



BUFFALO SHORES GAZETTE

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

Rural Pearl of the Month: "Picasso said that no one has to explain a daffodil. Good design is understandable to virtually everybody. You never have to ask why."

Hugh Newell Jacobsen, American architect

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

Volume 26, Issue 2

April 15 – May 14
2026

free
monthly

Buffalo Historical Society Museum



Our monthly meetings have resumed. Come join us for the next fun meeting on 16 April at 5:30 ! We will be planning our upcoming activities, such as our Memorial Day ceremony and sharing Buffalo memories. We have some other fun things planned for this year, such as a cemetery walk, Historic tour during Buffalo Day, and other history-related activities. Come join us or volunteer to help!

Visitors to our museum are welcome by contacting any of our members, and/or calling Chris at 563-579-3588. -----

BUFFALO TRIVIA QUESTION OF THE MONTH:

When and how did Captain Benjamin Clark die?

ANSWER TO LAST MONTH'S QUESTION:

In the season of 1835-'36 Capt. Clark erected a hotel at Buffalo, dimensions being 40x50, two stories high, the pine lumber for finishing being brought by steamer from Cincinnati, Ohio, at the expense of \$60 per thousand feet.




During the winter of 1838-'39 Capt. C. was robbed of a large sum of money, the robbers carrying the secretary containing the money out of the house, down under the shadow of the river bank, and forcing the locks. This was the first occurrence of that nature in the county. No positive clue was ever obtained of the perpetrators..



There is little success where there is little laughter.

~ Andrew Carnegie

AZ QUOTES



710 West Mayne Street
Blue Grass
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Call for Membership information!

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am CardioTone w/Jaime	9:00 am Zumba® w/Becky	6:00 am Hatha Yoga w/ Mark	9:00 am Core w/ Jaime	6:00 am Hatha Yoga w/ Mark
10:00 am Chair Yoga w/Beth	10:00 am Silver Sneakers® (Circuit) w/Denise	9:00 am Lean & Fit w/Jaime	10:00 am Silver Sneakers® (Circuit) w/Denise	9:00 am Lean & Fit w/Jaime
5:30 pm Lean & Fit w/Jaime	12:00 pm Ayurveda Yoga w/Jennifer	10:00 am Chair Yoga w/Beth	12:00 pm Ayurveda Yoga w/Jennifer	
	5:30 pm Zumba® w/Skylar	5:30 pm Lean & Fit w/Jaime	5:30 pm Zumba® w/Skylar	

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Shaleah Hammock
SEWING.QUEENPIN@GMAIL.COM

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7:00 am - 8:00 pm!

Sunday

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Submissions to the paper should be emailed to chris2865@msn.com

Or call Chris at 563-579-3588

By the 10th of each month!

Papers come out on the 15th.

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News from ECHO BLUFF RANCH,

Buffalo, Iowa

As I sit here in the early morning drinking my coffee before work and frantically trying to finish up this paper, I hear the birds chirping and the frogs from my pond chirping. A true sign that spring is finally sprung! I've been out in our woods searching for morels but have not found any yet this year. My husband doesn't



understand the craze and there is no way to explain it. There is something about just being out in nature after a long winter,

Honestly, it is more about the hunt than anything, but they taste good too! Enjoy! We LOVE our life on this little farm in **Buffalo, Iowa**
Steve and Chris Thornton



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Saturday, **May-2, 2026**, 7-to-10-AM

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 Homemade-Syrup**Cinnamon-Rolls

Juice**Milk**Coffee

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Buckaroo News:

This weekend (4/11) is what we call 'CAV Camp' at the historic Marbold Farm in Greenview IL. This event is where we and our horses brush up on our



Cavalry skills. The Marbold Farmstead, built in 1851 by German immigrant John H. Marbold,

stood as a beacon of agricultural innovation and community leadership for decades. The farmstead flourished until 1925, when economic hardships took their toll on farmers and businesses alike.

As the economy declined, the local bank failed, forcing the settlement of debts and marking the end of the farmstead's prosperous era.

In 2012, the Historic Marbold Farmstead Association (HMFA) purchased the property with a bold vision: to restore and revive the site as a place where the past comes alive. Here is a virtual tour to enjoy:

[Plan Your Visit To Historic Marbold Farm - Historic Marbold Farmstead](#)

From my Saddle, Senior Esteban

stevet82260@hotmail.com

563-579-2981

95% of the decisions in my life are based on whether I like the colors of something, if it is pretty, or if it smells good.



