

# Northwest Rural Public Power District

Hay Springs, NE 69347

October 2022

## Mirage Flats Couple Give Grain Bin New Life

"I have a grain bin!" Marv Johnson said to his wife Cheri one day. And that was the beginning of a unique project.

The Johnsons who have lived on their Mirage Flats home since 1976 had begun noticing other repurposed grain bins over the past few years.

Marv and Cheri are both retired now which probably led to re-purposing a grain bin that sat at the edge of their yard.

"I thought he was kidding... our bin was a lot bigger than the one's we'd seen," said Cheri. It's a 4,700 bushel bin that really wasn't being used anymore.

"We have friends that have moved smaller bins into their backyards which sparked an interest into what can be done. So Marv started looking on the internet to see what other's had done. Only to find out there was a lot of information, and great ideas. Cheri only had one stip-



A "Bin-Bar" requires some special decor and they were able to locate just that. The Johnsons found the Volkswagen bar in Laramie, Wyo. The nearly 9' antique hutch they acquired from a friend found it too big for the space she had. The bin is 12' tall so it was an easy fit.



Marv and Cheri Johnson pose with their dog Sadie in front of their newly renovated "Bin Bar" on Mirage Flats.

ulation, he couldn't "redneck it". So that put a little pressure on Marv, it had to be nice.

Marv started the makeover the first week of February. He cleaned out the bin and cut a hole for the door. It already had a cement floor, but needed the air vents filled in.

"The hardest part of this project was working with a circle instead of straight walls," explained Marv. "The first thing I did was frame it in four foot increments and then insulate the walls and ceiling." He used weathered wood on the walls that was from a porch that he worked on last year. "The rusty tin was from an old potato cellar that we tore down years ago. I had planned to use an old windmill for the ceiling fan (Continued on Page 2)

## Bin Bar--

(Continued from Page 2)

and decided against it, so the ceiling tiles, fan and carpet are all new," added Marv, who did the carpentry by himself. However he says he owes a big thank you to three pro's. "Adam Bolek helped with some of the tin work, Ron Housh helped with the electrical and Travis Binger helped run cement and helped put up the rusty tin. Travis stopped in a lot and answered all of my questions."

The bin was completed in mid-July. Marv started this as a project to work on once in awhile, until Cheri volunteered their place for her 50 year class reunion at the end of August, so then he had a deadline.

"Once the bin was completed, we decided a pergola would add to it and shade the afternoon sun a little," said Marv.

In addition to their many projects, Marv and Cheri spend a lot of time traveling to sports events all over Wyoming watching grandkids. The Johnsons have two daughters who both live in Cheyenne, Shannon Moore

A collapsible window added a fun feature to either sit at or serve from. The bin bar has definitely been a conversation piece amongs friends and neighbors since it completion.



and Shelly Hansen. Shannon is a mortgage loan officer and has a son, Wyatt who is 11 years old. Shelly is a dental hygienist working in a pediatric dental clinic. She is married to Aaron and has three children, Brooke, 16; Bryce, 14; and Aubrey 11. They attend school in Burns, Wyo. Aaron runs a trucking business in Cheyenne.

In addition to spending time with their family, Marv and Cheri like to camp and fish in the summer and spend time working on their yard and garden. Marv rents out the farm ground and pasture, but still fixes fences and helps out where he can. Cheri spends a lot of time sewing and quilting with friends. The Johnsons have belonged to St. Peter's Lutheran Church for years where he has helped with construction projects there and Cheri has played piano for 30 years.

The Johnsons are planning on enjoying the Bin Bar throughout the colder months when Marv adds heat. The Bin Bar may not store all the grain it used to, however some fermented grain can be found in bottles in the liquor cabinet!



Marv using old porch-wood for the walls. He said working with a round structure was probably the most difficult part of the project.



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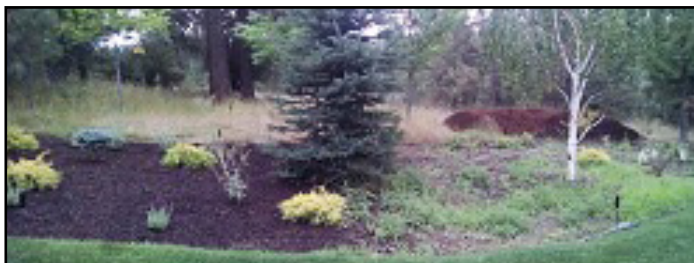
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## Along The Garden Path

-by Karen Runkle, Master Gardener



### Whack Your Weeds Before Winter

Some people define a weed as simply "any plant that is out of place." I agree that if you don't want a plant in a location in your garden - It should be removed. Many of these spreading perennials can be dug, replanted in other locations, or given to a neighbor.

