

Northwest Rural Public Power District

Hay Springs, NE 69347

May 2022

Rural Clinton Chiropractor Opens Practice in Hay Springs

Greg Wheeler, DC has opened up Hay Springs Chiropractic at 109 N. Main. He brings nearly 40 years of Chiropractic experience to the area. He and his wife Susan moved to the area about a year ago and are refinishing a 100 year old home north of Clinton.

Although they have spent nearly four decades in San Diego, Calif. and Sandpoint, Idaho, he is quite familiar with the area since they both had family that lived in Northwest Nebraska. His paternal great-grandfather homesteaded west of Marsland approximately 120 years ago where the family continues to farm. His maternal grandfather worked for Chicago & Northwestern Railroad as a telegrapher in Chadron. Her father (Lloyd Bruce) grew up in Alliance.

THE WHEELERS are more than happy to live a quieter lifestyle now. "We love the peace of living in a farming community and the unhurried lifestyle. We feel like we are finally where we were always meant to be," said Wheeler.

Greg graduated from High School at Campion Academy in Loveland, Colo. in 1976 and attended Pacific Union college in Angwin, Calif. He earned his Chiropractic degree from National College of Chiropractic in Lombard, Ill. in 1984. He uses low force chiropractic techniques. His favorite method of analysis/treatment is the Zindler Technique, which is a unique functional method utilizing muscle testing to offer a more complete neuro-musculo-skeletal treatment. This extremely effective treatment approach works on the spine and extremities. He also focuses on postural correction with an emphasis on proper foot



Dr. Greg Wheeler has recently opened up Hay Springs Chiropractic with his wife Susan on Main Street.

mechanics and alignment and custom fits orthotics to help with this.

Wheeler said it was after a sports injury in high school, he was helped by a Chiropractor and was later inspired to choose that route for himself. "I've enjoyed helping people feel better using all natural methods. It's been a joy," said Wheeler.

His wife Susan is a retired physical therapist and is now assisting her husband in his practice. She did a lot of work with hip and knee replacement rehab in addition to working with stroke and head injury patients.

THE COUPLE met in San Diego. "We met on the beach in San Diego. We each went to the beach one day with people we didn't normally spend time with. Those friends walked off down the beach without us leaving us to talk and get to know each other. We had so much in common including both coming from Nebraska farm families. Greg from the Northwest Nebraska and Susan from eastern Nebraska. We were married in

1986," said Wheeler.

The Wheelers have three adult children including Megan and Alexa who live in Boise, Idaho while their son Ian is enlisted in the Air Force and based in Los Angeles. They are also grandparents to two grandsons, Everett and Calvin.

The Wheelers have a little piece of ground that the neighbors help them plant. "We love growing a garden and keep a few farm animals. It feels so natural to do the chores and do things from scratch the way our previous generations did them here in Nebraska.

Hay Springs Chiropractic is currently open Tuesdays and Thursdays from noon to 5 p.m. with plans to expand hours as needed. The couple are planning an open house in the near future. For more information, call (309) 207-2757.

Chadron Festival of Quilts Big Success

The 2022 Chadron Festival of Quilts was a huge success after taking the past two years off. It took many hours of setting up and tearing down. Valora Hammond of Hay Springs was the Featured Quilter, Panhandle Blocks Quilts of Valor Group had an entry display. Seventy blocks were collected and donated to Panhandle Blocks. Sandy Sibert, of Omaha, won the 2022 Chadron Festival of Quilts Raffle Quilt. They had an amazing turnout and with lots of winners with beautiful quilts. The results are as follows in the appropriate categories:

Best of Show went to Cheryl Johnson of Hay Springs and best of Theme to Patti Chasek of Chadron.

