

Northwest Rural

Public Power District

Hay Springs, NE 69347

November 2022

Rushville Woman Takes Leatherwork to Next Level

Following high school graduation from Gordon-Rushville in 2018, Alice Budd's focus was attending Western Dakota Tech to earn a degree in Dental Assisting. Alice Budd did just that and returned home to rural Rushville and went to work for a local dentist and they closed four months later.

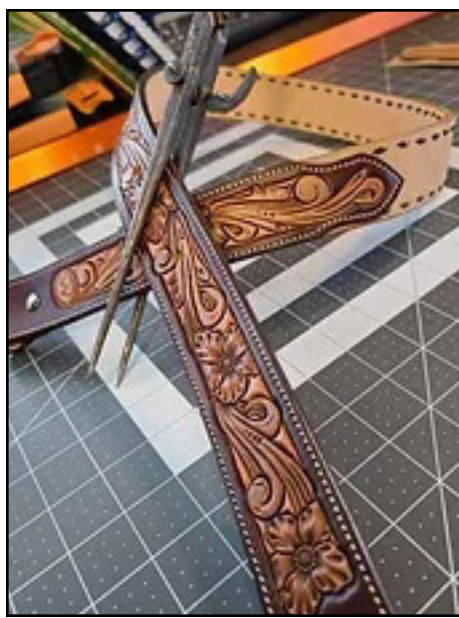
While in college she also began pursuing another interest in leatherwork. "I am mostly self-taught. I watched all the youtube videos I could find on leatherwork and also invested in tons of books," said the daughter of Kirk and Sheila Budd. "I learned almost everything from trial and error, getting inspiration from other leatherworkers I follow on social media," Budd explained.

The first piece I ever made was a belt. "The first piece I ever gave as a gift was actually my second belt and I gave it to my mom, she still has it," said Budd. She started offering custom leatherwork immediately, which launched "Running Water Custom Leather". Running Water is the name of her parents ranch which was named by her grandfather. "The ranch, located along the Niobrara River. "The beginning of the name Niobrara is of Omaha and Ponca Native American origin meaning 'running water'," explained Budd.

Running Water Custom Leather now offers a variety of products, from belts, earrings, key chains, wal
(Continued on Page 2)



Alice Budd shows her own customized chinks, her most detailed piece since she has started doing leatherwork.



Running Water Leather--

(Continued from Page 1)

lets, lighter cases, phone grips, spur straps, coozies, chinks. "My most requested items lately have been custom bouquet wraps and garters for weddings," said Budd. The biggest project I have done was a pair of chinks I made for myself.

Leatherwork can be very time intensive and it requires a variety of tools. Just for a floral pattern she begins by hand drawing the floral pattern right on the leather. "It gets carved with a swivel knife and then tooled to create the dimension with a variety of stamps," she noted. The stamps include bevelers, flower center, thumbprint shaders and swivelknife for decorative cuts. "The average amount of time I spend on a belt depends totally on what pattern is tooled onto it. For example, basketweave belts typically take about three hours total while floral belts can take me up to 8-9 hours," said Budd.

Ninety-eight percent of the leather she uses is Hermann Oak Veg-Tan Leather. Hermann Oak Leather is tanned in St. Louis, Mo. and they only tan American steers.

In addition to her leatherwork, she spends quite a bit of time helping on the family ranch preconditioning calves and putting up hay, along with working at



Alice Budd has an awesome selection of custom earrings available. Above, the custom-designed graduation mortarboard this last spring.



Running Water Custom Leather's most requested items lately have been custom bouquet wraps and garters for weddings.

Farmhouse Coffee in Rushville two days a week. "During calving season I hardly spend any time in the leather shop but during Christmas season (specifically November), I probably spend 60+ hours working on leather every week trying to get everything done and shipped out," noted Budd.

Most of her customers find her on social media, which is why she has shipped leather to 32 states. Running Water Custom Leather has had a website since 2021. In addition to her website, she has done a few craft fairs including Willow Tree Days and one this fall at The Barns south of Hay Springs. On the other hand, "I do have some of my leatherwork along with car freshies and stamped jewelry I do at Farmhouse Coffee," said Budd.

If you have questions about Running Water items, Budd can be contacted at 308-360-0678. She did stress that she is booked up on custom orders throughout the end of the year. You can also check out her facebook and webpage under Running Water Custom Leather.



