

# Northwest Rural Public Power District

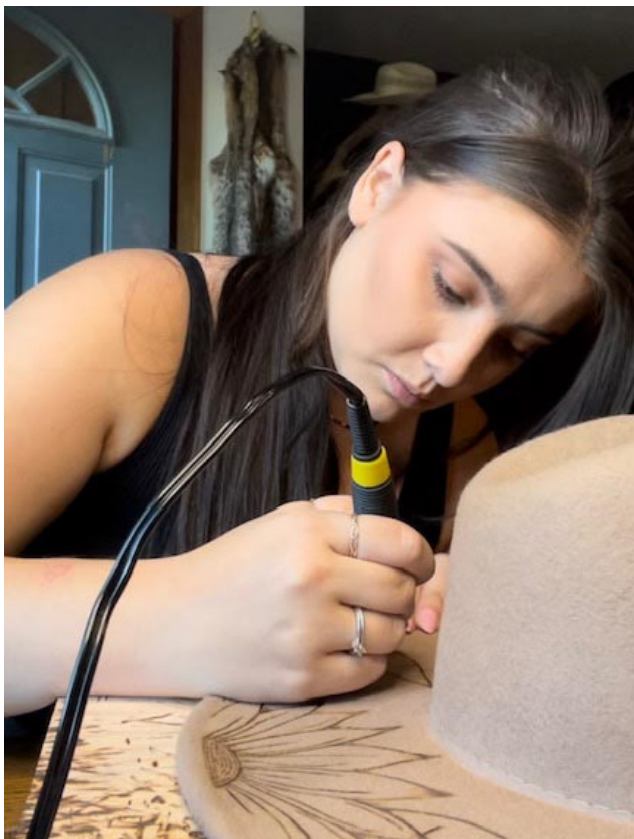
Hay Springs, NE 69347

February 2023

## Search for Special Hat Opens Doors to New Business

A young mother of three was on a mission to find a wide brimmed hat for herself last spring, but she was coming up short. "I have always wanted my own wide brim hat and when I was looking for one I never found one I liked that was different and unique," said Allyson Wolkow of rural Hay Springs. "So I wondered about maybe painting one, and my husband told me I should try a wood burner on one," explained Wolkow. Her husband, Dalton, was her high school sweetheart and the couple were married in 2014 the September after she graduated from Gordon-Rushville High School.

"I was very nervous about using a hot tool. I had never used one before and I was much more comfortable with painting and drawing," said Wolkow. He told her to give it a try and it was not as hard as she thought once she got the temperature right. Wolkow used a digital pyrography machine, just a wood burner. "It has a bunch of different tips to use. I usually use the small-



Allyson Wolkow of rural Hay Springs applying one of her designs to a wool cap.



**When Allyson Wolkow couldn't find just the right hat, she made one. She thought it was so fun she decided to make a few more which lead to a business.**

est tip I can so I can get better details in the design," said Wolkow, who freehands all the designs. "I start with a sketch in my notebook and then when I'm happy with the sketch I start burning," she added. She also freehand paints designs on foam top trucker hats as well.

Wolkow took her new found passion to another level by starting her own business, "Hwy. 20 Hats" last May. "The first hat I sold was to a friend that saw my hat on Facebook the first day I posted about them," said Wolkow.

She orders most of her hats online wholesale already made. She typically burns cotton/polyester blend hats, but her favorite to burn on are 100 percent wool. "They are easier to burn and have a really pretty brown color when I burn on black hats. The average hat from start to finish can be from two to four hours depending on the design. She has set up her own Etsy page and so her customers are from everywhere -- Hawaii, Alaska, Montana, Texas, Idaho ... many states.

Her Etsy shop is called HWY20HatCo. "I like to do all my orders through Etsy. Etsy makes it so easy because they deal with all the transactions and shipping and labels. (Continued on Page 2)

## HWY 20 Hat Co.--

(Continued from Page 1)

So I have pre-made hats on my Etsy page, and then I have a Custom Hat Order option on my Etsy also for people that want a custom hat," said Wolkow. Hwy 20 Hat Co. does have Facebook, Instagram and Tiktok pages. She posts most of her content on Instagram.

