

Northwest Rural

Public Power District

Hay Springs, NE 69347

April 2021

'Table' Woman's Hobby Quickly Turns to Business

"What started as a hobby quickly grew into a business; 'The Little House on the Table,'" said entrepreneur Tamara Wohlers. The Powell, Wyo. native earned a full ride scholarship in livestock judging at Northwest Community College at Powell. "I was also active on the school senate and many other clubs on campus. I majored in ag education and agribusiness there," explained Wohlers. She relocated to Chadron in 2015 to attend CSC for ag education. In the meantime, she worked at the Crawford Sale Barn through college and met her future husband, Taylor Wohlers. They had several classes together. They were married four years ago this April and now have a three year-old son, Jack and a two-year-old daughter, Dutch.

The Wohlers family ranch on the Wohlers' Original Homestead out on the "table" hence the name. "We run cattle primarily, as well as small horse herd," said Wohlers. Their kids are learning the ranch life with their "business" of selling eggs from their chickens as well as they have some goats. "When we aren't chasing cows or children I try to find some time to sew or can. My "free time" or should I say work time is generally in the evening. Staying up until midnight sewing or canning is nothing unusual for me," added Wohlers.

Wohlers began sewing at a young age. "I was very fortunate as a kid to have two great-grandmas live just a couple blocks away. My great grandma Bever was the sewer of the family. Every kid, grandkid, great-grandkid had a homemade baby gift from her," said Wohlers. "She taught me to sew when I was eight. She let me use her scraps to piece together little



Tamara Wohlers of rural Crawford spends a lot of time at her sewing machine creating products for her new business, "Little House on the Table".

couch throw sized pillows; I'm sure they were absolutely horrible, but she encouraged me to learn more," she added. She also taught her how to knit, but that is something she is still figuring out.

"I hadn't touched a sewing machine for many many years, and it wasn't until I went to buy my son a sweater and the price tag was ridiculous. This was in 2018 and I found it crazy to pay that amount for a sweater for a toddler to just out grow. So I looked at one we had, took it apart, pieced it back together, bought some fabric, sewed another together, posted a picture of him wearing said sweater, and the business began," explained Wohlers.

It started with just sweaters and blankets, but in the summer they grow a lovely garden, which led to the second part of my adventure. "In 2019 our garden was doing great and I wanted a place to market our items, after discussion and research I started the Farmers Market in Crawford. I would take my sewn items and canned (Continued on Page 2)



The Wohlers' daughter, Dutch Harper (left) named after her Wohlers kinsake. She and her brother Jack (right) are wearing some of their mom's creations.

NORTHWEST RURAL NEWS

Little House on the Table-

(Continued from Page 1)


goods, as well as produce," explained Wohlers.

Wohlers makes her own apron designs and she recently set a goal for herself the month of February to sell 100 aprons. And succeeded selling 104 aprons! I've made many custom items. In addition to aprons, she has sewn robes, pillow cases, a wool suit jacket, as well as many others. "I enjoy custom orders as it's my time to be creative," said Wohlers. She has also started making table runners for the holidays.

One might wonder where she gets all her fabric living out on the table. The answer is all over. "I buy fabric from EVERYWHERE! Seriously anywhere I can find what I want I buy it. I have a HUGE stash of fabric,"



A couple of her many apron designs.



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admitted Wohlers.

"A great friend of mine, Kelly, in my hometown encouraged me to start canning jelly/jams. She's bought me countless books and every time I start a recipe I call her to run my ideas by her," explained Wohlers. She's helped me create some pretty crazy recipes and step outside my comfort flavor zone. I prefer to do flavors that you can't buy at the store."

Her kids enjoy helping her pick wild berries and plums to make into jellies. Her best selling jam is her "Nebraska Bar Fight Flavor" made with blueberries, blackberries and jalapeños. "A lot of people love my cowboy barbecue sauce as well as my cowboy candy. If you haven't had some you sure need to try it! You won't ever buy a different kind of barbecue sauce again," added Wohlers.

"Little House on the Table" can often be found at Chadron and Crawford Farmers Markets in addition to local craft fairs.

