 1 million dollars. In 1994, Chris was named to the Swimming Hall of (con't, p. 2 col.1)

### Walk Softly and Carry a McGregor Putter

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As mentioned in the last newsletter, the Homefields First Annual Fall Classic Golf Tournament is slated to kick off October 1 at Overlook Golf Course in Lancaster. Chipping and putting contests-with cash prizes-will begin at 11 a.m., and a shotgun start at noon will commence a team scramble competition with Caloway scoring. If you don't know what that means, it's just as well because everyone from first-timers to seasoned pros will be on the golf course for this worthy cause. Contests include the golfer who most looks like a duffer, the oldest (or funniest) golf bag, men's and women's longest drive, the foursome with the least lost balls, and the most hits out of the sand. Prizes include a McGregor Balata Insert Putter, hot air balloon rides, a cigar night at Strawberry Hill, a Longaberger basket filled with goodies, passes to Gast Classic Motorcars, and more on up to the grand prize for a hole-inone...\$5,000 cash. The \$50 registration fee includes a tournament gift pack, cart, green fee, entry into some contests, and 19th hole dinner (spectators and other non-golfers can sign up for dinner for just \$15). Registration deadline is September 1, and can be accomplished by calling Homefields' office at 717/872-2012, or Overlook Golf Course at 717/569-9551.

Best Buddies will act as bag caddies, and many local businesses have already leant their support, including Community Services Group, Miller's Smorgasbord, Fulton Bank, Modern Classics, and Intercourse News.

Corporate and hole sponsorships are still available. Businesses can select from three corporate sponsorship categories, two hole sponsorship categories and patron alternative by contacting Allison Hawthorne at 717/560-5671 or the Homefields office.

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Chris Herr is a gentleman who dearly loves his family, values his community and friends, and respects his heritage. Chris' heritage and values can be traced to Hans Herr, a settler who traveled to America with his family in 1710 to begin

Funds raised by this tournament will go directly into barn renovation and the construction of greenhouses and a community building on Homefields' property.

#### BOARD OF DIRECTORS

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Homefields is a non-profit organization, 501(c)(3). Donations are tax-deductible. Letters to the Editor can be sent to: Homefields, 150 Letort Road, Millersville, PA 17551, (717) 872-2012



The Harley-Davidson raffle that Homefields has every year is quite successful, but success doesn't come without hard work. We'd like to shine the spotlight on some of the "behind-the-scenes" people who make it happen. The four women shown here—Kay Nuss, Lorena Herman, Kathleen Murray, and Louise Rutledge—work at Miller's Smorgas-

bord gift shop, and as you can surmise by the smiling faces, they must be good at what they do. Out of the number of venues where tickets are sold, Miller's consistently comes out on top by an order of magnitude, and we'd like to thank these four for making it happen.



# **Meet a Board Member**

Fame. Chris was a R.O.T.C. cadet while attending college and, after graduation, Lt. Herr entered the U.S. Army. He served two years active duty, Medical Service Corps on the beaches of Monterey, CA, and additional years on reserve duty.

After the army, Chris worked at the nily business, Herr & Co., Inc., selling hardware wholesale. His expertise polished, Chris began a personnel consulting business, sold wholesale flooring for Landis & Co., and directed the Personnel and Production Control Department of Posey Ironworks. In 1980, Chris heard the siren call of his love for writing and bought the Intercourse News, founded by John Forrey.

What started out as a hobby became a full-time passion. Chris tripled the circulation of the Intercourse News to thirty-thousand, 25% of the readership coming from NY, 25% from NJ, 25% from PA, and 10-15% from VA, DE, and MD. The Intercourse News encapsulates Chris' love of family, community, heritage and writing. It speaks of the Amish way of life—a Plain way of living, faith, family ties, and people helping people. These are values the Amish show their "English" neighbors; values Chris enjoys writing about.

It was through Tom Strauss that Chris learned of and embraced a concept now known as Homefields. Chris and Tom, a co-founding parent of Homefields, share a history of working

gether, both serving on the Market-<sup>o</sup> Committee of the PA Dutch Visitors Bureau and both board members of the Private Industry Council. While with PIC, Chris and Tom launched a program that brought the tourist industry together with inner city youths. Tenth-grade students were enrolled in a three-year program of summer employment in the tourist industry. After graduating from college, these students were guaranteed employment at R.R. Donnelly & Sons Co., Armstrong World Industries, or New Holland Machine Company.

Tom told Chris about a concept of offering a farm property to adults with mental retardation where agricultural and horticultural skills could be learned. It would be home to a few and an opportunity for many; community helping community similar to the PIC program. There was no such existing opportunity, and Chris wanted to help make it happen.

Homefields has been an established residence for nearly 2 years. Chris envisions 4'x 6' garden plots where families can nourish their child through the therapeutic aspects of an agricultural life. In keeping with the Homefields' founders, possibility is intertwined with family responsibility.

To serve all well, it is Homefields' goal to one day offer three campuses to the community of people who would best be served through an agrarian environment, from people with mental retardation to retirees. For this to happen, Homefields requires facilities and, like his swim team, Chris is taking a lead by chairing the Fund-Raising Committee. To support Homefields and Chris'

efforts, you can pick up a candy bar at the McGovern Ave. branch of the Fulton Bank; sign up for Homefields' First Annual Fall Classic Golf Tournament at Overlook; participate in the Inline Skating event in cooperation with the Lancaster Rotary Club, or nab a Harley-Davidson raffle ticket at one of the businesses listed below.

## Zoom Into '98

We told you about it in the last newsletter, but now we've got a date for our third Harley-Davidson raffle. The drawing will be on December 13—far enough before Christmas for you to find a bow large enough for the handlebars. The Harley's black, tickets are \$5.00, and if you don't see it before October, look for it at the First Annual Homefields Fall

Classic Golf/Tournament. Tickets are available through Homefields, Gast Classic Motorear Exhibit & Gocle Sales (Route 896), Your Place Restaurant (Route 340), Miller's Smorgesborg (Route 30), Plain & Fancy Farm Restaurant (Route 340), Wavelengths (downownet.cncgster), and D&L Beauty Shop, Neffsville.



## **Back On-line**

After a brief hiatus (as Reed Strauss, our webmaster, moved from Boston to Alexandria, VA), our web site is up and running again. The site includes everything you might want to know about Homefields from our original mission statement to an electronic version of this newsletter. There's a form you can fill out for the Harley raffle and hotlinks to Best Buddies, Goodwill Industries, and other organizations that work with us. The address is **http://www.wizard.net/~ignoble/homefields.html**