

# Northwest Rural Public Power District

Hay Springs, NE 69347

May 2021

## A Simple Decision Opens Doors For New Life/Business

Little did she know that the persistency of a complete stranger would change her life. Colleen Jacobs, formerly of Whitney and now from rural Chadron, said she had suffered from chronic pain for years and she was actually using a walker when she attended a conference in Rapid City a year and a half ago. "This woman came up to me and was insistent that she could help me with the use of a Beemer," said Jacobs, who eventually gave in to the woman. That evening after a treatment from this unique product, Jacobs noted she was able to get off the floor with no pain. "At first I wondered if she drugged me," she explained. "I felt better immediately and was able to maneuver much better for the next three days. "I had tried lotions, potions and about everything imaginable to relieve the pain. I decided to have another three sessions before I began looking into investing into the product not only to improve the quality of my own life but to help others."

The Beemer is used to improve circulation by stimulating healthy muscles and temporarily increasing blood circulation in healthy muscles. Beemer devices use a pulsed electromagnetic field - abbreviated as PEMF, to deliver a patented therapeutic signal. It is noted to enhance, nutrient and oxygen delivery, local blood flow, waste removal, muscle conditioning, performance, physical fitness, muscular strength, endurance and energy,



Jacobs providing treatment for Hay Springs client Linda Michaelson.



Colleen Jacobs of rural Chadron adjusts the Beemer monitor for the best therapy for a client.

vitality and well being, stress reduction and relaxation, and sleep management.

The Beemer treatment is a Class 2 medical device, it is not covered by insurance yet. "I hope some day it will be covered like a C-pap machine or oxygen," said Jacobs. "I have chronic osteoporosis and have had a hip replacement, both shoulders and it took it's toll on my teeth," she said. "I refused to take drugs, so the way I dealt with my pain was sleep. "It (the Beemer) doesn't vibrate, heat or massage in order to open up the blood vessels. "The Beemer does both what ice and heat do for 24-48 hours. You typically can't feel it," explained Jacobs.

"After I had used the Beemer for a few weeks, I realized  
(Continued on Page 2)

## NORTHWEST RURAL NEWS

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how disconnected I had become in my life from my husband, my family, my friends and hobbies. I just cried because all of a sudden I had a product that gave me my life back," said an emotional Jacobs. "That's when I became 'Intuned'... thus the name for my new venture," said Jacobs.

The result, a new healthier woman and the beginning of a new career. Jacobs had worked for years as a drug and alcohol counselor prior. She began her Beemer training on line then attended a weekend workshop in Denver. "There were about 250 people in attendance, about a fourth were doctors, a fourth physical therapists, a fourth message therapists and the remainder individuals. With the purchase of the new equipment she personally uses daily, she wanted to reach out to other people and help them, that's when she launched "Intuned". She mentioned that she is also qualified to be a distributor but is more interested in helping people. "If I believe people may be better off using the treatments daily, I may suggest they make their own investment," said Jacobs.

She suggests that clients start with treatments twice a week for a couple of weeks, then back it off to once a week, then see how that works and adjust from there.

After the Jacobs relocated south of Chadron and she opened up her shop at 625 West Third Street where she is open four days a week, with the exception of Wednesdays when she is in Hay Springs and pro-



**Intuned is located on the 600 Blocks of West Third Street in Chadron**

vides treatments at Shear Style. Heather Housh believed the treatments could be beneficial to the people of Hay Springs and invited her take advantage of her shop. One of her satisfied clients, Linda Michaelson of Hay Springs, was getting treatments before in Chadron. Michaelson admitted she read an article in the Record and suggested that her brother consider it before she made her first appointment. "It has been almost a year since I received my first treatment," said Michaelson. Prior Michaelson had been getting injections in Denver for her arthritis in her back, knees and fingers. "The Beemer treatments have been very responsive and I believe it could be beneficial to anyone," said Michaelson.

"Intuned" has been assisting people with a better quality of life since she started. "I have a few clients from as far away as Lusk to Gordon, most are from Chadron and Hay Springs. Since Jacobs refers to herself as a "military brat" after moving frequently during her childhood, she offers a free first session to all veterans. Her hours in Chadron are from 11 a.m. to 7 p.m. and in Hay Springs are from 10 a.m. to 5 p.m.

