

# Northwest Rural Public Power District

Hay Springs, NE 69347

August 2023

## Northwest Nebraska 'Ghost' Sets Guinness Record

It's not uncommon for dog owners to teach their dogs a few tricks.... sit, shake, lay down, but for a Hay Springs woman, she has taken "trick training" to a whole another level. Megan Reimann, who actually trains and writes under the name of Noche Miller, began working with horses a long time ago. However, a little over a year ago she expanded her trick training to their family pet calf, Ghost, a shiny white Charolais they began bottle feeding in 2019. The now four year Ghost recently made the news. Big news actually, Ghost set a Guinness World Book record for the most tricks in a minute!

After watching a video of a pig who had earned a world record doing tricks, Reimann knew her cow could do everything the pig could do. "So we started practicing and working on fitting all the tricks she could do in a much shorter time frame than we were used to," said Reimann, who began contacting Guinness World Book of Records last summer.

She said Guinness has a website that walks you through the steps of applying, then they waited for a response. It was at least three months before they responded and more than twice that before it was confirmed. No one actually came from Guinness, but Reimann had to provide witnesses, timers and lots of video evidence before Ghost's record was approved.

"Trick training is the perfect way to introduce cattle, or horses, to training while they are still too young for riding training. It gets them used to being handled and shows them they don't need to be afraid of us or working with people in general. So we started with trick training when she



**Ghost shows up right away when Megan pulls up into the pasture and calls her. She was enjoying some of her cake treats.**

was just a few months old," explained Reimann.

Reimann began taking online courses on trick training for horses many years ago. "Then I was asked to join them as an instructor. Now I teach an online horse trick training course, "Horse Tricks 101" said Reimann. "The training we use for the horses transfers exactly over to cattle. Once you have the basics down, the tricks you can add on are only limited by your imagination." She credits her children for helping her come up with new trick ideas. "My daughter is the one who thought it would be fun if a horse could fist bump. I learned through trial and error that it is best to fist bump with the knee instead of the hoof. Fist bumping a hoof is painful!"

"Ghost's first trick was spin. She learned it as a calf and offers it enthusiastically whenever she wants a treat. I use cake, range cubes, as a reward," said Reimann. "They're healthy and taste good. She loves them. We've tried to feed her horse cookies, apples, and various other treats that cattle are 'supposed' to like but she isn't interested. She will eat a bite of pumpkin occasionally."

**(Continued on Page 2)**



**Ghost and Megan proudly show off their Guinness certificate.**





A Ghost kiss.



A fist/knee bump from Ghost.



Ghost knows her numbers.

## Ghost the “Trickster”--

(Continued from Page 1)

Now that she’s started training cattle, she has quite a few cows in the herd that have some amount of training. “From halter trained to actual tricks. It makes handling the whole herd much easier when there are some very tame cattle in there. I will often call my pet cows to get the herd through a gate they don’t want to go through or just to lead them to new pastures. It makes for quite easier handling in general,” said Reimann

**What kinds of tricks does Ghost do?** “Ghost can do a large number of tricks. For the record she did stay, come, roped herself, bow, spin, stand on pedestal, fist bump, kiss, nod yes, and ring bell,” said Reimann. “They wouldn’t accept asking her to show me colors or numbers that she knows as tricks for this record. Guinness said that those would have to go to individual records, such as most numbers recognized by a cow. We’ve also



The Reimann children, Elly and Gus, are following in their mother’s footsteps and have their own calves, two of their favorites are “Marshmallow” and “Popcorn”.

worked on riding. She isn’t a big cow and is busy raising calves so that one isn’t likely to ever actually happen.

Reimann admitted that once she had children she wasn’t able to ride her horses as much as she wanted. “At that time I got a three year old horse that came with a lot of problems. Not the best decision when you are already busy with babies and can’t find time for horses but it worked out perfectly. He was the horse that lead me to trick training,” noted Reimann. “It helped fix all his problems and took him from dangerous on the ground to the horse I trust with my children. He got me hooked on trick training and we haven’t looked back since. That horse now helps me teach trick training to others and works as a ranch horse.”

