

Northwest Rural Public Power District

Hay Springs, NE 69347

March 2021

Alliance Man Expands Welding Passion into Business

Dennis Latka, of rural Alliance, has been welding for almost as long as he can remember.

"I've been welding my entire life, starting out on the ranch and later in my various occupations. I started my business officially last year in April," explained Latka.

A couple of years ago, he decided it was time to take the leap and start his own business. When he was trying to come up with a name for his business, his friend just blurted out "Dennis Weld's"... and Latka went with it!

Latka was born in Montana and went to kindergarten there. "My family moved to Alliance in 1994 when my dad went to work for the railroad. I continued to live in Alliance until 2004 when my dad and I moved back to Montana," said Latka. He finished high school and graduated from Sidney High School in Montana. Following high school he went to work in the oil field for several years. "I attended RTEC (Regional Technical Education Center) in Yankton, S.D. and became a AWS (American Welding Society) certified welder," said Latka.

Previously, he was an operator running a workover rig for various oilfield service companies in Montana. He returned to Alliance and went to work for Vitalix, where he became the maintenance supervisor for them for all of their plants. After the plant burned down, he moved to Sidney, Neb. for a year. "I returned to Alliance to be closer to my daughter again. I worked briefly for Buchheit Precision. Robbie Buchheit gave me the confidence I needed and inspiration to start my welding business," said Latka.

Today in addition to welding, he helps Leonard and Linda Smith of rural Hay Springs with their farming operation on Mirage Flats. "The shop I rent is south of Hay Springs on Smith Farms, so I use that as my home base," explained



Dennis Latka, operates his business out of a shop owned by Leonard and Linda Smith on Mirage Flats, he not only works in the shop, he is set up to come to you.

Latka. He has worked for Smiths a couples of years with all aspects of their operation... cows, farming, chores and any repairs or maintenance. "They have become my second family. I call Linda my other mother!"

The most common work he does is simple farm and ranch repairs. "I also do lots of panels, gates and corrals. I've constructed several calving sheds and portable shelters as well," said Latka. However, he has done larger commercial projects building processing facilities for various industries. The largest project he was involved in was the reconstruction of the Vitalix facility.

"The thing I enjoy about my own business is the freedom I have. I take great pride in doing a job the best it can be done, in a timely manner for a fair price," said Latka. "It presents new challenges everyday and it's satisfying to figure out and find solutions for them. Working for myself drives me to be better everyday, and gives me the ability to give the customer the most value for their dollar in today's tough economic times," noted Latka.

Latka prefers to work in the Panhandle, but is not against going where ever there is a need. "I don't usually charge for mileage but it is dependant upon the distance from my shop." His clients come from all over the
(Continued on Page 2)



One of the portable shelters Dennis Latka constructed that he offered for sale.

Dennis Weld's-

(Continued from Page 1)

place including Sidney, Neb. to Martin, S.D., and everywhere in between. "My main customer base is on the Flats," said Latka.

He is still in the process of creating a website, but he can be contacted at 308-293-8408 or by email at dennislatka1@gmail.com. His shop address is 4561 480th Rd., Hay Springs, NE 69347.

His daughter, Jessi, attends Immanuel Evangelical Lutheran School in Alliance where she is a Fourth Grader. She stays with her grandmother Carla Meng when Dennis is at work.



Dennis Latka, owner of Dennis Weld's, has his portable shop ready to come to you for all your welding needs.



Examples of Dennis Weld's projects he has completed, above, a shop loft; , bottom left, a dumpster; a a seed cleaning screen he made custom.

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Along The Garden Path

-by Karen Runkle, Master Gardener

Enjoy a Cup of Chamomile Tea

There is nothing quite as relaxing as a warm cup of chamomile tea after a hectic day. It has the charming effect of calming your nerves as well as calming your stomach. Perfect way to settle down!

Chamomile is easy to grow and has many useful purposes.

German chamomile is an annual plant; however, it self-seeds so readily, you might think it's a perennial. German chamomile is easy to start from seed. You can start it indoors, about six weeks before the last expected frost.



