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JUNE/JULY 2022

Volume 10, Issue 1



Galatians 5:22-26

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FREE FAIR
JULY 13-17**



Father...What does it mean to you?

By Mike Parry

June 18, 2022, Father's Day. I've wondered what others think about Father's Day. I'm sure we all have our own feelings about this one day a year that celebrates Fathers. Let's look at some of the definitions out there on the word father.

A male parent. A man who has begotten a child. Biblically, in general, the title Father (capitalized) signifies God's role as the life-giver, the authority, and powerful protector, often viewed as immense, omnipotent, omniscient, omnipresent with infinite power and charity that goes beyond human understanding.

So, let's dig a little deep-

er. Fathers, like mothers, are pillars in the development of a child's emotional well-being. Children look to their fathers to lay down the rules and enforce them. They also look to their fathers to provide a feeling of security, both physical and emotional.

I look at what my father meant to me. The above pretty much sums it up with one exception. My mother laid down the rules and enforced them, with the support of my father. Never did I witness my father go against my mother. One thing I remember I never wanted to hear from my mother was, "Just wait till you dad gets home and finds out what you did." I just knew it wasn't going to be good. Hey, not to change my course here, but is there a difference between father and dad? Let's look at the dictionary. Here's what it says, "The difference be-

tween a dad and a father is that the dad is focused on loving their child, while the father focuses his attention and efforts elsewhere. It's not that a father necessarily dislikes their child, doesn't care about their child, or isn't interested at all in their wellbeing." Take a moment and think about that. Dad or Father? Which one are you? Which one was that male in your life growing up?

Some years ago, I received a Father's Day gift from my daughter, Michelle which I have on my dresser

and see it every day. It has a poem from Teri Harrison titled:

Dad, Now that I'm Older...

From the time that I was small, I looked up to you.

And now that I've grown up, You're the hero, I never outgrew.

From sitting atop giant shoulders, to see above the crowd.

To swinging from strong arms, and hanging upside down.

To running alongside my bike, to teaching strength when I would fall.



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To insisting I work hard in school, to loving me through it all. Growing up is often hard, Dad, your presence lit my way. You led me along life's path, beside me all the way. I want to say I love you, for all the years together we have had. In my heart you are my hero, all my life you are my Dad.

The role of the dad is one of the most powerful influences on a child's life.

A dad has the amazing opportunity to "teach, encourage, instruct, mentor, praise, influence, guide and inspire" the next generation. Here's a quick devotion for all the dads to read.

Dear Heavenly Father, teach me your ways and guide me in your truths. Help me to be the best dad I can be, guiding my family with patience, speaking with wisdom and abiding in love. Amen

Happy Fathers Day!



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The Call...

By Mike Parry

I'm not sure that you've read the Book of Job, but I'm sure you've heard some of the stories within about all that Job went through in life, but never gave up and always loved the Lord.

Well, I believe I've met the modern day, Job. His name is 27-year-old Scott Byrant, Director of Next Gen Ministries here in Waseca. Scott hales from Tiffin, OH and brings wife Staci with him.

I asked Scott about his childhood and growing up. That's where I decided he was the modern day, Job. Passed from one family to the next in foster care. A mother with issues. Being put down. Watching alcohol and drugs happening in front of him. Having to raise siblings at a very young

age. Having 5 half brothers and sisters. Watching depression and suicide within the family. The whole time I'm listening to Scott speak I'm thinking, "how has he survived."

About the time that thought crossed my mind Scott stated, "I knew God was with me." I looked at him and smiled and asked him to tell me about the day he felt the call from the Spirit into the Ministry?

Here's what Scott had to say. "My sophomore year was really changing for me personally because it was a year of struggles. Lots of challenges and broken relationships really pushed me closer to God and through different experiences, I felt like he wanted to use me in ministry. I really felt a calling at a church conference, LIFE, in 2010 as I was entering my sophomore year. I talked with a lot of different people and just really wasn't sure where God was calling me. Figuring out youth ministry took at

least a year or so to really get some clear direction and to see God start pulling me that way."

Scott mentioned that one of the books he read that really helped him was "To Own a Dragon: Reflections on Growing up without a Father." I asked Scott, "What are your goals as Director of Next Gen Ministries?" "I want to build relationships. The youth today need to know they are

special. They need to know that you are real as they can tell if you are faking it or lying to them." "I've always been a fixer," Bryant went on to say, "Many of the youth I deal with don't want me to solve their problems, they want me to be their brother, not their father and just listen. I listen, but I hold them accountable



too. I have a heart for the youth and I want to take them to heaven with me. I want to be part of their family and work with the parents as well."

Scott went on to say, "I'm working mightily serving God through these youth. I know this is where I'm supposed to be." I like Scott. Straight forward, to the point and as some say, No BS!

Your summer plans on hold this year?

