

Northwest Rural Public Power District

Hay Springs, NE 69347

January 2022

Lineman Paints the Town with Christmas Lights

He not only paints the town red, he includes green, yellow, blue and white lights all up and down Main Street and along Highway 20. Northwest Rural Public Power District Lineman Craig Housh helps provide electricity to Northwest Nebraska throughout the year, but during the Christmas season he makes sure the community of Hay Springs is well lit with Christmas lights. You could say he and his wife Heather are a little obsessed with decorating for Christmas by the looks of their front yard.

The Hay Springs High School sweethearts were wed in 2005 while they were still living in Sidney. Craig decided to follow in his father's footsteps. "It was my dad's career and it provided a good life for our family," said Craig, who graduated from Mitchell Technical Institute. Following he worked three years at Wheatbelt PPD, then a year in Oshkosh. Heather graduated from WNCC Cosmetology School before working at a Head of Time in Sidney for a year and later at a salon in Oshkosh.

The couple headed back home in January 2005 when Craig accepted a position at Nebraska Public Power District as a Journey Line Technician, a position he continued for 12 years. The Houshs first lived on the four hundred block of Main Street and that's where their passion for Christmas decorations started. Each year they added a few more to their collection. Then
(Continued on Page 2)



Craig Housh is definitely a kid at heart, this year he appeared as the Griswold's Uncle Eddie complete with outhouse heading up the Christmas Parade on Nov. 26 in Hay Springs.



Craig and Heather Housh, often referred to as the Hay Springs' Griswolds, load up their front yard with beautiful Christmas lights on 209 S. Second Street in Hay Springs. Not only is this side of the street decorat-

ed so is the adjacent side of the street. Their dog Dozer is not too sure what to think of all of this holiday spirit but agreed to be dressed up for the pictures as well!

Lineman Decorates-

(Continued from Page 1)

they purchased a new house and it had a bigger yard, thus their display continued to grow.... and then they purchased the lot across the street. Well, and you know they had to decorate it as well! "I honestly don't remember our first decorations. They might still in there somewhere in the confusion!" he laughed. The plastic blow molds are his favorite. "They look vintage and are easy to put up," he added.

With such an extensive personal collection it takes a while to get it set up. "I always start the weekend of Veterans Day. It's usually still warm out and it takes about three days to put them up.

The Houshs electric bill has decreased since they have switched to all LED lights. "It went from about 45 amps to 15 amps after the LEDs," noted Craig.

The same year the Houshs moved back home, Craig got involved with the Hay Springs Christmas Lighting Committee. Within a few years he was heading up the committee. "There was a Lighting Committee before we moved home, but not sure when it actually started. Since I have been on, members included the late Dave Perkins and Tim Gagner, Gene and Dottie Peters, Jay Thies, Bryan, Emily and Conner Forney; Greg Yanker, Heather and I. Hopefully I am not forgetting anyone."

The Lighting Committee meets in October and checks all of the lights. "It only takes a few hours now but used to take us 8-10 hours when they were incandescent glass bulbs. When we redone the Season's Greetings sign, it took us several meetings to finish it. With the help of Northwest Rural PPD and NPPD it takes us about two hours to hang all of the lights downtown. We have it down to an art now. The ground decorations and the gazebo take 2-3 of us about a half day to install all of it," explained Craig.

In approximately 2013, the first "Christmas Lighting



The Houshs newest addition they made this fall is made from a metal reel. He had to cut it down and weld a new inside circle. Heather drew the bow and Craig built the bow out of metal and she wrapped it in lights and garland.

Ceremony" was launched on the first Friday of December. The ceremony is now held the Friday after Thanksgiving. The activity is centered around the gazebo at Centennial Park on Main Street. Activities include hot chocolate and cookies, caroling and a Christmas message delivered by a local pastor. The Christmas Parade was added three years ago in which side-by-sides, four-wheelers, golf carts, forklifts and sometimes even a semi or horse and buggy parade up and down Main Street decorated to the max.

"We are hoping to expand the parade in the upcoming years and invite anyone in the area to join in the fun," said Craig. The lighting ceremony kicks off at 6 p.m. following Black Friday specials at local businesses.

How did all this Christmas lighting craziness start??

"I enjoyed driving around looking at lights as a kid and I hear from a lot of parents saying their kids like to drive by and look at ours," explained Craig.