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"Today you are you, that is truer than true. There is no one alive who is youer than you."

Dr. Seuss



HAPPY BIRTHDAY!

- Bob Carter April 15
- Maria Caudle-April 17
- Diane Clearman-April 17
- Evelyn Sampson - April 18th
- Jeff Swanson – April 19th
- Hayley Critten - April 19th
- Gage Adams-April 24
- Richard Buffington April 25
- Todd Adams-April 26
- Stephanie Bozarth - April 27th
- Missy Bowers, May 1st
- Charles Buchanan May 3
- Rich Moore May 4
- Janet Porstmann-May 7
- Fred Buffington May 7
- Hailie Triana May 8th
- Kenneth Anderson-May 8
- Sharon Lobdell – May 9
- Justin Coonts-May 13

HAPPY ANNIVERSARY
Cindy & Don Mosier-April 20



Our Sincere Sympathy to all the families that have lost loved ones recently.



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MOTHER'S COOKBOOK
CHOCOLATE NO-BAKE COOKIES



- 3 C. Oatmeal
- 1/2 C. Chunky peanut butter
- 2tsp. Vanilla
- 1 stick margarine
- 2Tbl. Cocoa
- 2 C. sugar
- 1/2 C. milk

Mix oatmeal and cocoa in bowl.
In medium sauce pan bring sugar, milk and margarine to a full boil. Boil for one minute. Take off heat. Add peanut butter and vanilla. stir in oatmeal mixture. Mix well.
Drop by teaspoon onto waxed paper

Jan Heilmann

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) Others were submitted several years ago for a Church cook book.

Daffodils in Greek Mythology

The most famous account of daffodils in Greek mythology is the tragic story of Echo and Narcissus as told in Ovid's Metamorphoses. The mountain nymph Echo prevents the goddess Hera from catching out her errant husband Zeus in one of his many affairs. As punishment, the chatty nymph is cursed to only be able to repeat what others have said, never able to speak her own words. Shunned by her friends, Echo wanders the forest where she meets and falls desperately in love with the beautiful youth *Narcissus*. Unable to converse with him, she is cruelly and shamefully rejected. He in turn is punished by the gods to also suffer the sorrow of unrequited love when he falls equally helplessly in love with his own reflection

in a pool. Unable to either be with or be apart from the object of his desire, he wastes away by the pool edge, ultimately turning into the beautiful flower. The origin stories of flowers in Greek mythology is rarely a happy tale. A Homer poem sees daffodils created by Zeus for Hades to lure Persephone into the field where she is abducted by Hades and taken to the underworld. While the Furies are said to have worn garlands of daffodils in their hair which they used to dope their victims. It is from such stories that Narcissus came to have associations with death – sharing the same root word in Greek as narcosis (meaning numbing or deadening). In the 19th century daffodils were often planted in graveyards and the Victorians believed that having them as a cut flower in the house could induce madness.



Echo and Narcissus by John William Waterhouse



Daffodils as symbols of hope

In the UK daffodils are the flower for the month of March, the astrological flower of Pisces and what you are supposed to give on your tenth wedding anniversary. Floriography, or the Language of Flowers has mixed interpretations of what daffodils mean. Yes, they can represent vanity, hubris and misfortune, as influenced by the tragic Narcissus, but as the first ray of spring they also symbolize anticipation and love. In many dream interpretations daffodils suggest a fresh start or renewal.

Benefits of Dandelions



Many people find dandelions to be a nuisance when they pop up in their yard—since many still consider the bright yellow flowers weeds—however, it's believed that dandelion benefits everything from gut health to your [immune system](#). In fact, many say that the flower is bursting with nutritional benefits when added to anything from salads to teas.

“Dandelion tea, made from the dandelion root, is considered an ancient herbal medicine and comes with many health benefits,” explains Nicole Ritieni R.N. working on the clinical team at [New York Center for Innovative Medicine](#).

The warm drink is believed to have the ability to improve everything from bloating to stress levels when sipped with regularity.

1. Supports liver health

Sipping dandelion tea on a daily basis can become a new habit that helps your body's innate detoxification process, according to Ritieni. “It has [been] shown to support and maintain liver health, which supports the process of releasing toxins.”

