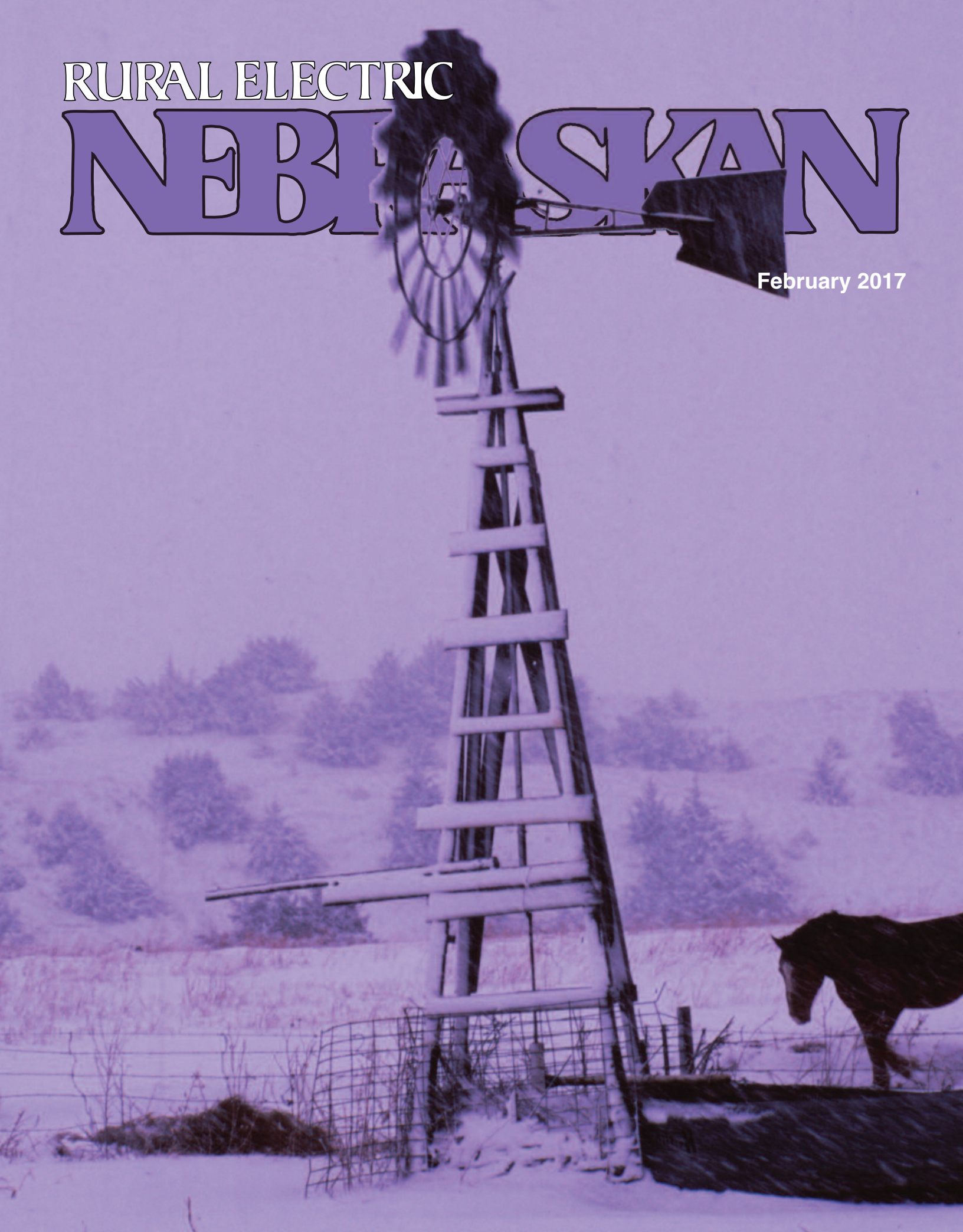


RURAL ELECTRIC

NEBRASKAN

February 2017



Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec**®, **Nexium**®, and **Prevacid**®. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested **Acemannan**, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...



HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called **Acemannan**. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The **acemannan** used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your

body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body - even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **800-324-7507** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

RURAL ELECTRIC
NEBRASKAN

"The Rural Voice of Nebraska"

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Microgrids are small, local systems of electric service that are connected to the larger, national electric transmission and distribution grid, but also capable of operating independently from the grid. The concept of a microgrid could make your electric service greener and better able to weather power outages.

The Importance of Insulation 12

According to a study by the Harvard School of Public Health, if your home is as little as five to 10 years old, you likely have one of the 46 million under-insulated homes in the U.S. The good news is that adding insulation is often one of the easiest and lowest cost options for improving the energy efficiency of your home.

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On the cover

Sandhills Images photographer Bob Rooney captured this shot of a snow-covered windmill. He is a farmer and photographer from Brewster, Neb.



by Wayne Price

NREA continues to work for members

I can tell by the puzzled look on the faces of folks that they don't quite understand who I work for. When I say that I am the editor of the *Rural Electric Nebraskan* and Public Affairs Director for the Nebraska Rural Electric Association, I get blank stares or uncomprehending nods most of the time. Or the misunderstood response of "Oh, you work for NPPD?"

I understand where their confusion comes from. The electric industry is packed with all sorts of acronyms and it's hard to decipher them or understand how they're really quite different.

The Nebraska Rural Electric Association doesn't generate any electricity or even own any power lines or transformers. The NREA was founded on October 26, 1935, at a meeting in Lincoln. The meeting had been called by C.A. Sorensen, a Lincoln attorney who had helped organize several of the then existing (10) rural electric systems. It was organized as the Nebraska Association of REA Projects. It was not until 1953 that the current name was adopted by the Association's board of directors.

As a service organization controlled by its member-systems, the Nebraska Rural Electric Association has operated under a variety of operational styles and has been called upon to perform a variety of services. Which service or services that are emphasized at any given time depend largely upon the immediate needs of the member-systems and the resources available to the Association.

However, the statewide magazine and legislative activities, including lobbying, usually are at the forefront of the NREA's activities.

NREA has 34 member-systems, including six out-of-state members. Each has a representative on NREA's board of directors, which meets four times a year. Currently, the president is David Keener, a director with Niobrara Electric Association, headquartered in Lusk, Wyoming.

NREA helps Nebraska's rural electric systems do those things which the systems, by themselves, haven't the time to do alone, the money to do alone, or the power to do

alone. Our mission is to help the rural electric systems to more efficiently and effectively serve their consumers.

