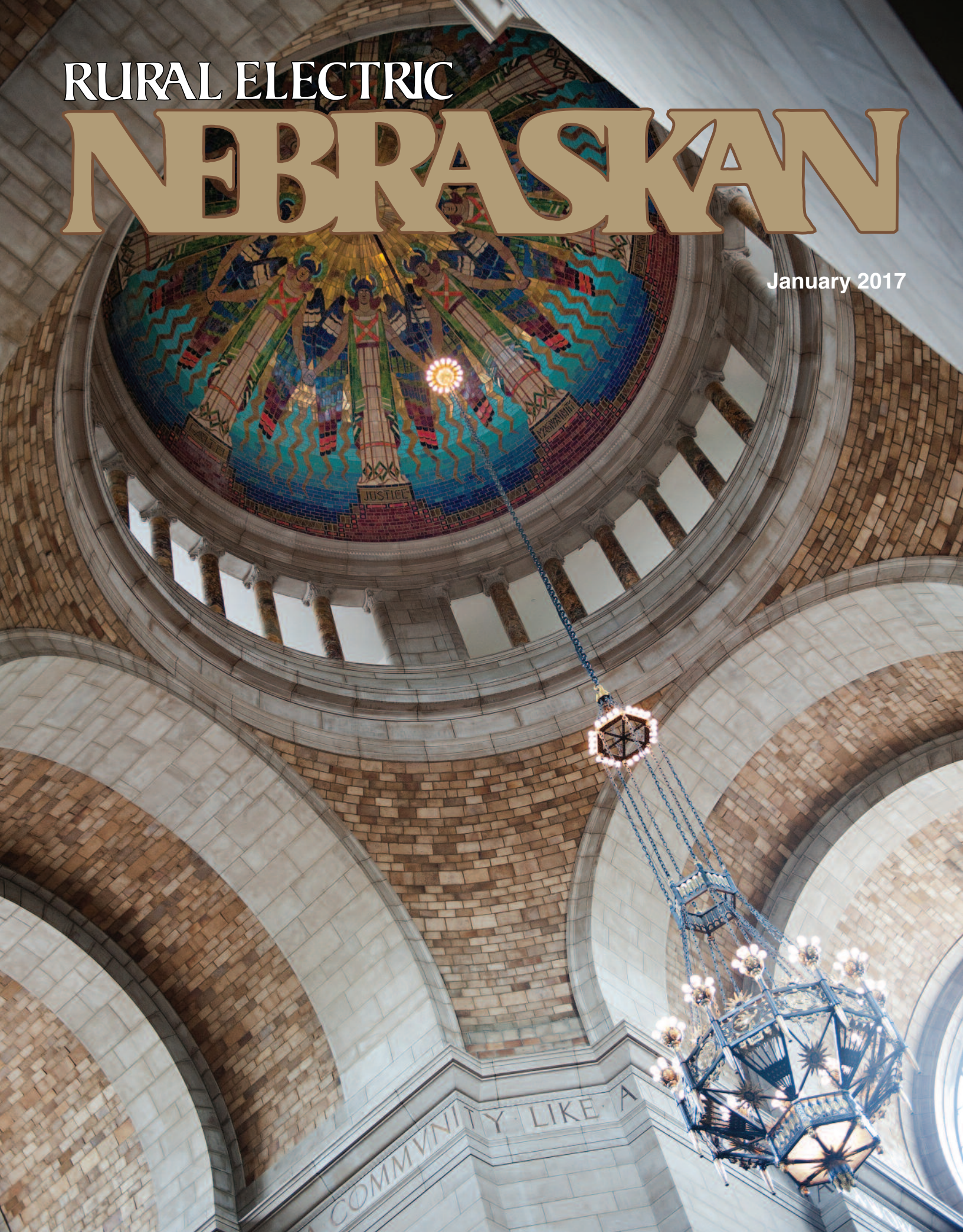


RURAL ELECTRIC

NEBRASKAN

January 2017



COMMUNITY LIKE A

Drug Companies Nervous as Doctors and Patients Demand the AloeCure

Big Pharma execs stand to lose billions as doctors and their patients abandon drugs like Nexium® and Prilosec®. Drug free remedy could put Big Pharma out of the digestion business.

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"! And others call it "a miracle!"

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 out of Texas recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stem 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.

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 in special Asian soil 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 Calm Down Painful Inflammation

According to a leading aloe research scientist, the amazing Aloe plant has a powerful anti-inflammatory effect. Aloe Vera calms the fire in your belly like it does the sunburn on your skin and in many ways helps heal damaged cells. Inflammation is your body's first reaction to damage. So whether it's damage that is physical, bacterial, chemical or auto-immune, the natural plant helps soothe inflammation - rapidly reducing redness, heat and swelling.

Rapid Acid and Heartburn Fix

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.

Debilitating brain disorders are on the rise. New studies show PPI's are linked to an increased risk of dementia. Cutting edge research shows that the health of your brain is closely linked by the state of healthy bacteria that comes from your gut. The things happening in your belly today might be deciding your risk for any number of brain conditions. Studies have been ongoing since the 1990's. New studies suggest that taking PPI's at both low and high dosage also disrupts a healthy human gut!

Sleep Like A Baby

A night without sleep really damages your body and continued lost sleep can



Drug companies are understandably upset since the AloeCure® delivers quicker and better health benefits.

lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. I sometimes call it "Ghost Reflux". A low intensity form of acid 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

One of the Best-Kept Secrets in Hollywood. 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, balances body fluids, forms urine, and aids 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.

Special Opportunity For Readers of this Magazine

With this introductory offer the makers of the AloeCure are excited to offer you a *risk-free supply*. Readers of this magazine are pre-qualified for up to 3 FREE months of product with their order. Take advantage of this special opportunity to try AloeCure in your own home and find out how to test AloeCure for a full 90 days. But that's not all. ... If you don't see remarkable changes in your digestion, your body, and your overall health ... Simply return it for a full refund less shipping and handling (when applicable).

Just call **1-800-328-8921** to take advantage of this risk free offer before it's too late. This offer is limited, call now.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. INDIVIDUAL RESULTS MAY VARY ALOECURE IS NOT A DRUG. IF YOU ARE CURRENTLY TAKING A PRESCRIPTION DRUG YOU SHOULD CONSULT YOUR DOCTOR BEFORE USE. FOR THE FULL FDA PUBLISHED WARNING ON PROTON PUMP INHIBITORS PLEASE VISIT [HT TP://WWW.FDA.GOV/DOWNLOADS/FORCONSUMERS/CONSUMERUPDATES/UCM213307](http://WWW.FDA.GOV/DOWNLOADS/FORCONSUMERS/CONSUMERUPDATES/UCM213307)

RURAL ELECTRIC
NEBRASKAN

"The Rural Voice of Nebraska"

Staff

Editor

Wayne Price

Editorial Assistant

Tina Schweitzer

Published by the



Visit us at www.nrea.org

General Manager

Troy Bredenkamp

President

David Keener,

Niobrara Electric Association, Inc.

Vice President/Secretary

Butch Gray,

Cornhusker Public Power District

Treasurer

Greg Weidner,

Elkhorn Rural Public Power District

Published monthly by the Nebraska Rural Electric Association, 1244 K Street, Box 82048, Lincoln, Nebraska 68501, (402) 475-4988.

Advertising in the *Rural Electric Nebraskan* does not imply endorsement for products by the Nebraska Rural Electric Association. Correspondence should be sent to Wayne Price, Editor, *Rural Electric Nebraskan*, Box 82048, Lincoln, NE 68501.

The *Rural Electric Nebraskan* is printed by the Aradius Group, 4700 F Street, Omaha, NE 68117. Form 3579 should be sent to the Rural Electric Nebraskan, Box 82048, Lincoln, NE 68501.

