

RURAL ELECTRIC

NEBRASKAN

May 2017



**2017
Solar
Eclipse**

coming to Nebraska

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 1-800-808-6379 and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

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

RURAL ELECTRIC
NEBRASKAN

"The Rural Voice of Nebraska"

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On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun. Anyone within the path of totality can see one of nature's most awe-inspiring sights - a total solar eclipse. This path, where the moon will completely cover the sun, will cross Nebraska and provide some of the best viewing opportunities in the United States.

The Internet of Things

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Writer Paul Wesslund explains the growth of "The Internet of Things," which is the integration of people, processes and technology with connectable devices and sensors to enable remote monitoring status, manipulation and evaluation of trends of such devices.

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On the cover

The chance to view an awe-inspiring total solar eclipse is something you won't want to miss. See the related article on Page 6. Photograph by Wayne Price



by Wayne Price

Make spring cleaning much easier

Earlier this year I received a couple product samples that I was able to use at my home and I thought I'd share what I found out with our readers. Both are tools that will enhance your spring cleaning chores.

As the weather warms up I tend to spend more time helping with making meals for my family, grilling up brats, burgers, steak, chicken, veggies...just about anything I can. I even grill pineapple and cabbage. Not together, those are two things I just enjoy eating grilled. As much as I enjoy grilling, I really dislike cleaning the grill even more. It always seems to make a mess and I just don't feel like going through the hassle every time I want to grill out.

Luckily CES has created the Grillbot, a fully-automated robot that makes grill cleaning super easy with the push of a button. It is designed to be used on any kind of grill and takes the grunt work out of cleaning your grill. You simply put the Grillbot on the grill and let it do all the cleaning. It is driven by a powerful CPU that controls movement, speed, and direction of the brushes and comes with an LCD alarm and timer that can be set for a light scrub, deep clean or something in between.

The brushes on the Grillbot rotate and move around your grill to scrub off all the grease and grime left by the food. The brushes are removable so that you can replace them once they've worn down. They are also washable. You just take them off and put them in your dishwasher.

The new Grillbot Pro design comes with Bluetooth 4.0 technology and a replaceable cleaning cartridge. You can control certain Grillbot functions from a smartphone without even having to go outside. That means the person on BBQ duty will never have to miss a shot, goal or score again as the Grillbot easily and effectively handles the dirty work.

The Grillbot Pro features an automated on/off function so you can use your smartphone to control the on/off function on the built-in cleaning spray cycle. There is

also an illuminated alarm and timer to help you stay aware of how much cleaning time remains and receive an alert on your phone when the cleaning cycle is finished. The Grillbot Pro is expected to be available by Summer 2017.

At \$130, the Grillbot is a good investment if you spend a lot of time using your grill. Grillbot comes in four colors – black, red, orange, and blue. The standard package only includes the Grillbot and its charger, but you can order extra brushes or even bundle the Grillbot with a case through Grillbot's website at www.grillbots.com. It is also available at ACE Hardware and True Value stores.

If you're looking for a new spring cleaning tool, take a look at BUMP IT OFF by Goddess of Gadgets. BUMP IT OFF is a reusable silicone sleeve that makes many household tasks more efficient and effective.

It is versatile and eco-friendly and features gentle bristles on one side and smooth bumps on the other. It fits comfortably in your hand and allows you to focus the scrubbing power in your palm or fingertips. It is also the first product to receive four Family Choice Awards in the same year.

BUMP IT OFF has many cleaning uses around the home: You can loosen and lift stubborn stains from clothes and upholstery, wipe your shoes clean—works on all types, from suedes to woven fabrics and even on the soles of the shoes, and clean fruits and vegetables—it's gentle enough while still getting dirt off.

I was able to use it as a grooming tool for our cat and she seemed to love the massage. It removed a lot of the loose hair she had been shedding this Spring.

Or you can use it in the shower to exfoliate, massage and refresh your skin or to get rid of dirt, grime and bacteria on makeup brushes.

It can go in the top rack of the dishwasher to be sanitized and used repeatedly. BUMP IT OFF is available in blue, green, orange and purple. It sells for \$9.99 and can be purchased at www.goddessofgadgets.com.



