

Northwest Rural Public Power District

Hay Springs, NE 69347

October 2021

New Rural Butcher Shop Perfect Fit For Family Business

When Cole and Samantha Wyatt decided to start their own butcher shop, they made a perfect choice for their family to be able to stay home to raise their family. "God has blessed us with the opportunity to stay home and work from our front yard with this, it allows both Sam and I to stay home with the kids," said Cole

The couple had previously ranched over by Whitney for six to seven years before relocating to north of Hay Springs. Cole grew up in Chadron and graduated from Platte Valley Academy in 2007. Samantha graduated from Cody-Kilgore in 2008 and was attending Chadron State College when she met Cole. She earned her degree in Rangeland Management in 2012. She also worked at CSC in work study and later in the mail room for two years. The couple were married in 2012.

The Wyatts, who previously lived in the Whitney area, were looking to purchase a place of their own when they found a home with acreage north of Hay Springs where they could raise beef and a few hogs in addition to some crops. During the beginning of the pandemic, farmers and ranchers were struggling to find a place to have their livestock butchered. "We saw a need for animals to be processed," said Cole. He began looking into the business and studying how to cut meat. He found a lot of information on line, but he was fortunate enough to get some hands on training from Jim Bruns and Gary Binder, who both previously owned and operated their own shops.



Cole and Samantha Wyatt in their processing business, 4 HIS Glory, LLC, located northwest of Hay Springs.

"We started with our first beef in May 2020," said Cole. It didn't take long and the word was out, "4 HIS Glory, LLC" has been busy ever since. Since then they have added hogs and wild game.

"We are booked out a few months, however we try to leave a couple slots open for emergencies," explained Cole.

Earlier this year, they took about three months to expand their space in order to install a new larger cooler which required raising the roof on part of their structure. The older cooler will be used for wild game now. "We will be doing wild game during the rifle season in November,"

"We do raise beef and a few hogs. Mostly we try to provide options from the local community as far as purchasing animals to be processed," noted Cole. They are a custom exempt shop therefore they can not sell already processed meat directly to the customer. It must be purchased on the hoof prior to processing.

On the other hand, they cure and smoke plenty of hams and bacon. The hanging process for a beef is 14 days, while pigs are five days and deer only a day. "We have to process domestic animals separate from wild game," he noted. Last deer season they processed 65 deer.

They have customers as far away as Colorado Springs, Colo., Wyoming and South Dakota. Fair time and hunting season are their two busiest times. Customers must deliver their own animals and pick up their meat. "During our busy

(Continued on Page 2)



A big batch of delicious bacon smoking at 4 HIS Glory, LLC.

4 HIS Glory, LLC-

(Continued from Page 1)

seasons, we have few people that help out and they wrap and grind for us," explained Cole.

Cole says they don't really have anything unique as far as equipment, a band saw, grinder and bacon slicer. "Samantha helps with the business as much as she can while raising their five children in addition to home schooling two of them. They Wyatts adopted their first four children: Sophia, age 7 and a Second Grader; Ria, age 6 and a First Grader; Keziah, 2 and Jemma, 1. They were blessed with their "miracle child" Christopher, five months.

In addition to their processing business, they raise chickens and provide eggs to Farm to Family Cooperative in Hay Springs in addition to the Rapid City Farmer's Market. They also grow and sell cured garlic to Farmer's Markets.

Needless to say the Wyatts don't have a lot of spare time for hobbies. They belong to the Chadron Ridgeview Bible Church and Cole is an EMT on the Hay Springs Volunteer Fire Dept. where he has been a member for the past two years. Cole is also a dealer for Britespan Fabric Distribution.

"We love this area and the people here, northwest NE is home and we are very thankful to live in this part of God's beautiful creation," ended Cole. "4 HIS Glory' is operated at out their rural home located two miles north of Hay Springs and a half mile west. For more information, contact info Cole Wyatt 308-430-8104 clwyatt6912@gmail.com



Above, a freshly batch of sliced side pork. Below, the garlic they raise and cure typically sold at Farmer's Markets. Bottom left, Cole in their new locker full of hanging beef waiting to be butchered.