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ELYSIAN 2022 JULY 4TH CELEBRATION

Thursday June 30

- ★ Miss Elysian Pageant
- ★ Princess of the Lakes Pageant
7 pm Fire Hall
Contact Chelsea Scott (507) 461-2642

Friday July 1

- ★ Silent Auction Starts
Fire Department Fundraiser
Fire Hall Meeting Room
6 pm
- ★ Medallion Hunt
\$100 prize
1st clue posted at 6 pm on tent power pole.
- ★ Chamber Street Dance

Featuring
"The Johnny Holm
Band"

\$10 admission
9 pm-12:30 am- Under Tent
No Outside Beverages Permitted
Joy Ride Available 10 pm- 2 am

Saturday July 2

- ★ Kid's Fishing Contest
Ages 2-12 Lake Francis Park
Registration 9:00 am
Ages 2-6 Fish 9:30-10 am
Ages 7-12 Fish 10:15-11 am
Lunch Provided by Elysian Fire Department
Relief Association
Bait Provided
Trophies & Prizes Awarded
Sponsored by Lake Area Women
- ★ Cribbage Tournament
1 pm Main Street Venue
Bring your own board!

Saturday July 2

- ★ Bean Bag Tournament
10 am Under Tent
Registration 9 am
Info: 507-304-0054
- ★ Kid's Bingo
2:30 pm Fire Hall
- ★ Legion Chicken Feed
5 pm until gone.
American Legion Post 311
- ★ Bingo
Fire Department Fundraiser
6 pm Under tent
- ★ Fireworks
Shot from Lake Tustin Park
Sunset 10 pm
Tustin Park Closed

Sunday July 3

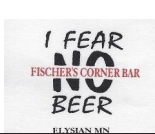
- ★ Dad's Belgium Waffle Breakfast
8 am-12 pm Fire Hall
Available To-go
- ★ Flea Market
8 am-2 pm Main Street Sidewalk
Info Tasha Hering (507) 995-0687
- ★ Live Music Under Tent
10:30 am- 12:30 pm- The Wendt Sisters
1:00pm- 3:00pm- The Father's Daughters
- ★ 27th Annual Elysian Car, Truck, Rat Rod, Motorcycle & Tractor Show
8 am-1:30 pm Main Street
Registration & Check-in by Nu-Chek Prep
Awards 1:30 pm in Front of Nu-Chek Prep
Info: Jeanne Zwart 507-267-4231
- ★ Kid's Power Pedal Pull
12:00 pm State Trail by Tourism Center
State Sanctioned
- ★ Fireman's Dance
Music By "Smokescreen"
\$5 Admission
8:30 pm-12:30 am Under tent
No Outside Beverages Permitted
Joy Ride Available 10 pm- 2 am

Monday July 4

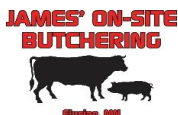
- ★ Lake Francis Boat Parade
11 am (Starts East end of Lake Francis)
Contact Mark Syblrud 507-267-4045
Prizes for top 3 boats & top 3 pontoons
1st \$500, 2nd \$300, 3rd \$100
Sponsored by The Big Dog Sports Cafe
- ★ Face Painting & Balloons
11 am- 2 pm Under Tent
Making Faces Mankato
- ★ 36th Annual "Bob Childs" Turtle Races
12:30 pm In front of Fire Hall
Bring your own turtle!
Registration 12 pm
- ★ Grand Parade
Main Street 2 pm

- ★ Arm Wrestling
Under tent following Grand Parade
Ages: 12 and up
- ★ Le Sueur County Historical Society Picnic on the Hill
11 am- 2 pm
Le Sueur County Museum Grounds
Program: Adolf Dehn
- ★ Silent Auction Ends
Fire Department Fundraiser
Fire Hall Meeting Room
4 pm

Food vendors & beer garden available throughout the celebration!
All events sponsored by the Elysian Area Chamber of Commerce in cooperation with the City of Elysian.
For celebration info contact:
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School Year Wrap Up



**By Jill Courtney,
Director**

TEAM Academy will end another successful school year on May 27. The year has flown by (as it seems to do every year)! Our students, staff, and families have persevered and are ready for summer!

We were able to raise over \$2000 for the American Heart Association's Healthy Kids Challenge (Jump Rope for Heart). The two students who raised the most pried Ms. Priebe! All students learned about making heart healthy decisions and some new ways to jump rope!

Kindergarten has been busy counting down the days until summer break with an ABC Countdown. So far they have had Arts

& Crafts Day, Bubble Day, Cookie Day, Dance Party Day, Exercise Day, Flashlight Reading Day, and Game Day!

We participated in Walk, Bike, and Roll to school day on May 4 with a walking school bus from Northeast Park. Many parents and our school busses dropped off there and students could walk to school with TEAM staff.

Our annual College Week is coming up this month. We will spend the week taking virtual trips to colleges, writing our mission statements, and participating in fun dress up days - elementary day, hobby day, college day, and career day. We also invite former TEAM Academy students who will graduate high school to come back and speak to our students. This is always a favorite week for our students and staff.

The school year may be ending but TEAM is still a busy place over the summer months. We have summer school that takes place in June and July. Our classes are also filling up fast for next year! Enroll early to ensure your child has a spot for the 22-23 school year! For questions contact: 507-833-8326 or jcourtney@team.k12.mn.us.