Along The Garden Path

-by Karen Runkle, Master Gardener

What is...

- One of the easiest and most versatile shrubs you can grow in your edible landscape?
- A shrub that will provide berries that is used in desserts, syrups, jams, jellies, cocktails and beverages?
- A wild shrub that has so many health benefits that you want to make sure to have them in your landscape?
- This plant that I want in my landscape - yet you can find trace elements of cyanide in its branches?

IT IS THE ELDERBERRY

The Black Elderberry is the species best known for its culinary and medicinal uses. The American Elderberry is hardy throughout the United States and Canada in zones 3 through 8. It can be found growing wild in low-lying areas, along streams and lakes, in fence rows, in ditches and along roadsides.

Elderberries grow well in full- to part-sun locations. They are not fussy about soil type, but grow best in a slightly acidic soil that is high in organic matter and stays consistently moist. Some of the European varieties may die back to the ground in colder climates, but will re-sprout from the roots in spring.

Before planting amend the soil with compost. Although elderberries grow well in moist soils they will not do well in poorly drained, wet soils. In heavy clay soils, consider building a raised bed to provide proper water drainage. Set shrubs out in spring, spacing plants 6 to 10 feet apart depending on the variety.

Elderberries grow best when fertilized annually with compost. They have shallow roots, so mulch around the plants with hay, straw, or bark chips to control weeds that compete for water and nutrients.

Elderberries can sucker freely and send up vigorous new branches each season. These one-year-old branches produce side branches (laterals) that fruit heavily in the



second and third year. In late winter, prune out branches more than 3 years old since these are less productive. Try to leave equal numbers of one-, two-, and three-year-old branches. Prune out any dead, diseased, or broken branches as well.

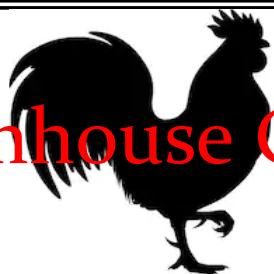
The prize for growing elderberries is the fragrant, edible flowers and the delicious fruits. The dark purple berries contain vitamins A and B, and more vitamin C than oranges. They are also high in cancer-fighting antioxidants. In fact, elderberry fruits have historically been used to treat many ailments, such as respiratory problems, colds, and flu.

The plant has sustained generations as a source of food and medicine. Archaeologists found elder seeds in a Neolithic dwelling in Switzerland, and European villagers have planted the shrubs close to their homes for many centuries. Throughout North America, native tribes ate dried berries as a winter staple and used the twigs and fruit in basketry and the branches to make arrows and musical instruments.

According to the USDA elderberries are exceptionally rich in vitamin C and antioxidants, which enhance the immune system. The flowers contain flavonoids and rutin, which also are known to improve immune function, especially in combination with vitamin C. In addition, laboratory studies have shown that elderberries also have significant anti-inflammatory and antiviral abilities.

There are over 40 cultivars of elderberries and most of them are grown specifically for their ornamental qualities. I found many of the 'ornamental elderberries' had cyanide in their bark and leaves and could be eaten if the parts were boiled first. My thoughts are to stick with the American Elderberry with its dark black fruit and play it safe.

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10 Winter Energy Savings Tips

With these 10 tips we hope to save you tons of energy during the cold winter months. As heating is one of the main drivers of energy consumption, many of our tips are going to teach you how to keep the heat in during the winter months.

By keeping the heat in, your heater will have to do less work, which means it will consume less energy!

1. Cover windows that allow too much airflow to save energy in winter: Cold wind drafts are still able to penetrate through poorly insulated windows. You can help keep in the heat by taping a heavy-duty, or clear plastic sheet to the inside of your window frames during the cold winter months. Always make sure the plastic is sealed properly/tightly against the frame.

2. Adjust your homes temperature: When you are awake and moving around inside your home, set your thermostat as low as you are able to handle (comfortably). When you are asleep or out of the house, turn your thermostat back, by doing this you could save up to 15% a year on energy (heating) bills.

To make this process more streamlined, you could think of installing a smart thermostat which can easily set your temperature back for you.

3. Fix old faulty wiring: It doesn't matter if its summer or winter, faulty wiring can increase your energy bill at the end of every month. Since the number of appliances needing power increases in winter, you can often catch issues caused by old or faulty wiring more easily. The easiest indicators of faulty wiring are flickering lights, especially when certain appliances like a heater or hair dryer are running.

