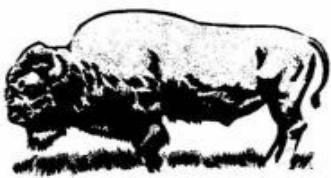


BUFFALO SHORES GAZETTE

Oldest Settlement in Scott County-----Buffalo, Iowa



Rural Pearl of the Month:

"There are two ways of spreading light: to be the candle or the mirror that reflects it.



EMAIL ME TO BE ADDED TO THE DISTRIBUTION LIST! Chrisc2865@msn.com

Our paper can be viewed online at <http://echoblufffranch.com/buffalo-shores-gazette/>

Volume 17, Issue 6

**August 15 - September 14
2018**

**free
MONTHLY**



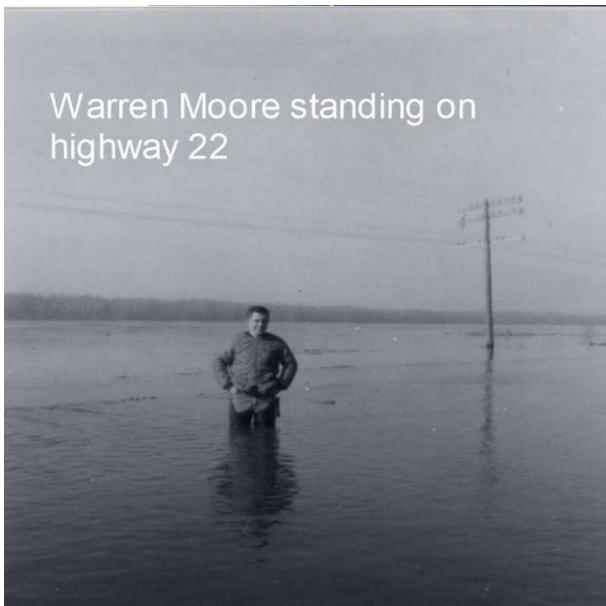
BVFD Notes



We were a little slow around the BVFD during July. We spent 75 man-hours responding to 24 emergency calls during the month. We responded to 18 EMS calls, 2 Boat Assist Calls, 1 Structure Fire and 3 Miscellaneous Calls, 2 for alarm malfunctions and 1 for electrical lines down. The members also spent 24 man-hours performing station and vehicle maintenance with their assigned duty crew.

Well I don't know where the time has gone. By the time you read this article, the summer will be nearly over (for the kids anyway). There will be plenty of warm weather and summer activities still to come, but the kids will be back in school. So, after the 23rd of August, keep an extra eye out for school buses and the speed limits around the area schools.

Respectfully submitted by:
Terry Adams, Fire Chief
Visit us on Facebook



Warren Moore standing on highway 22

Flood of 1965



BLOOD DRIVE

There will be a Blood Drive
September 11
Buffalo Community Center
3 to 6 pm

The Mississippi Valley Regional Blood Center conducts the drive.
Please come and help support our local community.

**THIS IS FOR YOU ANNIE FIGG!
WE ALL MISS YOU!**





GET THE Medicare Benefits YOU DESERVE!!

INFORMATIONAL OPEN HOUSE

Wednesday, August 29, anytime from 10am to noon

Milestones Area Agency on Aging

935 E. 53rd Street, Davenport

Learn about the Medicare Extra Help Program, Medicare Wellness Benefits and Medicaid eligibility.

A Senior Insurance Information Program (SHIIP) volunteer will be present answering individual Medicare benefit questions. Learn more about Iowa's Medicaid from Iowa Legal Aid. FREE.

This publication has been created or produced by [your agency] with financial assistance, in whole or in part, through funds from the Administration for Community Living. Agencies undertaking projects under government sponsorship are encouraged to express their findings and conclusions. These contents do not necessarily represent the policy of the U.S. Department of Health and Human Services and the grantee should not assume endorsement by the Federal Government.



1-855-410-6222

lifelonglinks@milestonesaaa.org



Helping People Access Services

- Information and assistance for older Iowans, adults with disabilities, Veterans and family caregivers
- Hot noon meals at congregate locations or home-delivered in some areas for people age 60+
- Coordination of in-home care and assistance through community based providers
- Options Counseling
- Elder rights and abuse prevention
- Family Caregiver information and referrals
- Community education and presentations
- Volunteer opportunities