Chamomile seed needs light to germinate so simply scatter the seed on the soil and press firmly onto the soil. Do Not Cover the Seed with soil. -OR- you can also direct seed German chamomile outdoors.

There is also **Roman chamomile** which is a perennial and often used for ground cover. As you walk on this variety, you will find yourself in an aromatic heaven as apple-scented fragrance rises up to meet you. This variety however does not produce as many flowers which are what you harvest for tea.

TO GROW - Chamomile will grow almost anywhere in your landscape. It will grow in full sun or partial shade. It will flower best in full sun and not too rich, organic soil; however it will survive in poorer soils and in a shady spot as well. It does not require a great deal of water and does not need fertilizer. Chamomile can grow in containers as well. In other words, it is almost care-free once you get it started in your garden. Then it will re-seed itself and be a great plant the next year as well.

HARVEST - You will harvest the flower heads to make your tea. Flower heads are ready to gather when the petals are flat or begin to fall back from the center. Gather the flowers on a sunny day after the morning dew has dried. You can snip the flowers heads off with a scissors but truthfully, I am much too

impatient for this method. I spread my fingers below the blossoms and pull up when I have a handful.

These flowers can be used immediately for your tea – or you can dry them for use all year around. You can air-dry chamomile by layering the blossoms on a plate, and allow drying naturally. This usually takes 1-2 weeks depending upon the humidity.

LET'S MAKE TEA – To make tea, use about a teaspoon of dried chamomile flowers per cup. Place the chamomile blossoms in a tea ball; pour boiling water over the flowers and steep for 5 minutes. I enjoy hot tea but if you want it iced on a hot day you can add ice cubes after you steep the tea. Fresh blossoms can be used as well but use twice as many flowers as drying concentrates the oil and flavor.

There are many reasons for steeping a cup of chamomile tea.

1. Promotes sleep and treats insomnia – Chamomile tea relaxes the nerves and soothes the nervous system, therefore you sleep better.

2. Boosts Immunity – Many studies have shown that Chamomile tea will not only kick illnesses to the curb, but also work as a great preventive measure. It fights harmful bacteria and has the ability to boost your immune system.

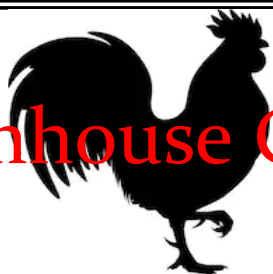
3. Reduces Muscle spasms and period pain – Chamomile tea has pain-relieving and antispasmodic properties.

4. Soothes Stomach ache – Chamomile tea has been valued as a digestive relaxant and has been used to treat various stomach problems like flatulence, indigestion, diarrhea, and motion sickness.

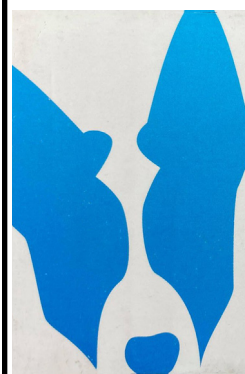
5. Cosmetic benefits - Infusions of chamomile make wonderfully soothing baths. Just steep a large amount of the herb in water for 15 minutes, let cool, and pour into bathwater, or use it as a skin lotion. One Beverly Hills skin-care specialist uses chamomile regularly in her facials because it is penetrating. To achieve this effect, pour boiling water over dried chamomile flowers in a large bowl, then let the steam waft over your face.

Easy to grow, beautiful in the landscape, fragrant and calming, and makes a wonderful cup of tea. I really think that Chamomile should be a "I must try that" addition to your garden this year.

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Fun American Agriculture Facts

American agriculture is the most efficient and productive system in the world even despite having only 2% of the population working in the industry. This efficiency gives the United States the ability to be the world's largest exporter of food and fiber, sending agricultural products around the world. California alone, is the 5th largest exporter worldwide. The U.S exports more commodities than what is imported, creating a positive agricultural trade balance.

To celebrate National Ag Week (March 21-27, 2021) and National Ag Day on March 23, we found 40 facts about American Agriculture.