A. Large Hand Quilted

1. Anita Allen, Alliance, A-1.

B. Professional Machine Quilted

1. Barb Katen, Gering B-6; 2. Gail Turbiville, Chadron B-18; 3. Sheila Orr, Hay Springs, B-1.

C. Large Machine Quilted

1. Deb Pieper, Hay Springs C3; 2. Patti Chasek, Chadron C6; 3. Patty Calhoun, Whitney C9.

D. Small Hand Quilted

1. Sandy Rudloff, Crawford D2; 2. Glenda Liske, Chadron D3; 3. Sandy Rudloff, Crawford D1

E. Small Professional Machine Quilted

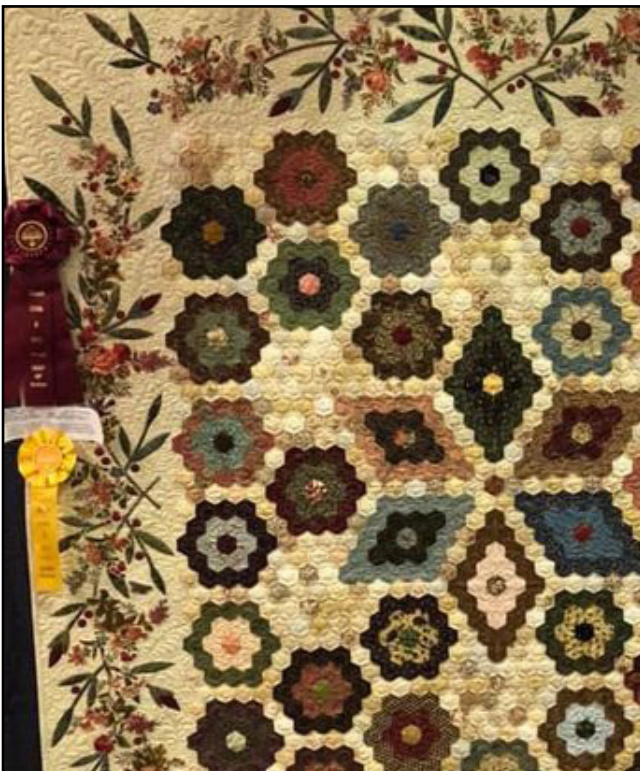
1. Monty Fralick, Martin E7; 2. Mary Vallette, Rushville, E4; 3. (tie) Anita Allen, Alliance E5 & Sharon Ann Strong, Gordon E8

F. Small Non Prof. Quilt

(Continued on Page 3)



Best of Theme - Patti Chasek, Chadron.



Best of Show - Cheryl Johnson, Hay Springs.



First place - large non-professional - Phyllis Burk, Chadron.

NORTHWEST RURAL ENTERTAINMENT

(Continued from Page 2)

1. Phyllis Burk, Chadron F1;
2. Carol Lewin, Hay Springs F8;
3. Rose Fryda, Chadron F12

G. Applique

1. Kay Nickerson, Chadron G6;
2. Mary Vallette, Rushville G1;
3. Cheryl Johnson, Hay Springs G2

H. Tied

1. Tose Fryda, Chadron H1

I. Large Art Quilt

1. Kay Nickerson, Chadron I16;
2. Patty Calhoun, Whitney I14;
3. (tie) Linda Anderson, Lakeside I3 and Patti Chasek, Chadron, J1

K. Miscellaneous Quilted

1. Vannicea Bigelow, Gordon K7;
2. (3-way tie) Martha Quay, Crawford K1, Vannicea Bigelow, Gordon K4 and Vannicea Bigelow K9;
3. Patti Chasek, Chadron K12

L. Youth Quilts

1. Jorja Pieper, Hay Springs L1;
2. Josie Werner, Chadron, L5;
3. Julia Nicholson, Chadron L7

M. Challenge Quilts

1. Anne Lieberman, Gordon M1;
2. Kathy Bate, Rushville M2;
3. Valora Hammond, Hay Springs M6

N. Heirloom

1. Lola Rincker, Chadron N2;
2. Terry Birnbaum, Chadron;
3. Jennifer Yenter, Chadron N4

O. Machine Embroidered

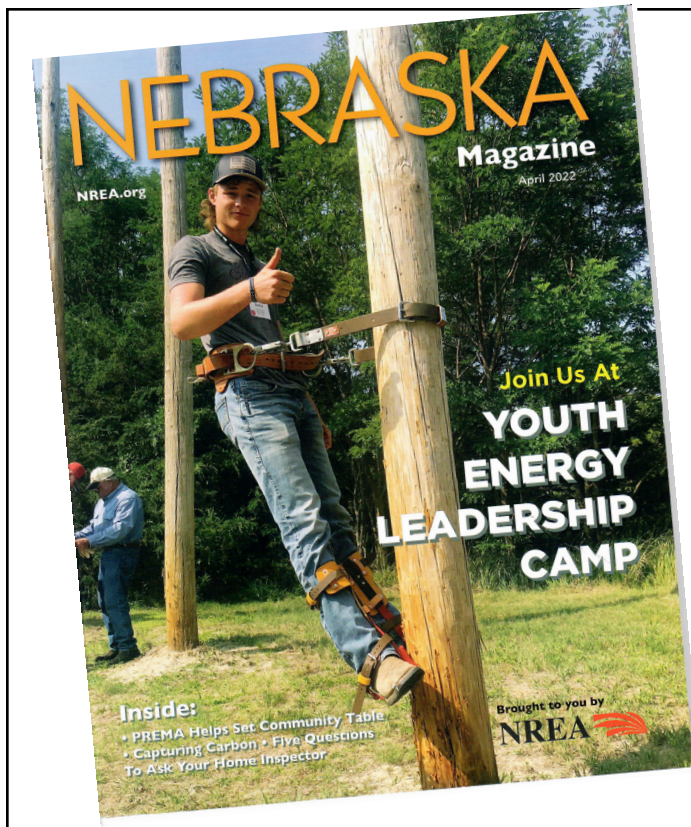
1. Betty Heussmann, Chadron, O1;
2. Lennie Jo Hunter, Hay Springs O3;
3. Ralene Suchor, Crawford O4

P. Small Art Quilt

1. Evelyn Fuchser, Gordon P8;
2. Sandy Seibert, Omaha P12;
3. Patty Calhoun, Whitney P19



First place - large Art Quilt - Kay Nickerson, Chadron



Be like Jordyn!