Periodicals postage paid at Lincoln, Neb. POSTMASTER: send address changes to the Rural Electric Nebraskan, 1244 K Street, Box 82048, Lincoln, NE 68501.

Publication numbers are USPS 071-630 and ISSN 0193-4937.

Rates: \$10 for one year; \$15 for two years; \$20 for three years, plus local and state tax.

Volume 71, Number 1, January 2017

Contents

Features

Stepping Up to the Challenge 6

Nebraska's public power model has served us well, and the value of public power is apparent in every small town across the state. Your public power district or electric cooperative is not focused on turning a profit. Instead, they're helping to make power affordable for you and your neighbor.

Meet Your State Senator 12

The first session of the 105th Nebraska Legislature convened on Wednesday, January 4th in Lincoln. Seventeen new senators join the ranks of the one-house lawmaking body for the 90-day session. Stay in touch with your state senator using this helpful guide.

Departments

EDITOR'S PAGE 4

SAFETY BRIEFS — Murphy 16

CUT YOUR UTILITY BILLS by Pat Keegan 18

RECIPES 20

MARKETPLACE/CLASSIFIEDS 22

On the cover

The theme of the Nebraska Capital rotunda is "Virtues of the State". The eight winged figures in the dome form a celestial rose representing civic and sacred virtues. Photograph by Angela Gottsch



by Wayne Price

Trust me, I can do it cheaper

I want to try an experiment and I need your help. Go over and flip the light switch on the wall. Did the light turn off? Now flip the switch again. Is the light on again? Okay, thanks for participating in the experiment. You can sit back down.

The purpose of the experiment was to show that you are receiving reliable electricity whenever you want it. We often take this for granted because for most of us having the lights turn on with the flip of a switch is all we've ever known. We can forget just how dependent we are on electricity and can't imagine having to survive without it. Oh sure, many of us have dealt with an outage caused by a winter snowstorm or a tornado, but in reality those don't happen very often. And they usually don't last too long.

Having low-cost reliable power is a benefit of public power in Nebraska. All electric consumers want to have the lights work when they flip the switch. Now ask yourself do you care if that electricity was produced by coal, natural gas, nuclear, wind or solar? Is that important to you? Are you willing to pay more for electricity that is generated using a certain fuel?

Maybe you're like me and just want your electricity to be as cheap as possible. It doesn't matter what fuel source is used to create those electrons. You just want it to be cheap and reliable.

Maybe you're on a fixed budget and are looking at ways to save money wherever you can. My electric bill is just one of several I receive and pay every month. It's not the most expensive bill I pay. That honor belongs to my cellular phone bill. And it's not the least expensive one either. That one is my Internet bill.

I can't really imagine not having any of the services I pay for each month. They've just become part of my family's daily life. But I do whatever I can to try to keep them as low as possible.

You might have seen information about how privatizing our public power system in Nebraska could lower your electric bill. They promise to lower the price you pay for electricity, up to 20 percent in some cases.

We hear you, we understand why that sounds wonderful. But they don't explain that you're likely to see an increase in your other costs, which could actually increase your monthly electric bill. Several states have been operating under deregulation but are returning to regulation because costs have shot through the roof. The private power companies that are providing electricity have increased the customer charges to maintain revenue.

In Nebraska we rely on coal to generate a large portion of the electricity we use every day. While the cost of coal is cheap, the cost to deliver it is what is expensive. All the infrastructure to get it to the power plant is what costs the most. The tracks, the locomotives, the people who work to run the system, all come with a cost.

The same goes for the electric industry. People need to understand that the infrastructure is what costs. We have to put poles in the ground, run the wires, buy utility trucks and equipment, and keep the system operating around the clock. We do this by using a diverse mix of fuel sources and working hard to keep all our costs as low as possible.

I watch those HGTV shows where people build a tiny house and plan to use a few solar panels to meet their electric needs. If that solar roof top unit is going to provide your power 24/7, then good luck and God bless. But in reality it won't work for most of us. Most solar operates at about 20 percent of its capacity. And while the price to install solar has come down over the years, installing a unit with enough capacity to meet all our household needs is quite expensive. Ultimately the cost per kilowatt-hour will be higher than the cost your local public power district or electric cooperative will charge you. The reliability of your electricity will depend on how cloudy it is that day.

So when you hear someone say "Trust me, I can do it cheaper," remember that might not actually be the case.



Rural electric utilities are currently testing superhydrophobic materials to help prevent damage to power lines, whether from accumulating ice or damage from seawater. Every year, electric utilities lose millions of dollars from damage caused by ice and corrosion. Photograph provided by National Rural Electric Cooperative Association

Promising technology to survive ice storms

Walk into any sporting goods or camping store and you will be faced with several types of water repellents that can be applied to boots, tents and other types of gear to keep it dry. What if you could apply a similar substance to power lines that would prevent them from accumulating ice and falling down? This technology could be here sooner than you think.

Traditionally, chemists have referred to water repelling molecules as “hydrophobic.” A new generation of materials that repel water especially well has been dubbed “superhydrophobic.” Three different research groups in North America are investigating the development of superhydrophobic materials, and their work holds great promise for utilities that lose millions of dollars in damages caused by ice or (in coastal areas) seawater.

The potential applications for this new material are numerous. Primary beneficial applications are to power lines, insulators and equipment, including high-tension power lines and pylons. Other applications may include conductors and exposed electrical equipment at substations. The coating could also be applied to other power grid surfaces and structures where ice accumulation due to normal or super-cooled water contact with subfreezing surfaces occurs. The invention could even prove beneficial for renewable energy applications, such as wind turbines and solar panels.

Every winter, ice and freezing rain cause power lines to snap and equipment to short out. In coastal areas, sea spray coats distribution and transmission equipment with corrosive salt. These harsh conditions cost electric utilities—and

consequently, consumers—millions of dollars every year in equipment damage. A superhydrophobic coating could prevent these problems and improve service reliability.

Through the National Rural Electric Cooperative Association (NRECA), electric cooperatives have funded the testing of a superhydrophobic coating in cooperation with the National Electric Energy Testing, Research & Applications Center (NEETRAC) at Georgia Tech. NRECA and rural electric utilities are actively involved in other trials to further the development of these materials.

The materials need further testing and additional field trials, but one can only imagine the savings superhydrophobic materials will offer in preventing ice storm and seawater damage to utility equipment.



Working for Nebraska

Stepping up to the challenge

Across the country, public power districts and electric co-ops are stepping up to the challenge to keep electricity affordable. In looking out for their members, public power districts and electric co-ops lead the utility industry in implementing energy efficiency programs and supplying power from a diverse mix of generation resources, including renewable energy and other technologies still in development.

“Rural utilities are on the cutting edge when it comes to testing and deploying new technologies, such as carbon capture and storage, plug-in hybrid electric vehicles, and advanced meter reading devices,” notes Troy Bredenkamp, Nebraska Rural Electric Association general manager. “They are also recognized industry leaders in promoting energy efficiency to help consumers reduce electricity consumption and save money.”

There is no simple, single solution to tackling our nation’s energy challenge, and even exciting new technologies like renewable energy resources aren’t a silver bullet. For example, to fully utilize the potential of renewable energy, at least 30,000 miles of high-voltage transmission lines (230 kV and greater) will need

to be constructed to move energy generated at remote wind farms and other facilities to urban load centers. This will cost billions alone.

Siting and erecting transmission towers has long been a struggle. Planning and permitting approvals take many years and run a gauntlet of not only federal, state, and local governments but also citizen and environmental activists.

Nebraska’s rates are cost-based

Today, we are fortunate our existing generating resources produce some of the cheapest electricity in the country. Gerald Gentleman Station, Nebraska Public Power District’s largest power plant located near Sutherland, Neb., meets all environmental requirements and has some of the lowest input costs in the country.



