

Northwest Rural Public Power District

Hay Springs, NE 69347

June 2023

Rural Chadron Couple Opens All Season Greenhouse

Kellie and Ron Scherbarth are happy to open their new geothermal climate controlled greenhouse this spring located 18 miles southwest of Chadron on the "Table". "Rocking Heart Greenhouse" has opened for retail sales earlier this spring. They started their project in February 2022 and it was October before it was fully enclosed and functional.

Their new greenhouse is unique to the traditional greenhouses because it is geothermal and will allow them to grow all year round.

Kellie, a Master Gardener for four years, also owned a flower store previously. Her inspiration came from "The idea of being self-sufficient and mixing that with the enjoyment of



Kellie Scherbarth watering her citrus trees earlier this year at their new business, Rocking Heart Greenhouse.

growing things, especially growing things in Nebraska in the winter time," said Kellie.

"The geothermal greenhouse has 6k feet of underground air exchange pipes to circulate the air from 8 ft below ground (at our latitude the ground temperature at 8 ft. is a constant 50 degrees year round) Utilizing this air cuts costs of heating and cooling the greenhouse and helps us maintain a constant temperature. We also use a 40 percent shade cloth to control the summer heat," she explained.

Since this is their first season they are learning as they go.

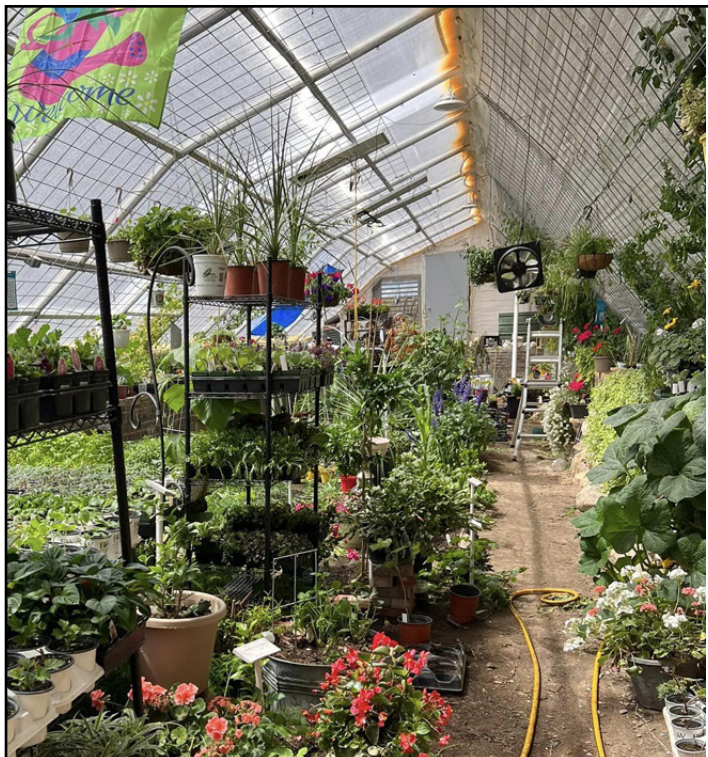
"Time will tell where we go with this. Right now we have a very small mix of random plants grown from seed, propagated and purchased bedding plants," she explained.

They are now raising vegetables, annuals and perennials. "We are able to grow citrus trees, avacadoes, and southern grapes basically increase our growing zone from 4-5 to an 8-9 year round inside the greenhouse," said Kellie.

Rocking Heart Greenhouse welcomes custom orders. "Although I am a greenhorn when it comes to raising plants in a greenhouse I plan to become proficient at this," said Kellie.

They recently hosted a 4-H group that toured the greenhouse. "We all had a blast! the kids got to pot a small geranium, deadhead marigolds and separate seeds, they ate fresh peas off the vine and snacked on fresh carrots, and radishes. Learned about mason bees, lady bugs and praying mantis in the greenhouse and took home their geranium and some marigold seeds to plant. We would love to do this again if small groups contact us," noted Kellie. She also would like to teach some flower arranging (Holiday centerpiece) classes and paint and sip type classes in the greenhouse with small groups.