As of now, she doesn't offer her hats at any local stores. She also hasn't done any craft shows either, but may venture that direction this upcoming year.

She grew up in Whiteclay where her parents, Lance and Copper Moss, owned Whiteclay Grocery since she was three years old. She attended Extension

School K-8th Grade with her brother Jesse. Wolkow used to work at the grocery store during the summer, then worked at the After School Program in Gordon during her Senior Year and served as a life guard. After she got married



Another beautiful design on rust colored wool hat.

This particular design was put on another wool hat contains a mountain scene and feather. Hats are available in different colors and designs.



she worked at a Daycare in Rushville for four years. She is now a stay at home mom to her three children, Rivers, Emmett and Bridger.

Wolkow and her family live five miles northwest of Hay Springs. Dalton works in crop insurance while ranching as well. They have some cows and dry land farm ground. He is also a hunting guide.

Wolkow enjoys having the opportunity of being able to stay at home with her children. "I absolutely adore being a wife and mother... It is such a blessing." She is also part of a family vocal group called the Coppertones. "I love singing and praising Jesus with my voice. I would be nothing without my Lord."



HWY 20 Hat Co. also offers 'trucker caps' in different designs.

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Northwest Rural Public Power District Director's Lucas Bear and Gary Fuchser presented checks from Basin Electric, Tri-State G&T and Northwest Rural PPD to Casey Walton for the American Legion Post 34 roof restoration.

**The NRPPD Board of Director's met in December to review and approved the 2023 Budget with no rate increases scheduled for 2023**

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Shutting your system off is the only truly dependable safeguard. This will prevent systems equipped with auto-restart switches from inadvertently starting should a bump or surge occur on the main power line. Besides preventing unwanted system startup, this may also prevent electrical equipment damage.



Boardmembers Bruce Troester and Lynden Smith have decided to step down from the NRPPD Director seats. Above, outgoing Director Bruce Troester receives a watch from Board President Gary Fuchser after 30 years of service. Gentlemen - thank you for your years of service!



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## Electrical Safety Tips to Keep Your Home Safe During Winter

To ensure optimal electrical safety during winter, consider the following tips:

### 1. Be Cautious with Heaters

If your home is equipped with electric baseboard heaters or you use zone heaters, you will likely be using them a lot more than normal during winter. While these heaters are a great way to keep your home warm, they can pose several hazards if they are not used properly. When your heaters are in use, be sure to keep all flammable materials—blankets, plants, clothing, paper—at least 3 ft away from them. If you are using a portable zone heater, it is also important to ensure that they are plugged into a dedicated outlet instead of an extension cord as the former option is much safer.



### 2. Know How to Handle a Power Outage

Power outages are more likely to occur during winter due to damage to power lines caused by excessive wind, snow, ice, and low temperatures. Instead of frantically reacting to an unexpected outage, it is best to ensure that you and your family are sufficiently prepared. Start by creating a detailed power outage plan and reviewing it with every member of your household. This will ensure that everyone knows what they need to do should you unexpectedly lose power. Next, prepare some easily accessible LED flashlights and an emergency kit that contains enough supplies to last up to 72 hours without power. Some of the supplies that your power outage emergency kit should include are batteries, candles, matches, flashlights, bottled water, and non-perishable foods.

### 3. Invest in a Backup Generator

Your home could be without power for several days during a power outage if you live in a remote area. A backup generator can provide power to key areas of your home—refrigerator, heaters, etc.—during prolonged outages and ensure that your home remains comfortable. Consider purchasing a suitable unit for your home to

ensure that you always have power when you need it. If you currently own a generator, be sure that it is full of fuel and in good working order throughout winter.

