



Side view (left) shows how screws enter the two vertebrae that were fused together. Back view (right) shows all four screws and two stabilizing rods that hold vertebrae in place.

Going Under The Knife

I began feeling a severe pain down my right leg about a year ago whenever I walked or stood for a half hour or so. The pain kept getting worse so I started consulting doctors, who discovered I had a broken vertebrae in my lower back. This type of fracture normally happens when you're a child and takes years to work itself loose.

I consulted several doctors and they all agreed I needed fusion surgery to stabilize the disc or I'd have much worse problems down the road.

Fusion simply means attaching a loose vertebrae to a fixed vertebrae below it by "growing" new bone between them. After gathering a lot of information, both in person and on the internet, I settled on a doctor and scheduled the big day.

During the 6 1/2-hour operation, the doctor made a 12-in. incision in my back, cutting away all the "unnecessary" bone around the vertebrae and also removing the soft disc between the two vertebrae. Then he packed the open area with my own ground-up bone which had been mixed with a special protein that makes it grow. He then inserted four large titanium "lag bolts" and two rods to secure the two vertebrae while the bone "grows" and hardens. Once the fusion hardens – it takes about 6 months – the metal hardware will serve no purpose. However, they generally don't take them out because they're buried under layers of skin and muscle. I can't even feel them.

The 8 days I spent in the hospital and the last couple months of recovery have been very difficult. I have to wear a big plastic brace for several months. But in the end, it seems like a small price to pay to be able to once again take my dog for a walk - not to mention attending all the big farm shows we cover on your behalf!

Looking For A Farm Show?

If you're looking for a farm show to visit this fall, just go to our website at www.farmshow.com for a comprehensive listing of shows around North America. (Suggestion: If you're not on the internet at home, you can usually log on for free at your local library.).

Go to the "links" section of our website and click on "Farm Shows". There you'll find a list of all the major farm equipment shows throughout the year along with dates, location, number of exhibitors, and information on who to contact.

And if you're planning an overseas trip, we've got a list of foreign shows, too.



Farm Rescue helped Kelly Smeltzen get his crops in after he was injured during a severe storm.

Organization Helps Farmers In Crisis

Bill Gross is a UPS airline pilot who was raised on a family farm. In 2006, he established "Farm Rescue", a unique nonprofit organization that helps small farmers get through financial hardships caused by natural disasters, illness, or injury. He got the idea after reading about the declining numbers of farms and the fewer number of children on farms.

"This trend is making it increasingly difficult for rural neighbors to help each other in times of crisis. Farm Rescue is all about neighbor helping neighbor, but on a larger scale," he explains. "The organization is run by volunteers and it doesn't give cash handouts. Qualifying farmers in North Dakota, South Dakota, Minnesota and Montana, may be eligible to have their land planted or harvested free of charge by volunteer workers. We currently have 67 agribusiness and individual sponsors whose donated funds are used to purchase fuel, insurance and operational supplies. We plant or harvest up to 1,000 acres on each farm, and RDO Equipment Co. donates machinery. Farmers must supply their own seed and fertilizer."

Farmers with 3,000 acres or less are eligible to apply for help, but these requirements may be waived in the case of illness, according to Gross.

Gross is always looking for more volunteers and donations so he can further expand the locations and services that Farm Rescue provides. People from all over the nation continue to contact him, wanting to provide support.

Donations are tax-deductible and volunteers' names are kept in a database so that if enough are available in a given location, working areas can be expanded.

A six-member volunteer board of experts assists Gross in reviewing applications and so far, the organization has helped 24 families since its inception.

Farm Rescue has also been awarded the "Innovative Program of the Year" from the North Dakota Association of Nonprofit Organizations.

Contact: FARM SHOW Followup, Farm Rescue, Box 1100, Jamestown, N. Dak. 58402 (ph 701 526-0947; fax 888 726-7597; info@farmrescue.org; www.farmrescue.org).

