



NICHOLAS MEAT Quarterly

COMPANY NEWS AND UPDATES FOR THE LOGANTON COMMUNITY

FALL 2022

SRF Construction Update: Milestones Completed

The Sustainable Resource Facility (SRF) site continues to transform. Crews were busy this summer as they completed site work to prepare for tank installation in the coming months.

“We’ve made substantial progress this summer and accomplished several milestones,” said Brian Miller, Director of Sustainability at Nicholas Meat. “We’ve completed retaining walls and curbing on the site. Additionally, we’ve installed much of the electrical infrastructure and much of the stormwater network has been completed.”

Sugar Valley residents can see much more of the SRF site with most of the large piles of fill and topsoil removed and applied to areas of the site. This allows those driving on East Valley Road to see a broader view of the 40-acre parcel.

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“The site looks very different now with the roads and tiers established and vegetation growing on the slopes,” Miller continued. “We’ll be installing permanent landscaping this fall to provide screening and prevent erosion.

“Additionally, we’ll be preparing for the installation of 11 process and water reclamation tanks at the facility. This installation will take place over several months and into the spring.”

Prep work for tank installation includes excavation and pouring of the concrete

foundations. Once foundations are completed, base setting rings are attached to the foundations and tank installation can begin.

“The tanks will be installed in sections and bolted, caulked and sealed together as weather permits this winter,” he said. “These are very large tanks and will take some time to complete. We’re very happy with the progress made to date and are excited to move on to this next phase of the SRF project.”

Focusing on the wastewater treatment and water reclamation portion of the

SRF project allows Nicholas Meat to provide the greatest benefit to the community through improved air quality, lower truck traffic and reduced dependence on the aquifer. Roughly 97 percent of the company’s waste stream is water, so focusing on this portion of the SRF will make the most positive and immediate impact on the environment and our sustainability efforts once the system is operational.

To learn more about the wastewater treatment and water reclamation portion of the SRF, visit the company website at **NicholasMeat.com**.



Photos by Chris Miller, The Record



Thanks for Asking: What's in Ground Beef?



Jonathan Campbell, Ph.D.
Penn State University

At Nicholas Meat, we get asked a lot of questions about beef – especially ground beef. It's the most convenient, versatile and tasty beef product out there! Ground beef is consumed in a variety of ways, from traditional cheeseburgers and spaghetti to tacos and chili. It shouldn't surprise anyone to hear that more than 50 percent of all beef consumed is ground beef. To learn more about this popular meat and get your questions answered, we talked to Jonathan Campbell, Ph.D., an associate professor in the Department of Animal Science at Penn State to learn more!

Question: When I buy ground beef at the grocery store, what am I buying?

Answer: The definition of ground beef is very specific according to the Code of Federal Regulations: "Chopped Beef" or "Ground Beef" shall consist of chopped fresh and/or frozen beef with or without seasoning and without the addition of beef fat as such, shall not contain more than 30 percent fat, and shall not contain added water, phosphates, binders, or extenders.

This standard of identity says packers and processors cannot add anything to ground beef, except for meat. You cannot add water. You cannot add phosphate. You cannot add binders or extenders. You cannot add organ meats to ground beef. It must be 100% beef from the carcass of that animal. (Note: Nicholas Meat does not grind and sell ground beef. We sell beef to others for further processing and distribution.)

Question: When my pound of ground beef thaws, what is the liquid that comes from the meat? Is that blood?

Answer: What you're seeing is water and colored protein called myoglobin – not blood. The red liquid or juice from raw beef is a combination of water, which makes up about 65-75 percent of meat, and a protein found in muscle tissue called myoglobin. It looks like blood on your plate because the iron in myoglobin turns red when it is exposed to oxygen. That's why muscle tissue is red. Most mammals have plenty of myoglobin in their tissue, which is why beef is known as 'red meat'. Also, don't panic if your ground beef is red on the outside and grayish brown on the inside. It's all about air. The pigment in meat changes colors when exposed to oxygen.

For more about "What's in Ground Beef?" visit [NicholasMeat.com/News](https://nicholasmeat.com/news).



Now that you know more about ground beef, why not try some for dinner tonight? Ground beef is a budget-friendly, versatile and nutritious protein. Enjoy some today!



Isaura Martinez

MEAT OUR PEOPLE *Employee Feature*

Position: Hot Scale Operator

Employed by Nicholas Meat:
10 months

What do you do in your free time:
I like gospel music and Marvel films.