Nebraska’s utilities will continue to invest in new wind generation over time and if the price is right. But adding or removing power plants isn’t like buying or selling vehicles. A variety of strategic factors must be taken into account when considering the proper time to add to or replace these multi-million dollar, iron-in-the-ground facilities.

Why? Because as a public power entity, it’s our main goal to keep electric rates as reliable and affordable for customers as possible. Our rates are cost-based, there are no profits built into your electric bill. There are no shareholders making decisions about the rates you will pay for electricity. Our focus is simply delivering an affordable and reliable product to you, period.

When you consider customers in Nebraska can get a full day’s worth of electricity to power all of their new mobile devices, appliances, heat and cool their home, etc., for less than the cost of a dozen donuts, it seems as though public power is doing a good job.

Affordable electricity is a great benefit to rural economic development. The lower the energy bill, the more a company can invest in their business and employees.

Job growth is one measure of the

success of economic development efforts. According to the Nebraska Department of Labor, manufacturing employment growth in non-metropolitan Nebraska has increased 7.5 percent since 1990, while the national average has decreased 33.1 percent. Nebraska's economy is strong and growing. This is due, in part, to Nebraska's affordable electric rates.

Keeping rates affordable

Affordable electricity benefits all Nebraskans. In our state a homeowner can meet all of their electrical needs for about \$3.56 per day. This is less than the cost of a drive-thru meal to keep your home at a comfortable temperature, your lights on, and your appliances running. Nation-wide, Nebraska's electric rates are 15 percent below the national average and we rank in the top 15 among all states for the lowest electric rates.

At a time when prices on everything seem to be climbing, public power remains a great value. In fact, since 1936 electric rates in Nebraska have only gone up five cents per kilowatt hour. Just one nickel's change since the Great Depression and the beginning of the Rural Electrification Program which brought electricity to some of Nebraska's most rural farms.

Infrastructure upgrades, increased fuel prices, and federal regulation are all driving forces in increasing electric rates. To keep rates as low as possible, rural public power providers have had to work diligently to keep overhead costs at a minimum. In fact, Nebraska's rural electric systems only employ one individual for every 239 customers, and nearly 70 percent of your electric bill is the cost of wholesale power to rural power districts. This means the delivery of electricity and all of the work necessary to keep your lights on only makes up about 30 percent of your monthly charges.

Nebraska's public power model has served us well, and the value of public power is apparent in every small town across the state. Your public power district or electric cooperative is not



Norris Public Power District linemen Mike Wiltze, left, and Trevor Nitzel are part of the system that keeps the lights on in Nebraska.

focused on turning a profit. Instead, they're helping to make power affordable for you and your neighbor.

On a national average, public power rates are lower than those of other investor-owned utility companies. That's because local, not-for-profit utilities have the power to put their neighbors first. Keeping energy costs affordable serves every community's long-term needs, and that's what public power is all about. Locally owned utilities achieve affordability by setting their rates using citizen-controlled boards that hold public meetings.

"Working for Nebraska"

Affordability plays a key role in NREA's "Working for Nebraska" education awareness campaign. The effort focuses on educating Nebraska's electric consumers about the need to craft energy and climate change policies that will support a diverse mix of power generation while keeping electricity reasonably priced.

"We've always counted on our consumers being part of the solution," said Bredenkamp. "It's not a case where you can sit back and expect somebody to take care of you. It's a case in which we've all got to work

together. Rural electric consumers provide a tremendous amount of political strength that helps us take a lot of rough edges off of legislation. There may be regulations we have to encourage our friends in the Legislature to change, and that will require a great deal of political strength."

The communications strategy campaign also looks for rural electric consumers to ask their U.S. representative and senators if Congress will work with public power districts and electric cooperatives to make sure reliable power is available at a price consumers can afford.

"If consumers don't get engaged, then obviously electric bills are going to be far higher than they should be and people will suffer," he said. "Without our consumers' help, local electric utilities will not be able to stop it. Consumers could even find themselves in a situation where reliable electric power may not be so reliable. The stakes are enormous, both from a standpoint of affordability and from a standpoint of availability."

Learn more about public power at www.workingfornebraska.org.

Sources: U.S. Energy Information Administration, NRECA, NPPD



Reaching global markets through technology

Nationally-Acclaimed Live Streaming Expert Comes To Central Nebraska

For the second year in a row GROW Nebraska and AIM have teamed up to bring a nationally-acclaimed expert to Central Nebraska. On March 16, 2017, Luria Petrucci takes the stage as the keynote speaker at the MarkeTech Conference, Nebraska’s premier conference on marketing and technology for businesses. Luria will reveal how you can market effectively, build an audience, increase engagement, and use technology to increase revenue.

Luria Petrucci has worked in the field of Live Streaming for over 11 years. She has created over 3500 videos and has over one billion views. Because of her success, she’s been asked to share her expertise on CNN, FOX, NBC, MSNBC, ABC and BBC. She has also worked with top brands including AT&T, Samsung, Verizon FiOS, Bausch + Lomb, Monster Products, DISH Network and Panasonic.

Now, Luria is coming to share her knowledge and insight with

Midwestern business owners. “We are thrilled to have a conference of this caliber in Nebraska. We want Nebraska businesses to be empowered to reach national and global markets through the amazing technology that we have available right now, and we want to show them how,” said Janell Anderson Ehrke, CEO of GROW Nebraska.



Janell Anderson Ehrke, GROW Nebraska CEO, talks with 2016 Keynote Speaker Brian Fanzo.

Breakout sessions will feature passionate, successful entrepreneurs, business owners, and resource providers who have harnessed the power of marketing and technology. Their inspirational talks are geared to help attendees expand their use of digital marketing, eCommerce, mCommerce, and emerging technology. Every session will have key takeaways that business owners can implement immediately.

“The goal is to offer success stories that can be implemented by the attendees. We want them to leave the conference with the knowledge to know that they can do this,” said Kandace Miller, CEO for AIM.

The MarkeTech Conference, which has been an annual event for the last 8 years, has expanded over the years. Christy Freihage, from Hoover’s Jewelers in Kearney attended MarkeTech for the first time in 2016 to learn about eCommerce and to hear from experts like Lydia Pearson from The Buckle. “I love this

conference. I go to conferences all the time; this is one of the best conferences I've ever been to. Everybody in Nebraska should go to this conference. We actually closed our store for two days to come," said Freihage.

With over 250 Nebraska business owners expected to attend this year, the networking opportunities are another amazing benefit. "For me, coming into the business, MarkeTech has definitely been the best thing we have utilized from GROW Nebraska so far. From all the sessions to the networking, I learned so much. And GROW connected us to Roy Noren there, who we use for all our labeling now, to improve all of our labels. We were able to move from an outside packaging plant to doing our own packaging. MarkeTech was absolutely amazing," said Sierra Forrest, Director of Marketing and Sales for Sonpower Industries (Simply Sunflower) near Ord.

This conference on technology and marketing for small business owners and entrepreneurs will be held March 16, 2017 at the Younes Center in Kearney, Neb. Registration opens January 1, 2017, with an early bird special rate of \$129 before February 28 and a full rate of \$179. Members of GROW Nebraska receive a discount to attend, with early bird pricing of \$79 and a full rate of \$129.

"MarkeTech is a training event. It's marketing and technology, right? So it's training; it's networking; it's hands-on experience. It's going to be an awesome event, and I'm really excited to be a part of it," said Petrucci.

The MarkeTech Conference is a program of AIM/GROW Nebraska. For more information on the conference, please visit www.marketechconference.org. For more information on AIM, please visit aimforbrilliance.org. To learn more about GROW Nebraska, please visit grownebraska.org. If you have questions, please email info@grownebraska.org or call (308) 962-6767.



