

Northwest Rural Public Power District

Hay Springs, NE 69347

August 2021

Migraines Lead Trail to Crow Butte Apothecary

Rural Crawford woman, Jessica Watson, said it was concerns for her nine-year-old daughter's migraines that lead her down a trail that turned into a business.

"I started making my own products because my youngest daughter Kiera started suffering from migraines at the age of nine. I grew frustrated when the doctors couldn't really do anything to treat her because of her age," said Watson, the owner of Crow Butte Apothecary.

She noted most of the over the counter and prescription medication is not for ages under 12. "So I started researching natural ways to treat them and stumbled on an article on essential oils. I was fascinated to learn that essential oils have been used in history and documented all thru out history included in one of the most famous bible stories ever... the three wise men brought gold, frankincense and myrrh to Jesus," said Watson.

The more she read the more she realized that not all essential oils are created equal and not all oils should be used on everyone. For instance, if a woman is pregnant she shouldn't use frankincense, and there is a long list of oils, even when used for aromatherapy therapy that children under the age of 10 and pets need to stay away from. "I was hooked on the thought of using essential oils for simple less complex medical problems. After ordering some oils online I discovered not all oils are created equally," explained Watson. "The word pure doesn't really always mean pure and



Jessica Watson, owner of Crow Butte Apothecary, holding a jar of her muscle balm.



Right, Cupcake Bath Bomb and left, Shea Butter Soap

that's important when using essential oils. I discovered there is a difference between medical, therapy and aromatherapy oils. They are processed and used completely different from each other," she added.

Watson really dug into becoming certified and being able to buy good quality oils and from there she started making all kinds of products.

Watson learned to use the medicinal essential oils when she obtained her certification from the Aromahead Institute. "Getting certified gave me the right tools to understand the tricky ins and outs of essential oils. It's not as simple as ordering them from a supplier and selling them for profit. Misusage can cause people to react badly, from headaches to rashes, swelling and nausea," explained Watson.

(Continued on Page 2)

Crow Butte Apothecary--

(Continued from Page 1)

My First products were the migraine relief, then the allergy nasal inhaler then I finally perfected my own recipe for Muscle Balm. All three of those are still my best seller today.

Watson started take her products to craft shows about three years ago. "I also became an Amazon approved seller but due to Covid and health regulations they stopped all home based products. I was recently invited to restart the process again," said Watson.

Watson is home based and sells a lot off Facebook and her website. "I also always pickup repeat customers when I do market shows. I plan to do the Crawford Farmers Market a few times this summer. The Jewelry is new to her booth this year, she has a mix of handmade and purchased items. "My friend, Laura Hagman, makes her own so she comes with me when she can. Her company is called Bleu Buffalo," said Watson. They are planning to be at Willow Tree Festival and then at Harvest Moon Festival this fall. I hope to make it to some market shows in Rapid City as well.



A Crow Butte Apothecary display set up for Fur Trade Days.

Her daughter Kiera Brennan, now 15 and a sophomore at Crawford High School, assists her mom quite a bit with the business. "Kiera loves to go to the shows with me and keeps track of the sales and the numbers!" said Watson. "She likes seeing what sells the most and wants to do an Instagram page for me and take pictures of the products."

TOGETHER, JESSICA and her husband Ty Watson, have a blended family of four, including Becky Watson, 21, a CSC senior who is majoring in education, Tommy Watson, 19 a CSC sophomore, who is majoring in math and on the football team; and fourth, Jillian Brennan, 18, who will be a business major at Black Hills State where she will also run cross-country and track.

In addition to her own business, Watson is employed by MediRevv which supplies all billing and coding needs to Regional West Medical Center. "I started with Regional West six years ago and transitioned with them to Medirevv a few years ago," she explained.

She has a RHIT (registered health information technology) degree/certification and a CPC (certified Professional Coder) in addition to a COC (Certified Out Patient) certifications as well. "I also hold a certification in the use of medical grade essential oil," noted Watson, who grew up in Brighton, Colo. She has now has lived in Crawford for about 14 years. Prior to that she lived in Lexington, Gordon and Alliance.

Husband Ty works as a lead operator for Cameco Resources and he runs his own construction company, Watson Construction Company. "My husband is always willing to try out my recipes and give great feedback on the product," said Watson.

Along with the Watsons traditional jobs, they have some horses, goats and dogs to keep them busy in their offtime. She also enjoys growing a big garden and loves her flowers.