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The History Behind Pumpkins and

Pumpkins are ripe and plentiful in the fall, just in time for Halloween. These big orange fruits are used in many ways. You might bring one home from a pumpkin patch or the grocery store and carve it into a jack-o'-lantern.

Pumpkin is nutritious and good to eat. Pumpkins can also be used for decoration. Some people even have pumpkin-tossing contests. The history of pumpkins and their use at Halloween contains a mixture of interesting facts and Celtic folklore. Find out how the pumpkin replaced the turnip in the Halloween story and discover more ways to use pumpkins.

Five Tips for Preserving Carved Pumpkin

While there is no way to completely stop your pumpkin from rotting since the process starts as soon as you cut into it, we're sharing all the steps you need to take to ensure that your pumpkin lasts as long as possible this season.

1. Pick a Healthy Pumpkin

First, make sure that you start with a fresh and healthy pumpkin. Choose a firm pumpkin with no soft spots and its stem in tact. Starting off with a firm pumpkin means that your carved pumpkin has a good chance of lasting longer.

2. Get Rid of All the Guts

Once you open up the pumpkin to carve it, it's important that you rid the cavity of the guts. You want to make sure that the inside of your pumpkin is as clean and dry as possible, and that can only happen if you ditch all the pumpkin guts and seeds.

3. Use Petroleum Jelly

To extend the life of your carved fruits, rub a thin layer of petroleum jelly on the inside of the pumpkin to reduce mold and slow decay.

4. Refrigerate Your Pumpkin

If you can, refrigerating your pumpkin each night will go a long way in helping to rehydrate your carved pumpkin (and keep it away from any bugs or critters). This is an especially good idea if you live in a warmer climate. If you try the refrigeration method, spray it down with a home-made peppermint spray first, then put the carved pumpkin in a small garbage bag before putting it in the fridge.

5. Soak Your Pumpkin Overnight

Another method for rehydrating your pumpkin and keeping it fresh is to soak it in water overnight. This is a great method to try if you notice that your pumpkin is starting to fade or wilt. You can fill up a bucket or tub, then put your pumpkin inside overnight for a refreshing bath. If you notice an improvement, you can try to do it again in a day or two. Make sure to use cold water, as hot or warm water can speed up the rotting process. Some people also swear by this method; however, instead of water, they use bleach.

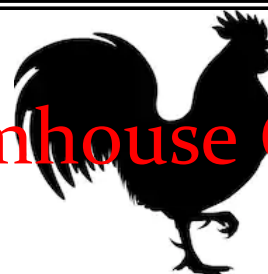
History of the Pumpkin

Pumpkins, which are a type of squash, were first found in the Americas, primarily in the area of Central America and Mexico. Native Americans carried pumpkin seeds into other parts of North America. They cut pumpkins into long strips and roasted them over a fire. They also wove dried strips of pumpkin into mats. The Native Americans ate pumpkin seeds and also used them for medicine. Columbus took pumpkin seeds back to Europe, but they did not grow well there. Jacques Cartier, a French explorer, found pumpkins in what is now part of Canada in 1584. He called them "pepons," a Greek word that means "large melons." Over time, the name was changed to "pumpkin." When the colonists arrived in the U.S., they began using pumpkins for food, too. It was the influence of Irish immigrants, however, that made the pumpkin a part of Halloween.

Immigrants to the U.S. brought the tradition of making a jack-o'-lantern at Halloween. According to Irish folklore, Jack was a blacksmith who had tricked the devil on several occasions. The story says that when Jack died, he was denied entrance into both heaven and hell. When the devil turned him away, he gave Jack a burning ember. Jack hollowed out a turnip to carry the ember and give him light. The Irish remembered this story each year by carving scary faces on turnips and placing a burning piece of coal inside. However, when the Irish immigrated to the U.S., they discovered that pumpkins were more readily available and made better jack-o'-lanterns than turnips. Eventually, candles replaced the burning coals. You might use a battery-operated candle or a flashlight inside your jack-o'-lantern today.