Among the services provided to the Association's member-systems are:

1) job training and safety education of linemen and operating personnel;

2) representation of the rural electric systems before government agencies, the legislature, and Congress;

3) "grassroots" training to enable our members' directors, employees, and consumers to participate in the political process more effectively;

4) educational programming for directors and management personnel;

5) coordination of mutual aid assistance when member-systems suffer damage from storms;

6) legal assistance on issues of statewide or multi-system significance;

7) regulatory compliance service;

8) liaison with related industry and agricultural organizations;

9) public relations, including youth programs, publications, and advertising;

10) publishing the *Rural Electric Nebraskan* magazine for consumers;

11) conducting and publishing annual surveys on such matters as operating policies and statistics, irrigation data, rates, and employee compensation; and

12) providing opportunities for members of Nebraska's rural electric family to get together for the exchange of ideas and information.

Through our contracts with Northeast Community College, NREA provides its members with job training and safety programs that are essential to the safety of their line workers and other personnel, and help ensure the efficient and reliable operation of their distribution systems.

The direct savings a member-system realizes by participating jointly in its state association reduces many of the expenses it would otherwise incur in providing first-class service to its consumers. From our members' perspective, it doesn't cost to belong to the Nebraska Rural Electric Association, it pays.

Allis Chalmers Heirloom Stein

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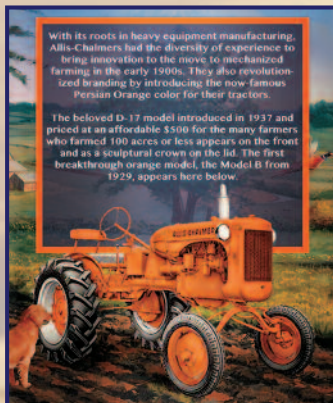
30-ounce porcelain stein features accents in Allis Chalmers' famed "Persian Orange"

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Features authentic Allis Chalmers logos

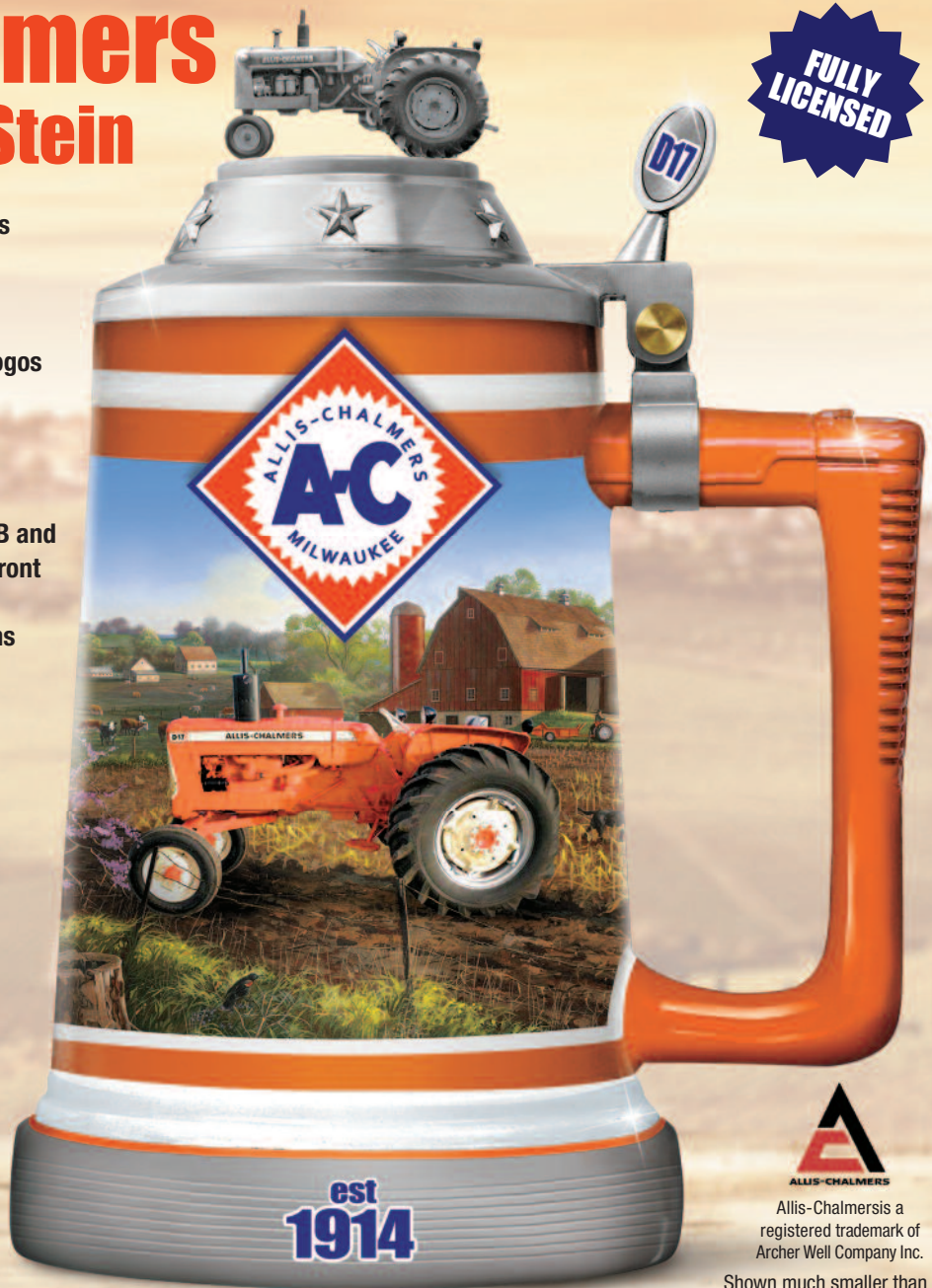
•
Unique sculpted handle resembles a tractor grille

•
Showcases the breakthrough Model B and beloved D-17 models on back and front

•
A sculpt of the famed D-17 crowns the cast metal lid while D-17 appears on the thumbrest



The back features information on Allis Chalmers' most famous models



Allis-Chalmers is a registered trademark of Archer Well Company Inc.

Shown much smaller than actual size of about 9 inches high

Raise a toast to Allis Chalmers!

With its rugged design, reliability and affordability for small farmers, Allis Chalmers brought mechanization into the hands of small owner-operators everywhere. And its distinctive "Persian Orange" color boldly proclaimed its brand. Now it is the star of the Allis Chalmers Heirloom Stein celebrating a heritage of family farming, available exclusively from The Bradford Exchange.

Featuring handsome portraits of popular models D-17 and Model B by famed historical artist Charles Freitag front and back, this porcelain stein is inspired by the reliability of the Allis Chalmers tractor. The stein includes a metal lid and thumb rest and is crowned by a three-dimensional D-17. The sculpted grille handle is ready to raise a toast to the hard-working free spirit of the family farmer.