Colleen and her husband Jake have a blended family of four adult children, and several "fur kids" including a cat, bird and recently koi kids. Jake is originally from Crawford and that's where they met and they ended up living in Whitney. He is a retired BNSF railroad employee. Colleen is also noted as the Gourd Lady, because of her beautifully painted gourds she offers at craft fairs and flea markets.

For more information or to set up an appointment, call 308-430-3866 or visit the "Intuned" facebook page.



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## Along The Garden Path

-by Karen Runkle, Master Gardener

### Spring Gardening Tasks

Spring is usually a very busy season in the yard and garden. Fortunately we usually are full of energy and ready for the challenge after being cooped up for the winter. So, let's head outdoors to clean out and prepare our garden beds, repair the hardscaping, do a little pruning and moving. This should start the season off right.

**Here are six things you can do to launch the spring season successfully.**

**1. Spring Inspection** – Start the season with your inspector's hat on. It is time to investigate and find the damage caused by the winter storms and freezes. Look for:

- Cold, ice or snow damage to plants. (example might be dead tips on trees or bushes, broken limbs, etc)
- Find the beds that need to be cleaned out
- Look at your hardscape elements and decide what need to be repaired, painted, or replaced. (example might include fences, benches, sheds or trellises.)
- Also look for evidence of animals that may have moved in. Do you have new animal burrows from skunks, chipmunks, moles, groundhogs or rabbits? Check plants for deer and rodent damage.

**2. Address your hardscaping issues first.** It is usually too cold to actually garden but nice enough to enjoy a day outside. It is time to repair retaining walls and damaged trellises. Level out your stepping stones and clean out your raised beds and window boxes. Clean out the gutters and I am sure that something will need a fresh coat of paint.

**3. Ideally before the spring bulbs start to pop up, clean out your flower beds.** (It is too late for me) Clean the plant debris from your garden beds. Remove fallen branches and last year's perennial foliage. Cut your ornamental grasses back as close to



the ground as possible. Maintaining good hygiene in your garden beds will help keep pest and diseases at bay.

Don't forget to clean your pond or water feature as well as your bird baths. Scrub your bird bath and plant containers with 1part bleach/5 parts water solution. That should take care of any lingering diseases or insect eggs in your containers.

**4. Test your garden soil.** Do this every 3-5 years to see if you have depleted your soil from essential nutrients. Check with your extension service for assistance.

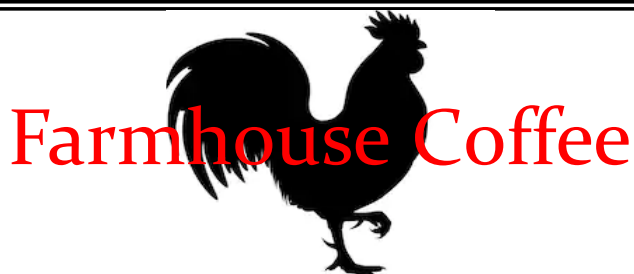
Then, feed your soil once you discover what the soil needs. I generally top dress all of my beds with an inch or two of compost each spring for good measure.

**5. This is the perfect time for dividing your perennials.** In early spring when they are just beginning to pop up, divide and transplant any perennials that have outgrown their space or grown large enough to split. In most cases, it is best to divide and move perennials in the opposite season of when they bloom. That means moving summer and fall blooming perennials in spring (NOW) and spring blooming perennials in fall. This avoids disrupting their bloom cycle.

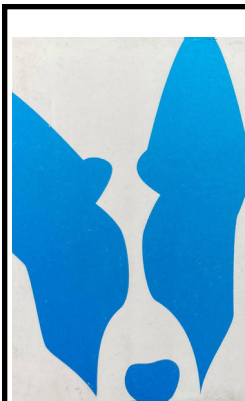
**6. It is time to get out a sharp pair of pruning shears.** There is a whole science to when to prune every bush and tree in your yard but here are a few general hints to get you started.