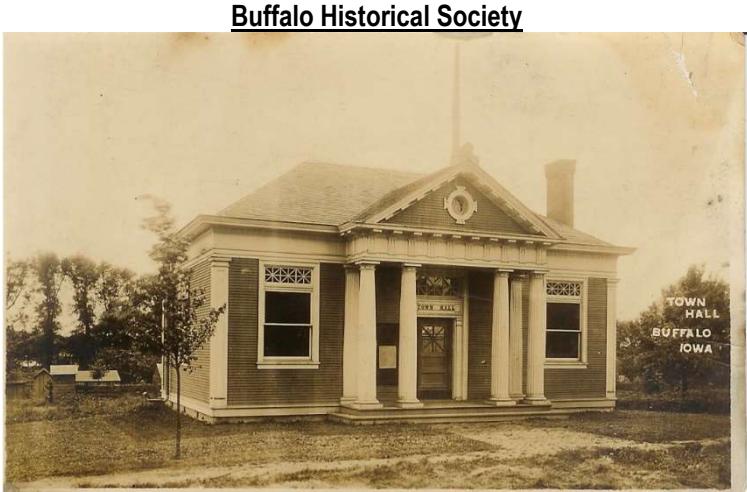
**Get Connected - Call Toll Free
1-855-410-6222**

BUFFALO TRIVIA QUESTION OF THE MONTH:

When WAS THE Buffalo Savings Bank dedicated?

ANSWER TO LAST MONTH'S TRIVIA:

The Buffalo Catholic church was consecrated on Jun 21, 1868, with festivities attended by steamboat excursion groups from Davenport and Muscatine. Music was provided by Hasser's Union Band and Wilton Cornet Band.



Our next meeting is August 16 at 6:30.
Come join us!



Bill Carson and friend? in the West end of Buffalo, late 1940s?

NOW OPEN!

Driftwood Bait & Tackle





Library News

We have successfully closed our Summer Reading Program, having 55 people sign up to participate. Those who completed were entered into a drawing for raffle prizes and the winners were:

Early Literacy Basket: Xander Berndt

Youth Prizes: Macy Strong, Caitlyn Creech,

Ben Plies and MiYoung Stone Teen Prize:

Arissa Constantino Adult Prize: Tara Plies

August-September Events

-Pre School Story Hour--Every Wednesday

10:00-11:00--Join Miss Sally for stories & more. Best for ages 2-5 years

-Marvelous Monday Coloring/Puzzle Day--

Every Monday 3:00 to 5:00 pm.

We have a large selection of materials to choose from--preschool, children, teens and adult books. Make a selection, and discuss a book you have read. Bring a friend

-Terrific Tuesdays--8/21 3:00 to 5:00 pm--

MOSTLY MAGNETS! Learn about magnets--an introduction to physical science and various scientific terms.

Best for ages 7-10

9/04 3:00 to 5:00 pm--ROCKS TO ICE

CREAM! Focusing on foods that are commonly used in homes and found in ice cream. We will use these items to make ice cream. Best for ages 6-10

8/28 & 9/11 3:00 to 5:00 pm--Board Games

Choose a game and play with a friend--or teach a friend how to play your favorite game. Best for ages 7-16.

Wonderful Wednesdays--Every Wednesday

2:15 to 4:15 pm Watch a movie on the library's big screen. Contact the Buffalo library for that week's title. Suggest a movie you would like to screen. Best for ages 7-11

Tinkering Thursdays--Every Thursday 3:00 to 5:00 pm

Pick out a building kit and build with a friend, show your creative side!

-Sensational Saturdays--Every Saturday

10:30 to 11:00 am Join the Library Club and see what we have to offer, make suggestions for programming, talk about great books and complete service projects.

The Buffalo Library is looking for donations of building kits--Legos, Lincoln Logs, Kinex, etc. If you have kits gathering dust--consider donating to the Library and give a child an opportunity to be creative.

Interested in joining an Adult Book Club? An organizational meeting was held and they will meet once a month starting September

17th at 5:30 pm. Read and discuss current books, get to know fellow library patrons. Share your love of literature.

Library hours:

Monday, Tuesday and Thursday 2:00 pm to 7:00 pm

Wednesday 9:00 am to 1:00 pm 2:00 pm to 7:00 pm

Saturday 9:00 am to 1:00 pm

"A library is the great gymnasium where we go to make our minds strong."

Swami Vivekananda

Sally Snyder, Branch Associate

Duncan Chiropractic & Acupuncture Clinic

New Patients Welcome!

Chiropractic care, Acupuncture, Standard Process Products, Nutritional Counseling, Hair Analysis, DOT Physicals

\$20.00
Summer Camp
and School
Physicals

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Today!



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Bargeinn600@hotmail.com 563-424-1478

Menu Includes:

Appetizers, Spinach Artichoke Dip, Chicken Wings, Chicken Tenders, Homemade French Fries, Delicious Burgers, Salads, Pies, Desserts, and more...

Specializing in Fresh, Home-made, Locally Grown and Produced!

