



The GOOD NEWS

February/March 2023

Issue #1

Magazine

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I guess we really can't say it enough can we? Last month's issue was completely online as we were having a tough time finding a company that could supply us the paper and printing that we felt we needed to be successful. We completely put everything in God's hands and moved forward. When Owner/Publisher Antonio Wegner heard the Spirit tell him to "Be Silent" I believe it meant to not publish again until we could find that right printer. During the last couple of month's we've received such an outpouring of request to bring back the printed version of the magazine. We are so appreciative of all of you and our loyal advertisers. With patience, we've been able to find a wonderful printer. With that being said,

we feel that we are again to publish The Good News in a print format that you can hold on to while you read. We will be printing 6-8 issues during 2023.

This of course being the first. Check out our online presence for the next issue.

On behalf of all of us at The Good News Magazine...THANK YOU!

Starts February 13th
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NEW MEMBER SPECIAL! NEW MEMBER SPECIAL! NEW MEMBER SPECIAL! NEW MEMBER SPECIAL!



The only New Years resolution you'll ever need



By Mike Parry

No one knows what 2023 will bring other than we will be another year older. For many of us as the new year arrives, we begin to think about what we want to change. Do differently, act differently or set goals for the year. I like many, started thinking about 2023 between Christmas and the New Year. Feeling somewhat anxious about what 'resolution' I would have for the new year when asked by family or friends, my mind wandered all over the place. What will I need my resolution to be? What is it I want my resolution to say? I thought to myself, here we go. Now I need to think

about 'wants vs. needs' before I can complete my New Year's resolution. Ok, let's look at 'needs vs. wants.' A quick look on google to confirm my thoughts brought up the following. A need is something necessary to live and function. A want is something that can improve your quality of life. Using these criteria, a need includes food, clothing, shelter, and medical care, while wants include everything else. A want is something that will enhance your quality of life. But how will I really know the difference between them? Here's what I think. Over time, the desire for a need grows stronger, while the desire for a want will weaken with passing time. Agree with me or not, with that in mind I moved forward in my search of my resolution. As I would go to bed, I would ask my inner Spirit to help me with my quest. As always, It did! Woke me up in the middle of the night with a voice saying, "The Lord is my shepherd; I shall not want." Wow, I thought. That's it! I shall not want! What a great resolution for the new year. I've come to realize there is more. Every time I said my resolution to myself, my

mind would complete it with 'for the Lord is my shepherd.' So, I needed to look at the 23rd Psalm to clarify my new year's resolution as to why "I shall not want." Here's what I came up with. I shall not want because: He is my shepherd. He leads me. He restores me. He protects me. He comforts me. He has given me that path to righteousness. He has not given me the spirit of fear; but of power, and of love, and a sound mind. OK, I'm making my New Year's resolution the following: "I shall not want, because I've chosen the Lord to be my Shepherd."

On a side note, a few years back, Julie and I started picking a word that we would set as our goal to live by. Freedom, Restore, Momentum and, in 2023, Discipline. For some reason I'm feeling that our word for 2023 has a lot to do with my personal New Year's resolution. Here's hoping you have thought about the New Year. Just know that you are Blessed!





KYROS, what is it?

By Mike Parry

Harnessing the power of technology to increase positive recovery outcomes for the more than 30 million people affected by substance use disorder across the United States is Kyros' mission. Since it began offering digital support in September of 2021, Kyros has seen 90-100 percent growth quarter over quarter, and is currently powering over 30 partnering programs in Minnesota in-

cluding sober houses, treatment programs, and other government supported efforts.

Kyros has a local contractor by the name of Charity Steinbrink and I asked her to explain why she joined KYROS. "I chose this field because I, myself was once tied up in addiction and dealing drugs, with having overcome it, I know first-hand how hopeless and lost addiction can make you feel." Steinbrink went on to say, "I want to show others that you can recover and live a successful life! My goals are helping individuals with addiction and substance abuse with recovery and supporting and providing the individual with the resources he / she may need for a successful recovery, helping the in-

dividual come up with a recovery wellness plan with motivational interviewing. All of this will assist with reentry into the community and help learn how to repair and mend relationships with loved ones, attend community functions that help maintain sobriety."