- Start by pruning out anything that has been broken or damaged by winter ice, snow and cold. Remove all dead wood.
- Follow the general rule that flowering shrubs which bloom on new wood (this year's growth) can be trimmed in spring. This includes potentilla, roses, hydrangea. Their flower buds will be set on the new flush of growth that appears after you prune it.
- Do not prune early flowering shrubs like lilacs and forsythia. They put on blooms early in the spring on old wood. If you trim now, you will risk cutting off this year's flower buds.
- Now is a good time to shear your evergreens to keep them tidy.

There is a lot of work to get your landscape ready but it is worth the effort as you will enjoy your beautiful yard all summer if you get it off to a good start.



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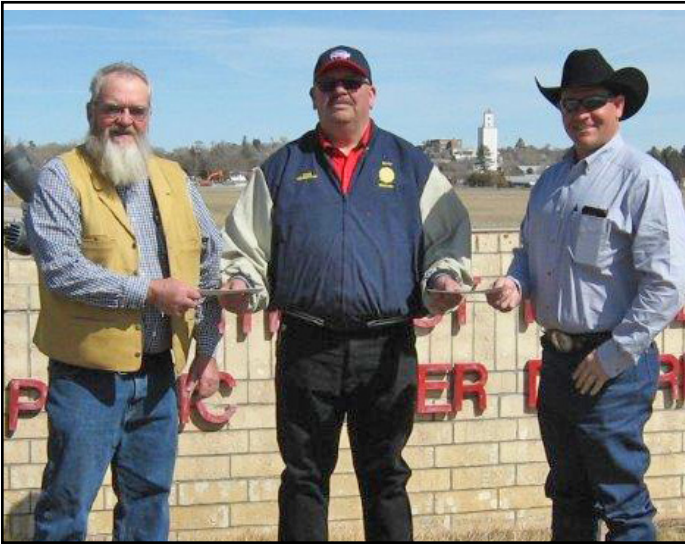
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**Northwest Rural P.P.D.**

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NRPPD Board Members Gary Fuchser (left) and Lucas Bear (right) each present Gordon Legion Sign Committee Member Casey Walton a check for \$1500 from NRPPD and Basin.

## NRPPD Helps Sponsor New LED Legion Sign

The Gordon American Legion Post 34 have recently formed a committee to raise funds for the purchase of an LED sign and message board to announce events that happen at their Gordon location. The total cost to make this addition a reality is \$20,000 not including shipping and installation. Local businesses were invited to donate to this worthy cause in addition to those who may consider donating in memory of a family member or veteran. Gary Fuchser and Lucas Bear presented checks from NRPPD and Basin each for \$1,500 totaling \$3,000 to Committee Chairman Casey Walton for the LED sign and message board.



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# Northwest Rural Territory Activities

## Gordon-Rushville Mustangs

Sat., May 1 Boys Golf WTC at Bridgeport, 8 a.m.

Mon., May 3 Track (JV) at Alliance

Tues., May 4 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.**

Tues., May 11 Golf at Bayard, 9 a.m.

**HS Spring Concert, 7 p.m.**

Thurs., May 13 District Track, tba

**RES Spring Concert, 7 p.m.**

**Fri., May 14 Fine Arts Award Night, 6 p.m.**

**GRMS Spring Concert, 7 p.m.**

**Mon., May 17 RES Going Bananas Day, 8 a.m.**

**GES Pre-K Graduation, 6 p.m.**

**Tues., May 18 RES Field Day at GRHS, 8 a.m.**

**Wed., May 19 Last Day For Students**

**GRMS Awards Ceremony, 11 a.m.**

**Thurs., May 20 Last Day for Teachers**

May 21-22 State Track

May 25-26 State Boys Golf at Kearney

## Crawford Rams

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 High School Gym, 6 p.m.**

Fri., May 7 Track at Bayard (B-C-D), 8 a.m.