Little known fact: I enjoy singing.

When it comes to beef:
I prefer ribeye!

We're Hiring!

Consider joining the Nicholas Meat team for a rewarding career at a company providing safe, delicious beef products for customers. We now offer a \$1,500 sign-on bonus for new employees after 90 days of employment. You must have good attendance and no disciplinary problems to qualify. If you already work at Nicholas Meat, don't forget about the referral bonus of \$300, too! To apply, visit our website at [NicholasMeat.com/careers](https://nicholasmeat.com/careers) or in person at the plant today.

NICHOLAS MEAT
SUPPORTER OF
4-H & FFA YOUTH



Nicholas Meat is pleased to lend its support to youth in the Sugar Valley area, especially during the summer at local county fairs where we attend fair auctions to purchase market animals from 4-H and FFA exhibitors. This year the company participated in auctions at the Lycoming, Clinton and Tioga County fairs.

“We believe that participation in events such as 4-H and FFA – especially when exhibiting an animal – help build life skills like responsibility, respect and care for animals, communication and teamwork,” said Doug Nicholas, COO of Nicholas Meat. “We are proud of these kids and are impressed with the time and dedication shown to their projects.”

At Nicholas Meat, we have the belief that whatever we do today, we can do better tomorrow. We see that in 4-H and FFA youth as they strive to better themselves in each project, each year.

Congratulations to these 4-H and FFA members on your accomplishments this year.

Lycoming



Logan Armstrong



Ryder Fink



Grace Winter



Karlle Benjamin



Hannah Dgien



Sarah Dgien

Clinton



Carlee Breon



Lincoln Breon



Isaiah Conoway



Gavin Kerstetter



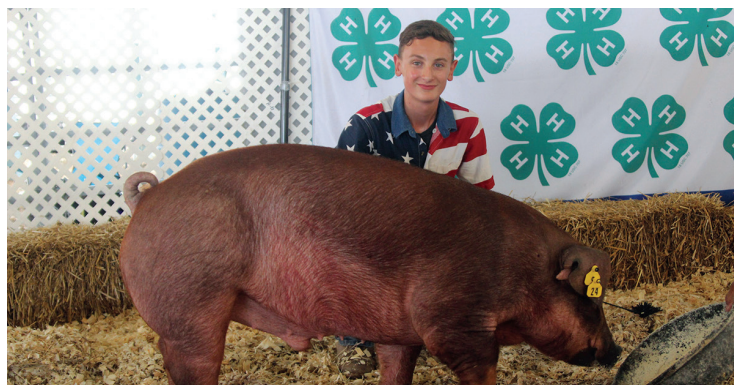
Shannon Bowes



Carleigh Matter



Kailee Matter



Ethan Weaver



Kyle Stahl



Logan Styers

Tioga

- Trentyn Baker
- Nate Boyer
- Kendyl Cersoli
- Chelsie English
- Mason Kieser
- McGwire Painter
- Cole Warner

WATER – A Vital Resource for Sugar Valley & Nicholas Meat



The quantity and quality of water are important to everyone in the community. Water is also crucial to all food processing facilities, including Nicholas Meat. We appreciate public concern about water and want to address some of the more common questions about water use, the potential impact on the aquifer and the permit application process.

“Nicholas Meat is committed to ensuring there is an adequate water supply for neighbors and the community, as well as to operate the plant,” Brian Miller, Director of Sustainability at Nicholas Meat. “Permits are required and issued by the Susquehanna River Basin Commission, or SRBC, and we are working with them throughout the process.”

The SRBC is an interstate agency that coordinates the management of water resources in the Susquehanna River Basin. Its mission is to enhance public welfare through comprehensive planning, water supply allocation and management of water resources. Additionally, Nicholas Meat has hired Meiser & Earl, Inc., a hydrogeological firm in State College, Pa., to conduct ongoing analyses of Nicholas Meat’s proposed water withdrawals and potential impacts to the aquifer and surrounding water sources. They also oversee Nicholas Meat’s well development, source monitoring, aquifer testing, and the application/permitting process.

When first starting the permitting process in January 2018, Nicholas Meat and its hydrogeological team met with the SRBC to discuss the type of project,

long-term goals, proposed water usage, and any potential concerns. Following this initial meeting, wells were constructed according to regulatory guidelines and tested for potential water yield and water quality.