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Choosing the Best Plants for Overwintering

For those of you that do want to overwinter a perennial or shrub in a pot, it can be done. The easiest way to overwinter a plant in a pot is to choose one that will be hardy in the pot. The rule of thumb for a plant to be winter hardy in a pot sitting on your patio is that it should be two zones hardier than the zone we live in. We live in zone 4; to be certain a plant in a pot is hardy for us we should choose one that is hardy to zone 2.

The reason a plant in a pot needs to be hardier than one planted in the ground is that the soil in the pot will freeze harder than the ground. The soil will also thaw out quicker than the ground. This will lead to multiple freeze/thaw cycles throughout the winter. Freeze/thaw action is especially hard on plants. Plants in the ground benefit from the sheer mass of the surrounding land, the ground simply stays warmer than your pot will.



Choosing a Container

If you know you are going to leave your pot sitting outside all winter you should choose a container that won't break from the freeze/thaw action. Clay and porcelain pots are susceptible to breaking in the winter. Good choices for a container that is going to be left outside include plastic, composite, metal and wood pots.

Care Considerations

A perennial or shrub in a pot isn't completely care free even in the winter. Do not fertilize your plants while they are dormant. Once they stop actively growing in the fall, stop fertilizing but still water when the soil is dry. Do not begin fertilizing in the spring until active growth has resumed.

Throughout the winter your plant is still going to need some water. While regular watering isn't necessary, monitor the moisture level and water if the soil is dry. Do not keep the soil soggy, as drowning your plant is also a real concern. I tend to err on the side of too dry rather than too wet. Make sure you place the pot in a location where it can drain, use pot feet or some other material to raise the pot

off the ground to help with drainage.

Overwintering Marginally Hardy Plants

If you do have a plant that is hardy to your zone or only one zone hardier - and you don't want to gamble - you can still successfully overwinter these plants in pots. You will simply have to do more than leave the pot sitting on the patio. The first option is to place the pot in an unheated garage (or other unheated but protected spot). The protection from the building will be enough to keep the pot from freezing too hard and to protect it from freeze/thaw cycles. Wait as long as you can without risking the plant before placing it inside. This unheated space can either be dark or have some light. You will still need to make sure that the soil doesn't dry out completely.

Another option, rather than using an unheated garage is to dig a hole in an empty or out of the way spot in your garden. Place the pot (with the plant in it) into the hole. Make sure the lip of the pot is either slightly above the ground or even with the ground. Place the soil around the pot so it is secure. Since the pot is buried it will remain the same temperature as the surrounding soil. While you probably won't need to water this plant you should check it occasionally as it may need some supplemental water. In the spring pull the planted container out of the ground, clean it up and place it back in its normal spot. Once the plant starts actively growing begin fertilizing.

Option three is to wait until fall and then transplant the plant into the soil. Leave it there through the winter and then dig it up in spring and put it back in the pot, or leave it permanently in its new home.

The final option is a technique that northern gardeners who grow hybrid tea roses know well. In very cold climates the only way to overwinter hybrid tea roses is to dig a trench, tip the plant over into the trench and then cover it with soil or mulch to protect it for the winter. This method will also work with potted perennials and shrubs. In the spring simply uncover the plant, sit the pot upright, clean it up as necessary and move it to its normal spot. Once the plant starts actively growing begin fertilizing.

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Electrical Safety Tips for this Winter Season

1. Keep Flammable Items Away From Heat Sources

Seek to remove any flammable items from around your heat source. Establish a 3-foot perimeter around any heat source such as a space heater, fireplace, wood stove, or other heating device. A three-foot perimeter surrounding the heat source can serve to prevent injuries to children and pets in the home as well.

2. Never Leave Heaters Unattended

Turn portable heating units off when you leave the room. Always turn your heating unit off when you leave home and when you go to bed. Monitor heaters to ensure that they do not overheat.

3. Monitor Usage of Electrical Outlets

Do not overload electrical outlets. There should be, at maximum, only one high wattage appliance used per outlet. Many homeowners are prone to add more burdens to their home's electrical needs with increased holiday lights and decorations. Monitor the use of your home's electrical outlets.

4. Do Not Plug Space Heaters into Power Strips nor Extension Cords

The safest way to power your space heater is to use a wall outlet with no other item plugged into the outlet. Power strips and extension cords are not equipped to handle the high electric current that most space

heaters require. Using a power strip or extension cord to power a space heater could cause the strip to melt, burn, or even catch fire.