"None of this could be possible without my husband helping with the kids and livestock and letting me have my own room in the house as well as random other spaces in the house dedicated to my work. Taylor's support really is the backbone to making sure this business strives," ended Wohlers.

Wohlers is working on a website, but for now she can be found on Facebook at "The Little House on the Table" or phone or email: 308-665-5400; wohlersbeef@gmail.com.



Wohlers models one of her creations.





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Along The Garden Path

-by Karen Runkle, Master Gardener

The Four Square Garden

The Four-Square garden intrigues me because it suits my personality at several levels. First, it is very simple and practical. A beginner can start with the basics and grow a delicious supply of fruits, herbs and vegetables for the kitchen table. Second, a four-square garden satisfies my creative sense because it allows plenty of room for originality, which touches my last reason for growing a garden – Beauty. I love a beautiful garden.

The history of the classic four-square garden goes back seven centuries to the first English cottage gardens. The English cottage garden began after the society was crippled by the Black Death of the 12th Century. The plague destroyed the working peasantry of the area. The landholding aristocracy needed a workforce to take care of the land and grow their food. Therefore, the landlords offered land and cottages in exchange for crops. The gardens that sprouted up around these cottages became a hallmark of English culture for hundreds of years. They were planted in the traditional four-square layout.



Early cottage gardens were commonly divided into four rectangular plots by two intersecting paths – hence the term “four-square”. This arrangement made it easier to cultivate crops such as grains, vegetables, herbs, berries, and fruits, and sometimes even to raise livestock. Flowers ultimately found their way into the gardens, becoming an essential part of the cottage garden style. Because the garden leaves plenty of room for originality and personal taste, no two gardens need ever be alike.

FOUR ELEMENTS

Initially most of the gardens were situated in the front yard with one path leading to the front door. Gradually, they seemed to move to the back yard because it was probably closer to the kitchen where the food was cleaned and prepared. No matter where your garden is located, it should include four elements: an enclosure, an entry gateway, a T-shaped path system to separate the planting beds, and a rich mixture of your favorite plants.

1. Enclosure - To create a design for your garden, picture it as an outdoor room that first needs a good set of walls. This protective enclosure can be made of a fence, hedge, closely planted trees, or dry-laid stones.

2. Entry Gateway - A gate not only gives the garden some form of entry, but it also helps to provide a signature style by hinting at the garden’s mood within. Depending on the design and materials used, the gateway can suggest formality, informality, whimsy, even humor. Historically, white picket gates provided entry to a cottage garden. Today, arbors and trellises draped in flowering vines are popular and reinforce the message – “This is a special place”.

3. Path system – The traditional four square layout is created by straight paths crossing at a 90-degree angle in the middle. Absolute symmetry is not a requirement but to keep the garden practical, I would not deviate too far from this design. If you have enough room, consider carving out a circular area in the middle to place a sculpture, bench, or possibly a pot of flowers. The paths can be made of just about any material, from wood shavings to brick to stone to lawn.

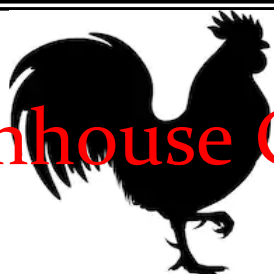
4. Plants for your garden – This is where your personality can really start to show. If you want a simple kitchen garden you will want to start with vegetables. Make sure they are your family favorites. If you want to get creative with your vegetables, you can create interesting designs with your vegetables – (think, plant kale in a diamond pattern and surround it with onions or radishes)

Use herbs for edging, as fillers, or as accent plants. Think about planting creeping thyme along walkways, where it can spill out underfoot and release wonderful fragrance when stepped on.

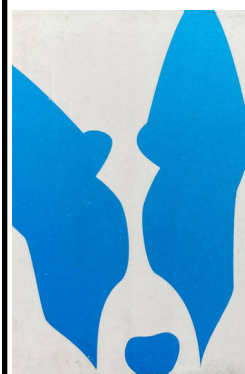
Use of perennials can create permanence to your garden. Perhaps you want to incorporate a hedge as a backdrop or include some color such as low-growing flowers. Think about dwarf irises, daffodils, and tulips.