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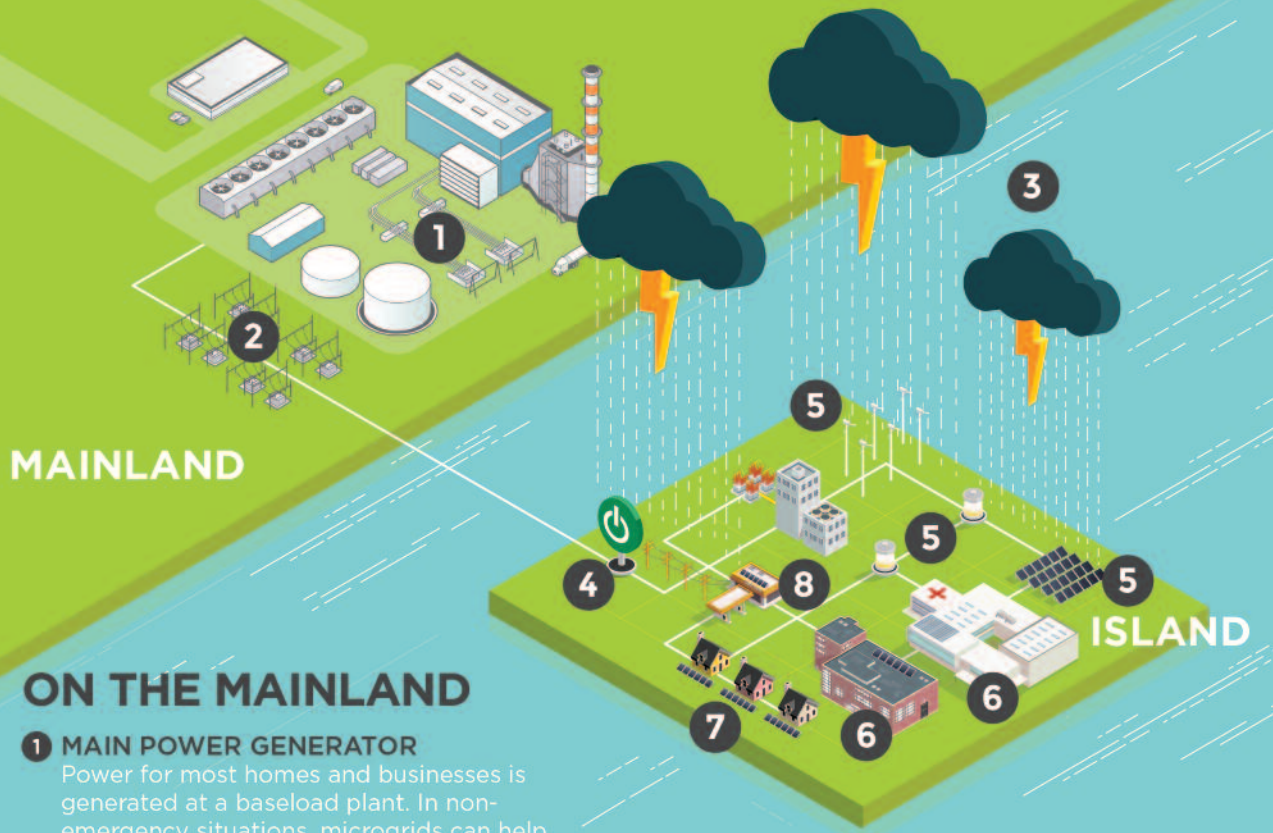
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How Microgrids Work

The electricity grid is like the mainland, where energy is generated at a central power plant and sent to where it's needed. A microgrid is like an island — it can function on its own, power a concentrated area, and connect to the mainland. Microgrids can keep power on during blackouts, storms and other disasters.



ON THE MAINLAND

- 1 MAIN POWER GENERATOR**
Power for most homes and businesses is generated at a baseload plant. In non-emergency situations, microgrids can help reduce peak demand at the baseload plants.
- 2 SUBSTATION**
A substation is the intermediary between the power plant and the consumer. If the substation fails or has problems, consumers lose power or experience brownouts.

ON THE ISLAND

- 3 STORMS**
Storms and other disasters can cause large-scale outages on the main grid. Microgrids are being built today to increase resilience and keep the power on during emergencies.
- 4 MAIN COUPLING SWITCH**
The microgrid and main grid connect. The coupling switch functions as the main switch point in case of grid outage. On an average day, the coupling switch ensures that voltage levels remain equal between the regular grid and the microgrid.
- 5 INDEPENDENT GENERATION**
The microgrid system can generate electricity from a single solar or wind installation, or a combination of traditional and alternative power generation methods.
- 6 CRITICAL SERVICES**
A microgrid is usually built to power critical community resources like hospitals, police and fire departments, and schools so that they can continue to function in emergency situations.
- 7 HOMES**
Individual homes are usually low on the microgrid priority list, but can be linked to the microgrid if they have power generating capabilities, like rooftop solar panels.
- 8 BUSINESSES**
A key commercial property may sometimes be included in the microgrid, depending on its generating power and the needs of the community.

SOURCE: American Public Power Association

Designer electric grids

In the future, microgrids will meet local priorities for reliability, security and sustainability.

A new way of thinking about electric utilities could make your electric service greener and better able to weather power outages.

The idea is microgrids—small, local systems of electric service that are connected to the larger, national electric transmission and distribution grid, but also capable of operating independently from the grid.

“How we deliver electricity is changing,” says Tom Lovas, a technical liaison and consultant with the National Rural Electric Cooperative Association (NRECA). “We have to think differently in how we operate the system.”

This future described in a 2014 NRECA report as a “grid of grids” would use new technology and innovative ways of organizing the system of power lines to accommodate renewable energy, improve efficiency and security, and keep power flowing in natural disasters.

“Many futurists envision a grid built of smaller, independent or quasi-independent generating entities such as microgrids,” says the report, “Achieving a Resilient and Agile Grid.”

The report continues: “Change is necessary, and there is now an

There are a lot of different definitions of what a microgrid really is. A single generator that serves two houses would be a microgrid.

explosive growth in the tools that will allow us to manage the grid with more agility and precision.”

120 microgrids and growing

A good way to understand microgrids is to imagine a small island, just off the mainland, with a few additional wires and power controls. Here’s what those additions might do:

- Connect essential services like hospitals and gas stations to backup generators;
- Wire together banks of solar cells and wind turbines, and large-scale batteries, to provide power even at night or when the wind is not blowing—or when the grid fails;
- Control the flow of electricity among power sources like local rooftop solar panels, distant power plants or even neighboring towns so it is used most efficiently.

And that’s not pie in the sky. One energy firm estimates there are more than 120 microgrids in the U.S., another 100 on the drawing board, and that it’s a market expected to grow 13 percent every year for the next 10 years.

But those numbers could be too small, because a microgrid can mean a lot of different things. While a microgrid is often thought of as a collection of homes, businesses and generating sources, it could be as small as a single house, depending on your definition. What microgrids have in common is that each is an electric system connected to the nationwide grid that can also operate on its own.