She said she has been riding horses her whole life. “I’ve worked on ranches all horseback, ridden dressage, jumped, ridden endurance, shown in cow horse classes and done some cutting. In my twenties I spent some time starting colts.”

She has a lot of experience starting horses of all ages and types while starting colts when she was younger. “Now I mostly work with other’s horses virtually”.

Reimann works with Horse Tricks Club and is a self employed-author, cattle owner, and mother to two wonderful children. She has a book out on the study of “Horse Whorls”. “The whorls, swirls, cow licks, on a horses forehead tell us about the temperament of the horse,” she explained. To find out more about Trick Training or her book, google ‘Noche Miller’.

She and her husband, Larel, met at Hay Springs Public Schools where they were both employed. Larel continues to work there as the IT guy while farming and raising cattle with his wife. The couple have two children, Elly and Gus, and live south of Hay Springs.

After mastering trick training horses and cows, she did confess, “I have never trained a dog in my life! I always think it would be nice to have a very well trained cow dog but our dogs are always just nice and I never take the time to try to advance their training.”





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## Alexa Tollman Represents NRPPD on D.C. Tour

Crawford High student Alexa Tollman was selected as one of three ambassadors following the 2022 NREA Youth Leadership Camp. There were 46 campers from 22 member systems that attended the camp at Nebraska National Forest in Halsey, a few months before fire destroyed the popular 4-H camp.

The 2022 Ambassadors were Delaney Rogers of Dunning, (Custer PPD), James Doyle of Osmond (Northeast Power), and Alexa Tollman of Crawford (Northwest RPPD).

**TOLLMAN** was selected as one of the ten Ambassador finalists at Youth Energy Leadership Camp in July and she earned one of the top three Ambassador spots. The Nebraska Youth Tour got underway on Friday, June 16 and ran through the following Thursday, June 22," said Tollman. The youth met in Lincoln before flying out of Omaha.

This wasn't Tollman's first time at Washington D.C., her first visit was in 2019 as a family trip. On the other hand, she was in Washington, D.C. the week prior to the Nebraska Youth Tour on a National History Day competition, June 10-16. Each time she has attended, she made more friends and learned a little more.

"My favorite part of the trip was learning the history



Alexa Tollman of Crawford was one of three Ambassadors selected for the 2023 Nebraska Youth Tour following the Youth Leadership Camp last summer at Halsey.



Washington, DC surrounds. From the Smithsonian's, to Arlington National Cemetery, to Gettysburg, the history tells a beautiful story. Stepping foot on Gettysburg or walking through George Washington's house has a sense of reality. I really enjoyed visiting Gettysburg and acknowledging the history that lies there," explained Tollman.

"I also was very fond of the memorials. I found the message the Franklin D. Roosevelt memorial portrays and the meaning behind the engraved quotes to be incredible," added Tollman.

Throughout the week they would run into other states on Youth Tour and traded pins and got to connect with other students across the Nation. "It was fun getting to connect with hundreds of other kids on Youth Tour," said Tollman.

(Continued on Page 5)

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## Alexa Tollman--

(Continued from Page 4)

Tollman also served as a Junior Counselor at Youth Energy Camp in Cozad this July .

Tollman is a 17 year old senior at Crawford High School this fall and is the daughter of Justin and Tami Tollman. "My dad had encouraged me to attend a Leadership Camp and then someone mentioned NREA Youth Leadership Camp to him and he was sold on sending me to it," said Alexa.

"I would absolutely recommend students to attend NREA Youth Energy Leadership Camp! It is a great experience and the Youth Tour trip to Washington DC was truly a trip of a lifetime! At camp, I have met a ton of amazing people and have had the opportunity to connect with students across the state that otherwise I wouldn't have. I think everyone can gain something from NREA Camp!, ended Tollman.

At Crawford High, she participates in volleyball, FFA, Cheerleading, Teammates, National Honor Society and National History Day. This will be her second year as President of the Crawford FFA Chapter. She is also NHS President. Outside of school, Tollman is involved in Valley 4-H Club, Saint John the Baptist Church and several community activities. "My future goals include attending the University of Nebraska at Lincoln and major in Agriculture Education.



