

RURAL ELECTRIC

NEBRASKAN

March 2018



Drug Companies Fear Release of the New AloeCure

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

by David Waxman
Seattle Washington:

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

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

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

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

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

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

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

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



HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

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

RAPID ACID AND HEARTBURN NEUTRALIZER

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

SIDE-STEP HEART CONCERNS

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

UNLEASH YOUR MEMORY

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

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

SLEEP LIKE A BABY

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

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your

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

SAVE YOUR KIDNEY

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

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

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

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

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

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

HOW TO GET ALOECURE

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

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-748-3280** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

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

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NEBRASKAN

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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

Greg Weidner,

Elkhorn Rural Public Power District

Treasurer

Bryan Monahan,

Panhandle Rural Electric
Membership Association

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On the cover

A Gold Finch lands on a branch to rest while searching for food. Photograph by Scott Casper



by Wayne Price

Keeping an eye on future EV demand

Have you ever thought about purchasing an electric car? If you answered yes, you're not alone. While a lot of us have considered buying an electric vehicle, the truth is that not many of us have gone through with it.

According to a survey from Automobile Association of America, interest in electric vehicles has skyrocketed, with people now wanting them as much as a full-size pickup truck. But most aren't ready to pull the trigger on replacing their gas powered vehicle with an EV.

One of the biggest barriers for electric vehicle consideration isn't at all surprising: It's cost. Electric vehicles, even considering tax credits and incentives, typically cost significantly more than otherwise comparable gasoline models.

Other buyer concerns included range, repair and maintenance costs, and reliability.

What could this mean for Nebraska's rural electric providers? It might mean a potential increase in electric load across the state as more EVs are being charged.

In 2018 Nebraska Public Power District and its wholesale customers implemented the EnergyWise Electric Vehicle Charging Station Incentive. The program developed from the need to understand the future impact of electric vehicles charging on the electric distribution system. It is available to NPPD retail customers and wholesale customers, such as public power districts, co-ops, and municipalities.

"Electrification of the transportation sector is expected to grow and could have a substantial impact on the electric delivery system," explained NPPD Sustainable Strategies Consultant Kenneth Young. NPPD wants to collect data on individual charging stations in order to better implement strategies to maintain and improve utility infrastructure.

A pilot program has been developed for owners of electric vehicles who will receive a \$200 incentive if they install a ChargePoint

240Volt 32A WIFI connected charging station at their home. The station will be activated with the ChargePoint app with the company supplying the data on electric use to NPPD and its wholesale customers.

To become part of the incentive program, electric vehicle owners would complete the application for the program and submit to the utility that sends their monthly bill. Verification of the installation will then be done to make sure that it meets the program criteria before any incentive is issued. Any installation would have to meet local electrical codes and permits.

Young explained that ChargePoint has agreed to collect and release usage data from their units to NPPD for further analysis, and by an individual signing up for the pilot program, agree to the collection of data from their charging station.

"The data will be used to understand the impact of charging electric vehicles on the local electric system and determine our future generation needs," explained Young. The charging information will help maintain and improve future reliability of the electric distribution system. Young noted that information compiled from the pilot program may lead to special rates and benefits to owners of electric vehicles.

Requirements of the program, application, and frequently asked questions are available at www.nppd.com/save-energy/ev-charging-station.



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Power to Your Community For Your Community

“I get my power from my public power district so I can put my energy into waking up the neighborhood.

PPD and co-op consumers aren't just customers, they're family, working together to create a different kind of energy network, one that puts families first.”

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Your source of power. And information.



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Cooperatives of Nebraska

GOOD YEAR TRUCK TIRES PHIL'S TIRE SHOP

WILLARD BATTERIES

GOOD
YEAR

GOOD
YEAR



DEPENDABLE
CHAMPION
SPARK PLUGS



Wisner Museum is a walk back in time

by LaRayne Topp

The names Onondago, Oneida and Cayuga designated the streets in Wisner, Nebraska, when the town was young and its people were familiar with these Native American nations. In 1960, however, those colorful names were replaced with numbers and letters, becoming Eleventh Street or Avenue E. The only place one can read the original names on street signs now is at the Wisner Museum, and that, my friends, is a walk down memory lane.

In the 1960s, a small Wisner-related museum was located in the back of the town's library, a project of the Junior Federated Women's Club. Years later, as the town was observing its 125th anniversary of existence, a group of citizens decided to celebrate the town's 1871 origins. They set up historical displays in a building once housing a telemarketing center; the cubicles where telemarketers placed calls were ideal for small, individualized displays. They were so perfect, in fact, that once the celebration was over, the organizers were reluctant to take the displays down.

"People liked it," explained Ina Glaubius, and a number of Wisner citizens, hoping to keep the town's history alive, came together and formed the Wisner Heritage Museum Society. The displays became a permanent part of the town's Main Street attractions. But, as with numerous small town museums, the display space became crowded, the building was sold, and the future of the Museum uncertain.

Then one day in 2012, all that

changed. The Board of Directors received a surprise call to meet with Jaye Lierman of Beemer and Deb Risinger of Omaha. The daughters of the late Ebbert and Lois Anderson were honoring their late parents' wishes: granting the use of their parents' gift and floral shop to the Society.

The Flower Shoppe was spacious and included an immense warehouse.



Early telephone operators in Wisner kept callers smoothly and quickly connected.

"What in the world will we do with all the space?" asked Society member Norm Weber.

Glaubius set out to answer that question. With pencil in hand and a yellow legal pad in front of her, she began to sketch out a vision for the museum, including display rooms with individual themes, plus a main street of a historic town first seen only in her imagination.

"It was like a blank canvas," Glaubius said.

It was a daunting task as volunteers packed up and moved displays from the previous museum to ready for the move. They received new donations from folks who heard about their plans until imaginative displays pervaded every inch.

Today, memorabilia from the Fremont, Elkhorn and Missouri Valley Railway greet visitors at the door, along with pieces of the original track and even the horse-drawn scoop used to build it, as they begin their walk back in time.

"Visitors can pretend they're getting off the train," Weber said. From there, they can travel up and down the streets to view the interiors of former Main Street businesses, primarily from the 1940s and '50s.

Society members were anxious to find a place for the city's fire hose cart, a holdover from days in the 1800s when volunteer firemen, not horses, pulled the cart to fires. Plus, they knew that Phil's Tire Shop would be the focal point.

Phil's Tire Shop, with its prominent blue and yellow Goodyear sign, was a well-loved attraction on Wisner's Main Street in its day. It was such a unique landmark that wedding pictures were taken in front of it, recalled board member Dave Fullner. Yearly calendars, on which Phil Connaughton recorded morning and evening weather conditions, join other memorabilia from the days he first opened the tire shop until it closed in 1990.

Connaughton focused on tire

More on Page 8

Wisner Museum From page 7

repair, especially useful during World War II tire shortages. As it was, the shop spoke to the senses, from its busy interior and exterior clutter and perpetual yellow cat in the window, to the smell of burning sulphur from hot inner tube patches. Re-creator Vernon Schultz was attentive to every detail, even to placing Phil's likeness in his original office chair.