**Sat., May 8 Graduation, 2 p.m.**

**Tues., May 11 Elementary Spring Concert, 6 p.m.**

Wed., May 12 Track Districts, tba

**Thurs., May 1 Golf Crawford Best Ball at Legend Buttes, 9 a.m.**

**FFA Banquet, 5:30 p.m.**

May 17-18 Golf Districts, tba

**Wed., May 19 Last Day of School for Students**

**Thurs., May 20 Staff In-Service**

May 21-22 State Track at Omaha

May 26-27 State Golf at North Platte, tba

Mon., Aug. 9 First Day of FB, VB, CC Practice

## Hemingford Bobcats

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

Tues., May 11 Golf at Bayard Invite

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# NRPPD AREA SCHOOL ACTIVITIES

Thurs., May 13 Golf at Crawford Invite  
 District Track at Sutherland  
 Fri., May 14 Graduation Practice, 8 a.m.  
 Senior Honors & Awards, 10 a.m.  
 Sat., May 15 Graduation, 2 p.m.  
 Mon., May 17 District Golf at Bridgeport, 9 a.m.  
**Sports Banquet, 7 p.m.**  
**Tues., May 18 Pre-School Graduation, 7 p.m.**  
**Wed., May 19 Last Day of School - Elementary**  
 State Track - Classes A (p.m.) & D (a.m.)  
 Thurs., May 20 State Track Classes A (p.m.) & D (a.m.)  
 Fri., May 21 State Track Classes B (p.m.) & C (a.m.)  
**Last Day of School - JH-HS**  
 Sat., May 22 State Track Classes B (p.m.) & C (a.m.)  
 May 25-26 State Golf

## Chadron Cardinals

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.  
 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.  
 Sat., May 8 Graduation, High School, 1 p.m.  
 Wed., May 12 HS Physicals, HS Gym, 7-8:15 a.m.

Mon., May 17 District Golf, tba  
 May 21-22 State Track at Omaha Burke  
 May 26-27 State Golf


## Hay Springs Hawks

**Sat., May 1 Prom**  
 Mon., May 3 Boys Golf at Alliance, 9 a.m.  
 Tues., May 4 Boys Golf at Monument Shadows, 9 a.m.  
 Track (JH) at Morrill, 9 a.m.  
 Thurs., May 6 Elementary Track Day, 8:30 a.m.  
 FFA Banquet, 6:30 p.m.  
 Fri., May 7 Track (V) at Bayard, tba  
 Track (JH) at Valentine, 9 a.m.  
 Mon., May 10 4th-5th Grades Spring Concert, 7 p.m.  
 Tues., May 11 Golf at Bayard, 9 a.m.  
 Wed., May 12 District Track, tba  
 Thurs., May 13 \$5 Physicals at Chadron HS (ML-HS)  
 Academic Show, 4:30-7 p.m. at Lister  
 Awards Ceremoney (ML-HS),  
 Auditorium, 7 p.m.  
 Sat., May 15 Graduation, 2 p.m.  
 Tues., May 18 Elementry Awards, 3 p.m.  
 Wed., May 19 Talent Show, Auditorium, 2:30 p.m.  
 Thurs., May 20 Last Day of School  
 May 20-21 State Track



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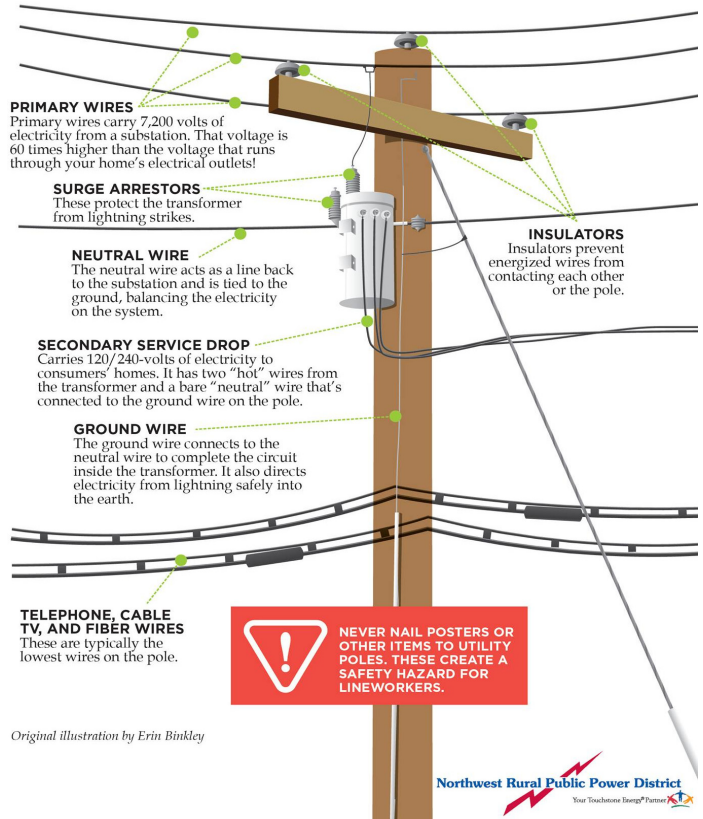
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## Recipes