Charity Steinbrink is self-employed, backed by Kyros out of Minneapolis. Kyros, a Minneapolis-based digital platform intended to help people with substance use disorders navigate the recovery process. Contact csteinbrinkcprs@refocusrecovery.org Phone 507 438 4796



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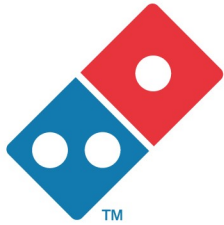

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 Magazine

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By **MICHAEL GOOD**

Did you see it? That magical winter wonderland we were blessed with at the beginning of January? Living here in Minnesota, I have a love-hate relationship with winter. Every year I complain about the snow and cold, but every year I choose to stay, so I guess I only have myself to blame! This year, I am taking a new approach. I'm doing my best to try to embrace all that winter has to offer - the beauty, the solace, the change in activities, but after shoveling for the 6th time in two days toward the end of 2022, I think I was more on the side of not liking winter so much.

But then the first week of 2023 came along. Yeah I was out shoveling countless times during the week due to all the snow we got, but at the same time, our world turned in to a bit of a fairytale with the frost and snow sticking to the trees and bushes. There was beauty everywhere you looked. In an effort to be true to my attempt to embrace all that winter has to offer, I ventured out to go snowshoeing for the very first time. I have to say, it was beyond my wildest expectations. Thanks to the snow the preceding week, the trees were fully covered and walking through the woods was almost other worldly. As I ventured through the deep snow, in and out of the trees, I started to feel

a deep sense of gratitude for nature and all that it was providing to me in that moment. Gratitude and nature are inextricably intertwined. Nature provides a sense of peace and tranquility that can be hard to find in the hustle and bustle of everyday life. It gives us an opportunity to put things in perspective and helps us to appreciate the small things in life. Nature has a way of grounding us, reminding us that we are just a small part of something much bigger. When we take the time to really observe and appreciate the beauty of nature, it really becomes rather easy to feel grateful for all that we have. From the colors of a sunset, to the snow clinging to the branches of a tree, to the sounds of your feet crunching in the snow, nature is full of wonders to appreciate. But what was perhaps most powerful to me on that hike through the woods is how nature can also serve as a powerful tool for self-reflection. Being in nature allows us to step back from our daily lives and take a closer look at ourselves. It provides us the opportunity to reflect on our actions, thoughts, and feelings. Nature can be the trigger to help us see the bigger picture and to appreciate the interconnectedness of all things and how everything is dependent on something else. Seeing the cycles of life and death in nature can help us to appreciate the fragility of life and the importance of cherishing every moment. So embracing winter - I'm trying my best.



My snowshoeing adventure was a good start. It went a long way for helping me to find the perspective I need in order to appreciate all that our world has to offer through nature that continually surrounds us. The best part - you don't have to be in the depths of winter or on a hike in a magical winter wonderland in order to find gratitude in nature. All it takes is a walk down the sidewalk or a stroll through the park. So, a challenge for you - throw on a jacket and take a walk. You might be surprised at all of the things nature can teach you about gratitude along the way.

---Mike Good, creator of The Gratitude Spark and host of The Gratitude Spark Podcast, grew up in Waseca, MN and now 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 out our

You can also check us out online at www.TheGratitudeSpark.com on Instagram at [@thegratitudespark](https://www.instagram.com/thegratitudespark) or join our Facebook community called the "The Gratitude Spark".



**Jill Courtney-Superintendent
Choice**

Parents in the Waseca area are lucky to have three excellent choices for their child when it comes to elementary schools.

You can look at each school and choose the one that will be the best fit for your child. Here are just a few reasons why many parents choose TEAM Academy.

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Free breakfast, snack and lunch – All students at TEAM Academy receive free breakfast, morning snack, lunch, and after school snack.

Open to all students – Any student can enroll at TEAM Academy no matter what their ability level is. We strive to meet each student’s needs to help them reach their potential. We have had many students enroll over the past years that have struggled in other schools. Whether it is just a change in environment, smaller class size, individualized attention, or more time to learn in our after school program we have seen these students grow!