“Any shared load of a single resource could be considered a microgrid,” says NRECA’s Tom Lovas. It could be a military base that needs to always have power without fail, or a manufacturing plant installing a bank of solar cells next door for a supply of more environmentally-friendly energy.

“A single generator that serves two houses would be a microgrid,” says Lovas. “There are a lot of different definitions of what a microgrid really is.”

Public power districts and electric

More on Page 8

Designer electric grids From page 7

cooperatives are among the utility groups studying how to make the best use of this innovation.

“At NRECA, we’re looking at microgrids as a way to enhance reliability and resiliency, particularly for operating of critical requirements,” says Lovas. “In fact, for years we’ve had microgrids, in a way, by having emergency generators provided for hospitals and other critical facilities.”

To understand microgrid development, it helps to know about two bits of jargon used by the people making the plans—both are mentioned in the title of the 2014 NRECA report.

One is “resilient.” The report explains the term as different from “reliable.” Reliability, says the report, refers to the goal of keeping the lights on all the time. A resilient system, on the other hand, is one that can bounce back quickly after a major outage. The objective in that case might be to recognize that power might be out for several days, so there needs to be a system in place that can provide backup electricity immediately for hospitals, gas stations and pharmacies.

Last fall, the National Governor’s Association recommended that states consider microgrids, as part of a report on how to avoid some of the hardships caused by natural disasters like 2012’s Hurricane Sandy.

Friendly to renewable energy

The other term the microgrid planners use is “agile.” That refers to the ability of a utility system to handle new situations, like interest in renewable energy that might lead a homeowner to install a bank of solar cells on the roof and want to sell the excess electricity back to the utility.

In fact, one of the motivators for development of microgrids is the

increasing use of renewable energy, which is expected to quadruple by 2020. Microgrids could push that progress even faster.

Among the roadblocks to renewable energy is the fact that solar doesn’t work at night and wind won’t work in calm weather. But as battery technology improves, a microgrid could connect all of the parts to store the renewable energy.

As Lovas explains, “While we can have a microgrid based on renewable resources, it really becomes even more effective as energy storage becomes more readily available.”

Microgrid thinkers are preparing for the future by planning ways to standardize designs so the “grid of grids” can be built more efficiently, and so that microgrids can connect to each other through the larger grid.

They’re developing computer software for automatic operation both inside a microgrid and outside with other electricity sources and users. They’re writing safety standards, recognizing that with more generators on the system, there will likely be more two-way flows of electricity along the wires, making it especially important to keep track of when lines are energized. They’re even planning for higher levels of electronic security as computer hackers spread software bugs.

Paul Wesslund writes on industry issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation’s 900-plus consumer-owned, not-for-profit public power districts and electric cooperatives.

If you like to do it yourself, you might be a prosumer

If you have a backup power generator for your home, you might be a prosumer.

If you have photovoltaic solar cells on your roof, you might be a prosumer.

Tom Lovas is among the electric utility experts using that term to describe a unique group of utility customers.

Lovas is a technical liaison and consultant with the National Rural Electric Cooperative Association. He sees prosumer as a useful word to describe one of the ways utilities are changing.

“It’s the proactive consumer,” says Lovas. “Where the consumer becomes a more active participant in the electric utility system operation, in order to serve their own needs.”

Lovas says the trend of people wanting to do for themselves helps explain the growing popularity of what are called microgrids—small utility systems that might contain backup power sources, renewable energy production equipment and

batteries. A microgrid might be a village or a military base that is connected to the larger national utility grid, but can also operate separate from the grid to protect it from power outages, or to allow more flexibility in electricity sources.

“To me, a prosumer is anybody who installs their own backup power backup system or installs their own self-generation, or gets involved with rooftop solar or even in community solar,” says Lovas. “It’s a more active consumer than just using kilowatt hours and paying for them.”

The term was coined in the 1970s and 1980s by popular futurist Alvin Toffler, to mean “producing consumer,” and could be seen as having predicted the trend of interest in do-it-yourself projects.

To Lovas, it reflects the growing options that electric utility consumers have to participate in their electric service, as changing technology offers a wider range of flexibility.

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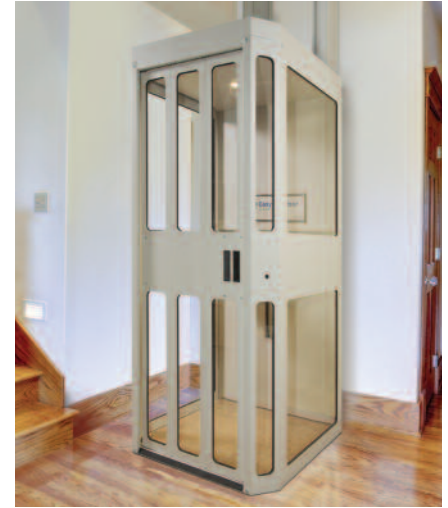
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*Stan W. US war veteran
and retired professor*



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Be prepared for winter storms, power outages

When winter temperatures drop and storms hit, it can be challenging to stay safe and warm. Winter storm severity varies depending on where you live, but nearly all Americans are affected by extreme winter storms at some point. Public power districts and electric cooperatives in Nebraska care about your safety, and we want you to be prepared.

Heavy snow and ice can lead to downed power lines, leaving rural electric utility consumers without power. During extremely low temperatures, this can be dangerous. During a power outage, electric utility crews will continue to work as quickly and safely as possible to restore power, but there are a few things you can do to prepare yourself.

- **Stay warm** – Plan to use a safe alternate heating source, such as a fireplace or wood-burning stove during a power outage. These are great options to keep you and your loved ones warm, but exercise

caution when using, and never leave the heating source unattended. If you are using gasoline-, propane- or natural gas-burning devices to stay warm, never use them indoors. Remember that fuel- and wood-burning sources of heat should always be properly ventilated. Always read the manufacturer's directions before using.

Use caution when using a portable generator. These should never be operated indoors because they omit deadly carbon monoxide. Additionally, never plug it into a wall outlet. This is an important precaution in preventing potentially deadly backfeed, which occurs when electricity travels from the generator back through the power lines.

- **Stay fed** – The CDC recommends having several days' supply of food that does not need to be cooked handy. Crackers, cereal, canned goods and bread are good options. Five gallons of water per person should also be available in the event of an extended power outage.

- **Stay safe** – When an outage occurs, it usually means power lines are down. It is best not to travel during winter storms, but if you must, bring a survival kit along, and do not travel alone. If you encounter downed lines, always assume they are energized. Stay as far away from the downed lines as possible, and report the situation to dispatchers by calling your local rural electric utility if possible.

- **Be ready** – A storm preparedness kit can help you keep your family comfortable. The kit will need to be assembled ahead of time and should include such items as: bottled water, non-perishable food, blankets, warm clothing, first aid kit/medicine, flashlight, radio, extra batteries, and toiletries.