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Stay Healthy, Stay Safe This Harvest Season

Timing is everything with the fall harvest and Mother Nature doesn't always cooperate, adding even more pressure to a short window of time that can make or break the year. When the pressure is on there are some key points to remind yourself, your family, and your employees to make for a safe and productive harvest.

Fall Harvest Safety Tips

The majority of roadway accidents involving farm equipment happen at dawn and at dusk. The combination of farmers coming and going to fields, peak traffic times for the public, and low light conditions all create a perfect storm. Some important things to consider:

- Ensure all equipment is properly placarded with a DOT slow moving vehicle sign and appropriate yellow warning lights. The WI DOT provides an excellent quick resource to determine what safety precautions are required for your situation.
- If possible, have someone follow in a truck equipped with yellow warning lights to act as an escort vehicle. The escort vehicle should maintain a safe following distance behind the equipment to provide the operator with a buffer from other vehicles approaching too closely.

Proper Rest and Nutrition

The short window for harvest makes for long work



days that blend one right after the other. Taking short breaks to get out and stretch, as well as ensuring that adequate time is taken to sleep is essential to a safe harvest.

Operator fatigue is one of the biggest contributors to injury and property accidents involving farming equipment during the harvest. When we push the physical and mental limits of our body, we are limited in our reaction speed and our decision making. Various NHTSA studies over the past 10 years have attributed driver fatigue as the cause in 30-65% of accidents involving commercial motor vehicles.

Another key to limiting operator fatigue is ensuring good nutrition. Eating small amounts of food continuously throughout the day instead of a couple of larger meals will help your body regulate energy levels better. Ensure you are drinking plenty of water, not just coffee and soda, to stay hydrated.

Hazardous Energy Control – Lockout / Tagout

Lockout / Tagout (LOTO) is a process to ensure that before working on equipment, that all potential energy sources have been isolated and rendered inoperative. Potential energy sources include electrical power, hydraulic pressure, pneumatic pressure, thermal energy, gas (energy potential as well as oxygen displacement or toxicity), gravity, or mechanical (springs, belts, and other moving parts).

(Continued on Page 5A)

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NRPPD AREA NEWS



"Go Electric" Parade Entries

Northwest Rural Public Power made their spot in the Hay Springs Friendly Festival parade with NRPPD Tesla and a all electric Polaris side-by-side pulling a trailer with a lawnmower, a EGO power mower 21" - 56 volt lithium-ion cordless mower. The Tesla is available for test drives by calling ahead to schedule an appointment.



(Continued from Page 4A)

NEVER work on equipment until it has been completely powered down, pressures bleed off, and all parts have stopped moving. Take measure to secure the power sources involved to ensure the equipment can't be accidentally or intentionally started while servicing it. Once these measures have been taken, attempt to restart the equipment to ensure it can't be done. On pieces of equipment using hydraulics to move parts, use blocks to secure these components so after the equipment is powered down, it does not unintentionally move parts when pressure has been bled off.

Communicate what you are doing to others onsite to ensure someone doesn't inadvertently place a piece of equipment back into service before its ready. Before restarting, ensure that everyone is clear of the equipment. When working with grain elevators, conveyors, or other fixed equipment, use padlocks and tags to secure power sources.

Above all make sure that when equipment is in operation, all appropriate guards are in place. Those working around moving equipment (including PTO driving equipment) should not wear loose fitting clothing.

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Northwest Rural Territory Activities

Gordon-Rushville Mustangs

Mon., Oct. 1 FB at Bridgeport, 6 p.m.
Kindergarten Field Trip

Sat., Oct. 2 VB (V) at Lead-Deadwood, 8:30 a.m.
VB (MS) at Hemingford Invite, 9 a.m.
FB (MS) vs. Bennett County, 9:30 a.m.

Mon., Oct. 4 GG Districts, tba
CC (HS-MS) at G-R WTC, 11 a.m.
FB (JV) vs. Pine Ridge, 6 p.m.

Tues., Oct. 5 GG Districts, tba
FB (MS) vs. Valentine, 4 p.m.
VB (MS) vs. Hay Springs, 5 p.m.
GRHS Parent-Teacher Conferences, 4 p.m.