We have a cap of 25 students in each grade level. Currently, we have openings so enroll now to ensure your child has a spot for the 23-24 school year!

For questions contact: 507-833-8326 or jcourtney@team.k12.mn.us.



Sudoku Answers

7	8	9	2	6	5	4	1	3
2	1	3	8	9	4	5	6	7
6	5	4	1	7	3	9	8	2
3	9	8	5	2	6	7	4	1
1	7	5	4	3	8	6	2	9
4	2	6	9	1	7	3	5	8
8	3	7	6	5	1	2	9	4
5	4	2	3	8	9	1	7	6
9	6	1	7	4	2	8	3	5



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Sponsored by: Culligan Water Conditioning, Latham Place, Lake Shore Inn, iWealth, Domino's, Mediacom, Xcel Energy

\$1,750 MEDALLION CONTEST - 26th Annual Awards presented Feb.17 at 9:30 at Waseca VFW Club dinner/dance.

Sponsored by: Ace Hardware, M Peters Enterprises, Excel Energy, Waseca County News, Keen Bank, Spire Credit Union, Waseca VFW Club 1642

SATURDAY, JAN. 14 WINTER CHARM ON THE FARM At FARMAMERICA 11 AM to 3 PM

Horse Drawn Wagon Rides, Snow Painting, Winter Walking Tours, Snowshoe Trails, Cross Country Skiing, Campfire, S'mores and Hot Cocoa (included with admission) Tickets \$8 for adults, \$7 for kids. FREE for kids 2 & under and members season pass.

Purchase tickets at: [Bit.ly/WinterCharm](https://bit.ly/WinterCharm) or call 507-835-2052

SATURDAY, JAN. 21 WASECA COUNTY SNO-SECAS CLUB RIDE Registration 10 AM Waseca American Legion Ride starts at 11 AM.

Contact Jake 507-461-2510

SATURDAY, JAN. 28 WASECA SLEIGH & CUTTER PAGEANT. Contact Jen 507-461-2624

ICE GOLF BENEFIT FOR LOGAN NESSET Boathouse Bar & Grill

Contact: loganstrongbenefit@gmail.com

SATURDAY, JAN. 28 & SUNDAY, JAN. 29. BOYS - MITE - HOCKEY JAMBOREE Waseca Community Arena Contact Kyle 507-835-3251

FRIDAY, SATURDAY & SUNDAY FEB. 3-5 GIRLS 10-U HOCKEY TOURNAMENT Waseca Community Arena Contact Kyle 507-835-3251

SATURDAY, FEB. 4 ANNUAL MIKE FILZEN MEMORIAL POKER RUN Registration 11 AM at Waseca American Legion

Ride 12 PM – 6 PM, 7 Stops Contact Jake 507-835-2510

FRIDAY, FEB 10 BEAN BAG TOURNAMENT AT THE MILL 5:00 registration Games at 6:00 Contact Abby 507 461 1112

WEDNESDAY - FRIDAY , FEB 15 TO 17 ICE SCULPTING by SAKATAH CARVERS In front of the Waseca Public Safety Building

Sponsored by: Waseca Area Foundation, Waseca VFW Club Post 1642, State Farm, Tesch Service Center, Edina Realty and the Waseca Sleigh & Cutter Festival

FRIDAY, FEB 17 FESTIVAL DINNER/DANCE Featuring GTX Band 8:30 to 12:00 at the Waseca VFW Club.

A variety of basket meals will be available for purchase from 5 to 7:00 Frosty & Medallion winners announced at 9:30 - Free sandwiches and cake served

SATURDAY, FEB. 18 SLEIGH & CUTTER PARADE 12pm start time. Parade starts from WASECA COUNTY FAIRGROUNDS and runs through downtown Waseca. The parade will feature multiple breeds of horses pulling many types of units. Other parade attractions include: LEMA (Law Enforcement Memorial Association) and several queens.