Above: Attendees took advantage of several networking opportunities at the conference last year.



Left: MarkeTech attendees filled a banner with key takeaway lessons they learned at the conference. The tagline for 2016 was "Success Starts Here".

Below: Lydia Pierson, Internet Marketing Manager for The Buckle, and Janell Anderson Ehrke, CEO of GROW Nebraska, are interviewed about how technology and marketing help businesses of all sizes.





Do you know what's in your attic?

If you would like to reduce the cost to keep your home toasty and warm, ask yourself this question: “What’s in my attic?”

Properly insulating your attic can be one of the best ways to reduce your energy bills. The good news is that attics are often one of the easiest places in a house to insulate. Moreover, purchasing adequate insulation is not that expensive!

Loose-fill or batt insulation is typically installed in an attic. Although installation costs may vary, loose-fill insulation is usually less expensive to install than batt insulation, and when installed properly, loose-fill insulation can also provide better coverage.

So how much is enough? First, you will need to determine the R-value of the insulation you currently have. The term R-value refers to the measurement of thermal resistance of the insulator. The higher the R-value, the more the insulator is resistant to heat. Building code for new home construction in Nebraska requires a minimum R-value of R-39 or R-48, depending on where you live in the state. To maximize the benefit of attic

insulation the U.S. Department of Energy recommends an R-value of R-60. Any amount higher brings little additional benefit.

The best way to find out if you have enough insulation is to measure. Using a measuring tape or yard stick, measure the thickness of insulation in several spots around your attic. Use these measurements to come up with an estimated average. Now, multiply that estimate by the R-value per inch for the type of insulation you have. Blown in loose cellulose, blown in fiberglass, and fiberglass batts usually have values of R-3.5, R-2.5 and R-3.2 per inch, respectively.

The next step is to prepare for your project. Some of the basic tools you will need are protective clothing, a dust respirator, gloves, goggles, full cover pants and shirt, and perhaps additional lighting. Obviously, you will also have to purchase all the insulation necessary to cover your attic. If you plan to use blown in insulation, check to see if your retailer provides a blower for you to borrow at no additional charge.

It is recommended that you lay out some temporary flooring across the

joists in the attic to provide safe and easy access to all areas. It is best to start blowing in the insulation at the outer edge of the attic space and work your way back to your attic access. When working on the edges, you need to ensure that you fill far enough to cover the tops of the exterior walls. However, be careful not to block the flow of air through soffit and/or eave vents. Also, be sure not to insulate over light fixtures that are not rated I.C. (insulated ceiling) because it could cause a fire. It is usually helpful to have two people for the job – one operating the gun and the other loading insulation in the machine. Make sure to load slowly into the machine to avoid clogging it. Everything else is pretty straightforward. After you have a proper layer of insulation in your attic, you can expect to see your energy bill drop.

If you primarily use electricity or a heat pump to meet your heating requirements, check with your electric utility to see if you are eligible for an EnergyWise Attic Insulation Incentive. This program may cover up to \$300 of the cost to upgrade the insulation in your attic.

Source: Nebraska Public Power District

THE ALLIS-CHALMERS TRACTORS EXPRESS

An Illuminated Real Working Electric HO-scale Train Collection featuring Fully-Sculpted and Removable Allis-Chalmers Tractors and Vintage Advertising!



1914
TRACTOR DIVISION - MILWAUKEE, U.S.A.
ALLIS-CHALMERS

1957 - 1967
ALLIS-CHALMERS D17



Fine collectible,
Not intended for children under 14

EVERYTHING YOU NEED TO RUN YOUR TRAIN

Along with Shipment Two, you will receive a 14-piece track set, power-pack and speed controller—a \$100 value—YOURS FREE!



In 1914, Allis-Chalmers, then a manufacturer of heavy mining and mill equipment, decided to enter the growing tractor and farm machinery business. In 1929, their success grew when they changed the color of Allis-Chalmers tractors from green to the color of Persian Orange. And, as they say, the rest is history! Allis-Chalmers would go on to become one of the leaders in the tractor industry and pioneer innovations including the first pneumatic tires, the first power-adjustable rims and the first turbocharged tractor to name just a few. Today, these bright orange machines are still in use on America's farms and throughout the world.

Hawthorne is proud to present the *Allis-Chalmers Tractors Express* that celebrates these legendary farm machines in a heirloom-quality train that runs on any HO-gauge track.

An incredible train at an exceptional value.

Begin your train collection with the illuminating "Allis-Chalmers Diesel Locomotive" for three easy payments of \$26.66*, the first billed before shipment. Subsequent train cars—many featuring removable replica sculptures of these famous tractors—will be billed separately each at the same attractive price and sent about every other month. You may cancel at any time and with our best-in-the-business 365-day guarantee, your satisfaction is assured!

Not available in any store! Order today!

This is a limited-time offer and strong demand is expected. You need *send no money now*. Just sign and mail the Reservation Application today.

www.bradfordlexchange.com

CERTIFICATE OF AUTHENTICITY & 365-DAY GUARANTEE

THE BRADFORD EXCHANGE
HAWTHORNE VILLAGE DIVISION
9345 Milwaukee Avenue
Niles, IL 60714-1393

Limited-time Offer—Please Respond Promptly

YES! Please enter my order for one *Allis-Chalmers Tractors Express* electric train collection, beginning with the "Allis-Chalmers Diesel Locomotive" as described in this announcement.

SEND NO MONEY NOW.

Signature _____
 Mrs. Mr. Ms. _____ Name (Please Print Clearly)
 Address _____
 City _____ State _____ Zip _____
 Email _____

917966-E53101

*File \$9.99 shipping and service. Allow 4-6 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.



Flat cars feature removable fully-sculpted replicas of historic Allis-Chalmers tractors. Shown here is the popular D17 -- over 62,000 were produced in its 10 year run.

© Allis-Chalmers is a registered trademark of Archer Well Company Inc. © 2016 Archer Well Company Inc. © Hawthorne Village 14-01583-001-8B2016

Meet Your State Senator

The first session of the 105th Nebraska Legislature convened on Wednesday, January 4th in Lincoln. It's a 90-day session.

If you want to write your state senator during the 2017 session, please address correspondence to:

Senator (Last Name)
District # State Capitol
PO Box 94604
Lincoln, NE 68509-4604

Find your senator's name, hometown, legislative district and Capitol telephone number here.



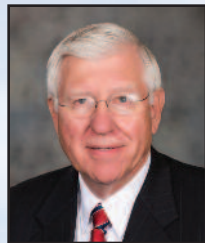
District 1
Dan
Watermeier
Syracuse
471-2733



