

RURAL ELECTRIC

NEBRASKAN

July 2019



**The
Mansion
on the
Prairie**

Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health



by David Waxman
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swell-

ing and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune system,

which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

HOW TO GET ALOECURE

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is 1-800-593-4446. Only a limited discounted supply of AloeCure is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-593-4446 today.

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Staff

Editor

Wayne Price

Editorial Assistant

Tina Schweitzer

Published by the



General Manager

Kim Christiansen

President

Butch Gray,

Cornhusker Public Power District

Vice President/Secretary

Bryan Monahan,

*Panhandle Rural Electric
Membership Association*

Treasurer

A.C. (Pat) Hecox,

Dawson Public Power District

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Contents

Features

The Mansion on the Prairie

6

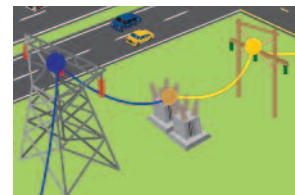
The home of William F. “Buffalo Bill” Cody provides a look into the life and career of the famed Pony Express rider, Army scout and buffalo hunter-turned-showman. The State Historical Park has been open to the public since 1964.



Getting the Power Back On

14

Ever wonder what goes into restoring your power after an outage? The ordeal of losing electricity can be frustrating, but electric cooperatives are always looking for ways to get the power back on as soon and safely as possible.



Departments

EDITORIAL PAGE

4

SAFETY BRIEFS — Murphy

12

CUT YOUR UTILITY BILLS by Pat Keegan

16

CALENDAR OF EVENTS

18

RECIPES

20

MARKETPLACE/CLASSIFIEDS

22

On the cover

The home of William Cody is part of the Buffalo Bill Ranch State Historical Park at North Platte, Neb. See the related story on Page 6. Photograph by Wayne Price.





by Wayne Price

Think about safety when you go outdoors

Rising temperatures are a good indicator that Summer is here and that means you and your family are ready for some fun in the sun. While you are outside camping, doing yard work or just relaxing remember to think about safety.

If you're working on a home improvement project, power tools require special care. Because most power tools operate at high speeds, when things happen, they tend to happen very quickly. To avoid accidents, power tool operators must be knowledgeable and thoroughly prepared. Inexperienced, untrained, and unprepared operators can be injured within minutes of attempting to use a power tool.

Don't use any electric power tools near water or wet surfaces, and do not overload outlets with multiple tools.

Outdoor tools, such as ladders, shovels and even paintbrushes with extendable arms, have the potential to be dangerous if used improperly. Pay attention to where you place metal ladders or dig for fence posts. Before you start any project, always look up and avoid overhead power lines. Keep a minimum

of 10 feet between you and overhead lines.

Remember to call "811" before you start any digging project to make sure the area you will be working in is free of any underground power lines or other buried cables.

Exploring the great outdoors is a wonderful way to spend time with the family, but keep the following safety tips in mind.

Children should never climb trees near power lines – always assume a wire is live. Fly drones and remote controlled-airplanes in large open areas like a park or a field, safely away from trees and overhead power lines.

Planning to take the family for a swim in the pool? Electrical devices, such as stereos, should be kept at least 10 feet away from water sources, and outdoor electrical outlets should always be covered. If you hear a rumble of thunder, exit the pool right away and go indoors.

These are just a few tips to remember when you are spending time outdoors this summer with your family. Be sure to have fun out there, and always keep safety in mind!

Stay safe exploring the great outdoors this summer

Summer is in full swing, and that means it is time for fun in the sun! As you find yourself spending more time outdoors, remember to stay safe.

- Planning a home improvement project? When working outdoors, you may be using tools, such as ladders, power tools, shovels – or even paintbrushes with extendable arms. These items help you get the job done but have the potential to be dangerous if used improperly.
- Pay attention to where you place metal ladders or dig for fence posts. Before you start any project, always look up and avoid overhead power lines. Keep a minimum of 10 feet between you and overhead lines.
- If you are planning a project that requires digging, remember to dial "811" first to find out if the area you will be working in is clear of underground power lines. Power tools should be kept away from wet surfaces, and outlets should not be overloaded.

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by Wayne Price

The MANSION on the PRAIRIE

The home, built in 1886, is part of the Buffalo Bill Ranch State Historical Park at North Platte, Neb. Since it became a state historical park in 1965, the house and barn have been restored and display a large amount of Cody memorabilia. The house is open to the public for self-guided tours from late spring until early fall.

The home of William F. “Buffalo Bill” Cody provides a look into the life and career of the famed Pony Express rider, Army scout and buffalo hunter-turned-showman.

Buffalo Bill Cody was born on Feb. 26, 1846, in Iowa. He served in the Union Army during the Civil War. Following the war, Cody began buffalo hunting to feed construction crews building railroads, which would give him the nickname that would define him forever. His own assessment puts the number of buffalo he killed at 4,280, in just over a year and a half.