4. Make use of the powerful sun: The sun is our biggest source of free energy, in fact the sun produces the equivalent of 384.6 septillion watts per second. Even in winter the sun comes out to play (sometimes), when this happens make sure all curtains on your south-facing windows are open during the day to allow natural sunlight to enter your home. And ultimately heat it.

5. Reduce heat loss from your fireplace: If you do not have a fire burning, make sure that you keep your damper closed. An open damper (without a fire burning) is like opening a window and allowing freezing air to enter your home. This happens because warm air (Continued on Page 5)

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Energy Savings Tips--

(Continued from Page 4)

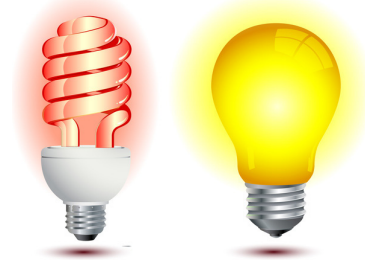
risers, and open damper allows this warm air to escape right up the chimney. When you have a fire burning indoors you can reduce heat loss by opening the dampers in the bottom of the firebox (if they come provided), if not simply open the nearest window a tiny bit, approximately 1 inch and close any doors leading into that room. Then you can follow by reducing your thermostat temperature to between 50° and 55°F.

6. Use a space heater: If you only need to heat a small room in your home, it may be better using an electric space heater. An electric space heater is a very energy efficient way to keep your home warm as there is no heat loss through ducts or combustion. Space heaters are perfect for heating smaller closed-off areas that you don't necessarily need to spend a large amount of time in, such as your garage or bathroom.

7. Use LED lighting: There is no doubt that LED lighting is a smart choice for all homeowners, they use 75% less energy than standard incandescent lights and last 25 times longer. With LED lights, you will have to spend a little more upfront. However, LEDs are incredibly long lasting, you could even expect your children's children to be using the very same string of lights 40 Christmases from now

8. Layer up: This one may seem like a no brainer at first, and warranted it probably is. However, did you know that the body can lose heat in 5 ways: evaporation, convection, conduction, radiation and respiration? The one we can avoid in our homes is convection: Heat loss by air or water moving across the skin surface. Now, we usually just turn up the heater full blast to

avoid losing heat through the process of convection. It may not be necessary to wear the thickest/warmest winter jacket indoors, but perhaps wearing two extra layers will allow you to turn the heating system down a notch in order to save some energy during those cold winter months.



9. Wash your clothes at a lower temperature: Believe it or not, but according to Energy Star heating water consumes about 90% of the energy used to operate a washing machine. This means if you love washing your clothes on full heat, you are probably spending a lot of extra money during winter.

Our recommendation? Unless you have incredibly dirty clothes with oil stains and the likes, warm water isn't really going to make a big difference on the final cleanliness of your clothes.

10. Change the direction of your ceiling fans. Did you know that ceiling fans can actually save energy in winter? Seriously, they can, you just need to know how to make them save that energy. In summer, you of course get to use your ceiling fan to cool down a specific room, whether that be the bedroom or the living room. However, did you know that if you change the direction in which the blades of the fan spin, you can use it to warm those rooms up? In 2015 Harvard University researchers found out that ceiling fans running in the forward direction can make your room warmer by using thermal destratification.

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Northwest Rural Territory Activities