Hay Springs High School freshmen Jordyn Anderson and his brother Jahrett attended the 2021 Youth Leadership Camp and thought it was one of the best camps they had ever attended.

The 2022 Camp is set for July 18-22 at Nebraska State 4-H Camp in Halsey.

It is open to high school students grades 9-11.

If you are interested in applying for this all-expense paid camp, please pick up an application at Northwest Rural and return it by May 19, 2022 to NRPPD, PO Box 249, Hay Springs, NE 69347

Participants are eligible to win a Free Trip to Washington, D.C.

WIN ME!

Northwest Rural Public Power District customers can enter our Beneficial Electrification drawing for a chance to win a cordless chainsaw!

The EGO 18" chainsaw is a 56-Volt Lithium-Ion cordless chainsaw.



Electric garden tools can last longer and are emissions-free, meaning you'll smell scents of summer, not the smell of exhaust. Plus, with modern technology, they are just as effective as gas-powered alternative. Just charge the battery and go!

- Low maintenance – no oil change or need to treat fuel, change spark plugs or filters.
- No need to purchase and store gasoline
- Electric models are lightweight and easy to handle

Stop by

NORTHWEST RURAL PUBLIC POWER DISTRICT
5613 Hwy 87, Hay Springs
for chance to win! Drawing will be June 1.



ELECTRIFY AND SAVE

NRPPD.COM



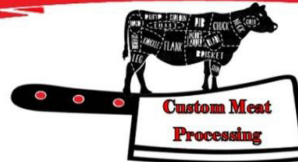
Ted Baseggio
Sales Associate for Rhonda Baseggio
123 N. Main St. | Hay Springs
(308) 638-4566
Theodore.Baseggio@fbfs.com



Auto | Home | Life | Annuities | Business | Farm & Ranch

Securities & services offered through FBL Marketing Services, LLC+, 5400 University Ave., West Des Moines, IA 50266, 877/860-2904, Member SIPC. Farm Bureau Property & Casualty Insurance Company. * Western Agricultural Insurance Company. ** Farm Bureau Life Insurance Company. *** West Des Moines, IA. *Affiliates **Company providers of Farm Bureau Financial Services M191 (4-19)

C.R. Packing, LLC



Open Mon-Fri.
7 a.m.-5 p.m.
Closed
Wednesdays

Owners
Cheriee Kershaw
& Ryan Gehrt

308-282-0090 • Clinton

Visit Our Facebook Page at CR Packing
c.r.packing@outlook.com

Young's Repair, Inc.

Major to Minor Mechanical Work
Tractors, Truck & Car Repair

- Vehicle & Farm Tires • Batteries
- Oil • Grease • Bolts

SERVICE CALLS • HAULING
308-638-7443

5631 Hwy. 87 • Hay Springs
youngsrepairinc@gpcom.net



**This Spot Could Be Yours
For**

Only \$20 An Issue

Call Cindy at 308-638-7132
or email hiphop@gpcom.net

NRPPD ENTERTAINMENT

Find Something to Celebrate in May!

- May 1:** National Chocolate Parfait Day, May Day, Lemonade Day, National Mother Goose Day.
- May 2:** International Harry Potter Day, Melanoma Monday, National Brothers and Sisters Day.
- May 3:** National Paranormal Day, National Teacher Day, Garden Meditation Day, National Textiles Day.
- May 4:** National Orange Juice Day, National Renewal Day, National Weather Observers Day, Star Wars Day.
- May 5:** National Day of Prayer, Cinco De Mayo, National Astronaut Day, Midwives Day, National Hoagie Day.
- May 6:** National Space Day, No Pants Day, Nurses Day, Tourist Appreciation Day, National Beverage Day
- May 7:** World Trade Fair Day, Homebrew Day, National Fitness Day, Kentucky Derby, Babysitter's Day
- May 8:** Mother's Day, National Coconut Cream Pie Day, Have a Coke Day, National Women's Health Week.
- May 9:** National Sleepover Day, Women's Checkup Day, Moscato Day, Butterscotch Brownie Day.
- May 10:** National Clean Your Room Day, Shrimp Day, Salvation Army Week, Mental Health Awareness Week
- May 11:** National Eat What You Want Day, Receptionists Day, School Nurse Day, Twilight Zone Day
- May 12:** National Fibromyalgia Awareness Day, Nutty Fudge Day, National Odometer Day.
- May 13:** Fair Trade Day, National Frog Jumping Day, Apple Pie Day, International Hummus Day.
- May 14:** National Miniature Golf Day, Dog Mom's Day, Buttermilk Biscuit Day, Archery Day.
- May 15:** International Family Day, Chocolate Chip Day, Peace Officers Memorial Day, National EMS Week
- May 16:** Love a Tree Day, Mimosa Day, Do Something Good for Your Neighbor Day, Barbecue Day.
- May 17:** National Cherry Cobbler Day, Graduation Tassel Day, Walnut Day, National Idaho Day.
- May 18:** Emergency Medical Services for Children Day (EMSC), Cheese Souffle Day, No Dirty Dishes Day.
- May 19:** National May Ray Day, National Devil's Food