The Grillbot



BUMP IT OFF

May is Electrical Safety Month

Spring is traditionally the time of year we turn our attention to sprucing up things both inside and outside our homes. And with May being National Electrical Safety Month, it's also a good time to make sure your home is safe from dangerous electrical hazards.

To keep yourself and your family safe from these dangers, undertake an annual electrical safety inspection yourself. Here are some things to keep in mind:

- Water and electricity are a potentially deadly combination. Avoid using power tools outdoors in wet grass or other wet or damp areas.
- Don't overload an outlet. Simply put, each household outlet is rated for a safe amount of current, typically 15-20 amps. Plugging too many household appliances into the same outlet can start a fire or create a

shock hazard.

- Check all power and extension cords for cracks or fraying. Those that are showing wear, and those that have been taped over in the past, should be replaced immediately. Never, under any circumstance, run extensions under carpets, rugs, or furniture, where you are unable to see their condition. When using an extension cord outdoors, be sure it is rated for outdoor use.

- Make sure all outdoor tools and appliances are unplugged when they're not in use.

- All outlets that have loosefitting plugs or are cracked or have broken parts, and those that are hot to the touch, are potential fire hazards and should be immediately replaced. Switches that are cracked or are hot to the touch should similarly be replaced.

May is National Electrical Safety Month
 plug into safety

-  Never use electrical equipment near water and other liquids.
-  Never use electrical cords that are frayed or damaged.
-  Do not overload electrical outlets.
-  Never use light bulbs that exceed the recommended wattage for any lighting unit or fixture.





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See these reviews and others on the product pages at STIHLusa.com. *The actual listed guide bar length may vary from the effective cutting length based upon which powerhead it is installed. Prices are CDC-SRP. Subject to change/correction. © 2017 CDC STIHL 17CDCELINE-222-135039-2