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# NORTHWEST RURAL ACTIVITIES

## Gordon-Rushville Mustangs

Tues., Aug. 15 GES K-5th Open House, 5 p.m.  
 Wed., Aug. 16 Back-to-School Night, 6 p.m.  
 GES PreK Open House, 5 p.m.  
 Thurs., Aug. 17 First Day of School, Noon Dismissal  
 Fri., Aug. 18 GES Noon Dismissal  
 FB Gatorade Scrimmage, 6 p.m.  
 Mon., Aug. 21 GES PreK 1st Day of School  
 First Full Day All Students  
 Thurs., Aug. 24 GGO at Bayard, 9 a.m.  
 XC at Scottsbluff, 1 p.m.  
 VB (JV-V) Tri at Hemingford, 2 p.m.  
 Fri., Aug. 25 FB (V) at Chadron, 7 p.m.  
 Sat., Aug. 26 Junior Mustangs Cheer Camp, 8 a.m.  
 Thurs., Aug. 31 FB (V) vs. Alliance, 6 p.m.  
 Mon., Sept. 4 NO SCHOOL - LABOR DAY  
 Fri., Sept. 8 FB (V) at Sidney, 6 p.m.  
 Mon., Sept. 11 FB (JV) vs. Chadron, 5 p.m.  
 Fri., Sept. 15 FB vs. Ord, 6 p.m. (Homecoming)

## Crawford Rams

not available

## Hemingford Bobcats

Tues., Aug. 15 7th Grade & New Student/Parent  
 Orientation, 4:30 p.m.  
 Back to School Open House, 5:30 p.m.  
 Thurs., Aug. 17 First Day of School, Dismissal 2 p.m.  
 Fri., Aug. 18 2 p.m. Dismissal

Mon., Aug. 21 FB (JV) at Bridgeport, 5 p.m.  
 Thurs., Aug. 24 CC (JH-V) at Scottsbluff Country Club, 3 p.m.  
 Fri., Aug. 25 FB (V) at Leyton, 7 p.m.  
 Sat., Aug. 26 VB vs. Sioux Co., 10 a.m.  
 Mon., Aug. 28 FB (JV) vs. Bayard, 6 p.m.  
 Tues., Aug. 29 VB (JV-V) at Hyannis, 5 p.m.  
 Thurs., Aug. 31 VB (JV-V) at Mitchell, 5/6 p.m.  
 Fri., Sept. 1 CC (JV-V) at Five Rocks Amphitheatre, 11 a.m.  
 Mon., Sept. 4 NO SCHOOL  
 Tues., Sept. 5 VB (JH) vs. Kimball, 4 p.m.  
 VB (V) Tri at Hay Springs (Crawford) 4 p.m.  
 FB (V) vs. Kimball, 5 p.m.  
 Thurs., Sept. 5 VB vs. Leyton, 4 p.m.  
 Fri., Sept. 8 CC (JH-V) at Kimball, 1 p.m.  
 FB (V) vs. Hyannis, 7 p.m.

## Chadron Cardinals

Wed., Aug. 16 Open House, 6 p.m.  
 Thurs., Aug. 17 First Day of School at Chadron High,  
 Fri., Aug. 18 G SB at Southern Valley Schools, 3:30 p.m.  
 Sat., Aug. 19 G SB at Lexington Optimst SB Fields, 8 a.m.  
 Mon., Aug. 21 Open House High School, 6-7 p.m.  
 Tues., Aug. 22 Girls Golf at Hillside Golf Course, 9 a.m.  
 G SB vs. Alliance at Hampton SB Fields, 4 p.m.  
 Thurs., Aug. 24 G Golf at Chimney Rock Golf Course, 9 a.m.  
 CC at Riverview Golf Course, 1 p.m.  
 VB (C-JV-V) vs. Mitchell, 4, 5, 6 p.m.  
 Fri., Aug. 25 VB (JV-V) vs. Gordon-Rushville, 4, 5 p.m.  
 FB (V) vs. Gordon-Rushville, 7 p.m.  
 Sat., Aug. 26 VB (V) at Rapid City Christian Invite, 9 a.m.