2. Improves cellular health

Dandelion tea may also be able to help improve your health at the microscopic level. “The antioxidant effects of dandelion may offer widespread benefits to cellular health.” Antioxidants are believed to protect your cells from something called free radicals, which have been linked to everything from heart disease to cancer.

3. Reduces Inflammation

Because inflammation can play a major role in many ailments and diseases, drinking dandelion tea can not only help reduce the symptoms of certain diseases, but it can also generally boost your health for the better. In

2012, a study found that the plants contained a variety of phytochemicals that offered anti-inflammatory benefits.

4. Protects against illness

While (almost) nothing can fully prevent you from getting sick, dandelion extracts may contain some mild antiviral properties. These antivirals may go a long way in boosting your immune system, which means your morning cup of tea might be even better at keeping the doctor away than that daily apple!

5. Improves gut health

While dandelion tea is believed to offer a lot of benefits, one of the often-overlooked ones is how it makes it easier for your body to receive all the nutrients it needs. An added benefit of the tea may be the way that it soothes the stomach lining, helping your gut to absorb more minerals. “The dandelion plant has also been found to increase the body's natural probiotic properties by boosting a beneficial bacteria called lactobacillus.”

6. May help stabilize blood sugars

According to Ritieni, some studies—like this one from 2016—look at the effects of dandelion in those with type 2 diabetes—have shown that dandelion tea may help to moderate or regulate blood sugar levels and to improve insulin tolerance. If you're looking to keep your blood sugar in check, dandelion tea may offer the added boost you've been looking for. Dr. Nesheiwat agrees. “It's been shown to reduce blood sugar,” she says. However, she warns, “It's not a substitute for your medicine, but sometimes you can reduce the amount of medicine you take if you incorporate it into your diet.” Before you change your medication regimen, though, she advises speaking with your doctor.

7. Keeps kidney stones at bay

Another potential perk of sipping on the herbal tea is the prevention of kidney stone formation. “Dandelion might help reduce crystal deposition in the urinary tract,” explains Andrews. Dandelion tea is believed to reduce your risk of kidney stones by keeping your kidneys flushed and functioning at optimal levels.

8. Battles bloat

If you're someone who experiences excessive bloating or just looking to flush your system, dandelion tea might be exactly what you're looking for, explains Ritieni, since it can act as a natural diuretic. “This tea can increase urination, which in turn can rid your liver and kidneys of toxins.” Although, as she mentioned before, you should avoid drinking dandelion tea if you're already on a medication to help with this.

9. Packs a nutritional punch

Dandelions can be the source of a variety of nutrients. “The roots and leaves of dandelion offer flavonoids, phenolic acids, vitamins, and minerals, all with widespread health effects.” To see the biggest boost in nutrition, you'd likely have to do a little more than just sip your way to health. “To get notable amounts of these

nutrients, dandelion greens would need to be consumed whole.”

The roots are also brimming with soluble fiber, which aids in balancing gut bacteria. Robert Danoff, D.O., M.S., a family physician and program director of The Family Practice Residency at Aria Health in Langhorne, PA, says that while dandelions are rich in important vitamins and nutrients, not everyone can benefit from them in the same way. For example, for those with ragweed pollen allergies and oral allergy syndrome, consuming dandelion greens or tea can trigger an allergic response. And, people taking a coumadin or other blood thinners, the vitamin K in the dandelion greens and tea may decrease the effectiveness of the medication. So it's important to talk to your doctor to make sure it doesn't contraindicate any other drugs you're taking.

10. Helps treat urinary tract infections

If you've ever had to take a powerful antibiotic for a urinary tract infection (UTI), you know that the effectiveness of treatment could wane overtime, especially if the bacteria becomes resistant to the medication.

To help with this, Dr. Nesheiwat recommends supplementing your treatment with dandelion tea to help relieve UTI symptoms and prevent future infection. “Dandelion tea contains an enzyme—a chemical compound that can eliminate certain bacteria such as E.coli, which is the most common cause of urinary tract infections,” she says. “It also acts as a diuretic, which helps liver and kidney flush out the body.” A 2018 study from Evidence-Based Complementary and Alternative Medicine suggests that dandelion extracts could be used in developing more effective treatments for UTIs, but more scientific research is needed.