(Continued on Page 5)

NRPPD Chainsaw Winner

Justin Tollman of Crawford was the winner of the EGO 18" Cordless Chainsaw which included an extra battery from the Parade Drawing



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Hay Springs

Electrical Safety Tips--

(Continued from Page 4)

5. Keep Placement of Outlets and Power Strips Safe

Do not run electrical cords or power strips under rugs or behind furniture. Covering cords and power strips inappropriately can increase the likelihood of fraying wires and sparks turning into a serious fire. Keep outlets safe. Cover outlets with safety covers if you have small children in the home.

6. Follow Christmas Light Safety Tips

If you use electric lights on your Christmas tree, use a surge protector to avoid voltage spikes. Limit the

number of stringed lights that you connect to one another when lighting your tree – a maximum of three strands. When you connect strands of light, ensure that the strands have equal number of bulbs per string. Always turn off/unplug holiday lights (both indoor and outdoor) when you leave your home and when you go to bed. Ensure that you use the appropriate extension cord for outdoor lights. You should only be able to use extension cords specified for outdoor use to power outdoor lights. Be cautious if decorating anywhere near a power line. Do not use electrical lights or decorations within 10 feet of any power lines.



On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free.

--Dan Lipinski

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Northwest Rural Territory Activities

Gordon-Rushville Mustangs

Thurs., Nov. 3 MS Wrestling G-R Invite, 12 p.m.
 Nov. 4-5 State Volleyball in Lincoln
 Sat., Nov. 5 GBB (MS) at Bennett Co. Jamboree, 8 a.m.
 Unified Bowling at Bridgeport, 9 a.m.
Tues., Nov. 8 Nebraska State Poet Visit, 9 a.m.
 WR (MS) at Valentine Invite, 2 p.m.
 Wed., Nov. 9 Scholastic Day, 7:30 a.m.
 Thurs., Nov. 10 WR (MS) at Hemingford Invite, 9 a.m.
 GBB (MS) at Bennett Co., 4 p.m.
 Sat., Nov. 12 WR (MS) at Chadron Invite, 8 a.m.
 Unified Bowling at Scottabluuff, 10 a.m.
 Mon., Nov. 14 Start of Winter Practices
 Tues., Nov. 15 GBB (MS) vs. St. Agnes, 3:30 p.m.
 Thurs., Nov. 17 GBB (MS) at Hay Springs, 3 p.m.
 Sat., Nov. 19 GBB (MS) at Valentine Invite, 8 a.m.
 WR (MS) at Alliance Invite, 8 a.m.
 Unified Bowling at North Platte, 10 a.m.
 Mon., Nov. 21 GBB (MS) vs. Chadron, 3:30 p.m.
 Tues., Nov. 22 WTC One Acts at Morrill
 Mon., Nov. 28 WR (MS) at Bayard Invite, 8 a.m.
 GBB (MS) vs. Hemingford, 3 p.m.
 Tues., Nov. 29 GBB (MS) vs. Valentine, 3 p.m.
 Thurs., Dec. 1 GBB (MS) vs. Cody-Kilgore, 3 p.m.
 WR (MS) at Bennett Co. Invite, 3 p.m.
 Fri., Dec. 2 G-B BB (JV-V) vs. Hemingford, 2 p.m.
 Sat., Dec. 3 WR (JV-V) at Broken Bow, 8:30 a.m. MST

Mon., Dec. 5 G-B BB (JV-V) at Ainsworth, 12 p.m.
 State Unified Bowling at Lincoln
 Tues., Dec. 6 WR (MS) at Mitchell Invite, 12 p.m.
 G-B BB (V) vs. Crawford, 4:30 p.m.
 Thurs., Dec. 8 NSAA Play Productions Championship
 WR (V) at Chadron Tri (Valentine), 4 p.m.
 Fri., Dec. 9 G-B BB (JV-V) at Chadron, 3 p.m.
Sat., Dec. 10 G-R WR Invite, 10:45 a.m.