Winter weather can be unpredictable and dangerous, and planning ahead can often be the difference between life and death. Your local electric utility is ready for what Mother Nature has in store, and we want you to be ready, too.

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The Importance of INSULATION

While you might expect “R-value” to be the level of appreciation a pirate has for buried treasure, during these colder temperatures, you might want to consider your own “R-value”. The “R” refers to the resistance of heat flow and, in particular, is associated with the insulation in your home.

Insulation acts like a blanket on your home. When properly installed, it keeps the heat inside your home during winter, and the cool air inside during the summer. On average, about half of the energy used in Nebraskan homes is used to keep the home warm or cool. Unfortunately, many homes either have insufficient or improperly installed insulation.

According to a study by the Harvard School of Public Health, if your home is as little as five to 10 years old, you likely have one of the 46 million under-insulated homes in the U.S. The good news is that adding insulation is often one of the easiest and lowest cost options for improving the energy efficiency of your home.

All insulation has an R-value -- the higher the R-value, the greater the insulating effectiveness. The R-value will vary depending on the type of insulation, its thickness, and its density. You can increase your R-value in areas by adding insulation, even if there is already insulation in a particular area. Your new R-value is calculated by adding the R-value of the new insulation to the R-value of the existing insulation.

As mentioned, there are many types of insulation. Insulation batts and blankets are made of fiberglass or mineral wool and are most commonly used in new construction or unconfined areas, like unfinished attics, roofs, and under floors. Batts and blankets often have an R-value of 2.9 to 4.0 per inch of thickness.

Blown-in loose fill insulation is one of the easiest forms to install. Commonly made of cellulose, glass fiber, mineral wool, perlite or vermiculite, it can be blown or spread into areas needing insulation. Equipment for blowing insulation into walls or attics can be rented, or

contractors with their own equipment can be hired to do the job. Loose fill insulation usually has an R-value of 2.2 to 3.8 per inch of thickness.

Rigid boards are plastic foams or fibrous materials pressed or extruded into board-like forms. Common materials include polystyrene, urethane or glass fiber. Polystyrene and urethane have superior insulating qualities with R-values of 3.2 to 5.0 per inch of thickness.

Foam insulation, usually urethane, can be injected into wall cavities or sprayed onto roof or floors. Once applied, it expands and sets in about a minute. After it sets, it shrinks slowly for several weeks. Properly applied, shrinkage is less than five percent. Like rigid boards, foam insulation has the advantage of a high R-Value per inch.

The Nebraska Energy Office recommends the following R-values in the following home areas:

About half of the energy used in Nebraskan homes is used to keep the home warm or cool

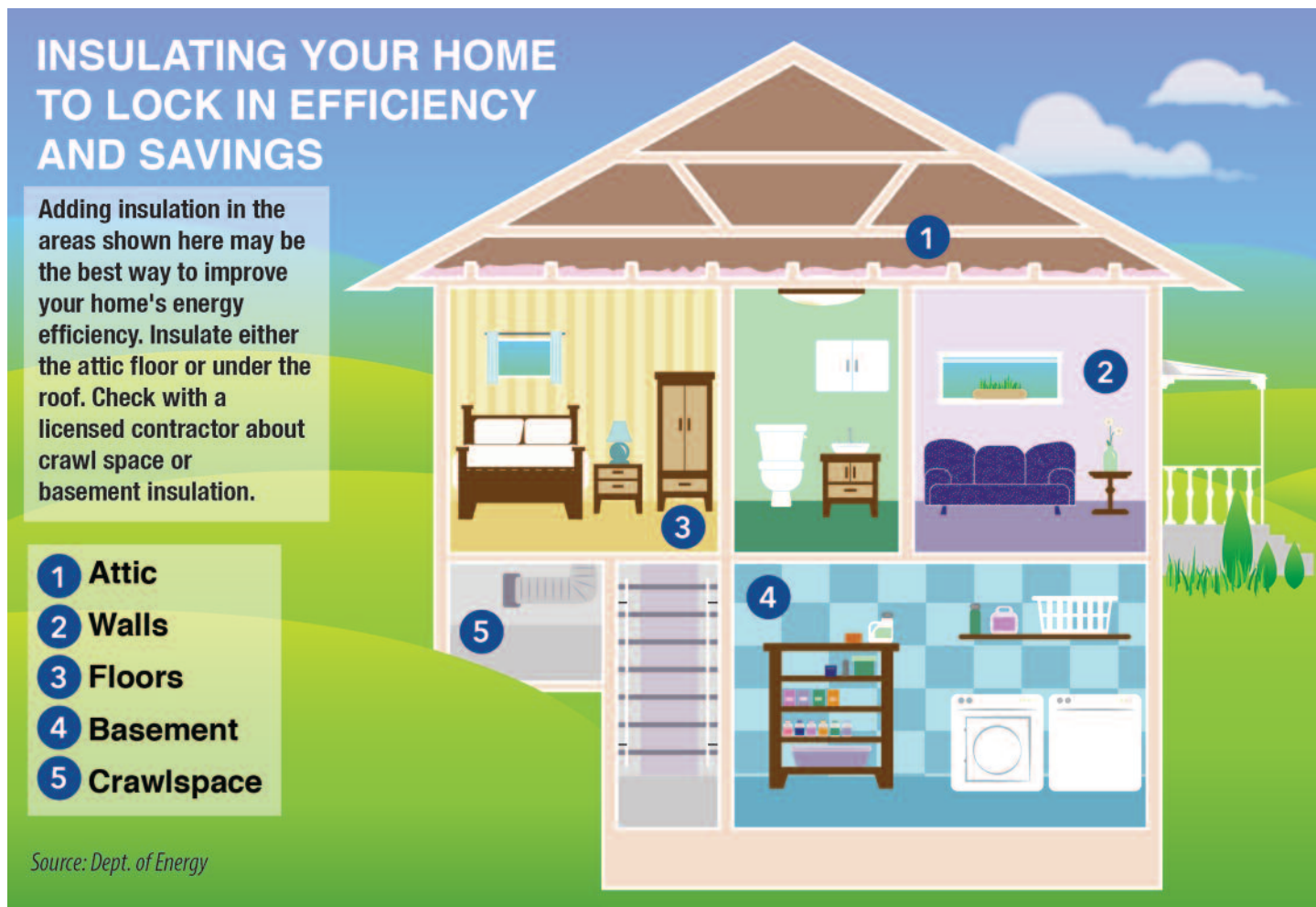
- Attic – R-45 to R-60
- Exterior walls – R-20 to R-30
- Floors over unheated spaces – R-30
- Basement walls and concrete slabs – R-10

Obviously, attics are places where it can really pay to have the right amount of insulation. If your home has six inches or less, and you use primarily electricity to heat it, there

is an EnergyWise program to help you if you add an R-value of at least 19 or six inches of blown-in insulation. By participating in the residential EnergyWise attic insulation program, customers are eligible for an incentive of \$.15 per square foot insulated with a maximum incentive amount of \$300 per existing residential dwelling. New construction and/or additions do not qualify.