Kellie, a Martin, S.D. native, and Ron, who has lived in their current location since he was 17, keep busy throughout the week with their "regular jobs" as well. In addition to formally owning a flower shop, she is employed
(Continued on Page 2)



Rocking Heart Greenhouse, located south of Chadron, is a geothermal greenhouse which will allow them to grow all year round. (Amy Scherbarth photos)

Rocking Heart Greenhouse--

(Continued from Page 1)

as an RN at Highland Park Care Center in Alliance.

Ron has Rocking Heart Elk Ranch (High Fence Elk and Fallow Deer Hunting) Cattle, Taxidermy and a Retail Gun Shop.

The Scherbarths are blended family and have been married 12 years after meeting on Match.com Kellie said, "After a few months, we met at Yoba's in Rushville, enjoyed a four hour lunch together and the rest is history!" Together they have six adult children. Ron's children include: Colten (Amy) of Chadron have three children); Cody (Robin) also of Chadron and daughter Cathy of Sioux Falls, S.D. Kellie's children are Casey (Austin) of Gillette, Wyo. have one child; daughter Bobbie (Danny) of Martin, S.D. have two children and son Cody (Shelby) is also of Martin, S.D. and have two children.

They are open Saturdays and Sundays 10 a.m until 6 p.m. at 1338 Table Road. The greenhouse is just south-east of their home. You can also call during the week to see if they are available weekdays, call Kellie at 308-207-5599 or Ron at 308-430-4848.



Ron Scherbarth working on the foundation of the greenhouse located on the Table south of Chadron.

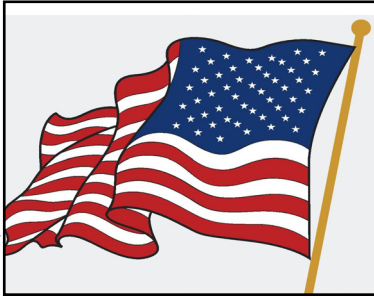


Just a sample of the gorgeous plants at Rocking Heart Greenhouse located on the Table south of Chadron.

Photos courtesy of Vintage Soul Photography - Amy Scherbarth

History of Flag Day - June 14 Told

Flag Day is celebrated in America on June 14, commemorating the day the first flag resolution was passed.



On June 14, 1777, less than one year after Betsy Ross had received the order from General Washington to make the first flag, the Second Continental Congress passed a flag resolution stating:

Resolved, That the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation.

The first national observance of Flag Day was on June 14, 1877; 100 years after the flag resolution was adopted by the Continental Congress.

In the late 19th century, schoolteachers all over the United States began conducting patriotic ceremonies commemorating Flag Day as a way to teach children about history. One such schoolteacher, Bernard J. Cigrand, is often referred to as the "Father of Flag Day." He lobbied Congress for many years for Flag Day to be officially observed.

Other patriotic groups, including the Colonial Dames and the Sons of the American Revolution, also spent years trying to convince Congress to make Flag Day official. In 1916,

President Woodrow Wilson issued a proclamation stating that June 14 shall be National Flag Day, and in 1949, it was made official by an Act of Congress.

On June 14, 1891, the Betsy Ross House began publicly celebrating Flag Day, and has been celebrating Flag Day every year since 1911. Since 2008, the Betsy Ross House has revived the patriotic zeal of the earliest celebrations with Flag Fest – an all day, old-fashioned, family fun street fair with games, live entertainment, a patriotic pet contest, shopping and more, celebrated on the Saturday before Flag Day.

For more information: www.betsyrosshouse.org/hist_flag/day.html



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Six Tips Keep Your Family Safe Throughout the Summer

Summer is right around the corner. It's a time for fun in the sun, vacations and, of course, no school. Whether your kids are home for summer, on the road with you or away at camp, we have some tips to keep your family safe and healthy.