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# NORTHWEST RURAL ACTIVITIES

Mon., Aug. 28 FB (JV) at Mitchell, 5 p.m.  
 Tues., Aug. 29 G Golf at Scottsbluff Country Club, 9 a.m.  
 SB (JV-V) at Scottsbluff, 4, 6 p.m.  
 VB (C-JV-V) at Scottsbluff 4, 5, 6 p.m.  
 Thurs., Aug. 31 SB (JV-V) at Bayard, 4, 6 p.m.  
 FB (7th-8th) at Hot Springs, 4:30 p.m.  
 Fri., Sept. 1 CC (MS-V) at Five Rocks  
 Amphitheatre, 11 a.m.  
 FB (V) at Gering, 7 p.m.  
 Sat., Sept. 2 SB at McCook Invite, 8 a.m.  
**Mon., Sept. 4 NO SCHOOL - LABOR DAY**  
**Tues., Sept. 5 G Golf at Ridgeview Country Club, 9 a.m.**  
 SB (JV-V) vs. Gering at Oregon Park, 4, 6 p.m.  
 VB (C-JV-V) at Alliance, 4, 5, 6 p.m.  
**VB (8th) vs. St. Agnes, 4 p.m.,**  
**(followed by B)**  
**Wed., Sept. 6 Picture Day**  
**Thurs., Sept. 7 Picture Day**  
 G Golf at Mitchell  
**VB (C-JV-V) vs. Gering, 4, 5, 6 p.m.**  
 VB (MS) at Crawford, 4 p.m.  
 Fri., Sept. 8 CC (MS-V) at Chadron State, 10:30 a.m.  
 FB (V) at Mitchell, 7 p.m.  
 Sat., Sept. 9 SB at Scottsbluff, tbd  
 VB (MS) at Gering/Sidney, 8:30 a.m.  
 FB (MS) at Mitchell, 7th-9 a.m.; 8th-10:30 a.m.  
 VB (JV) Quad at Chadron, 9 a.m.


## Hay Springs Hawks

Thurs., Aug. 3 6th-12th Grade Mandatory Meeting followed  
 by Athletic Meeting  
**Mon., Aug. 7 Grill n' Grid, 6 p.m.**  
**Tues., Aug. 8 Pre-K-5th Grade Back-to-School**  
**Night, 4:30-6 p.m.**  
**Thurs., Aug. 10 First Day of School for**  
**Elementary/Preschool**  
**Full Day for Everyone**  
 Thurs., Aug. 17 VB Jamboree at CSC  
 Thurs., Aug. 24 WESTCO FFA Field Day at Gering  
 Friendly Festival  
 CC (JH-V) at Scottsbluff Meet, 1 p.m.  
 Fri., Aug. 25 FB (V) at Paxton, 6 p.m.  
 Tues., Aug. 29 VB (V) at Banner Co. Triangular, 4 p.m.  
 Fri., Sept. 1 CC (JH-V) at Gering, 11 a.m.  
**Mon., Sept. 4 NO SCHOOL - LABOR DAY**  
**Tues., Sept. 5 VB (V) HS Tri (Crawford/Hemingford), 4 p.m.**  
**Wed., Sept. 6 Hawk Talk at Senior Center, 8 a.m.**  
**Thurs., Sept. 7 FB (V) vs. Potter-Dix, 7 p.m.**  
 Fri., Sept. 8 CC (JH-V) at Chadron State, 10:30 a.m.  
 Sat., Sept. 9 VB (V) at Gordon-Rushville Tourney, 9 a.m.



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## How to Buy the Most Energy Efficient Appliances

Your monthly electricity bill can get significantly high. Energy efficient appliances will save you money over time. Plus, they're environmentally friendly. Today's appliances are more efficient than those made 10 years ago. Manufacturers produce these new products for many areas in the house including the bathroom, laundry room, kitchen, and others.