### 4. Use Surge Protectors

It is important to be prepared for power surges in addition to power outages. Though these hazards often only last for a few milliseconds or seconds at most, they can cause severe damage to appliances and other devices that are plugged in during the surge. To protect these devices, consider installing small surge protectors (power strips) for important outlets and invest in a whole-home surge protector to keep your appliances safe.

To learn more about our residential electrical services or to discuss the details of your project, get in touch with Northwest Rural PPD.

## Scholarship Deadline

Scholarship applications need to be in the office by  
Feb, 16, 2023.

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# Northwest Rural Territory Activities

## Gordon-Rushville Mustangs

Feb. 2-4 G-B BB WTC at WNCC  
 Thurs., Feb. 2 WR WTC Invite at Bridgeport, 9 a.m.  
 Sat., Feb. 4 WR (V) at Black Hills Classic, 9 a.m.  
 GRHS Speech at Chadron Invite  
 Mon., Feb. 6 BBB (MS) at Bennett Count, 3:30 p.m.  
 Tues., Feb. 7 BBB (MS) at Valentine, 3 p.m.  
**GES Pre-K Winter Concert, 6 p.m.**  
 Wed., Feb. 8 WTC Speech -GR  
**Thurs., Feb. 9 BBB (MS) vs. Cody-Kilgore, 3 p.m.**  
 G-B BB (JV-V) at Bridgeport, 2:30 p.m.  
 Feb. 10-11 District Wrestling, tba  
 Sat., Feb. 11 Heartland Hoops Classic Game at  
 Grand Island, 2:45 p.m.  
 Feb. 13-14 Girls BB Sub-Districts, tba  
 Thurs., Feb. 16 Girls BB Sub-District Final  
 Feb. 16-18 State Wrestling at Omaha  
 Fri., Feb. 17 State Cheerling  
**B BB (JV-V) vs. Valentine, 4 p.m.**  
 Sat., Feb. 18 GRHS Speech at Ainsworth  
**B BB (MS) G-R Invite**  
 Feb. 20-21 Boys BB Sub-Districts  
**Mon., Feb. 20 NO SCHOOL - Elementary Students**  
 Thurs., Feb. 23 Boys BB Sub-District Final  
 Fri., Feb. 24 Girls BB District Finals  
 Sat., Feb. 25 Boys District BB Final\*  
 GRHS Speech District Warm-up at Gering  
 Feb. 27-28 Boys District Finals

Tues., Feb. 28 C1-6 District Speech Contest at Bridgeport  
 March 2-4 Girls State BB at Lincoln  
 March 8-10 Elementary Spring Break  
 March 9-11 Boys State BB at Lincoln

## Crawford Rams

Thurs., Feb. 2 WR at Bridgeport, 9 a.m.  
**Fri., Feb. 3 G-BB BB (JV-V) at Cody-Kilgore, 4 p.m.**  
**Sat., Feb. 4 G-B BB (JV-V) vs. Lingle Ft. Laramie, 3 p.m.**  
 Mon., Feb. 6 BBB (JH) at Hay Springs, 3 p.m.  
 Tues., Feb. 7 BBB (JH) at Sioux County, 2 p.m.  
 G-B BB (JV-V) at Sioux County, 3 p.m.  
**Thurs., Feb. 9 G-B BB (JV-V) vs. Hay Springs, 4 p.m.**  
 Feb. 10-11 District Wrestling, tba  
**Fri., Feb. 17 B BB (JV-V) vs. Hemingford, 6, 7 p.m.**  
 Sat., Feb. 18 B BB (JH) at Rushville Tourney, 8 a.m.