- There are 2.1 million farms across the United States.
- About 99% of those farms are family owned.
- The average American farm is 435 acres.
- There are about 914 million acres of land dedicated to farming in the U.S.
- Farm and ranch families are just 2% of the population.
- About 30% of farmers are women.
- About 20% of farmers have been farming for less than 10 years, known as beginning farmers.
- There are over 250 thousand millennial farmers.
- About 1% of the U.S. gross domestic products come from farming.
- Cattle and calves, dairy, and corn products are the top 3 farm products in the United States.
- The U.S. exports more food and fiber than we import. In 2016, American farmers exported about \$135.5 billion worth of products.
- On average, one farm in the U.S. can feed 165 people around the world.
- Agriculture employs over 24 million Americans.
- About 34 million cows are slaughtered in the U.S. each year.
- The U.S. has over 800,000 ranchers and cattle producers.
- Not surprising, Idaho is ranked first for potato production.
- Alaska accounts for over 60% of the commercial seafood industry.
- California is the largest food and agricultural economy in the nation.
- Enough cotton is grown in Arizona each year to make more than one pair of jeans for every American.
- Arkansas' largest industry is agriculture.
- Close to half of Colorado's land is used for production agriculture.
- Connecticut has about 750 beekeepers with about 6,000 bee colonies that enhance pollination of the state's specialty crops.
- About 65% of the U.S. citrus is produced in Florida, with 95% of that grown for processing.
- About half the peanuts produced in the United States come from Georgia.
- Idaho has over 24,000 farms producing over 180 different commodities.
- The average farmer in Illinois can feed 156 people.



- Indiana produces the most ducks in the United States.
- Iowa leads the nation in egg and hog production.
- Tabasco pepper is only produced in Louisiana.
- There are 187 marine grow-out farms, 6 marine hatcheries, and 18 freshwater hatcheries in Maine.
- There are over 400 cranberry growers in Massachusetts.

- The nation's leader in tart cherries is Michigan.
- Minnesota is the 4th largest agricultural exporting state in the nation.
- Texas has the most farms in the country at 248,809 farms, followed by Missouri.
- **In Nebraska, 1 in 4 jobs are related to agriculture.**
- About 130 thousand gallons of maple syrup are produced annually on about 500 thousand taps in New Hampshire.
- 98% of the ranches in New Mexico are family owned and have been handed down through multiple generations.
- Ohio is leading producer in Swiss Cheese.
- About 65% of mushrooms in the United States come from Pennsylvania.
- Washington produces over half of all apples in the United States.

Source: AgHires

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Five Farm Safety Tips for Spring

After a long, cold and dreary winter, spring has finally arrived. The days are longer, calving season begins and planting season is approaching.

1. Avoid driving tractors and ATVs on the road at dawn and dusk. This is the peak time for drivers commuting to and from work. If you must be on the road, make sure your equipment has plenty of reflective material, use your headlights, wear your seatbelt and carry your license and insurance cards. When possible, have a friend or family member act as an escort vehicle.

2. Watch where you step. It's not just the cow pies in the field you should watch out for. When working in potential risky spaces like manure pits, grain bins or logging areas, pay extra attention to your surroundings to avoid dangerous gases, loose footing or falling hazards.

3. Follow the label. Whether you are working with pesticides, vaccinations or fertilizers, always follow the label exactly. Be sure to wear the proper personal protective equipment, handle and store materials appropriately, and keep all supplies away from young children.

4. Create a Farm Aid Kit. While many farmers keep duct tape and baling twine handy during the spring, adding a few other materials can create an essential Farm Aid Kit. Grab a travel bag and add a fire extinguisher, bottles of water and basic first aid materials. Keep an information card on hand that includes emergency contact numbers as well as written directions on how to get to the farm, field and other work areas.

5. Take care of yourself. Long hours in the field can lead many farmers to neglect basic self-care. Make eating regular meals and getting an adequate amount of sleep priorities this spring to prevent careless accidents. As the temperatures rise, remember to stay hydrated both in and out of the field.