Vines are another feature in traditional four-square gardens. Depending on your style, you can grow a flowering vine or possibly a small pumpkin vine over your entry-way. Think about peas or nasturtiums growing on your fence. This is your garden so nearly anything goes. The only thing that remains the same is the four elements. The four-square garden is a great way to begin growing a simple garden but being able to add your own creativity. Enjoy your garden.

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Funny Phrases....

Paraprosdokians -- figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ...but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge, is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of an emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call what ever you hit the target.



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Northwest Rural Territory Activities

Gordon-Rushville Mustangs

April 2-5 **NO SCHOOL - Easter Break**
 April 6-9 FFA State Convention at Lincoln
 Thurs., Apr. 8 Track (HS) at Mitchell
 Sat., Apr. 10 Track (HS) at Bayard
 Track (MS) at Chadron Invite, 8 a.m.
 Tues., Apr. 13 Track (MS) at Bayard, 8 a.m.
Senior Luncheon, 10 a.m.
Wed., Apr. 14 Noon Dismissal, 11 a.m.
 Thurs., Apr. 15 Track (MS) at Sidney, 8 a.m.
Fri., Apr. 16 WTC Track Entries due on Athletic-net
 Sat., Apr. 17 WTC Track at Mitchell
 Tues., Apr. 20 Track (MS) at Alliance Quad, 2 p.m.
 Wed., Apr. 21 District Music Contest at Alliance
 Thurs., Apr. 22 Boys Golf at Alliance, 8 a.m.
 Track (MS) at Bennett County, 11 a.m.
 Fri., Apr. 23 Track (HS) at Chadron, 1:30 p.m.
 Sat., Apr. 24 Track (HS) at Morrill
 Boys Golf at Morrill, 8 a.m.
 Mon., Apr. 26 State Journalism
 Track (MS-HS) Best of the West at Scottsbluff
Wed., Apr. 28 Noon Dismissal, 11 a.m.
 Thurs., Apr. 29 Track (HS) at Hot Springs
 Boys Golf at Chadron, 8 a.m.
 Fri., Apr. 30 GRMS Quiz Bowl at Gering
Spring Play Opening Night, 6 p.m.
 Sat., May 1 Boys Golf WTC at Bridgeport, 8 a.m.
 Mon., May 3 Track (JV) at Alliance
 Track (MS) at Morrill, 8 a.m.

Thurs., May 6 Boys Golf at Kimball, 8 a.m.
 Fri., May 7 Track (MS-HS) at Valentine, 8 a.m.
Sat., May 8 GRHS Class of 2021 Graduation, 10:30 a.m.

Crawford Rams

Fri., Apr. 2-5 **NO SCHOOL - Easter Break**
 Wed., Apr. 7 Golf at Sidney, 9 a.m.
 Thurs., Apr. 8 Track at Mitchell, 9 a.m.
 Sat., Apr. 10 Track (JH) at Chadron, 9 a.m.
 Track at Bayard (C-D), 9 a.m.
 Track (JH) at Bayard, 9 a.m.
 Mon., Apr. 12 Golf at Mitchell, 9 a.m.
 Tues., Apr. 13 Track at Alliance, 9 a.m.
 Sat., Apr. 17 JH-HS Springs Concert, 6 p.m.
 Mon., Apr. 19 Golf at Morrill, 9 a.m.
 Tues., Apr. 20 District Music at Alliance
 Wed., Apr. 21 Golf at Alliance, 9 a.m.
 Thurs., Apr. 22 Early Out - Staff In-Service, 12:30-4 p.m.
 Fri., Apr. 23 Track at Chadron Twilight, 2 p.m.
 Prom, 6 p.m.
 Sat., Apr. 24 Golf Triangular at Crawford Legend
 Tues., Apr. 27 Buttes, 9 a.m.
 Track (JH-HS) at Best of the
 West in Scottsbluff
 Thurs., April 29 Golf at Chadron, 9 a.m.
 Fri., April 30 Track (JH-HS) Panco at Morrill, 10 a.m.
 Sat., May 3 Golf PanCo at Alliance
 Activities Banquet, 6 p.m.
 Tues., May 4 Golf at Gering, 9 a.m.
 Track (JH) at Morrill, 9 a.m.
 Thurs., May 6 Honor's Night (Academic Awards) at Crawford

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NRPPD AREA SCHOOL ACTIVITIES

Sat., May 8 High School Gym, 6 p.m.
Graduation, 2 p.m.