Gordon-Rushville Mustangs

Tues., Jan. 4 **Classes Resume**
G&B BB (V) vs. Cody-Kilgore, 6 p.m.
 Wed., Jan. 5 FFA District CDE Ag Ed at WNCC, 10 a.m.
 Fri., Jan. 7 BB G (JV-V) at Valentine, 6 p.m.
 Sat., Jan. 8 Speech Meet at Gering
 G&B BB (JV-V) at Bayard, 1 p.m.
Sun., Jan. 9 Youth BB at GRMS Gym, 1 p.m.
Tues., Jan. 11 G&B BB (JV-V) vs. Hay Springs, 3:30 p.m.
Fri., Jan. 14 G&B BB (JV-V) vs. Gering, 3:30 p.m.
 Jan. 14-15 WR (JV-V) Quad-Tri at Bennett Co., 5 p.m.
 Sat., Jan. 15 G&B BB (JV-V) at Kimball, 2 p.m.
 Speech at Scottsbluff Invite
Sun., Jan. 16 Youth BB at GRMS Gym, 1 p.m.
Mon., Jan. 17 Martin Luther King Day
 Tues., Jan. 18 G&B BB (V) at Alliance, 3:30 p.m.
 Wed., Jan. 19 FFA at Denver Stock Show
Thurs., Jan. 20 RES Preschool Winter Concert, 6 p.m.
 Fri., Jan. 21 G&B BB (JV-V) at Mullen, 5 p.m.
 Sat., Jan. 22 Speech - Alliance Invite
 WR (V) at CSC Invite, 9 a.m.
G&B BB (JV-V) vs. Chadron, 2 p.m.
Youth BB at GRMS Gym, 1 p.m.
 Mon., Jan. 24 B BB (MS) at Bayard, p.m.
Tues., Jan. 25 B BB (MS) vs. St. Agnes, 4 p.m.
 Thurs., Jan. 27 PreK Winter Concert, 6 p.m.
 Fri., Jan. 28 WR (JV-V) at Ord Invite, 9 a.m.

Sat., Jan. 29

G&B BB (JV-V) vs. Mitchell, 3 p.m.

Speech at GR Invite

FFA State Degree Review at Alliance, 9 a.m.
 FFA District Proficiency Eval at Alliance, 9 a.m.
 B BB (MS) at Valentine Invite, 9 a.m.
 WR (JV-V) at Boone Central Invite, 9 a.m.
 B BB (MS) at Valentine Invite, 9 a.m.

Mon., Jan. 31

Noon Dismissal

B BB (MS) at Chadron, 4 p.m.
 G&B BB "C" at Valentine, 5 p.m.
 B BB (MS) at Hay Springs, 4 p.m.

Tues., Feb. 1

Wed., Feb. 2

Feb. 3-4-5

Thurs., Feb. 3

Feb. 4-5

Sat., Feb. 5

FFA District CDE Ag Ed at G-R, 9 a.m.

G&B BB (V) at WNCC
 WR WTC at Bridgeport
 WR (JV-V) at Hill City, 6 p.m.
 Speech at Chadron Invite

Crawford Rams

Tues., Jan. 4

Thurs., Jan. 6

Fri., Jan. 7

Sat., Jan. 8

Tues., Jan. 11

Thurs., Jan. 13

Fri., Jan. 14

Sat., Jan. 15

Mon., Jan. 17

Jan. 22

Jan. 25

School Resumes

G&B BB vs. Edgemont, 4 p.m.

G&B BB at Lingle Ft. Laramie, 4 p.m.

WR at Garden Co.

B BB (JH) vs. Hemingford, 5 p.m.

G&B BB (V) vs. Guernsey, 4 p.m.

G&B BB (V) at Hyannis, 4 p.m.

WR (V) at Chase County

G&B BB PanCo Tournament Week

B BB (JH) vs. Edgemont, 3 p.m.

WR at Chadron at CSC, 9 a.m.

WR at Hay Springs Quad, 5 p.m.

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NORTHWEST RURAL ACTIVITIES

Tues., Jan. 25 G BB vs. Hemingford, 6 p.m.
Thurs., Jan. 27 B BB (JH) vs. St. Agnes, 4:30 p.m.
 WR at Morrill Quad, 5 p.m.
Fri., Jan. 28 G&B BB vs. Morrill, 4 p.m.
Sat., Jan. 29 FFA State Degree Interviews at Alliance
 WR at Ainsworth, tba
Mon., Jan. 31 B BB (JH) PanCo at Harrison
Wed., Feb. 2 FFA District Career Development Event #2
 at Gordon
Fri., Feb. 4 G&B BB vs. Cody-Kilgore, 4 p.m.
Tues., Feb. 8 G&B BB vs. Sioux-County, 3:30 p.m.