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Northwest Rural Territory Activities

Gordon-Rushville Mustangs

March 1-3 District Speech - Class C1
 Mon., Mar. 1 Spring Practice Begins
 Wed., Mar. 3 FFA CDE 3 at Kimball
 March 4-6 Girls State Basketball
 Sat., Mar. 6 Gering Speech Invite
 Mon., Mar. 8 RES Student-Led Parent-Teacher Conferences
 GMS Parent-Teacher Conf. (tentative)
 Tues., Mar. 9 Instrumental Music at Bayard
 End of Third Quarter - Noon Dismissal
 Mar. 10-12 NO SCHOOL - Spring Break
 Mar. 11-13 Boys State Basketball
 Sat., Mar. 13 District Speech
 Wed. Mar. 17 Dental Screening
 GRHS Blood Drive
 Fri., Mar. 19 State Speech Championships
 Sat., Mar. 20 HS Track at Chadron Indoor
 Wed., Mar. 24 Quizbowl at Morrill
 Dental Screening, 8 a.m.
 Thurs., Mar. 25 State Speech
 Fri., Mar. 26 Scottsbluff Invite
 RES Family Movie Night, 7 p.m. (tentative)
 Sat., Mar. 27 Prom
 April 2-5 NO SCHOOL - Easter Break
 April 6-9 FFA State Convention at Lincoln
 Thurs., Apr. 9 Track (HS) at Mitchell

Crawford Rams

Thurs., Mar. 4 No School - Spring Break
 March 4-6 Girls State BB at Lincoln
 Tues., Mar. 9 District Speech at Crawford
 NO SCHOOL
 Boys State Basketball
 Mar. 11-16 End of Third Quarter
 Fri., Mar. 12 Parent-Teacher Conference, 4-8 p.m.
 Tues., Mar. 16 NO SCHOOL
 Fri., Mar. 18 Quiz Bowl at Chadron Middle School
 Mon., Mar. 22 Track at Morrill, 9 a.m.
 Sat., Mar. 27 NO SCHOOL - Easter Break
 Fri., Apr. 2-5 Golf at Sidney, 9 a.m.
 Wed., Apr. 7 Track at Mitchell, 9 a.m.
 Thurs., Apr. 8 Track (JH) at Chadron, 9 a.m.
 Sat., Apr. 10 Track at Bayard (C-D), 9 a.m.

Hemingford Rams

Wed., Mar. 3 FFA CDE Contests at Kimball
 March 4-6 Girls State Basketball at Lincoln
 Sat., Mar. 6 Speech WTC at Bayard, 8 a.m.
 Mar. 8-10 District Speech
 Mar. 11-12 Boys State Basketball at Lincoln
 Fri. Mar. 12 FFA Rocky Mountain Oyster Feed & Auction,
 All-Purpose Room
 Mar. 18-19 State Speech
 Sat., Mar. 20 Track at Chadron Indoor
 Wed., Mar. 24 ACT for Juniors, 8:15 a.m.
 Sat., Mar. 27 Track at Morrill Invite
 April 2-5 Easter Break

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NRPPD AREA SCHOOL ACTIVITIES

Apr. 7-10
Thurs., Apr. 8
Sat., Apr. 10

FFA State Convention at UNL
Track at Mitchell Invite
Track at Bayard C-D Invite
Track (JH) at Chadron Invite

Sat., Apr. 10

Track (V) at Chadron High, 9 a.m.
Track (JH) at Chadron, 9 a.m.
Track (V) at Bayard, 9 a.m.

Chadron Cardinals

March 4-6 Girls State Basketball at Lincoln
Sat., Mar. 6 District Speech in Gothenburg
Mar. 11-13 Boys State Basketball at Lincoln
Thurs., Mar. 18 State Speech in Kearney
Fri., Mar. 19 Musical Production, HS Auditorium, 7 p.m.
Sat. Mar. 20 Track at Chadron State, 9 a.m.
Musical Production, HS Auditorium, 7 p.m.
Sun., Mar. 21 Musical Production, HS Auditorium 7 p.m.
Mon., Mar. 22 Boys Golf Dual at Crawford Legent Buttes, 4:30
Tues., Mar. 23 Band Concert Grades 6-12, HS Auditorium, 7 p.m.
Sat., Mar. 27 Track (V) at Sidney, 9 a.m.
Tues., Mar. 30 Boys Golf Quad at Alliance Skyview, 4 p.m.
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.