Crawford Rams

Nov. 2-5 State Volleyball at Lincoln
 Wed., Nov. 9 CSC Scholastic Contest
 Thurs., Nov. 10 WR (JH) at Hemingford, 10 a.m.
 Fri., Nov. 11 GBB (JH) at Edgemont, 4 p.m.
Tues., Nov. 15 GBB (JH) vs. Hemingford, 4 p.m.
 Wed., Nov. 16 FFA Contest
 Thurs., Nov. 17 GBB (JH) at St. Agnes, 4:30 p.m.
 Fri., Nov. 18 WR (JH) at Morrill, 9 a.m.
Tues., Nov. 22 GBB (JH) vs. Hay Springs, 3 p.m.
Nov. 23-25 NO SCHOOL - Thanksgiving
 Wed., Nov. 23 G-B BB (V) at Hemingford Jamboree, 10 a.m.
 Mon., Nov. 28 WR (JH) at Bayard, 9 a.m.
Thurs., Dec. 1 GBB (JH) vs. Sioux County, 2 p.m.
G-B BB (JV-V) vs. Sioux County, 3 p.m.
 WR (V) at Hemingford, 4 p.m.
Fri., Dec. 2 G-B BB (JV-V) vs. Bayard, 4 p.m.
 Sat., Dec. 3 WR (V) at Mullen, 9:30 a.m.

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NORTHWEST RURAL ACTIVITIES

Tues., Dec. 6 WR (JH) at Mitchell, 1 p.m.
 Sat., Dec. 10 G-B BB (V) at Gordon-Rushville, 5 p.m.
 Sat., Dec. 10 WR at Gordon-Rushville, 9:30 a.m.
 GBB (JH) at Hay Springs, 10 a.m.
G-B BB (JV-V) vs. Garden County, 3 p.m.

Hemingford Bobcats

Tues., Nov. 1 WR (JH) away, 10 a.m.
 Wed., Nov. 3 WR (JH) away, 1 p.m.
Thurs., Nov. 10 WR (JH) Hemingford Invite, 10 a.m.
 Fri., Nov. 11 FB Semi-Finals Playoffs
GBB (JH) vs. Hay Springs, 2 p.m.
 Sat., Nov. 12 WR (JH) at Niobrara Invite, 10 a.m.
 Tues., Nov. 15 GBB (JH) at Crawford, 4 p.m.
Wed., Nov. 16 FFA Leadership Skills events, 8:30 a.m.
Thurs., Nov. 17 FFA Meeting, 6:30 p.m.
 Fri., Nov. 18 WR (JH) at Morrill Invite, 9 a.m.
 Mon., Nov. 21 FB State Championship
 GBB (JH) at Bayard, 3 p.m.
Tues., Nov. 22 GBB (JH) vs. Morrill, 2 p.m.
 WR (JH) at Mitchell Invite, 3 p.m.
Nov. 23-25 NO SCHOOL - Thanksgiving Invite
Wed., Nov. 23 G-BB B (V) vs. Sioux County, 10 a.m.
 Mon., Nov. 28 WR (JH) at Bayard Tourney, 9 a.m.
GBB (JH) vs. Gordon-Rushville, 4 p.m.
Thurs., Dec. 1 GBB (JH) vs. Minatare, 2 p.m.
WR (V) Hemingford Tourney, 3 p.m.
 Fri., Dec. 2 WR (V) at Custer Invite
 G-B BB (JV-V) at Gordon-Rushville,
 3, 4:30, 6, 7:30 p.m.
 Sat., Dec. 3 G WR at Southwest Schools
G-B BB (JV-V) vs. Hyannis, 1, 2:30, 4, 6 p.m.

Mon., Dec. 5 GBB (JH) vs. Alliance St. Agnes, 4:30 p.m.
 Tues., Dec. 6 HPS 5-12 Instrumental Music Concert, 6 p.m.
Thurs., Dec. 8 GBB (JH) vs. Bridgeport, 2 p.m.
 Fri., Dec. 9 G-B BB (JV-V) at Bridgeport, 3, 4:30, 6, 7:30
 WR at Niobrara Invite, 9 a.m.
 Sat., Dec. 10 WR G at Sandhills Valley Invite
 WR (V) at Gordon-Rushville Invite, 10:30 a.m.
 G-B BB (JV-V) at Mitchell, 1, 2:30, 4, 6 p.m.


