

Northwest Rural Public Power District

Hay Springs, NE 69347

March 2025

Horse Fascination Expands into Equine Care

A California city girl became interested in horses after visits to Crawford when she was young. "My family visited Crawford when I was younger and my cousin would always let me and my sister ride, groom or feed her horses. From then on horses just became a permanent staple in my life and I really don't know what I would do if I didn't have horses," said Kara Benavidz Tigges.

Kara previously lived in Saugus, Calif. where she was born and raised. "Growing up in a city it sure was hard to have access to horses but I found a way," she explained. "I am very fortunate to still have my first horse, his name is Dash. He will be 19 this year and I have owned him since 2015, my all time favorite Christmas present."

Since relocating to Northwest Nebraska when Kara was 18, she is now the owner of three horses and a red heeler.

"I tried the traditional path in terms of college education and it just wasn't for me. I have always wanted to have a job working with horses. I really have to thank my mom, because she found both of the programs that I attended," said Kara. "My online course was so much fun. We had homework, exams and textbooks but I was getting to learn about my main interest, horses."

She has an Equine Management Certification from Global Equine Academy, an online course run by a lovely couple out of Arizona that has a passion for equine education. She did this course for a year and finished in 2021. Then she went to equine massage school in 2021 up in Piedmont, S.D. "I was gone for four days of training with my instructor Rhonda Evans."

When she got done with massage school she didn't just want to massage. "I wanted to add the nebulizer, so I invested in a good quality machine for my business. I continue to educate myself and be open to new possibilities to better myself for the equine athletes," added Kara.

Kara now owns and operates "KB Equine Services", based out of Chadron.

The main thing KB Equine Services offers is equine massage. "A full body equine massage goes from head to hind end. Massage can be beneficial in a lot of ways. It improves circulation, reduces inflammation, helps the lym-



Kara Benavidz Tigges, owner of KB Equine Services, of rural Chadron shows her certificates from Global Equine Academy and

phatic system, and releases tension," explained Kara.

With the nebulizer treatments she use Silverplex which is a solution made with chelated silver. "Utilizing a nebulizer treatment is designed to reduce inflammation within the respiratory tract. Sometimes multiple sessions can be especially beneficial. I recommend doing a treatment when an illness is present to break up that mucus. It is also a good treatment for allergies or smoke inhalation," noted Kara.

How often do you suggest for massages?

"I think it is very important to listen to your horse. Every horse is different. I believe starting with a session and if there are clear signs of soreness in certain areas doing a following up wouldn't hurt. I have done some horses one time or others have become regulars, doing sessions every month or every couple months," said Kara. Massages for a horse usually take her 30-45 minutes. "Sometimes I will use a horse well massager, it helps release the tension within the fascia

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KB Equine Services--

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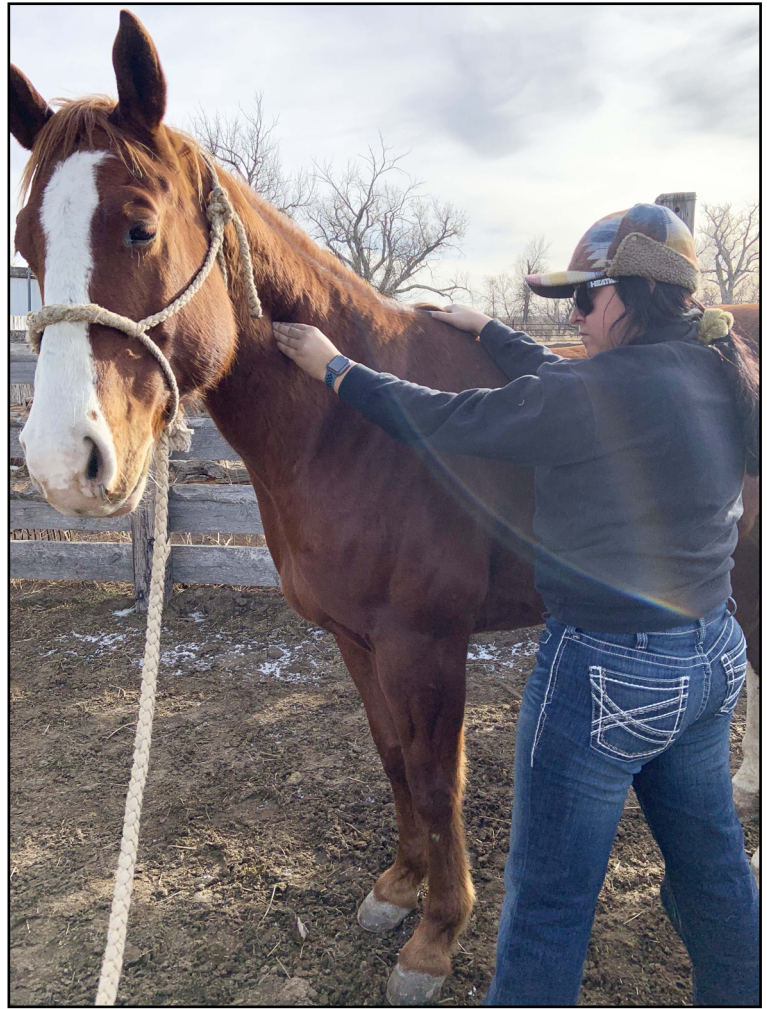
layer. Which fascia is the connective tissue," said Kara.

And yes she makes house calls! "I do not treat them at my residence in Chadron, but I am available to travel within certain distances to offer services," said Kara. Further distances can be negotiated depending on availability and would require extra charges. She has traveled as far as Custer, S.D., but tries to stay within the Nebraska Panhandle. "I try to work with everyone's schedule," said Kara.