To learn more about Crow Butte Apothecary, email CrowButte@outlook.com or visit her website is crowbutteapothecary.myshopify.com. You can also call 308-430-1834

The migraine relief, allergy nasal inhaler and muscle balm are Crow Butte Apothecary's three best sellers.





Along The Garden Path

-by Karen Runkle, Master Gardener

Perennial Berry Bushes are the Way to Grow

Hardy, easy to cultivate, resistant to disease, and quick to yield, berry bushes are perfect for just about any garden environment. Whether you have a large lot in which to plant fruit-bearing hedges, or a sunny balcony that would be perfect for hanging baskets, there's a berry plant that's ideal for your home. Best of all, if you choose a perennial species, you'll only have to put in a bit of maintenance work now and then in order to enjoy a beautiful, bountiful harvest year after year.

Raspberry

Tart and delicious, raspberries pop up in wild spaces all over the world. They're as common in woodlands as they are in roadside ditches, and seem to be able to thrive in even the harshest conditions. Although there are a few different species, depending on the country in which they happen to grow, they're all very, very tasty, and easy to grow. You can grow raspberries from seed, but they'll take a couple of years before they start to produce fruit—it's far easier to buy bushes from a local garden centre if you'd like to start harvesting as soon as possible.

Raspberries like a lot of sun, and well-drained soil that's a bit on the acidic side, but make sure that you don't plant them in an area that had nightshade plants (tomatoes, eggplant, potatoes) or flowering bulbs in previous years, as those plants can carry a wilting fungal disease that thrives on fruit- and nut-bearing plants.

Currant

This fruit is one that nearly any gardener in any zone can plant with hardly any effort whatsoever. It's cold-hardy, deer-resistant, as beautiful as it is delicious, and comes in several different varieties to suit anyone's taste and aesthetic preferences. Like most other berries, currants prefer a slightly acidic soil, but will grow just fine in neutral soil as well; just make sure it's well-drained, cool, and moist, and keep a couple of inches of mulch around the roots at all times. Currants can thrive in partial shade, which is ideal for urban gardens and heavily treed spaces, and will start bearing after 2 to 3 years.



Serviceberry

There are a couple of different species that are referred to as serviceberries, but the two most common ones are the Saskatoon berry and the Juneberry. Both are flowering shrubs that are native to North America, with the former ranging from Alaska through half of Canada, and into the northwestern USA, and the latter trickling down along the eastern coast from Newfoundland down to Alabama.

They like to grow in soil that's fairly pH neutral, but be sure that you don't plant them anywhere near juniper bushes, as they can cause a rust disease on one another. One-year-old bushes are best planted in springtime, and tend to do best on sunny, east-facing slopes.

Honeyberry

Also known as haskap, the honeyberry is an unusually shaped fruit that really should be more popular than it is. A member of the honeysuckle family, its berries taste like an interesting hybrid of blackberries, cherries, grapes, and kiwis, and are great both raw and cooked/baked.

One reason why the honeyberry should be far more popular is that it's an incredibly hardy plant that can grow in almost any soil, in zones ranging from 2 to 9; it doesn't need overly acidic soil (a range of pH 5 to 8 is just fine), and as long as it gets full sun and has another variety to cross-pollinate with, you're good to go.

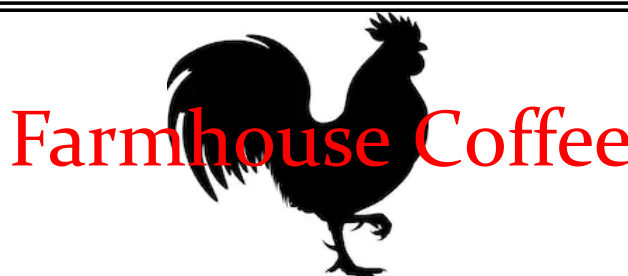
If you're planning to add a few berry bushes and shrubs to your garden, it's good to have a few different varieties that ripen at different times of the year: that way, you can ensure that you have a steady supply of fruit from spring right through autumn. A good blending would be something like this:

- Strawberries for early June (or all-season strawberries to keep coming up until autumn)
- Service berries for late June/early July
- Raspberries and gooseberries for July through to early August
- Elderberries for August through September

Growing your own food can be fun and rewarding. Enjoy the process of planting and eating some of these wonderful berries.

Northwest Rural P.P.D.

Working with you to stay safe.