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### Sheet Pan Parmesan Chicken & Veggies

- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon seasoned salt, or to taste
- ¼ teaspoon ground black pepper, or to taste
- ½ pound fresh green beans, trimmed
- 1 small red potato, diced
- 1 sweet bell pepper, chopped
- 1 cup broccoli florets, chopped
- 1 tablespoon minced garlic
- 3 tablespoons olive oil
- 1/3 cup all-purpose flour
- 4 tablespoons butter, melted
- 1 cup panko bread crumbs
- 1 cup freshly grated Parmesan cheese, divided
- 1 ½ pounds skinless, boneless chicken breasts, pounded flat

#### Optional Dipping Sauce:

- ½ cup mayonnaise
- ¼ cup ketchup
- ½ teaspoon garlic powder
- ¼ teaspoon Worcestershire sauce

Preheat the oven to 400 degrees F (200 degrees C). Line a sheet pan with parchment paper.

Combine oregano, parsley, paprika, garlic powder, seasoned salt, and pepper in a small bowl.

Place green beans, potato, bell pepper, broccoli, and garlic on the prepared sheet pan. Drizzle olive oil on top and sprinkle with 1/2 of the seasoning mix; toss to coat. Spread

vegetables on one side of the pan.

Place flour in a bowl. Place melted butter in a second bowl. Combine panko, 2/3 cup Parmesan cheese, and the remaining 1/2 of the seasoning mix in a third bowl.

Remove any excess fat from chicken breasts and slice into 1 1/4 inch strips. Coat chicken strips in flour, then dredge in melted butter, and then dip in the Parmesan-panko mixture until heavily coated. Place on the empty half of the sheet pan and sprinkle with any remaining Parmesan-panko mixture, pressing onto the chicken.

Bake in the preheated oven for 10 minutes. Remove from the oven, flip chicken strips, stir the veggies, and return to the oven. Bake until chicken juices run clear and veggies are crisp-tender, 10 to 15 minutes. An instant-read thermometer inserted into the center of the chicken should read at least 165 degrees F.

While the chicken is baking, whisk together mayonnaise, ketchup, garlic powder, and Worcestershire sauce.

Remove chicken and veggies from the oven. Toss veggies with remaining Parmesan cheese. Serve with dipping sauce.

\* \* \* \* \*

### Strawberry Angel Food Dessert

- 1 (10 inch) angel food cake
- 2 (8 ounce) packages cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 quart fresh strawberries, sliced
- 1 (18 ounce) jar strawberry glaze

Crumble the cake into a 9x13 inch dish.

Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping. Mash the cake down with your hands and spread the cream cheese mixture over the cake.

In a bowl, combine strawberries and glaze until strawberries are evenly coated. Spread over cream cheese layer. Chill until serving.

\* \* \* \* \*

### Blueberry Lemonade

- 3 cups fresh blueberries
- ¼ cup stevia sweetener (such as Truvia®), or more to taste
- ½ cup freshly squeezed lemon juice
- 9 cups water, or more as needed

Combine blueberries, sweetener, lemon juice, and 1 cup water together in a blender; blend until smooth. Pour into a pitcher. Add remaining water and stir.

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## Energy Saving Tips and Tricks For Summer

In the last few years, the United States and Canada have experienced some of the hottest summers on record.

Aside from being an ecological disaster, these hot summer days can also be a disaster for your wallet. By far, the largest part of your energy bill comes from your home's heating and cooling system. With your AC running 24/7 all summer long, you can expect some of your highest electric bills of the year to come between June and September.

Fortunately, you don't have to boil in the summer heat just to save a few bucks. By following these simple summer energy-saving tips, you can keep the temperature, and your budget, well within the comfort zone.

### 1. Check Your Air Conditioning

Your air conditioner requires regular maintenance to function efficiently throughout its years of service. Neglecting necessary maintenance ensures poor performance and unnecessarily high energy use. Checking the coils, fins, evaporative cooler, and heat pump may require the services of a professional.