District 2
Bill
Kintner
Papillion
471-2613



District 3
Carol
Blood
Bellevue
471-2627



District 4
Robert
Hilkemann
Omaha
471-2621



District 5
Mike
McDonnell
Omaha
471-2710



District 6
Joni
Craighead
Omaha
471-2714



District 7
Tony
Vargas
Omaha
471-2721



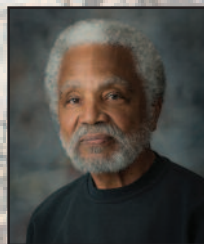
District 8
Burke
Harr
Omaha
471-2722



District 9
Sara
Howard
Omaha
471-2723



District 10
Bob
Krist
Omaha
471-2718



District 11
Ernie
Chambers
Omaha
471-2612



District 12
Merv
Riepe
Ralston
471-2623



District 13
Justin
Wayne
Omaha
471-2727



District 14
Jim
Smith
LaVista
471-2730



District 15
Lynne M.
Walz
Fremont
471-2625

**District 16**

Lydia
Brasch
Bancroft
471-2728

**District 17**

Joni
Albrecht
Thurston
471-2716

**District 18**

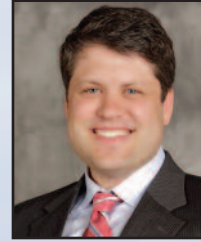
Brett
Lindstrom
Omaha
471-2801

**District 19**

Jim
Scheer
Norfolk
471-2929

**District 20**

John S.
McCollister
Omaha
471-2622

**District 21**

Mike
Hilgers
Lincoln
471-2673

**District 22**

Paul
Schumacher
Columbus
471-2715

**District 23**

Bruce
Bostelman
Brainard
471-2719

**District 24**

Mark A.
Kolterman
Seward
471-2756

**District 25**

Suzanne
Geist
Lincoln
471-2731

**District 26**

Matt
Hansen
Lincoln
471-2610

**District 27**

Anna
Wishart
Lincoln
471-2632

**District 28**

Patty Pansing
Brooks
Lincoln
471-2633

**District 29**

Kate
Bolz
Lincoln
471-2734

**District 30**

Roy
Baker
Lincoln
471-2620

**District 31**

Rick
Kolowski
Omaha
471-2327

**District 32**

Laura
Ebke
Crete
471-2711

**District 33**

Steve
Halloran
Hastings
471-2712

**District 34**

Curt
Friesen
Henderson
471-2630

**District 35**

Dan
Quick
Grand Island
471-2617

**District 36**

Matt
Williams
Gothenburg
471-2642

**District 37**

John S.
Lowe
Kearney
471-2726

**District 38**

John
Kuehn
Heartwell
471-2732

**District 39**

Lou Ann
Linehan
Elkhorn
471-2885

**District 40**

Tyson
Larson
O'Neill
471-2801

**District 41**

Tom
Briese
Albion
471-2631

**District 42**

Mike
Groene
North Platte
471-2729

**District 43**

Tom
Brewer
Gordon
471-2628

**District 44**

Dan
Hughes
Venango
471-2805

**District 45**

Sue
Crawford
Bellevue
471-2615

**District 46**

Adam
Morfeld
Lincoln
471-2720

**District 47**

Steve
Erdman
Bayard
471-2616

**District 48**

John
Stinner
Gering
471-2802

**District 49**

John
Murante
Gretna
471-2725

Plan a visit with your State Senator

An effective way of conveying a message to your senator is by meeting with them or their staff. Below are a few simple steps which will help make your visit a successful experience.

Plan your visit: Know what you want to achieve and do your homework.

Make an appointment: Contact the senator's office and try to schedule a meeting. Explain why you desire a meeting and who you represent.

Be prompt and patient: It is not uncommon for state senators to show up to an appointment late or to have a meeting interrupted. Be understanding, flexible and on time. State senators do not have time to wait on you.

Be prepared: Know what you want to say and be equipped with information and materials that support your position. If a senator is not available for a meeting, talk with that member's staff.

Be pertinent: Demonstrate the connection between your issue and the interests of the member's constituency. Try to convey to the member how you or your group can be of assistance to him or her.

Emailing your State Senator

Email has become generally accepted among representatives as an acceptable form of communication. Email carries with it the benefit of having your information transmitted instantly. If you opt to use email, your correspondence should be similar in format to a traditional letter. Do not make the mistake of sending an informal letter through email correspondence.



Visit our grass-roots website and find your state senator.

Your Congressional Delegation

Need to contact a member of the House of Representatives or a member of the Senate? Find Nebraska's Congressional Delegation's contact information here.



Rep. Jeff Fortenberry

Washington, D.C. Office:
1514 Longworth House Office Bldg.,
Washington, D.C. 20515
Phone: (202) 225-4806
Website: fortenberry.house.gov



Sen. Deb Fischer

Washington, D.C. Office:
454 Russell Senate Office Bldg.,
Washington, D.C. 20510
Phone: (202) 224-6551
Website: fischer.senate.gov



Rep. Don Bacon

Office information not available at
time of printing



Sen. Ben Sasse

Washington, D.C. Office:
386A Russell Senate Office Building
Washington, DC 20510
Phone: (202) 224-4224
Website: sasse.senate.gov



Rep. Adrian Smith

Washington, D.C. Office:
2241 Rayburn House Office Bldg.,
Washington, D.C. 20515
Phone: (202) 225-6435
Website: adriansmith.house.gov

MarketTech

Register now - Early Bird Pricing ends February 28!

Thursday, March 16, 2017 | Kearney, Nebraska



Register now for:

Live Streaming Tips from Luria Petrucci

VIP Pass to Wednesday's reception

T-shirt by 24HourTees

use video for your
business • build trust
online • market through
technology • viral social
media • modern website
essentials • and more!

Register at www.marketechconference.com

Presented by AIM & GROW Nebraska | info@grownebraska.org | 888.GROW.NEB

Garage Door Safety: An Open and Shut Case

Try this riddle: What weighs 600 pounds, deters intruders, and goes up or down at the push of a button? It's your automatic garage door, the largest moving piece of equipment in many homes.

Automatic garage doors may be a routine part of leaving and arriving home, but you should be aware of the potential for injury. Underwriters Laboratories, Inc., recommends these tips to make safety an open and shut case when it comes to your home's garage:

1. Always keep automatic garage doors fully open or fully closed. Some folks may leave a small opening at the bottom for pets to get in and out for food or shade. But a small opening could also be an invitation for a child to try to crawl through and get stuck. Another push of the button could send the heavy door down — causing injury — instead of bringing the door up when trying to free anyone stuck underneath. If you encounter someone stuck in an automatic door, call your local fire department.



Garage doors add convenience and security to a home, but should be routinely inspected. Photograph provided by Overhead Door

2. Read instructions on how to operate and maintain your garage door properly. Check your automatic door monthly to be sure safety precautions are working. Many garage doors boast a safety feature that triggers an automatic reversal if anything is encountered while closing. To check, place a 1.5-inch object (like a flat 2x4) in the path of

the door to make sure the door correctly reverses when contact is made. Instructions should also advise on maintaining a properly balanced door. Call a qualified repair company for service or maintenance.

3. Do not allow children to operate a garage door. It may seem like a harmless, simple task to allow children to push the garage opener. But activating heavy equipment should be taken seriously.

4. Avoid walking under a door that is opening or closing. You never know when a malfunction may take place. Steer clear of a moving door.

5. Know when and how to use the emergency release. You'll find a cord with a handle hanging along the track of your garage door. Always use caution when using this release, and only use it when the door is fully closed.

An automatic garage door opener is a common convenience powered by electricity. Just as electricity demands safety and respect, so does the equipment it operates.

Source: Underwriters Laboratories, Inc.

Murphy



Don't fall victim to energy scams

Across the U.S., cases of fraud and identity theft are at all-time highs. Energy scams are becoming more sophisticated and prevalent, and it's possible for anyone to be tricked by them. The best way to stay safe is to be aware of some of the common ploys, be suspicious of free energy claims and to contact your public power district or electric cooperative if anything seems amiss.



Phone scams

Each year, thousands of consumers from coast-to-coast, including members at electric cooperatives, fell prey to a telephone scam promising bogus help with energy bills. The criminals claimed that President Obama had authorized a special federal program to pay electric bills. Then, they asked each victim to provide personal information, such as a bank routing number or a Social Security number to receive the payment. Although this particular scam has run its course, scammers are always coming up with new stories to steal consumers' personal information.

Email

Many of these emails will mimic emails from legitimate sources and contain personal information such as your name, address, bank name and more. Unfortunately this information is not difficult to find and can make otherwise sensible people send back sensitive information or click a link in the email. If you open an email that you suspect is a scam or asks for private information, you can always call your utility to confirm its authenticity. Just don't click the link first.