133 S. Main • Rushville, NE 69360
(308) 327-2401

Lynden Smith Joins NRPPD

Northwest Rural Public Power District appointed Lynden Smith of Mirage Flats as their newest Board Member earlier this spring. A vacancy was left after Terry Terrell stepped down at the end of last year. He served the Subdivision 3

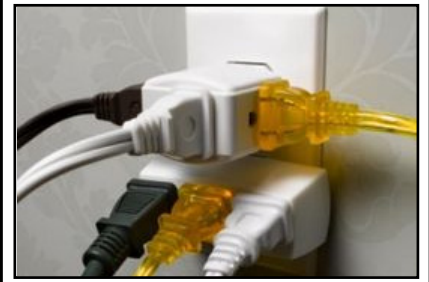
Smith, a Hay Springs native, noted he was interested after being approached by the board to fill an opening. "It sounded like an interesting opportunity," said Smith. He and his wife Alisa live 17 miles south of Hay Springs with their three sons. They farm corn, beets, beans, wheat and alfalfa in addition to raising a cow-calf and seedstock operation.

Smith is a 2002 Hay Springs High School graduate and attended Eastern Wyoming College for welding. The Smith boys attend Hay Springs Public School, they include Talan, 15, who is a freshman; Evan, 12, a seventh grader; and Milo, 8, a third grader.

When Smith isn't busy farming, he enjoys traveling, the kids sports, golf and fishing.



**New Northwest Rural Board
Member Lynden Smith**



**EVEN THREE
IS A CROWD.**

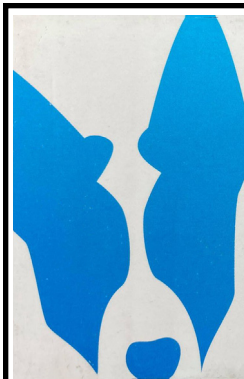
**NEVER OVERLOAD
OUTLETS.**

Helping members use electricity safely, that's the power of your co-op membership. Learn more from the experts themselves at TogetherWeSave.com

WRECK-A-MENDED BODY WORKS

Free Estimates • Custom Painting
(308) 282-2005

Steve & Valli Petersen
701 South Main • Gordon



Katy Hughbanks

Groomer/Owner

@thecritterclip on Facebook

THE CRITTER Clipper

Here to Pamper Your Perfect Pup!
(308) 430-5880

Shop: 260 Goffena Rd. - Chadron
4850 520th Rd - Hay Springs

C.R. Packing, LLC



308-282-0090 • Clinton

Visit Our Facebook Page at CR Packing
c.r.packing@outlook.com

Open Mon-Fri.
7 a.m.-5 p.m.
Closed
Wednesdays

Owners
**Cherree Kershaw
& Ryan Gehrt**

**This Spot Could Be Yours
For
Only \$20 An Issue**

Call Cindy at 308-638-7132
or email hiphop@gpcom.net

Take Advantage of These Top 10 Summer Energy Savings Tips

- **Get an air conditioner tune up.** You should schedule this maintenance once a year, ideally in early spring. During a tune up, your HVAC technician will clean the system, perform preventative maintenance, ensure proper fluid levels and take other steps to optimize energy efficiency and prevent sudden breakdowns.



- **Seal and insulate.** You want to keep hot air out and cool air in, so take some time to inspect your home for air leaks and poor attic insulation. For the most thorough assessment, consider scheduling a professional energy audit in which technicians use infrared heat mapping to pinpoint your home's thermal weak spots.
- **Keep your vents clear.** Your air conditioner can't work efficiently if your vents are blocked by rugs or furniture. Check all of your vents to make sure they're open, free of dust and directing air toward the center of the room.
- **Block out the sun.** It can be beautiful when the sun beams through your windows, but it'll cost you. Keeping the shades or blinds drawn on sun-facing windows is essential to keeping your home cool. Some window treatments work better than others, like reflective shades, blackout drapes and honeycomb blinds.
- **Use ceiling and pedestal fans.** Fans allow you to raise your thermostat up to four degrees without any reduction in comfort, according to the Department of Energy. Just make sure your ceiling fans are turning counterclockwise for summer and that you don't leave fans running in empty rooms. Fans don't cool air — just people!
- **Upgrade to a smart thermostat.** The latest thermostats can be controlled from anywhere with the tap of a smartphone, making it easy to warm things up a few degrees when you're away from home. Many smart thermostats can even learn your heating and cooling habits and anticipate your home comfort needs to save you money.
- **Learn to love your microwave and grill.** It's hot enough

outside, and firing up your oven inside won't make your air conditioner's job any easier. Outdoor grilling and microwave cooking are two ways to prepare food without generating extra heat. When only baking will do, consider making smaller portions you can pop in a toaster oven.