Thurs., Oct. 7 **VB (C-JV-V) vs. Valentine, 5 p.m.**
VB (MS) at St. Agnes, 4 p.m.

Fri., Oct. 8 **FB vs. North Platte St. Pat, 2 p.m.**

Sat., Oct. 9 FB (MS) at Mitchell
VB (MS) at Benntt County Invite
VB (9th-C) G-R Invite, 9 a.m.

Oct. 11-12 State GG at Columbus

Mon., Oct. 11 BOE Meeting
FB (JV) at Valentine, 5 p.m.

Tues., Oct. 12 VB (MS) at Bridgeport Tri (A Team), 4 p.m.
Motivational Media, 9 a.m.

Thurs., Oct. 14 CC Districts (tba)
VB (C-JV-V) at Rapid City Christian, 4 p.m.

Fri., Oct. 15 **FB (V) vs. Valentine, 6 p.m.**

Sat., Oct. 16 FB (MS) at Chadron
VB (JV) at Alliance, 9 a.m.
VB (V) at Valentine Invite, 9:30 a.m.

Mon., Oct. 18 VB (C-JV) at Hemingford, 5 p.m.

Tues., Oct. 19 VB (C-JV-V) vs. Morrill, 5 p.m.

Thurs., Oct. 21 VB (C-JV) vs. Hay Springs, 5 p.m.

Fri., Oct. 22 State CC at Kearney, tba

Sat., Oct. 23 Unified Bowling vs. Alliance, 10 a.m.

Oct. 25-26 Volleyball Sub-Districts

Fri., Oct. 29 FB Playoffs - 1st Round

Sat., Oct. 30 VB District Final, tba
Unified Bowling Quad at Alliance, 10 a.m.

Wed., Nov. 3 ASVAB Juniors, 8 a.m.

Thurs., Nov. 4 WR (MS) G-R Invite, 1 p.m.

Nov. 5-6 State Volleyball at Lincoln

Sat., Nov. 6 Unified Bowling Tourney at Scottsbluff, 12 p.m.

Crawford Rams

Sat., Oct. 2 VB at Morrill Invite, 9 a.m.

Mon., Oct. 4 HOMECOMING WEEK
VB (JH) vs. Hemingford, 4 p.m.
FB (JH) vs. Hemingford, 5 p.m.
VB (V) vs. Hemingford, 6 p.m.
ASVAB - Juniors
XC at Sidney, 3 p.m.

Wed., Oct. 6 FB (JH) vs. Sioux County, 2 p.m.

Thurs., Oct. 7 VB vs. Sioux County, 4 p.m.

Fri., Oct. 8 FB (V) vs. Sioux County, 7 p.m.

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NORTHWEST RURAL ACTIVITIES

Thurs., Oct. 14 **Homecoming Dance, 8-11 p.m.**
XC Districts, tba
FASFA

Fri., Oct. 15 **Early Dismissal at 12:30;**
End of 1st Quarter
FB (JH) vs. Cody-Kilgore, 2 p.m.
VB (JH) vs. Cody-Kilgore, 2 p.m.
VB vs. Cody-Kilgore, 4 p.m.
FB vs. Cody-Kilgore, 7 p.m.

Sat., Oct. 16 VB PanCo at CSC, tba
Mon., Oct. 18 VB (JV) at Mitchell Quad, 5 p.m.
Fri., Oct. 22 State XC at Kearney, tba
VB at Minatare, 4 p.m.
FB at Minatare, 7 p.m.

Mon., Oct. 25 Volleyball Subdistricts
Tues., Nov. 2 Life Touch Picture Retakes
Nov. 4-6 State Volleyball at Lincoln
Mon., Nov. 8 One Act Play at Scottsbluff, tba

Hemingford Bobcats

Fri., Oct. 1 FB (V) at Perkins County, 6 p.m.
Sat., Oct. 2 VB (JH) Hemingford Invite, 9 a.m.
Mon., Oct. 4 VB (JH) at Crawford, 4 p.m.
FB (JH) at Crawford, 5 p.m.
VB (JV-V) at Crawford, 6 p.m.