## Hemingford Bobcats

Wed., Feb. 1 FFA Ag Mech, Farm & Ranch Management  
 Contest, 9 a.m.  
 Thurs., Feb. 2 WR at Bridgeport  
 Feb. 2-4 G-BB BB (V) WTC, tba  
**Mon., Feb. 6 BBB (JH) vs. St. Agnes, 4:30 p.m.**  
**Tues., Feb. 7 G-B BB (JV-V) vs. Morrill, 3, 4:30, 6, 7:30 p.m.**  
 Wed., Feb. 8 Legislative workshop/FCCLA, State Officer  
 Screening in Lincoln  
 Thurs., Feb. 9 BBB (JH) at Alliance, 4 p.m.  
 Feb. 10-11 District Wrestling, tba

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# NORTHWEST RURAL ACTIVITIES

**Fri., Feb. 10** G-B BB (JV-V) vs. Kimball, 3, 4:30, 6, 7 p.m.  
**BB Parents Night**  
**Sat., Feb. 11** B BB (JH) at Bridgeport, 9 a.m.  
**Valentine's Day Dance, 6 p.m.**  
**Feb. 13-17** FCCLA Week  
**Feb. 16-18** State Wrestling at Omaha  
**Feb. 17-20** NO SCHOOL - Winter Break Weekend  
**Tues., Feb. 21** FFA Meeting, 6:30 p.m.  
**Wed., Feb. 22** FCCLA Big Brother/Big Sister, 2 p.m.

**Wed., Mar. 1** FFA Contest, 9 a.m.  
**Fri., Mar. 3** FFA RMO Feed & Labor Auction, 6 p.m.  
**Tues., Mar. 7** FFA Meeting, 6:30 p.m.  
**March 9-10** NO SCHOOL - Springs Break

## Chadron Cardinals

**Wed., Feb. 1** FFA CDE at Gordon High School  
**Thurs., Feb. 2** G-B BB (C), vs. Gering, 5, 6:30 p.m.  
**Feb. 3-4** G WR Districts, tba  
**Fri., Feb. 3** G-B BB (JV-V) vs. Rapid City Christian, 4, 4, 5:30 & 7 p.m.  
**Sat., Feb. 4** Speech (V) Chadron Invite, tba  
 B WR at Southeast Dual, 9 a.m.  
 G-B BB (J-V) at Valentine, 4, 4, 5:30, 7 CT  
**Mon., Feb. 6** G BB (C) at Gering, tba  
**BBB (7th) vs. Scottsbluff, 4 p.m.;**  
 (8th) at SB, 4  
**Feb. 7 & 9** G BB (C) at Gering Tourney, tba  
 B BB (C) at Alliance Tourney, tba  
**Thurs., Feb. 9** G-B BB (JV-V) vs. Bayard,

**4, 4, 5:30, 7 p.m.**  
**Feb. 10-11** District Wrestling  
**Fri., Feb. 10** G-B BB (JV-V) at Sidney, 4, 4, 5:30, 7 p.m.  
**Sat., Feb. 11** Speech (V) at Gering Invite, tba  
**Mon., Feb. 13** Girls BB Districts, tba  
**Feb., 13-14** B BB (7th) at Mitchell, (8th) at Scottsbluff  
**Tues., Feb. 14-16** Girls BB Districts, tba  
**Thurs., Feb. 16** B BB (JH) Tournament Finals at Scottsbluff  
**Feb. 16-18** Girls & Boys State Wrestling at Omaha  
**Fri., Feb. 17** B BB (JV-V) vs. Potter-Dix, 4, 5:30 p.m.  
**Sat., Feb. 18** Speech at Ogallala Invite, tba  
**Feb. 20-21-23** Boys Districts  
**Fri., Feb. 24** Girls BB District Finals, tba  
**Sat., Feb. 25** Boys BB District Finals, tba  
 Speech Conf. at Alliance, tba  
**March 1-4** Girls State Basketball at Lincoln  
**Wed., Mar. 1** FFA CDE at Kimball  
**Mar. 3-4** Musical Production, HS Aud., 7-9 p.m.  
**Sun., Mar. 5** Musical Production, HS Aud., 2-4 p.m.  
**Tues., Mar. 7** District Speech at Gothenburg, tba  
**March 8-11** Boys State Basketball at Lincoln