Fortunately, you don't have to be a certified HVAC technician to give your A/C a quick, basic check and make sure that it can do its job effectively. Vacuum air vents regularly to remove any dust buildup and ensure that furniture and other objects are

not blocking the airflow through your vents. Avoid placing lamps or TV sets near your thermostat. The thermostat will sense the heat these appliances create, which can cause your A/C to run longer than necessary.

### 2. Replace Your Air Filter

Replacing your air filter is one of the easiest and most effective things you can do to make sure that your A/C runs smoothly and efficiently. Clogged, dirty filters block normal airflow



and reduce your air conditioner's ability to absorb heat. Replacing a dirty filter with a clean one can lower your A/C's energy usage by up to 15 percent.

Clean or replace your air conditioning system's filter every month or two. Filters

need more frequent attention if your A/C is in constant use, is subjected to excessive dust, or if you have fur-shedding pets. Single-room air conditioners will have a filter mounted in the grill that faces into the room. In central air systems, you can find the filter somewhere along the length of the return duct. Common locations are in walls, ceilings, furnaces, or in the air conditioner itself.

If you're still using incandescent light bulbs, then it's time to switch to LED lights. Incandescent bulbs are extremely inefficient. Only about 10 to 15 percent of the electricity that they use gets turned into light—the rest becomes waste heat. LED lights are the most energy-efficient lighting option currently available. They use 75 percent less energy, last 25 times longer, and run much cooler than standard incandescent lights. They cost a little more up front but soon pay for themselves in energy savings.

### 4. Use Your Thermostat Wisely

Set your thermostat as high as comfortably possible in the summer, ideally 78°F or higher. Every degree of extra cooling will increase energy usage six to eight percent. Keep your house warmer than normal when your family is away at school and work, and lower the temperature only when people are at home. Avoid lowering the thermostat while air conditioning is running. It won't cool your house any faster and may result in energy waste.

A smart thermostat can make these temperature transitions easy. Smart thermostats are Wi-Fi enabled devices that automatically adjust the temperature settings in your home for peak energy efficiency. Smart thermostats learn your habits and preferences and establish a schedule that automatically adjusts to energy-saving temperatures when you are asleep or away.

Some states and local city governments incentivize installing a smart thermostat with rebates. Check with your energy provider as they might offer exclusive discounts on smart thermostats.

(Continued on Page 11)

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(Continued from Page 10)

## 5. Use Fans With Your A/C

Running a fan is much cheaper than running your air conditioning. In fact, running a fan 24/7 for an entire month would only cost about 5 dollars on your electricity bill. Unfortunately, don't actually produce cold air—they just move the existing air around. The air flow creates a wind chill effect that helps people feel more comfortable, but it does nothing to change the temperature.

However, fans and air conditioning work very well together. If you use air conditioning, a ceiling fan will allow you to set your thermostat setting about 4°F higher with no reduction in comfort. Remember to turn your fans off when you leave the house.

## 6. Close Your Blinds

Close your blinds or drapes in the daytime to keep out the greenhouse effect of the sun. Southern- and western-facing walls take the brunt of the sun's heat, so invest in good drapes or shades for the windows on these walls and keep them closed. North-facing windows admit relatively even, natural light, producing little glare and almost no unwanted summer heat gain. You can leave these shades open to admit natural light into your house without heating things up.

## 7. Get an Energy-Efficient Dehumidifier

In hot, humid climates, a dehumidifier is a perfect partner to your A/C and a great way to lower humidity levels in your home. A dehumidifier helps lower energy costs because your A/C won't have to work as hard. When the air in your home is too humid, your air conditioner has to do double duty—cooling the air as well as removing moisture. An A/C that works too hard will also break more often, requiring lengthy and expensive repairs.

## 8. Avoid the Oven

Cooking with a conventional oven can add unwanted heat to your house, forcing your A/C to work harder. Do more of your cooking with a microwave or slow cooker to keep the kitchen cool. Better yet, use the summer heat as an excuse to fire up the old backyard barbecue. Outdoor grilling is a summertime tradition for a reason—you can cook delicious meats and veggies while keeping the heat outside.