Wed., Oct. 6 Pre-ACT for Juniors, 8:15 p.m.
Thurs., Oct. 7 VB Triangular at Hay Springs
(Lakota Tech), 4 p.m.
FB (V) vs. Bayard, 7 p.m.
Fri., Oct. 8 CC (JH) WTC at Gordon-Rushville, 11 a.m.

Mon., Oct. 11 CC (JH) State at Gering
VB (JV) at Gordon Invite, 8 a.m.
VB (JH) at Hay Springs

Tues., Oct. 12 End of 1st Quarter
Wed., Oct. 13 Staff Inservice, 8 a.m.-12 p.m.
Parent-Teacher Conferences, 1-7 p.m.
Fall Break

Oct. 14-15
Thurs., Oct. 14 CC (HS) Districts
VB (JH) at Bayard, 4 p.m.

Fri., Oct. 15 FB (V) at Kimball, 7 p.m.
Sat., Oct. 16 VB PanCo at Edgemont, 9 a.m.
Tues., Oct. 17 VB (JV) at Hay Springs, 6 p.m.

Fri., Oct. 22 CC (HS) State at Kearney
Oct. 25-26 VB Sub-Districts
Wed., Oct. 27 FCCLA District Conf.

Fri., Oct. 29 WR (JH) at Banner Co. Invite, 9 a.m.
Sat., Oct. 30 VB Districts
Nov. 4-6 State Volleyball
Thurs., Nov. 4 WR (JH) at Gordon-Rushville, 1 p.m.

Chadron Cardinals

Fri., Oct. 1 VB (V) at Scottsbluff Invite, tba
CC (JV-V) at Scottsbluff (Conf), 3:15 p.m.
FB (V) vs. Sidney, 7 p.m. - Parents' Night


Sat., Oct. 2 VB (V) at Scottsbluff Invite, tba
VB (7th-8th) at Torrington, 9 a.m.
Softball at Chase Co. Tri., 12 p.m.

(Continued on Page 8)



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NRPPD AREA ACTIVITIES

(Chadron continued from Page 7)

Mon., Oct. 4 Golf Districts (tba)
Softball Districts (tba)
VB (7th) vs. Alliance, 4 p.m.
FB (JV) at Alliance, 5 p.m.

Tues., Oct. 5 Girls Golf Districts, tba
Girls Softball Districts, tba
VB (C-JV-V) vs. Rapid City Christian
at Hart Ranch, 4, 5, 6 p.m.
FB (MS) vs. Alliance, 5 p.m.
FB (7th) at Alliance, 5 p.m.

Thurs., Oct. 7 CC at Sidney Deer Run Park, 3 p.m.
VB (MS) vs. Gering, 4 p.m.
VB (8th) at Gering, 4 p.m.

Fri., Oct. 8 Softball District Finals, tba
FB (V) at Alliance, 7 p.m.

Sat., Oct. 9 FB (7th-8th) at Sidney, 9 & 10:30 a.m.
VB (V) at Mitchell (Conf. Tourney), 9 a.m.

Oct. 11-12 Girls Golf State, tba

Mon., Oct. 11 FB (9th) at Gering, 5 p.m.

Tues., Oct. 12 VB (C-JV-V) at Sidney, 4, 5 & 6 p.m.

Wed., Oct. 13 CC Districts, tba

Oct. 13-15 State Volleyball at Hastings Complex, tba

Fri., Oct. 15 FB (V) at Gothenburg, 6 p.m. CT

Sat., Oct. 16 FB (7th-8th) vs. Gordon-Rushville, 9 & 10:30 a.m.
VB (JV) at Alliance Tourney, 10 a.m.
VB (V) at Valentine Invite, 10:30 a.m.

Tues., Oct. 18 6-12 Band Concert, HS Aud., 7 p.m.

Thurs., Oct. 21 VB (C-JV-V) vs. Alliance, 5, 6 & 7 p.m.

Fri., Oct. 22 State Cross Country at UNK, tba
FB (V) vs. Ogallala, 6 p.m. (Homecoming)

Sat., Oct. 23 VB (V) at Alliance Invite, 10 a.m.