Deciding what to purchase can be confusing at first. Research and know which energy efficient appliances will best suit your home. For example, if you currently use the washing machine the most and the television very little, you would benefit more by searching for an energy efficient washing machine. It's important to look at how each appliance can make your life greener and what logos or information to note.

### AIR CONDITIONING OR HEATING SYSTEM

Air conditioning or heating systems usually last for nine years. People use these appliances a lot in their homes. The costs rise during winter and summer.

Appliances will have easy identifiable EnergyGuide labels with the BTU (energy efficiency measurement), EER (energy efficiency rating), and SEER (seasonal energy efficiency rating). For the EER you want a high number. The EER may be labeled as estimated yearly electricity use. The labels will also have the estimated yearly energy cost compared to other models. Depending on how much you use it and the price of electricity in your area, your cost may differ.

Another logo to look out for is the ENERGY STAR® certification. The certification lets people know that the product is a high-efficiency model that usually goes beyond minimum federal standards. Size matters when purchasing a new cooling or heating system. If it's too small, it may take more power to get to the right temperature. If it's too big, it will make the air uncomfortable. Find a size that fits well with the size of your space.

Other ways to put more money in your pocket is to invest in a programmable or smart thermostat. A programmable thermostat helps people set the temperature for a certain amount of time. Setting the temperature a few degrees lower than the average temperature during the winter months in

your home will save you money. In the summer set the temperature a few degrees higher. The thermostat automatically adjusts the temperature for you. This way you won't have to change the temperature every time you leave the house or return. Smart thermostats track how you use the cooling and heating system to make the best energy saving decisions.

### REFRIGERATOR & DISHWASHER

Another appliance known to waste energy is the refrigerator. These appliances are always on and working hard to keep the temperature level the same. Today's refrigerators are less likely to use a lot of power as well as release harmful gases in order to stay cold than past refrigerators. LG and Kenmore are companies that have been applauded for their promising energy efficient refrigerators. Dual fridge freezers are just as amazing for saving energy. The freezer helps the fridge stay cool, which means less power is needed for the fridge.

Dishwashers waste a lot of water and use too much power. When shopping for a dishwasher take a careful look at the power and water consumption. Samsung and Zanussi are popular brands that produce energy efficient dishwashers that cut the amount of water and energy. Today's dishwashers have new technology that can detect how dirty the dishes are and figure out how much water to use to effectively clean the dishes while saving water and energy at the same time. Some can situate dishes at a specific angle to make them spotless.

### WASHING MACHINES

Just like dishwashers, washing machines regularly wastes so much water and energy. If you currently have one that's 10 years or older, your water bill and energy bill are probably high due to the wastage. Consider shopping for an Energy Star certified machine. Energy Star certified washing machines normally use 10 gallons less than machines that aren't energy efficient.

Today's machines spin faster and don't have central agitators. These factors make those machines clean faster, which mean they use less energy over time. It's also recommended to get a washing machine with a high IMEF (integrated modified energy factor) and a low IWF (integrated water factor).

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## Recipes



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### Cowboy Caviar

- 1 (15.5 ounce) can black beans, drained
- 1 (15.5 ounce) can black-eyed peas, drained
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 cups frozen corn kernels, thawed
- ½ medium onion, diced
- ¼ medium green bell pepper, finely chopped
- ½ cup chopped pickled jalapeño peppers
- ½ teaspoon garlic salt
- 1 cup Italian salad dressing
- ¾ cup chopped cilantro

Mix black beans, black-eyed peas, diced tomatoes, corn, onion, bell pepper, and jalapeño peppers together in a large bowl. Season with garlic salt, then pour in Italian salad dressing and add cilantro. Mix until well coated.

Refrigerate until flavors have melded, at least 20 minutes or up to 3 days, before serving.

This cowboy caviar is also delicious over a salad, rice, or quinoa.

\* \* \* \* \*

### Fresh Corn and Tomato Casserole

- 4 slices bacon
- 8 ears fresh corn
- ¼ cup butter
- 1 teaspoon salt
- 2 large tomatoes, sliced

Preheat oven to 350 degrees F (175 degrees C). Place bacon in a large, deep skillet. Cook over medium-high heat until crisp and evenly brown; drain. Chop bacon, and set aside.