Hemingford Bobcats

Mon., Jan. 3 G&B BB (V) vs. Niobrara County, 1 p.m.
Wed., Jan. 5 Start of Second Semester
 FFA CDE at WNCC, 9 a.m.
Jan. 5-8 Winterfest Celebration
Thurs., Jan. 6 G&B BB (V) vs. Garden County, 2 p.m.
Fri., Jan. 7 G&B BB (V) at Minatare, 2 p.m.
Sat., Jan. 8 WR (V) at Garden Co. Invite, 9 a.m.
Tues., Jan. 11 G&B BB at Chadron, 2 p.m.
 B BB (JH) at Crawford, 5 p.m.
Thurs., Jan. 13 FFA Meeting, 6:30 p.m.
Fri., Jan. 14 BB (HS) at Bayard, 2 p.m.
 WR (V) Tri at Mullen & Southeast, 5 p.m.
Sat., Jan. 15 WR (V) at Sandhills Invite, 9 a.m.
 B BB (JH) at Hay Springs, 10 a.m.
BB (HS) vs. Sioux County, 1 p.m.
Jan. 18-22 BB (HS) PAC at CSC
Thurs., Jan. 20 B BB (JH) at Mitchell, 4 p.m.

Fri., Jan. 21 Hemingford Girls Wrestling Invite, 12 p.m.
WR (HS) Hemingford Invite, 12 p.m.
Sat., Jan. 22 WR (HS) at Chadron Invite
Mon., Jan. 24 HS B JV at Bridgeport
B BB (JH) vs. Morrill, 4 p.m.
Tues., Jan. 25 G BB (HS) vs. Crawford, 4:30 p.m.
Wed., Jan. 26 FCCLA Star Competition
 WR (V) WTC at Bridgeport
Sat., Jan. 29 FFA State Degree Interviews
 BB (HS) at Edgemont, 1 p.m.
Mon., Jan. 31 B BB (JH) PanCo at Sioux County, 9 a.m.
Feb. 2-5 BB (HS) WTC at WNCC
Wed., Feb. 3 FFA CDE at Gordon, 9 a.m.
Sat., Feb. 5 WR (V) at Mitchell Invite


Chadron Cardinals

Tues., Jan. 4 G&B BB (JV-V) vs. Hot Springs,
 4, 4, 5:30 & 7 p.m.
Thurs., Jan. 6 WR Dual vs. Alliance, 6 p.m.
 (Parents Night)
 G WR at Columbus Discoverers, tba
Jan. 7-8 WR (V) at Douglas, Wyo. Invite, 12 p.m.
Fri., Jan. 7 G&B BB (JV-V) vs. Belle Fourche,
 4, 4, 5:30 & 7 p.m.
Sat., Jan. 8 G&B BB (C-JV-V) at Mitchell,
 12, 12, 1, 1, 2:30 & 4:30 p.m.
Mon., Jan. 10 G&B BB (C) vs. Scottsbluff, 4 & 5:30 p.m.
Tues., Jan. 11 G&B BB (JV-V) at Hemingford, 2, 4, 5:30, 7 p.m.
 (Continued on Page 8)



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NRPPD AREA ACTIVITIES



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(Chadron Continued from Page 7)

- Thurs., Jan. 13 G&B BB (C) at Rapid City Stevens, 4 & 5:30 p.m.
B BB (7th A-B) vs. Gering, 4 p.m.
B BB (8th A-B) at Gering, 4 p.m.
- Fri., Jan. 14 **G&B BB (JV-V) vs. Alliance, 4, 4, 5:30 & 7 p.m.**
G&B WR Dual at Ogallala, 5 p.m.
- Sat., Jan. 15 G WR at Chase Co. Invite, 9 a.m. CT
B WR at Gothenburg Dual, 10 a.m. CT
B BB (8th) vs. Valentine (HS Gym), 11 a.m.
B BB (7th) vs. Valentine (MS Gym), 11 a.m.
- Mon., Jan. 17 **G&B BB (C) vs. Alliance, 5 & 6:30 p.m.**
- Tues., Jan. 18 **B BB vs. Alliance: 7th A-B at 4 p.m. in Chadron; 8th A-B at 4 p.m. in Alliance**
- Thurs., Jan. 20 **Transition to College (Jrs-Srs), HS Lib. 6 p.m.**
- Fri., Jan. 21 G WR at Hemingford Invite, tba
Jan. 21-22 WR Dual at CSC, 10 a.m.
G&B BB (JV-V) at Gering, 4, 4, 5:30 & 7 p.m.
- Sat., Jan. 22 G WR at Nelson Activity Center, 9 a.m.
G&B BB (JV-V) at Gordon-Rush, 2, 3:30, 5, 6:30
B BB (C) vs. Scottsbluff, 5:30 p.m.
- Tues., Jan. 25 FCCLA District Star Competition in Hemingford
- Thurs., Jan. 27 **B BB vs Alliance: 8th A-B in Chad at 4 p.m.; 7th A-B in Alliance at 4 p.m.**
G&B WR at Douglas AFB Tri., 6 p.m.
- Fri., Jan. 28 G&B BB (JV-V) at Sidney, 4, 4, 5:30, 7 p.m.
- Sat., Jan. 29 B BB at Valentine Tourney, 10 a.m. CT
G WR at Mitchell Invite, 10 a.m.
- Mon., Jan. 31 G&B BB (C), at Bridgeport, 3 p.m., 3 p.m.
- Tues., Feb. 1 G&B BB (JV-V) at Alliance, 4, 4, 5:30 & 7 p.m.
- Thurs., Feb. 3 G&B BB (C) at Gering, 5, 6:30 p.m.
- Fri., Feb. 4 G&B BB (JV-V) at Rapid City Christian, 3, 4:30, 6 & 7:30 p.m.