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2022 Waseca County Free Fair Events Schedule

Saturday, July 9

8 am 4-H Dog Showmanship, Obedience, Rally Show
9 am-12 pm Creative Arts Entry

Sunday, July 10

5 pm 4-H Dog Agility Show
5-8 pm Creative Arts Entry - *Note: All textiles are due in by Sunday at 8 pm

Monday, July 10

8 am 4-H Horse Show

Tuesday, July 12

7 am-5 pm Creative Arts Entry
5 pm Creative Arts Entries/Building Closed - Judging Begins

Wednesday, July 13

All Day Antique Tractor Display
8:30 am 4-H Rabbit Show
10 am 4-H Building Open
10 am Scavenger Hunt (Meet at Free Stage)
10:30 am Books and Barns (Free Stage)
11 am Food Vendors Open
11 am Indoor Booths Open
11 am Agri-Puppets Puppet Show (Near Free Stage)
12 pm 4-H Poultry Show
12 pm Magical Katrina (Free Stage)
12-9 pm Family Quiet Zone - North Side of Building #8
3 pm Agri-Puppets Puppet Show (Near Free Stage)
4 pm Magical Katrina (Free Stage)
4:30 pm Local Veterans Official Fair Opening Ceremony
Century Farm Awards & Fair Recognition Awards to follow
(Place to be determined)
5 pm Advance Ride Digital Ticket Sales End
5 pm Carnival Rides Begin
5 pm Becky Borneke & Kids in the Country (Food Court)
5 pm Agri-Puppets Strolling the Fairgrounds
5 pm Baby Races (Free Stages)
5:30 pm Magical Katrina (Free Stage)
6 pm 4-H Sheep Show
6:15 pm Kiddie Coin Find (Near Free Stage)
6:30 pm MN Minn-E-Rods Tractor Pull-8 th Ave NE
6:30 pm Agri-Puppets Puppet Show (Near Free Stage)
7-9 pm Praise Band (Free Stage)

8:30 pm The Johnny Holm Band (Beer Garden)

Thursday, July 14

All Day Antique Tractor Display
10 am 4-H Meat Goat Show
11 am Food Vendors Open
11 am Indoor Booths Open
11 am Books and Barns (Free Stage)
11 am Agri-Puppets Puppet Show (Near Free Stage)
11 am - 8:45 pm Laser Tag
12 pm Rotary Meets at the Fair
12 pm 4-H Dairy Goat Show
12-9 pm Family Quiet Zone located on the north side of building #8
12:30 pm Magical Katrina (Free Stage)
1 pm Carnival Rides Begin
2 pm Agri-Puppets Strolling the Fairgrounds
2:15 pm Magical Katrina (Free Stage)
3 pm Kiddie Coin Find (Near Free Stage)
3:30 pm Agri-Puppets Puppet Show (Near Free Stage)
5 pm Freddie Justice-The Planet's Funniest Hypnotist (Free Stage)
5:30-8:30 pm Melissa Schulz-Musician (Food Court)
6 pm Kid Power Pedal Pull - In front of Creative Arts Building
6 pm Agri-Puppets Strolling the Fairgrounds
6 pm 4-H Beef Show
6-8 pm Mariachi Band (Begins at Free Stage, then strolling)
7 pm Agri-Puppets Puppet Show (Near Free Stage)
7:30 pm Magical Katrina (Free Stage)
7:30 pm Great Frontier Bull Riding "Dirt Kickin' Wicked Good!" - Grandstand
8:30 pm The Blue Ringers (Beer Garden)

Friday, July 15

All Day Antique Tractor Display
8am 4-H Swine Show
10 am Let's Smile (Free Stage)
11 am Food Vendors Open
11 am Indoor Booths Open
11 am-Agri-Puppets Strolling the Fairgrounds
11 am Books and Barns-Sheep (Free Stage)
11 am-8:45 pm Laser Tag
11:30 am Magical Katrina (Free Stage)



12 pm Kiddie Coin Find (Near Free Stage)
 12-3 pm Miller Denn & Ditch Creek Dixies (Food Court)
 12-9 pm Family Quiet Zone located on the north side of building #8
 12:30 pm Agri-Puppets Puppet Show (Near Free Stage)
 1 pm Carnival Rides Begin
 1 pm 4-H Dairy Show
 1:30 pm Agri-Puppets Strolling the Fairgrounds
 2 pm Freddie Justice-The Planet's Funniest Hypnotist (Free Stage)
 3:30 pm Magical Katrina (Free Stage)
 4:30 pm Agri-Puppets Puppet Show (Near Free Stage)
 4:45 pm Freddie Justice-The Planet's Funniest Hypnotist (Free Stage)
 5:30-8:30 pm Los T (Food Court)
 6 pm Agri-Puppets Puppet Show (Near Free Stage)
 6-8 pm Waseca Jazz Band (Free Stage)
 7 pm Demolition Derby-Grandstand
 7:45 pm Kiddie Coin Find (Near Free Stage)
 8:30 pm Magical Katrina (Free Stage)
 8:30 pm Lady Luck (Beer Garden)