11. May aid in weight loss

Many teas include dandelion because of its detoxing properties. Dr. Nesheiwat says it may actually aid in burning more fat. “It helps burn calories by increasing the process of breaking down the fat in the liver,” she says. But Dr. Danoff says that while dandelion can act as a mild diuretic, “There have been minimal studies and more needs to be completed prior to any definitive conclusions.” It's also important to note that tea products can also mess with your gut and cause an upset stomach, diarrhea, and cramping. The bottom line is there isn't a magic bullet for losing weight, but introducing tea into a healthy diet can be helpful.

You can buy dandelion tea at any grocery or health food store, but here are some products you can pick up.

Source: [11 Dandelion Tea Benefits For Health and Side Effects](#)

Buffalo Memories



At Carson's tap



Gage Adams' retirement



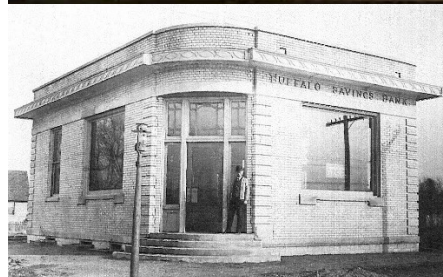
Buffalo workers in alley



Buffalo parade



These little girls are all grown up now. Birthday party at Echo Bluff Ranch



Name: _____ Date: _____

- | | |
|-------------|----------|
| April Fools | Kite |
| Arbor Day | Ladybug |
| Baseball | Picnic |
| Blossom | Puddles |
| Buds | Raincoat |
| Bunny | Seeds |
| Butterfly | Showers |
| Daffodil | Spring |
| Earth Day | Tax day |
| Eggs | Tulips |
| Galoshes | Umbrella |