Hay Springs Hawks

Mon., Mar. 1 District Speech, tba
Fri., Mar. 19 State Speech
Sat., Mar. 20 Class D All State Band

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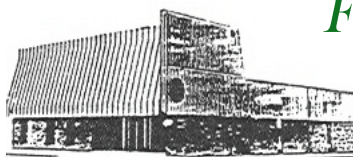
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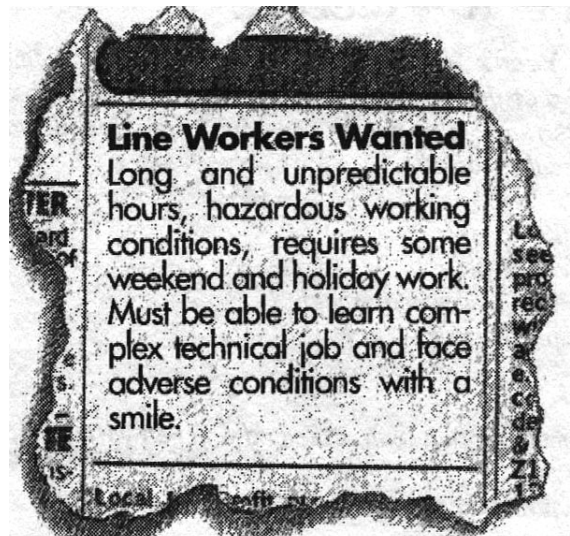
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- 1 (18.25 ounce) package chocolate fudge cake mix with pudding (such as Betty Crocker® Triple Chocolate Fudge cake mix)
- ½ cup butter, softened
- 3 (8 ounce) packages cream cheese, softened
- 1 (16 ounce) container cream cheese flavored frosting (such as Betty Crocker® Rich and Creamy)
- 3 eggs
- 6 drops green food coloring, or as needed
- 3 drops creme de menthe candy flavoring (such as Wilton®), or as needed
- 1 (10 ounce) package dark chocolate and mint chips

Preheat oven to 325 degrees.

Beat cake mix and butter with an electric mixer on low speed in a bowl until crumbly, 3 to 5 minutes. Set aside 1 cup for topping.

Press remaining crumb mixture into bottom of an ungreased 9x13 inch pan.

Place in preheated oven and bake until edges begin to crisp, about 10 minutes. Remove from the oven and cool slightly.

Beat cream cheese and frosting with an electric mixer on medium speed in a bowl until smooth, 3 to 5 minutes.

Drop eggs one at a time into the cream cheese mixture and beat until blended, 2 to 3 minutes.

Pour in 6 drops green food coloring, or more for a darker color; beat until color is blended, about 2 minutes.

Beat in creme de menthe candy flavoring until thoroughly blended, about 2 minutes. Taste and add more flavoring if needed.

Pour batter over the chocolate crust in the 9x13 pan. Sprinkle 1 cup reserved crumb mixture over cheesecake batter.

Top with 1 cup chocolate and mint morsels; reserve remaining morsels for finishing touches.

Place the pan in the preheated oven and bake until set, 42 to 45 minutes.

Remove pan from oven and cool completely.

Cover and refrigerate until chilled, at least 2 hours.

Pour reserved chocolate and mint morsels into a small microwave-safe bowl. Microwave morsels in 45 second intervals; stir until completely melted and smooth.

Pour melted chocolate into a resealable plastic bag.

Clip a small bottom corner of the bag. Gently squeezing the bag, drizzle melted chocolate over the cooled cake through the clipped corner.

Cut cake into bars to serve.