Saturday, July 16

All Day Antique Tractor Display
 8:30 am Market Livestock Auction (Judging Arena)
 11 am Food Vendors Open
 11 am Indoor Booths Open
 11 am Magical Katrina (Free Stage)
 11 am-9 pm Family Quiet Zone located on the north side of building #8
 11 am-8:45 pm Laser Tag
 11:30 am Open Class Dairy Show
 11:30 am Kiddie Coin Find (Near Free Stage)
 12 pm Carnival Rides Begin
 12 pm Agri-Puppets Puppet Show (Near Free Stage)
 12:45 pm Magical Katrina (Free Stage)
 1 pm Farmers of the Fair Contest (Place TBD)
 1 pm Agri-Puppets Strolling the Fairgrounds
 2-4 pm Craft Beer Expo (Beer Garden)
 2 pm Harmonica Lessons with Everett Smithson (Free Stage)
 3 pm Waseca County Sings! (Free Stage)
 4 pm Agri-Puppets Puppet Show (Near Free Stage)
 4-7 pm Everett Smithson (Beer Garden)
 4:30 pm Magical Katrina (Free Stage)
 5:30 pm Just Friends (Free Stage)
 6 pm Enduro Auto & Compact Car Race - Grandstand
 6 pm Family Scavenger Hunt (Meet at Free Stage)
 6:30 pm Agri-Puppets Puppet Show (Near Free Stage)
 7 pm River Rats Dueling Pianos (Free Stage)

7 pm Agri-Puppets Strolling the Fairgrounds
 8:30 pm Triple Dog Dare (Beer Garden)

Sunday, July 17

All Day Antique Tractor Display
 10-11 am Non-denominational Church Service - Hosted by Faith United Methodist Church
 11 am Food Vendors Open
 11 am Indoor Booths Open
 11 am Agri-Puppets Puppet Show (Near Free Stage)
 11 am-4 pm Laser Tag
 11:15 am Family Scavenger Hunt (Meet at Free Stage)
 11:30 am Magical Katrina (Free Stage)
 12 pm Carnival Rides Begin
 12-3 pm Donner Party (Food Court)
 12-4 pm Auto & Cycle Show-n-Shine - 8 th Ave. NE
 12-1 pm Registration
 12-6 pm Family Quiet Zone-located on the north side of building #8
 12:30 pm The Looney Lutherans (Free Stage)
 1 pm Beanbag Tournament (Beer Garden)
 1:30 pm Agri-Puppets Strolling the Fairgrounds
 2-4 pm In A Bind (Free Stage)
 2:30 pm Agri-Puppets Puppet Show (Near Free Stage)
 2:30 pm Sweet Treats on Sunday (Near the Free Stage)
 2:45 pm Kiddie Coin Find (Near Free Stage)
 3:30 pm Agri-Puppets Strolling the Fairgrounds
 4 pm 4-H Parade of Champions
 4:30 pm The Looney Lutherans (Free Stage)
 5 pm Agri-Puppets Puppet Show (Near Free Stage)
 5:30 pm Livestock Barns Close
 6-8 pm Open Class Entries Released
 7 pm Buildings Close
 7 pm Carnival Rides Close

***Schedule subject to change.



WASECA COUNTY FREE FAIR DEMOLITION DERBY 2022

Friday, July 15th • 7:00 pm



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Wristbands can be purchased at the Fair Ticket Office starting at 3 pm on the day of the event. No early sales. Must be present at time of purchase to receive your wristband. No refunds given.





Adults: \$15
 Children ages 5-12: \$5
 Children under 5: FREE



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ENDURO RACE

Saturday July 16th 2022 6pm
Waseca County Fair

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\$1,000 to WIN Each Class!!




MORE INFO
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Pits open at Noon Entry fee \$75
 Compacts at 6pm, Full size race after.

Wristbands can be purchased at the Fair Ticket Office starting at 3 pm on the day of the event. No early sales. Must be present at time of purchase to receive your wristband. No refunds given.
 Adults: \$15 Children ages 5-12: \$5 Children under 5: FREE

GREAT FRONTIER Dirt Action Wicked Good BULL RIDING

Thursday, July 14th, 7:30 pm



Wristbands can be purchased at the Fair Ticket Office starting at 4 pm on the day of the event. No early sales. Must be present at time of purchase to receive your wristband. No refunds given.
 Adults: \$15 Children ages 5-12: \$5 Children under 5: FREE

AMUSEMENT ATTRACTIONS

REDEEM AT
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Pre-Sale:
10 rides for \$20
Advanced Sale Only!



Available for purchase now using the QR Code

**PRE-SALE ENDS ON
WEDNESDAY, JULY 13th AT 5PM!**

UNLIMITED RIDES DAYS!

\$25 armband - unlimited rides!
All rides - All ages!*

Friday, July 15th 1-5pm
Sunday, July 17th 3-7pm

*Armband price includes a \$5 credit that can be used for food or games on the midway!

*Armbands can be purchased at the kiosks on the midway!