Cody returned to his work for the Army as chief of scouts in 1868. His ongoing work with the military garnered him the Congressional Medal of Honor in 1872, which was stripped and then reinstated. He became something of a national folk hero due to the dime-novel exploits of his alter ego, “Buffalo Bill.” In late 1872, Cody went to Chicago to make his stage debut in *The Scouts of the Prairie*, one of Ned Buntline’s original Wild West shows. Buntline was also the author of the Buffalo Bill novels. The following year, “Wild Bill” Hickok joined the show, and the troupe toured for ten years.

In 1883, Cody founded his own show, “Buffalo Bill’s Wild

More on Page 8



Photograph courtesy of Nebraska State Historical Society





The Mansion on the Prairie From page 6

West,” a circus-like extravaganza that toured widely for three decades in the United States and later in Europe. Besides Buffalo Bill himself, the Wild West show starred sharpshooter Annie Oakley and, for one run, Chief Sitting Bull.

By the mid-1880s, Buffalo Bill’s Wild West Show was in full swing, touring the United States and Europe. The success of the show enabled Cody to build “The Mansion on the Prairie.” The Second Empire-style house, with Eastlake and Italianate features, was the largest house in North Platte in the late 19th Century. It was built and furnished at a cost of \$3,900. It sits in its original position on the grounds. Cody requested design features such as cabinets, closets and storage space in the house. Even though he helped design the house, his sister actually oversaw its construction.

The back end addition was added in 1909, when the rest of the house was updated with forced-air heating, electricity and other amenities. It was Buffalo Bill’s home from 1886 to 1913. He raised cattle and purebred stallions on his 4,000 acres of land. A large barn was built in 1887 to house Cody’s ranch horses and stallions. The barn, along with several outbuildings, has also been preserved and filled with memorabilia from Cody’s days as a performer, as well as artifacts of ranch life.

The mansion was built when Cody’s Wild West Show was drawing huge crowds, and money for development of the ranch and Cody’s other interests was plentiful. No expense was spared in building and furnishing the ranch.

In 1911, Scout’s Rest Ranch was sold to Major (Pawnee Bill) Lillie for \$100,000. In February 1913, the ranch was



The house and barn, along with several outbuildings, have also been preserved and filled with memorabilia from Cody’s days as a performer.

sold to James M. Hamilton of Chester, PA. Cody and his family stayed at the ranch until 1913.

Cody made a fortune from his show business success and lost it to mismanagement and investments in various schemes. In the end, even the Wild West show itself was lost to creditors. Cody died on January 10, 1917, and is buried in a tomb blasted from solid rock at the summit of Lookout Mountain near Denver, Colorado.

The house was purchased by the Nebraska Game and Parks Commission in 1964 as part of the process for making Scout’s Rest Ranch a State Historical Park, Buffalo Bill Ranch State Historical Park. A Lincoln County Historical Society was organized to help raise money for the purchase of Buffalo Bill Cody’s house. Since 1964, the State Historical Park has been open to the public.

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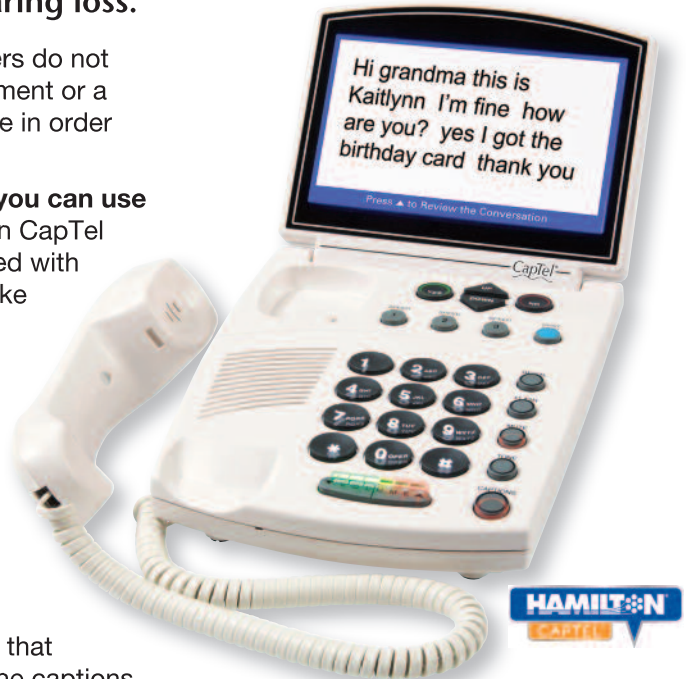
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Above: Adrian Smith, left, listens to the Nebraska delegation's concerns. Top right: Senator Deb Fischer hears from NREA General Manager Kim Christiansen and Government Affairs Director Kristen Gottschalk.

Nebraska grassroots advocates spend time on Capitol Hill

Members of NREA made their way to Washington, D. C., this spring for the National Rural Electric Cooperative Association's Annual Legislative Rally. This event, which draws thousands of representatives from electric cooperatives and public power districts across the nation, is a major showpiece for the political clout of our members.