- Cake Day, Barber Mental Health Awareness Day.
- May 20:** NASCAR Day, Bike to School Day, Rescue Dog Day, National Pizza Party Day, Bike to Work Day.
- May 21:** World Whisky Day, Talk Like Yoda Day, Learn to Swim Day, Strawberries and Cream Day.
- May 22:** National Solitaire Day, Vanilla Pudding Day, Buy a Musical Instrument Day, Maritime Day.
- May 23:** National Lucky Penny Day, Taffy Day, World Turtle Day, National Safe Sun Week.
- May 24:** National Wyoming Day, Scavenger Hunt Day, Brother's Day, Aviation Maintenance Technician Day.
- May 25:** National Senior Health & Fitness Day, Tap Dance Day, Wine Day, National Missing Children's Day.
- May 26:** National Blueberry Cheesecake Day, Paper Airplane Day, National Sorry Day.
- May 27:** National Heat Awareness Day, Road Trip Day, National Sunscreen Day, Grape Popsicle Day.
- May 28:** National Brisket Day, National Hamburger Day.
- May 29:** Put a Pillow on your Fridge Day, Indianapolis 500, Learn About Composting Day.
- May 30:** Memorial Day, World Multiple Sclerosis Day, Mint Julep Day, National Creativity Day, Loomis Day.
- May 31:** National Utah Day, No Tobacco Day, Smile Day.

CULTIVATING RELATIONSHIPS

Homegrown is always better. Homegrown banking means local decision making and a better understanding of what customers need and expect from their banks.

Let's grow together.



CHECKING · SAVINGS · PERSONAL & BUSINESS LOANS
CERTIFICATES OF DEPOSIT · MORTGAGES · INSURANCE

231 N. Main
638-4416
Hay Springs
Member FDIC



A relationship you can count on.



**Burkinshaw
Fencing, LLC**

Ryan Burkinshaw
(605) 430-3912
Hay Springs, Nebraska

- Farm/Ranch • Temporary Construction
 - Commercial • Residential
- Licensed & Insured--

Northwest Rural Territory Activities

Gordon-Rushville Mustangs

Sun., May 1 School Play, 7 p.m.
 Mon., May 2 FFA Banquet, 6 p.m.
 Tues., May 3 Track (MS) at Morrill Invite, 8 a.m.
 Spring Concert, 6 p.m.
 Wed., May 4 GRHS Academic Awards, 1:30 p.m.
 End of Year Sports Awards, 6:30 p.m.
 Thurs., May 5 Boys Golf at Kimball, 8 a.m.
 Fine Arts Awards Night, 6:30 p.m.
 Fri., May 6 Track (MS-HS) at Valentine Invite, 8 a.m.
 Sat., May 7 Graduation Ceremony, 10:30 a.m.
 Mon., May 9 Board of Education Meeting, 4:30 p.m.
 Tues., May 10 Boys Golf at Bayard, 8 a.m.
 Thurs., May 12 District Track, tba
 Boys Golf at Crawford, 9 a.m.
 Catalyst Ogallala, 10 a.m.
 Mon., May 16-17 District Golf, tba
 Tues., May 17 GES Track Day 3rd-5th
 Thurs., May 19 GRMS along with RES 4th & 5th Grade
 Spring Music Concert, 7 p.m.
 May 19-20 State Track at Omaha Burke
 May 24-25 Boys Golf Championship at Columbus
 Wed., May 25 **LAST DAY FOR STUDENTS**
 Thurs., May 26 Last Day for Teachers

Crawford Rams

Mon., May 2 Golf PanCo at Morrill, 9 a.m.
 Activities Banquet, 6 p.m.