Hay Springs Hawks

- Tues., Jan. 4 **Boys BB vs. Oelrichs, 5 p.m.**
- Wed., Jan. 5 FFA District Ag Education Contest at WNCC
School Resumes
- Fri., Jan. 7 **Girls BB (V) vs. Alliance, 5 p.m.**
- Sat., Jan. 8 WR at Garden County, 9 a.m.
G&B BB (V) at Leyton, 2 p.m.
- Tues., Jan. 11 G&B BB (V) at Gordon-Rushville, 3:30 p.m.
- Thurs., Jan. 13 B BB (JH) at Cody-Kilgore, 3 p.m.
B BB (V) at Cody-Kilgore, 5 p.m.
- Sat., Jan. 15 WR at Bennett Co., (Martin, SD), tba
B BB (JH) vs. Hemingford, 10 a.m.
G&B BB (V) vs. Potter-Dix, 1 p.m.
- Wed., Jan. 19 Hawk Talk at Senior Center
- Fri., Jan. 21 WR at Hemingford Invite, tba
G&B BB (V) PanCo at Hemingford
- Sat., Jan. 22 WR at Chadron State, 9 a.m.
- Tues., Jan. 25 at Hill City Quad, tba
- Thurs., Jan. 27 B BB at Sioux County, 2 p.m.
G&B BB (V) at Sioux County, 3 p.m.
- Fri., Jan. 28 **G&B BB (V) vs. Edgemont, 3 p.m.**
- Sat., Jan. 29 WR at Ainsworth Invite, 9 a.m. CT
- Mon., Jan. 31 B BB (JH) PanCo at Sioux Co., 9 a.m.
- Tues., Feb. 1 **B BB (JH) vs. Gordon-Rushville, 4 p.m.**
- Wed., Feb. 2 **FFA Ag Mechanics Contest at Gordon, 9 a.m.**
- Thurs., Feb. 3 B BB (JH) at Oelrichs, 4 p.m.
- Fri., Feb. 4 **G&B BB (JV-V) vs. Hyannis, 3 p.m.**



Recipes

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our readers?**

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hiphop@gpcom.net

Slim Soup

- 6 cubes chicken bouillon
- 2 carrots, chopped
- 1 (28 ounce) can stewed tomatoes, with juice
- 1 onion, chopped
- 1 stalk celery, chopped
- 1 cup chopped green bell pepper
- 2 cups shredded cabbage
- 1 ½ teaspoons dried basil or to taste
- 2 cloves garlic, minced
- 1 teaspoon Italian-style seasoning
- 6 cups water, or to cover

In a large pot over high heat, combine the bouillon, carrots, tomatoes, onion, celery, green bell pepper, cabbage, basil, garlic, Italian-style seasoning and water. Bring to a boil, reduce heat to low and simmer for 30 to 45 minutes, or until all vegetables are to desired tenderness.

* * * * *

Philly Steak and Cheese Sandwich

- 1 teaspoon butter
- ½ white onion, sliced
- ½ red onion, sliced
- 8 fresh mushrooms, sliced
- 1 clove garlic, minced
- 6 ounces beef sirloin, thinly sliced
- ¾ cup cream cheese, softened
- 1 teaspoon Worcestershire sauce
- salt and pepper to taste
- 1 French baguette, cut in half lengthwise
- ½ cup shredded Swiss cheese

Melt butter in a large skillet over medium-high heat. Saute the white and red onions, mushrooms, and garlic until tender. Remove from the pan, and set aside.