STIHLdealers.com

IN THE DARK

Nebraska prepares for a total solar eclipse on August 21, 2017

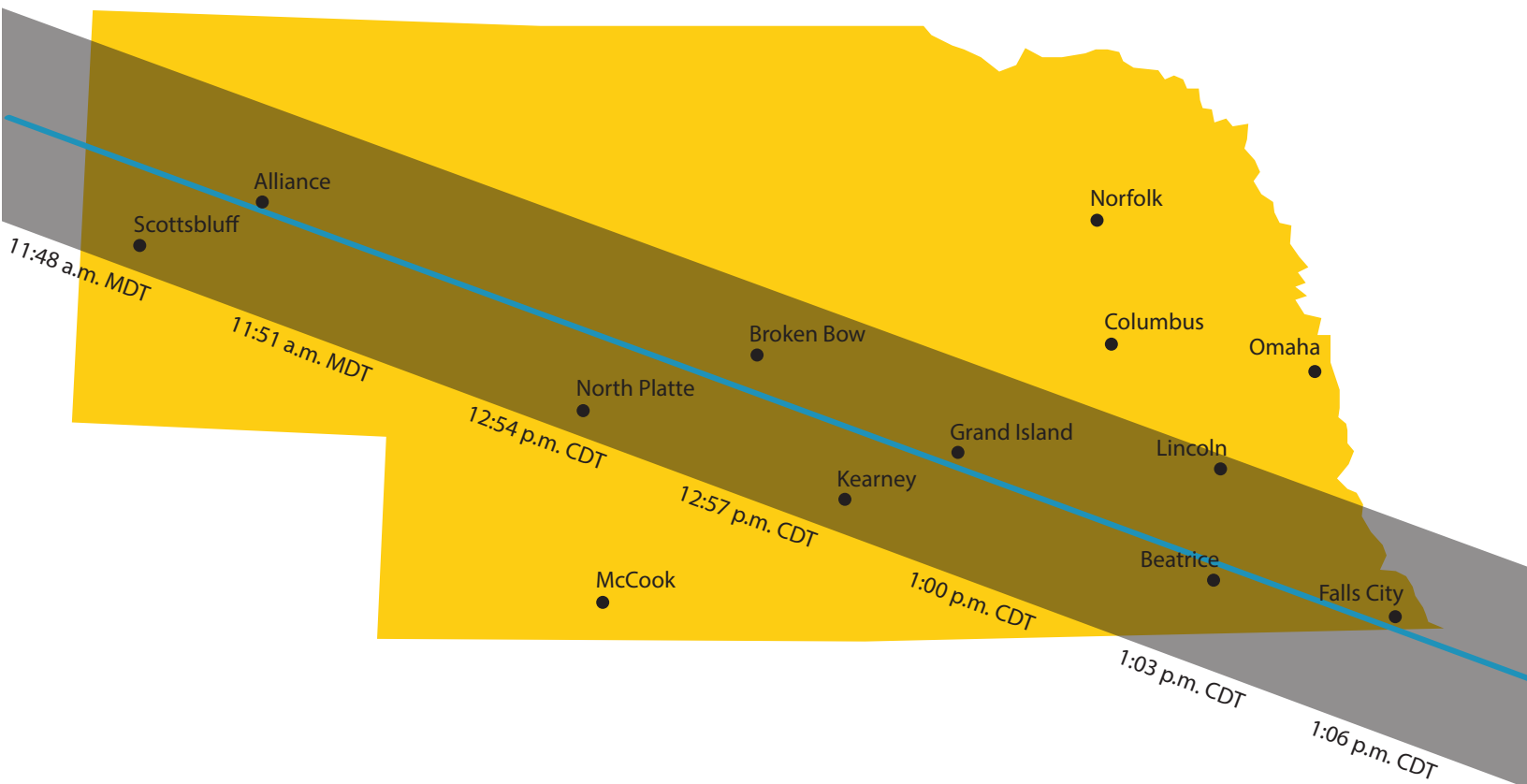


There is something coming in August that will cause the sun to disappear in the middle of the afternoon, sending parts of Nebraska into total darkness. But don't worry; it's only temporary. Everything will return to normal after a few minutes.

That something is the moon, which will create a total solar eclipse on Monday, August 21, 2017. And you don't want to miss it. The last eclipse that crossed the United States happened nearly a hundred years ago in 1918. Anyone within the path of totality can see one of nature's most awe-inspiring sights - a total solar eclipse.

Nebraska sits in an especially good spot as the path crosses the entire state from Alliance to Rulo, Neb. Observers outside this path will still see a partial solar eclipse where the moon covers part of the sun's disk.

The eclipse will cross through Oregon, Idaho, Montana, Wyoming, Nebraska, Iowa, Kansas, Missouri, Illinois, Kentucky, Tennessee, Georgia, North Carolina and South Carolina. The total eclipse will end near Charleston, South Carolina. Its longest duration will be near Carbondale, Illinois, where the sun will be completely covered for two minutes and 40 seconds.



“Total solar eclipses happen when the sun, moon and Earth all line up so that the moon’s shadow from the sun falls directly on the Earth,” says Rebecca Harbison, assistant professor of practice at the University of Nebraska-Lincoln Astronomy Department.

“The moon is pretty small, but it is close enough to Earth that it can cover up the sun, which is huge,” she says. “The small section of the shadow that covers the Earth completely is called the Umbra and the partial shadow is called the Penumbra.”

The whole shadow is only 75 miles or so wide. During a total solar eclipse you can get a track that is thousands of miles long but not very wide. Lincoln and Beatrice will see the total solar eclipse but Omaha and Columbus won’t. They will only see a partial eclipse. They will be in the Penumbra the entire time. A large part of the United States will see a partial solar eclipse but those in the Umbra are much smaller.

Harbison says this eclipse is especially nice because this one is

really greatly positioned.

“The zone of totality, where the total eclipse falls, pretty much cuts straight across the U.S. so there’s all kinds of opportunities for people to see it,” she says. “They can travel to it easily.”

Alliance, Beatrice and Grand Island are probably some of the better locations in Nebraska to view the eclipse. Lincoln is on the edge so people will still be able to see the eclipse but it will be shorter.

“The total solar eclipse is the best part,” says Harbison. “So if you’re not in the path and you could drive to a place that is, I would strongly encourage that you do.”

Daniel Claes, professor and chair of the department of physics and astronomy at the University of Nebraska-Lincoln, agrees.

“For it to happen in a location that’s easy for all of us to get to, that’s great,” he says. “It’s potentially a once-in-a-lifetime opportunity. Total solar eclipses are much rarer phenomenon than a simple picture would suggest.”