There's a higher risk of certain injuries occurring during the summer months. Kids are out of school and active, families are traveling and trying new activities, and everyone's attention is more relaxed — which isn't always a good thing when it comes to safety.

Here's what you need to know so you can be aware of the risks, take precautions, and share some important safety tips with your kids. Together, we can ensure your family is as safe as possible while enjoying the fun and new adventures summertime can bring.

1. Beat the Heat (and Sun)

Preventing heat-related illnesses, including heat stroke and heat exhaustion, is important for people of all ages, but extreme heat poses the greatest risk for people under age 4 and over 65. The best ways to protect yourself from heat include:

- Staying cool — Find air-conditioning during hot hours and wear cool clothing.
- Stay Hydrated — Drink plenty of liquids, specifically water.
- Stay Informed — Pay attention to heat advisories.

Sunburn is a common summertime injury. Unprotected skin can be burned by the sun's UV rays in as little as 15 minutes, but can take up to 12 hours for the skin to show the damage. The Centers for Disease Control and Prevention (CDC) recommends staying out of the sun between 10 a.m. and 4 p.m., when its UV rays are at their highest level. Sunscreen is recommended for anyone working and playing outside in the summer, even on cloudy days. Be sure to use SPF 15 or higher, and reapply every two hours or after swimming, sweating or toweling off. For extra protection, use hats, sunglasses, and long sleeves.

2. Keep Your Head Above Water

Swimming — one of the most popular activities in the country — is a fun, active, and healthy way to spend summer leisure time. Every year, millions of people visit "recreational water" sites such as swimming pools, water parks, hot tubs, lakes, rivers or oceans. But water safety isn't just about keeping kids safe in the pool. There are things you might not think about

— such as catchment ponds, drainage ditches and runoff areas in your neighborhood — that can be hazards, as well. It's important for parents to know about how to protect kids, avoid risks, and respond in an emergency.

3. Look Before You Lock

Never leave a child, older adult, or pet in a car unattended — not for a few minutes, not with the window cracked, not in the shade. Never. Leaving loved ones alone in a car can lead to serious injury or death from heatstroke. It takes only minutes for a vehicle to heat up and become deadly. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. A change in a schedule, being overly tired or distracted, or even a new pattern of behavior can cause a caring parent or caregiver to put a child at risk. Find more information in the links below to keep your loved ones safe:

4. Beware of Bugs

Ticks - Tick populations are at an all-time high, raising the risk of dangerous diseases such as Lyme Disease and other tick-carried conditions. As more people head outdoors, that means an increased likelihood of encounters with ticks, as well as other insects. Taking the proper precautions can keep you safe from bites and illnesses.

Mosquitos - There are many mosquito-borne diseases including Zika Virus. Find the Repellent that's Right for You — Environment Protection Agency (EPA)

5. Catch Up on Immunizations

Routine childhood vaccinations are safe and keep your children healthy and strong — like eating vegetables and brushing their teeth. Whether your child is behind on a vaccine, missing a dose or completely unvaccinated, now is the time get your child caught up on childhood vaccinations! It's easy to get back on track. Simply call your child's healthcare provider to schedule an appointment as soon as possible.

6. Lock up Your Firearms

The most effective way to prevent unintentional gun injuries, suicide and homicide to children and adolescents, research shows, is the absence of guns from homes and communities. But statistics show that roughly a third of U.S. homes with children have guns. If you decide to keep guns in the home, be aware that many studies show that teaching kids about gun safety, or to not touch a firearm if they find one, is not enough.