- **Curb daytime use of other big appliances.** Some appliances — dryers and dishwashers in particular — can also put out a good deal of unwanted heat. Wait until after dark to run these and other large appliances so that your air conditioner isn't fighting too many battles at once.
- **Upgrade to LED light bulbs.** Lighting used to be a common source of unwanted summertime heat, but in this age of affordable LED lighting, there's no need to sit in the dark. LED light bulbs stay cool to the touch, all while drawing a fraction of the power used by incandescent and fluorescent bulbs. Make a plan to upgrade all the bulbs in your home, even if you just buy a few bulbs per month.
- **Plan for window upgrades.** Window replacement is usually a costly proposition, but it's one that pays you back over time in energy efficiency and comfort. If your windows are single-pane or aged and drafty, the energy savings could be significant. Make a financial plan for this home investment if you're not ready to upgrade now.

Rasmussen Grain Services

Roger Rasmussen - Toby Rasmussen
Owners & Operators

MOBILE GRAIN CLEANING
& TREATING

(308) 430-1926 or (308) 207-5423
Hay Springs

BEGUIN PROPANE

**Propane Delivery
Tank Rentals & Sales**

Ask About Our
"KEEP FULL PROGRAM"

Robbie Beguin, Owner (308) 360-3579
Hwy. 20 & 280th Lane - Gordon
beguinpropane @gpc.com.net

D&S
Auto Center

Car Sales & Dreams Carports

Dennis & Sharon Persons
308-638-7453
W. Hwy. 20 • Hay Springs, NE 69347

Northwest Rural Territory Activities

Gordon-Rushville Mustangs

Tues., Aug. 17 VB Jamboree at Chadron State
Fri., Aug. 20 FB Scrimmage, 6 p.m.
 Thurs., Aug. 26 Girls Golf at Ainsworth, 9 a.m.
 VB (V) Tri at Hemingford, 4 p.m.
 Cross Country at Scottsbluff, 9 a.m.
 Fri., Aug. 27 Cross Country at Scottsbluff, 4 p.m.
FB vs. Ord, 6 p.m.
 Tues., Aug. 31 Girls Golf at Kimball, 9 a.m.
 VB Triangle at Mitchell, 4 p.m.
Thurs., Sept. 2 VB (C-JV-V) vs. Chadron, 5 p.m.
 Fri., Sept. 3 Cross Country at Gering 11 a.m.
 CC (MS) at Gering Invite, 11 a.m.
FB at Chadron, 6 p.m.
Mon., Sept. 6 Labor Day
 Tues., Sept. 7 GG at Chadron, 9 a.m.
 FB (JV) at Hemingford, 6 p.m.

Crawford Rams

Mon., Aug. 9 First Day of FB, VB, CC Practice
 Tues., Aug. 17 First Day of School for Students,
 12:30 dismissal
 Mon., Sept. 6 No School - Labor Day

Hemingford Bobcats

Thurs., Aug. 12 Start of First Quarter
 Fri., Aug. 27 FB (V) vs. Garden County, 7 p.m.

Chadron Cardinals

Mon., Aug. 16 Softball Barbecue & Scrimmage, 5:30 p.m.
 Hampton Softball Field
 Tues., Aug. 17 VB Jamboree, 6 p.m., Armstrong/
 Chicoine Center
 Fri., Aug. 20 Softball (JV-V) vs. Southern Valley at Alma
 High School, 4:30 & 6:30 p.m. CT
 FB Sports Drink Scrimmage, 5:30 p.m.,
 Cardinal Field
 Sat., Aug. 21 Softball (V) at Lexington, 9 a.m.
 Tues., Aug. 24 Girls Golf (V) at Sidney Hillside, 9 a.m.
 SB (JV-V) vs. Alliance, 4 & 6 p.m.,
 Hampton Field
 Thurs., Aug. 26 Golf (V) at Bayard Chimney Rock, 9 a.m.
 Cross Country (MS-JV-V) at Scottsbluff
 Riverside Course, 3:30 p.m.
 VB (C-JV-V) vs. Mitchell, 4, 5 & 6 p.m.
 Fri., Aug. 27 FB (V) at Chase County, 6 p.m.
 Mon., Aug. 28 FB (JV) at Mitchell, 5 p.m.
 Tues., Aug. 31 Girls Golf (V) at Scottsbluff Country Club, 9
 a.m.
 SB (JV-V) at Scottsbluff, 4 & 6 p.m.
 VB (C-JV-V) vs. Scottsbluff, 4, 5 & 6 p.m.
 Thurs., Sept. 2 VB (7th-8th) at Hot Springs, 4 & 5:30 p.m.
 VB (C-JV-V) at Gordon-Rushville, 5, 6, 7 p.m.
 Fri., Sept. 3 CC at Gering Monument Shadows, 11 a.m.
 FB (V) vs. Gordon-Rushville, 7 p.m.
 Sat., Sept. 4 Softball (V) aty McCook, 9 a.m. CT