Seven NREA member-systems participated including Cuming County PPD, Custer PPD, Highline Electric Assn., High West Energy, Southwest PPD and Wyrulec Company. NREA was also joined by a NRECA-Lincoln, Nebraska G&T and Tri-State G&T representatives.

Kelli Chaon, Executive Assistant at Wheat Belt Public Power District in Sidney, Neb., made her first trip to Washington, D.C. as part of the Nebraska group.

"Before I started working at Wheat Belt, I wasn't that interested in politics," Chaon said. "I have worked here for 10 years and over the course of that time have become more and more interested in politics. I've had the chance to attend a few NREA

Legislative Meetings which has fueled my interest in getting more involved."

When the chance to attend the NRECA Legislative Rally came up she jumped at the chance to participate.

"Many people turn a blind eye to the legislation that pertains not only to our industry, but that also affects our personal lives and I don't want to be that person," she said.

She enjoyed getting to meet with the Representatives and having them welcome their comments and listen to their concerns.

"I was surprised by how relaxed each meeting with the Congressmen, Senators and their staff was," she noted. "I expected more of an uncomfortable and not in touch type of meeting. But each meeting was relaxed, and they welcomed what we had to say. It was great to see the good relationships we have built with our representatives."

She was also able to visit Arlington National Cemetery and witness the changing of the guards and two wreath ceremonies.

"We also were able to see the WWII

Memorial, Washington Monument, Lincoln Monument, Korean and Vietnam memorials, just to name a few," she said.

Another participant was Fred Schneider of Beemer, Neb. He has served on the Cuming County Public Power District board of directors for three years. Schneider said "I enjoy attending the Legislative Rally because I like to learn and want to help the customers."

During the trip he was able to visit the Arlington National Cemetery where they saw the changing of the guard at the Tomb of the Unknown Soldier.

April Gross, Customer Services Manager at Custer Public Power District in Broken Bow, Neb. has attended the Legislative Rally eight times.

"It is important for our industry to stay in touch with our Representatives," she said. "Our issues don't change drastically, but it is important to stay in touch while times are quiet. So when times are more critical we already have a relationship and a presence established."

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50-54	\$11.50	\$9.70	\$18.50	\$15.50	\$36.00	\$30.00	\$88.50	\$73.50
55-59	\$14.20	\$11.95	\$23.00	\$19.25	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$17.20	\$13.30	\$28.00	\$21.50	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$20.50	\$16.00	\$33.50	\$26.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$27.40	\$21.40	\$45.00	\$35.00	\$89.00	\$69.00	\$221.00	\$171.00
75-79	\$37.00	\$30.10	\$61.00	\$49.50	\$121.00	\$98.00	\$301.00	\$243.50
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*Ages 50 to 75 in NY.

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***All benefits paid would be less any outstanding loan.

How to safely tackle home projects

When contemplating building projects, contractors and DIYers alike focus on factors such as budget, scheduling and materials. Another important consideration before starting work on any project – from renovating a main living area to expanding a bathroom or transforming your outdoor space – is safety.

While having properly functioning tools is crucial to completing projects both big and small, proper handling and transportation of power tools and batteries can sometimes be overlooked. Due to their efficiency, energy storage capabilities, convenience and durability, lithium-ion battery-powered tools are a popular choice for taking care of task lists of all sizes, but must be handled correctly.

With members representing portable and stationary power tool brands, the experts at the Power Tool Institute – the leading organization for power tool safety resources, information and education – recommend these tips for safe use, storage, transportation and disposal of lithium-ion batteries.

Use:

- The higher energy potential and small size of lithium-ion batteries makes them ideal for cordless power tools but also pose additional safety risks when misused.

- Batteries are not interchangeable, so it's important to only use batteries and chargers from the original power tool manufacturer.

- Original manufacturer batteries are engineered to communicate and work with specific tools and chargers. These components go through a rigorous certification and testing process. Third-party batteries are not always held to the same standard, and can pose fire, property damage or personal injury risks.

- Never modify, disassemble or tamper with a battery. The performance of damaged or modified batteries can be unpredictable and dangerous.

- If a lithium-ion battery is damaged, contact the manufacturer before use.

Storage and Transportation:

- Inspect batteries regularly for signs of damage, such as crushing,



Photo courtesy of Getty Images

cuts or punctures.

- Store your battery in a cool, dry place, away from combustible and flammable items.

- Avoid contact with metal objects, such as keys, coins, screws and nails.