Miss Waseca County Sleigh & Cutter, Miss South Central, Sleigh & Cutter Princesses, Miss Teen Rodeo Minnesota & Guests

TONER'S LAKE VINTAGE RIDE Registration 9-11 AM Contact Marissa 507-461-4501 or Mark 507-835-5480

SUNDAY, FEB. 19 SNOWMOBILE SAFETY RIDING COURSE At Lakeview Park, South end of Lake Elysian – Janesville Registration 1 PM Contact Marty 507-420-1109

KITE & BALLOON SHOW South Shore - Clear Lake

SATURDAY, FEB. 25 WINTER CHARM ON THE FARM At FARMAMERICA

11 AM to 3 PM Horse Drawn Wagon Rides, Snow Painting, Winter Walking Tours, Snowshoe Trails, Cross Country Skiing, Campfire, S'mores and Hot Cocoa (included with admission)

Tickets \$8 for adults, \$7 for kids in advance. FREE for kids 2 & under and members season pass.

Purchase tickets at: [Bit.ly/WinterCharm](https://bit.ly/WinterCharm) or call 507-835-2052

WASECA VINTAGE (KRUGER) SNOWMOBILE ICE DRAGS Registration 8:30-10:30 am at the Boathouse Grill & Bar

Races start at 12PM 100% Cash payback, plus added contingency money. Contact 715-556-6345 or 612-296-2043

www.wasecavintageicedrags.com

ANNUAL VINTAGE SNOWMOBILE SHOW/RIDE Registration 9 AM at the Boathouse Grill & Bar Show 11 AM-1 PM

Contact Seth 507-837-9230 or Marissa 507-461-4501

BETTER DAYS AHEAD FIREWORKS DISPLAY Largest show ever! Northeast of Boathouse Grill & Bar on Clear Lake shortly after sunset.

SUNDAY, MARCH 4 FLAGS FOR VETS – RUCK OF HOPE Event to support service and veteran's families who have lost a member to suicide. Walk travels north around Clear Lake and continues south. Meet at Club 57 10:00. Contact Jeremiah 507-676-0852

SATURDAY, MARCH 25 CHILDREN'S DREAM CATCHER ANNUAL FUNDRAISER At the Star Fire Event Center – 12:00

Auction, meat raffles and bingo. Under 18 can play bingo with an adult.

DISCLAIMER: The Waseca Sleigh & Cutter Festival Association, Inc. does not assume or accept duty or responsibility for safety at this event in regard to participants or any third parties or for animals or other property thereof.

MORE INFORMATION: www.sleighandcutterfestival.org Waseca Sleigh & Cutter Festival 5603 NW 102nd Avenue Waseca, MN 56093

CONTACT: Ken 507-461-3727 Ken.Borgmann@gmail.com **CONTACT:** Scott 507-995-9832 scott.w.roemhildt@gmail.com

73rd Annual Waseca Sleigh & Cutter Festival

Ask Melinda Myers Tomatoes



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 to-

matoes 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 rotting. 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.

See more at melindamyers.com

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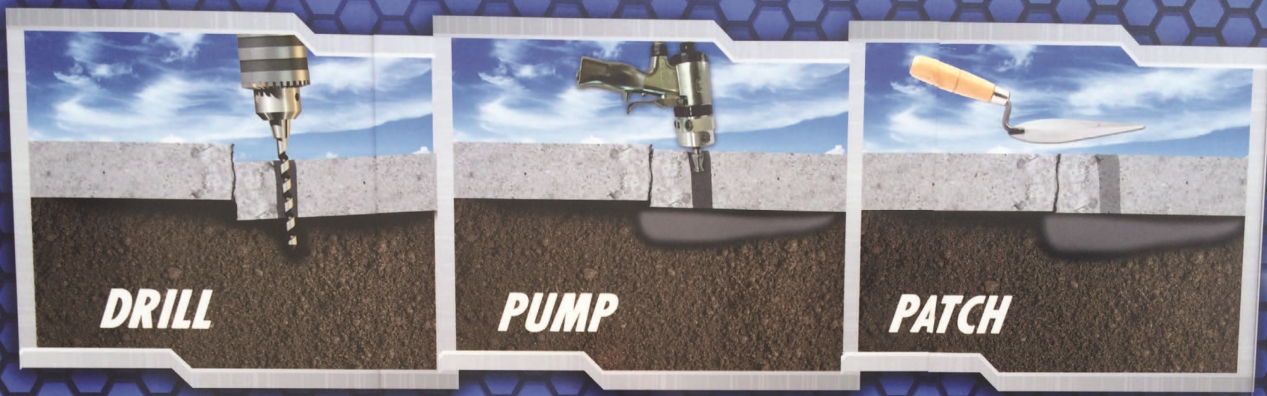