BUT, many of the plants are simply weeds and your neighbor would not accept them. You have worked on them all summer and think you have them under control but many of them will come back unless we eliminate them for good.

Fall is a great time to control weeds. One reason is the satisfaction you will enjoy from a long summer trying to kill them and knowing that snow will soon fly bringing the battle to a brief halt for the winter. The truth of the matter is that blanket of white will probably only disguise the wounded weeds that will spend the winter planning a new attack. So let's work on some more permanent methods of removal.

Deep rooted weeds such as mallow, dock, and dandelions usually need to be dug. As I look at my worst weed, mallow, (We call it China weed because we are sure that the roots go to China) I realize that I will never be able to dig them all up.

Your vegetable garden will soon be cleared of this year's produce which makes it easy to begin an attack on any weeds.

1. Don't let weeds go to seed. If time is limited and you can only accomplish one thing - Cut the weed seeds off of the plant and burn them. They say one year of seed = 7 years of weeds. Several years ago I visited an organic herb farm in Iowa. They owned weed burners in several sizes. They would go up and down rows of herbs

with the burner and burn anything that looked like a weed. This is a great way to control weeds and the seeds.

2. Spray your garden space with a non-selective herbicide (such as round-up). Once the weeds are treated, give them two weeks to act dead, then till them into the soil. This will dig up the roots in their weakened state and should eliminate most of them. As you are tilling remember rule 1 - If the weed has gone to seed, do not till them; but rather pull them and get rid of them by burning or disposing of them into a garbage sack. Now, as you are removing the weeds from your garden, it is a great time to also till in compost or fertilizer.

Our lawn has been inundated by a small clover like plant with yellow flowers known as oxalis. It is very hard to kill and does not respond to weed and feed treatments. For tough lawn weeds, such as dandelions, bindweed, and oxalis, now is time to spray with a broadleaf herbicide. The plants should be hurt or killed. Winter will kick in and help your fight by not giving them a chance to make another stand.

This is also the time to get aggressive with weeds in perennial flower beds. It is extremely difficult to control perennial weeds once they get established in-between the non-weedy perennial flowers. Go through the perennial beds and hoe or pull as many perennial weeds as possible. Then, cover the ground with two to three inches of good organic compost or mulch. Many garden centers or nurseries carry it in bags or offer it in bulk. Using a good mulch to cover the ground also hides the problem until the snow flies. Another benefit of covering the soil is it makes it more difficult for the weeds to begin growing. This is especially helpful in controlling early spring weeds that appear the day after the snow melts.

Fall weed control can save time and money. Eliminating much of the weed problems now can save countless hours of labor and the expense of purchasing chemicals next year.

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## Nine Fall Energy Savings Tips for Your Home

Fall energy savings can help lead to a lower heating bill and reduce wear and tear on your heating system. It all begins by giving your heating system a thorough checkup and taking care of routine maintenance, among other important home heating energy-saving tips. Some companies cover maintenance in their A/C service plans, which are bundles that combine home service protection with electricity.

Here are some energy-saving ways to heat your home and keep it running efficiently this fall.



### 1. Find and prevent drafts throughout your home

For fall energy savings that pay off all year round, consider using weatherstripping to close gaps that let in cold drafts. Make sure to check and replace aging weatherstripping around doors and windows. But remember: Not all weatherstripping is alike. For example, sealing a garage door involves different weatherstripping than you would use for your front door.

Also, check for gaps and cracks around your home's foundation and around windows, doors and areas where utilities enter your home. Sealing these with caulk can help keep heat in your home.

### 2. Lower your home's thermostat to save energy

A simple way to achieve fall energy savings is by running your heating system less often. Keeping your thermostat between

68 and 70 degrees during the day and turning it lower at night will help to reduce the cost to heat your home. If you're willing to wear a sweater, the few degrees of temperature difference could result in savings over the season.