WASECA AREA FOUNDATION AWARDS OVER \$223,000



**By Amy Potter,
Executive Director**

As the Executive Director of the Waseca Area Foundation (WAF) I have GOOD NEWS to share! In May we held our Spring Granting Celebrations. This is a very rewarding experience for our entire WAF Board, which consists of 20 volunteers. We get to see the hard work and initiatives that are being implemented in our County by all the grant recipients and hear their stories first hand. If you ever want a “feel-good” afternoon, come to one of our granting celebrations – the public is welcome! We host 2 a year – one in the Spring & one in the Fall. In addition to the general grants, over \$100,000 in scholarships were awarded to high school graduates in Waseca County.

GOOD NEWS happens because of GOOD PEOPLE sharing their gifts. This is possible due to the donor dollars – so THANK YOU if that is you. If it not you, let’s change that and please consider giving a little or a lot to the Waseca Area Foundation to allow these GOOD WORKS to continue. We now accept donations on our website – wasecaareafoundation.org.

There are many needs that are still unmet, as you can probably imagine. For example, there were \$295,000 in total grant requests and between Waseca Area Foundation and the New Richland Area Foundation, 40% of those requests were awarded. Additional donations would allow us to meet even more needs within our County. Grants are awarded to non-profits and government agencies and I’m proud to share that 40 different non-profits received grant dollars in May. \$98,898 were awarded from the Waseca Area Foundation Community Advised Funds and an additional \$20,050 were awarded from the New Richland Area Foundation. The EF Johnson & Janesville Area Foundation Funds will award grant dollars this Fall.

As mentioned previously, scholarships were also awarded. \$83,500 was awarded to 31 different Waseca High School graduates, \$13,500 to 3 different NRHEG graduates, and \$8,000 to 4 different JWP graduates.

It is my privilege to work with donors as well as grant applicants. If you are interested in donating and/or applying for a grant on behalf of a non-profit, please contact me. You can reach me by phone at 507-835-5990 or by email pota@waseca.k12.mn.us. Share the GOOD NEWS of your local community Foundation.

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A PILE OF PROBLEMS



By Mike Good



Problems.

Three things are certain. We all have them. We all don't want them. We all know that they often get in the way of living a joyful life. But, the reality is - problems are a normal part of life. A part of life that will always be with us. While our problems might bring new hardships to our life every day, consider this, what if...just what if, we chose to be grateful for the challenges our problems bring to us?

Grateful for our problems? What? Are you crazy? That's simply ridiculous!!! You might be thinking "my problems are way bigger than yours" or "how could I ever be grateful for all of the chaos my problems bring to my life." Thoughts like this are not unreasonable. In fact, they make perfect sense. Problems are bad. Gratitude is good. They just don't seem to go together.

In our Facebook community called The Gratitude Spark (feel free to join by the way!), we

were recently talking about the definition of gratitude. One of our amazing members from Australia made a great connection between problems we experience and gratitude for those problems.

Imagine for a moment that you and your friends decide to write down all of the problems each of you are currently experiencing and you place them in a big pile in the middle of the table. As each of you start to pull out slips of paper that describe a problem someone close to you is experiencing, I suspect a few things would happen. First, you might feel shock, surprise or sadness about some of the things those close to you are going through. Second, I don't think it would be too long before you would want to put all of those problems back and stick with the ones you wrote - your own problems - and you'd probably be grateful for the opportunity to do so.

That's the thing with problems. We don't often talk about them. We tend to keep them hidden. In fact, everyone you meet might be dealing with problems and fighting battles you really know nothing about. Mahatma Gandhi captured this perfectly when he said "I cried because I had no shoes, then I met a man who had no feet." While your problem might be that you did a poor job on a work assignment, know that there is someone out there that actually has no job. While your problem might be that

you aren't feeling well enough to hang out with your friends, know that there is a child out there that is not feeling well enough to leave the hospital. While your problem might be that your home isn't as nice as your neighbor's home, know that there is someone out there that is homeless. It's all about perspective.

Speaking of perspective, I got a whole bunch of it on a recent walk with my daughter. We were talking about what I was going to write for this article and she said "people always say that we should be grateful for what we have and part of what we have is our problems." The wisdom and truth behind her words can't be overstated. We have to own our problems - no matter how big or how small. Some of the slips of paper in that pile of problems on the table are ours. They might not be fun. They might be daunting. But, nonetheless, they are ours.

This leaves us with a choice. We can choose the lens through which we view our problems. We can choose to see our problems as challenges that keep us from

a joy-filled life we deserve or, we can choose to see our problems as opportunities when viewed through the lens of gratitude. The beauty is that viewing our problems through this lens will allow us to see them as necessary for incredible personal growth. It will allow us to see our problems as opportunities to push ourselves to new heights. This lens will allow us to address our problems in ways that allow us to become stronger than ever through overcoming the hardships they may bring.

So yes, no doubt the problems in our life can cause chaos and challenges. But, if we take a moment to consider the lessons we can learn from them and the personal growth that can come from them, perhaps it's not so crazy or ridiculous to be grateful for the problems we experience each day of our life.