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Leader of the Pack

Opens Friday, May 26, 2023

Rating: G

MUSIC & LYRICS BY:

Ellie Greenwich

BOOK BY: Anne Beatts

It will be hard to stay in your seats, as toes will be tapping and spirits will be soaring, in celebration of American songwriter Ellie Greenwich. This bio-musical follows her from humble beginnings through her illustrious career, jam packed with dozens of billboard hits including "Chapel of Love", "Be My Baby", "Leader of the Pack", "Do-Wah-Diddy" and "River Deep, Mountain High".

Sponsored by WESTCO

MAY: 26, 27, 28*

JUNE: 6, 14, 17, 27

JULY: 5, 9*, 14, 20, 22, 29*

AUGUST: 8, 13*

* * * * *

Clue the Musical

Opens Friday, June 2, 2022

Rating: H *It is a comedy, but it is about murder, so consider your kids' ages.*

Music by Galen Blum, Wayne Barker, Vinnie Martucci



Lyrics by: Tom Chiado
Book by: Peter DePietro

Was it Professor Plum in the Library with the Wrench? Or maybe Ms. Peacock in the Kitchen with the Rope? Based on the timeless board game, Clue the Musical offers a different ending and plot twists at every single performance, keeping both the audiences and the actors onstage guessing! A musical romp perfect for the entire family: can you untangle the clues and solve a murder?

Sponsored By Susan Sehnert Stuart - Charitable Trust

JUNE: 2, 3, 4*, 7, 13, 16, 20, 28

JULY: 6, 8**, 15*, 21, 25, 28*

AUGUST: 4, 6*, 11*

* * * * *

Joseph and the Amazing Technicolor Dreamcoat

Opens Friday, June 9, 2023

Rating: G

Music by Andrew Lloyd Webber

Lyrics by Tim Rice

An international hit, this entertaining and inspiring spectacle musical tells the age-old Biblical story of Joseph and his coat of many colors. As a young dreamer, Joseph rises from being out-cast by his jealous brothers to becoming advisor to the Pharaoh in a kaleidoscope of song and dance on the stage.

Sponsored by TAG - Todd A. Gaswick Financial Solutions

JUNE: 9, 10, 11*, 15, 18*, 21

JULY: 1*, 7*, 8*, 12*, 15**, 18, 22*, 23*, 26*, 29

AUG.: 5**, 9, 12*



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NORTHWEST RURAL ACTIVITIES

Your a Good Man Charlie Brown

Opens Friday, June 23, 2023

Rating: G

Music and Lyrics by: Clark Gesner

Book by: John Gordon

Perfect for the entire family, all the iconic Peanuts characters we adore, including Snoopy, Lucy and lovable Charlie Brown, come to life in this highly entertaining, Tony Award winning musical!



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JUNE: 23, 24, 25*

JULY: 5*, 8, 12, 14, 16*, 19*, 22**, 26, 28, 29**

AUG: 2*, 4*, 9*, 11

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The Spitfire Grill

Opens June 30, 2023

Rating: G

MUSIC BY

James Valcq

Lyrics by Fred Alley

BOOK BY

Fred Alley



This heart-warming blues & folk tinged musical celebrates second chances. Follow Percy, a young woman who dreams of a new start in a small Wisconsin town. Her unique idea to save the struggling local diner takes the town on a journey of self-discovery while stories, gossip, good coffee and a hot breakfast are all served up at The Spitfire Grill. The cherished film version stars Oscar winners Marcia Gay Harden and Ellen Burstyn.