Cut corn from cobs. There should be about 4 or 5 cups of corn kernels. Melt butter in a large skillet over medium heat. Add the corn, and cook for about 5 minutes, stirring constantly.

Stir in the bacon and salt, and remove from heat.

Spread a layer of the corn mixture into the bottom of a 2-quart casserole dish, then layer with tomatoes. Repeat layers twice, ending with tomatoes on the top.

Bake uncovered in preheated oven for 30 minutes, or until corn is tender.

\* \* \* \* \*

### Frogmore Stew

- 6 quarts water
- ¾ cup Old Bay Seasoning™
- 2 pounds new red potatoes
- 2 pounds hot smoked sausage links, cut into 2 inch pieces
- 12 ears corn - husked, cleaned and quartered
- 4 pounds large fresh shrimp, unpeeled

Bring water and Old Bay seasoning to a boil in a large stockpot over high heat.

Add potatoes; cook for 15 minutes. Add sausage; cook for 5 more minutes. Add corn; cook for 5 more minutes. Stir in shrimp; cook until shrimp are pink, about 5 minutes. Drain immediately and serve.

\* \* \* \* \*

### Dad's Creamy Cucumber Salad

- 2 large cucumbers, peeled and thinly sliced
- 1 sweet onion, thinly sliced
- 1 tablespoon sea salt

Dressing:

- 1 ½ cups mayonnaise, or more to taste
- 2 tablespoons vinegar
- 1 tablespoon white sugar
- 1 teaspoon dried dill weed
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper

Mix cucumbers, onion, and salt together in a bowl. Cover with plastic wrap and let sit for 15 to 30 minutes.

Turn cucumber mixture into a colander set over a bowl or in a sink. Let drain, stirring occasionally, until most of the liquid and salt has drained, 15 to 30 minutes. Transfer drained cucumber mixture to a large bowl.

Whisk mayonnaise, vinegar, sugar, dill, garlic powder, and pepper for dressing together in a bowl until smooth. Pour over cucumber mixture and stir until coated.

Pour over cucumber mixture and stir until coated.

Cover with plastic wrap and refrigerate for 1 to 2 hours before serving. Enjoy!

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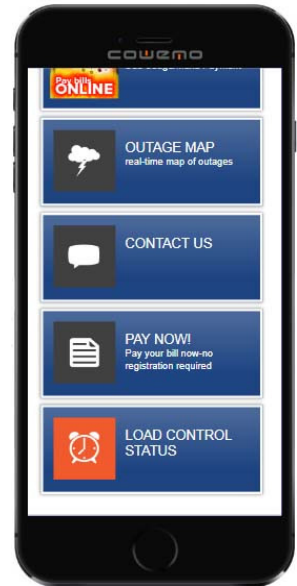
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## Find Something to Celebrate in August

August 1: World Lung Cancer Day, World Scout Scarf Day, National Night Out Day, National Girlfriends Day.

August 2: National Coloring Book Day, National Ice Cream Sandwich Day.

August 3: National Hair Gloss Day, Georgia Day, Grab Some Nuts Day, National Watermelon Day.

August 4: National Water Balloon Day, International Beer Day, Coast Guard Day, Chocolate Chip Cookie Day.

August 5: National Vfr Day, Sunflower Day, International Hangover Day, Work Like a Dog Day, Underwear Day, Mustard Day.

August 6: National Sisters Day, American Family Day, Root Beer Float Day, Wiggle Your Toes Day, Friendship Day.

August 7: Purple Heart Day, Raspberries n' cream Day, Sea Serpent Day, National Lighthouse Day.

August 8: Global Sleep Under the Stars Night, International Cat Day, Dollar Day, Frozen Custard Day.

August 9: International Coworking Day, Rice Pudding Day, National Book Lovers Day, Veep Day.

August 10: Agent Orange Awareness Day, World Lion Day, Connecticut Day, S'mores Day, National Lazy Day.