Your local utility and Nebraska Public Power District want to help you make the most of your energy dollar by cutting the cost of heating and cooling your home. For more information on insulation or ideas on how you can make your home or business EnergyWise, along with possible energy efficiency financial incentives, contact your local utility or visit www.nppd.com.

Sources: Nebraska Energy Office, Nebraska Public Power District



Protect your family from carbon monoxide poisoning

Often called the “silent killer” because of its odorless, tasteless, and colorless nature, carbon monoxide remains the leading cause of accidental poisonings in the United States, according to the Centers for Disease Control and Prevention. Each year, carbon monoxide poisoning claims nearly 500 lives and causes more than 15,000 visits to hospital emergency departments.

Carbon monoxide can be found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, coal- and wood-burning stoves, and gas ranges and heating systems. Carbon monoxide from these sources can build up in enclosed or semi-enclosed spaces, poisoning people and animals who breathe it.

Portable electric generators are a source of carbon monoxide poisoning if used improperly. Many people rely on these units during extended power outages, but special care must be used.

The most common symptoms of carbon monoxide poisoning are headaches, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of carbon monoxide inhalation can lead to loss of consciousness and death. Unless suspected, poisoning can be difficult to diagnose because the symptoms mimic other illnesses like the flu.

To prevent carbon monoxide poisoning in your home, following these tips:

- Have your fuel-burning appliances — including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves — inspected by a trained professional at the beginning of every heating season. Make certain that flues and chimneys are connected, in good condition, and not blocked.
- Choose appliances that vent fumes outside whenever possible, have them properly installed, and



Did you know?

More than 150 people in the U.S. die every year from accidental nonfire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

Learn what you can do to protect your family from the dangers of CO.

- ✓ Install and maintain CO alarms inside your home to provide early warning of CO.
- ✓ Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- ✓ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- ✓ Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

maintain them according to manufacturers' instructions.

- Read and follow all instructions that accompany any fuel-burning device. If you cannot avoid using an unvented gas or kerosene space heater, carefully follow the cautions that come with the device. Use the proper fuel and keep doors to the rest of the house open. Crack a window to ensure enough air for ventilation and proper fuel-burning.

- Do not idle your car in a closed garage. Fumes can build up very quickly.

- Never use a gas oven to heat your home, even for a short time.

- Never use a charcoal grill indoors or charcoal briquettes in a fireplace.

- Do not sleep in any room with an unvented gas or kerosene space heater.

- Do not use any gasoline-powered engines (mowers, weed trimmers,

snow blowers, chainsaws, small engines, or generators) in enclosed spaces.

- Install a battery-operated carbon monoxide detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. Look for Underwriters' Laboratory (UL) certification on any detector you purchase.

If a carbon monoxide detector in your house goes off, check to see if anyone in the house is experiencing symptoms of carbon monoxide poisoning. If so, get them out of the house immediately and tell your doctor you suspect poisoning from the gas. Regardless of whether anyone in the home has symptoms, ventilate the house, turn off all potential sources of carbon monoxide, and have a qualified technician check your gas appliances. *Sources: Centers for Disease Control; U.S. Environmental Protection Agency*

The AC/DC power struggle

And we don't mean the band

by Brian Sloboda

In the late 1880s, a war was being waged in the United States. It was not the Civil War, as it had ended in 1865 and hostilities with Spain would wait another decade. This war was between Thomas Edison and Nikola Tesla.

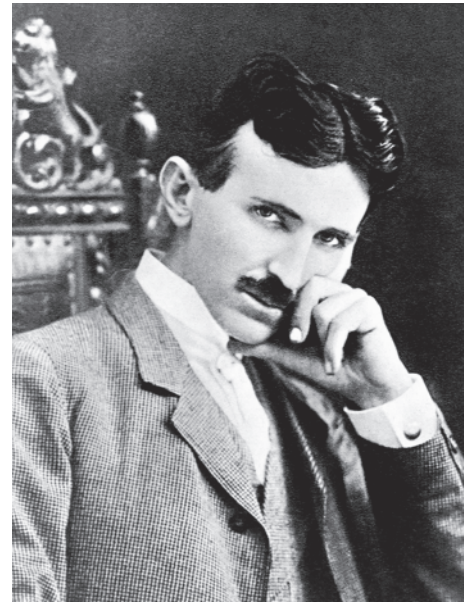
Edison and Tesla were both famous inventors and visionaries. Edison developed a system of delivering electricity known as direct current, or DC. DC flows in one direction and was the U.S. standard in the early days of electricity. However, DC did not allow for the increase or decrease of voltage. Nikola Tesla believed that alternating current, or AC, was the ideal method to distribute electricity to consumers because the voltage could easily be increased or decreased by using a transformer.

The deciding battle took place in Chicago at the 1893 World's Fair. Edison's company, General Electric, requested \$554,000 to light the fair using DC. Tesla and his ally George Westinghouse bid \$399,000. Tesla won the bid, and AC found its way into our lives. Afterwards, the war ended, and General Electric adopted AC. The rest is history.

However, it can be argued that direct current is making a comeback of sorts. Batteries and solid state devices, such as computers, solar panels and LED lights all use direct current. And today, scientists are testing the idea of increased use of direct current. Using DC directly could allow power that is generated by solar panels or stored in a battery to be used more efficiently. There are a small but growing number of test sites around the country looking into this concept.

A home operating completely on DC is most likely not practical today, as most appliances do require AC. However, using a dedicated DC circuit within a home that can effectively use the power generated by solar panels could be something that is useful within the next few years. A circuit powered by solar panels serving LEDs, motors, computers or similar devices could use the power more efficiently. Keys to adoption will be cost, safety and demonstrated efficiency gains.

Public power districts and electric co-ops are monitoring and researching the issue through their national trade association, the National Rural Electric Cooperative Association (NRECA). It is too early to tell what the long-term impact will be for consumers on a daily basis, but it does show that all ideas worth considering are being explored to deliver safe, reliable and efficient electricity to rural electric utility consumers.



Urban legend tells the story of Topsy the elephant that was electrocuted by Thomas Edison during an attempt to show how unsafe Tesla's AC was. The truth is, poor Topsy was electrocuted a decade after the AC/DC debate was decided. There is no evidence that Thomas Edison was involved. It was a case of animal cruelty. But not involved in the battle over AC and DC power.

Added danger in car wrecks with power poles

A car accident can happen so quickly, yet the final seconds may seem to be in slow motion as the car and its passengers jolt upon contact. Such an accident can inflict serious injury and damage, and when the car wreck involves power poles, there is an added danger.