Oct. 25-26 VB Sub-Districts

Thurs., Oct. 28 6-12 Vocal Concert, HS Aud., 7 p.m.

Sat., Oct. 30 VB District Finals, tba

Nov. 4-6 State Volleyball at Lincoln

Thurs., Nov. 4 WR (MS) at Gordon-Rushville, 1 p.m.

Sat., Nov. 6 WR (MS) at Scottsbluff, tba

Hay Springs Hawks

Fri., Oct. 1 VB (JH) at Cody-Kilgore, 1 p.m.
FB (JH) at Cody-Kilgore, 3 p.m.

Sat., Oct. 2 VB (JH) at Hemingford Tourney, 9 a.m.

Tues., Oct. 5 VB (JH) at Gordon-Rushville, 4 p.m.

Thurs., Oct. 7 One Act, Theatre Day at CSC
CC (JH-V) at Sidney Meet, 2 p.m.
VB (V) Hay Springs Tri, 4 p.m.

Fri., Oct. 8 VB (JV-V) at Potter-Dix

Mon., Oct. 11 VB (JH) vs. Hemingford, 4 p.m.

Tues., Oct. 12 VB (V) at Hyannis Tri (Morrill), 4 p.m.

Thurs., Oct. 14 District Cross Country, tba
FB (JH) vs. Sioux County, 2 p.m.
VB (JH) vs. Sioux County, 2 p.m.
VB (V) vs. Sioux County, 4 p.m.
FB (V) vs. Sioux County, 7 p.m.

Sat., Oct. 16 VB (V) at CSC Tourney (PanCo), 9 a.m.

Wed., Oct. 20 Hawk Talk at Senior Center, 8 a.m.
Quarterly Assembly, 8:45 a.m.

Thurs., Oct. 21 VB (V) at Gordon-Rushville, 5 p.m.

Tues., Oct. 26 KG-3rd Grade Concert 6:30 p.m.

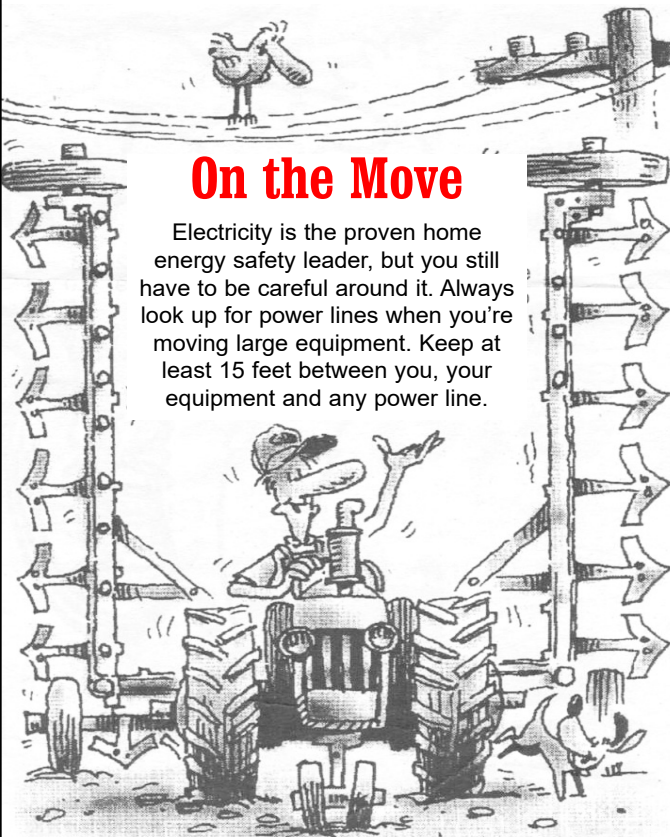
Wed., Oct. 27 Breakfast of Champions, 7:45 a.m.

Fri., Oct. 29 WR (JH) at Banner Co. Meet, 9 a.m.

Wed., Nov. 3 PanCo Honor Band at Hay Springs,

Thurs., Nov. 4 WR (JH) at Gordon-Rushville, 1 p.m.

Sat., Nov. 6 WR (JH) at Scottsbluff, 9 a.m.
GBB (JH) vs. Sioux County, 10 a.m.