## Hay Springs Hawks


**Thurs., Feb. 2** BBB (JH) vs. Oelrichs, 4 p.m.  
**Fri., Feb. 3** G-B BB (V) at Hyannis, 4 p.m.  
**Sat., Feb. 4** WR at Southeast Goshen County  
 Tourney, 9 a.m.  
**G-B BB (V) vs. Bennett Co., 2 p.m.**

(Continued on Page 7)



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## AREA SCHOOL ACTIVITIES

*Hay Springs cont. from Page 7--*

**Mon., Feb. 6** **BBB (JH) vs. Crawford, 3 p.m.**  
**Tues., Feb. 7** **BBB (JH) vs. St. Agnes, 5 p.m.**  
 G-B BB (V) at Minatare, 5:30 p.m.  
 Wed., Feb. 8 Hawk Talk at the Senior Center, 8 a.m.  
 Thurs., Feb. 9 G-B BB (V) at Crawford, 4 p.m.  
**Fri., Feb. 10** **G-B BB (V) vs. Garden Co., 3 p.m.**  
 Sat., Feb. 18 B BB (JH) at Gordon-Rushville Tourney, 8 a.m.  
 Sat., Feb. 25 PanCo Speech Meet  
 Tues., Feb. 28 FFA Mission & Impact Conf. at Kearney



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## Recipes

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### Slow Cooker Chicken & Dumplings

- Skinless, boneless chicken breast halves
- 2 tablespoons butter
- 2 cups natural cream of chicken soup
- 1 onion, finely diced
- 3 carrots, sliced
- 10 ounces refrigerated reduced-fat biscuit dough, torn into pieces
- 1 cup frozen peas

Place chicken, butter, cream of chicken soup, and onion in a slow cooker. Cover and cook on High for 5 to 6 hours. Stir in carrots after 5 hours of cooking.

Place torn biscuit dough on top of chicken mixture 30 minutes before serving. Cover and cook until dough is no longer raw in the center, about 25 minutes. Lift edges of biscuits and stir in peas. Let stand until warm before serving.

\* \* \* \* \*

### Italian Meat Balls

- 1/3 cup plain bread crumbs
- 1/2 cup milk
- 2 tablespoons olive oil
- 1 onion, diced
- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 2 tablespoons grated Parmesan cheese
- 1/4 bunch fresh parsley, chopped
- 3 cloves garlic, crushed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried Italian herb seasoning
- 1/2 teaspoon red pepper flakes

Cover a baking sheet with foil and spray lightly with cooking spray. Soak bread crumbs in milk in a small bowl for 20 minutes.

Meanwhile, heat olive oil in a skillet over medium heat. Add onion; cook and stir until onion has softened and turned translucent, about 5 minutes. Reduce heat to low and continue cooking and stirring until onion is very tender, about 15 minutes more.

Gently stir beef and pork together in a large bowl. Add onions, bread crumb mixture, eggs, Parmesan cheese, parsley, garlic, salt, black pepper, Italian herb seasoning, and red pepper flakes; mix together using a rubber spatula until com-

bined. Cover and refrigerate for about one hour.

Preheat the oven to 425 degrees F.

Form mixture into balls about 1 1/2 inches in diameter; arrange in a single layer on the prepared baking sheet.

Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

\* \* \* \* \*

### Red Velvet Cheesecake Swirl Brownies

- 1 cup white sugar
- 1/2 cup unsalted butter, melted
- 1/4 cup unsweetened cocoa powder
- 1 ounce red food coloring
- 1 teaspoon vanilla extract
- 1 teaspoon distilled white vinegar
- 1/4 teaspoon salt
- 2 large eggs, slightly beaten
- 3/4 cup all-purpose flour

Cheesecake Filling:

- 1 (8 ounce) package cream cheese at room temperature
- 1/4 cup white sugar
- 1 large egg
- 1/4 teaspoon vanilla extract

Preheat the oven to 350 degrees F. Grease an 8x8-inch baking pan.