Completing Pump Tests

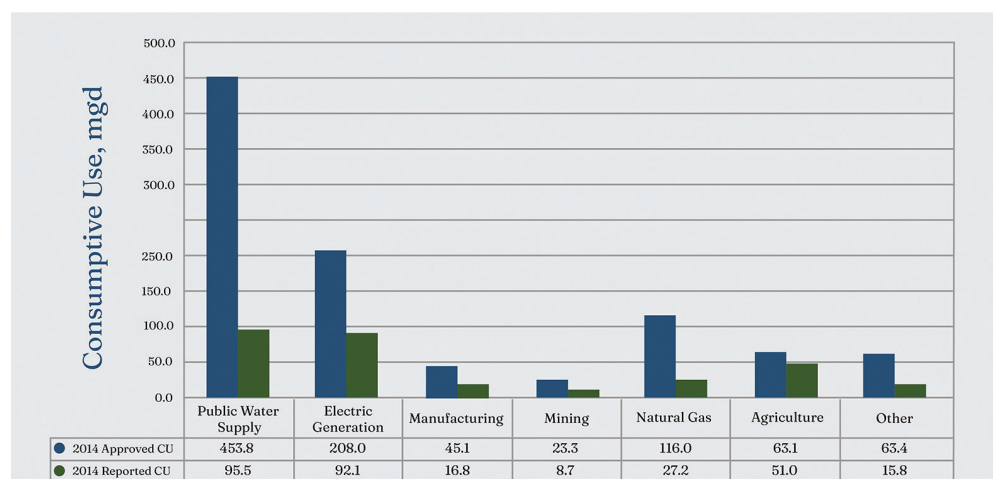
After well construction, the team submitted an aquifer test plan (ATP) or alternative hydrogeologic evaluation (AHE) to the SRBC. This plan must be within regulatory withdrawal limits and consist of background project information, hydrological setting information, groundwater availability analysis, groundwater basin determination, availability of water during drought conditions, and an inventory of existing users. Additionally, a plan

is submitted for all wells, springs, and streams to be monitored during a 72-hour pumping test.

Nicholas Meat successfully conducted pumping tests on two of its new wells in 2021 and one of its new wells earlier this year. Upon completion of the pumping test, data was evaluated, and a hydrogeological report was created. A Groundwater Withdrawal Application was then completed and submitted to the SRBC. Public notifications were sent to the DEP, local municipality, planning commission, local newspaper and property owners within a quarter mile of the wells tested.

The SRBC has been evaluating the application and may request additional information or testing. If approved, the SRBC will prepare a docket (permit) for the withdrawal specifying pumping rate, 30-day average daily and maximum daily withdrawal, monitoring and reporting requirements.

The public is encouraged to contact the SRBC online for additional information, as all data they gather is public. Their website is www.srb.net. To learn about the detailed process that Nicholas Meat went through, please see the related information brief at NicholasMeat.com/News.



According to the SRBC, public water supply and electric generation are the largest water users in the Susquehanna River Basin.

According to the SRBC, public water supply and electric generation are the largest water users in the Susquehanna River Basin. The river basin drains 27,510 square miles, covering half the land area of Pennsylvania and portions of New York and Maryland. It includes all or portions of 66 counties and has six major sub-basins. Also, according to the 2010 Census Bureau, the river basin supports a population of more than 4 million. Loganton is in the West Branch Susquehanna sub-basin.

YOU ASKED FOR IT!

Another Cooking Class is coming this Fall!

Monitor the SVRCS website for details.



A Cut Above Cooking Class Opportunity

Back by popular demand, Nicholas Meat is again sponsoring a cooking class this fall. The class is scheduled Monday, Nov. 7, as part of the Sugar Valley Rural Charter School's Community Enrichment Program. In this interactive, cook-along class, registered dietitian Beth Stark of the Pennsylvania Beef Council will discuss the most affordable cuts of beef and how to pair them with seasonal ingredients to create nutritious and delicious dinners for the cooler months ahead.

While the November cooking class is already full, another class is planned for February. Be sure to watch the Sugar Valley Rural Charter School's website for updates.



Welcome to the Fall edition of the Nicholas Meat Quarterly. We are excited to share news and information from the company with our community. We hope you and your family are enjoying the autumn colors that make the Sugar Valley a beautiful place to call home. Best wishes to all during this hunting, harvest and Thanksgiving season.



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WWW.NICHOLASMEAT.COM