A variety of businesses expanded on both sides from there: a farmer's cooperative and lumber yard, bakery, photography studio, telephone office, city jail and voting booth. In addition, a blacksmith shop, five-and-dime, bank, dentist, drug store, church and hometown theater are represented, to name only a few.

One of the most unusual displays is of a local funeral parlor, with its chronology of caskets from wicker baskets to wooden to today's models, along with embalming equipment and other funereal items.

Everyday living is also depicted, showing an old-fashioned, fully-equipped kitchen, for example, and a days-gone-by wash house with washing machine, scrub boards and long Johns flapping on the clothesline.

Family artifacts portray local legends like Jimmy Murphy whose two matching white stallions galloped through rodeos ring with him standing on their backs; Dixie Teebken who twirled fiery batons



Above: Wisner Heritage Historical Society members look over scrapbooks containing Christmas cards of days gone by. They include, from the left, Dave Fullner, Norm Weber, Sandy Sassmann and Ina Glaubius.

Right: One of the most unusual businesses along Wisner Museum's Main Street is the undertaker parlor.



fashioned by her father, blacksmith Willie Teebken; or Dick Kane, Golden Gloves boxer. Other exhibits showcase local talent, such as a German-speaking baseball team whose origins date back to the 1950s.

Other items of interest are also worth a drive to Wisner's museum. Special displays are set up in the museum's main room, like shopping in the 1940s, carried out with ice cream parlor chairs and tables. Shoppers of that era are dressed in their favorite fur stoles, some with

the mink's teeth on one side of the stole clamped to the tail on the other.

Military items, vintage clothing and so much more occupy the main room. The oldest in the collection are black satin dresses from the late 1800s plus Civil War items.

In the school room, memorabilia from the days of country schools line up beside items from both Wisner Schools and Wisner-Pilger Schools. A plethora of scrapbooks, bursting at the seams with clippings of local interest, pack the shelves of the resource room.

And as packed as the museum now is, additional donations and new items continue to pour in, especially as alumni and other visitors gather at the museum on Memorial Day weekend.

"A number of those visit and we inherit a few more things," Weber said.

These few more things add to the reminiscences of those enjoying a walk down Wisner Museum's memory lane.

Visit the museum

The Wisner Heritage Museum is open on the weekends in the summer months of June and July, plus special occasions: Christmas open house, St. Patrick's Day celebration, and Alumni Weekend which corresponds with Memorial Day. It can be seen by appointment by calling Norm Weber at (402) 529-6290.

LET'S TALK PUBLIC POWER

Affordability is only one of the benefits of being a cost-of-service-based, public power utility. Nebraskans pay only what it costs to produce and deliver electricity. Every dollar is invested in the operation of power plants, transmission lines and facilities to ensure the state's electric utilities meet your energy needs at the most affordable cost.

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COSTS MORE

Than a day's worth
of electricity for an
average Nebraska
homeowner



In the U.S., homeowners served
electrically by public power pay about

15% LESS*

than those
served by
investor-owned
utilities



*American Public Power Association,
Energy Information Administration (EIA)
Form 826, 2016 Data.



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Together with your local public power utility.

by Willie Vogt

The Future of Farm Technology

Efficient machines, innovations become new look of farming

While farming has changed dramatically in the past 50 years, the drivers for change remain the same: higher efficiency, improved productivity.

The economics of raising food, demand that the farm be more productive than ever. The average farmer today feeds 165 people, according to the American Farm Bureau Federation. And that higher productivity — it was just 25 people in 1960 — comes as fewer people work on farms than ever before. In effect, farmers are replacing human muscle with iron and teaming that machine with far-reaching new technologies.

The GPS system in your car that tells you where to go is also the basis for an ingenious technology that allows today's farmers to take their hands off the wheel when going down a row. With that tool alone, they can count on making straighter rows, reducing overlap, and covering more acres in an hour. Pair that GPS information with an on-board tool for measuring yield and farmers are mapping output across the field in real time.

These graphic maps of yield information help farmers spot trouble areas faster than ever. A colorful red, yellow and green yield map goes red when there's a problem in a field. Most often this trouble is caused by poor drainage, or perhaps an area of poor fertilization. Having that information allows growers to manage that field more precisely each year, and guides where farmers invest for best returns.

Farmers have long known about varied soil types in their fields, and new mapping tools can show what areas may need more fertilizer while others need less. This helps improve

yield, may cut fertilizer use for the entire field, and increases profit potential.

Changes in agriculture

Agriculture technology is essentially broken into two broad areas of development - software and hardware. "Software" is what farmers plant or apply to a field. "Hardware" involves the tools used to till, plant, spray and harvest a crop.

On the software side of the development of better plants, crop protection products and new approaches are bringing change that also results in better yields, and potentially higher returns.

In 2017, where farmers faced droughts in some areas, and floods in others, producers still put a record crop in the bin. These new-tech crops and input products are making a difference in the farmer's ability to produce food.

On the crop protection side, the innovation stretches from precise, low-dose tools that target only the pest while leaving beneficial crops and insects untouched; to targeted products that take out weeds early in the season so farmers don't take a drop in yields. The rising use of biological-based products, a growing business now, will also alter all parts of this area of agriculture, using key bacteria or fungi to help boost plant performance or control pests in new ways.

High-tech hardware

Those hulking machines you see moving through fields as you drive down the road are each doing a specific job. That tractor could be



A Driverless Tractor

This self-driving tractor was a hit at major farm shows recently. It uses technology that could be added to any farm tractor to one day make it a true self-driving vehicle. Photograph by Willie Vogt/Farm Progress

pulling a tillage tool, a planter or a spray system. Each of those tools is required for a different part of the farm process. But these days as that machine does work in the field, it's also becoming a sophisticated information gathering tool.

As that GPS-guided tractor moves through the field, it's recording the chore. If planting, the farmer is tracking the corn hybrid or soybean variety placed in the soil, by location. Many farmers these days plant more than one variety of seed in a single field to take better advantage of different soil types. That information is tracked in an as-applied map.

Information is tracked during tillage, planting and spraying by each machine going through the field. At harvest, the combine or picker also captures in-field yield data. And all of this information is collected in a central place so a farmer can sit down and analyze what's working, and what isn't, on

the operation.

These machines and the tech keep advancing. Prototype machines show the potential of automated tractors that run without drivers. Advanced systems that can incorporate drone information, help with precision application. And cloud-based data management allows farmers to share key information with crop advisers for enhanced production.

Auto-steering is a more common feature on tractors than ever before. Those GPS-guided farm machines allow producers to take their hands off the wheel and let the machine stay on course, and it allows the operator to keep better track of work in the field. Yet that tech is just one step away from automated machines that hit the field for new tasks. While a very popular idea, the robot tractor is still in the development stage.