* * * * *

Irish Egg Rolls

- 4 ounces chopped corned beef
- 1 cup shredded steamed cabbage
- 1 cup diced cooked potatoes
- 1 cup shredded carrot
- ½ cup thinly sliced onion
- salt and pepper, to taste
- 8 (7 inch square) egg roll wrappers
- 1 ½ quarts oil for deep frying

Heat oil in a deep-fryer to 375 degrees F.

In a medium bowl, mix together the shredded corned beef, cabbage, potatoes, carrot, and onion. Season with salt and pepper to taste. Lay the egg roll wrappers out on a clean dry surface a few at a time. Place about 1/2 cup of the mixture into the center of each wrap. Roll up into logs according to the directions on the package. Wet the edge with water to seal.

Fry rolls a few at a time, turning if necessary, for about 5 minutes, or until golden. Remove from hot oil to drain on paper towels.

* * * * *

**Everyone is Irish
on St. Patty's Day!**



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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.

Energy conservation made easy: five ways to save energy

1. Adjust your day-to-day behaviors

To reduce energy consumption in your home, you do not necessarily need to go out and purchase energy efficient products. Energy conservation can be as simple as turning off lights or appliances when you do not need them. You can also use energy-intensive appliances less by performing household tasks manually, such as hang-drying your clothes instead of putting them in the dryer, or washing dishes by hand.

The behavior adjustments that have the highest potential for utility savings are turning down the heat on your thermostat in the winter and using your air conditioner less in the summer. Heating and cooling costs constitute nearly half of an average home's utility bills, so these reductions in the intensity and frequency of heating and cooling offer the greatest savings.

There are tools you can use to figure out where most of your electricity is going in your home and which appliances are using the most electricity on a day-to-day basis.

2. Replace your light bulbs

Traditional incandescent light bulbs consume an excessive amount of electricity and must be replaced more often than their energy efficient alternatives. Halogen incandescent bulbs, compact fluorescent lights (CFLs), and light-emitting diode bulbs (LEDs) use anywhere from 25-80 percent less electricity and last 3 to 25 times longer than traditional bulbs.

Although energy efficient bulbs are more expensive off the shelf, their efficient energy use and longer lifetimes mean that they cost less in the long run.

3. Use smart power strips

"Phantom loads," or the electricity used by electronics when they are turned off or in standby mode, are a major source of energy waste. In fact, it is estimated that 75% of the energy used to power household electronics is consumed when they are switched off, which can cost you up to \$200 per year. Smart power strips, also known as advanced power strips, eliminate the problem of phantom loads by shutting off the power to electronics when they are not in use. Smart power strips can be set to turn off at an assigned time, during a period of inactivity, through remote switches, or based on the status of a "master" device.

4. Install a programmable or smart thermostat

A programmable thermostat can be set to automatically turn off or reduce heating and cooling during the times when you are asleep or away. When you install a programmable thermostat, you eliminate wasteful energy use from heating and cooling without upgrading your HVAC system.

On average, a programmable thermostat can save you \$180 per year. Programmable thermostats come in different models that can be set to fit your weekly schedule. Additional features of programmable thermostats can include indicators for when to replace air filters or HVAC system problems, which also improve the efficiency of your heating and cooling system.

5. Purchase energy efficient appliances

On average, appliances are responsible for roughly 13% of total household energy use. When purchasing an appliance, you should pay attention to two numbers: the initial purchase price and the annual operating cost. Although energy efficient appliances might have higher upfront purchase prices, their operating costs are often 9-25% lower than conventional models.

When purchasing an energy efficient appliance, you should look for appliances with the ENERGY STAR label, which is a federal guarantee that the appliance will consume less energy during use and when on standby than standard models. Energy savings differ based on the specific appliance.