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.

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Recipes

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Mexican Quesadilla Casserole

- cooking spray
- 1 pound ground beef
- ½ cup chopped onion
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with lime juice and cilantro (such as RO*TEL®)
- 1 (8.75 ounce) can whole kernel sweet corn, drained
- 1 (4.5 ounce) can chopped green chiles, drained
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- ½ teaspoon dried oregano
- ½ teaspoon red pepper flakes
- 6 flour tortillas
- 2 cups shredded Cheddar cheese

Preheat oven to 350 degrees F. Prepare a 13x9-inch baking dish with cooking spray.

Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until beef is completely browned, 5 to 7 minutes; drain and discard grease.

Stir tomato sauce, black beans, diced tomatoes with lime juice and cilantro, corn, and chopped green chiles into the ground beef mixture; season with chili powder, cumin, garlic, oregano, and red pepper flakes. Reduce heat to low and cook mixture at a simmer for 5 minutes.

Spread about 1/2 cup beef mixture into the bottom of the prepared baking dish; top with 3 tortillas, overlapping as needed. Spread another 1/2 cup beef mixture over the tortillas. Sprinkle 1 cup Cheddar cheese over beef. Finish with

layers of remaining tortillas, beef mixture, and Cheddar cheese, respectively.

Bake in preheated oven until heated throughout and the cheese is melted, about 15 minutes. Cool 5 minutes before serving.

* * * * *

Instant Pot® Galic-Sesame Chicken Thighs

- 4 each bone-in, skin on chicken thighs
- 1 pinch salt and ground black pepper to taste
- 2 tablespoons sesame oil
- 4 garlic clove (blank)s garlic cloves, minced
- 6 tablespoons water, divided
- ¼ cup soy sauce
- ¼ cup hoisin sauce
- 1 tablespoon honey
- 2 tablespoons cornstarch
- 2 tablespoons chopped green onions
- 1 tablespoon toasted sesame seeds

Season chicken thighs with salt and pepper.

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Heat sesame oil in the pot. Add chicken thighs and saute until browned on the first side, 3 to 4 minutes. Add garlic and flip the chicken, sauteing until the other side is browned and the garlic is fragrant, 3 to 4 minutes more. Hit Cancel and transfer the chicken to a plate using tongs or a slotted spoon.

Pour 1/4 cup water into the pot and use a wooden spoon to scrape any browned bits from the bottom. Whisk soy sauce, hoisin sauce, and honey together in a bowl until smooth. Return chicken to the pot and pour sauce over the top.

Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 10 minutes. Allow 6 to 10 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, about 5 minutes. Release remaining pressure carefully using the quick-release method, about 5 minutes. Unlock and remove the lid. Remove chicken with tongs or a slotted spoon and set aside.

Mix remaining 2 tablespoons water with cornstarch in a small bowl. Turn on Saute function and whisk cornstarch slurry into the sauce. Simmer until the sauce thickens, about 2 minutes. Cancel Saute function. Return chicken to the sauce, sprinkle with green onions and sesame seeds, and toss everything together.

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Need Something to Celebrate in October?

October 1: International Coffee Day, National Black Dog Day.

October 2: International Day of Non-Violence, National Custodian Day

October 3: Mean Girls Day, National Boyfriend Day.

October 4: National Cinnamon Roll Day, National Taco Day

October 5: National Do Something Nice Day, World Teacher's Day

October 6: National Coaches Day, National Walk and Bike to School Day.

October 7: National Frappe Day, National Depression Screening Day.

October 8: National Fluffernutter Day, National Pierogi Day.

October 9: Curious Events Day, World Hospice and Palliative Care Day.

October 10: National Cake Decorating Day, National Hug a Drummer Day.

October 11: Columbus Day (Federal), National Kick Butt Day.

October 12: Farmers Day, National Pulled Pork Day.

October 13: National M&M Day, National Stop Bullying Day.

October 14: National Dessert Day

October 15: National Cheese Curd Day, National Grouch

Day.

October 16: National Boss's Day, Global Cat Day.