Other automated technologies are coming though, including small machines that move through a field

spraying individual weeds, or treating only sick plants. As computer vision systems get better, these tools will have more value.

The days of a farmer in overalls riding in an open-station tractor with the sun beating down on his back are ending. You find it from time to time, but for today's business farmer the tools in use help that producer manage every acre to the square inch, with an eye of keeping costs down while still raising productivity.

And the challenge is real. The world population will top 9 billion by 2050, requiring a doubling of food production while being land limited and restricted on water use. American farmers are bringing a wide-ranging set of tools to bear to meet that challenge.

Willie Vogt is editorial director of Farm Progress, a major agricultural publisher serving farmers across the United States.

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ROBOTS AND SENSORS

Using innovative technologies for real-time feedback on the health of the grid.

by Thomas Kirk

Electric grids are immense machines that span counties, and often entire states, bringing power to many homes and businesses. So how do the electric companies know what's happening on their lines? How much power is being delivered? What equipment needs to be replaced? These are important questions that public power districts and electric cooperatives spend a lot of time and money to answer.

For many years, rural electric utilities relied entirely on in-person inspections to determine asset conditions and calls from members to discover power outages. During and after storms, this could mean lengthy recovery times as supervisors evaluated the available information and decided where to send line crews, who then searched for damaged lines in order to make repairs and restore electric service. Even normal operations required personnel to be sent into the field constantly to perform manual inspections. Today, rural electric utilities may choose from a wide array of technologies that give them near real-time feedback on the health of the grid. Monitoring and automation technologies are becoming more affordable and gaining more functionality leading to greater use in the field.

Two of the most common technologies in this space are Supervisory Control and Data Acquisition (SCADA) and Automated Meter Infrastructure (AMI).

SCADA systems have greatly evolved since their original development in the 1920s. Modern systems take advantage of communication, monitoring and automation technologies to give utilities a real-time picture of how substations are performing and make changes as needed. At the end of the line, AMI, also known as smart meters, report back to the utility how much energy consumers use, often on a 15-minute basis. Utilities can “ping” these meters to determine if they're still receiving power during storms or other types of outages.



Electric utilities are exploring a host of innovative technologies, such as smart meters and special sensors placed on power lines for niche applications.

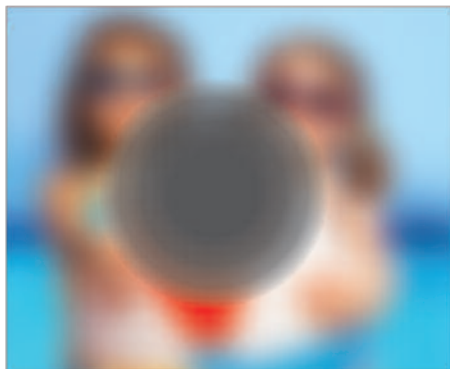
Beyond AMI and SCADA, utilities are exploring a host of other sensor technologies for niche applications including fault location, power theft detection and asset management. These applications are being enabled by a new wave of inexpensive sensors that cost one-tenth of what they did a decade ago. When a fault occurs on a transmission line (the large power lines that carry power from plants to substations), they create transient waves on the lines. By placing special sensors on transmission lines and measuring the time that a wave reaches two of these sensors, the location of a fault can be accurately and quickly determined. This lets the utility know exactly where to send repair crews.

Across the whole U.S. electric industry, roughly \$6 billion worth of electricity is stolen annually, which leads to higher prices for everyone. Traditionally, one of the best tools for identifying power theft is visual inspection of meters for signs of tampering, but with AMI systems, utility personnel aren't visiting meters in-person as often. Load-monitoring sensors—often called current transformers (CTs) or current sensors—can be placed on distribution power lines to help catch significant losses along a line, from theft or for other reasons. Data gathered by CTs can be reconciled with meter readings to investigate discrepancies between the electricity passed through the line and the electricity measured by the meters. CT devices are also valuable for diagnosing excessive line loss due to other problems, such as conductor damage or aging transformers.

For members, these technologies provide three primary benefits: increased reliability, reduced outage times and lower prices as the utility manages employee time and resources more efficiently. As sensors continue to improve and drop in price, expect to see more real-time grid monitoring.

Advanced Technology Allows Macular Degeneration Patients To See Again

And Allows Many Low Vision Patients To Drive Again



*A scene as it might be viewed
by a person with age-related
macular degeneration*



*Same scene of Grandchildren
as viewed through telescope
glasses.*

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence - driving. Nebraska optometrist, Dr. Robert Stamm is using miniaturized telescopes which are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

“Some of my patients consider me their last chance or people who have vision loss” said Dr. Stamm, one of only a few doctors in the world who specializes in fitting bioptic

telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that will give you back your independence. Patients with vision in the 20/200 range can many times be improved to 20/50.

Bioptic telescopes treat both dry and wet forms of macular degeneration as well as other vision limiting conditions.

While there is currently no cure, promising research is being done on many fronts. “My job is to figure out everything and anything possible to keep a person functioning” says Dr. Stamm “Even if it’s driving”.

“The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Stamm. “It’s like a self-focusing camera, but much more precise.”

For more information and to schedule an appointment today, call:

Robert Stamm, O.D.
Low Vision Optometrist
Member IALVS

Toll Free:
(877) 393-0025





Producing Power:



By 
Patrick Pope
NPPD PRESIDENT & CEO

“Bitter, freezing cold.” That’s how some weather forecasters described the stretch of winter weather which blanketed Nebraska in January.

At NPPD, we see the impact of cold temperatures in the production of electricity demanded of our power plants.

When winter cold spells lead to increased electric usage to warm homes and businesses, we need to ensure a diverse mix of power resources are available to meet the demand.

We are proud to have a diverse mix of power generating options in Nebraska that we can call on to meet customer expectations. This includes a variety of resource types such as nuclear, coal, gas, hydro, wind and solar.

What It Takes



When it comes to generating electricity, NPPD believes a diverse mix of resource types is best. Because each power resource has its own set of pros and cons, it’s important to have a variety of resource types that can operate under different circumstances.

Each generating resource has pros and cons, but together they work effectively to give Nebraskans reliable and affordable electricity.

Being part of a regional market, NPPD has access to its own in-state power resources, which are more than 60-percent carbon-free and additional energy sources available through the Southwest Power Pool.

In 2017, NPPD’s Cooper Nuclear Station generated a record amount of electricity with its consistent supply and reliability. SPP ranked number one among other regional markets for annual wind energy output making up 22 percent of total production.

So why is a diverse generation mix so important?

Here is one example:

Temperatures at 2 p.m. on Jan. 16 hit a high of less than 20 degrees, but there was little wind in Nebraska or neighboring states. Even the integrated energy market of SPP, of which NPPD is a member along

with utilities in 13 other Midwestern states, was producing 80 percent of its entire power supply with fossil fuel at that time.