During the week, she works at Chadron Companion Animal Clinic for Dr. Rankin.

Her husband, Dustin Tiggs, who grew up in Crawford, and works as a hired man. In their spare time, the couple enjoy time at the lake, and spending time with friends and riding horses.

You can contact KB Equine Services at (661) 435-5915.



Kara Benavidez Tegges working her horse massage magic.

happy st. patrick's day!



**Countryroad Shot: Five Points Butte
Sioux County - Oct. 2014**

~ by Jim Manternach

If you are interested in a print, you can contact Jim at jmm@millcomps.com or his website www.jimmphoto.com

**STORM
READY**

Weather radios are an excellent way to stay informed. From incoming storms to national disasters, make sure your family is prepared.



Safe
Electricity.org®

Spring Farm Safety Reminder: Be Aware of Overhead Power Lines

Don't live in fear of electricity. At the same time, be smart around anything electrical. Here are some specific tips:

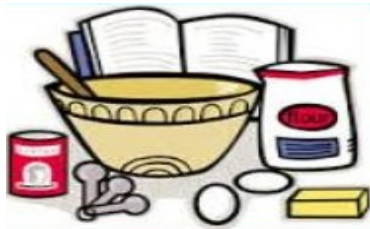
Assume downed power lines are hot. While they may not be, if you're wrong, you're dead. Stay as far away from downed lines as possible. Keep others away too. Call for assistance.

Good Samaritans, beware! If you see someone trapped or hurt in their vehicle because of a downed pole or power line — even if it's your spouse or friend — you can't help them by putting yourself in danger. Instead, call 911 or the utility, if known.

Stay in the cab. If you should find yourself trapped in your tractor or combine because of downed or snagged power lines, staying in the cab is the safest place to be until the power is turned off. The only exception is if your vehicle is on fire, Whitford notes.



Stop moving. If you snag a power line, don't think you can improve your situation by keeping going. "Those lines are very strong, and if you keep going, you're only going to down more line and break off more poles," Whitford says. Cut your losses, call 911 or the utility, and stay put until help arrives.



Recipe Corner

Chinese Pepper Steak

- 1 pound beef top sirloin steak
- ¼ cup soy sauce
- 2 tablespoons white sugar
- 2 tablespoons cornstarch
- ½ teaspoon ground ginger
- 3 tablespoons vegetable oil, divided
- 1 red onion, cut into 1-inch squares
- 1 green bell pepper, cut into 1-inch squares
- 2 tomatoes, cut into wedges



Slice steak into 1/2-inch thick slices across the grain.

Whisk together soy sauce, sugar, cornstarch, and ginger in a bowl until the sugar has dissolved and the mixture is smooth. Place steak slices into the marinade, and stir until well-coated.

Heat 1 tablespoon vegetable oil in a wok or large skillet over medium-high heat, and cook steak strips in batches in hot oil so as not to crowd the pan. Cook and stir until well-browned, about 3 minutes, and remove steak from the wok to a bowl. Repeat with remaining steak, adding more oil as needed, and set the cooked meat aside.

Return cooked steak strips to the hot wok, and stir in onion. Toss steak and onion together until onion begins to soften, about 2 minutes, then stir in green pepper.

Cook and stir the mixture until peppers have turned bright green and started to become tender, about 2 minutes more, then add tomatoes.

Stir everything together to mix and blend flavors, and serve.



AGRICULTURE: Together We Grow

NATIONAL AG DAY — Tuesday, March 18, 2025

American agriculture provides food, fiber and renewable resources for a growing world.

With a population of 8 billion people (and counting), America's farmers are more important now than ever before.

The Agriculture Council of America gratefully recognizes the essential value of farmers and America's farm families. On National Ag Day, we invite everyone to unite and celebrate the role that agriculture plays in all our lives.

Please join us on March 18, 2025 — along with producers, agricultural associations, corporations, universities, government agencies and countless others — to raise our voices in celebration of agriculture ... because *Together, We Grow*.

[Learn more at agday.org](https://agday.org)

For sponsorship opportunities, contact jennyp@nama.org.

Hosted by the Agriculture Council of America in recognition of Ag Day.

Some Social Rules That May Help You

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoe lace is called an aglet
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza is called a box tent.
9. The day after tomorrow is call overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and "la la la", which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!). it is referred to as an interrobang.
14. The space between your nostrils is called columella.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" is called a tittle.
19. The utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

How many of the above did you already know??!!

March Historical Anniversaries....

Weekly March Holidays

- **March 3-9: Chocolate Chip Cookie Week**
- **March 10-16: Girl Scout Week**
- **March 17-23: National Agriculture Week**
- **March 17-23: National Anonymous Giving Week**
- **March 2: Dr. Seuss's Birthday**
- **March 3: National Anthem Day**
- **March 17: St. Patrick's Day**
- **March 20: Spring Equinox**

March Birthstones: March has both the Aquamarine and bloodstone. They are different in appearance, but they share a similar reputation for protection one's well being. The aquamarine birthstone evokes the colors of the sea. From deep green-blue to light slightly greenish blue hues, facet aquamarines are often from from inclusions and as clear as water, symbolizing purity of spirit and soul. The bloodstone birthstone is typically a dark green cabochon that contains red spots of iron oxide, the "blood" that brings health and strength to the wearer.

March's Birth Flower: Daffodils!



CROP SPRAYING NOTICE

Help our linemen avoid exposure to hazardous crop chemicals. If you use dangerous chemicals in your fields, **PLEASE FLAG THEM.** We need your help to protect our employees and their safety.

Office Hours:
7 a.m. to 5:30 p.m.
Monday- Thursday
Service Calls
After Hours:

Please call **800-847-0492** if your call is long distance or **638-4445** for the local Hay Springs area at all times.

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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