Door to door

Even in the digital age, there are still scams being perpetuated face to face. Typically these scams target the elderly or people who may be easier to intimidate. Claiming to be from the utility (or associated in some way), they will tell you that something is wrong (bill past due, equipment missing or broken) and that you need to pay them money immediately or be disconnected. Rural electric utilities do not demand payment like this in the field and do not go to a member's house unless there is a scheduled appointment. Again, if you want to check if the person at your door is a utility employee, call your public power district or electric cooperative.

Avoid energy scams with these tips:

- Always guard your personal accounting and banking information, and never share this information with family, friends or strangers.
- Remember – your electric utility will NEVER call and ask for sensitive personal information over the phone.
- Only use methods authorized by your utility to pay your bills.
- Utility employees visit a home only in response to a service request. If a service call has not been scheduled or requested, do not allow the person to enter your house.
- When an employee does respond to a service call, check identification and make sure the service truck is clearly marked with the proper logo.

By following these steps, you can avoid falling for many common energy scams, and if you are looking to save money on your energy bill, or understand your bill better, contact your local electric utility.

HOW TO SPOT A SCAM

Don't become a victim.

In one of the most common scams, a caller may:



Pretend to be from your utility. (Your caller ID may even display your utility's name.)

Threaten to turn off power, water or natural gas service to your home or business within an hour.



Demand immediate payment – often by prepaid debit card.

Suspect a scammer? Here's what to do if the call seems suspicious:

- 1 Hang up.
- 2 Call your utility provider at the phone number on your bill.
- 3 Call the police.



DO NOT pay over the phone if immediate payment is demanded to avoid a disconnection.

DON'T FALL FOR THE CALL!

Remodeling the heart of your home

by Pat Keegan

Q: My family is planning to remodel our kitchen in the coming months. The remodel will be pricey, but we hope to incorporate energy efficient features that will help reduce our energy costs. What are some things we can do to make sure our kitchen is as energy efficient as it can be?

A: Undertaking a remodeling project in any part of your home gives you the chance to make a space work better for your needs—including reducing your energy use. For many households, the kitchen is the heart of the home—meaning it is used the most—so incorporating energy efficiency measures here can have a real impact on your energy bills.

Before starting a remodel, consider having a home energy audit completed by a certified professional. This energy assessment can help you identify major efficiency issues in your kitchen that you can address as you remodel. The audit can also identify other large efficiency investments your home may need that could make sense to invest in at the same time. For example, upgrading your heating and cooling system and ductwork during the same time as your kitchen remodel could be more cost-efficient than completing two separate projects.

Below are some additional tips and thoughts to consider while you go through your kitchen remodel:

Kitchen layout and design

During a remodel, homeowners often want to expand the kitchen. However, bigger isn't always better—and enlarging the footprint of your

kitchen will likely mean higher heating and cooling bills. Consider whether a more efficient layout in your kitchen could prevent a need for expansion.

The design phase of your project is also when you will decide on placement of your major appliances and kitchen features. There may be opportunities to shorten plumbing runs to make hot water delivery to your sink and dishwasher more efficient and to add plumbing insulation to reduce heat loss. Also think about heat sources in your kitchen and how they will affect your refrigerator. Placing it in a very sunny spot or next to your oven will make this appliance work harder and use more energy.

Appliances

If you are replacing any kitchen appliances, look for Energy Star-certified refrigerators, dishwashers and freezers to help save energy. In particular, refrigerators that are Energy Star-certified will use about 10 percent less energy than standard models—and up to 40 percent less energy than a refrigerator from 2001. Once it is replaced, rather than moving your old refrigerator into the garage where it could use even more energy, ask your electric utility how you can recycle it. They may even offer a program that hauls away your older appliance.

Lighting

Many remodeled kitchens incorporate lots of windows to ensure a bright, naturally-lit kitchen. Using natural light can make your kitchen feel more open and reduce reliance

on overhead lights, but beware of overheating the room in the summer. When thinking about your windows and lighting, consider your home's climate and orientation and how to use natural light strategically.

In addition to overall lighting, a kitchen needs bright task lighting. Installing individual task lights on separate switches can help minimize the energy you use for lighting. Throughout your kitchen, install Energy Star light fixtures and bulbs, which are certified for energy savings, high quality and performance.

Kitchen ventilation

Increasingly, homeowners are installing professional-looking hoods above stoves in their remodeled kitchens. Be sure to pick a high-efficiency model sized for your needs and install it so that it vents directly to the outside. Remember that running a hood exhaust fan more frequently than needed can make your heating and cooling system work harder, as conditioned air is pulled outside.

Overall comfort

The kitchen is often a family's gathering place, so installing zonal heat in this space could make sense—you could turn up the thermostat for the kitchen without warming the entire home.

Other ways to ensure that the kitchen is a comfortable room for your family are to address any building envelope issues noted in your energy audit: for example, increase wall and attic insulation, address duct and air sealing needs, invest in efficient windows and install window coverings that help block hot summer sun and blustery winter wind.

Understanding the Efficiency of Space Heaters

by Brian Sloboda

Space heaters are small, versatile, and generally good at warming a room, and many people consider purchasing one at some time or another. However, some manufacturers claim that their electric space heater can cut a home's heating bill significantly. Do these claims hold up?

Some basic facts about space heaters will help get at the truth of the matter. Space heaters work best as a supplement to a furnace or heat pump—they rarely are used as the primary heating source. Three main types of space heaters are: radiant heaters, convection heaters, and combination heaters. These usually can be purchased for \$30 to \$100.

Radiant Heaters

A radiant heater heats objects and people—not the air—in a room. Their best use is in rooms where those who want to be warmed are in the direct line of sight of the heater. Radiant

heaters can be a good choice if you are in a room for a short period of time and want instant heat. They can pose a burn or fire risk, however, and should not be placed near furniture, drapery, pets, or small children.

Convection Heaters

Convection heaters are designed to heat the air—not people or objects—in a room. Hot air from the convection heater rises to the ceiling and forces cooler air to the floor. The cooler air is warmed by the heater and rises to the ceiling, creating a cycle that continues as long as the heater is on. These typically are either baseboard or oil- or water-filled heaters. The oil- or water-filled heaters are the most efficient types and often look like a small radiator. These units generally become warm to the touch and, compared to a radiant heater, have a decreased fire and burn risk.

Combination Heaters

As the name implies, combination heaters try to merge the best features of radiant and convection heaters. They often have an internal fan that

aids in distributing heat throughout the room. These heaters are versatile, but they typically do not perform as well as radiant or convection heaters.

Before purchasing a space heater, you should determine how and where it will be used, and whether a radiant, convection, or combination heater will do the job best. Combination units are versatile, but you likely will get better performance from a radiant or convection heater. Use a radiant heater if you want heat instantly and will stay in one spot. If you need to warm an entire room, a convection heater should do the trick.

So can using a space heater cut your home heating bill? Maybe. Most space heaters use between 600 and 1,500 watts of electricity. A homeowner using a space heater 8 hours a day, 5 days a week, for a month, would spend approximately \$15.26 for this additional electricity. However, space heaters can heat only a small space. You can save significantly if you use the space heater in this way: turn the thermostat of your central heating system down considerably (as low as 50 degrees in some cases). Place the space heater in a room occupied by people and close that room off from the rest of the home. This method of “zone heating” will save money.

Space heaters do have their place in warming a house, but they simply cannot replace energy efficient central heating or weatherization improvements to the home. For example, all electric space heaters produce 1 unit of heat for every 1 unit of electricity consumed; in other words, they are 100 percent energy efficient. Those that use natural gas are 80 percent efficient. In comparison, geothermal heat pumps can produce more than 3 units of heat for every unit of electricity consumed, making them 300 percent efficient.

Before purchasing a space heater you should understand how the device is used, as well as the energy claims of the manufacturer. While it may be technically possible to cut your heating bill by 50 percent using a space heater, it is impractical for most people.