Hours: 11am - 2am Tue-Sat, 11am - 10pm Sun
(closed Mon)

CARRY-OUT AVAILABLE!

563-424-1478

Elected Contacts:

Mayor-

Doug Anderson 563-210-4369

City Council-

Sally Rodriguez 563-210-3462

Judy Hammons 563-381-1465

Dave Stickrod 563-275-9271

Joe Buffington 563-676-7541

Trent Adams 563-

Saint Peter Catholic Church



Join us on Sunday's at 9:00 am

Mass Time: Sunday 10 a.m.

Religious Ed: 9 a.m.

Classes starting September 10

For preschoolers through 5th grade
(not on the last Sunday of the month)

First Friday Rosary and Communion service 5 pm each month.

406 4th St.

P.O. Box 488

Buffalo, IA 52728

Phone: (563) 322-0987

CALVARY LUTHERAN CHURCH

The Community Dinners are CANCELLED.

Sunday Service 9:00 am.

Calvary Lutheran Church,
Buffalo Iowa

Kathy says she is sorry but due to circumstances out of my control the community dinners are being cancelled.

We may have a Thanksgiving dinner but not even sure in that.

Thank you for all your support for many years.

I'm going to miss every one of your smiling faces across the counter and walking around when I could.

J/J Auto Body LLC
dba Dale's Body Shop
Jamie Jepsen - Owner
jjautobody23@yahoo.com

1018 Front St. Box 556
Buffalo, IA 52728
Phone (563) 381-4028
Fax # (563) 381-4028

TERRY'S *TERRY QUIJAS*
563-381-2278

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SAT: 8-1 P.M. CLOSED MON & WED
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329 DODGE ST. · BUFFALO, IOWA 52728



Buffalo History 101

Hugo Hoffbauer was 12 years of age when his parents came to America and had consequently received his education in the land of his birth. He accompanied them to Watertown to Janesville, Wisconsin, and then assisted in the construction of the houseboat. Finally, when they took up their residence in Scott County, he did his full share in cultivation of the farm. His life was interrupted by the inauguration of the Civil War, for like the many young men of ambition, Mr. Hoffbauer was very anxious to offer his services in the support of the Union and at the same time win distinction on the field of battle. Therefore, he enlisted in the fourteenth Iowa Volunteer Infantry, August 17, 1862, (some of this sentence is unreadable) I believe is written that he served as Lieutenant and then as Captain in a little more than two years of service. When the war was brought to close and Mr. Hoffbauer received his honorable discharge from the army, he returned to Scott County to continue in the occupation which had been so rudely interrupted. In 1885 he relinquished active farming and removed to Buffalo, where he engaged in the brewing business. In a few years, however, he decided to make another change so bought the mercantile establishment.



Hoffbauer's General Store

News from ECHO BLUFF RANCH

Buffalo, Iowa!

Every year I dread the messy walnuts that fall from the many walnut trees we have. I have forever been trying to think of a way to efficiently husk them to reap the many Health benefits, to include:

Antifungal Action

Black walnut contains juglone and tannins that can make the environment of the gut very inhospitable for the candida fungus, thereby protecting your body from the weakening of blood vessel walls and increased toxicity in your bloodstream. This same antifungal action makes black walnut effective against Athlete's foot, ringworm, jock itch, and other common fungal infections!

Skin Care

By grinding up black walnut husks, a fine powder can be created and made into a paste for the skin. The rich levels of antioxidants and beneficial fatty acids can actually impact the health and appearance of skin, prevent blemishes, pimples, and acne, and clear up skin conditions like psoriasis and eczema. It can be mixed in with other carrier creams and natural salves.

Aids in Digestion

The natural anti-inflammatory activity of black walnut makes it ideal for soothing upset stomachs, inflamed walls of the colon or gut, which will then help to normalize the digestive process and regulate excretion. Black walnut is said to relieve both constipation and diarrhea, effectively balancing the body's entire gastrointestinal system.

Improves Heart Health

The high level of omega-3 fatty acids and beneficial compounds make black walnut vital for heart health. Eating a few walnuts each day can help to regulate the cholesterol levels in your body, as omega-3 fatty acids can help to eliminate dangerous LDL cholesterol from the body. This can help to lower your blood pressure, ease tension on your cardiovascular system, reduce your chance of developing atherosclerosis, and lower your risk of heart attack, stroke, and coronary heart diseases.

Boosts Immunity

Black walnut is also rich in antioxidants. It can significantly protect the body by neutralizing free radicals that cause certain types of cancer and chronic diseases. Black walnut is also antiviral, anti-fungal, and anti-parasitic in nature, providing a comprehensive defensive line.

Improves Respiratory Conditions

Gargling with black walnut extract can be very effective for soothing sore throats, as the anti-inflammatory nature can relieve irritation and inflammation for your body.