For the red velvet brownies: Whisk 1 cup sugar and melted butter in a large mixing bowl; stir in cocoa, red food coloring, 1 teaspoon vanilla extract, vinegar, and salt, one at a time, mixing well after each addition to avoid lumps. Mix in 2 eggs until thoroughly combined.

Stir flour into cocoa mixture just until combined; set aside 1/4 cup batter. Pour remaining batter into the prepared baking dish.

For the cheesecake filling: Beat cream cheese in a bowl using an electric mixer on medium speed until light and fluffy. Add 1/4 cup sugar, 1 egg, and 1/4 teaspoon vanilla extract; continue to beat until well blended and only small lumps remain, 3 to 4 minutes.

Spoon cream cheese mixture in dollops over the batter in pan; gently smooth tops of dollops even with batter using a knife or offset spatula. Do not overmix. Drizzle reserved 1/4 cup of batter over the dollops of cream cheese mixture. Drag a knife or skewer through the batter and cream cheese mixture to create swirls.

Bake in the preheated oven until top is dry and edges have started to pull away from the sides of the pan, about 30 to 35 minutes. Cool completely before cutting into bars; store covered in refrigerator.

\* \* \* \* \*

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## Blizzard of '22 Causes Minimal Outages

During the Blizzard two weeks in December, area residents were fortunate not to have very many power outages. As far as Northwest Rural Public Power consumers, approximately 80 meters were out, primarily on Mirage Flats and Rush Creek.

Ron Olson, NRPPD Operations Manager said, "We had linemen out on snowmobiles several times during the storms patrolling lines to see what damages we had and if they could get lines back on. Most of our outages were caused from ice on the line with the high winds causing the lines to slap together causing outages." Once the wind went down, they could get most of their customers back on. "We did have a few poles that broke during the storm but we could pick them up and will have to change them out at a later time when we can get equipment to them. Overall we got lucky with this storm and the cold temperature the next week keeping the power on," ended Olson.



This picture is while restoring power out to Rory Hughbank's place southwest of Hay Springs. NRPPD Lineman Terry Knapp is on the pole on Friday, Dec. 17.



Left, Lineman getting through where the road had a huge drive southeast of Chadron on Dec. 19 when Lineman Craig Housh was out on an outage call.

Below, on Hwy. 87 just south of Hay Springs on the way out to Northwest Rural office, a huge drift in the middle of the highway .

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## Find Something to Celebrate in February!

**Feb. 1:** National Dark Chocolate Day, Texas Day, National Get Up Day, Baked Alaska Day, Serpent Day, Freedom Day.

**Feb. 2:** Optimist Day, Girls and Women in Sports Day, Tater Tot Day, Heavenly Hash Day, Groundhog Day.

**Feb. 3:** Bubble Gum Day (first Friday), Missing Persons Day, Women Physicians Day, Wear Red Day, Carrot Cake Day.

**Feb. 4:** Ice Cream for Breakfast Day (first Saturday, Hmp Day, Homemade Soup Day, Thank a Mail Carrier Day.

**Feb. 5:** World Nutella Day, Shower With a Friend Day, National Weatherperson's Day.

**Feb. 6:** National Chopsticks Day, Frozen Yogurt Day, National Lame Duck Day.

**Feb. 7:** National Periodic Table Day, Fettuccini Alfredo Day, National Send a Card to a Friend Day.

**Feb. 8:** National Iowa Day, Safer Internet Day, Kite Flying Day, National Boy Scouts Day.

**Feb. 9:** National Cut the Cord Day, Giving Hearts Day (2nd Thursday), National Pizza Day, Bagel and Lox Day.

**Feb. 10:** National Home Warranty Day, Cream Cheese Brownie Day, National Umbrella Day.

**Feb. 11:** International Snowmobile Day (2nd Saturday), Global Movie Day, Inventor's Day, Make a Friend Day.

**Feb. 12:** National Pork Rind Day, National Plum Pudding Day.

**Feb. 13:** Galentine's Day, National Cheddar Day, Football Hangover Day, Clean Out Your Computer Day.

**Feb. 14:** National Cream-Filled Chocolates Day, Valentine's Day, Ferris Wheel Day, National Organ Donor Day.

**Feb. 15:** International Angelman Day, National Wisconsin Day,

Singles Awareness Day, National Gumdrop Day.