Hemingford Rams

April 2-5 Easter Break
Apr. 7-10 FFA State Convention at UNL
Thurs., Apr. 8 Track at Mitchell Invite
Sat., Apr. 10 Track at Bayard C-D Invite
Track (JH) at Chadron Invite
Tues., Apr. 13 Track (JH) at Bayard Invite
Thurs., Apr. 15 Golf at Bridgeport Invite
Fri., Apr. 16 Teacher Inservice, 2-4 p.m.
FFA Banquet, Multi-Purpose Hall, 6 p.m.
Sat., Apr. 17 Track at WTC Invite at Morrill
Tues., Apr. 20 Golf at Morrill Invite
Thurs., Apr. 22 Elementary Spring Concert, 6 p.m.
Fri., Apr. 23 Track at Chadron Twilight Invite
Sat., Apr. 24 Golf at Chadron Invite
Track (JH) at WTC
Prom, 8 a.m.
Mon., Apr. 26 JH-HS Spring Concert, 6 p.m.
Tues., Apr. 27 Golf at Crawford-Hay Springs Triangular
Track (JH-V) Best of the West at Scottsbluff
Thurs., Apr. 29 Golf at Chadron Invite
Fri., Apr. 30 Track (JH-V) PanCo at Morrill
Sat., May 1 Golf WTC at Gordon
Mo., May 3 Golf PanCo at Alliance
Tues., May 4 Track (JH) at Morrill Invite
Thurs., May 6 Golf at Kimball Invite

Fri., May 7 Seniors Last Day (tentative)
Track Bayard B-C-D


Chadron Cardinals

Thurs., Apr. 1 Track (V) at Ogallala, 10 a.m.
Tues., Apr. 6 Track (MS) - Girls at Scottsbluff; Boys at Gering, 2:30 p.m.
Wed., Apr. 7 Boys Golf at Sidney Hillside, 9 a.m.
Thurs., Apr. 8 Track (V) at Mitchell, 9 a.m.
Sat., Apr. 10 Track (MS) Chadron Invite, 9 a.m.
Tues., Apr. 13 Golf vs. Mitchell at Science Knolls
Wed., Apr. 14 Kiwanis Honors, HS Auditorium, 1:30-3:30 p.m.
Thurs., Apr. 15 Track (MS at Sidney Invite, 9 a.m.
Choir Concert (MS-HS), HS Aud., 7 p.m.
Sat., Apr. 17 Track (MS) at Gering Invite, 8:30 a.m.
Track (V) at Alliance Invite, 9 a.m.
Tues., Apr. 20 Boys Golf at Morrill Rolling Greens, 3 p.m.
Thurs., Apr. 22 Boys Golf at Alliance Skyview, 9 a.m.
Fri., Apr. 23 Track at Chadron Twilight, 2:30 p.m.
Sat., Apr. 24 Track (MS) at Alliance, 9 a.m.
Mon., Apr. 26 Boys Golf at Scottsbluff Country Club, 9 a.m.
Tues., Apr. 27 Track (MS-V) Best of the West at Scottsbluff, 10 a.m. & 4:30 p.m.
Thurs., Apr. 29 Boys Golf at Ridgeview Country Club, 9 a.m.
Sat., May 1 Track (MS) at Scottsbluff Invite, 9 a.m.
Track (V) Chadron Invite, 10 a.m.;
Pole vault 9:30 a.m.
Mon., May 3 Track (V) at Alliance Meet, 3:30 p.m.
(Continued on Page 8)



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NRPPD AREA SCHOOL ACTIVITIES

(Continued from Page 7)

Tues., May 4 Golf at Gering Monument Shadows, 9 a.m.
Band Concert (grades 6-12), HS Aud., 7 p.m.
Fri., May 7 Track (V) at Bayard Meet, 8:30 a.m.