Nearly 93 percent of NPPD’s generation mix at 2 p.m. on Jan. 16 was produced by coal and nuclear. A little more than five percent was coming from natural gas. Our eight wind farms which we buy from or own were collectively producing less than one percent of our generation due to lack of wind.

Renewable resources are an important part of NPPD’s generation mix, but fossil and nuclear generation are absolute requirements if we are to keep Nebraskans warm in winter.

By working together, we can deliver a better product while ensuring power is there when customers need it now, and in the future.

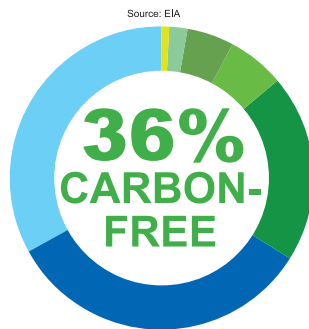
It Takes All Types

Having access to different types of power facilities to generate electricity is important. Following is a look at the generation mix at NPPD, the Southwest Power Pool and nationally.

2016 NPPD Energy Generation Resources
Nebraska Customers



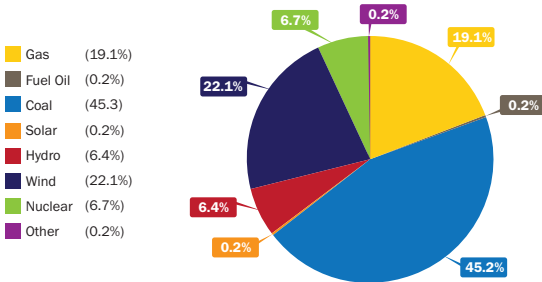
2016 U.S. Energy Generation Resources



Gas/Oil 1.9%
Purchases 5.8%
Hydro 6.8%
Wind 9.0%
Coal 32.5%
Nuclear 42.1%

Solar 1.0%
Biomass 2.0%
Wind 6.0%
Hydro 7.0%
Nuclear 20.0%
Coal 30.0%
Natural Gas 34.0%

2017 SPP ENERGY BY FUEL TYPE

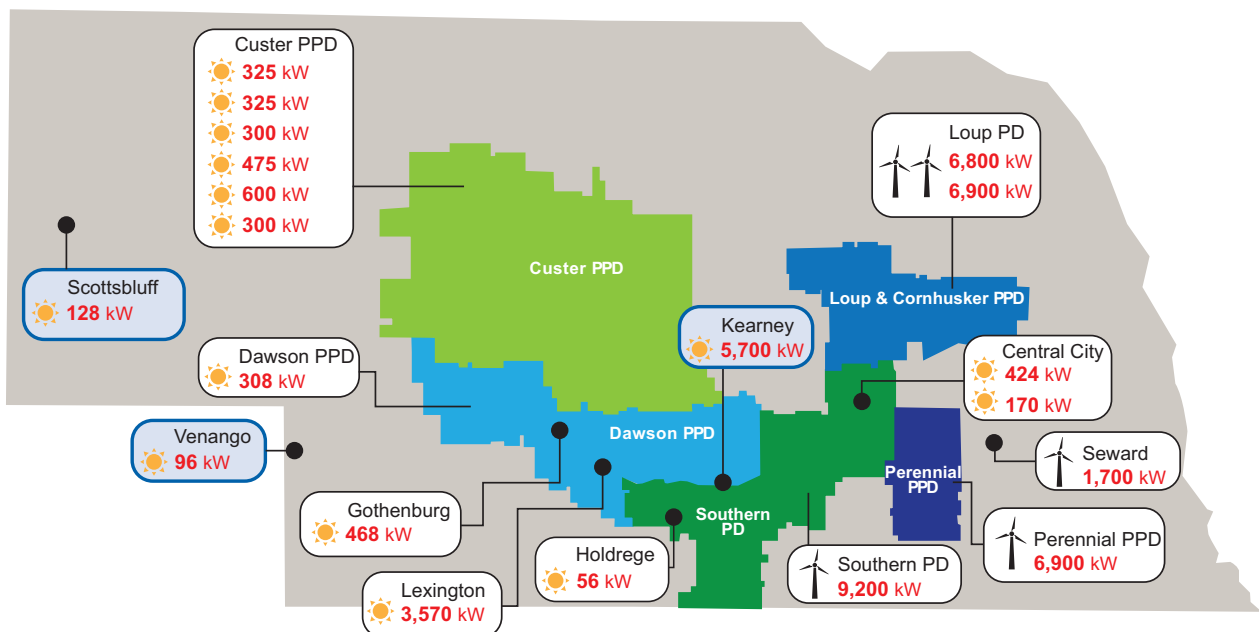


NPPD Partners on State's Largest Solar Facility

Approximately 50 local citizens attended a ribbon-cutting in December, which paid homage to the hard work completed by the City of Kearney, SoCore, the solar developer, and NPPD to get the 5.76 megawatt and 22,464-solar-paneled project on-line. The facility became commercially operational at the beginning of 2018.

Local Renewable Energy Projects

Wind or solar projects (planned or producing) in Nebraska through customer partnership



Through a provision in NPPD's wholesale power contract, wholesale customer utilities have installed more than 17 megawatts of new wind and solar projects since 2016 with more projects in the queue, if approved at the local level.

Take action to make your home more energy efficient

There isn't much in our daily lives that doesn't involve the use of electricity. From flipping on the lights, starting up the computer, cooking a meal, keeping food cold, watching our favorite show on television...it all requires reliable electricity. And every time we turn something else on it causes the electric meter outside to spin a bit faster and the monthly electric bill to climb a little higher.

When the electric bill arrives each month you may wonder if there is any way to reduce the amount of electricity your family uses. The answer is, "Yes."

The first step is to learn everything we can about energy conservation and efficiency. These two things are not the same thing but they are related.

Conservation is the reduction of the total consumption of electricity. This can be done by simply turning off anything that uses electricity when you're not using it.

Energy efficiency happens when you change or upgrade things in your life that use less electricity while still providing you with the same benefit. Things like light bulbs, appliances, and insulation.

You can determine how much electricity your home uses by having a complete home energy audit performed. Many of the public power districts and electric cooperatives in Nebraska offer this type of service for free.

Once you have the audit you can figure out what you can do to make your home more energy efficient and take action. The effect of these small steps will have a combined, direct impact on reducing electric demand and could lower overall costs to electric systems and their consumer-members. Energy efficiency helps manage load growth as well and delays the need for new electric generation facilities.

The Nebraska Rural Electric Association and its 33 member-

systems are working with public officials to find balanced and achievable solutions to climate change. Making conservation and energy efficiency part of our daily routine is the first step. Energy consumption will continue to rise but if we use electricity more efficiently, we can slow down the overall growth for more power.

The easiest tip is to simply ask

everyone to switch off the lights when they're not using them, or when they leave a room. Seems obvious, but you'd be amazed how many people forget. Especially if you've got small children or teenagers in the house.

Check out the 10 spring energy savings tips below or contact your local energy provider for more energy saving tips.