Tues., May 3 Track (JH) at Morrill
 Wed., May 4 Seniors Last Day
 Golf at Gering, 9 a.m.
 Thurs., May 5 Honor's Night (Academic Program), 6 p.m.
 Fri., May 6 Track at Bayard (B-C-D)
 Sat., May 7 High School Graduation, 1 p.m.
 Mon., May 9 School Physicals, 9 a.m., Legend Buttes
 Health Services
 Golf at Bayard, 9 a.m.
 Tues., May 10 School Physicals, 9 a.m.-12 p.m.
 Wed., May 11 District Track at Leyton
 Thurs., May 12 Golf Best Ball, 9 a.m., Legend Buttes
 Elementary Spring Concert, 6 p.m.
 District Golf, tba
 Mon., May 16 Last Day of School for Students
 Wed., May 18 Staff In-Service
 Wed., May 19 State Track at Omaha
 May 20-21 State Golf at North Platte
 May 24-25

Hemingford Bobcats

Mon., May 1 Seniors Last Day
 HS Golf PAC at Alliance
 Tues., May 2 Track (JH) at Morrill Invite
 Thurs., May 5 Honors Day, 10 a.m.
 FFA Banquet, 6:30 p.m.
 Fri., May 6: Track (V) at Bayard B-C-D
 Sat., May 7 Graduation, 2 p.m.
 Mon., May 9 School Board Meeting, 7 p.m.



DAVIS Repair

Tractor & Farm Equipment Repair

Specializing in John Deere

Roller Chain • Baler Belting - Guards & Sickle Sections

Nathan Davis, Owner

212 N. Scott • Hay Springs • (308) 430-2615



- Feed
- Grain
- Fertilizer
- Chemical & Animal Health Care

Knowledge • Commitment • Success

Hemingford • Hay Springs • Gordon

308-487-3317 - www.farmcoop.com

1520 West 6th Street
 Chadron, NE 69337

Phone
 308-432-3221



On Farm Tire Repair!



JAMIE ROES
JERRY PIERCE

920 E. Third - Chadron

Toll Free: 1-888-363-3636 • 432-3636

www.tommyscarlot.com
tommyscarlot@hotmail.com

NORTHWEST RURAL ACTIVITIES

Tues., May 10 HS Golf at Bayard Invite
Pre-School Graduation at Big Gym, 7 p.m.
Thurs., May 12 HS Golf at Crawford Invite
District Track at Mitchell, 9 a.m.
Sat., May 14 Track (JH) State at Gothenburg
May 16-17 Golf Districts
Wed., May 18 End of Fourth Quarter
May 19-20 Staff Inservice
May 20-21 State Track at Omaha
May 24-25 State Golf

Chadron Cardinals

Mon., May 2 Track (V) at Alliance, 3:30 p.m.
Tues., May 3 6-12 Band Concert, 7 p.m., HS Aud.
Wed., May 4 Golf Invite at Gering Monument, 9 a.m.
Booster Club Mtg, 6 p.m., Commons
Fri., May 6 Track (V) at Bayard, 8:30 a.m.
Track (MS) at Gering, 10:30 a.m.
Sat., May 7 Graduation, 1 p.m.
Tues., May 10 Track (V) at Ogallala, 10:30 a.m.
Wed., May 11 Track (MS) at Sidney, 9 a.m.
Thurs., May 12 Boys Golf at Ogallala Crandell Creek
Golf Course, 9 a.m.
District Golf at McCook
May 16-17 State Track at Omaha Burke
May 18-19 Boys State Golf
May 24-25

Hay Springs Hawks


Mon., May 2 Golf at Alliance Meet, 9 a.m.
Tues., May 3 Golf at Gering, 9 a.m.
Track (JH) at Morrill, 9 a.m.
Music - 4th-5th Spring Concert, 7 p.m. HS Aud.
Thurs., May 5 Kindergarten Round-up, 3 p.m.
Fri., May 6 Music Trip to Omaha
Track (JH-V) at Valentine Meet, 9 a.m.
Tues., May 10 Golf at Bayard Meet, 9 a.m.
Wed., May 11 Senior Hawk Talk at Senior Center, 8 a.m.
Thurs., May 12 5th Grade Field Trip to Chadron State Park
District Track at Leyton
ML-HS Awards & Academic Show in Lister-Sage, 7 p.m.
Graduation, 2 p.m.
Sat., May 14 State Track at Omaha
May 20-21
Tues., May 24 Elementary Track, 8:30-2:30; Awards 3 p.m.



*Congratulations
to all our area
2022 Graduates!*

Reliable
Painting LLC
SINCE 1997
CHADRON NEBRASKA INTERIOR & EXTERIOR

Gary Caparoon
308-432-4456 308-430-2045
Careful & Professional - Insured - Free Estimates and References

 **Wahlstrom Ford, Inc.**
"The Value Store"
E. Hwy. 20
A.J. Huffman Chadron
Waymann Wild (308)432-5533
Cesar Barraza

 **Buettner CONSTRUCTION**
SPECIALIZING IN COMMERCIAL DEVELOPMENT
308-638-7684
Eddie's Cell 308-430-1205 • Brant's Cell 308-430-5197
Email: dirtrocks@gpcom.net • 5596 445 Lane, Hay Springs NE

 **The First National Bank of Gordon**
Your kind of people, your kind of bank.
134 N MAIN ST
GORDON, NE 69343
308-282-0050
WWW.FNBGORDON.COM
Member FDIC EQUAL OPPORTUNITY LENDER



Hay Springs
Chiropractic

Greg Wheeler, DC

Open
Tuesdays &
Thursdays
Noon - 5 p.m.