Tues., May 4 Boys Golf at Monument Shadows, 9 a.m.
Track (JH) at Morrill, 9 a.m.
Fri., May 7 Track (V) at Bayard, tba
Track (JH) at Valentine, 9 a.m.

Hay Springs Hawks

Tues., Apr. 6 Spring Concert (6th-8th), HS Aud., 7 p.m.
Wed., Apr. 7 Spring Dental Cleaning, 8 a.m.
Sat., Apr. 10 Track (JH) at Chadron, 9 a.m.
Track (V) at Bayard, 9 a.m.
Mon., Apr. 12 FBLA State Leadership Conf.
Track (JH) at Bayard Invite, tba
Boys Golf at Mitchell, 9 a.m.
Tues., Apr. 13 Boys Golf at Bridgeport, 9 a.m.
Thurs., Apr. 15 Track (V) at Alliance Invite, 9 a.m.
Sat., Apr. 17 Boys golf at Morrill, 9 a.m.
Tues., Apr. 20 District Music Concert at Alliance
Wed., Apr. 21 Boys Golf at Skyview, 9 a.m.
Thurs., Apr. 22 Track at Chadron Invite, 9 a.m.
Fri., Apr. 23 Boys Golf at Alliance Meet, 9 a.m.
Sat., Apr. 24 Track (V) at Morrill Meet, 9 a.m.
Track (JH) at Scottsbluff, 10 a.m.
Track (V) at Scottsbluff, 5 p.m.
Boys Golf at Crawford Triangular, 9 a.m.
Thurs., Apr. 29 Boys Golf at Chadron, 9 a.m.
Fri., Apr. 30 Track (JH-V) at Morrill, 10 a.m.
Sat., May 1 Prom
Mon., May 3 Boys Golf at Alliance, 9 a.m.

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Perfect Chicken

- 2 cups chicken broth
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 cup white wine
- ½ cup sliced fresh mushrooms, or more to taste
- 1 teaspoon dried rosemary
- 1 teaspoon dried sage
- 1 cup heavy cream
- 2 tablespoons butter
- ½ lemon, juiced
- 1 tablespoon capers, drained
- ½ cup cornstarch, or as needed
- 4 skinless, boneless chicken thighs
- 2 tablespoons olive oil

Pour the chicken broth into a saucepan with the onion and garlic; bring to a boil and cook at a boil until the liquid reduces by half, about 10 minutes. Pour in the white wine, return to a boil, and reduce the liquid by half again, about 10 minutes. Stir in mushrooms, rosemary, and sage; simmer until the mushrooms are tender and have given up their juice, about 15 more minutes. Stir in cream, butter, lemon, and capers; reduce heat and simmer the sauce until thickened, about 10 minutes (45 minutes in all).

Preheat oven to 350 degrees F.

Place the cornstarch into a shallow bowl and press the chicken thighs into the cornstarch on all sides until thoroughly coated. Shake off excess cornstarch. Heat the olive oil in a skillet over medium heat; pan-fry the chicken thighs until they develop a golden brown crust, about 8 minutes per side. Place the chicken thighs into a 9x9-inch baking dish and pour the sauce over the chicken.

Bake in the preheated oven until the sauce is bubbling and the chicken is no longer pink in the center, about 15 minutes. An instant-read thermometer inserted into the center of a chicken thigh should read at least 165 degrees F.

* * * * *

Chinese Pepper Steak Stir Fry

- 1 pound beef top sirloin steak
- ¼ cup soy sauce
- 2 tablespoons white sugar
- 2 tablespoons cornstarch
- ½ teaspoon ground ginger
- 3 tablespoons vegetable oil, divided
- 1 red onion, cut into 1-inch squares
- 1 green bell pepper, cut into 1-inch squares
- 2 tomatoes, cut into wedges

Slice the steak into 1/2-inch thick slices across the grain.