- 1. CLEAR THE AIR:** Open windows to allow fresh (free!) air to circulate.
- 2. COOK OUTSIDE:** Enjoy a few hours of sunshine by using your grill or smoker to add festive flavors to meals.
- 3. SEARCH AND SEAL:** Cracks and spaces let conditioned air outside. Caulk and weather strip to seal leaks.
- 4. NATURAL LIGHT:** Open blinds and curtains, and turn off the lights to save energy.
- 5. BE FAN FRIENDLY:** Use ceiling fans to circulate airflow.
- 6. ATMOSPHERIC ADJUSTMENT:** Remember to adjust your thermostat settings for the milder months ahead.
- 7. TUNE UP:** Schedule an appointment with your HVAC technician to identify any potential problems with your system.
- 8. PEAK SAVINGS:** Think about supply and demand. Plan household chores that require electricity during off-peak hours (when energy demand is low).
- 9. TAKE CHARGE:** Consider disconnecting electrical devices you don't use regularly until you need them. Plugged-in devices use energy even when not in use.
- 10. MOVE OUTDOORS:** Time spent outdoors offers opportunities to turn off lights, televisions, computers and home appliances. You'll be more active, have more fun and save more money.

Source: U.S. Department of Energy

“To you, it’s the perfect lift chair. To me, it’s the best sleep chair I’ve ever had.”

— J. Fitzgerald, VA



Sit up, lie down —
and anywhere
in between!

Easy-to-use remote for
massage, heat, recline and lift

We’ve all had nights when we just can’t lie down in bed and sleep, whether it’s from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we’d give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

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This lift chair puts you safely on your feet!

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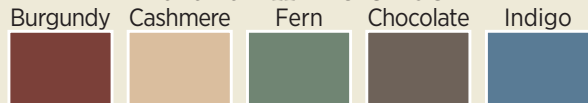
The Perfect Sleep Chair® 1-888-871-8579

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Electricity theft and vandalism pose safety and financial concerns

Theft involving electricity and related materials is a problem all electric utilities face – and it’s a problem for electricity customers, too. Since public power districts and electric cooperatives are member-owned, electricity theft could end up costing you money. Compensating for electricity theft drives up prices for everyone involved.

Theft of electricity also puts your personal safety at risk. Tampering with an electric meter can make it unsafe and unstable. When people steal electricity, they put themselves, their neighbors, family and pets all at risk for electric shocks, power surges, sparks and fire from exposed voltage. Stealing electrical related materials can also pose a significant risk to the culprit, resulting in injury or even death from exposure to live electricity.

Electricity theft isn’t isolated to rural areas or to big cities. It’s a problem utilities encounter from agricultural operations to housing complexes to business offices from

coast to coast. Although electricity can be easily acquired through a utility, some people are still willing to risk physical damage or loss of life just for the sake of some free kilowatt hours. Others may not realize the serious legal and potential health implications. Stealing electricity is illegal under Nebraska law and violates electrical codes.

Keeping power safe and affordable is a priority for all Nebraska electric utilities. That is why they routinely inspect their meters and equipment, to ensure they are doing their best to protect you from the risks of electricity theft. By taking a proactive approach to this serious problem, utilities can eliminate theft and reduce related costs.

You can also play a role in this process, by immediately notifying us if you suspect someone is gaining access to our power supply without paying their fair share of the costs or by tampering with equipment. If you have information related to electricity or materials theft, please call your local electric utility.

Thieves may not understand that they are risking their lives by taking copper from utility poles or substations, where high transmission voltage is stepped down to a lower current for distribution lines. Follow these guidelines to guard against electrical dangers and prevent copper theft.

- Never enter or touch equipment inside a substation; stay away from power lines and anything touching a power line.

- If you notice anything unusual with electric facilities, such as an open substation gate, open equipment, or hanging wire, contact your electric utility immediately.

- If you see anyone around electric substations or electric facilities other than utility personnel or contractors, call the police.

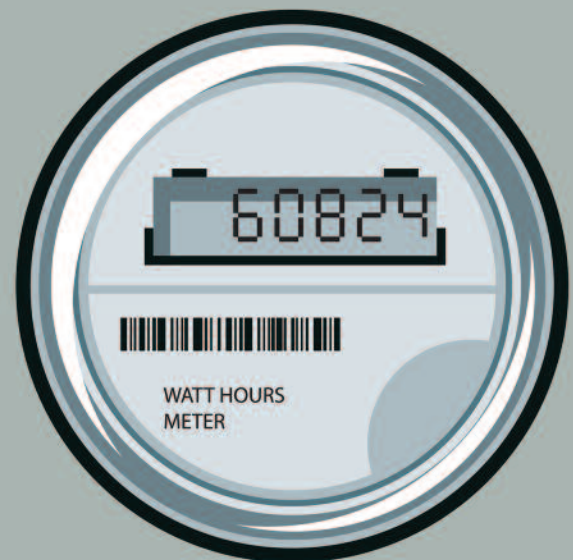
- Install motion-sensor lights on the outside of your house and business to deter possible thieves.

- Help spread the word about the deadly consequences that can result from trying to steal copper or aluminum wire.

DO NOT TAMPER WITH YOUR ELECTRIC METER

Meter tampering can result in electric shock, is illegal and increases electric rates for other utility consumers.

- ⊘ Never break a meter seal.
- ⊘ Never open a meter base.
- ⊘ Never remove a meter or alter an entrance cable in any manner.



If you know of or suspect that someone has tampered with their meter, please contact us immediately.

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– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips.

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Where renewable energy gets its power

by Paul Wesslund



Solar energy and wind power may not seem like a big deal. Unless you're talking about the future. Or maybe even the present.

For all today's talk about renewable energy, it still makes up a pretty small portion of the energy sources that generate our electricity. But it's coming on fast, and it's picking up speed.

Here's your crash course in how wind, the sun and water generate electricity.

Solar energy

Solar energy generates only about 1 percent of the nation's electricity, but that's a stunning increase from just five years ago, when the number was too small to report for the U.S. Department of Energy. Solar growth will continue as costs fall, technology improves and people figure out better ways to use solar energy.

There are lots of ways to use energy from the sun. You can hang your washed clothes outside to dry, and you can open curtains to warm your home on a sunny day. More ambitious projects use the sun to warm pipes full of water that is pumped around a building for heat.

But what most people mean when they talk about solar energy is photovoltaic electricity. When certain materials get hit by sunlight, their atoms spit out an electron, and electricity is just a stream of

electrons. Over the decades, scientists and engineers experimented with solar-sensitive materials to make them into lighter, longer-lasting and more affordable wafers called photovoltaic cells, which are combined and integrated into solar photovoltaic modules. One of their first uses was space travel, and continued improvements are allowing solar to become a more down-to-earth kind of energy.

One of those improvements is cost. Solar panel prices dropped 85 percent in the past seven years with improvements in materials and larger-scale production methods.