109 N. Main
Call Now For Your Appointment

308-207-2757

Your Panhandle Area Bee Keeper

*"Proudly Serving the Sheridan County
Area for Over 20 Years"*

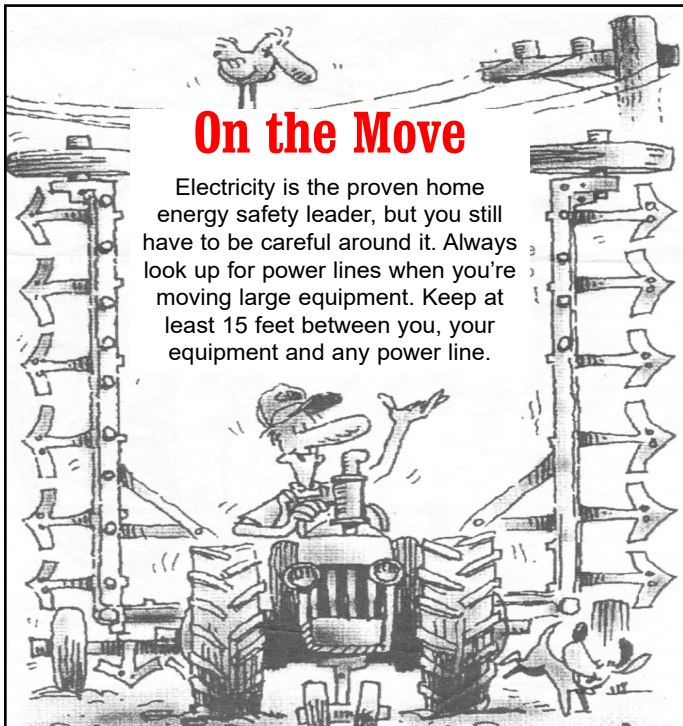
Bees · Honey
Pollination

Hay Springs
308-282-0560



Five Farm Safety Tips for Spring

- 1. Avoid driving tractors and ATVs on the road at dawn and dusk.** This is the peak time for drivers commuting to and from work. If you must be on the road, make sure your equipment has plenty of reflective material, use your headlights, wear your seatbelt and carry your license and insurance cards. When possible, have a friend or family member act as an escort vehicle.
- 2. Watch where you step.** It's not just the cow pies in the field you should watch out for. When working in potential risky spaces like manure pits, grain bins or logging areas, pay extra attention to your surroundings to avoid dangerous gases, loose footing or falling hazards.
- 3. Follow the label.** Whether you are working with pesticides, vaccinations or fertilizers, always follow the label exactly. Be sure to wear the proper personal protective equipment, handle and store materials appropriately, and keep all supplies away from young children.
- 4. Create a Farm Aid Kit.** While many farmers keep duct tape and baling twine handy during the spring, adding a few other materials can create an essential Farm Aid Kit. Grab a travel bag and add a fire extinguisher, bottles of water and basic first aid materials. Keep an information card on hand that includes emergency contact numbers as well as written directions on how to get to the farm, field and other work areas.
- 5. Take care of yourself.** Long hours in the field can lead many farmers to neglect basic self-care. Make eating regular meals and getting an adequate amount of sleep priorities this spring to prevent careless accidents. As the temperatures rise, remember to stay hydrated both in and out of the field.



On the Move

Electricity is the proven home energy safety leader, but you still have to be careful around it. Always look up for power lines when you're moving large equipment. Keep at least 15 feet between you, your equipment and any power line.

**Northwest Rural
Public Power District**

'Cares About the Consumer'
24-HOUR SERVICE
(308) 638-4445 or 1-800-847-0492
Check Out Our website: www.nrppd.net

T&L Grinding

CALL TIM MCCLAREN
for all your
hay grinding needs.

(308) 430-2894

Central Office
218 S. Gibson
Hay Springs



1-800-752-9584

(308) 638-4432

www.westplainsco.com

**WESTPLAINS
L.L.C.**

Recipes



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

Please send to hiphop@gpcom.net

Roasted Asparagus Salad with Feta Cheese

- 1 bunch fresh asparagus, trimmed and cut into bite-size pieces
- 2 tablespoons olive oil
- 1 pinch garlic powder, or to taste
- 4 cups lettuce leaves, cut into bite-size pieces
- 1 cup grape tomatoes, halved
- ½ cup crumbled feta cheese

Preheat oven to 400 degrees F.

Place asparagus in a large bowl. Drizzle olive oil over asparagus and season with garlic powder; toss well. Transfer asparagus to a baking sheet.

Bake in the preheated oven until asparagus are tender, about 20 minutes.