Mike Good, creator of The Gratitude Spark, resides in Chaska, MN. He is passionate about living life through the lens of gratitude and helping individuals and organizations spark incredible positive change through the power of a grateful mindset. If you're interested in learning more about the power of gratitude and how it can help to spark a change in your life and in the lives of those around you, feel free to contact Mike via email at mike@thegratitudespark.com. You can also check us out online at www.TheGratitudeSpark.com or Instagram at @thegratitudespark or join our Facebook community called the "The Gratitude Spark".



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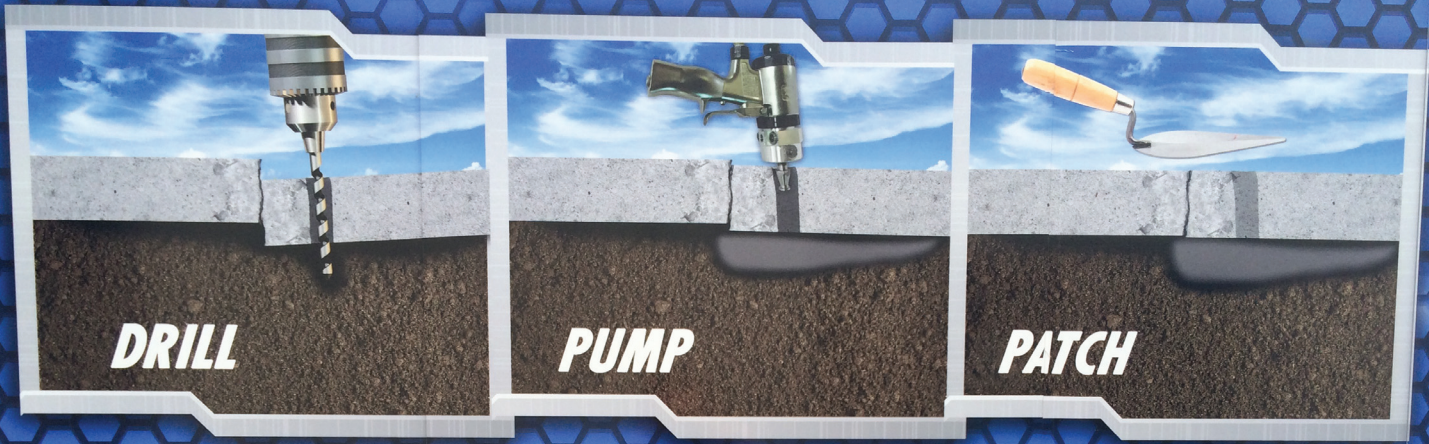
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ASK MELINDA: TOMATOES



By Melinda Myers

In the past two years I've had a problem with my tomatoes. The plants start out fine but eventually the leaves start getting brown spots, dry up and fall off. What's causing this?

Several fungal diseases such as early and late blight, septoria leaf spot and anthracnose, can cause the symptoms you describe. Minimize the problem by rotating your plantings whenever possible. Move your tomatoes to an area of the garden where unrelated crops, such as beans, lettuce or

onions, were growing last season. Always clean up and dispose of tomato and other disease infected plant material in the fall. Mulch the soil to help keep soil borne fungal spores off the plant. Properly space and stake or tower the plants for better air circulation and fewer diseases. This is often enough to keep these diseases under control. As a last resort you may choose to use a fungicide. Select one labeled for food crops and apply at the first sign of the disease. Be sure to read and follow all label directions carefully.

I've been growing tomatoes out of pots for the last couple of years. I've been using the same potting mix. Last year the tomatoes were black on the bottoms - sort of like they were rot-

ting. I took a tomato to a garden center. They said the soil was calcium deficient. I used a calcium spray they recommended - this did not help. Do I need to replace all the soil or can I add something to the soil to correct this problem - some type of fertilizer?

The problem is blossom end rot. This is a common problem in container gardens when plants experience a moisture imbalance.

When plants go through periods of excess and/or insufficient moisture they are unable to absorb needed nutrients like calcium. Adding more calcium is not needed with most potting mixes or gardens growing in regions with plenty of calcium in the soil. I would start by correcting your watering. This usually eliminates the problem. Make sure to water your containers thoroughly and often enough to keep the soil slightly moist. The good news, the problem usually corrects itself after the first set of fruit. Consider changing the potting soil in your containers this season. I change the soil in my containers every year. I recycle it in my compost pile and eventually into my garden..