Another technological advance is about to give the industry an extra boost, says Dale Bradshaw, a technical consultant with the National Rural Electric Cooperative Association (NRECA). He says solar panels can now track the sun as it moves across the sky rather than sitting fixed in place, raising their productivity by collecting more sunlight throughout the day. This year, the U.S. Department of Energy's Energy Information Administration reported that half the large solar installations in the country already use some kind of sun-tracking technology.

It's also worth knowing that the solar industry is maturing with different forms of ownership: utility, industrial, commercial and residential scale, and community

solar installations.

Utility scale is what you might expect—large banks of solar panels owned and operated by an electric utility or other large organization, producing many megawatts of solar energy. Industrial and commercial solar installations can range from kilowatts up to multi-megawatts and be placed on rooftops, over parking lots or on land near industrial and commercial enterprises. Industrial and commercial installations are beginning to increase as the price for solar continues to drop. Residential solar installations are also being installed primarily on rooftops, especially in the southwestern United States.

NRECA's Bradshaw says community solar can ease the higher expense of self-owned rooftop solar. With community solar, a utility builds a large solar installation and sells shares in the project to customers interested in an investment in renewable energy. That style of ownership and development is especially suited to public power districts and electric cooperatives, and many are offering solar shares to their consumers.

"Rural electric utilities are doing a great job of building community-scale solar," says Bradshaw. "They're going full blast on that."

Bradshaw also notes that community solar allows a homeowner to avoid both

maintenance of their own system, and the hassle of sorting out different offers from rooftop solar vendors.

Wind power

Wind power has increased significantly as costs continue to decrease. Wind power generates nearly 6 percent of the nation's electricity, and it is growing at a pretty good clip, with an increase of about 35 percent during the past four years.

In a way, wind generates electricity the same way as coal, natural gas and nuclear—by spinning a turbine that creates an electricity-producing magnetic field. The huge difference is that the turbine is turned by enormous propeller-like blades designed to catch the wind.

It's the size of those blades, and the height of the turbine towers (as much as 300 feet in the air) that

makes the difference, says NRECA's Bradshaw.

"Wind is a really useful renewable, but it has to be utility scale," he says. A tall utility-scale tower can capture as much as 50 percent of the wind, but there's not a practical, personal alternative to compare with rooftop solar. A rural residential customer or a rural commercial customer with a 50 to 100-foot tower will probably generate electricity only about 25 percent of the time. "It's really not cost-effective for small-scale home use when compared to utility scale wind turbines," says Bradshaw.

Hydroelectric power

Another way to turn an electricity-generating turbine is to store water behind a dam then harness its power as it flows from the reservoir to the river below.

Specialists disagree on whether to count hydroelectric power as

renewable energy. On the one hand, it doesn't create greenhouse gas or other chemical pollutants by burning fossil fuel. On the other hand, large-scale hydro typically calls for building a permanent dam across a river valley and flooding the area behind it. Another option is to put hydroelectric generators directly in rapidly flowing rivers to capture power, but this is a significantly more expensive option than using hydroelectric power from water stored behind a permanent dam. Then there's the question of whether you consider flowing water renewable, or something that can be used up.

Hydroelectric power generates nearly 7 percent of the electricity in the United States. Although that number changes a bit during times of drought or heavy rain, the amount of electricity produced by hydro power has been relatively stable during the past several years.

DID YOU KNOW?

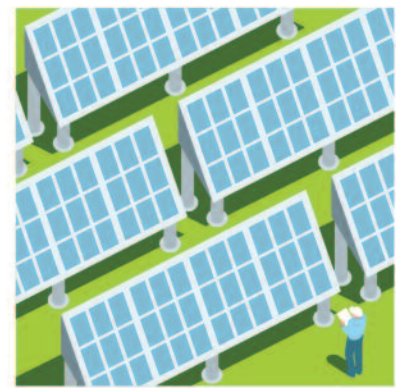
Approximately 15 percent of the nation's electricity is generated from renewable energy sources, like hydro, wind and solar power. That percentage may seem low, but renewable energy generation is gaining momentum and continues to play an important role in reducing greenhouse gas emissions.



6.5%
generated by
hydropower.



5.6%
generated by
wind.



0.9%
generated by
solar.

*Additional sources, like geothermal and biomass, contribute to the 15 percent of renewable energy generation.

Source: Energy Information Administration



Watch out for overhead power lines around the farm

It is very important to keep your distance from overhead power lines. Each year, construction and farm workers are injured or killed because they have accidentally made contact with the high voltage lines that pass overhead.

To prevent this from happening to you, pre-plan your job. Go out to the area you plan to move large equipment into, stack bales within, or where irrigation pipe will be laid, and look around for overhead wires and electric poles. Then plan your job around them. Remember, high voltage power lines are not insulated. Also, be aware that there are laws that prohibit any work within six feet of lines that carry between 600 and 50,000 volts, and require a minimum distance of 10 feet from these lines when operating boom-type lifting equipment.

Changing temperatures during the spring can cause power line clearances to change as well.

“Power line clearances change with

fluctuations in air temperature, so it is important to verify safe clearances,” said NREA Job Training and Safety Coordinator Larry Oetken. “Clearances on driveways and over land not normally used as a roadway may have ground to line clearances as low as 11.5 feet.”

It is important to be aware that the following types of farm machinery can accidentally brush or get hung up in overhead power lines while in use or being moved:

- Tractors with front-end loaders.
- Portable grain augers.
- Fold-up cultivators.
- Moving grain elevators.
- Irrigation pipes.
- Equipment with antennas.

When you’re working or performing other activities around the farm or ranch, watch out for overhead electrical lines. Know where power lines are located and treat all overhead power lines as though they are bare and uninsulated. Keep all equipment away

from overhead lines.

It’s a good idea to know what to do if equipment you are operating comes in contact with an overhead power line. Don’t panic!

- Stay on the equipment, unless there is a fire.

- Ask for someone to immediately contact the local utility company to remove the danger.

- If there is an emergency such as an electrical fire and you must leave the equipment, jump as far away from the equipment as possible. Do not allow any part of your body to touch the equipment and the ground at same time. Shuffle away from where you jumped; do not take large strides. Too large a step could put each foot in a different voltage zone and electrocute you.

- Once away from the equipment, never attempt to get back on or even touch it. Many electrocutions occur when the worker dismounts, then gets back on the equipment.

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 – Chuck Clemons



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Prevent fires in the home with proper safety measures

Fires are among the leading causes of accidental death in the United States today. More than three out of four reported fires occur in the home. Fires are likely to be more severe in rural areas because of the response time and limited equipment available to outlying fire departments.

People Cause Fires

The tragic aspect of home fires is that many could have been prevented — if someone had taken the proper safety measures ahead of time.

People's actions — and how they fail to consider fire safety — are common to all major causes of household fires. Major causes include improper use and maintenance of heating appliances; improper use and care of electrical appliances; lack of functioning smoke detectors; and careless use of smoking materials.