Whisk together soy sauce, sugar, cornstarch, and ginger in a bowl until the sugar has dissolved and the mixture is smooth. Place the steak slices into the marinade, and stir until well-coated.

Heat 1 tablespoon of vegetable oil in a wok or large skillet over medium-high heat, and place 1/3 of the steak strips into the hot oil. Cook and stir until the beef is well-browned, about 3 minutes, and remove the beef from the wok to a bowl. Repeat twice more, with the remaining beef, and set the cooked beef aside.

Return all the cooked beef to the hot wok, and stir in the onion. Toss the beef and onion together until the onion begins to soften, about 2 minutes, then stir in the green pepper. Cook and stir the mixture until the pepper has turned bright green and started to become tender, about 2 minutes, then add the tomatoes, stir everything together, and serve over white rice.

* * * * *

Rhubarb Cake

- ½ cup butter
- 1 ½ cups white sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 cup buttermilk
- 2 cups rhubarb, chopped
- 1 tablespoon all-purpose flour
- ¼ cup butter
- 2 teaspoons ground cinnamon
- 1 cup packed brown sugar

In a large bowl, cream together butter or margarine and sugar. Beat in egg and vanilla.

In another bowl, sift together 2 cups flour, soda, and salt. Add sifted ingredients alternately with buttermilk to creamed mixture.

Toss rhubarb with 1 tablespoon flour, and stir into batter. Spoon batter into buttered 9 x 13 inch pan, and smooth the surface.

Blend together 1/4 cup butter or margarine, cinnamon, and brown sugar; sprinkle evenly over batter. Bake at 350 degrees for 45 minutes.

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Energy conservation: 5 ways to save energy

There are many different ways to reduce your household's energy use, ranging from simple behavioral adjustments to extensive home improvements. The two major motives for conserving energy are to save on utility bills and protect the environment. Here are five most common ways to conserve energy and save electricity in your home, listed from the simplest to the most intensive methods.

1. Reduce your water heating expenses

Water heating is a major contributor to your total energy consumption. Other than purchasing an energy efficient water heater, there are three methods of reducing your water heating expenses: you can simply use less hot water, turn down the thermostat on your water heater, or insulate your water heater and the first six feet of hot and cold water pipes.

If you are considering replacing your water heater with an efficient model, you should keep in mind two factors: the type of water heater that meets your needs and the type of fuel it will use. For example, tankless water heaters are energy efficient, but they are also a poor choice for large families as they cannot handle multiple and simultaneous uses of hot water. Efficient water heaters can be anywhere between 8% and 300% more energy efficient than a conventional storage water heater.

2. Install energy efficient windows

Windows are significant source of energy waste - they can add up to 10-25% of your total heating bill. To prevent heat loss through your windows, you can replace single-pane windows with double-pane products instead.

For homes in colder regions, gas-filled windows with "low-e" coatings can significantly reduce your heating expenses. In addition, interior or exterior storm windows can reduce unnecessary heat loss by 10 to 20 percent. You should especially consider storm windows if your region experiences frequent extreme weather events.

Depending on where you live, ENERGY STAR windows can save you \$20-\$95 each year on your utility bills. Window shades, shutters, screens, and awnings can also provide an extra layer of insulation between your home and outside temperatures, leading to even more energy conservation.

3. Upgrade your HVAC system

An HVAC system is composed of heating, ventilation, and air conditioning equipment. Heating alone is responsible for more than 40% of home energy use. Because homes in Northern regions are exposed to much colder temperatures during the year, ENERGY STAR gas furnaces have different specifications in the northern and southern halves of the United States.

ENERGY STAR furnaces in the northern half of the U.S. are labeled with the standard ENERGY STAR logo and are up to 16% more energy efficient than baseline models. This translates to average savings of \$94 per year on your heating bill in the Northern U.S.

Air conditioning, by comparison, isn't a significant contributor to energy bills – on average, it only makes up six percent of the

total energy use of your home. ENERGY STAR central air conditioning units are eight percent more efficient than conventional models.