DAVIS Repair



Tractor & Farm Equipment Repair

Specializing in John Deere
 Roller Chain • Baler Belting - Guards & Sickle Sections
 Nathan Davis, Owner
 212 N. Scott • Hay Springs • (308) 430-2615

Farmer's Co-op



- Feed
- Grain
- Fertilizer
- Chemical & Animal Health Care

Knowledge • Commitment • Success

Hemingford • Hay Springs • Gordon
308-487-3317 - www.farmcoop.com

1520 West 6th Street
 Chadron, NE 69337

Phone
 308-432-3221

Quality TIRE

**On Farm
Tire
Repair!**

Tommy's

Chadron, NE CAR LOT

JAMIE ROES
 JERRY PIERCE

920 E. Third - Chadron
Toll Free: 1-888-363-3636 • 432-3636
www.tommyscarlot.com
tommyscarlot@hotmail.com

NORTHWEST RURAL ACTIVITIES

Hay Springs Hawks

Mon., Aug. 9 First day of full practice
Grill n' Grid, 6:30 p.m.

Wed., Aug. 11 Back to School Night, 4:30-6 p.m.

Thurs., Aug. 12 First Day of School

Thurs. Aug. 26 Girls CC (JH-V) at Scottsbluff,
3:45 & 4:30 p.m.

Fri., Aug. 27 VB (V) vs. Creek Valley, 4 p.m.
FB (V) vs. Creek Valley, 7 p.m.

Tues., Aug. 31 VB Tri (Banner & Garden Co.), 4 p.m.

Thurs., Sept. 2 Health Screening
VB (JH) at St. Agnes, 4 p.m.

Fri., Sept. 3 Girls CC (JH-V) at Gering, 11 a.m./1 p.m.

Mon., Sept. 6 No School - Labor Day

Tues., Sept. 7 VB Tri at Crawford (Hemingford), 5 p.m.

Hay Springs Friendly Festival friday, aug. 24

1-5 p.m. Free Swimming
Cruise

8 p.m.-12 a.m. Band in the Beer Garden,
Silver Dollar, No one under 21

saturday, aug. 25

tba 5-K Run

7:30 a.m.?? Robotics Breakfast Burritos &
Caramel Rolls in front of Security
First Bank

7-9:30 a.m. Fly-in Breakfast, HS Airport, free will
donation, planes on display

All Day Heritage Center Museum open

10 a.m. 93rd Annual Festival Parade, Theme:
"Blue Jeans & Country Dreams"

Registration 9 a.m. Third Street,

Following the Parade--

11 a.m.-5 p.m. Car Show, north end of Park,
Shannon Langford - chairwoman
Children's Activities in Park including
Bouncey Planet, Stage Shows
Vendor/Craft Market in the Park
Cornhole

1:00 Free Swimming

Until 2 p.m. Flower Show, Security First Bank.

5-7 p.m. Family Hog Roast, Sunset Park,
Sponsored by the Chamber

8 p.m.-midnight "Southern Fried Band", in the park
no cover charge

5:30 p.m. Presentation of Parade Winners
in the Park

Dark Fireworks, South of Park

sunday, aug. 27

7:30-9 a.m. 3-Person Golf Scramble,
Tee off 7:30-9 a.m.


9:30 a.m. Church Services, Sunset Park. Chair:
UMC. Bring your lawn chairs.

(Watch for Hip-Hop for complete schedule)



**Reliable
Painting LLC**
SINCE 1997
CHADRON NEBRASKA INTERIOR & EXTERIOR

Gary Caparoon
308-432-4456 308-430-2045
Careful & Professional - Insured - Free Estimates and References



**Wahlstrom
Ford, Inc.**

"The Value Store"

A.J. Huffman
Waymann Wild
Cesar Barraza

E. Hwy. 20
Chadron
(308)432-5533



**Buettner
CONSTRUCTION**
SPECIALIZING IN COMMERCIAL DEVELOPMENT

308-638-7684
Eddie's Cell 308-430-1205 • Brant's Cell 308-430-5197
Email: dirtrocks@gpcom.net • 5596 445 Lane, Hay Springs NE

Your Local Ag Loan Specialist
Part of Your Past, Part of Your Future.
~Independent and Strong~



**FIRST
NATIONAL
BANK**
Member FDIC

(308) 282-0050 • Gordon • 134 N. Main

NRPPD AREA ACTIVITIES

CHADRON
 CHRYSLER DODGE Jeep RAM
POLARIS
 OF CHADRON
can-am 
GMC
 OF CHADRON
 **Bobcat**
 OF CHADRON
KIOTI
 TRACTOR
 WWW.CHADRONMOTORS.COM

Does Northwest Rural Have Correct Phone Number?