Check Electrical Cords

Two-thirds of all electrical fires begin in plugs or cords on fixed appliances such as refrigerators, air conditioners or lamps. Frayed cords expose

electrical wires that spark on contact with each other or anything that can ground the electrical current.

Electrical plugs and cords usually deteriorate gradually, making damage difficult to detect. Inspect all appliance cords and plugs for wear at least once a year. If you discover a frayed cord or loose prongs on a plug, discontinue use until repairs can be made.

Check Electrical Outlets

Never overload electrical outlets and circuits. Overloaded electrical outlets, or circuits that supply power to several outlets, is a major cause of residential fires. Overloaded outlets and circuits carry too much electricity, which generates heat in undetectable amounts. The heat causes wear on the internal wiring system and can ignite a fire.

All wiring systems have circuit breakers or fuses that disconnect power when circuits become overloaded. However, an improperly sized fuse or breaker can cancel this built-in safety feature.

To prevent overloading, never plug more than two appliances into an

outlet at once or “piggyback” extra appliances on extension cords or wall outlets. Use only outlets designed to handle multiple plugs.

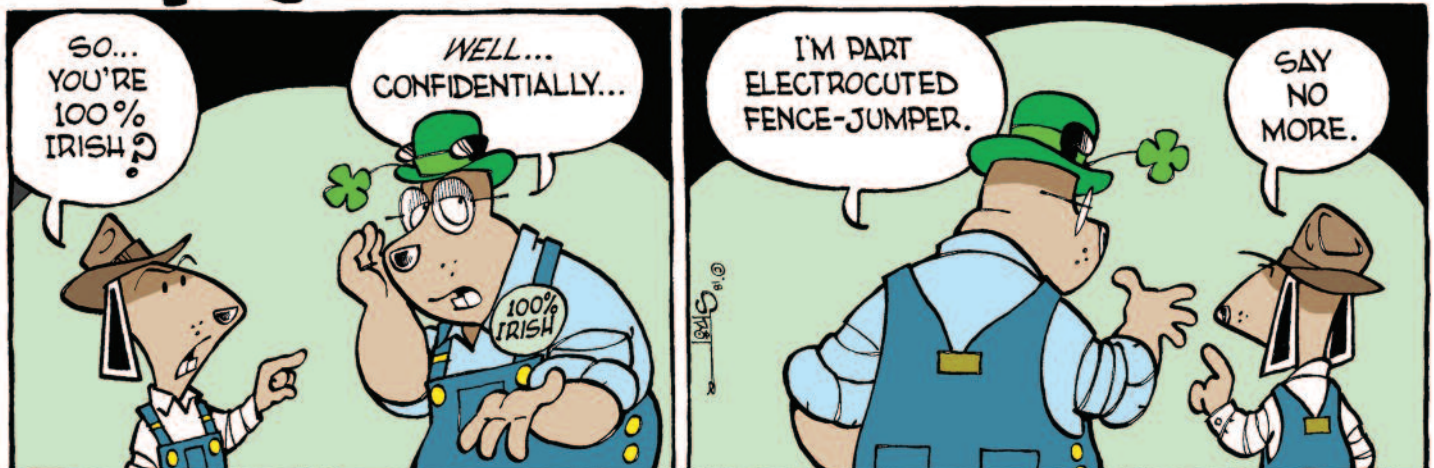
Give special consideration to appliances that use 1,000 or more watts, such as air conditioners, refrigerators, hot plates, irons, microwave ovens, dishwashers, heaters, and deep fryers. Avoid plugging them into the same outlet or circuit. To use these appliances safely, know which outlets are connected to the same electrical circuit in your home. Do not exceed 1,500 watts for each outlet or circuit. Wattage requirements are listed in appliance manufacturer's instructions.

Begin a habit of regularly checking electrical cords and outlets. Fires that begin in these areas are difficult to detect, yet easy to prevent.

Check Smoke Alarms

Researchers estimate that smoke alarms could have prevented almost half of the annual fire fatalities. Smoke alarms alert you to potential dangers that your senses cannot detect, such as a slow, smoldering fire in an overloaded electrical outlet.

Murphy



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:

- 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.

- 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.

- 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.

- 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.

- 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.

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MADE IN THE USA

Hiring the right contractor for the job

by Pat Keegan

Q: We're wanting to make renovations to our home that will improve aesthetics and overall energy efficiency. How can we make sure we hire a contractor who will do a good job and stay within our budget?

A: Great question! Renovations can be the perfect time to improve your home's energy efficiency. To make sure you get those energy savings, it's important to do some planning right from the beginning.

The first step is to educate yourself so you can be in control of your project. Helpful, easy-to-understand energy efficiency information is available for virtually any area of your home and any renovation project. Just be sure to use reputable sources, like energy.gov, energystar.gov or your local electric utility.

You'll need that knowledge so you can judge the solutions each potential contractor proposes. Some products or methods that are sold as effective energy efficiency solutions may not work as well as they claim, or may be too expensive relative to the energy savings they provide.

It's important to talk to your local building department to find out if your project requires a permit and inspections. Some contractors may suggest doing the work without a permit, but unpermitted work can cause problems if you need to file an insurance claim down the road or when you get ready to sell your home.

You can also use your newfound knowledge to ask the right questions of potential contractors. Ask about the product to be installed, the energy savings it should yield and whether it will improve comfort. Because energy efficiency installations and

construction are specialized, most measures are unlikely to be installed correctly unless the installer has experience and hopefully some appropriate training or certification.



An energy auditor can help you determine the work you will hire a contractor to do, and may be able to suggest contractors that do quality work. Photograph provided by United Cooperative Service.

Finding a contractor can be a challenge, especially in rural areas. To find them, use your online search engine to “find a contractor in your area.” If you're in a sparsely-populated area, the right contractor may be located an hour or two away. Your public power district or electric co-op may be able to provide a list of approved contractors in your area. You can also check with a local energy auditor for contractor names.

You may decide you'd like to hire a small specialty contractor or a larger general contractor. Either way, it's crucial to hire someone with a contractor's license, a local business license and three types of insurance: liability, personal injury and workers' compensation. Check references to

verify the contractor has a solid history of cost-control, timeliness, good communication and excellent results, including significant energy savings. You might learn that your lowest bidder has a tendency to increase the price after the job has begun.

As you choose between contractors, quality should be an even more important consideration than price. Poor-quality energy efficiency work will not deliver maximum savings.

Once you have settled on a contractor, be sure to get a written contract. It should include “as built” details and specifications that include energy performance ratings you have researched ahead of time, such as:

- the name of the individual doing the installation
- the specific R value¹ if you're insulating
- the make, model, the AFUE (annual fuel use efficiency) and COP² (coefficient of performance) ratings if you're replacing a furnace (and ask that an efficiency test be conducted before and after the work)
- the make, model and EER (energy efficient ratio) rating³ if you are replacing the air conditioner. (Some contractors are able to check for duct leakage in the supply and return ductwork with a duct blaster if you're doing any furnace or AC work.)
- whether the contractor must pay for the necessary building permits.