Sponsored by Footprints - Your Birkenstock Store

JUNE: 30

JULY: 1, 2*, 7, 11, 13, 15, 19, 21*, 27, 30*

AUGUST: 1, 2, 5*, 10, 12

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NRPPD AREA ACTIVITIES



Junior-Senior Schedule

Date	Opponent	Location	Time
June 2-3-4	tba	Chadron	
Tues., June 6	Chadron	Chadron	
Wed., June 7	Bridgeport	Chadron	tba
June 9-11	Wakefield Tourney	Wakefield	
Fri., June 16	Hershland	Hershey	5 p.m.
Sat., June 17	Hershland/Overton	Hershey	12 p.m.
Tues., June 20	Gering	Gordon	5 & 7 p.m.
Wed., June 21	Bridgeport	Bridgeport	tba
Fri., June 23	Torrington	Rushville	4 & 6 p.m.
June 24-25	tba	Chadron	
Wed., June 28	Sidney	Gordon	5 & 7 p.m.
Wed., July 5	Torrington	Torrington	4 & 6 p.m.
July 7-11	Junior Area	Hershey	
July 14-19	Junior State	Imperial	
July 21-26	Senior Area	Valentine	
July 29-Aug. 1	Senior State	Rushville	

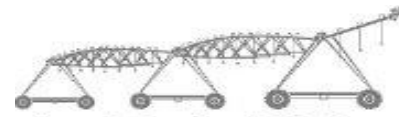
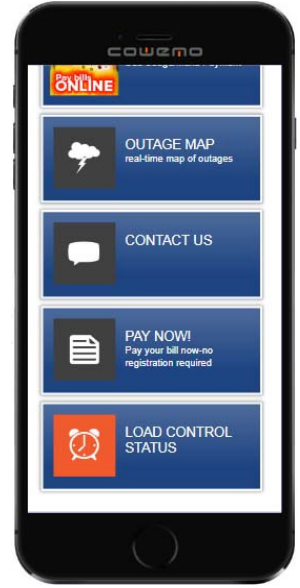
2023 Regulator Prep Schedule

Date	Opponent	Location	Time
Thurs., June 1	Torrington	Rushville	4 & 6 p.m.
Fri., June 2	Chadron	Gordon	5 & 7 p.m.
Mon., June 5	Alliance Team #2	Alliance	5 & 7 p.m.
Thurs., June 8	Alliance	Alliance	5 & 7 p.m.
Sat., June 10	Torrington	Torrington	12 & 2 p.m.
Mon., June 12	Chadron	Chadron	5 & 7 p.m.
Thurs., June 15	Hot Springs	Rushville	4 & 6 p.m.
Thurs., June 22	Sidney	Sidney	4 & 6 p.m.
Mon., June 26	Sidney	Rushville	4 & 6 p.m.
Thurs., June 29	Hot Springs	Hot Springs	4 & 6 p.m.
June 30-July 2	Conference Tourney - Sidney		tba
Fri., July 7	Junior Area		



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Recipes



Do you have a recipe you would like to share with our readers?

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Sirloin Steak with Garlic Butter

- ½ cup butter
- 4 cloves garlic, minced
- 2 teaspoons garlic powder
- 4 pounds beef top sirloin steaks
- salt and pepper to taste

Preheat an outdoor grill for high heat and lightly oil the grate.

Melt butter in a small saucepan over medium-low heat; stir in minced garlic and garlic powder. Set aside.

Season both sides of each steak with salt and pepper.

Place steaks on preheated grill and cook 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F for medium doneness.

Transfer steaks to warmed plates; brush the tops liberally with garlic butter and allow to rest for 2 to 3 minutes before serving.

* * * * *

Pepperoni Bread

- 1 (1 pound) loaf frozen bread dough, thawed
- 1 large egg, beaten
- 4 ounces sliced pepperoni
- 1 cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 ½ teaspoons Italian seasoning

Place thawed dough into a bowl; cover and let rise in a warm place until doubled in volume, about 1 hour.

Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.

Roll dough into a rectangle, then brush with beaten egg and arrange pepperoni over top. Sprinkle mozzarella, Parmesan, and Italian seasoning over pepperoni. Roll dough over fillings like a jelly roll and pinch the seam to seal. Place dough, seam-side down, onto the prepared baking sheet.

Bake in the preheated oven until golden brown, about 40 minutes.

Use a bread knife to cut loaf into slices of your desired size.