Chadron Cardinals

Nov. 3-5 State Volleyball at UNL
 Thurs., Nov. 3 WR (MS) at Gordon-Rushville Invite, 1 p.m.
 Fri., Nov. 4 FB Playoffs
 Sat., Nov. 5 WR (MS) at Scottsbluff Invite, 9 a.m.
Thurs., Nov. 10 GBB (MS) vs. Alliance, 4 p.m.
Fri., Nov. 11 FB Playoffs
One Act Public Perf., HS Aud., 7 p.m.
Sat., Nov. 12 One Acts, 9 a.m.
 WR (MS) Chadron Invite, 9 a.m.
Thurs., Nov. 17 GBB (8th) vs. Scottsbluff, 4 p.m.
 GBB (7th) at Scottsbluff, 4 p.m.
Sat., Nov. 19 GBB (MS) Chadron Invite, 9 a.m.
 WR (MS) at Alliance Invite, 9 a.m.
Mon., Nov. 21 GBB (MS) at Gordon-Rush., 4, 5:30 p.m.
Tues., Nov. 22 State Football Playoffs
Tues., Nov. 29 GBB (MS) at Hot Springs, 4:30, 6 p.m.
Dec. 1-2 G-B BB Conf. Tourney, tba
Dec. 1-3 G-B BB Tourney, tba
Thurs., Dec. 1 Girls WR at Hemingford Invite, tba
WR (V) Dual vs. Gering, 6 p.m.
Sat., Dec. 3 WR at Cozad Invite, 9:30 a.m.
 WR (MS) at Torrington Invite, 9 a.m.



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AREA SCHOOL ACTIVITIES

Mon, Dec. 5 WR (MS) at Mitchell Invite, 1 p.m.
 Tues., Dec. 6 GBB (7th) vs. Gering, 4 p.m.

Hay Springs Hawks

Tues., Nov. 1 PanCo Choir Clinic, tba
 Sat., Nov. 5 GBB (JH) at Sioux County, 10 a.m.
 Tues., Nov. 8 GBB (JH) at Morrill, 4 p.m.
 Fri., Nov. 11 GBB (JH) at Hemingford, 2 p.m.
Wed. Nov. 17 GBB (JH) vs. Gordon-Rushville, 4 p.m.
Mon., Nov. 21 GBB (JH) vs. St. Agnes, 4 p.m.
 Tues., Nov. 22 GBB (JH) at Crawford, 3 p.m.
Nov. 23-25 NO SCHOOL - Thanksgiving Break
 Fri., Dec. 2 GBB (JH) at Cody-Kilgore, 3 p.m.
 G-B (V) at Cody-Kilgore, 5 p.m.
Sat., Dec 3 G-B BB vs. Arthur County, 3 p.m.
Tues., Dec. 6 G-B BB (V) vs. Morrill, 3 p.m.
 Fri., Dec. 9 G BB (JV-V) at Hot Springs, 5 p.m.
Sat., Dec. 10 GBB (JH) vs. Crawford, 10 a.m.



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Six Ways to Save Energy During the Holidays

Displaying Holiday Lights

turn on holiday lights only during the hours when it is dark outdoors, and be sure to turn them off before you go to sleep each night. Another big way to save is to switch to LED holiday lights, which use 90 percent less energy than traditional holiday lights.

Electronic Purchases

If you're purchasing new electronics this season, shop smart! EnergyStar certified electronics use up to 60 percent less energy than non-certified electronics. Check out energystar.gov for more information on what qualifies.

Thermostat Setting

Turn down the thermostat several degrees when you have guests over. More bodies in your house will create extra warmth with no added cost. You can save up to one percent on heating costs with every degree you lower your indoor temperature.

Cooking

To save energy when using your oven, aim to cook several dishes at the same time, as it takes the same amount of energy to cook multiple items as it does one item. For small cooking tasks, use your toaster oven or microwave, which uses far less energy than your oven.

Washing Dishes

When using your dishwasher, always fill it at maximum capacity before running. No matter how large of a load, your dishwasher uses the same amount of energy and water, so fill it up!

Insulating Your Home

Make sure your home is properly weather-proofed. Seal all cracks and holes in exterior walls and replace any old weatherstripping or caulk to prevent drafts from getting in as well as warm air from escaping. also, check your home's insulation and add more if needed. This will substantially increase energy efficiency in your home.



Recipes

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

Please send to
hiphop@gpcom.net

Chicken & Rice Casserole

- 3 chicken breasts, cut into cubes
- 2 cups water
- 2 cups instant white rice
- 1 (10.75 ounce) can cream of chicken soup
- 1 (10.75 ounce) can cream of celery soup
- 1 (10.75 ounce) can cream of mushroom soup
- salt and ground black pepper to taste
- ½ cup butter, sliced into pats

Preheat oven to 400 degrees F. Grease sides and bottom of a casserole dish.