Claes noted that eclipses happen

occasionally but happening so that the shadow falls on a part of the Earth that is inhabited or easy to get to is a little less common. Most of the surface of the Earth is covered by ocean for example.

“The fact that it’s happening here across the North American continent is a big deal for us,” he says.

Total solar eclipses are the sort of thing that rarely happen in populated regions. When you consider Earth is mostly water so many times the path is over water or uninhabited places like the Antarctic.

There are solar eclipses and something more common called lunar eclipses, Claes noted. Both of them have to do with how the sun, the moon and the Earth align.

Starting about 11:37 a.m. CST, that late morning on August 21, the paths will cross and the eclipse will begin.

“This will be unnoticeable unless you have the proper safety gear to look at the sun and you’ll notice the little curved “bite” that starts to

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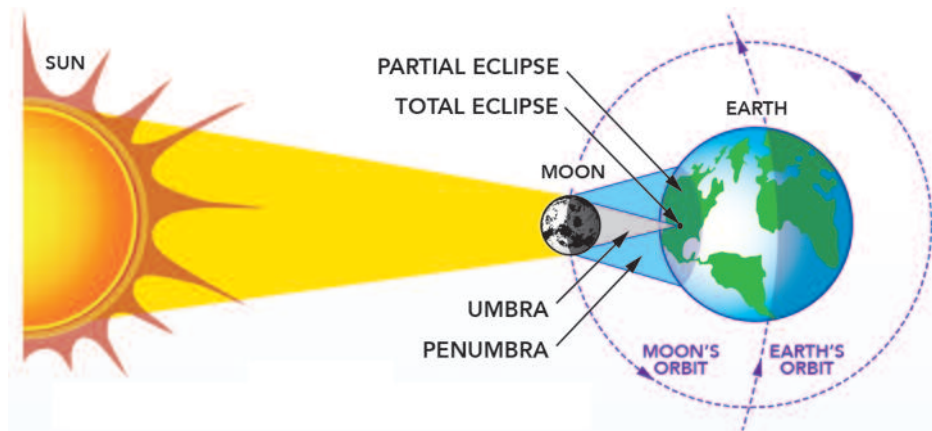
In the Dark From page 6

appear as the moon gets in the way of the sun,” says Claes.

At 1:02 p.m. that afternoon is when totality will start and at that moment the sun will be completely blocked, hidden by the moon. In Lincoln the duration of totality, that midnight blackness, will last one minute and 24 seconds. Then the moon will move out and the sun will begin to reappear. It will take another hour and a half until it moves completely out of the way. The entire eclipse will take a little less than three hours and there will be a couple minutes, good weather permitting, where we will experience midnight during the middle of the day.

Claes says people chase these things across the globe. They record videos of them to share on YouTube and social media.

“You will watch and it will not be particularly dark and then there will be a moment where it’s suddenly dimmer and then goes jet black, midnight black, the stars are out,” he says. “It will only last a couple minutes and then it’s bright again. Watching an eclipse video will give you a sensation of how spectacular



The moon will pass between the sun and the Earth during the solar eclipse on August 21. The moon will block light from the sun, casting a shadow over the United States. Illustration provided by NASA Goddard Space Flight Center. Illustration is not to scale.

the experience is.”

But he added that you shouldn’t miss the chance to see the eclipse for yourself.

Both Claes and Harbison warned about the dangers of trying to view an eclipse without wearing appropriate safety glasses. NASA’s eclipse website even warns, “Failure to use appropriate filtration may result in permanent eye damage or blindness.”

“You should never look at the sun directly,” Harbison says. “We just emphasize it during eclipses because normally we don’t need to tell people not to look at the sun.”

There’s a misconception that the

sun is more dangerous during an eclipse but that’s not really true. Actually, it’s just one of the few times that people would try to look at the sun.

“It is technically safe to look at the sun once the moon is totally in front of it,” she says. “It’s probably worth doing.”

Once the sun is behind the moon you still need to be wary, because it only lasts one or two minutes, depending where you are, but it would be worth taking off your glasses and looking around.

“You’ll start to notice the eclipse 10-15 minutes before it is totally covered,” says Harbison. “It will be different than a sunset. The light will be diminishing but you won’t have the redness of a sunset.”