Many people forget to lower their thermostats at night. One of the benefits of a smart thermostat is that you don't have to rely on your memory. The thermostat will adjust the temperature according to the schedule that you set.

### 3. Open and close curtains for better energy efficiency

You can reap more fall energy savings by using the power of the sun. Open curtains and drapes when the sun shines through your windows. Solar heat through a well-insulated window can raise the temperature in a room by several degrees — without your heater having to do extra work. When the sunlight fades, pull your curtains tightly closed to add another layer of insulation between the cold outdoors and the rooms of your home.

### 4. Inspect your furnace before winter arrives

One of the best fall heating tips is to have an expert HVAC professional inspect your furnace. A professional has the experience and training to spot issues you might not notice and can make recommendations for how to keep your system running efficiently all year.

To ensure your system will be energy-efficient for fall, it must be clean and in good working order. Dirty ducts and filters clogged with debris make your furnace work harder than it needs to to heat your home. Keeping air filters clean is one of the most

(Continued on Page 5)



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## Savings Tips--

(Continued from Page 4)

important fall heating tips. They're inexpensive and easy to install, so there's no reason to overlook this source of fall energy savings.

### 5. Don't block your vents

It may sound like common sense, but one of the best (and easiest) fall heating tips is to make sure air can flow freely from your vents. If you have furniture or drapes that block your vents, you could be wasting energy by preventing heat from flowing into the room and circulating. If you can't move the furniture or drapes, an easy solution is to buy inexpensive vent extenders that direct air from vents under sofas or behind drapes out into the room.

### 6. Use less energy for water heating during the fall

No list of fall energy tips would be complete without mentioning your hot-water heater. Check the temperature setting to make sure it isn't set too high. For most people, temperatures between 110 and 120 degrees are hot enough for washing dishes and bathing.

You can achieve even more energy-efficient heating for fall if you buy a blanket for your water heater. Stores sell insulation you can fit around your unit to hold in heat.

### 7. Check your home's insulation

If you haven't checked your insulation in a few years, take the time to do it now. Believe it or not, insulation does wear out. And manufacturers are always working to improve their products. You may find some of the new attic insulation types are so much better that it's worth the investment of time and money to add to or replace existing insulation.

### 8. Reverse the direction of your ceiling fans for fall

Improving the circulation of heat means you can do more with less, making it one of the best fall heating tips to follow. Warm air rises, meaning the warmest air in the room is near the ceiling where it doesn't impact your comfort. Run ceiling fans

clockwise at a low speed in the winter to draw cold air up from the floor. As it flows upward, it pushes the warm air out toward your walls and down into your living space.

### 9. Check your fireplace for drafts

If you have a fireplace in your home, that's another opening to the outside. Fireplaces can be a major source of lost heat, so your heating tips for the fall should include making sure that doesn't happen. If you have a loose or damaged damper, your chimney can suck heat from your room. Make sure to keep your chimney and damper in good condition.

You may also want to consider adding glass doors over your fireplace opening. They allow you to enjoy the fire, but they prevent room air from going up the chimney. You can also cover the fireplace opening when you're not using it to put a stop to drafts.

Some times of year require your home to use more energy than others. Just as you would be interested in ways to save energy in the summer on cooling, you may want to save on heating in the fall and winter. With these fall home energy tips and heating efficiency tips, you can enjoy a warmer, more comfortable home, save money and extend the life of your heating system.



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# Northwest Rural Territory Activities