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Many St. Patrick's Day Traditions Started in United States

It's well known that St. Patrick's Day is a celebration of Irish culture. After all, the holiday is the feast of Saint Patrick—the patron saint of Ireland who died on March 17, 461. That being the case, it wouldn't be outrageous to assume that the various elements associated with the annual celebration originated, at least for the most part, on the Emerald Isle. However, it turns out that many of the familiar customs and traditions we observe each year on March 17 actually began in the United States. The first St. Patrick's Day parade, for example, took place in the U.S., not Ireland. From there, St. Patrick's Day traditions continued to develop stateside, creating the construct for what evolved over the years into the holiday that we know today.

1. Drinking green beer. If you go to Ireland on St. Patrick's Day, you're bound to see many people downing a few pints of Guinness—but that's common on any day. "Given that the most [common] beer in Ireland is jet black, green dye would be remarkably useless in Irish pubs," Irish citizen Luke Sebastian answered on Quora, when asked if those in Ireland also drink green beer for the holiday. "Adding it to beer is an American rather than Irish custom."

2. Dyeing rivers green. The Chicago River after being dyed green for St. Patrick's Day. Those who celebrate St. Patrick's Day in Chicago know all about the work that goes into dyeing the Chicago River green. As the Chicago Tribune reports, the tradition started in 1962 and every year since, 40 pounds of eco-friendly dye has been used to color the river green for a day or two.

3. Or just using the color green in general. Transforming the holiday into an all-out green fest doesn't really have roots in Irish culture. Early depictions of Saint Patrick actually had him wearing

blue garments, Smithsonian reports. King George III even created a "new order of chivalry" for Ireland, with the official color being a sky blue known as "St. Patrick's Blue." According to The Christian Science Monitor, people in the U.S. started wearing green to celebrate the day in the early 1700s because they believed it "made one invisible to leprechauns," fairy-like creatures who would "pinch anyone they could see."

4. Eating corned beef and cabbage. A meal of corned beef and cabbage has become a St. Patrick's Day staple on March 17 in the U.S., but contrary to what you may have previously believed, it is not a traditional Irish dish. According to History.com, the idea

behind pairing these two foods together comes from Irish-Americans in New York City, as it was a cheaper, more accessible version of Irish pork and potatoes.

5. Ordering a Shamrock Shake from McDonald's. It would only make sense for McDonald's to introduce their signature Shamrock Shake in Ireland, right? Wrong. According to HuffPost, the Shamrock Shake was actually first introduced in the U.S. as the St. Patrick's Day Shake in 1970, and it was only at select stores. It wasn't until 2012 that the dessert drink went nationwide, and in 2020, it was announced that it would be available in Ireland and Canada.

(Continued on Page 12)



FOOD Brings Everyone to the Table

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Bits 'n Pieces...

Some thoughts to ponder...

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsible" means don't spill it.
3. Age 60 might be the new 40, but 9 p.m. is the new mid-night.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I am negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. 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?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. I means I am doing nothing.
12. I finally got eight hours of sleep. It took me three days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
16. When you do squats, are your knees supposed to sound like goal chewing on an aluminum can stuffed with celery?
17. I don't mean to interrupt people. I just randomly remember things and get really excited.
18. When I ask for directions, please don't use words like "east".

19. 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.
20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
21. My luck is like a bald guy who just won a comb. Which one is YOUR favorite?

St. Patrick's Day Traditions--

(Continued from Page 11)

6. Holding St. Patrick's Day parades

The first St. Patrick's Day parades weren't held in Ireland. In fact, the U.S. was the first to march as a way to celebrate the holiday. According to an article for Irish Central, historian J. Michael Francis uncovered that in 1601, the first St. Patrick's Day parade was held in St. Augustine, Florida. That was nearly 420 years ago, and Ireland didn't hold its first parade until 1903.

7. Calling it "St. Patty's Day". In the U.S., we love giving things nicknames, including holidays like St. Patrick's Day. However, you'll never see it referred to as "St. Patty's Day" in Ireland. As Merriam-Webster points out, many Irish people actually find this shortened version offensive, as "Patty" is commonly seen as a nickname for the female name Patricia. If you were to see the holiday name shortened at all in Ireland, it would be spelled "Paddy," the shortened form of Patrick, which is the English version of the Gaelic name, Pádraig.

Happy St. Patrick's Day!

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