Finally, be cautious about pre-paying. Keep the upfront payment as low as possible, set benchmarks the contractor must meet to receive the next payment and make sure a reasonable amount of the payment is not due until the project is completed, passes building inspections and you are fully satisfied. If you don't feel qualified to approve the project, you could even require testing or inspection by an independent energy auditor.

Then, enjoy your new energy efficient space!

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*Stan W. US war veteran
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Make kitchen time easier with the right oil

Throughout 2018, you can create easy, healthy and delicious family meals by using time-saving recipes.

For example, these “Cook Once, Eat Twice” recipes from CanolaInfo start with pork chops that double as the base for lunch or dinner the following day.

“The more you cook your own meals, the more you can control portion sizes and ingredients,” said Manuel Villacorta, registered dietitian. “Knowing the right oil to use is essential. I like using canola oil to keep the flavors of your dishes intact due to its neutral taste and light texture. Plus, it contains high levels of monounsaturated fat and plant-based omega 3 fat, and is low in saturated fat. I use it regularly in my home kitchen and recommend it to my clients.”

For more time-saving recipes, visit canolainfo.org.



Pork Loin Chops with Sweet Balsamic Mushrooms

- 8 boneless center-cut pork loin chops (4 ounces each), trimmed of fat**
- 1/2 teaspoon ground black pepper**
- 2 tablespoons canola oil, divided**
- 12 ounces sliced portobello mushrooms**
- 2 garlic cloves, minced**
- 1/2 teaspoon salt, divided**
- 2 tablespoons balsamic vinegar**
- 2 tablespoons water**
- 2 teaspoons Worcestershire sauce**
- 1 teaspoon sugar**
- 2 tablespoons chopped green onions**

Sprinkle both sides of pork with pepper.

In large skillet over medium-high heat, heat 1 tablespoon canola oil.

Cook pork chops 4 minutes on each side, or until internal temperature reaches 160 F.

Reserve four pork chops in refrigerator to make Pressed Pepperoncini-Pork Sandwiches.

In skillet over medium-high heat, heat remaining canola oil; tilt skillet to coat bottom lightly. Cook mushrooms 4-5 minutes, or until tender and juices begin to release, stirring occasionally. Stir in garlic and 1/4 teaspoon salt; cook 15 seconds, stirring constantly. Place over pork chops; cover to keep warm.

To pan residue, add vinegar, water, Worcestershire sauce, sugar and remaining salt. Bring to boil over medium-high heat and boil 1 1/2-2 minutes, or until reduced to 2 tablespoons, scraping bottom and sides of skillet. Drizzle sauce over pork and mushrooms. Sprinkle with onions.



Pressed Pepperoncini-Pork Sandwiches

- 12 ounces crusty French bread, unsliced
- 4 leftover pork chops from Pork Loin Chops with Sweet Balsamic Mushrooms recipe
- 2/3 cup pepperoncini slices
- 1 plum tomato, chopped
- 1/4 cup finely chopped red onion
- 2 garlic cloves, minced
- 1 1/2 tablespoons canola oil
- 1 1/2 tablespoons cider vinegar
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon dried pepper flakes
- 3 slices ultra-thin sliced Swiss cheese, cut in half

Hollow out top and bottom halves of bread, leaving 1/2-inch thick shell.

Place pork on bottom half of bread. In bowl, combine pepperoncini, tomato, onion, garlic, canola oil, vinegar, oregano and pepper flakes. Spoon pepperoncini mixture and any accumulated juices on top of pork and top with cheese.

Cover with top half of loaf. Press down firmly to flatten sandwich and allow flavors and juices to absorb. Cut filled loaf crosswise into four equal pieces.

French Onion Soup

- 2 Tablespoons butter
- 3 large onions, sliced thinly
- 1 Tablespoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 Tablespoons flour
- 2 cans condensed beef broth, undiluted
- 1 1/2 cans water
- 1 bay leaf
- 6 slices French bread
- 1 1/2 cups grated mozzarella cheese

In large pan melt butter. Stir in onions. Cover pan and cook approximately 20 minutes until onions caramelize. Mix in flour, paprika, salt, pepper and stir into onions. Whisk in broth and water. Add bay leaf. Bring to a boil. Then reduce heat and simmer uncovered for 20 minutes. Toast bread slices on both sides. Ladle soup into oven proof bowls and place on a cookie sheet. Place slice of toasted French bread into each bowl and top with 1/4 cup of cheese. Broil for two minutes or until cheese is melted. Serve immediately.

Marilyn Williams, Johnstown, Nebraska

Chicken Pot Pie

- | | |
|--|---|
| <ul style="list-style-type: none"> Pastry for 9 inch, 2 crust pie 3 Tablespoons margarine 3 Tablespoons flour 1 teaspoon salt 1/8 teaspoon pepper | <ul style="list-style-type: none"> 1 1/3 cup chicken broth 1 can evaporated milk 2 cups cubed cooked chicken 1 pkg. frozen mixed vegetables, cooked & drained |
|--|---|

Put pastry in pie pan or small square glass dish. Melt margarine and blend in flour, salt and pepper. Cook over low heat until smooth and bubbly. Stir in chicken broth and milk. Boil and stir 1 minute. Stir in chicken and vegetables. Pour into crust. Put remaining crust over top. Bake 400 degrees for 35-40 minutes. Serves 6.

Deanne Cooper, Oshkosh, Nebraska


Lemon Coconut Neiman Marcus Bars

- | | |
|--|--|
| <ul style="list-style-type: none"> 1 pkg. lemon cake mix 4 eggs 1/2 cup butter, melted 4 cups powdered sugar | <ul style="list-style-type: none"> 1 8 oz. pkg. cream cheese, softened 2 cups sweetened flaked coconut |
|--|--|

Combine cake mix, 2 eggs and melted butter in a mixing bowl. Spread in a greased 9" x 13" baking pan. In a second bowl, beat powdered sugar, 2 eggs, and cream cheese. Stir in coconut. Spread coconut mixture on top of crust mixture. Bake 35 – 40 minutes at 350° until the edges are brown and the center is set (it will still be slightly wobbly in the middle). Cool for 30 minutes, then refrigerate for 2 hours or up to 2 days. Slice into bars and serve.

Chris Hilkemann, Pierce, Nebraska


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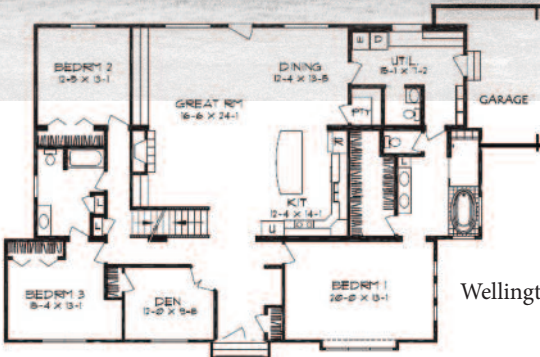
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