Stir chicken, water, rice, cream of chicken soup, cream of celery soup, and cream of mushroom soup together in the prepared casserole dish; season with salt and pepper. Arrange butter evenly over the top of the chicken mixture.

Bake in preheated oven until the rice is tender and the chicken is cooked through, 1 hour to 75 minutes. Cool 10 to 15 minutes before serving.

* * * * *

Thanksgiving Turkey Brine

- 1 gallon water
- 4 quarts chicken broth
- 1 ½ cups kosher salt
- 2 tablespoons minced garlic
- 2 tablespoons dried rosemary
- 2 tablespoons dried minced onion
- 2 tablespoons dried basil
- 2 tablespoons dried savory
- 2 tablespoons dried marjoram
- 2 tablespoons dried thyme
- 2 tablespoons dried tarragon
- 1 tablespoon dried oregano
- 1 tablespoon ground black pepper
- 1 tablespoon coriander seeds
- 2 gallons ice, divided, or more as needed
- 1 (20 pound) whole turkey, neck and giblets removed

Mix water, chicken broth, and salt together in a 5-gallon bucket with a lid until salt dissolves. Add garlic, rosemary, onion, basil, savory, marjoram, thyme, tarragon, oregano, pepper, and coriander; mix well. Stir 2 cups ice into brine.

Place turkey into brine, filling cavity with brine. Add enough ice to the bucket to cover turkey. Secure the lid on the bucket. Swish bucket from side to side to chill water. Refrigerate turkey and bucket for 12 to 24 hours; refill with ice every 2 hours as needed.

Preheat the oven to 350 degrees F (175 degrees C).

Remove turkey from brine and pat dry. Discard brine. Place turkey on a rack inside a roasting pan.

Bake turkey in the preheated oven, basting every 30 to 40 minutes, until no longer pink at the bone and the juices run clear, 5 to 6 ½ hours. An instant-read thermometer inserted into the thickest part of the thigh should read 165 degrees F (74 degrees C).

Remove turkey from the oven, cover with a doubled sheet of aluminum foil, and rest for 5 to 10 minutes before slicing.

* * * * *

Thanksgiving Cheese Ball

- 8 ounces cream cheese
- 4 ounces sharp Cheddar cheese
- 2 ounces crumbled blue cheese
- 2 tablespoons grated onion
- 1 clove garlic, minced
- 4 dashes Worcestershire sauce
- 8 ounces cream cheese
- 4 ounces sharp Cheddar cheese
- 2 ounces crumbled blue cheese
- 2 tablespoons grated onion
- 1 clove garlic, minced
- 4 dashes Worcestershire sauce
- 1 (2.25 ounce) can green olives
- ½ cup chopped pecans

In a food processor, mix the cream cheese, Cheddar cheese, blue cheese, onion, garlic, and Worcestershire sauce. Process until well blended. Add olives, and pulse into small chunks.

Shape the mixture into a ball, and roll in the chopped pecans to coat. Wrap in plastic, and chill at least 4 hours in the refrigerator.

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NRPPD SAFETY TIPS



If the lights go out momentarily, your auto-restart equipment will restart the well and this could be you!

Northwest Rural recommends that all disconnects on your irrigation system be shut off during the off-season. Temperature shutdown safeguards may protect you "providing they work".

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



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NRPPD ENTERTAINMENT

Find Something to Celebrate in November!

Nov. 1: Autistics Speaking Day, Cinnamon Day, Author's Day, Cook for your Pets Only Day, National Calzone Day.

Nov. 2: National Deviled Egg Day, National Ohio Day, Stress Awareness Day, Traffic Director's Day.

Nov. 3: National Housewife's Day, Sandwich Day, Cash Back Day, National Men Make Dinner Day.

Nov. 4: National Candy Day, Chicken Lady Day, National Jersey Friday - First Friday in November.

Nov. 5: National Donut Day, Love Your Red Hair Day, Bison Day, National Play Outside Day - First Saturday of Every Month.

Nov. 6: National Nachos Day, Saxophone Day, Daylight Savings Time End

Nov. 7: National Bittersweet Chocolate with Almonds Day, Canine Lymphoma Awareness Day, Job Action Day.