## Gordon-Rushville Mustangs

Sat., Oct. 1 VB at Lead-Deadwood Invite  
 Oct. 3-4 Girls Golf Districts, tba  
 Mon., Oct. 3 XC WTC at Hemingford, 11 a.m.  
**Thurs., Oct. 6 FB (V) vs. West Holt, 4 p.m.**  
 VB (JV-V) at Valentine, 5 p.m. MST  
**Sat., Oct. 8 VB (9th-C) G-R Invite, 9 a.m.**  
 Oct. 10-11 State Girls Golf at Columbus  
**Mon., Oct. 10 VB (JV) vs. Valentine, 3:30 p.m.**  
**Tues., Oct. 11 VB (C-JV-V) vs. Gering, 3 p.m.**  
 VB (MS) at Bridgeport Tri (A Team), 3 p.m.  
 Thurs., Oct. 13 XC Districts at Bridgeport  
**VB (C-JV-V) vs. Rapid City Christian, 3 p.m.**  
**Fri., Oct. 14 FB (V) vs. Hershey, 5 p.m.**  
 Sat., Oct. 15 VB (JV) at Alliance Invite, 10 a.m.  
 VB (V) at Valentine Invite, 9:30 MST  
**Mon., Oct. 17 VB (C-JV) vs. Hemingford, 4 p.m.**  
 Tues., Oct. 18 VB (JV-V) at Morrill, 4 p.m.  
 Thurs. Oct. 20 Rushville Elementary P-T Conf., 3-6 p.m.  
 VB (C-JV) at Crawford Tri (Hay Sprgs), 4 p.m.  
 Fri., Oct. 21 State XC at Kearney  
 FB (V) at Mitchell, 5 p.m.  
 Oct. 24-25 VB Sub-Districts, tba  
**Mon., Oct. 24 Unified Bowling vs. Alliance, 12 p.m.**  
**Thurs., Oct. 27 GRMS Halloween Dance, 6 p.m**  
 Fri., Oct. 28 1st Round of FB Playoffs, tba  
 Fall Break Tent.  
 Sat., Oct. 29 VB District Final, tba

**Thurs., Nov. 3**

Nov. 4-5

Sat., Nov. 5

**Tues., Nov. 8**

Wed., Nov. 9

Thurs., Nov. 10

Unified Bowling at Alliance, 9 a.m.

**MS Wrestling G-R Invite, 12 p.m.**

State Volleyball in Lincoln

GBB (MS) at Bennett Co. Jamboree, 8 a.m.

Unified Bowling at Bridgeport, 9 a.m.

**Nebraska State Poet Visit, 9 a.m.**

WR (MS) at Valentine Invite, 2 p.m.

Scholastic Day, 7:30 a.m.

WR (MS) at Hemingford Invite, 9 a.m.

GBB (MS) at Bennett Co., 4 p.m.

## Crawford Rams

Sat., Oct. 1

**Oct. 3-8**

Mon., Oct. 3

**Thurs., Oct. 6**

**Fri., Oct. 7**

**Thurs., Oct. 13**

**Fri., Oct. 14**

VB (JH) at Hemingford, 9 a.m.

VB (V) at Morrill Invite, 9 a.m.

**Homecoming Week**

VB (JH) at Hemingford, 4 p.m.

FB (JH) at Hemingford, 5 p.m.

VB (JV-V) at Hemingford, 6 p.m.

**Early Out for Students at 12:30 p.m.**

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**FB (JH) vs. Hay Springs, 2 p.m.**

**VB (JH) vs. Hay Springs, 2 p.m.**

**VB (JV-V) vs. Hay Springs, 4 p.m.**

**FB (V) vs. Hay Springs, 7 p.m.**

XC Districts, tba

VB (JV-V) at Minatare, 4 p.m.

FB (V) at Minatare, 7 p.m.

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# NORTHWEST RURAL ACTIVITIES

Sat., Oct. 15 VB (V) PanCo at Edgemont, 9 a.m.  
 Mon., Oct. 17 VB (JV) Quad, 4 p.m.  
 Tues., Oct. 18 vb (V) Tri. vs. Cody-Kilg & Oelrichs, 4 p.m.  
 Fri., Oct. 21 End of 1st Quarter  
 XC State at Kearney, tba  
 VB (JV-V) vs. Banner Co., 4 p.m.  
 FB (V) vs. Banner Co., 7 p.m.  
 Oct. 24-25 VB (V) Sub-Districts, tba  
 Fri., Oct. 28 WR (JH) at Banner Co., 9 a.m.  
 Sat., Oct. 29 VB (V) District Finals, tba  
 Nov. 2-5 State Volleyball at Lincoln  
 Wed., Nov. 9 CSC Scholastic Contest  
 Thurs., Nov. 10 WR (JH) at Hemingford, 10 a.m.