Before You Buy

Before buying a space heater, it will be beneficial to take some easy and inexpensive energy-saving measures in your home. Any of these could solve your heating problems without any additional heating equipment:

- Add caulk and weather stripping around doors and windows
- Add insulation to attics and exposed walls
- Clean or replace furnace filters
- Move furniture or obstacles away from heat registers
- Insulate duct work
- Close blinds or curtains at night

Boost your day with versatile peanut butter

Whether you're a fitness junkie, busy parent, sleep-deprived student or diehard sweet tooth, peanut butter is an ingredient that sticks for all of life's moments. With a healthy boost of protein and energy, peanut butter is perfect as an on-the-go snack, fuel for a workout, a reliable family meal or a decadent dessert.

There's no shortage of delicious ways to pack peanut butter into diverse dishes throughout the day:

- Add peanut butter to your favorite fruit smoothie for a nutty new flavor.

- Encourage children to experiment with the essential spread and go beyond PB and J by replacing fruit for the jelly or stirring peanut butter or peanut butter powder into their yogurt.

- A simple peanut butter and honey sandwich makes a great on-the-go snack you can throw in your gym bag or tuck away in a drawer at work.

- Add peanut butter to a sauce or salad dressing for an extra zip of flavor and protein.

Find more creative ways to enjoy peanut butter with these winning recipes from Southern Peanut Growers' annual PB My Way recipe contest, and explore additional dishes at peanutbutterlovers.com.



Peanut Apple Chicken Curry

Sauce:

- 1 **tablespoon olive oil**
- 2 **cloves garlic, minced**
- 2 **teaspoons curry powder**
- 1/4 **cup scallions, chopped**
- 1 **cup creamy peanut butter**
- 2 **teaspoons rice wine vinegar**
- 1 3/4 **cups apple juice**
- 1 3/4 **cups coconut milk**
- 1/4 **cup brown sugar**
- 1/4 **teaspoon cayenne pepper**

Chicken:

- 2 **tablespoons olive oil**
- 1/2 **small yellow onion, chopped**
- 1 1/2 **pounds boneless, skinless chicken breast, cut into 1-inch strips**
- 1 **medium apple, peeled, cored and chopped**

salt, to taste
pepper, to taste
cooked rice (optional)

To make sauce: In medium to large saucepan, heat oil over medium heat. Add garlic, curry powder and scallions. Saute 1 minute.

Add peanut butter, vinegar, apple juice, coconut milk, brown sugar and cayenne. Bring to simmer, reduce heat and cook over low heat, stirring frequently, about 10-15 minutes.

Meanwhile, in large skillet, heat oil. Add onion and stir fry about 2-3 minutes until onions start to become opaque.

Add chicken and apples, and stir until chicken is cooked completely. Add peanut sauce and cook until heated evenly, about 2-5 minutes. Season with salt and pepper, to taste. Serve warm over rice, if desired.



Veggie Sammies with Peanut Butter Satay Sauce

- 4 tablespoons creamy peanut butter
- 3 tablespoons lime juice
- 2 tablespoons water
- 4 teaspoons hoisin sauce
- 2 teaspoons soy sauce
- 2 teaspoons sriracha
- 2 French baguette rolls (6 inches each)
- 1/2 cup sliced cucumber
- 1/2 cup white onion
- 1/2 cup red bell pepper
- 1/2 cup purple cabbage
- 1/2 cup fresh cilantro

In small bowl, combine peanut butter, lime juice, water, hoisin sauce, soy sauce and sriracha. Mix well.

Spread sauce on both sides of bread then layer with cucumber, onion and bell pepper. Top with cabbage and cilantro leaves.

Ice Cream Rolls

- | | |
|--------------------------------------|-----------------------|
| 4 cans Pillsbury biscuits, quartered | 1 cup brown sugar |
| 2 sticks butter | 1 cup white sugar |
| 1 1/4 cup vanilla ice cream | 1 tablespoon cinnamon |
| | 1/2 cup sugar |

Preheat oven to 350 degrees. Mix 1 tsp. cinnamon and 1/2 cup sugar in plastic bag. Shake quartered biscuits, 10 or so at a time in cinnamon sugar mixture. Place in 2 – 9” X 13” inch pan, leaving room between biscuits for them to rise as they bake. Melt butter, mix in ice cream, brown and white sugar. Pour 1/2 mixture over 1 pan of biscuits and the other 1/2 over the second pan. Bake for 15 minutes. Let cool 5 to 10 minutes and flip onto a cookie sheet. They are gooey and wonderful and make a lot!

Lucille Schliep, Glenvil, Nebraska

Bean Soup

- 2 cups dried beans
- 6 cups water
- 1 hambone or 1 1/2 lb. ham butt
- 3/4 cup potatoes
- 1 cup chopped celery and leaves
- 1 quart canned tomatoes
- 1/2 cup chopped onion
- 1 teaspoon salt
- 1/8 teaspoon pepper

Wash beans: add 6 cups water and boil 2 minutes. Remove from heat and let stand 1 hour. Simmer beans without draining until tender, about 2 hours. Add more water is necessary to cover beans, in meantime, simmer ham in water. Skim fat from broth and add to tender beans. Stir in remaining ingredients and simmer until potatoes are tender, about 20 minutes. Makes 10 servings. Pep up with grated horseradish.

Gladys Prokop, Pender, Nebraska

Chocolate Pretzels

- 48 to 50 pretzel rings
- 1 package (8 oz.) milk chocolate kisses
- 1/4 cup M&Ms

Place the pretzels on greased baking sheets; place a chocolate kiss in the center of each ring. Bake at 275 degrees for 2-3 minutes or until chocolate is softened. Remove from the oven. Place an M&M on each pressing down slightly so chocolate fills the ring. Refrigerate for 5-10 minutes or until chocolate is firm. Store at room temperature.

Stacey Mattox, Broken Bow, Nebraska

Check out our new 3D designer on our website!



protect what matters

looks like **mother nature** finally met her match.

30x40 starting at \$7,914



Visit WorldwideSteelBuildings.com for more information.

FREE MATERIALS

Soon the "Mark of the Beast" will be enforced as Church and State unite! Let the Bible reveal. FREE BOOKS/DVDS. The Bible Says P.O.B. 99 Lenoir City, TN 37771 thebiblesaystruth@yahoo.com 1-888-211-1715



Know what's below. Call before you dig.

DID YOU KNOW THAT YOU COULD GET A RURAL ELECTRIC NEBRASKAN SUBSCRIPTION FOR \$10 PLUS TAX? JUST CALL THE NICE FOLKS AT REN AT 402-475-4988.

MY SISTER LIVES IN CALIFORNIA AND WOULD REALLY LIKE TO READ ABOUT HOME. I WILL GET HER A SUBSCRIPTION FOR HER BIRTHDAY. THANKS FOR THE GREAT GIFT IDEA.