Place the sliced beef in the pan, and fry until no longer pink, about 5 minutes. Reduce heat to low, and stir in the cream cheese and Worcestershire sauce, cooking and stirring until the beef is well coated. Season with salt and pepper to taste.

Meanwhile, preheat your oven's broiler.

Place beef mixture onto bottom half of the baguette, then cover the beef with the onion mixture. Place Swiss cheese over the onion mixture. Place open sandwich under a hot broiler until the cheese is melted. Place top of baguette onto the toppings, and serve.

* * * * *

Avocado-Spinach Dip

- 2 cups fresh spinach
- 1 cup diced avocado
- ½ cup reduced-fat sour cream
- ¼ cup chopped red onion
- 1 tablespoon fresh lime juice
- 1 tablespoon chopped seeded jalapeno pepper
- 1 large garlic clove
- ½ teaspoon salt
- 1/8 teaspoon ground black pepper
- hot sauce

Process spinach, avocado, sour cream, red onion, lime juice, jalapeno pepper, garlic, salt, black pepper, and hot sauce in a food processor until smooth.

Scrape dip into a serving bowl, cover with plastic wrap, and refrigerate until chilled, at least 1 hour.

* * * * *

Apple Pie in a Jar Drink

- 1 gallon apple cider
- 1 gallon apple juice
- 6 (3 inch) cinnamon sticks
- 1 ½ cups white sugar, or to taste
- 1 (1 liter) bottle 190 proof grain alcohol (such as Everclear™)

Place the apple cider, apple juice, cinnamon sticks, and sugar into a large pot. Bring to a boil over medium-high heat, stirring until the sugar has dissolved. Remove from the heat, and discard the cinnamon sticks. Allow the mixture to cool to room temperature, then stir in the grain alcohol. Pour into quart-size canning jars, seal with the lids and rings, and refrigerate until ready to serve.

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Practice Winter Farm Safety Tips in Cold Weather

A farmer's job is never done. Even in the winter, the work doesn't stop while you repair machinery and fix potential hazards as you prepare for the next season. When you are outside, use these tips to stay safe and healthy on the farm in the cold winter weather.

Wear Proper Clothing

Dress in layers. It's important to start the day with your body warm. While working throughout the day you may warm up and can shed a layer. OSHA recommends at least 3 layers, including a base layer such as thermal wear to keep moisture away from the body and an outer layer that is rain and wind protectant.

Wear appropriate hand coverings for the task you are performing, whether that be mittens, gloves, or work gloves. Ideally, find gloves with good insulation and flexibility. Depending on the wind chill, frostbite can occur in as little as 10 to 30 minutes on exposed skin.

Remember a hat that covers your ears. Almost half of your body heat is lost through your head and neck. Cover it up!

Wear insulated and waterproof boots to keep your feet warm and dry. Make sure boots have proper traction to avoid slips and falls on icy surfaces. Depending on your work, it may be best to not wear steel toe boots in the winter as they don't conduct the cold as

much, therefore your feet are likely to stay warmer. In addition, you can add hand and foot warmers if needed for extra warmth.

Take Breaks

Listen to your body and take breaks when you need. Go inside and warm up, have a snack or drink a warm beverage. When working in the cold weather, eat foods that are high in protein which will give your body more energy to keep warm throughout the day in the cold temperatures. Drink a lot of water to stay hydrated and avoid beverages with caffeine and alcohol.



Be Aware of Cold Stress

What is cold stress? Cold stress occurs by driving down the skin temperature, and eventually the internal body temperature. When the body is unable to warm itself, serious cold-related illnesses and permanent tissue damage may result. Types of cold stress include: trench foot, frostbite and hypothermia.

Symptoms of cold stress can include shivering, confusion, slurred speech, heart rate/breathing slow, and loss of consciousness. Outdoor workers exposed to cold and windy conditions are at a higher risk of cold stress. Train employees on the signs of cold stress and what to do in each situation so they can monitor themselves and their co-workers.

To prevent cold stress, the best thing you can do is to prepare for working in cold conditions by wearing appropriate clothing, taking breaks, eating nutritiously and hydrating, as mentioned above. If possible, try to prioritize the jobs that need to get done based on the weather conditions.

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Need Something to Celebrate in January?