## Hemingford Bobcats

Sat., Oct. 1 VB (JH) Home Invite, 9 a.m.  
 Mon., Oct. 3 XC (JH-V) Home Invite, 11 a.m.  
 VB (JH-JV-V) vs. Crawford, 3, 5 & 7 p.m.  
 FB (JH) vs. Crawford, 5 p.m.  
 Thurs., Oct. 6 VB (V) at Lakota Tech Invite, 4 p.m.  
 Fri., Oct. 7 FB (V) vs. Kimball, 7 p.m.  
 Mon., Oct. 10 VB (JH) vs. Hay Springs, 4 p.m.  
 FB (JV) vs. Kimball, 6 p.m.  
 Tues., Oct. 11 VB (JV-V) at Bayard, 5, 6 p.m.  
 Fri., Oct. 14 FB (V) at Morrill, 7 p.m.  
 Mon., Oct. 17 VB (V) at Gordon-Rushville, 5 p.m.  
 Tues., Oct. 18 Last Day of the Quarter  
 Wed., Oct. 19 Parent's-Teacher Conf., 1 p.m.  
 Thurs., Oct. 20 FB 1st Rd. Playoffs

Oct. 20-21 NO SCHOOL - Fall Break  
 Thurs., Oct. 20 VB (V) at Kimball Invite, 4 p.m.  
 Fri., Oct. 21 XC at Kearney  
 Oct. 26-29 FFA National Convention  
 Fri., Oct. 28 FB 2nd Round Playoffs  
 WR (JH) away, 9 a.m.  
 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 .m.


## Chadron Cardinals

Sat., Oct. 1 VB (V) at Scottsbluff Invite, tba  
 VB (MS) at Torrington, 7th at HS/8th  
 A team only, 9 a.m.  
 SB (V) Chadron Tri, 12 p.m.  
 Mon., Oct. 3 Girls Golf Districts, tba  
 SB Sub-Districts, tba  
 VB (MS) at Alliance, 4 p.m., 7th at AMS A-B,  
 VB (MS) at Chadron, 4 p.m., 8th A -B  
 FB (JV) vs. Alliance, 5 p.m.  
 Girls Golf Districts, tba  
 FB (MS) at Alliance, 7th-5 p.m.;  
 8th at Chadron, 5 p.m.  
 VB (JV-V) vs. Rapid City Christ. 5 & 6 p.m.  
 Thurs., Oct. 6 XC at Sidney Hillside Golf Course, 3 p.m.  
 VB (MS) vs. Gering, 7th A-B;  
 Grade 8 A-B at Gering, 4 p.m.  
 Fri., Oct. 7 SB Districts, tba



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## AREA SCHOOL ACTIVITIES

Sat., Oct. 8 FB (V) at Ogallala, 6 p.m.  
 VB (V) at WTC in Scottsbluff, tba  
**FB (MS) vs. Sidney, 7th-9 a.m., 8th-10:30**  
 VB (C) at Gordon-Rushville, 9 a.m.

Oct. 10-11 State Girls Golf, tba  
**Tues., Oct. 11 VB (C-JV-V) vs. Sidney, 4, 5, 6 p.m.**  
 Oct. 12-13 Girls State Softball at Hastings, tba  
 XC Districts, tba  
**FB (MS) vs. Gordon-Rushville, 4 p.m.**  
**FB (V) vs. Alliance, 7 p.m.**

**Fri., Oct. 14** VB (JV) at Alliance, 10 a.m.  
 Sat., Oct. 15 VB (V) at Valentine Invite, 10:30 a.m.  
**Tues., Oct. 18 6-12 Band Concert, 7 p.m., HS Aud.**  
 Thurs., Oct. 20 XC at UNK Kearney Country Club, tba  
 FB (V) at McCook, 7 p.m.

Sat., Oct. 22 VB (V) at Alliance, 10 a.m.  
 Oct. 24-25 VB (V) Sub-Districts, tba  
**Thurs., Oct. 27 6-12 Vocal Music Concert, 7 p.m., HS Aud.**  
 Fri., Oct. 28 FB (V) Playoffs, tba  
 Sat., Oct. 29 VB (V) District Finals, tba  
 Nov. 3-5 State Volleyball at UNL  
**Thurs., Nov. 10 GBB (MS) vs. Alliance, 4 p.m.**