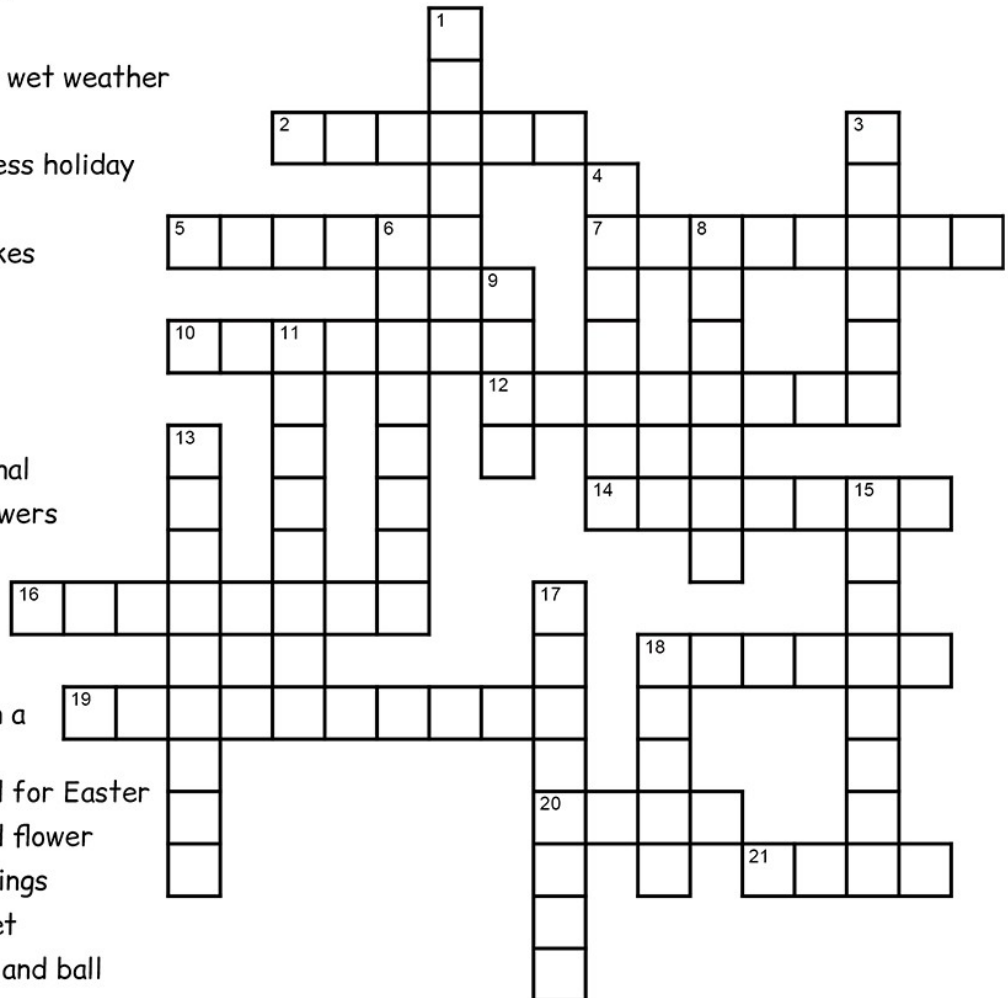


ACROSS

2. Outdoor meal on a blanket
5. April 15th deadline for filing returns
7. Rain shield with a handle
10. Spotted red beetle
12. Waterproof boots for wet weather
14. Brief rain spells
16. Environmental awareness holiday
18. Season of new growth
19. Day for pranks and jokes
20. Unopened flowers
21. Flying toy on a string

DOWN

1. Hopping springtime animal
3. Colorful cup-shaped flowers
4. Small pools of water after rain
6. Tree-planting celebration
8. Flower that opens from a bud
9. Oval objects decorated for Easter
11. Yellow trumpet-shaped flower
13. Insect with colorful wings
15. Water-resistant jacket
17. Sport played with bat and ball
18. Tiny plant starters



CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 April	13	14 Food Pantry 9-12 FREE CLOTHES 9-12	15 FREE CLOTHES 9-12	16 Free clothes 5-7 Historical Society MTG 5:30	17	18
19	20	21 Food Pantry 9-12 FREE CLOTHES 9-12 Recycle	22 FREE CLOTHES	23 FREE CLOTHES	24	25
26	27	28 Food Pantry 9-12 FREE CLOTHES 9-12	29 FREE CLOTHES	30 FREE CLOTHES	1 May	2
3	4 Council meeting	5 Recycle Food Pantry 9-12 FREE CLOTHES 9-12	6 FREE CLOTHES	7 FREE CLOTHES	8	9
10	11	12 Food Pantry 9-12 FREE CLOTHES 9-12	13 FREE CLOTHES	14 FREE CLOTHES	15	16

CLERK'S CORNER

Next Council Meeting May 11, 2026 @ 6:00 pm
 Park Board Meeting April 22, 2026 @ 6:00 pm
 Community Development April 29, 2026 @ 5:00 pm
 Spring Clean-up is April 11-18. You are allowed to take your items to the landfill for free, with proof of residency. Please no commercial waste, construction or demo items, decking, fencing, home remodel debris, or yard waste.

Please be respectful of their rules.

With the weather getting nicer, it is a good time to get those yards picked up. Take advantage of the Spring Clean-up to remove those unwanted items in the yard. You can take your yard waste to the compost facility at 2707 Railroad Ave, off of Hwy 22.

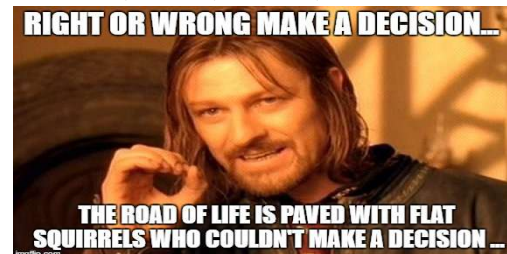
Baseball will be starting soon! (tentative April 27) Please come visit the concession stand! We have some new items this year that we think you are going to like! All proceeds go back to the park.

With all the rain we are having, those sump pumps are working overtime. Please remember, hoses can not run into the street or sidewalks!

www.buffaloiowa.org

CITY OF BUFFALO (Tanna and JUDY)

PO BOX 557,BUFFALO, IA 52728, 563-381-2226



**Comedy For a Cause Fundraiser!
 Knock-Knock! Who's There?
 Comedy**

Get ready for a night of laughs and community spirit! Join us for a special comedy fundraiser benefiting nonprofit organization: My Gear Outreach, dedicated to supporting children entering foster care.

Cost: \$10 per person-18+ Adult audience
 50/50, Basket Raffle, Bake Sale

Help Local Foster Kids

My GEAR Outreach aims to give support and hope to children entering foster, adoptive, and kinship care. We distribute Welcome Boxes and First Over Night Bags/Backpacks filled with essential items to all children, ages 0-18, entering foster care for the first time. Or help the kid's family establish what they need for care. Your attendance/support helps make sure that no child is never told no, to a child in need!