Prevents Cancer

The anti-cancer research results of black walnuts have been very promising. The organic compound juglone found in black walnut, in addition to the many polyphenolic compounds and fatty acids, contribute to anti-tumor and anti-carcinogenic activity within the body, slowing the growth or preventing the development of numerous types of cancer. We love our life on this little farm! Chris and Steve Thornton

CLARK'S LANDING



Daily Specials

Breakfast served all day!

Delicious pies!

563-381-4190

Dine in or carry out

Clerk's Corner

City hall will be closed, Monday, September 3rd in observance of Labor Day.

City Wide Clean-up will be October 13-20 residents can bring their items directly to the waste commission with proof of Buffalo residency.

Cemetery Clean-up will be October 15-22

City Wide Garage Sales will be 9/22. Contact City Hall if you would like your sale on the map.

Yard waste stickers can be purchased at City Hall for \$1.50 each. Yard waste will be picked up on Tuesdays.

Storm Water Impacts

Many of us are unaware that the grass clippings here, the oil from a car over there, the prescription drug down the toilet, the litter on the street, the products we use for our lush green lawns, the pavement we use for our daily commute and the rooftops we are commuting to, collectively impact the quality of our water. For these reasons, Storm Water Education, Outreach and Involvement are activities that are not only required by the City's NPDES Permit but that Buffalo recognizes as necessary to ensure clean water continues to be an available resource. ***Ultimately, clean water depends on all of us!***

Help Keep our Water Clean! Illegal Dumping -Not only is illegal dumping unattractive, but it is hazardous. It poses a threat to public health and is expensive. The city and county provide a number of convenient options for solid waste disposal.

If you see someone dumping materials illegally, call 911. If you notice illegally dumped materials in Buffalo, call 563.381.2226. You can also report online at: http://www.iowastormwater.org/en/report_a_concern/

Please check out our Storm Water management program on the web at: <http://www.buffaloiowa.org>

**If Opportunity Doesn't Knock,
Build a Door!**

Carter's Café



1106 W. Front St.

Buffalo, IA

(563)381-1555

Great food! Great prices!

Come in and try our tasty homemade soups!

Great place for family & friends!

**The past
is meant to
teach you
and the hard
times are
meant to
strengthen
you.**

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**Submissions to the paper should be sent to: chrisc2865@msn.com
Or call Chris at 381-8074
By the 10th of each month.**

The paper comes out the 15th of each month.



HAPPY BIRTHDAY!

Michelle Adams	August 19 th
Ida Roop	August 20 th
Sandy Meador	August 21st
Steve Thornton	August 22 nd
Tina Mullanack	August 24 th
Leslie Buffington	August 24th
Dick Carson	August 23 rd
Melissa Bernauer	August 25
Ruby McCullough	August 26 th
Kami Schurke	August 29th
Eric Teel	August 31
Mindy Teel	August 31
Michael Riley	August 31
Fern Sadd	September 3 rd
Charmin Reidesel	September 5 th
Andrea Carlson	September 10
Marie Derrickson	September 11 th
Sheila Riley-	September 15 th

HAPPY ANNIVERSARY!

Richard & Joan Hawkins	August 15
Julie & Roger Larson	August 19 th
Carol & Dick Abbott	August 24 th
Mike & Jinnie Riley	August 24 th
Cheryl & Olin Meador	August 28 th
Faye & Bill Carson	August 29 th
Dorothy & Loren Mosier	September 8 th
Tom & Maria Caudle	September 10 th

BUCKAROO NEWS



The years of the Civil War involved convoluted medical experimentation. Not intentionally, of course, but as the war progressed and expanded across the states, elements of diverse American life were thrown together, testing the methods and practices used by folk healers, physicians and old guard military doctors. By the end of the War Between the States, American medicine was forever changed and plants played a major part.

Most physicians were self-taught, or apprenticed themselves to an older physician. Fewer attended one of the small, for-profit medical schools on the East Coast. For those, the usual period of study lasted six to nine months. Upon graduation, most physicians had experienced no hands-on practice with patients. Physicians of the time were looked upon little differently than carpenters, plumbers or other tradesmen. Confederate doctors during the "War of Northern Aggression," were more schooled in the use of plants as medicine than were their counterparts in the Union Army. So much respect was given to plant medicines that the Confederate Army commissioned a comprehensive study of herbal medicines. The result was "Resources of the Southern Fields and Forests," by Francis Porcher (1863). This book so thoroughly described the indigenous herbs, their uses and dosages, that it was used as reference for decades to come.. (Con't)

(Cont'd from page 5) At the beginning of the Civil War, the Union Army listed only 98 physicians and the Confederate Army showed just 24. But by the end of the war, the Union Army had recorded the services of 11,000 doctors and the Confederate Army had 3,000. The influx of physicians pressed into service included many experienced folk doctors who had served on the Santa Fe Trail, as well as young, newly-educated physicians from some of the early medical schools. That influx of new methods and ideas set the stage for the great experiment in healing.