October 17: National Pasta Day, National Pay Back a Friend Day.

October 18: Health Care Aide Day; National Chocolate Cupcake Day

October 19: National New Friends Day, National Pharmacy Technician Day.

October 20: National Day on Writing, World Osteoporosis Day.

October 21: International Day of the Nacho, National Apple Day.

October 22: International Caps Lock Day, National Nut Day.

October 23: National Boston Cream Pie Day, Slap Your Annoying Coworker Day!

October 24: National Bologna Day, United Nations Day.

October 25: National Greasy Foods Day, National Mother-in-Law Day.

October 26: National Day of the Deployed, National Pumpkin Day.

October 27: American Beer Day, National Black Cat Day.

October 28: National Chocolate Day, First Responders Day.

October 29: National Cat Day, National Internet Day.

October 30: Candy Corn Day, Text Your Ex Day!

October 31: Halloween, National Carmel Apple Day.

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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.

Whether you're purchasing new grain bins or remodeling areas that contain existing ones, proximity to overhead power lines must be a considered factor.

NRPPD ENTERTAINMENT

Interesting Facts About NRPPD

Northwest Rural Public Power District is located in the northern part of the Nebraska Panhandle, where we are your Touchstone Energy partner. We provide electricity and many other quality products and services to customers in Northwest Nebraska. Our service area covers the Oglala National Grasslands and the national forest and dryland wheat areas in the West, to the Pine Ridge Indian Reservation, pine trees and rugged rock terrain in the North, to the sandhills and cattle ranches to the East and to the irrigated farmland to the South.

Our main office is located in Hay Springs, a town of 650 population with a high school, grade school, grocery store, parks, swimming pool and much more. A hospital and four-year college are within 20 minutes of Hay Springs.

Employees:	20
Power supplier:	Tri-State Generation and Transmission Association
Date system organized:	November 28, 1945
Board meetings held:	4th Thursday each month
NRECA/RUS identification #:	28-099
Radio frequencies:	158.205 (transmit) 153.500 (receive) 153.635 (emergency)
Total square miles served:	3,500
Counties served:	Dawes, north half of Sheridan and part of northwest Cherry
Total residential customers:	1,365
Total connected meters:	3,307
Miles of line:	1,960
Irrigation wells served:	633
Total horsepower of wells:	39,556

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Bits 'n Pieces...

10 Signs You're Doing Better Than You Think

1. You paid the bills this month.
2. You're employed.
3. You're not worried about your next meal.
4. You have one or two close friends.
5. You're not the same person you were a year ago.
6. You've got goals.
7. You've experienced real hardships.
8. You don't let pride get in the way of asking for help.
9. You know there's more to life than material possessions.
10. You've chosen happiness on your terms.

You Might Be a Mechanic If...

- Your toolbox costs more than your car.
 - You wash your hands before using the bathroom.
 - All your clothes have grease oil stains.
 - You are too lazy to fix your own car.
 - You can hold a serious conversation about trans-nys.
 - The tool truck guys know you by name.
- * * * * *
- Country is in your blood, not in your closet.
 - Texas, where Coke really does mean Dr. Pepper.
 - Happy as a dead pig in the sunshine.
 - You're lower than a snake's belly in a wagon rut.
 - She could charm the dew right off a honeysuckle.
 - Blame it all on my roots.
 - She's madder than a wet hen.
 - He's busier than a one-legged man at a butt kicking contest.
 - Good girls are made of sugar and spice. Cowgirls are

made of whiskey and ice.

- I'd rather be stuck in the mud than be stuck in traffic.
 - Sometimes I have to tell myself it's not worth the jail time.
 - I come from a town where a traffic jam is five cars behind a tractor.
- Advice from a Farmer:
- Your fences need to be horse-high, pig-tight, and bull-strong.
 - Keep skunks, bankers and lawyers at a distance.
 - Forgive your enemies. It messes up their heads.
 - Do not corner something that you know is meaner than you.
 - Every path has a few puddles.
 - Always drink upstream from the herd.
 - Lettin' the cat outta bag is a whole lot easier than puttin' it back in.
 - Life is simpl
 - Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.



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