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What's your word for 2023?

By Katie Nelson

I like to make goals for each year, but I also like to come up with a word to focus on. This year my word is peace. I hope to accomplish a lot, but without peace it's impossible to enjoy success.

Peace is one of the things I pray for the most for my own life and for others. Vocabulary.com defines peace as "a stress-free state of security and calmness." Isaiah 9:6 says, "For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

Jesus is the Prince of Peace. If you need peace, I hope you will take time to get to know Jesus. You can do that by reading the Bible, attending church, praying and asking God to help you, or reaching out to a Christian friend. I also think the TV series called The Chosen (available for free on Peacock or YouTube)

gives a really amazing look into the life of Jesus.

I'm so thankful that God gave us the gift of Jesus.

"If God be our God, He will give us peace in trouble. When there is a storm without, He will make peace within. The world can create trouble in peace, but God can create peace in trouble." - Thomas Watson

If you chose one word to encompass a priority in 2023, what would it be?

I also wanted to share that my debut novel, Just a Thing We Do, will be released January 20, 2023! The ebook is currently available for pre-order on



Amazon.

For more information, check out my website katies-journal.org.

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Michelle Muff



Sometimes God talks to me through scripture, through a mentor or a friend, through nature or animals. God highlights scriptures to me in through music, the books I am reading and the sermons I hear. To hear God, we must be vigilant and aware. This year I am led to the scripture Philippians 4: 4-8. It states:

4. Rejoice in the Lord always; again, I will say, Rejoice. 5 Let your gentleness be known to everyone. The Lord is near. 6 Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

There is so much to unpack in this scripture. How can we press into rejoicing no matter the circumstances? With so much suffering, trauma and fear in the world how can we rejoice always? In his wisdom God knows that what we focus on captivates our mind. What we feed in our mind grows bigger. This is a psychological principle in cognitive behavioral ther-

apy interventions. The wisdom of the Bible states this truth.

I am not advocating for a Pollyanna mindset where we pretend things are good, as that can lead to repression of the truth. We must name our emotions and feel them and then defuse them into the heart of God. Only *after that* can we then “rejoice always” no matter the external circumstance. A short phrase to remember this process is to state: “Name It to Tame It and then Defuse it into the heart of God.” Practicing this process on a regular basis will allow a natural shift to occur in which you become aware and grateful of your relationship with God. Once you find Him you “Rejoice Always” even in challenging times.

MEDITATION: Pause and take time to open your heart to a meditation in which you defuse your sufferings into the heart of God. Take a deep breath

In and out slowly feeling the air pass through your nose and out your mouth. Do this at least four times using deep diaphragm breathing. Once you feel relaxed imagine combining all your problems, fears and worries into a huge ball. You are holding it and it is hard to carry. You ask Jesus to come and help you. He lifts the boulder of problems and places it in his hands and brings it close to his chest dissolving all your problems into his Sacred heart. He turns and looks at you and speaks words of comfort. You feel grateful that you are not alone. Stay in this im-

aginative spiritual meditation and attempt to listen to the Lord, hearing what he wants you to know. When you are ready return your focus to your breathing and open your eyes. Be grateful that you know a God who loves you so that you can move through your problems with grace. In God’s Peace-

Michelle Muff is owner and therapist of Compassionate Counseling Services, LLC serving men, women and teenagers struggling with mental health and relationship difficulties. She provides individual, family, and couples counseling. If you are interested in learning more please feel free to contact Michelle at michelle@compassionmn.com or look up Compassionate Counseling Services at www.compassionmn.com Schedule your free initial consult by clicking the red schedule an appoint-

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By Jim Miller

Dear Savvy Senior,

What can you tell me about the Supplemental Security In-come program and what are the eligibility requirements? My father is very low-income, so I'm wondering if this is some-thing he may qualify for.