**Feb. 16:** National Do a Grouch a Favor Day, National Almond Day.

**Feb. 17:** No One Eats Alone Day, Caregiver's Day, National Cabbage Day, Random Acts of Kindness Day.

**Feb. 18:** National Drink Wine Day, Crab Stuffed Flounder Day, National Battery Day.

**Feb. 19:** National Arabian Horse Day, Vet Girls Rise Day, National Lash Day, Chocolate Mint Day.

**Feb. 20:** National Leadership Day, Muffin Day, Love Your Pet Day, Cherry Pie Day, Presidents Day.

**Feb. 21:** Fastnacht Day - Day Before Ash Wednesday, Fat Tuesday, National Pancake Day, Sticky Bun Day.

**Feb. 22:** National Supermarket Employee Day, Ash Wednesday, National California Day, Margarita Day.

**Feb. 23:** National Tile Day, Toast Day, Chili Day, National Dog Biscuit Day, Banana Bread Day.

**Feb. 24:** National Tartar Sauce Day (Friday after Lent Begins), Skip the Straw Day, Tortilla Chip Day.

**Feb. 25:** National Clam Chowder Day, National Chocolate Covered Nut Day.

**Feb. 26:** National Letter to an Elder Day, Set a Good Example Day, Tella Fairy Tale Day, Pistachio Day.



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## Bits 'n Pieces...

Something to ponder, not sure if I believe much of it but something to bounce around your head!!

1. Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.
2. If you sit for more than 11 hours a day, there's a 50 percent chance you'll die within the next 3 years.
3. There are at least six people in the world who look exactly like you. There's a 9 percent chance that you'll meet one of them in your lifetime.
4. Sleeping without a pillow reduces back pain and keeps your spine stronger.
5. A person's height is determined by their father, and their weight is determined by their mother.
6. If a part of your body "falls asleep", you can almost always "wake it up" by shaking your head.
7. There are three things the human brain cannot resist noticing - food, attractive people and danger.
8. Right-handed people tend to chew food on their right side.
9. Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.
10. According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within four years.
11. There are so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.
12. You can survive without eating for weeks, but you will only live 11 days without sleeping.
13. People who laugh a lot are healthier than those who don't.
14. Laziness and inactivity kills just as many people as smoking.
15. A human brain has a capacity to store five times as much information as Wikipedia.
16. Our brain uses the same amount of power as a 10-watt light bulb!!
17. Our body gives enough heat in 30 minutes to boil 1.5 liters of water!!
18. The Ovum egg is the largest cell and the sperm is the smallest cell!!
19. Stomach acid (conc. HCl) is strong enough to dissolve razor blades!!
20. Take a 10-30 minute walk every day & while you walk, SMILE. It is the ultimate antidepressant.
21. Sit in silence for at least 10 minutes each day.
22. When you wake up in the morning, pray to ask God's guidance for your purpose today.

23. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
24. Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.
25. Try to make at least three people smile each day.
26. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts and things you cannot control. Instead invest your energy in the positive present moment.
27. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
28. Life isn't fair, but it's still good.
29. Life is too short to waste time hating anyone. Forgive them for everything.
30. Don't take yourself so seriously. No one else does.
31. You don't have to win every argument. Agree to disagree.
32. Make peace with your past so it won't spoil the present.
33. Don't compare your life to others. You have no idea what their journey is all about.
34. No one is in charge of your happiness except you.
35. Frame every so-called disaster with these words: 'In five years, will this matter?'

**Office Hours:**  
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