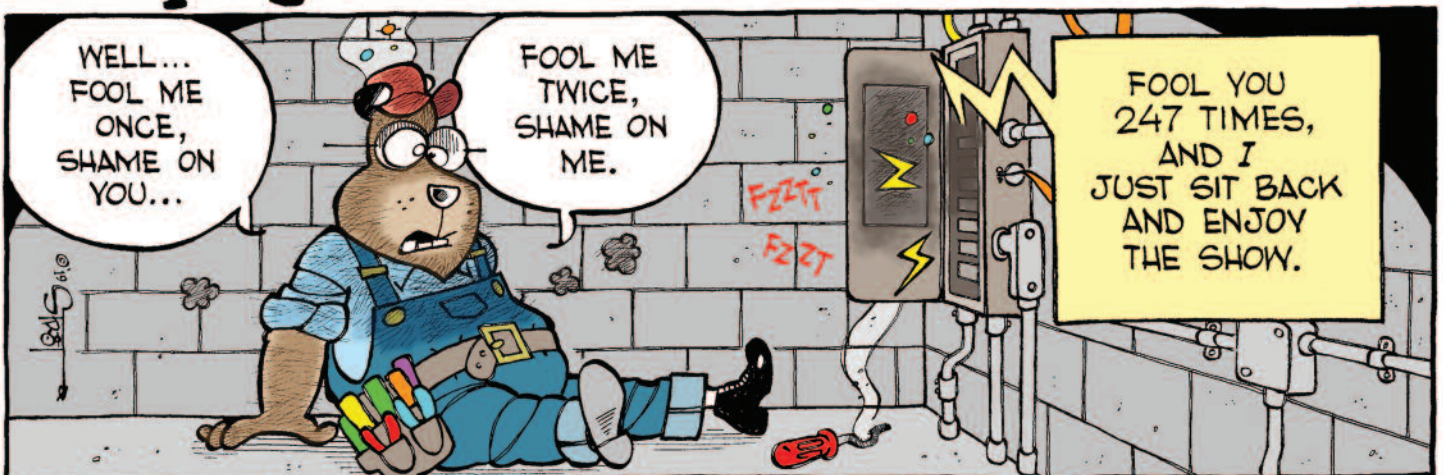
- Always transport and store lithium-ion batteries as instructed in the owner's manual.

Disposal:

- Throwing a lithium-ion battery in the trash or municipal recycling can be a fire hazard.

- Safely dispose of used or damaged lithium-ion batteries by taking them to a local battery recycling center or placing them in a receptacle specially designed for recycling batteries.

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- Reduce unexpected costs for repairs



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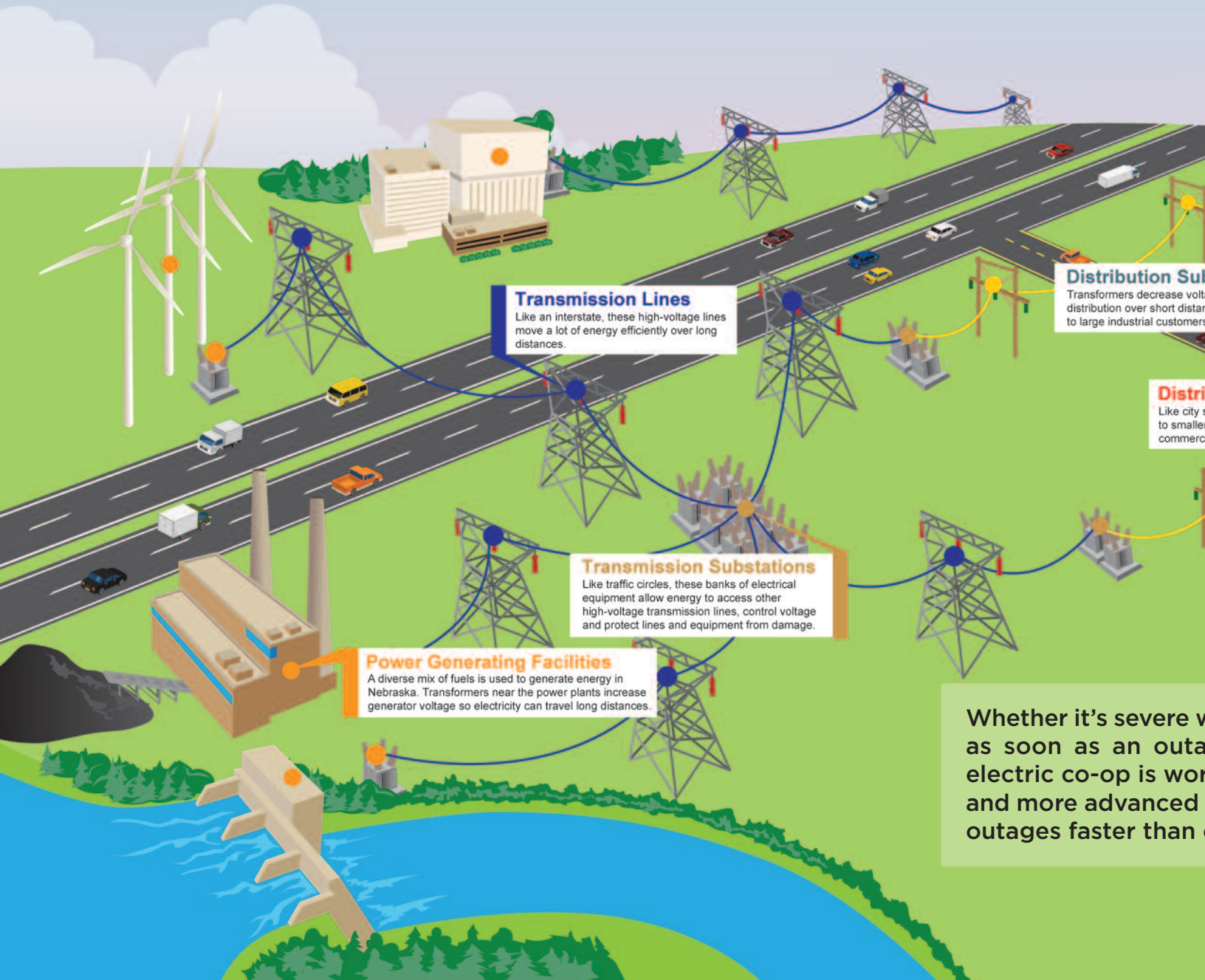