Viewing the eclipse will depend upon the weather in Nebraska that day. However, Harbison says we are in a good place.

“Nebraska in August tends to be pretty sunny,” she says. “That’s one of the reasons why Nebraska is in a better place to view the eclipse than some of the other states. We don’t have as many clouds typically that time of year.”

Harbison says she has actually never seen a total solar eclipse and she’s been looking forward to this one for like a decade. “It’s in my hometown, I don’t have to go anywhere.”

How to view a solar eclipse safely

Looking directly at the Sun is unsafe except during the brief total phase of a total solar eclipse, when the Moon entirely blocks the Sun’s face.

- The only safe way to look directly at the partially eclipsed Sun is through special-purpose solar filters, such as “eclipse glasses” or hand-held solar viewers. Ordinary sunglasses, even dark ones, are not safe for looking at the Sun.
- Always inspect your solar filter before use; if scratched or damaged, discard it. Always supervise children using solar filters.
- Stand still and cover your eyes with your eclipse glasses before looking up at the Sun. After glancing at the Sun, turn away and remove your glasses. Do not remove it while looking at the Sun.

Source: NASA

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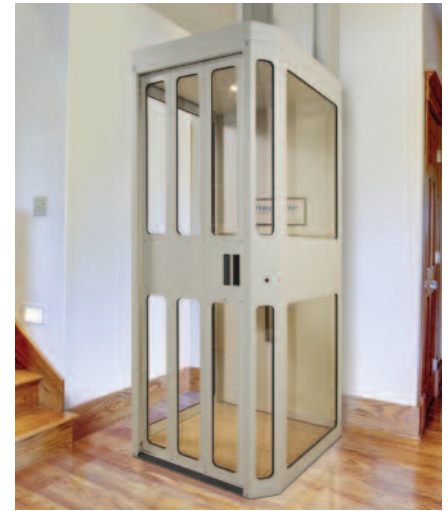
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Bird's-eye view of the electric utility system

With all the attention unmanned aerial vehicles (UAVs), also known as drones, are getting, it can be difficult to separate the hype and excitement of this new technology from the reality of regulations, applications and equipment. All this attention has both helped and hurt the UAV industry.

On one hand, the media spotlight has helped draw attention to potential applications and helped raise awareness, but at least initially, media has tended to focus mainly on the risks of drones being used inappropriately. Much of the inappropriate use of UAVs has been at the hands of individuals – not business users.

The idea of getting a bird's-eye view of distribution and transmission power lines without deploying a crew is of great interest to public power districts and electric cooperatives. Electric utilities are using drones to inspect power lines, poles and towers as part of a routine inspection

program and also after major storms. They are also using these systems to record vegetation growth in order to more accurately trim trees. UAVs can even replace some tasks currently done with costly manned aircraft.

Many utilities around the country are currently testing these systems to determine the most effective way to use them. Currently, UAVs are being utilized for video inspection, infrared evaluation and vegetation assessment of transmission and distribution power lines. As this technology evolves, rural electric utilities will find unique one-off applications that provide great value for their unique needs.

Electric utilities are uniquely positioned to make great use of UAVs because the assets that need to be inspected are stationary. Poles and lines are generally in the same place for decades. Most utilities use a mapping system that tells them the precise location of each piece of equipment on the system. This would allow the UAV to fly a precise route

and focus exclusively on the right of way. Electric utilities are one of the few users of UAVs that have this capability.

However, major advancements are necessary for UAVs to enter day-to-day operations at most utilities. The batteries contained on most civilian UAVs are currently not sufficient to fly the entire length of most power lines while carrying the necessary sensor payload. There is also a need for software that can automate the process of reviewing video, infrared and other sensor information taken from the UAV. Currently, many utilities are using a person to monitor all of the video and other information collected by the craft. An automated process would highlight segments of the video for detailed human inspection.

Public power districts and electric cooperatives are sensitive to the privacy concerns of their members and the member's desire for reliable and affordable electricity. The use of UAVs will meet both of these goals.



Public power districts & electric cooperatives are utilizing UAVs, commonly known as drones, for video inspection, infrared evaluation and vegetation assessment of transmission and distribution lines.