Place lettuce in the same bowl used for asparagus; top with tomatoes, feta cheese, and asparagus.

* * * * *

Chicken Parmesan

- 4 skinless, boneless chicken breast halves
- salt and freshly ground black pepper to taste
- 2 large eggs
- 1 cup panko bread crumbs, or more as needed
- ¾ cup grated Parmesan cheese, divided
- 2 tablespoons all-purpose flour, or more if needed
- ½ cup olive oil for frying, or as needed
- ½ cup prepared tomato sauce
- ¼ cup fresh mozzarella, cut into small cubes
- ¼ cup chopped fresh basil
- ½ cup grated provolone cheese
- 2 teaspoons olive oil

Preheat an oven to 450 degrees F.

Place chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2-inch. Season chicken thoroughly with salt and pepper.

Beat eggs in a shallow bowl and set aside.

Mix bread crumbs and 1/2 cup Parmesan cheese in a separate bowl, set aside.

Place flour in a sifter or strainer; sprinkle over chicken breasts, evenly coating both sides.

Dip a flour-coated chicken breast in beaten eggs. Transfer breast to the bread crumb mixture, pressing crumbs into both sides. Repeat for each breast. Let chicken rest for

10 to 15 minutes.

Heat 1/2 inch olive oil in a large skillet on medium-high heat until it begins to simmer. Cook chicken in the hot oil until golden, about 2 minutes per side. The chicken will finish cooking in the oven.

Transfer chicken to a baking dish. Top each breast with 2 tablespoons tomato sauce. Layer each chicken breast with equal amounts of mozzarella cheese, fresh basil, and provolone cheese. Sprinkle remaining Parmesan over top and drizzle each with 1/2 teaspoon olive oil.

Bake in the preheated oven until cheese is browned and bubbly and chicken breasts are no longer pink in the center, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F.

* * * * *

Cranberry Sangria

- 1 cup white sugar
- 4 cranberry-flavored tea bags
- 4 slices fresh lemon
- 6 whole cloves
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 1 ½ cups water
- 2 (750 milliliter) bottles white wine
- 4 apples, cored and cut into chunks
- 1 ½ cups dried cranberries
- 2 fluid ounces apple brandy

Place the sugar, tea bags, lemon slices, cloves, cinnamon, nutmeg, ginger, and water into a saucepan, and stir until the sugar has dissolved. Bring to a boil, reduce heat, and simmer for 10 minutes. Remove from heat and let mixture cool. Strain out and discard the spices, lemon, and tea bags.

Pour the white wine into a large jar or covered container, and mix with the tea mixture. Stir in apples and cranberries; mix in the apple brandy. Chill in refrigerator 24 to 48 hours. Serve cold.

* * * * *



Quality Custom Made Hats & Accessories

GARY & JOAN WAUGH

G: 308-532-1700 or J: 308-534-4907

Gordon, Nebraska

"Satisfaction Guaranteed"

ne1call.com



Know what's below. Call before you dig.

Energy Savings Tips Suggested During the Summer Heat

Here you'll find strategies to help you save energy and keep costs down during the spring and summer when the weather is warm and you are trying to keep your home cool. Some of the tips below are free and can be used on a daily basis to increase your savings; others are simple and inexpensive actions you can take to keep energy affordable through the spring and summer.



If you haven't already, conduct an energy assessment to find out where you can save the most.

Use Your Windows to Keep Out Heat

- Install window coverings to prevent heat gain through your windows during the day.
 - Find out about window treatments and coverings that can improve energy efficiency.

Operate Your Thermostat Efficiently

- Set your thermostat at a temperature you find comfortable and that provides humidity control, if needed. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.
- Keep your house warmer than normal when you are away, and lower the thermostat setting when you return home and need cooling. A programmable thermostat allows you to do this automatically and without sacrificing comfort.
- Avoid setting your thermostat at a colder setting than normal when you first turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

Use Fans and Ventilation Strategies to Cool Your Home

- Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.
- When you shower or take a bath, use the bathroom fan to remove heat and humidity from your home. Your laundry room

might also benefit from spot ventilation. Make sure bathroom and kitchen fans are vented to the outside (not just to the attic).

- Find ENERGY STAR ventilating fans.

Keep Your Cooling System Running Efficiently

- For maximum energy affordability, schedule regular maintenance for your cooling equipment.
- Learn about operating and maintaining your air conditioner, evaporative cooler, or heat pump.
- Avoid placing lamps or TV sets near your room air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- Learn additional tips for operating a room air conditioner efficiently.
 - Vacuum your air intake vents regularly to remove any dust buildup. Ensure that furniture and other objects are not blocking the airflow through your registers.

Consider a Range of Appliances and Lighting Options

- Consider lighting options that operate at cooler temperatures.
 - Learn more about your options for efficient lighting.
 - Find out when to turn off your lights.
- If convenient, take advantage of daylight instead of artificial lighting, but avoid direct sunlight.