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Getting the power



Transmission Lines

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Distribution Substations

Transformers decrease voltage for distribution over short distances to large industrial customers.

Transmission Substations

Like traffic circles, these banks of electrical equipment allow energy to access other high-voltage transmission lines, control voltage and protect lines and equipment from damage.

Power Generating Facilities

A diverse mix of fuels is used to generate energy in Nebraska. Transformers near the power plants increase generator voltage so electricity can travel long distances.

Distribution

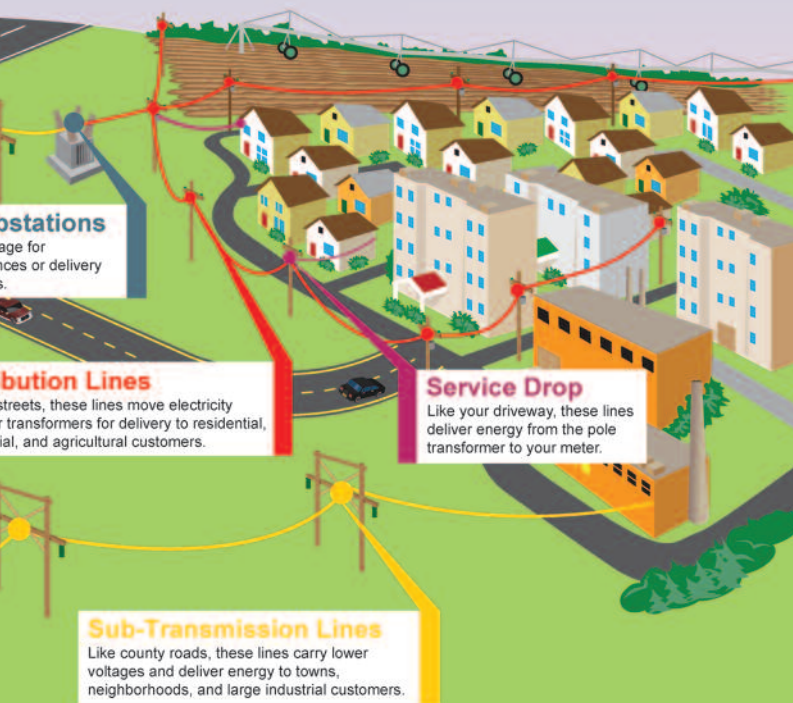
Like city streets, these lines deliver power to smaller commercial and residential customers.

Whether it's severe weather or as soon as an outage, electric co-ops are working to get power back on and more advanced tools to restore outages faster than ever.

by Maria Kavensky

Ever wonder what goes into restoring your power? The process of losing electricity can be frustrating, but power cooperatives are always looking for ways to restore power as quickly and safely as possible.

back on



weather like a tornado or blizzard, or a fallen tree, once a problem is detected, your public power district or electric utility is working to correct the problem. And thanks to new technologies, electric utilities can restore power much faster than ever.

Illustration provided by Nebraska Public Power District

How long will it take to get the power back on after an outage? The ordeal is often a long one for public power districts and electric utilities. It can take days to get the power back on as soon

Powering up after an outage starts on a larger level and ends up in local areas. First, high-voltage transmission lines are examined, then distribution stations, then main distribution lines. If the outage can't be pinpointed to these areas, tap lines and individual homes are inspected. This process allows your utility to efficiently help the most members in the shortest amount of time, and they are working to make this process move even faster.

One of the biggest advancements in technology that electric utilities are using is **Advanced Metering Infrastructure (AMI)**. These smart meters allow for two-way communications and work by sending information back to the electric utility's operations center. This helps to distinguish between events that affect a single home or multiple outages, which is important because solving either issue is a very different process. The two-way communication also provides a way to verify that power has been restored after an outage.