Upgrades to the third component of an HVAC system – ventilation – can also improve your energy efficiency. A ventilation system is composed of a network of ducts, which distributes hot and cold air throughout your home. If these ducts are not properly sealed or insulated, the resulting energy waste can add hundreds of dollars to your annual heating and cooling expenses. Proper insulation and maintenance on your ventilation system can reduce your heating and cooling expenses by up to 20%.

4. Weatherize your home

Weatherizing, or sealing air leaks around your home, is a great way to reduce your heating and cooling expenses. The most common sources of air leaks into your home are vents, windows, and doors. To prevent these leaks, you should ensure that there are no cracks or openings between the wall and vent, window, or doorframe.

To seal air leaks between stationary objects, such as the wall and window frame, you can apply caulk. For cracks between moving objects, such as operable windows and doors, you can apply weather stripping. Weather stripping and caulking are simple air sealing techniques that typically offer a return on investment in less than a year. Air leaks can also occur through openings in the wall, floor, and ceiling from plumbing, ducting, or electrical wiring.

10. Insulate your home

Insulation plays a key role in lowering your utility bills through retaining heat during the winter and keeping heat out of your home during the summer. The recommended level of heat resistance, or "R-value," for your insulation depends on where you live. In warmer climates, the recommended R-value is much lower than for buildings located in colder regions like the Northeast.

The level of insulation you should install depends on the area of your house. Your attic, walls, floors, basement, and crawlspace are the five main areas where you should consider adding insulation. Use the Home Energy Saver tool for recommendations based on the specifications of your home, or find general regional recommendations on the Department of Energy's webpage on insulation.

Why conserve energy in the first place?

Energy conservation is important and beneficial for many reasons. You can save money, increase your property value, and protect the environment all through simple energy-saving measures. These are great benefits you can gain from saving energy no matter your exact motivation for conservation in the first place. By simply taking a small step towards living a more energy-conscious lifestyle, you can begin to enjoy all of the perks of being energy efficient.

**FOR MORE INFORMATION
CONTACT YOUR LOCAL ELECTRIC UTILITY**

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Northwest RPPD
P.O. Box 249
Hay Springs, NE 69347
308/638-4445
www.nrppd.com

Return to NRPPD by May 20, 2021

YOUTH ENERGY LEADERSHIP CAMP APPLICATION FORM

Name _____

Age _____ Current Grade _____

Address _____

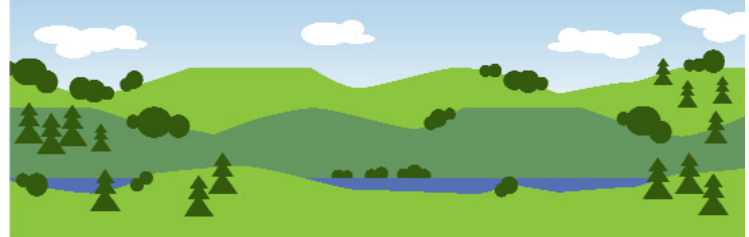
Phone number (____) _____

City _____ State _____

Name of parents _____

Name of your sponsoring rural electric system _____

NEBRASKA RURAL ELECTRIC YOUTH ENERGY LEADERSHIP CAMP



July 19-23, 2021

High school students, grades 9 - 11
Nebraska State 4-H Camp - Halsey, Neb.

If you are interested in applying for this all-expense paid camp, complete the application form and return it to your local electric system.

WIN A FREE TRIP TO WASHINGTON, D.C.

Three campers will be selected to serve as Nebraska's Ambassadors to the National Rural Electric Cooperative Association's Rural Electric Youth Tour in 2022.

APPLY TODAY!

To be eligible for this year's camp you must:

- currently be in the 9th, 10th, or 11th grade
- be sponsored by a Nebraska Rural Electric Association member-system
- complete the application form and return it to your local electric system.