Knowing what actions to take to stay safe can make the difference between life and death. After a car wreck, it is natural for people to want to get out of the car to assess damage to themselves as well as the vehicle. However, when the wreck involves power poles and lines, that is the exact wrong thing to do.

Should you be involved in an automobile wreck with a power pole, Safe Electricity provides the following safety information:

- Stay in the car. Call 911 to have the utility notified.
- Do not leave the vehicle until utility professionals have de-energized the line and they advise you that it is safe to do so.
- If you must exit the vehicle because it is on fire, jump clear of it



with your feet together and without touching the vehicle and ground at the same time. Keeping your feet together, “bunny hop” to safety. Doing this will ensure that you will not have different strengths of electric current running from one foot to another.

- Be aware that, after an accident with a pole, wires can fall at any time.

- Downed lines can sometimes show they are live by arcing and sparking with electricity, but this is not always the case. Treat all downed wires as though they are energized.

- Remember, most power lines are not insulated. The coating on the lines is for weather proofing and will not offer any protection from the electrical current.

- The tires of the vehicle do not insulate it from electrical dangers. Follow the above safety precautions even if the car has rolled and is upside down or on its side. The vehicle is the path to ground for the electrical current. So while you remain in the car, you are safe. If you step out of the car, you are in danger of becoming the path to ground.

Also be cautious if you witness an accident involving a vehicle and downed lines. Stay back, and warn others to stay away. Make sure the occupants of the car stay inside the vehicle until the utility has arrived to de-energize the lines.

For more information on electrical safety, be sure to go online and visit SafeElectricity.org.

Murphy



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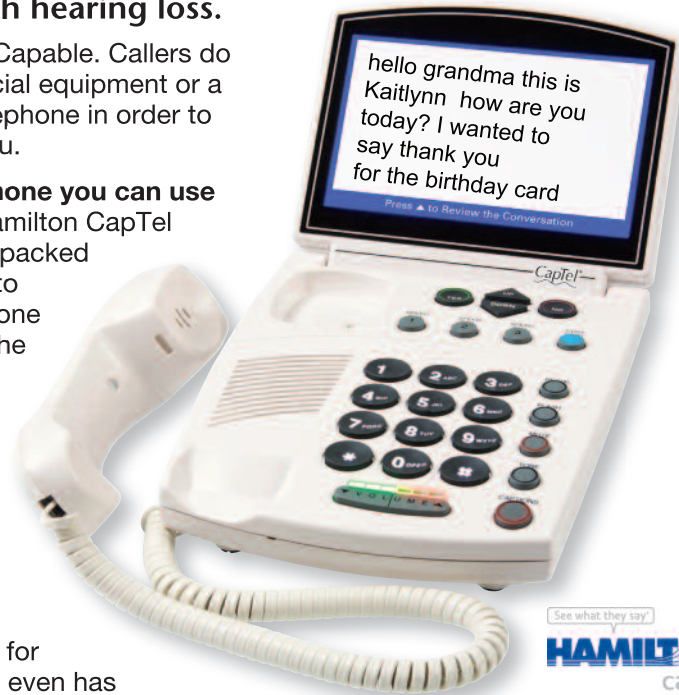
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Can smartphone energy apps save you money?

by Pat Keegan

Q : I'm interested in smartphone apps that will help track my energy use and provide tips for how to reduce it. Do you have any suggestions?

A : There are several smartphone apps that can help you determine how energy is used in your home. Energy use apps can also provide information that helps you choose efficiency upgrades that make the most sense for your home.

Here are a few types of smartphone apps you could consider downloading:

- Your electric utility's app: Many rural electric utilities offer smartphone apps that allow you to view recent bills and set high use alerts. Many of these apps will also let you pay your bill through the app, read about any utility efficiency programs or incentives, compare your energy use to similar homes and learn how the weather may have impacted your energy bill. Visit your rural electric utility's website to find out if they offer a smartphone app.

- Smart thermostat apps: There are a number of smart thermostats on the market from companies like Alarm.com, ecobee, Honeywell and Nest. Smart thermostats can optimize your home's heating and cooling based on your family's habits and the weather. If you have one of these smart thermostats, take advantage of the corresponding smartphone app that can give you detailed information about your home's heating and cooling use.

- Energy disaggregation device apps: There are some devices and corresponding smartphone apps

from companies such as Bidgely and PlotWatt that analyze electric signals to determine how much electricity appliances are using in your home. With these devices and apps, you can see the energy use of a particular appliance over time. An unexplained jump in energy use could pinpoint a problem.



Smartphone apps can be powerful tools for understanding your energy use.

- Apps with energy savings tips: Some apps provide personalized energy tips based on your location, home characteristics and other information that you provide. One example is Touchstone Energy's "Together We Save" app, which provides energy savings tips for the home, as well as energy use calculators.

Additional apps that can help you track and understand your energy use are becoming available each day. Read reviews from other users to learn which apps have been most beneficial. Keep in mind that while these apps can give you an idea of

how much energy you are using, which areas of your home are using the most energy and tips for reducing your use—it's up to you to evaluate the information the app provides. One thing to remember is that apps often only look at a single fuel use, so if you have an all-electric home, the app could be quite conclusive—but if you have appliances fueled by natural gas or propane, the information will be less thorough.

With trend data from an energy app, you should be able to pinpoint large energy uses in your home. For example, if heating and cooling are significant draws on your energy bills, investing in weatherization measures or upgrading your system to a more efficient one could have a big impact on your bill. Apps that give you access to real-time information can be a powerful diagnostic tool to help you evaluate the impact of an energy efficiency measure.

A good practice is to sit down regularly to look at trends and changes to your energy bills. Has your energy use increased in the last month? Was the weather significantly colder or warmer? Was your family at home more often because of a holiday? Does your utility have time-of-use rates, and if so, do you make any adjustments to your energy use to account for those different rates—for example, running your clothes dryer overnight instead of when you get home from work?

If your bill is increasing and you are not sure why, or you want more ideas for how to reduce your energy bills, your public power district or electric co-op is a great resource. Your rural electric utility's energy advisor may be able to sit down with you and analyze your bill, talk about your home's characteristics and your family's habits, and provide tips for how to reduce your energy use.

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Sweet & Savory Big Game Snacks for the Win

The big game is almost here: two teams, a room full of fans and a spread of fan-favorite foods to keep everybody going. Whether everyone's at your place or you're heading somewhere else to watch the game, you want to make sure the place is stocked with flavorful snacks that will wow the crowd.

One of the most popular party favorites is buffalo chicken dip. It is a must-have because it's creamy, cheesy and loaded with great-tasting buffalo flavor. Serve it up with fresh-cut celery or bell peppers, baby carrots, crackers and pita bread, and you'll add some kick to your sporty celebration. Plus, this recipe provides a way to include those traditional football flavors without the mess of hot wings.