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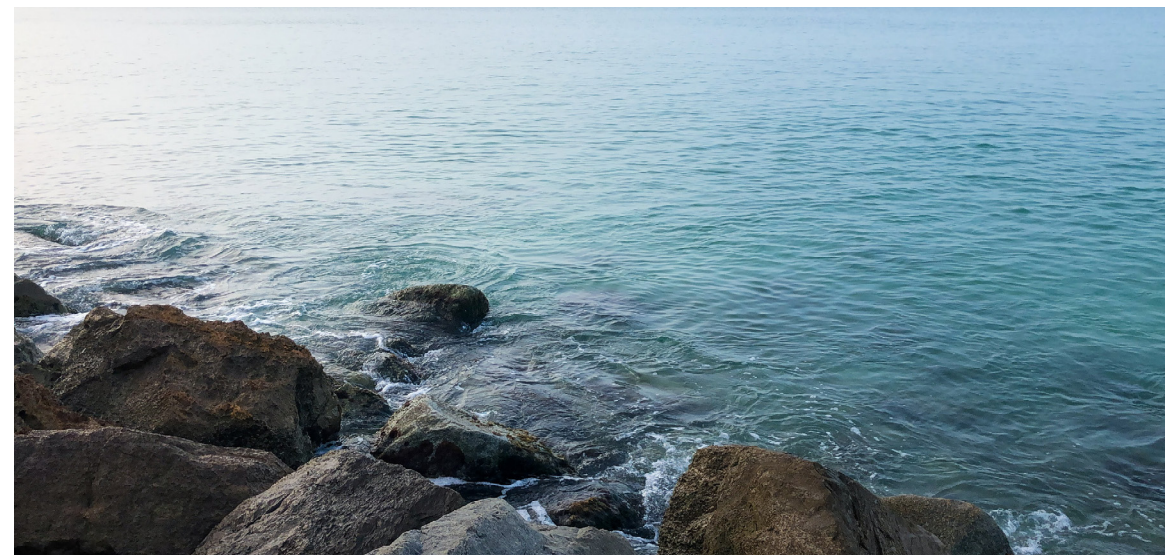


By
Suzanne Barbknecht

This is a special Ignited Hope column this month as there are new ventures unfolding in my life and I'm grateful to share with you today.

Here's a bit of a backdrop and some context...

I have been serving in full-time vocational ministry for close to 20 years. It's been filled with immense joys, character building opportunities, and deep life changing relationships. Over the years I have served in many places and ways



between Duluth and Bemidji.

It's been a beautiful journey in the Northland!

As amazing as all of this has been, last fall I began to recognize a deep need for some extended rest and reset. I was not sure what that looked like, but I held onto these stirrings with the Lord. At the end of February, God started to speak more directly into this.

Through much confirmation, I have decided to devote a year to focus on a time of intentional rest and reset. Some have referred to such seasons as a sabbatical. Whatever you choose to name it, this time is very purposeful and I believe it's prepara-

tion for all that is yet to come.

With that said, this comes with some big changes in my life.

It is with both sadness to leave what has been and true excitement for what's yet to come that I share I will be transitioning from the Northland and the ministry I have been involved with here. June and July will be a time of finishing the race well in Minnesota and I will then move to Florida in early August. God has been putting all the pieces together and I'm blown away at His provisions along the way. I plan to take a year and then what is beyond this sabbatical season is a beautiful adventure that I know He will reveal

when the time is right.

When that time comes to step into the next wave of life and ministry - while I do not know where or with whom this will be - I am confident I'll be entering into the next season with a refreshed heart, renewed strength, and a clearer vision!

Next month (July) will be my final writing for The Good News. It will make exactly four years since I started sharing with you all here. I smile knowing these last four years have been filled with opportunities to share Hope with you all. Thank you for being part of my life in this way! I look forward to sharing one more time with you...soon.



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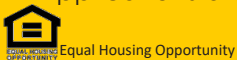
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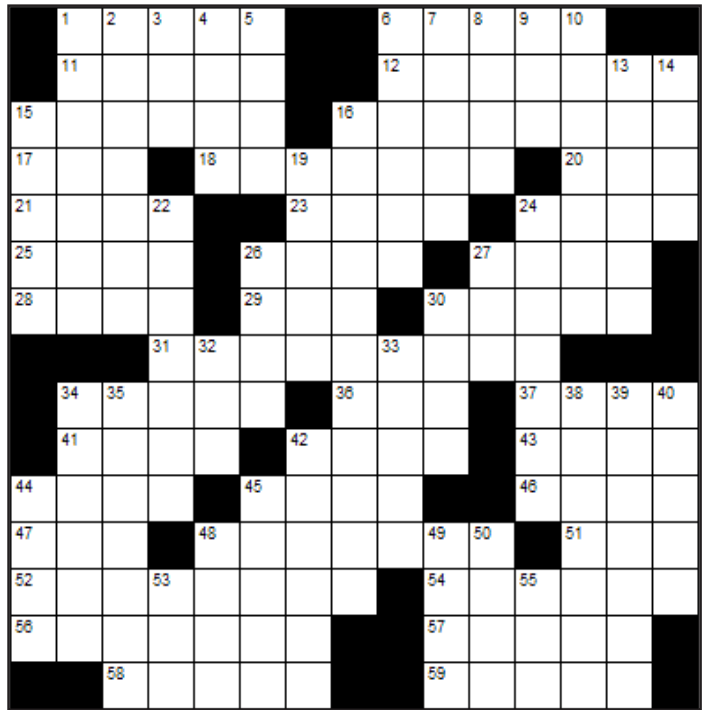
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- Get together
- Radiolocation
- Evade
- Green gem
- Record protector
- Flowering vine
- Pale
- Part of the UK
- Small amount
- Colored part of the eye
- Geek
- Martial art
- One less than 10
- Pigeon-___
- Certain
- Crazy
- Evil spirit
- Not a winner
- Most solitary
- Adjust
- Before, in poetry
- Nile bird
- Crooked
- Russian emperor
- Tilt