### Hay Springs Hawks

Tues., Oct. 4 VB (JH) vs. Gordon-Rushville, 4 p.m.  
 Thurs., Oct. 6 XC (JH-V) at Sidney, 3 p.m.  
**VB (V) HS Tri (Hemingford/Lakota T.), 4 p.m.**  
 Fri., Oct. 7 FB & VB (JH) at Crawford, 2 p.m.  
 VB (V) at Crawford, 4 p.m.  
 FB (V) at Crawford, 7 p.m.  
 Mon., Oct. 10 VB (JH) at Hemingford, 4 p.m.  
 Tues., Oct. 11 VB (V) at Morrill, 4 p.m.  
 Wed., Oct. 12 FFA Area Land Judging at Chadron  
**Thurs., Oct. 13 FB (JH) vs. Sioux County, 2 p.m.**  
**VB (JH) vs. Sioux County, 2 p.m.**  
**VB (JV-V) vs. Sioux County, 4 p.m.**  
**FB (V) vs. Sioux County, 7 p.m.**  
 Sat., Oct. 15 VB (V) PanCo at Edgemont, 9 a.m.  
**Tues., Oct. 18 VB (JV-V) vs. Bridgeport, 4 p.m.**  
 Wed., Oct. 19 FFA State Land Judging at Scottsbluff  
 Thurs., Oct. 20 VB (JV) at Crawford Tri (G-R), 5 p.m.  
 Fri., Oct. 21 FB (JH) at Cody-Kilgore, 10 a.m.  
 VB (JH) at Cody-Kilgore, 11 a.m.  
 FB (V) at Cody-Kilgore, 1 p.m.  
 VB (JV-V) at Cody-Kilgore, 3 p.m.  
**K-3 Fall Concert, 6:30 p.m.**  
 Tues., Oct. 25 PanCo Choir Clinic, tba  
 Tues., Nov. 1 GBB (JH) at Sioux County, 10 a.m.  
 Sat., Nov. 5 GBB (JH) at Morrill, 4 p.m.  
 Tues., Nov. 8 GBB (JH) at Hemingford, 2 p.m.  
 Fri., Nov. 11



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### Spaghetti Casserole

- cooking spray
- 1 (16 ounce) package spaghetti
- 2 pounds ground beef
- ¼ cup chopped onion
- 2 (26.5 ounce) cans meatless spaghetti sauce
- 1 (16 ounce) container fat-free sour cream
- 2 cups shredded mozzarella cheese, divided
- ½ cup Parmesan cheese
- salt and black pepper to taste

Preheat the oven to 350 degrees F. Grease a deep 9x13-inch baking dish with cooking spray.

Bring a large pot of salted water to a boil over high heat. Stir in spaghetti. Boil pasta until cooked through but still firm to the bite, 8 to 10 minutes. Drain well.

Brown ground beef and onion in a large skillet over high heat; drain fat. Stir in spaghetti sauce, sour cream, and 1 cup mozzarella. Mix in the cooked pasta.

Transfer pasta mixture to prepared baking dish. Top with remaining 1 cup mozzarella and Parmesan cheese. Cover pan with aluminum foil.

Bake in preheated oven until hot and bubbly, about 30 minutes.

\* \* \* \* \*

### Iced Pumpkin Cookies

- 2 ½ cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves

- ½ teaspoon salt
- 1 ½ cups white sugar
- ½ cup butter, softened
- 1 cup canned pumpkin puree
- 1 egg
- 1 teaspoon vanilla extract

### Icing:

- 2 cups confectioners' sugar
- 3 tablespoons milk
- 1 tablespoon melted butter
- 1 teaspoon vanilla extract

Preheat the oven to 350 degrees F. Grease two cookie sheets.

Make cookies: Combine flour, cinnamon, baking powder, baking soda, nutmeg, cloves, and salt in a medium bowl.

Cream together sugar and butter in a mixing bowl until fluffy, 2 to 3 minutes. Add pumpkin, egg, and vanilla; beat until creamy. Mix in flour mixture until combined. Drop tablespoonfuls of dough onto the prepared cookie sheets; flatten slightly.

Bake in the preheated oven until centers are set, 15 to 20 minutes, switching racks halfway through. Transfer cookies to a wire rack to cool to room temperature, about 30 minutes.

Meanwhile, make icing: Stir together confectioners' sugar, milk, butter, and vanilla in a bowl until smooth. Add milk as needed, to achieve drizzling consistency.

Drizzle icing over cooled cookies with a fork.