Another technology is the **Outage Management System (OMS)**, which can predict the location of the issue and how many consumers are impacted. Especially when used with the AMI system, the OMS can be extremely useful for a utility's effectiveness in resolving an outage. As the AMI collects and sends data, the OMS then analyzes the data using mathematical functions and models the electrical network to assess the impact of the outage.

Interactive Voice Response (IVR) is another technology used to manage power outages. Consumers can easily and quickly report an outage by entering their phone number or location, which is recorded onto an electronic map used by dispatchers. After service has been restored, the system can also make follow-up calls to consumers to confirm that the power is back on.

One technology is even capable of predicting outages before they happen. **Distribution Fault Anticipation (DFA)** technology was developed by researchers at Texas A&M University and is used by Pedernales Electric Cooperative in Texas. This system can detect tree branches hanging on power lines, damaged equipment and unusual, unrecognized events. By identifying these issues, the electric utility can more efficiently dispatch crews, avoid wildfires and prevent outages before they happen.

One of the major benefits from improved technologies, especially for outages caused by extreme weather, is understanding where the outages are located, which helps to reduce risk for crews out on the road during the weather events.

These technologies clearly benefit public power districts and electric co-ops and the consumers they serve. Power outages are inevitable, but as technology continues to improve, disruptions are becoming shorter and easier to resolve.

Keeping pets (and energy bills) comfortable

by Pat Keegan

We love our pets, and we love saving energy! This month, we're taking a look at three common energy efficiency questions from pet owners.

Q: We've thought about installing a pet door. Will this impact my energy bill?

A: Pet doors are convenient for pet owners and pets, but they can impact energy bills. A pet door that is poorly made or improperly installed will create unwanted drafts that increase energy bills and reduce the overall comfort level of your home. The wrong type of door may also be pushed open during high winds.

Consider installing a pet door that is certified by the Alliance to Save Energy (ASE) or has a double or triple flap. These types of pet doors can reduce energy loss and make life easier for you and your furry friends.

The best solution may be a high-quality electronic door that is activated by a chip on your pet's collar.

It's difficult to undo a pet door installation, so before taking the leap, we suggest doing your homework. There may be other strategies that will give you and your pet some of the convenient benefits without the downsides.

Q: To save energy, we keep our home cool during winter nights and warm during summer days. How much "hot and cold" can our pup and tabby handle?

A: Cats and dogs can handle the cold better than humans. The U.S. Department of Agriculture (USDA), which regulates facilities that house cats and dogs, requires these facilities to maintain temperatures above 50 F. Some exceptions are

allowed for breeds accustomed to the cold or if some form of insulation for the animals is provided. Your pet's tolerance really depends on their breed and the thickness of their coat.

A report by the Purdue Center for Animal Science says that Siberian huskies can tolerate temperatures below freezing, but some short-haired dogs require temperatures of 59 F or higher. Older animals may require warmer temperatures than younger ones.

During summer, cats and dogs handle the heat in different ways. Cats clearly enjoy warmer temperatures than dogs, and they do a good job of reducing their activity level as temperatures climb. But both cats and dogs can get overheated. The USDA says that room temperatures in facilities housing dogs or cats should not exceed 85 F for more than 4 hours at a time.

Q: Is it okay if my cat or my dog sleeps in the garage overnight?

A: USDA rules suggest this should be fine if your garage temperature stays between 50 F and 85 F. Pets might be able to handle a lower temperature if they have a warm, insulated bed.

I do not recommend heating or cooling your garage for your pet. This could lead to extremely high energy bills, which makes sense because an uninsulated but heated garage could easily cost more to heat than a home. A better solution is a heated pet house, which you can purchase from multiple retailers. If you're willing to spend a little more, you can even find climate-controlled pet houses that include heating and cooling options.

You can also purchase heated beds for cats and dogs. Some beds use as little as four watts of electricity, so they won't drain your energy bill.

We hope these tips will be helpful as you work at saving energy while caring for your favorite furry friend!



Consider installing a pet door that is certified by the Alliance to Save Energy (ASE) or has a double or triple flap. These types of pet doors can reduce energy loss and make life easier for you and your pets.



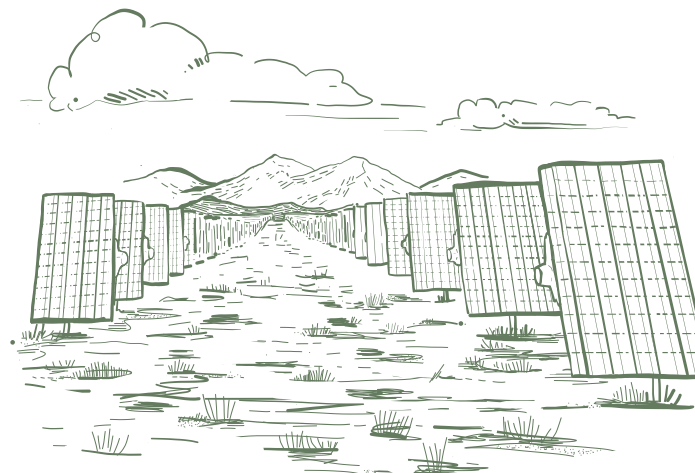
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Calendar of Events

JULY

■ SOUTH CENTRAL

July 3 & 4, Gothenburg Pony Express Rodeo, Gothenburg, Neb. See the Gothenburg Pony Express Rodeo Facebook page for details.