It is estimated the simple change from blood-letting and purging to treat malaria, to the use of quinine, washing hands and equipment saved thousands of lives.

Some plants used during this time included the following:

•Aloe, both imported varieties, as well as our native aloe vera from the American Southwest, was used as a purgative and poultice.

•Allium (*Allium spp.*), both onions and garlic, were important in the treatment of serious wounds, skin infections and insect bites. Onions were so important in battlefield medicine that in 1864, General Ulysses S. Grant said, "I will not move my army without onions." Two days later he reportedly received three train-car loads of onions! Because of the antibacterial properties of onions and garlic, these plant treatments were still in use in World War I.

•Bee Balm (*Monarda fistulosa & related spp.*) was considered a treatment for colic, upset stomach, to induce sweating, and the leaves were poulticed and applied to the head for headaches. •Burdock (*Arctium lappa & A. minus*), thought of as a weed today, was once valued for its use in treating acne, psoriasis, burns, wounds and swellings. Better known today as a vegetable in Asian cooking and available at farmers markets and specialty stores, it also continues to be used medicinally.

•Calendula (*Calendula officinalis*), was used as an anti-inflammatory, eyewash, poultice, lotion and salve. The bright-orange flowers are the parts used and calendulated lotions, oils and salves can be found in pharmacies everywhere. Calendula was, and still is, considered specific for various skin ailments.

•Catnip (*Nepeta cataria*) was a popular folk remedy for bronchitis, colds, diarrhea, fevers and headaches, as well as tea used for inducing sleep. Little bags of dried catnip leaves were put in cribs of colicky babies to help them sleep. The fragrance of the dried herb is a soothing sleep pillow ingredient still in use today.

•Cayenne Pepper (*Capsicum spp.*), known in medical journals of the period as *Pulveris capsicum*, or pulverized pepper), was used as a topical rubefacient — to raise blisters or cause reddening on the skin. It was also combined with other medications to speed absorption into the bloodstream.

•Chamomile (*Chamomilla recutita*), the flowers of which were, and still are, used for upset stomach and as a sleep aid. Remember the children's story about Peter Rabbit, who, after having eaten so many carrots his stomach ached? Peter's mother gave him chamomile tea and sent him to bed.

•Chicory (*Cichorium intybus*) was used, especially in the South, as a treatment for jaundice, laxative, diuretic, lowering blood sugar and for liver and gall bladder ailments. It was a common substitute for coffee in the Southern Army, often combined with dandelion roots, both of which were roasted, ground and brewed like coffee beans.

•Echinacea (*Echinacea spp.*), also known as cone flower, this highly-esteemed plant is even more popular today than it was during the 1860s. Back then it was used for infections, chronic inflammations, on wounds, canker sores and spider bites. We know it today as a helpful immune system booster at the first signs of colds or flu.

•Elderberry (*Sambucus canadensis*), our native roadside berry and herb, had traditional uses as a diuretic, laxative and poultice on sores and cuts. Both the leaves and bark were used in healing salves, historically, and those products can still be found today.

•Gentian (*Gentiana spp.*), was considered one of the best plants for bitters — that concoction used for encouraging digestion and appetite. When wounded soldiers were slow to heal and had no appetite but needing to ingest food to speed up the healing process, bitters were very often prescribed. There has been a strong resurgence of using bitters for those healing from cancer treatments to boost appetite and strengthen the nerves, and gentian is still considered effective.

•Ginger (*Zingiber spp.*) was in use throughout the 1800s in the treatment of stomach problems, indigestion and motion sickness and sea sickness

•Hops (*Humulus lupulus*), while better known today as an ingredient in fermented beverages, hops have a long and respected use as a sedative, as well as a treatment for boils, fevers, coughs and bruises

•Horehound (*Marrubium vulgare*) has been used to treat sore throats and coughing, usually in tea or throat lozenges, for many centuries. Fresh leaves were sometimes poulticed on wounds and cuts and it was once thought to be useful in treating gall bladder problems. Authentic horehound can be found in health food stores and remains a soothing treatment for sore throats and coughing.

•Jewelweed (*Impatiens capensis*) has been associated with the treatment of poison ivy throughout history. It was, and still is, rubbed on the skin immediately after exposure to poison ivy to prevent blistering. It is also used as a treatment after blistering occurs to soothe the itching. During the war the juicy, crushed stems were applied to insect bites and rashes as well as to poison ivy exposure.