\* \* \* \* \*

### Pumpkin Seeds

- 4 cups raw pumpkin seeds
- ¼ cup seafood seasoning, such as Old Bay™
- vegetable oil cooking spray

Preheat the oven to 300 degrees F. Rinse pumpkin seeds in a colander. Spread out on paper towels and pat dry.

Coat a large baking sheet with cooking spray and spread the pumpkin seeds out in a single layer. Spray the tops of the seeds with additional cooking spray. Sprinkle the seafood seasoning evenly over the tops.

Bake for 30 minutes in the preheated oven, stirring occasionally, until dry and toasted. Cool for a few minutes before serving.

\* \* \* \* \*

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# Fall Harvest Safety Tips Stressed

### Equipment

Unfortunately, many farmers use older equipment during the harvest season that does not have recommended safety features such as tractors without a rollover protective structure (ROPS). Always use a tractor equipped with a ROPS when possible. Keep your equipment in good condition and check to ensure all guards are properly positioned. Check to make sure that you have the recommended lighting on your tractor and implements especially when traveling in the early mornings or evenings.

### Turn off the machine

Everyone is rushing to get that last field harvested and then the corn harvester gets plugged. Even though you are in a hurry to get done, you must always turn off the tractor before you get off the tractor to check or unclog any piece of equipment.

### Rest and Breaks

During the harvest time, it is very easy for farm family members to not get adequate rest, take breaks, and even eat meals. In order for you to remain alert during harvest, you cannot sacrifice rest and nutrition. When doing fieldwork, take short breaks throughout the day to get out of the tractor to stretch. Stay hydrated and pack nutritious snacks or meals so that you have energy to complete the day's work.

### Extra Workers

When it is crunch time during harvest, a person may sometimes accept help from a neighbor, family member, or friend.

However, it is important for you to provide that person with farm safety training related to the task that they will be helping with on the farm.

### Youth Safety in Farming

If you have youth (either your own, hired, or volunteers) working for you during the harvest season, evaluate the job they are doing to ensure they are not taking on more responsibility than they are mentally, cognitively, and physically able to accomplish. Always provide training for youth workers prior to doing any work and check in with them on regular intervals to check on their progress and safety.

### Body Mechanics

Not all harvesting is done with tractors and combines. Some fall crops require hand harvesting and heavy lifting. Remember it is better to make multiple trips with lighter loads than to strain your body by lifting or carrying too much. When carrying an object, hold the object as close to your body as possible and lift with your knees rather than your back.

### Sleep

Do not ignore your health during the harvest season. As hard as it might be, try to get adequate sleep which will help you rejuvenate from a hard day and prepare you for the next busy day.

### Accessing the Tractor

During chopping, a person can get on and off the tractor numerous times to hitch and unhitch wagons. Consider using a hitching system to reduce the number of time you need to get on and off the tractor. If it is unavoidable, maintain 3 points of contact when getting on or off the tractor and avoid jumping off of the tractor or tractor steps to improve your safety and to protect your joints over time.

### Personal Protective Equipment

Use personal protective equipment such as ear plugs, gloves, and safety glasses when appropriate.

### Traveling on Roadways

Check to make sure that you have the recommended lighting on your tractor and implements especially when traveling in the early mornings or evenings.

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## NRPPD ENTERTAINMENT

# Find Something to Celebrate in October!

**Oct. 1:** Fire Pup Day, Black Dog Day, National Hair Day, Homemade Cookies Day, Pumpkin Spice Day.

**Oct. 2:** National Custodial Worker's Recognition Day, Fried Scallops Day, Name Your Car Day, Produce Misting Day.

**Oct. 3:** National Boyfriend's Day, Techies Day, Child Health Day, National Consignment Day (1st Monday in October)

**Oct. 4:** National Cinnamon Bun Day, Golf Lover's Day, Taco Day, Vodka Day, Eat Fruit at Work Day (First Tues. in Oct.)

**Oct. 5:** National Apple Betty Day, Do Something Nice Day, Rhode Island Day, World Teacher's Day, Walk to School Day.

**Oct. 6:** National Coaches Day, German-American Day, Mad Hatter Day, Noodle Day, Plus Size Appreciation Day.

**Oct. 7:** National Frappe Day, Inner Beauty Day, LED Light Day, Manufacturing Day, World Smile Day (1st Friday in Oct.)

**Oct. 8:** National Touch Tag Day, Hero Day, Chess Day, National Motorcycle Ride Day, (2nd Sat.), I Love Yarn Day (2nd Sat.)