Having your current phone number on file allows NRPPD to make contact with you for multiple reasons.

Updated telephone contact information will assist NRPPD in notifying you for planned outages, billing questions, service change out questions, or even if we come across your cattle on the road.

Please return this form, with your payment, so NRPPD can update your contact information. Thank you for your assistance.

NRPPD account number(s) _____

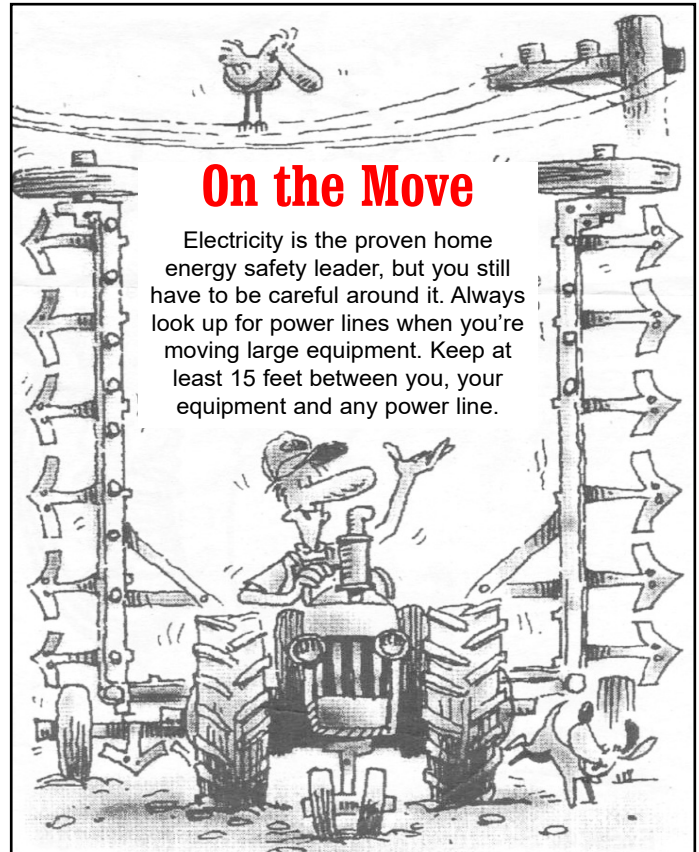
Phone number at service address _____

Mobile phone number: _____

Work phone number _____

(only if we may contact you at work)

**Northwest Rural PPD, PO Box 249,
Hay Springs, NE 69347
or e-mail: nrppd@nrppd.com**



On the Move

Electricity is the proven home energy safety leader, but you still have to be careful around it. Always look up for power lines when you're moving large equipment. Keep at least 15 feet between you, your equipment and any power line.

Northwest Rural Public Power District

'Cares About the Consumer'

24-HOUR SERVICE

(308) 638-4445 or 1-800-847-0492

Check Out Our website: www.nrppd.net

Young's Repair, Inc.

Major to Minor Mechanical Work
Tractors, Truck & Car Repair

- Vehicle & Farm Tires • Batteries
- Oil • Grease • Bolts

SERVICE CALLS • HAULING

308-638-7443

5631 Hwy. 87 • Hay Springs

youngsrepairinc@gpcom.net



NOTICE

We can only process a maximum of \$7,000 on a single credit card transaction.

Sorry for the inconvenience,
please plan accordingly.

Northwest Rural P.P.D.



Recipes

**Do you have a recipe
you would like
to share with
our readers?**

Please send to
hiphop@gpcom.net

Fresh & Spicy Salsa

- 5 roma (plum) tomatoes, seeded and chopped
- 10 green onions
- 2 fresh jalapeno peppers, seeded
- ¼ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 tablespoons hot pepper sauce
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon salt

In a blender or food processor, pulse the tomatoes, green onions, jalapeno peppers, and cilantro to desired consistency. Transfer to a bowl, and mix in the lime juice, hot pepper sauce, black pepper, garlic powder, and salt.