--Searching Daughter

Dear Searching,

Supplemental Security In-come (or SSI) is a program administered by the Social Security Administration that provides monthly cash benefits to people that are disabled or over 65 based on financial need. Currently, more than 8 million people are receiving SSI benefits. Here's what you should know.

Eligibility Requirements

To qualify for SSI your dad must be either age 65 or older, blind or disabled, and must be a U.S. citizen or lawful resident. He must also have limited as-sets and in-come. His assets must be less than \$2,000 or \$3,000 for couples.

This includes cash, bank accounts, other personal property, and anything else that could potentially be converted to cash. His home, household goods and one vehicle, along with life insurance policies and burial funds valued under \$1,500, do not count towards countable assets.

The income limit to qualify for SSI, however, is much more complicated. Countable in-come includes wages or any other kind of money your dad earned from working, plus money he gets from other sources like unemployment, So-cial Security retirement, or gifts from friends, but also, free food or shelter.

In 2019, the SSI allowable income limit is \$771 a month for an individual or \$1,157 a month for a couple. So, if your dad's countable income is over the SSI allowable limit (this is based on a complex set of rules and calculations – see [SSA.gov/ssi/text-income-ussi.htm](https://ssa.gov/ssi/text-income-ussi.htm)) he would not qualify. But if he's under it, he would qualify for some benefits de-pending on his countable in-come.

To help you determine if your dad is eligible for SSI, help him take the Social Security Admin-istration's benefits screening test at ssa-best.benefits.gov. This online questionnaire takes approximately 5 minutes to complete and screens for a variety of benefits, not just SSI.

You should also know that most states – except Arizona, Mississippi, North Dakota and West Virginia – supplement the federal SSI payment with payments of their own. In some of the states that pay a supplement, your dad may

qualify for the state payment even if he doesn't meet the federal SSI eligibility criteria.

How to Apply

If you think that your dad is eligible for SSI, call 800-772-1213 and set up an appointment to apply at his local Social Security office.

To help make the application process go quickly and smoothly, your dad should bring his Social Security number; birth certificate or other proof of age; information about the home where he lives, such as his mortgage, or lease and the landlord's name; payroll slips, bank books, insurance policies, burial fund records and other information about his income and the things he owns; his proof of U.S. citizenship or eligible noncitizen status; and if he is applying for SSI because he is disabled or blind, the names, addresses and telephone numbers of doctors, hospitals and clinics that have information related to his condition.

For more information visit ssa.gov/ssi or call Social Security at 800-772-1213 and ask them to mail you a copy of publication 11000 "Supplemental Security Income (SSI)." You can also read it online at ssa.gov/pubs/en-05-11000.pdf.

Other Assistance Programs Depending on your dad's income, needs and location there are other financial assistance programs that may be able to help him like Medicaid, prescription drug assistance, food stamps and energy assistance. To find out what he may be eligible for go to BenefitsCheckUp.org. This is a free, confidential Web tool that contains more than 2,500 programs.



This month of January 2023 brings us to introduce another of our newer residents, JoAnn Verdev. July 7th of 1932, JoAnn Cate was born in the family home along with her twin brother, Joseph. She grew up in Faribault, MN and attended school at Trinity Lutheran, graduating in 1951. JoAnn worked as a bookkeeper for a few years before she married her first husband, with whom she had 4 children. When her kids were in their teens, she met, then after a whirlwind romance, married Victor Verdev. In JoAnn's spare time she camped with family, went horseback riding, and painted ceramics. This past September, JoAnn's health wasn't the greatest and her children decided to move her to Colony Court. "I don't know anything about Waseca, but Colony Court is a nice and wonderful place. The people are so kind and considerate. It's my home now." We're glad you're with us, JoAnn, and we think you're wonderful too!



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