•Lavender (*Lavandula spp.*) was best known as a flavoring agent to make other medicines more palatable. We know it today as a relaxing fragrance to help children and adults sleep better. Lavender oil, applied directly to the forehead, speeds healing of headaches. Some brands of baby shampoo contain lavender oil, which has been proven to help babies relax.

•Lemon balm (*Melissa officinalis*) may be one of the most over-looked plant medicines from the past with current applications. Lemon balm is a primary ingredient in a famous regenerating elixir to restore health to the sick. Today, lemon balm is used as a flavoring ingredient and as an herb in desserts and teas. Recent research suggests that topical ointments containing concentrated lemon balm oil helps heal cold sores caused by the herpes simplex virus.

•Marshmallow (*Althea officinalis*) was used to treat inflammations of the throat, stomach, vaginal, rectal and urinary tract. It was also used in the treatment of skin eruptions. The roots were the part used, boiled into a slimy mass that was used to coat the throat or stomach. To make the herb more pleasant to administer, doctors in the 1800s extracted the juice from the marshmallow plant, cooked it with egg white and sugar then whipped it into a puffy meringue. When the meringue hardened into a candy, it was administered to the patient. It was one of the more pleasant medicines used as a cough suppressant and soothing agent for sore throats. Today, however, commercial marshmallows contain no marshmallow root at all, that ingredient having been replaced by gelatin.

•Oxalis, Wood Sorrel (*Oxalis acetosella & O. violacea*) is better known today as a so-called, "weed" in our lawns and gardens. Sometimes called, "sheep sorrel" or "pickles" by children, this common plant was used as a tea and flavoring agent. Long known for its action as a refrigerant, meaning cooling of the skin, it was sometimes given, diluted in water, as a beverage for the sick.

•Pennyroyal, American (*Hedema pulegioides*) was used historically to treat colds, coughs, fevers, headaches and as an insect repellent. Soldiers during the war (and many people still, today) simply rub the fresh plant on the skin to ward off insects. Current medical research warns against taking pennyroyal tea or oil internally due to the possibility of damage to the liver, or with prolonged use, even death. However, rubbing in on the skin to ward off mosquitoes and ticks, is still the best use of the plant.

•Peppermint (*Mentha piperita*) has been used as an appetite stimulant, for upset stomach, vomiting and other digestive problems since the time of the ancient Greeks. During the Civil War it was used for those purposes as well as a flavoring in food, beverages and candies. Even today peppermint is highly valued and effective in those same ways.

•Plantain (*Plantago major & P. lanceolata*) are plants brought to the Americas in grain feeds imported from Europe in the 1700s. Both plants quickly took root along the trails West and were common across most of the United States by the 1800s. Leaves were used in treating blisters, wounds, sores, swellings and insect bites. The plant remains effective for many of those same uses today

•Poppy (*Papaver somniferum*) was one of the most important pain relievers for many centuries. Opium and morphine were extracted from the poppy resin and every doctor carried it in either powder or tincture form. Poppy seeds were also cooked, ground and mixed with sugar and cardamom seeds to treat diarrhea, coughs and asthma. Papaver somniferum remains a vitally important plant in the manufacture of pain-killing drugs used in medicine today.

•Sage (*Salvia officinalis*) may have been better known as the flavoring agent in sausage, but it had a reputation of being used to treat headache, skin eruptions and occasionally sore throats. Syrup made with sage, as well as throat lozenges, was a common medicine of the period. While mostly seen today as a culinary herb, the plant still has usefulness in easing sore throats and coughs.

•Slippery Elm (*Ulmus rubra*) was a specific in the physician's medical bag for a sore, inflamed throat and laryngitis. It comes from the inner bark of the indigenous slippery elm tree and was made into lozenges to be dissolved in the mouth and throat. •Spearmint (*Mentha spicata*) was used interchangeably with peppermint, although the latter is consider the stronger herb. Used in the treatment of fevers, upset stomach, as an appetite stimulant in the sickroom and as an agreeable tea. Neither mint is native to the United States but both were taken with settlers moving westward and by the 1800s could be found growing around springs and creeks throughout many states.

•Thyme (*Thymus spp.*) is thought of as a culinary herb today, but historically it had an important part to play in medicines. The plant is highly antiseptic and therefore a good wound herb, often applied as a decoction (strong tea) or tincture in alcohol. Uses included: nervous disorders, flu, coughing, expectorant, blood purifier and easing the pain of toothaches.

•Valerian (*Valeriana officinalis*) was native to Europe and Asia but was being imported into the United States as early as colonial times, and its uses date at least as far back as ancient Greece and Rome. It was prescribed for insomnia, depression, nervous headaches and relaxation of muscle spasms. Valerian remains a popular alternative today for sleep problems because it is considered to be gentle and safe to use and can be purchased wherever herbal supplements are sold.