(Continued on Page 11)

**Before Selling or Buying
Farm, Ranch or Land, Call:**

Phillip Rosfeld
Broker



**Western View
Real Estate**

269 Main Street Chadron, NE
308-432-6828
www.WesternViewRealEstate.com

**WRECK-A-MENDED
BODY WORKS**

Free Estimates • Custom Painting

(308) 282-2005

Steve & Valli Petersen
701 South Main • Gordon

BEGUIN PROPANE

**Propane Delivery
Tank Rentals & Sales**

Ask About Our
"KEEP FULL PROGRAM"

Robbie Beguin, Owner **(308) 360-3579**
Hwy. 20 & 280th Lane - Gordon
[beguinpropane @gpcom.net](mailto:beguinpropane@gpcom.net)

NRPPD ENERGY TIPS

Energy Savings--

(Continued from Page 10)

-- Learn more about strategies for efficient daylighting.

• Wash full loads of dishes and clothes for better efficiency.

-- Learn more about efficient dishwashing and laundry.

Keep Hot Air from Leaking Into Your Home

• Seal cracks and openings to prevent warm air from leaking into your home.

Learn more about air sealing new and existing homes.

• Add caulk or weatherstripping to seal air leaks around doors and windows.

-- Find how to select and apply the appropriate caulk.

-- Learn how to select and apply weatherstripping.

-- Find out other ways to improve the energy efficiency of your windows.

Lower Your Water Heating Costs

Water heating accounts for about 18% of the energy consumed in your home.

• The Consumer Product Safety Commission recommends setting your water heater at no more than 120 degrees Fahrenheit to prevent scalding. The lower setting will also conserve energy and save money.





HAY SPRINGS

LUMBER & HARDWARE

Under New Ownership -
Caleb & Sammy Milne

130 N. Main • 308-638-4404

Complete Builders Supply,
Sentry Hardware
Free Estimates





JOE PETERS ROOFING

HAIL DAMAGED ROOF?

Call
308-360-1049

224 N. Gibson
Hay Springs


INSURED • LOCAL REFERENCES
Free Estimates - Insurance Claims

CHADRON

CHRYSLER DODGE Jeep RAM


POLARIS

OF CHADRON

can-am 

GMC

OF CHADRON



Bobcat

OF CHADRON

KIOTI

TRACTOR

WWW.CHADRONMOTORS.COM

Bits 'n Pieces...

What Famous Mothers Might Have Said

- *Mary, Mary, Quite Contrary's Mother:* "I don't mind you having a garden, Mary, but does it have to be growing under your bed?"
- *Mona Lisa's Mother:* "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"
- *Humpty Dumpty's Mother:* "Humpty, If I've told you once, I've told you a hundred times not to sit on that wall. But would you listen to me? Noooo!"
- *Columbus' Mother:* "I don't care what you've discovered, Christopher. You still could have written!"
- *Babe Ruth's Mother:* "Babe, how many times have I told you -- quit playing ball in the house! That's the third broken window this week!"
- *Michelangelo's Mother:* "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"
- *Napoleon's Mother:* "All right, Napoleon. If you aren't hiding your report card inside your jacket, then take your hand out of there and prove it!"

- *Custer's Mother:* "Now, George, remember what I told you -- don't go biting off more than you can chew!"
- *Abraham Lincoln's Mother:* "Again with the stovepipe hat, Abe? Can't you just wear a baseball cap like the other kids?"
- *Barney's Mother:* "I realize strained plums are your favorite, Barney, but you're starting to look a little purple."
- *Mary's Mother:* "I'm not upset that your lamb followed you to school, Mary, but I would like to know how he got a better grade than you."
- *Batman's Mother:* "It's a nice car, Bruce, but do you realize how much the insurance is going to be?"
- *Goldilocks' Mother:* "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"
- *Little Miss Muffet's Mother:* "Well, all I've got to say is if you don't get off your tuffet and start cleaning your room, there'll be a lot more spiders around here!"



CROP SPRAYING NOTICE

Help our lineman 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

5613 Hwy. 87 • P.O. Box 249
Hay Springs, NE 69347

web page: <http://www.nrppd.com>

OFFICERS

- President: **Gary Fuchser, Gordon**
- Vice President: **Lee Ahrens, Chadron**
- Secretary: **Christopher Garrett, Chadron**
- Treasurer: **Marcus Sandberg, Hay Springs**
- Asst. Treasurer: **Bruce Troester, Marsland**
- Tri-State Director: **Lucas Bear, Gordon**
- Member: **Lynden Smith, Hay Springs**

Manager: CHANCE BRISCOE
Office Manager: Tony Hindman
Office (308) 638-4445

Consumer/Marketing
DirectorLes Tlustos
Publisher/Editor
Advertising Rep.Cindy Peters
Hip-Hop (308) 638-7132