44. Wacky

- A gathering or event
- Otherwise
- Consumed
- Amass
- Be bedridden
- With affection
- Citrus
- Gist
- Set ablaze
- Go in
- Sugary

15. Musical genre

- In a sleepless manner
- Munchkin
- Caulking
- Judgment
- Hue
- Mayday
- Lascivious look
- Choose
- Angered
- Lets up
- Protection from harm
- Equilibrium
- Perception
- Inscribed pillar
- Bank employee
- Day, month and year
- Compel
- Penny
- Camp beds
- Think or believe (archaic)
- Lair
- Form of "to be"

DOWN

- Protozoal infection
- After sunset
- Fish eggs
- Donate
- Biblical garden
- Give recompense
- Alter
- Exploit
- Paintings
- Ecstasy
- A person who rules
- Woodworking groove

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By Jim Miller

*Dear Savvy Senior,
What kinds of clothing options are available to mobility challenged seniors who have a difficult time dressing?*

—Looking for Mom

Dear Looking,

The chore of dressing and undressing in traditional clothing can be difficult, time-consuming and even painful for millions of people with certain health and mobility problems. Fortunately, there's a wide variety special clothing, known as "adaptive clothing," that

can help with most dressing challenges. Here's what you should know.

What is Adaptive Clothing?

Adaptive clothing is specially designed garments for people with mobility issues, disabilities and cognitive challenges who have a difficult time getting dressed. This type of clothing incorporates discreet design features to make dressing and undressing easier, while still having the outward appearance of typical clothing.

Depending on your mom's needs, here are some of the many different types of adaptive clothing options that could help.

For self-dressing seniors who suffer from Parkinson's or other disabilities that affect dexterity, there are pants, shirts, dresses and outerwear made with Velcro or magnetic closures instead of buttons and zippers, which are much easier to fasten and unfasten. But be aware that magnetic closures are not suitable for those who have pacemakers.

For those who are disabled or who have limited range of motion and need assistance dressing, there are adaptive pants with zippers or snaps on both sides of the pants that are easier to pull on. And a wide range of rear closure shirts, tops and dresses with Velcro or snap fasteners in the back for those who can't raise their arms over their head.

For wheelchair users there are higher back and elastic waistband pants that don't slip down, as well as pants with fabric overlaps at the seat to allow for easier toiletting access.

For people with tactile sensitivity, there are garments you can purchase that have soft and stretchy fabrics without tags and are sewn with flat seams to help preventing chafing.

And for seniors with Alzheimer's disease there are one-

piece jumpsuits that have a back-zipper access to prevent the wearer from disrobing inappropriately.

Where to Shop?

Recently, mainstream clothing stores like JCPenney (jcpenney.com), Target (target.com) and Tommy Hilfiger (usa.tommy.com) have started offering a line of adaptive clothing for adults that combines fashion and functionality, but their instore options are limited. To get a bigger selection, visit the store's website and type in "adaptive clothing" in their search engine.

You can also find a large selection at online stores that specialize in adaptive clothing like Buck & Buck (buckandbuck.com) and Silverts (silverts.com). Both of these companies have been selling adaptive clothing for decades and offer a wide variety of garments to accommodate almost any need, condition or style, for independent self-dressers and for those who need help.

Some other adaptive clothing sites you should visit include Joe & Bella (joeandbella.com), Ovidis (ovidis.com), and IZ Adaptive (izadaptive.com), which sells clothing primarily designed for wheelchair users.

And, if your mom is in need of adaptive footwear, Velcro fastening shoes (instead of shoelaces) have long been a popular option and can be found in most local shoe stores.

Some other new lines of adaptive shoes that may interest her include Kiziks (kizik.com) and Zeba (zebashoes.com), which make fashionable sneakers and comfortable walking shoes that just slip on, hands-free, along with Billy Footwear (billyfootwear.com) and Friendly Shoes (friendlyshoes.com), which makes uniquely designed zip-on shoes.



June Resident Profile

Say Hello to Ray Fell

This month of June 2022 brings us to introduce another of our residents, Ray Fell.

Ray was born in Waseca into the Stewart and Lila Fell family, in June of 1940. He attended country school through the 8th grade, then went to high school in town. He left school before graduating because his family was large, and they needed him for extra support. He then began his life in construction, which eventually led him to focus on masonry.

Life wasn't all work for Ray; he enjoyed hunting, going to bluegrass festivals, and dancing. In fact, he met his bride, Arlys, at the local Hardiger's Ballroom. He and Arlys married in '63 and started their family in Waseca. When they outgrew their home, they moved near the Snake Trail, which they loved.

A few years ago, they were thinking their home and land was getting a bit much to take care of and decided, after much investigating, to move to Colony Court. In fact, Ray helped lay the bricks for the first building, so he feels a special connection to his new home. "It was difficult to leave our wonderful neighbors, but we like everyone here. I even know someone down the hallway that I hung out with before I met Arlys!"

We're glad you've found old and new friends, Ray, since we've found one in you!



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