July 3-6, Sumner 4th of July Carnival, Sumner, Neb. Carnival, rodeo, street dance and parade. See the Sumner Commercial Club's Facebook page for details.

July 4, Prairie Pioneer Days, Arapahoe, Neb. Old fashioned 4th of July celebration complete with parade in the morning and food booths, games, swimming and activities in the park. The day ends with a spectacular fireworks display!!

July 4, Alma Fourth of July Celebration, Alma, Neb. Scheduled events include: 35th Annual Road Race, Downtown Parade at 10:30 a.m., Art in the Park 10:00 a.m. to 3:00 p.m.

July 25-27, Gosper County Fair, Elwood, Neb. Fair, carnival, rodeo, parade and the Jessy Karr band.

■ SANDHILLS

July 13-14, The USTRC Nebraska Championships, Custer County Fairgrounds, Broken Bow, Neb. Team roping championships.

This calendar is published as a service to readers and the communities served by Nebraska's public power districts and electric cooperatives. Rural Electric Nebraskan publishes events free of charge as space allows, giving preference to free community festival and events in and around areas served by subscribing member-systems. We strive for accuracy, but please note that events, dates and times may change without notice.

July 11-13, Crazy Days, Broken Bow, Neb. Events will be listed at the Broken Bow Chamber website. www.brokenbow-ne.com

■ NORTHEAST

July 9-14, Madison County Fair, Madison, Neb. Events include a Rodeo and concerts by Brett Young and Chris Janson. See full schedule at: www.madisoncountyfair.com

July 12-14, Wayne Chicken Show, Wayne, Neb. A celebration of chickens. See the schedule at: <http://www.chickenshow.com>

July 19-23, Burt County Fair, Oakland, Neb. "A Barrel of Fun" – Come see John Michael Montgomery Friday July 19th, or enjoy a demolition derby on Saturday July 20th. Several other events planned, to see full schedule go to: www.burtcountyfair.net

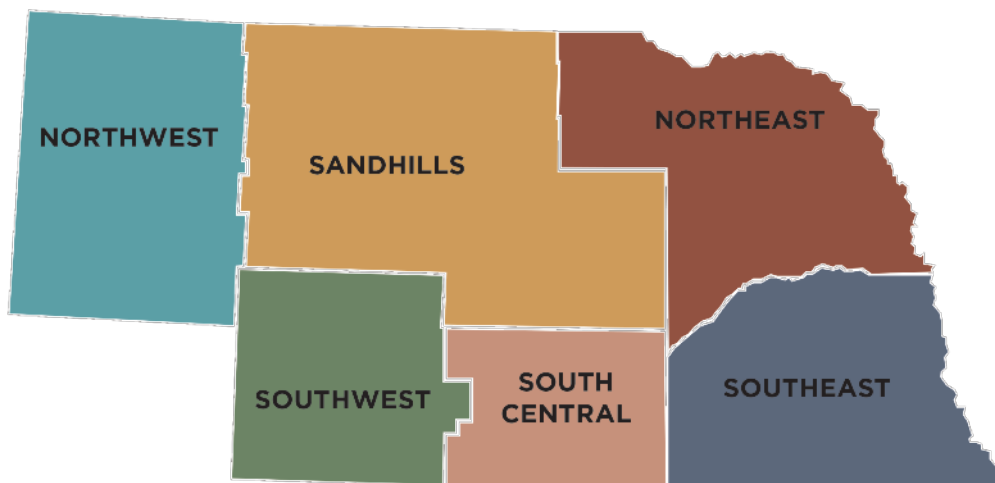
July 21, Desperado Days, Niobrara, Neb. A hometown celebration.

July 26-31, Washington County Fair, Arlington, Neb. Come see Tyler Farr and Rhett Atkins on July 26th. A rodeo and demolition derby are also scheduled. To see full schedule go to: www.washingtoncountyfairne.com

July 30- August 4, Antelope County Fair, Neligh, Neb. Enjoy 4-H exhibits, a truck and tractor pull, a demo derby, and extreme bull riding! Full schedule is available at www.antelopecofair.com

July 31 –August 4, Dakota – Thurston County Fair, Atokad Park, South Sioux City, Neb. "Show what you grow, Share what you know!" – Dueling Pianos, rock climbing wall, escape room trailer, and Extreme Bull Riding are just a few scheduled events. Full schedule at: www.dakotathurstonfaironline.com

July 31-August 4, Pierce County Fair, Pierce, Neb. Double S Extreme Bull Riding and concerts by Josh Phillips and Parmalee are scheduled. Full schedule at: www.piercecountyfair.org



To add events to Calendar, please email info to wprice@nea.org or mail your info to: Calendar, Rural Electric Nebraskan, PO Box 82048, Lincoln NE 68501. Please submit info two months before the date of the event.