* * * * *

No Bake Cookies

- 2 cups white sugar
- 3 tablespoons unsweetened cocoa powder
- ½ cup margarine
- ½ cup milk
- 1 pinch salt
- 3 cups quick cooking oats
- ½ cup peanut butter
- 1 teaspoon vanilla extract

In a saucepan bring sugar, cocoa, margarine, milk, and salt to a rapid boil for 1 minute.

Add quick cooking oats, peanut butter, and vanilla; mix well. Working quickly, drop by teaspoonfuls onto waxed paper, and let cool.

Spicy Fried Green Tomatoes

- 1 ½ cups all-purpose flour
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon garlic powder
- 2 eggs, lightly beaten
- 1 (12 fluid ounce) can beer
- ½ cup oil for frying
- 5 green tomatoes, sliced 1/2 inch thick

In a bowl, mix the flour, black pepper, red pepper, garlic powder, eggs, and beer. The mixture should resemble pancake batter.

Heat the oil in a skillet over medium heat. Dip tomato slices in the batter to coat, then fry in the skillet 5 minutes on each side, until golden brown. Eat while hot.

* * * * *

Cucumber Slices with Dill

- 4 large cucumbers, sliced
- 1 onion, thinly sliced
- 1 tablespoon dried dill weed
- 1 cup white sugar
- ½ cup white vinegar
- ½ cup water
- 1 teaspoon salt (Optional)

In a large serving bowl, combine cucumbers, onions and dill. In a medium size bowl combine sugar, vinegar, water and salt; stir until the sugar dissolves. Pour the liquid mixture over the cucumber mixture. Cover and refrigerate at least 2 hours before serving (the longer this dish marinates the tastier it is!).

* * * * *

Bahama Mama

- ½ fluid ounce rum
- ½ fluid ounce coconut-flavored rum
- ½ fluid ounce grenadine syrup
- 1 fluid ounce orange juice
- 1 fluid ounce pineapple juice
- 1 cup crushed ice

Combine regular rum, rum with coconut flavoring, grenadine, orange juice, pineapple juice and crushed ice in an electric blender. Blend until the drink's consistency is slushy.

Central Office
218 S. Gibson
Hay Springs



1-800-752-9584

(308) 638-4432

www.westplainsco.com

WESTPLAINS
L.L.C.



Quality Custom Made Hats & Accessories

GARY & JOAN WAUGH

G: 308-532-1700 or J: 308-534-4907

Gordon, Nebraska

"Satisfaction Guaranteed"

Make Safety a Priority Around Electrical Hazards

Fall harvest is a busy time for farmers, but safety, especially around electrical hazards, should always be a priority.

Modern farming equipment is larger than in the past and it helps farmers and workers cover more ground in less time. However, an expansive reach and height can put farm equipment too close to power lines.

"Overhead power lines often fade into the landscape, since we are so used to seeing them," says Erin Hollinshead, executive director of Safe Electricity. "During harvest, as well as year-round, precautions are needed around power sources that include overhead and underground power lines, since once the electrical path is broken, stray electricity can cause serious injury or death."

Farm workers should keep an eye out for low-hanging lines when entering or leaving a field and at end rows and learn how to respond if their equipment contacts an overhead line.

Electrical safety should be included in regular safety briefings. Everyone on a farm including seasonal workers, family members and truck drivers should be aware of potential electrical hazards.

If equipment hits a power line, remain inside the cab unless there is smoke or fire. A downed powerline can electrify equipment, the cab, and the ground, or anything else in the area.



If farmers are concerned about power line clearance on their farm and surrounding roadways, they should contact their electric utility. If a line is sagging, call the utility provider. Do not try to move a power line out of the way or raise it for clearance.

Safe Electricity advises the following safety guidelines:

- Inspect the height of the farm equipment to determine clearance.
- Use a spotter when operating large machinery near power lines.
- Access a grain bin from the side without a power line or pole.
- Keep equipment at least 10 feet away from power lines.
- Lower extensions to the lowest setting when moving loads.

If equipment hits a power line, remain inside the cab unless there is smoke or fire. A downed powerline can electrify equipment, the cab, and the ground, or anything else in the area.
(Continued on Page 11)

CULTIVATING RELATIONSHIPS

Homegrown is always better. Homegrown banking means local decision making and a better understanding of what customers need and expect from their banks.

Let's grow together.



CHECKING · SAVINGS · PERSONAL & BUSINESS LOANS
CERTIFICATES OF DEPOSIT · MORTGAGES · INSURANCE

231 N. Main
638-4416
Hay Springs
Member FDIC



Security
First
Bank

A relationship you can count on.