•Yarrow (*Achillea millefolium*) is one of the most important wound herbs throughout the history of war. Known by the various names of old man's pepper, soldier's woundwort and thousand-seal, this highly effective blood-stopping agent was found in every physician's arsenal of remedies. Named for Achilles, the hero of the Greek Trojan War, who, legend has it, was killed by an arrow in the heel. Achilles mother is said to have held him by the heel as a baby and dunked him in the river Styx to make him immortal. When yarrow leaves or flowers, fresh or dry, are applied to a bleeding wound, the wound seals and stops the bleeding in seconds.

Healers of the Civil War are often thought of by people today, in (sometimes distorted) retrospect, as only surgeons who had no alternatives other than the sawing off of limbs. The reality is that most healers during the Civil War period were from rural backgrounds, had extensive experience using plant medicines and only resorted to the "cut and saw" methods as a last resort. Many of the plant medicines used during that terrible time still find uses today. Source <https://www.heirloomgardener.com/plant-profiles/medicinal/medicine-of-the-civil-war-zmaz13fzcbu>

Interested in Joining our Civil War Re-enactment group?

3rd Iowa Cavalry Volunteers

Visit our website for more information

www.3rdiowacavalryreenactorsinc.com

Capt Baker (Kathy Kroeger) bkroeger@fbcom.net

Steve Thornton stevet82260@hotmail.com

563-579-2981

**You will meet some great people!
From my Saddle, Señor Esteban**



A HUGE THANK YOU
TO
THE CITY OF BUFFALO
FROM FROG
YOU ARE PHENOMENAL...REMARKABLE
STUPENDOUS AND GENEROUS
THE STUDENTS IN THE FROG PROGRAM AND ALL THE
WONDERFUL VOLUNTEERS WANT TO THANK EACH AND
EVERYONE FOR YOUR SUPPORT
38 STUDENTS COMPLETED THE PROGRAM THIS YEAR
THANKS TO YOUR GENEROSITY
THANKS ALSO TO CASEY'S AND SHELL
AND MANY OTHER LOCAL BUSINESSES AND INDIVIDUALS
TOO MANY TO MENTION
WE COULD NOT DO THIS WITHOUT YOUR HELP
THANKS AGAIN !!!!!

Announcing... Buffalo Appreciation Days!



**Buffalo
Banking
Center**

July 9 – 14 Aug. 13 – 18
July 23 – 28 Aug. 27 – Sept. 1

**Prize drawings EACH of the Buffalo
Appreciation Weeks! Stop in any
day during the week to register.**

**Cool off with lemonade
and cookies on Tuesdays.**

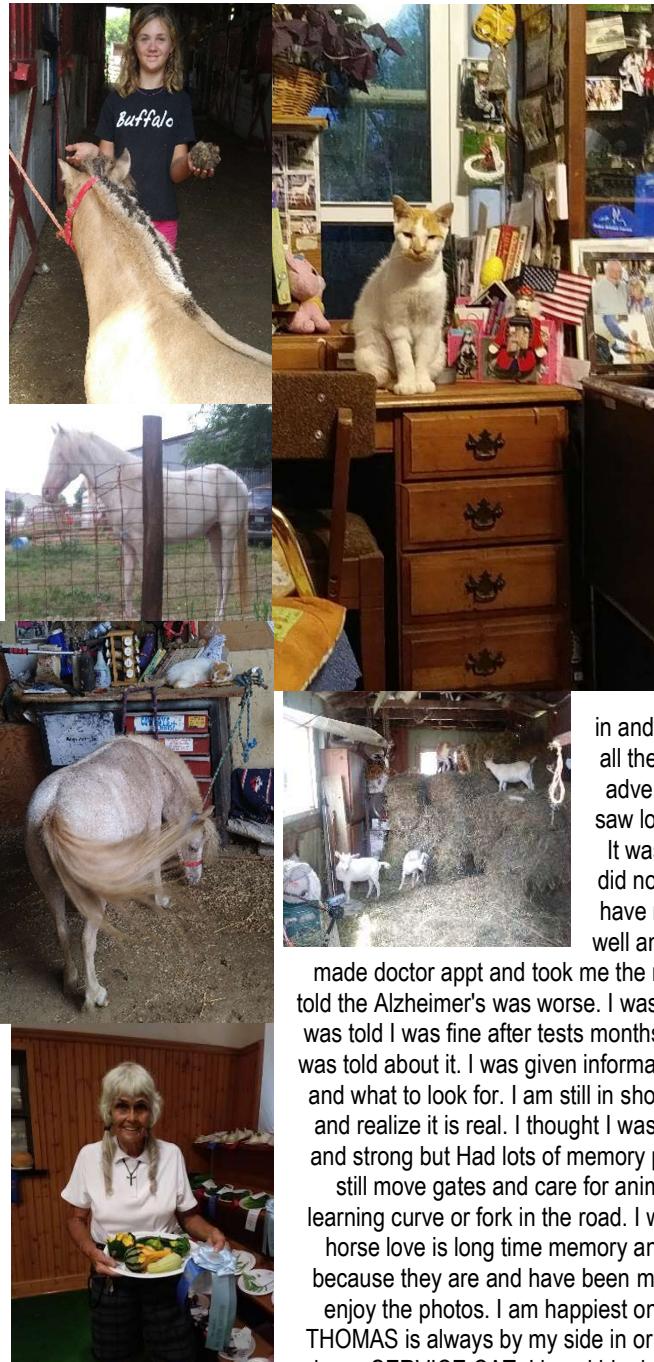
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1955 Kindergarten Class