**Oct. 9:** National Leif Erikson Day, Pro-Life Cupcake Day, PANS/PANDAs Awareness Day, Clergy Appreciation Day.

**Oct. 10:** National Angel Food Cake Day, Cake Decorating Day, Metric Day, Walk to the Park Day, Columbus Day

**Oct. 11:** National Coming Out Day, International Day of the Girl Child, National Sausage Pizza Day.

**Oct. 12:** National Farmer's Day, Savings Day, Vermont Day, Emergency Nurse's Day, Take Your Parents to Lunch Day.

**Oct. 13:** National Metastatic Breast Cancer Awareness Day, No Bra Day, Train Your Brain Day, Navy Birthday.

**Oct. 14:** Be Bald and Be Free Day, National Dessert

**Oct. 15:** National Whole Hog Barbecue Day, I love Lucy Day, Grouch Day, Pregnancy and Infant Loss Awareness Day.

**Oct. 16:** Department Store Day, Global Cat Day, Dictionary Day, Liqueur Day, National Sports Day.

**Oct. 17:** Black Poetry Day, National Edge Day, Pasta Day, Boss's Day, Clean Your Virtual Desktop Day (3rd Mon. in Oct.)

**Oct. 18:** International Legging Day, Chocolate Cupcake Day, No Beard Day, Pharmacy Technician Day.

**Oct. 19:** National Kentucky Day, Seafood Bisque Day, Support

Your Local Chamber of Commerce Day.

**Oct. 20:** National Chicken and Waffles Day, Youth Confidence Day, Get to Know Your Customers Day.

**Oct. 21:** National Pumpkin Cheesecake Day

**Oct. 22:** National Color Day, Make a Dog's Day, Nut Day, National Make a Difference Day (4th Sat. in Oct.)

**Oct. 23:** iPod Day, Boston Cream Pie Day, Mole Day, National TV Talk Show Host Day (Johnny Carson's birthday)

**Oct. 24:** National Bologna Day, Food Day, United Nations Day.

**Oct. 25:** Chuck, the Notorious Killer Doll Day, Greasy Food Day, Surest Day.

**Oct. 26:** National Day of the Deployed, Financial Crime Fighter Day, Mincement Day, Pumpkin Day, Tennessee Day

**Oct. 27:** National Beer Day, Black Cat Day, National Civics Day, Navy Day.

**Oct. 28:** National Chocolate Day, Internal Medicine Day, First Responders Day, Breadstick Day, Frankenstein Friday.

**Oct. 29:** National Cat Day, Hermit Day, Oatmeal Day, World Stroke Day, Trick or Treat Day (last Sat. in Oct.?)

**Oct. 30:** National Candy Corn Day, Publicist Day, Speak up for Service Day.

**Oct. 31:** Girl Scout Founder's Day, Halloween, Caramel Apple Day, Doorbell Day, Knock-Knock Jokes Day.




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## Bits 'n Pieces...

### You Might Be Old If Your Remember...

- Penny candy
- Candy cigarettes
- Soda machines that dispensed glass bottles
- Diners with tableside juke boxes
- Metal ice cube trays with levers
- Party line telephones
- Telephone numbers with a word prefix (Butterfield 8)
- Newsreels before the movie
- 33 RPM records
- Reel-to-reel tape recorders
- Green stamps
- Roller skate keys
- Hula hoops
- Washtub wringers
- The Fuller Brush man
- 35-cent a gallon gasoline
- 15-cent McDonald hamburgers with 10-cent fries
- 5-cent packs of baseball cards with that slab of pink bubblegum

### With Age, I realize...

- I talk to myself. Sometimes I need an expert's advice.
- Sometimes I roll my eyes out loud.
- I don't need anger management. I need other people to stop making me mad.

- My people skills are just fine but my tolerance for idiots needs a little work.
- The biggest lie I tell myself is, "Oh, you'll remember."
- Nap time is not a punishment. It's a reward.
- The day the world runs out of wine is too terrible to even think about.
- Duct tape can't fix stupid, but it can muffle the sound.
- Wouldn't it be great if we could put ourselves in the dryer and come out wrinkle-free and 3 sizes smaller?
- "Getting Lucky" actually means walking into a room and remembering why I came in.

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