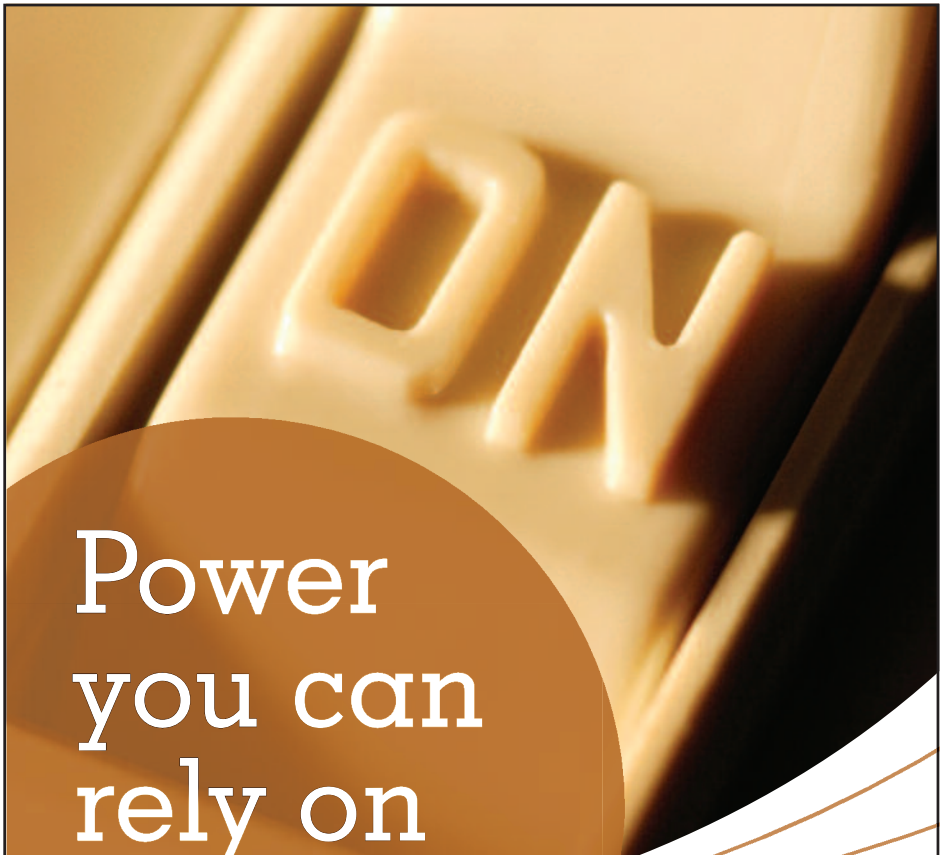


Stuttering and your child: help for parents

800-992-9392
StutteringHelp.org


THE STUTTERING FOUNDATION®
P.O. Box 11749 • Memphis, TN 38111-0749

See what a difference it makes...
Advertise in *Rural Electric Nebraskan* Classifieds
Call 402/475-4988



Power you can rely on


There's not a lot that stops power in Nebraska. The lights stay on due, in part, to the hard work and dedication of more than 6,000 public power employees across the state. As a result, we enjoy some of the most reliable power anywhere.



Nebraska Public Power District
Always there when you need us

Together with your local public power utility.

nppd.com
877-275-6773 (ASK-NPPD)



All-New **lively**[®]

Cut the cost of your medical alert service in half.

Feel protected everywhere you go with the most affordable medical alert service on the market. The all-new Lively[®] mobile urgent response device has no installation costs and no additional equipment to buy. And there are no cancellation fees or contracts to sign, just the highest level of service at the lowest price.

Save up to 50% in monthly service fees on the Lively[®] when compared to other medical alert services. With 5Star[®] service plans as low as \$19⁹⁹ per month, that's a savings of over \$200 per year, making the Lively the most affordable on the market.

With no landline required, you're not restricted to your home, and with its new, smaller design the Lively is easy to carry anywhere you go. In any emergency, just press the button to speak immediately with a 5Star Medical Alert Agent, 24/7. The Agent will confirm your location, evaluate your situation and get you the help you need.

Plans as low as
\$19⁹⁹
month

- No contracts
- No cancellation fees
- No equipment to install

You're out for a walk and suddenly feel dizzy.

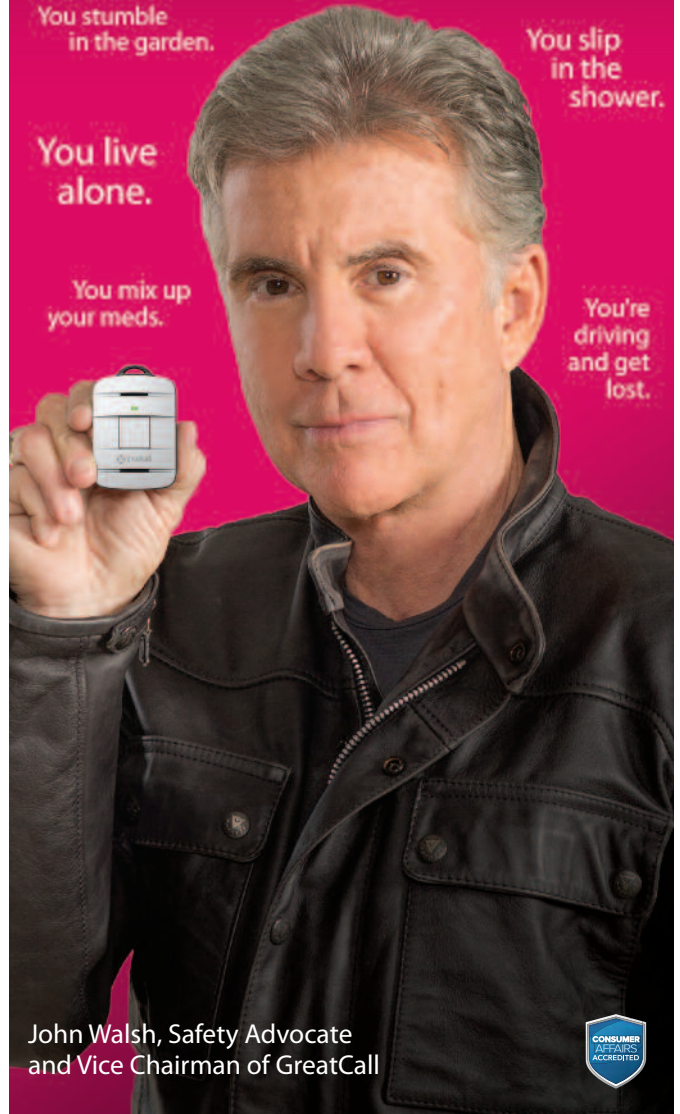
You stumble in the garden.

You slip in the shower.

You live alone.

You mix up your meds.

You're driving and get lost.



John Walsh, Safety Advocate and Vice Chairman of GreatCall



firstSTREET
for Boomers and Beyond[®]

1998 Ruffin Mill Road
Colonial Heights, VA 23834

Fastest Agent response time*	Available with Fall Detection	Patented GPS confirms your location	Nationwide coverage	New, smaller size	Waterproof design works in the shower
------------------------------	-------------------------------	-------------------------------------	---------------------	-------------------	---------------------------------------

To order, call 1-888-803-0257 today or visit us at www.LivelyDirect.com

Please mention promotional code 104854.

IMPORTANT CONSUMER INFORMATION: The Lively is owned by GreatCall, Inc. Your invoices will come from GreatCall. *Good Housekeeping Research Institute - Aug. 2014. \$200 savings calculation was determined by averaging PERS market leaders' monthly fees (not all PERS have the same features). Requires a one-time setup fee of \$35 and valid credit or debit card for monthly service. The Lively is rated IPX7, and can be submerged in up to 3ft of water for up to 30 mins. Fall Detection is an optional feature. Fall Detection may not always accurately detect a fall. GreatCall is not a healthcare provider. Seek the advice of your physician if you have questions about medical treatment. 5Star or 9-1-1 calls can only be made when cellular service is available. 5Star Service will be able to track an approximate location when your device is turned on, but we cannot guarantee an exact location. Monthly service fee does not include government taxes or assessment surcharges, and is subject to change. GreatCall, 5Star, and Lively are registered trademarks of GreatCall, Inc. Copyright ©2016 GreatCall, Inc. ©2016 firstSTREET for Boomers and Beyond, Inc.



POWERING THE WEST

As a supplier to six electric cooperatives and public power districts in Nebraska, we believe responsibly generated, reliably delivered power is the lifeblood of the rural West.



WWW.TRISTATE.COOP