Liberty Quotes

"One of the things that bothers me most is the growing belief in the country that security is more important than freedom. It ain't." *Lyn Nofziger*

"My father taught that the only helping hand you're ever going to be able to rely on is the one at the end of your sleeve." *J.C. Watts, Jr.*

"Be kind, for everyone you meet is fighting a hard battle." *Plato*

"Three groups spend other people's money: children, thieves, and politicians. All three need supervision." *Dick Armey*

"Tax reform is taking the taxes off things that have been taxed in the past and putting taxes on things that haven't been taxed before." *Art Buchwald*

"Non-cooperation with evil is as much a duty as is cooperation with good." *Mahatma Gandhi*

"It is the first responsibility of every citizen to question authority." *Benjamin Franklin*

"Conformity is the jailer of freedom and the enemy of growth." *John F. Kennedy*

"Capital punishment is when Washington comes up with a new tax." *Van Panopoulos*

A Female Reader Writes ...

Why men are happier than women:

Your last name doesn't change. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never be pregnant. You can wear a

white T-shirt to a water park. You can wear NO shirt to a water park. Car mechanics tell you the truth. The world is your urinal. You never have to drive to another gas station restroom because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Same work, more pay. Wrinkles add character. Her wedding dress > \$5,000. Your rented tux - \$100. The occasional well-rendered belch is practically expected. New shoes don't cut, blister, or mangle your feet. One mood all the time.

Phone conversations are over in 30 seconds flat. A fiveday vacation requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$8.95 for a threepack. Three pairs of shoes are more than enough. You are unable to see wrinkles in your clothes. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck. You can play with toys all your life. Your belly usually hides your big hips. You can wear shorts no matter how your legs look.

FREE Classified Ads

People often ask why FARM SHOW doesn't carry classified ads. The answer is: We do! Just go to our website at www.FARM SHOW.com and click on the link to "FREE Classifieds". There you'll find one of the hottest spots on the internet to buy and sell just about anything ag.

Hundreds of thousands of visitors browse through the site every month. Many regular advertisers have told us it's the best - and most cost effective - method they've ever found for getting stuff sold fast. And that includes newspaper classified ads and websites like eBay and Yahoo. They tell us it's hard to beat a site that's totally devoted to agriculture and the business of farming.

Why don't you give it a try?

More Church Bulletin Bloopers

- The choir invites any member of the congregation who enjoys sinning to join the choir.
- Ushers will eat latecomers.
- Fasting Conference: "The cost for attending the Fasting and Prayer conference includes meals."
- The sermon this morning: 'Jesus walks on the water'. The sermon tonight: 'Searching for Jesus'.
- Our youth basketball team is back in action. Wednesday at 8 p.m. in the recreation hall. Come out and watch us kill Christ the King.
- The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church.
- Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Memorial Church in Racine. Come tonight and hear Bertha Belch all the way from Africa.
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
- Next Sunday is the family hayride and bonfire. Bring your own hot dogs and guns. Friends are welcome! Everyone come for a fun time.
- The peacemaking meeting scheduled for today has been canceled due to a conflict.
- Next Thursday, there will be tryouts for the choir. They need all the help they can get.
- Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.

A school teacher injured his back and had to wear a plaster cast around the upper part of his body. It fit under his shirt and was not noticeable at all. On the first day of the new school year, still with the cast under his shirt, he discovered he had been assigned to a class with the toughest students in school.

Walking confidently into the rowdy classroom, he stood and looked at the noisy group for a minute and then opened a window as wide as possible before busying himself at his desk, ignoring the students. As the minutes went by, the students began to get rowdier and more out of control.

A strong breeze through the open window made the teacher's tie flap around. He kept having to smooth it down with his hand and appeared to be very annoyed.

Finally, acting disgusted with the wayward tie, the teacher dramatically stood up, took a big stapler off his desk, and stapled the tie to his chest in several places. Satisfied that the breeze could no longer ruffle the tie, he finally looked up at the stunned class, smiled and said, "Hello students."

The classroom went completely quiet. Discipline was not a problem from that day forth.