Fresh Southern Peach Cobbler

- 8 fresh peaches - peeled, pitted and sliced into thin wedges
- ¼ cup white sugar
- ¼ cup brown sugar
- ¼ teaspoon ground cinnamon
- ? teaspoon ground nutmeg
- 1 teaspoon fresh lemon juice
- 2 teaspoons cornstarch
- 1 cup all-purpose flour
- ¼ cup white sugar
- ¼ cup brown sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- 6 tablespoons unsalted butter, chilled and cut into small pieces

• ¼ cup boiling water

MIX TOGETHER:

- 3 tablespoons white sugar
- 1 teaspoon ground cinnamon

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, combine peaches, ¼ cup white sugar, ¼ cup brown sugar, ¼ teaspoon cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into a 2 quart baking dish. Bake in preheated oven for 10 minutes.

Peaches, brown sugar, cornstarch, white sugar, cinnamon, nutmeg and lemon juice combined in a large bowl.

Meanwhile, in a large bowl, combine flour, ¼ cup white sugar, ¼ cup brown sugar, baking powder, and salt. Blend in butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Stir in water until just combined.

Flour, white and brown sugar, baking powder and salt combined in a large bowl with butter added until coarse-like.

Remove peaches from oven, and drop spoonfuls of topping over them.

Spoonfuls of the topped dropped over baked peaches.

Sprinkle entire cobbler with the sugar and cinnamon mixture.

Everything in baking dish sprinkled with sugar and cinnamon mixture.

Bake until topping is golden, about 30 minutes.

Cobbler baked until topping is golden-brown.

* * * * *

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FORE!

Know when to head for cover

"Just one more hole" is what you might be thinking when you hear thunder or see lightning while out on the course. However, ignoring the signs of a storm could cost you your life or cause serious injury.

LIGHTNING DATA REVEALS:

- Two-thirds of lightning deaths occurred during outdoor activities.
- Golfing accounted for 27% of these sports-related casualties.
- Of these deaths, 14% happened during a sports activity on land (non-water related).

FINISHING A GOLF MATCH IS NOT WORTH GETTING STRUCK BY LIGHTNING.



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Find Something to Celebrate in June

- June 1:** Global Day of Parents, Nail Polish Day, National Pen Pal Day, Go Barefoot Day, Heimlich Maneuver Day.
- June 2:** National Rotisserie Chicken Day, Bubba Day, Leave the Office Early Day, Doughnut Day, National Rocky Road Day.
- June 3:** National Play Outside Day, World Bicycle Day, Egg Day, National Prairie Day, Chocolate Macaroon Day.
- June 4:** National Forklift Safety Day, Hug Your Cat Day, Clean Beauty Day, National Safe Day, Cheese Day, Cheese Day.
- June 5:** World Environment Day, Veggie Burger Day, Moonshine Day, Gingerbread Day.
- June 6:** Russian Language Day, World Pest Day, National Day of Sweden, D-Day, Gardening Exercise Day, Drive-In Movie Day.
- June 7:** World Caring Day, World Food Safety Day, Oklahoma Day, Chocolate Ice Cream Day, National Running Day.
- June 8:** World Pet Memorial Day, Brain Tumor Day, World Oceans Day, Name Your Poison Day, Best Friends Day.
- June 9:** National Movie Night, Coral Triangle Day, Donald Duck Day, National Strawberry Rhubarb Pie Day, Earl Day.
- June 10:** National Egg Roll Day, Herbs and Spices Day, Black Cow Day, National Iced Tea Day, Ballpoint Pen Day.
- June 11:** Children's Day, Make Life Beautiful Day, German Chocolate Cake Day, National Corn on the Cob Day.
- June 12:** National Red Rose Day, World Day Against Child Labor, Peanut Butter Cookie Day, National Jerky Day.
- June 13:** World Softball Day, International Axe Throwing Day, Random Acts of Light Day, Weed Your Garden Day.
- June 14:** National Flag Day, Army Birthday, Bourbon Day, Strawberry Shortcake Day, Career Nurse Assistant's Day.
- June 15:** National Smile Power Day, Nature Photography Day, World Elder Abuse Awareness Day, National Foam Party Day.
- June 16:** World Sea Turtle Day, War Blue Day, National Fudge Day, Bloomsday, International Day of Family Remittances.
- June 17:** World Juggling Day, World Croc Day, Root Beer Day, Global Garbage Man Day, Eat Your Vegetables Day.
- June 18:** National Wanna Get Away Day, International Suchi Day, National Turkey Lovers' Day, Father's Day, Go Fishing Day.
- June 19:** Juneteenth, National Watch Day, Martini Day, National