Nov. 8: National Cappuccino Day, Harvy Wallbanger Day, Parents as Teachers Day, National STEM/STEAM Day.

Nov. 9: Microtia Awareness Day, National Louisiana Day, National Scrapple Day.

Nov. 10: Marine Corps Birthday, Forget-Me-Not Day, National Vanilla Cupcake Day.

Nov. 11: National Sundae Day, Veterans Day.

Nov. 12: National Chicken Soup for the Soul Day, National French Dip Day, National Pizza with the Works.

Nov. 13: National Indian Pudding Day, World Kindness Day.

Nov. 14: National Family PJ Day, Pickle Day, Seat Belt Day, Spicy Guacamole Day.

Nov. 15: America Recycles Day, Clean Out Your Refrigerator Day, Philanthropy Day, Raisin Bran Cereal Day.

Nov. 16: National Button Day, Check Your Wipers Day, Fast Food Day, Indiana Day, Education Support Professionals Day.

Nov. 17: National Baklava Day, Butter Day, Homemade Bread Day, Take a Hike Day, Great American Smokeout.

Nov. 18: National Princess Day, Vichyssoise Day, Mickey

Mouse's Birthday, Substitute Educator Day.

Nov. 19: National Carbonated Beverage Day with Caffeine Day, Play Monopoly Day, National Adoption Day.

Nov. 20: National Absurdity Day, National Child's Play Day, Peanut Butter Fudge Day.

Nov. 21: National Gingerbread Cookie Day, National Red Mitten Day, National Stuffing Day.

Nov. 22: National Cranberry Relish Day.

Nov. 23: National Cashew Day, Eat a Cranberry Day, Espresso Day, Jukebox Day, Tie One on Day.

Nov. 24: National Sardines Day, Day of Mourning, Thanksgiving Day, Turkey-free Thanksgiving.

Nov. 25: National Play Day with Dad, Parfait Day, Black Friday, Buy Nothing Day, Native America Heritage Day.

Nov. 26: National Cake Day, Small Business Saturday.

Nov. 27: National Bavarian Cream Pie Day, National Craft Jerky Day.

Nov. 28: National French Toast Day, Cyber Monday.

Nov. 29: Electronic Greetings Day, National Day of Giving.

Nov. 30: Computer Security Day, National Mississippi Day, Mousse Day, Home Because You're Well Day.



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Bits 'n Pieces...

12 Laws of Karma..

- The Great Law - Whatever we put into the universe will come back to us.
- The Law of Humility - One must accept something in order to change it.
- The Law of Responsibility - We must take responsibility for what is in our lives.
- The Law of Focus - We cannot think of two different things at the same time.
- The Law of Here and Now - We cannot be present if we are looking backward.
- The Law of Patience and Reward - The most valuable rewards require persistence.
- The Law of Creation - Life does not happen by itself, we need to make it happen.
- The Law of Growth - When we change ourselves our lives change to.
- The Law of Connection - The past, present and future are all connected.
- The Law of Giving and Hospitality - Our behavior should match our thoughts and actions.
- The Law of Change - History repeats itself until we learn from it and change our path.
- The Law of Significance and Inspiration - Rewards are a result of the energy and effort we put into it.

Eating in The Fifties...

- Pasta had not been invented. It was macaroni and spaghetti.
- Curry was a surname.
- A take-away was a mathematical problem.
- Pizza? Sounds like a leaning tower somewhere.
- Bananas and oranges only appeared at Christmastime.
- All chips were plain.
- Oil was for lubricating, fat was for cooking.
- Tea was made in a teapot using tea leaves and never green.
- Cubed sugar was regarded as posh.
- Chickens didn't have fingers in those days.
- None of us had ever heard of yogurt.
- Healthy food consisted of anything edible.
- Cooking outside was called camping.
- Seaweed was not a recognized food.
- 'Kebab' was not even a word, never mind a food.
- Sugar enjoyed a good press in those days, and was regarded as being white gold.
- Prunes were medicinal.
- Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.
- Water came out of a tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.
- The one thing that we never ever had on/at our table in the fifties... was elbows, hats and cell phones.

A Thanksgiving Poem

May your stuffing be tasty
May your turkey be plump
May your potatoes and gravy
have not even one lump
May your yams be delicious
May your pies take the prize
But most of all...
May your Thanksgiving dinner
STAY OFF OF YOUR THIGHS!



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