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lever so it's simple to operate and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the **Zinger** is sturdy and durable yet convenient and comfortable! What's more, it easily folds up for storage in a car seat or trunk—you can even gate-check it at the airport like a stroller. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 275 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

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Sweet, Refreshing Fruity Summer Snacks

There's no time like a hot summer picnic to let your patriotic spirit show.

Watermelon is a patriotic picnic staple for countless reasons, not the least of which is that it's a beloved treat that many people associate with memories from childhood. However, nostalgia isn't the only reason adults are just as likely to gravitate toward watermelon at a summer event. Its sweet, cool and refreshing flavor also makes it a favorite for all ages.

From a practical standpoint, watermelon is also quite portable, versatile and easy to serve, and with a composition of 92 percent water, it's a simple way to sneak in some extra hydration on a hot day. Another benefit is its value; watermelon is one of the best values in the produce section among fruit, and just one watermelon can feed up to three dozen people.

Try out a creatively colorful and patriotic "cake" that makes for a tasty centerpiece on the dessert table.

Lemon is another one of many popular tastes of summer. Enjoy a citrus burst with every bite of these Glazed Lemon Cookies.



Glazed Lemon Cookies

- 1/2 cup unsalted butter, at room temperature
- 3/4 cup granulated sugar
- 1 egg
- 2 tablespoons fresh lemon zest
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon extract
- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Glaze:

- 2 cups powdered sugar
- 2 tablespoons fresh lemon zest
- 1/4 cup fresh lemon juice

Heat oven to 350 F.
Line baking sheets with parchment paper; set aside.

In large bowl, mix butter and granulated sugar until light and fluffy. Add egg and mix well. Add

lemon zest, lemon juice and lemon extract; beat until combined.

In medium bowl, whisk flour, baking soda and salt. Slowly beat dry ingredients into wet ingredients. Beat until combined.

Spoon out dough and roll into balls. Place on parchment paper 1 inch apart and lightly press with fingers to slightly flatten dough.

Bake 15 minutes, or until edges start to brown. Transfer cookies to wire rack to completely cool.

To make glaze: Whisk powdered sugar, lemon zest and lemon juice until smooth.

Dip top sides of cookies into glaze for full coverage.

To watch a video of this recipe being made, scan the QR Code or visit the URL



<https://youtu.be/NtwP-rj5ZY8>



Flag Kebab Cake

- 1 pint fresh, washed blackberries
- 12 wooden skewers
- 1 seedless watermelon, flesh cut into 1-inch cubes
- 1 angel food cake, cut into 1-inch cubes (white part only)
- dips, such as yogurt, chocolate, caramel or marshmallow (optional)

Thread five blackberries on each of five skewers, followed by alternating watermelon and cake cubes.

On remaining skewers, alternate watermelon and cake so first and last cubes are watermelon. Place skewers on platter; fruit and cake will create stars and stripes when lined properly.

Serve with dips, if desired.

Easy Chicken Tacos

- 4 – 5 boneless skinless chicken breasts
- 1 taco seasoning packet
- 1 can of corn, drained
- 1 can of black beans, drained
- 1 can of Rotell
- 1 8 oz cream cheese, cut up

Layer ingredients in the crockpot in the order given. Do not mix. Cook on low for 6 hours. Shred chicken and mix ingredients together. Put in your favorite taco shell and add garnishes.

Sandy Spence, Norfolk, Nebraska

Broccoli Salad

- 1 head cauliflower
- 1 bunch broccoli
- 1 box frozen peas (thawed)
- 1 jar ripe olives

Dressing:

- 1 cup sour cream
- 2 cups mayonnaise
- 1/2 teaspoon garlic powder
- 3 tablespoons sugar

Chop cauliflower and broccoli into small pieces, bite size. Mix into large bowl with peas and olives. In bowl mix sour cream, mayonnaise, garlic powder and sugar. Stir well and pour over vegetable mixture. Toss gently, cover and refrigerate or serve immediately.

Dolores Florian, Ord, Nebraska

Zucchini Jam

- 6 cups grated zucchini
- 1/2 cup water
- 6 cups sugar
- 2 tablespoons lemon juice
- 1 large can crushed pineapple
- 2 3 oz. boxes Jello, strawberry, apricot and cherry are all good

Add 1/2 cup water to grated zucchini and boil gently for 6 minutes. Drain and add 6 cups of sugar and 2 tablespoons lemon juice along with pineapple. Bring to a boil and boil gently for 6 minutes. Add 2 boxes of your choice of Jello. Boil for another 2 minutes. Fill and seal in jelly jars. Makes 8 jars of jelly.

Cheryl Thramer, Ewing, Nebraska

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