Dennis Weld's

PORTABLE WELDING &
FABRICATION SERVICES

308-293-8408

4561 480th Rd. • Hay Springs



Electrical Hazards--

(Continued from Page 10)

else in the area. Call 911, warn others to stay away, and wait for the utility crew to cut the power.

To exit the cab safely, stand or crouch on a cap step and jump to the ground keeping both feet together. Do not make contact with the cab. Hop at least 50 feet away, keeping both feet together and touching the ground at the same time. Hopping decreases the chances of stepping from one voltage to another, which can create an electrical path through the body causing severe burns, shock and electrocution.

For more information about safety around electricity, visit SafeElectricity.org.

SOURCE: Erin Hollinshead, executive director of Safe Electricity.

WRITER: Ann Augspurger, Communications Director, Safe Electricity

Grain Bins Harvesting Safely



As rewarding as it may be, farming is an extremely difficult job -- and ranks among the top 10 most dangerous professions in the United States. At Northwest Rural, safety is a top priority for all -- our employees and our consumers.

Our farmers work hard to get the job done, and sometimes it's easy to forget all the necessary steps to take when practicing safe operations. Grain bins are siloed spaces built for storing grain and ferment feed known as silage. These bins play an integral role in efficiency and profitability of farm and ranch operations, and safety regulations should always be considered when working around these structures.

Before Selling or Buying
Farm, Ranch or Land, Call:



Phillip Rosfeld
Broker

Western View
Real Estate

269 Main Street Chadron, NE

308-432-6828

www.WesternViewRealEstate.com

net1call.com

Nebraska 811
Know what's below.
Call before you dig.

Northwest Rural P.P.D.

24-Hours-A-Day
638-4445 or 1-800-847-0492

Working with you to stay safe.



Ted Baseggio

Sales Associate for Rhonda Baseggio
123 N. Main St. | Hay Springs
(308) 638-4566
Theodore.Baseggio@fbfs.com

**FARM BUREAU
FINANCIAL SERVICES**

Auto | Home | Life | Annuities | Business | Farm & Ranch

Securities & services offered through FBL Marketing Services, LLC+, 5400 University Ave., West Des Moines, IA 50266, 877/860-2904, Member SIPC. Farm Bureau Property & Casualty Insurance Company. * Western Agricultural Insurance Company. ** Farm Bureau Life Insurance Company ** West Des Moines, IA. * Affiliates * Company providers of Farm Bureau Financial Services M191 (4-19)



Northwest Rural Public Power District



Bits 'n Pieces...

Too Good to Not Share!

- When one door closes and another door opens, you are in prison.
- To me, "drink responsibly" means don't spill it.
- Age 60 might be the new 40, but 9 p.m. is the new midnight.
- It's the start of a brand new day, and I'm off like a herd of turtles.
- The older I get, the earlier it gets late.
- When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- Remember being able to get up without making sound effects.
- I had my patience tested. I'm negative.
- Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
- When you ask me what I am doing today and I say "nothing," it does not mean I am free. It means I am doing nothing.
- I finally got eight hours of sleep. It took me three days, but whatever.
- I run like the winded.

- I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- When you do squats, are your knees supposed to should like a goat chewing on aluminum can stuffed with celery?
- I don't mean to interrupt people. I just randomly remember things and get really excited.
- When I ask for directions, please don't use words like "east."
- Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
- Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
- My luck is like a bald guy who just won a comb!

Public Power is Not-For-Profit

Because local public power utilities are owned and operated by the people they serve, there are no stockholders to please or profits to make. Rates are set locally - usually by locally

elected boards in open meetings where anyone can influence energy policies.



**No Stockholders,
Just Neighbors**

**Public power districts
are not-for-profit. They're local.
And that makes all the difference.**

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 holi-
days. 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

5613 Hwy. 87 • P.O. Box 249
Hay Springs, NE 69347

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

OFFICERS

- President: **Gary Fuchser, Gordon**
- Vice President: **Lee Ahrens, Chadron**
- Secretary: **Christopher Garrett, Chadron**
- Treasurer: **Marcus Sandberg, Hay Springs**
- Asst. Treasurer: **Bruce Troester, Marsland**
- Tri-State Director: **Lucas Bear, Gordon**
- Member: **Lynden Smith, Hay Springs**

Manager: CHANCE BRISCOE
Office Manager: Tony Hindman
Office (308) 638-4445

Consumer/Marketing
Director Les Tlustos
Publisher/Editor
Advertising Rep. Cindy Peters
Hip-Hop (308) 638-7132