August 11: Global Inetic Sand Day, Raspberry Bombe Day, National Son's and Daughter's Day, Presidential Joke Day.

August 12: International Youth Day, Elephant Day, National Bowling Day, Garage Sale Day, Middle Child Day.

August 13: National Left Handers Day, National Filet Mignon Day, National Prosecco Day.

August 14: World Lizard Day, National Spirit of '45 Day, National V-j Day, National Creamsicle Day.

August 15: National Leathercraft Day, Lemon Meringue Pie Day, National Relaxation Day.

August 16: National Rum Day, Airborne Day, National Roller Coaster Day, National Tell a Joke Day.

August 17: Black Cat Appreciation Day, Massachusetts Day, Nonprofit Day, National I Love My Feet Day!

August 18: National Pinot Noir Day, Fajita Day, National Ice Cream Day, Mail Order Catalog Day.

August 19: National Potato Day, Orangutan Day, Honey Bee Day,

World Photography Day, Soft Ice Cream Day.

August 20: National Accessible Air Travel Day, World Mosquito Day, National Chocolate Pecan Pie Day, Radio Day.

August 21: National Day of Remembrance and tribute to the Victims of Terrorism, Senior Citizens Day, Spumoni Day.

August 22: World Plant Milk Day, Surgical Oncologist Day, Never Bean Better Day, Tooth Fairy Day, Be an Angel Day.

August 23: Black Ribbon Day, Cuban Sandwich Day, Sponge Cake Day, National Ride the Wind Day.

August 24: National Maryland Day, National Waffle Day, National Peach Pie Day.

August 25: National Park Service Founders Day, Banana Split Day, Secondhand Wardrobe Day, Kiss and Make up Day.

August 26: National Got Checked Day, Cherry Popsicle Day, Women's Equality Day, National Dog Day.

August 27: World Rock Paper Scissors Day, National Pots De Creme Day, National Just Because Day.

August 28: Read Comics in Public Day, National Thoughtful Day, Red Wine Day, Rainbow Bridge Remembrance Day.

August 29: National Lemon Juice Day, Chop Suey Day, Internation Day Against Nuclear Tests.

August 30: International Whale Shark Day, Beach Day, Toasted Marshmallow Day, Grief Awareness Day.

August 31: Eat Outside Day, South Carolina Day, Trail Mix Day.

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Bits 'n Pieces...

Eat whatever you like because

- The inventor of the treadmill died at age 54.
- The inventor of gymnastics died at age 57.
- The world bodybuilding champion died at age 41.
- The best footballer in the world, Maradona died at 60.

\* \* \* \* \*

- The KFC inventor died at 94.
- The inventor of Nutella died at 88.
- The inventor of Hennessy died at 98.

\* \* \* \* \*

How did doctors come to the conclusion that exercise prolongs life, when

- The rabbit is always jumping but it lives for around two years, and
- The turtle that doesn't exercise at all, lives over 200 years.

So, rest, chill, eat, drink and enjoy life!

\* \* \* \* \*

A Little Southern Humor...

- She's pitching a hissy fit with a tail on it.
- Worthless as gum on a boot heel!
- I've been running all over hell's half acre.
- She has her nose so high in the air she could drown in a rainstorm.
- I'm so poor I can't afford to pay attention.
- Grinnin' like a possum eatin' a sweet tater.
- Who licked the red off your candy?
- She could start an argument in an empty house.
- The porch light's on, but no one's home.
- He hasn't got the sense God gave a goose.
- I was born at night, but not last night!
- Well butter my butt and call me a biscuit.
- You don't watch out, I'm gonna cream yo' corn.
- I'll knock you into the middle of next week looking both ways for Sunday!
- Faster than a one-legged man in a butt-kicking competition.
- We're off like a herd of turtles.
- It happened faster than a knife fight in a phone booth.
- I could eat the north end of a southbound polecat.
- She's a nervous as a cat in a room full of rockers.
- Hotter than blue blazes.
- Sit on your biscuits!



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

**Northwest Rural**  
**Public Power District**  
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web page: <http://www.nrppd.com>

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