A kick can make or break a game, and the right sauce can make or break your recipe. Not only is Frank's RedHot a game-day staple, it was the key ingredient in the first-ever buffalo wings back in 1964. It's an essential ingredient for any big game food lineup, so make sure you've got plenty on-hand.

Once you've got the dip prepared for kickoff, it's time to turn to something a little more unexpected. Round out your game-day lineup with an amazing flavor combination they won't see coming – something sweet, tangy and savory that brings just the right amount of heat: Sweet Chili Meatballs.

Bite-sized meatballs made with ginger, fresh cilantro, green onions and sweet chili sauce are baked before getting doused in even more sweet chili sauce, making them an irresistibly tasty addition to any game day spread. If the game heads into overtime, no need to worry because these meatballs will stay warm in the slow cooker all game long.

If you're looking for more big game tips and recipes to dazzle the crowd, check out frankshredhot.com/recipes.



Buffalo Chicken Dip

- 2 cups shredded cooked chicken
- 1 package cream cheese (8 ounces), softened
- 1/2 cup Frank's RedHot Original Cayenne Pepper Sauce or Buffalo Wings Sauce
- 1/2 cup ranch dressing
- 1/2 cup crumbled bleu cheese or other shredded cheese

Green Onions, optional

Heat oven to 350 F.
 In shallow, 1-quart baking dish, combine all ingredients.
 Bake 20 minutes, or until mixture is heated through. Stir.
 Garnish with chopped green onions, if desired.
 Serve with tortilla chips, crackers and/or vegetables.

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Mail: Nebraska Rural Electric Association, *Rural Electric Nebraskan* Recipes, P.O. Box 82048, Lincoln, NE 68501.

E-mail: Tina Schweitzer at tschweitzer@nrea.org.



Sweet Chili Meatballs

- 1 pound lean ground turkey or ground beef
- 1/3 cup Japanese panko crumbs or bread crumbs
- 1/4 cup cilantro, finely chopped
- 3 green onions, chopped
- 1 tablespoon fresh ginger, finely minced
- 1 large egg, beaten
- 1/2 teaspoon salt
- 12 ounces Frank's RedHot Sweet Chili Sauce, divided

Heat oven to 350 F.

Mix ground meat, panko crumbs, cilantro, green onion, ginger, egg, salt and 1/4 cup sweet chili sauce. Form into one-inch meatballs.

Place meatballs on lightly greased baking sheets.

Bake 20 minutes, turning once halfway through. Put meatballs in slow cooker on warm.

With slow cooker on low to keep meatballs warm, pour remaining sweet chili sauce over meatballs. Gently stir to coat.

Meatballs in Mushroom Gravy

Meatballs:

- 1 1/2 lbs. ground beef
- 1 onion, minced
- 2 cups uncooked rice
- 1 egg, beaten
- 1 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup bread crumbs
- 1 cup hot milk

Gravy:

- 1 can cream of mushroom soup
- 1 cup water
- 1 tablespoon meat sauce
- 1/8 teaspoon pepper
- 1/4 teaspoon salt

Combine meatball ingredients and shape into golf ball sized balls. Place in 2 quart casserole. Combine gravy ingredients and pour over meatballs. Cover and bake at 350 degrees for 1 hour and 45 minutes.

Frances J. Frerichs, Gurley, Nebraska

Linda's Pizza

- 1 Pillsbury refrigerated thin pizza crust
- 1 lb. Canadian bacon
- 1 20 oz. can pineapple tidbits, drained
- 1 16 oz. container pizza sauce
- Mozzarella cheese, use desired amount

Bake pizza crust, following the directions on the package. After baking the crust, cover it with Canadian bacon, pineapple, pizza sauce and cheese. Bake at 415 degrees for 10 to 15 minutes.

Kathryn Ingerle, Elba, Nebraska

White Chocolate Cranberry Pie

- 2 cups milk
- 2 small boxes white chocolate pudding
- 8 oz. dried cranberries, soaked and drained
- 8 oz. cream cheese
- 1 large pie shell
- Cool Whip for topping

Pre-bake pie shell if necessary and cool. Soak cranberries in hot water for at least 5 minutes. Whip milk and cream cheese, add milk a little at a time, to mixture, whipping until smooth. Add pudding, stirring well. Add cranberries. Pour mixture into pie shell and cool in the refrigerator. Add Cool Whip when serving.

Diann Dunn, Pender, Nebraska

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Packed with antioxidants, vitamins and amino acids! Eat fresh, dried or frozen. Harvest berries in early fall. Vine grows 10' tall, but cut back in late fall for better fruit production the next year.

N4916 \$12.99 each
2 for \$24.49



GIANT DOUBLE PEONIES

Twice as lovely!

(*Paeonia*) Produce beautiful, giant blooms for years to come. Use for borders and cut flowers. Grow 36" tall. We send our choice of colors.

N6331 \$5.99 each \$4.59 each
2 for \$8.69 4 for \$16.87



ROSE OF SHARON HEDGE

A friendly fence that blooms all summer!

Delightful blossoms of red, white, or purple each summer in a lifetime fence of natural beauty. These hardy shrubs will grow naturally to 5-10' for an informal privacy screen or can be trimmed for a neat colorful hedge. Bursts into brilliant bloom in mid-summer and continues to flower through fall. Order today and receive 1-2' shrubs. Our choice of colors.

N6877 (30') 6 for \$4.99
(60') 12 for \$9.79 (120') 24 for \$18.49
(240') 48 for \$36.29

 **ORDER ONLINE AT**
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ONE YEAR GUARANTEE

If any item you purchased from us does not live, for a one time **FREE** replacement just return the original shipping label along with your written request within 1 year of receipt. Replacement guarantee is **VOID** unless the original shipping label is returned. For a **REFUND** of the purchase price, return the item and the original shipping label with correct postage affixed, within 14 days of receipt.

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1704 Morrissey Drive DEPT. 984-9075
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Name _____
 Address _____
 City _____ State _____
 Zip _____ Phone () _____
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Please send the items indicated below:

HOW MANY	Item #	DESCRIPTION	COST
	N6331	Giant Dbl. Peonies	
	N4916	Goji Berry	
	N7948	Green Giant Thuja	
	N6607	Q. Strawberries	
	N6826	O. G. Butterfly Plant	
	N6877	Rose of Sharon	
2	—	Stella D'Oro Daylilies	FREE

"Thank you" Gift **FREE** with a \$10 order!

Shipping & Processing \$ **5.99**

SUBTOTAL \$ _____

IL Residents add 6.25% Sales Tax \$ _____

TOTAL ENCLOSED OR CHARGED \$ _____

Check or Money Order enclosed.

Mastercard VISA

Credit Card # _____

Expiration Date _____

Signature _____