January 1: Bloody Mary Day, Polar Bear Swim Day, Commitment Day.
 January 2: Buffet Day, Happy Mew Year for Cats Day, Cream Puff Day.
 January 3: Fruitcake Toss Day, Chocolate Covered Cherry Day, Humiliation Day.
 January 4: Pop Music Chart Day, Trivia Day, Spaghetti Day, Tennis Day.
 January 5: Bird Day, Whipped Cream Day.
 January 6: Three Kings Day, Bean Day, Apple Tree Day, Shortbread Day, Cuddle Up Day.
 January 7: Old Rock Day, I'm Not Going to take it Anymore Day, Dress Up a Pet Day.
 January 8: Earth's Rotation Day, Bubble Bath Day, Postal Day, Male Watchers Day, Joy Germ Day.
 January 9: Apricot Day, Static Electricity Day, Play God Day.
 January 10: Volunteer Fireman's Day, Bittersweet Chocolate Day, Houseplant Appreciation Day.
 January 11: Coming of Age Day, International Thank You Day, Secret Pal Day, Clean Off Your Desk Day.
 January 12: Kiss a Ginger Day, Feast of Fabulous Wild Men Day, Marzipan Day.
 January 13: Bad Back Day, Rubber Duckie Day, Make Your Dream Come True Day.
 January 14: Poetry at Work Day, Organize Your Home Day, Hot Pastrami Sandwich Day, Dress Up Your Pet Day.
 January 15: Strawberry Ice Cream Day, World Snow Day, Hat Day, Personal Firewall Day.
 January 16: Fig Newton Day, Appreciate a Dragon Day, Nothing Day, International Hot & Spicy Food Day.
 January 17: Hot Buttered Rum Day, Ditch New Year's Resolution Day, Cable Car Day.
 January 18: Blue Monday, Winnie the Pooh Day, Jazz Day,

Thesaurus Day.
 January 19: Archery Day, Tin Can Day, Popcorn Day.
 January 20: Penguin Awareness Day, Cheese Lover's Day, Disc Jockey Day.
 January 21: Squirrel Appreciation Day, Granola Bar Day, Hug Day, National Hugging Day.
 January 22: Answer Your Cat's Questions Day, Celebration of Life Day, Blonde Brownie Day.
 January 23: Pie Day, Handwriting Day, Measure Your Feet Day.
 January 24: Beer Can Appreciation Day, Compliment Day, Peanut Butter Day, Belly Laugh Day.
 January 25: National Irish Coffee Day, National Opposite Day, A Room of Ones One.
 January 26: National Green Juice Day, Peanut Brittle Day, Spouses Day, Australia Day.
 January 27: Do For Your Country Day, International Fun at Work Day, Geographic Day, Chocolate Cake Day.
 January 28: Blueberry Pancake Day, Have Fun at Work Day, Kazoo Day, International Leg Day.
 January 29: National Corn Chip Day, National Puzzle Day, Freethinkers Day.
 January 30: National Croissant Day, Inane Answering Message Day.
 January 31: National Backward Day, Inspire Your Heart with Art Day, Gorilla Suit Day.

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Bits 'n Pieces...

Comical New Year's Resolutions!

- My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.
- New Year's Resolution: To tolerate fools more gladly, provided this does not encourage them to take up more of my time.
- I will not bore my boss with the same excuse for taking leaves. I will think of some more excuses.
- I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.
- May all your troubles last as long as your New Years resolutions?
- I will Buy new clothes big enough to account for next year's holidays.
- On this new year, I will Consider taking up a new hobby such as procrastination. Or maybe later.
- New Years Eve forecast: Mostly drunk with a slight chance of passing out.
- I will visit the grocery more often than restaurants, especially when free samples are being served.
- I will exercise more self-control, though I already

have a rule not to drink anything stronger than gin before breakfast.

- People think New Years is a life-changing event. If your life sucked last year, it's probably still going to suck tomorrow.
- In the coming year, I will Stop drinking orange juice after I've just brushed my teeth.
- A New Year's resolution is something that goes in one year and out the other.
- New Year's is just a holiday created by calendar companies who don't want you reusing last year's calendar.
- New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual.
- *Many years ago, I resolved to never bother with new years resolutions, and I have stuck with it ever since.* - Dave Beard
- *"My New Year's resolution is to stop hanging out with people who ask me about my New Year's resolutions."* -Anonymous

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