NO, IT'S NOT JUST ANOTHER CAMP

I bet right now you are thinking that this is the zillionth camp flyer you have seen and that this camp is just like all the rest. It costs a bunch, you won't know anyone there, it's going to be awkward, and you won't get anything out of going, except maybe a sunburn.

THINK AGAIN!

It's free, you are going to make life-long friends, and learn about the electric industry through interesting workshops, fascinating demonstrations and presentations by regional experts addressing the many issues affecting the rural electric program. There's also canoeing, sports, a banquet and a dance.

A tour to the Gerald Gentleman Power Station and the Kingsley Hydro-Electric Power Plant provide for a first-hand look at the process of generating electricity.

So don't delay...apply today!

WHY SHOULD I ATTEND?

Now that you know this isn't just another camp, you may be asking yourself, "should I go?"

You should if you have:

- Leadership potential
- An awesome personality
- A strong academic record
- An interest in meeting new people



Bits 'n Pieces...

Random Facts that You Won't Believe are True...

- Giant Pandas eat approximately 28 pounds of bamboo a day - that's over 5 tons per year!
- The Nobel Peace Prize is named for Alfred Nobel, the inventor of dynamite.
- Cats are not able to taste anything that is sweet.
- You fart on average 14 times a day, and each fart travels from your body at 7 mph.
- One of the ingredients needed to make dynamite is peanuts.
- The largest living organism in the world is a fungus. It is in Oregon, covering 2,200 acres and is still growing.
- Kangaroos can not walk backwards.
- A horse's canter is a 3-beat gait. On the second beat, opposite front and rear legs hit the ground at the same time. After the third beat is a "rest", or suspension, when all three legs are off the ground.
- Want chocolate smelling poo? There is a pill for that.
- The shortest war in history lasted for only 38 minutes.
- Sea Lions have rhythm. They are the only animal able to clap to a beat.
- While you sleep you can't smell anything - even really, really bad or potent smells.
- Some tumors can grow hair, teeth, bones, even fingernails.
- Your brain uses 10 watts of energy to think and does not feel pain.
- Glass balls can bounce higher than rubber ones.
- Hippopotamus milk is pink.
- Your fingernails grow faster when you are cold.
- Applesauce was the first food eaten in space by astronauts.
- Snails take the longest naps with some lasting as long as three years.
- The average person spends two weeks of their life waiting at traffic lights.

- Before 1913 parents could mail their kids to Grandma's - through the postal service.
- Don't like mosquitoes? Get a bat. They could eat 3,000 insects a night.
- A typical cough is 60 mph while a sneeze is often faster than 100 mph.
- Some fish cough. Really.
- Are you terrified that a duck is watching you? Some people are. That is anatidaephobia.
- American Black bears are not just black but include bears of varying colors including blonde, cinnamon, brown, white and even silver-blue.
- Because of the 4 stages of the Water Cycle - Evaporation, Condensation, Precipitation and Collection - water falling as rain today may have previously fallen as rain days, weeks, months or years before.
- Goats have rectangular pupils in their eyes.
- There are 31,556,926 seconds in a year.
- Cans of diet soda will float in water but regular soda cans will sink.
- Birds can not live in space - they need gravity to be able to swallow.
- Some perfumes actually have whale poo in them.
- Your feet typically produce a pint of sweat every single day.
- The snow on Venus is metal.
- Baby koalas are fed poo by their parents after they are born which helps them digest Eucalyptus leaves later in life.

Happy Easter!

Check on the Web

www.littleladybuggardens.com

FOR UPCOMING EVENTS

or Facebook Lil'Ladybug Gardens



Lil Ladybug
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Karen Runkle at
308-763-1843

Office Hours:
7 a.m. to 5:30 p.m.
Monday- Thursday
Service Calls
After Hours:

Please call
800-847-0492 if
your call is long distance or **638-4445**
for the local Hay Springs area at all times.

We have an answering service that answers these numbers on a 24-hour basis - after hours, Saturday, Sundays and holidays. Please state legal description, account number or meter number where the outage is and your phone number when you call.

Northwest Rural

Public Power District

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Hay Springs, NE 69347

web page: <http://www.nrppd.com>

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