## 9. Wash Strategically

Washing machines, clothes dryers, and dishwashers all generate a ton of heat. Cut back on this by only using cold water to do your washing. Wash only full loads of dishes and clothes to avoid running the appliances too much. Avoid using your clothes dryer entirely. After washing, hang up your wet clothes to air dry.

The cold water technique isn't just for clothes and dishes; you can use it for your body as well. It may take some getting used to, but a cold shower can be brisk and refreshing in the hot, sweaty months of summer.

Since you're not using as much hot water, you can also turn down the temperature on your water heater. According to the U.S. Department of Energy, water heating can account for 14 to 25 percent of your total energy use.

## 10. If You Aren't Using It, Unplug It

From your computer to your toaster, all electronics generate heat. Even if it's switched off, just being plugged in generates a

small amount of heat in the wiring. Too keep things cool, unplug any electronics you're not using. It's not much per device, but add up all the gizmos in your home, and it can make a few degrees difference.

## 11. Seal Your Home

Insulation isn't just for the cold winter months. Preventing air leaks is one of the best ways to keep warm air out and cool air in. Simple caulking and weather-stripping can save up to 30 percent on heating and cooling costs.

Sealing your home against these leaks is easy, effective, and relatively inexpensive. Use caulk to seal cracks and openings between stationary objects like door and window frames. Apply weather-stripping around things that move, such as window sashes and the door itself.

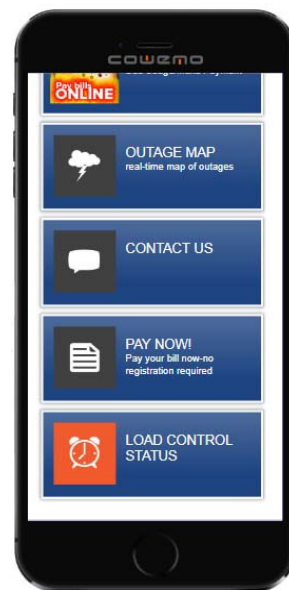
Be sure to check your attic and basement for air leaks, as these floors have large gaps in insulation or missing weather-stripping. Seal the small cracks with foam or caulk.

## Save on Your Energy Bill All Year Long

Energy savings isn't just a summertime activity. Many of these tips will save you money all year long. Air stripping, insulated curtains, and intelligent thermostat usage will keep your home cool in the summer and warm in the winter. Creating smart energy habits will reduce waste, improve efficiency, and save you money on your energy bill year round. *Source: justenergy.com*

## Attention Irrigation Customers:

NRPPD irrigation customers who are participating in the traditional or Time of Day (ToD) load control programs can now check our Load Control Status by visiting our website at [www.nrppd.com](http://www.nrppd.com) and clicking on the "Load Control Status" button. This is available on mobile devices and computers.



## Bits 'n Pieces...

### Twelve Commandments for Seniors

1. Talk to yourself. There are times you need expert advice.
2. In Style are clothes that still fit.'
3. You don't need anger management. You need people to stop making you mad.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell your self is, I don't need to write that down. "I'll remember it."
6. On time is when you get there.
7. Even duct tape can't fix stupid - but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten mintes, then come out wrinkle-free and three sizes smaller!
9. Lately, you've notice people your age are so much older than you.
10. Growing old should have taken longer!

\* \* \* \* \*

### THINGS YOUR MOTHER SHOULD OF TOLD YOU

1. Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
2. Use a meat baster to "squeeze" your pancake batter onto the hot griddle and you'll get perfectly shaped pancakes every time....
3. To keep potatoes from budding, place an apple in the bag with the potatoes.
4. To prevent eggshells from cracking, add a pinch of salt to the water before hard-boiling.
5. Run your hands under cold water before pressing Rice Krispies treats in the pan and the marshmallow won't stick to your fingers.
6. To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.
7. To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on the stovetop.

8. Spray your Tupperware with nonstick cooking spray before pouring in tomato-based sauces and there won't be any stains.
9. When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on outside of the cake.
10. If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix me up."
11. Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.
12. Place a slice of apple in hardened brown sugar to soften it.
14. When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness.
15. To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh, but if it rises to the surface, throw it away.
16. Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
17. If you have a problem opening jars: Try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.
18. Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.
20. To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.

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