- Garfield the Cat Day, National Freebsd Day.
- June 20:** World Productivity Day, Hike with a Geek Day, American Eagle Day, Ice Cream Soda Day.
- June 21:** National Smoothie Day, World Peace and Prayer Day, Giraffe Day, Arizona Day, Summer Begins!
- June 22:** National Kissing Day, Hvac Tech Day, Onion Rings Day, Chocolate Eclair Day.
- June 23:** Detroit-style Pizza Day, Women in Engineering Day, Widows' Day, Take Your Dog to Work Day.
- June 24:** Summersgiving, National Take Back the Lunch Break Day, National Pralines Day.
- June 25:** Global Smurf Day, Beatles Day, National Day Flavor, Strawberry Parfait Day, Catfish Day.
- June 26:** National Beautician's Day, Coconut Day, Chocolate Pudding Day, National Barcode Day.
- June 27:** National Sunglasses Day, Onion Day, Ice Cream Cake Day, Ptsd Awareness Day, Orange Blossom Day.
- June 28:** National Alaska Day, Paul Bunyan Day, National Logistics Day, Insurance Awareness Day.
- June 29:** National Almond Buttercrunch Day, Waffle Iron Day, Bomb Pop Day, National Handshake Day.
- June 30:** Wildfire Firefighter Week of Remembrance Day, International Day of Parliamentarism, Asteroid Day.



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Bits 'n Pieces...

This has been shared many times over the years, but we can all do with the reminder I think.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short - enjoy it.
4. Pay off your credit cards every month.
5. You don't have to win every argument. Stay true to yourself.
6. Cry with someone. It's more healing than crying alone.
7. Save for retirement starting with your first pay check.
8. When it comes to chocolate, resistance is futile.
9. Make peace with your past so it won't screw up the present.
10. It's OK to let your children see you cry.
11. Don't compare your life to others. You have no idea what their journey is all about.
12. If a relationship has to be a secret, you shouldn't be in it.
13. Forgive but don't forget.
14. What other people think of you is none of your business.
15. Time heals almost everything. Give time time.
16. However good or bad a situation is, it will change.
17. Don't take yourself so seriously. No one else does.
18. Believe in miracles.
19. Don't audit life. Show up and make the most of it now.
20. Growing old beats the alternative - dying young.
21. Your children get only one childhood.
22. All that truly matters in the end is that you loved.
23. Get outside every day. Miracles are waiting everywhere.
24. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
25. Envy is a waste of time. Accept what you already have not what you want.

26. The best is yet to come.
27. No matter how you feel, get up, dress up and show up.
28. Yield.
29. Life isn't tied with a bow, but it's still a gift.
30. Take a deep breath. It calms the mind.
31. Clutter weighs you down in many ways.
32. Whatever doesn't kill you really does make you stronger.
33. It's never too late to be happy. But it's all up to you and no one else.
34. When it comes to going after what you love in life, don't take no for an answer.
35. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
36. Over prepare, then go with the flow.
37. Be eccentric now. Don't wait for old age to wear purple.
38. The most important sex organ is the brain.
39. No one is in charge of your happiness but you.
40. Frame every so-called disaster with these words 'In five years, will this matter?'
41. Always choose life.

by Regina Brett



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