Senior Moments



I worked lots to get entries into the Mississippi Valley Fair and many of my entries placed. I got Best of Show with the Gourds I am holding in photo. The only time I saw the fair

was on Saturday when I took my oldest son Randy to the fair to see what I placed in and 4H projects and all the animals. It was adventurous and we saw lots of our friends.

It was the first time I did not take animals. I have not been feeling well and my best friend made doctor appt and took me the next day. I was told the Alzheimer's was worse. I was in shock since I was told I was fine after tests months ago and never was told about it. I was given information on what it is and what to look for. I am still in shock. Now I know and realize it is real. I thought I was super healthy and strong but had lots of memory problems. I can still move gates and care for animals but on a learning curve or fork in the road. I was assured my horse love is long time memory and no problem because they are and have been my life. Enuf and enjoy the photos. I am happiest on the farm and THOMAS is always by my side in or outside. My cat is my SERVICE CAT. I loved him back from Major

surgery and he will help me get thru this. Enjoy photos and will take this one month at a time..

Your Senior Farmer on the Hill.
Dana Jo danajosmith25@gmail.com

**BE SO GOOD
THEY CAN'T
IGNORE YOU**

CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 August	13 Milestones-BAC	14 Food Pantry 9-12 FREE CLOTHES 9-12	15 Milestones FREE CLOTHES 9-12	16 Free clothes 5-7 Hist mtg 6:30	17 MILESTONES	18
19	20 Milestones	21 FREE CLOTHES 9-12 Food Pantry 9-12 RECYCLE	22 Milestones FREE CLOTHES 9-12	23 Free clothes 5-7	24 Milestones	25
26	27 Milestones	28 FREE CLOTHES 9-12 Food Pantry 9-12	29 Milestones FREE CLOTHES 9-12	30 Free clothes 5-7	31 Milestones	1 September
2	3 Milestones Labor Day	4 Council mtg 6pm FREE CLOTHES 9-12 Food Pantry 9-12 RECYCLE	5 Milestones FREE CLOTHES 9-12	6 Free clothes 5-7	7 Milestones	8
9	10 Milestones	11 FREE CLOTHES 9-12 Food Pantry 9-12	12 Milestones Free Clothes 9-12	13 Free clothes 5-7	14 Milestones	15

MOTHER'S COOKBOOK

Apple Black Walnut Cake

1 cup sugar
 ¼ cup vegetable oil
 2 large eggs
 1 ½ cups all-purpose flour
 1 cup chopped walnuts
 1 teaspoon baking soda
 1 dash salt
 1 teaspoon vanilla extract
 2 cups apples
 chopped, unpeeled
Icing
 4 tablespoons butter
 1 teaspoon vanilla extract
 ½ pound powdered sugar



Directions

Preheat oven to 350°F (180°C).

Mix sugar and oil. Add eggs, beat until fluffy. Sift dry ingredients together and add to sugar, oil, and egg mixture. Blend in vanilla. Fold in black walnuts and chopped apples. Pour into a well greased and floured loaf pan.

Bake for 40 minutes or until a wooden stick inserted centre comes out almost clean. Let cake cool in pan on wire rack for about 30 minutes. Remove cake from pan onto wire rack and cool completely.

To make icing:

Soften butter and blend with powdered sugar. Add vanilla.

Add a little cream or milk to blend to a spreadable consistency. Spread or drizzle on cooled cake. Let icing set completely, 30 minutes to 1 hour. Slice and serve.

Many of the vintage recipes are from an old Buffalo women's cookbook, dated June 1921, which was passed to me from my late grandmother, Virginia Carson. See Jan/Feb 2013 edition for more info)

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Knowledge is knowing that a tomato is a fruit. Wisdom is not to putting it in a fruit salad.