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White-nose syndrome confirmed in Nebraska

White-nose syndrome (WNS), a fungal disease that affects hibernating bats, has been confirmed in Nebraska. The disease was confirmed after several dozen dead bats were discovered during a recent survey of a mine in Cass County. The U.S. Geological Survey's National Wildlife Health Center in Madison, Wisconsin, confirmed the disease in three bats from the mine – a little brown bat, a northern long-eared bat and a tri-colored bat.

Nebraska is the 30th state to confirm the presence of white-nose syndrome, which has killed more than 6 million bats since 2006. Additionally, the disease has been confirmed in five Canadian provinces.

“Finding bats with white-nose syndrome in Nebraska emphasizes the need to develop and implement new tools to manage the spread and

reduce the severity of the impacts of this devastating disease,” said Jeremy Coleman, national white-nose syndrome coordinator for the U.S. Fish and Wildlife Service.

The Nebraska Game and Parks Commission first began monitoring for *Pseudogymnoascus destructans* (Pd), the fungus that causes white-nose syndrome, in 2014. Pd was first detected in the state in 2015 on bats sampled from another mine in Cass County. It was then detected in 2016 on bats sampled from a Sarpy County mine, approximately 1 1/4 miles from the Cass County mine. Confirmation of white-nose syndrome in Nebraska follows a pattern observed in other states in which white-nose syndrome in bats occurs two to three years following first detection of Pd. The new mine identified as positive for WNS had previously been surveyed for Pd.

“Following the finding of Pd in 2015, the confirmation of white-nose syndrome in Nebraska has been expected,” said Mike Fritz, Game and Parks’ natural heritage zoologist. “We will continue to monitor the progression of white-nose syndrome in the state and use the most practical methods available to suppress the disease.”

White-nose syndrome affects bats during hibernation, causing the animals to awaken more often and use up fat reserves they need to survive through winter. They may also emerge from hibernation too early and starve or freeze to death. Mortality rates for little brown and northern long-eared bats have exceeded 95 percent in some states.

Bats are crucial to a healthy ecosystem. They eat insects that can damage agricultural crops, saving U.S. farmers at least \$3 billion annually in pest-control services. Four bat species known to use mines in Nebraska are susceptible to white-nose syndrome: little brown, big brown, tri-colored, and northern long-eared bats. Indiana and northern long-eared bats are protected under the Endangered Species Act.

White-nose syndrome is not known to pose a threat to humans, pets or livestock. It is transmitted primarily from bat to bat, but fungal spores may inadvertently be carried to caves on humans’ clothing and gear. Nebraskans can help bats by following all decontamination requirements if entering caves and continuing to avoid disturbing bats, especially during hibernation. Visit whitenosesyndrome.org/topics/decontamination.

Persons should not touch or handle bats. They should report seeing sick or dead bats to Game and Parks.

For more information about the disease and the response to it, visit: whitenosesyndrome.org, twitter.com/usfws_wns and facebook.com/usfwswns.

For additional information, contact Fritz at 402-471-5419 or Catherine Hibbard of the U.S. Fish and Wildlife Service at 413-531-4276.



Mike Fritz, Nebraska Game and Parks Commission natural heritage zoologist, searches for hibernating bats to test for white-nose syndrome at an abandoned Cass County gravel mine in April 2015. Photograph provided by NEBRASKAland Magazine/Nebraska Game and Parks Commission

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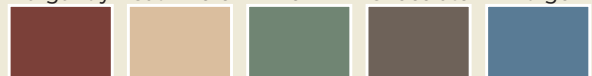
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How to master the Internet of Things

By taking control of your smart devices

by Paul Wesslund

If you ever want to see one of the biggest changes going on in the world today, look around your home. Your smart phone, video game, security camera, fitness bracelet, thermostat and even your TV could be part of a vast, interconnected group of devices that goes by the clunky name of the Internet of Things.

The term refers to anything connected to the internet, which covers a lot of gadgets, and will soon be covering even more. Today, you can purchase light bulbs that dim with the sound of your voice or from the press of a button on your smartphone. You can start your car remotely. A 2014 report by the investment firm Goldman Sachs predicted the number of internet-connected devices could grow 10 times by 2020, to as many as 28 billion “things.”

While this growth may seem like the latest trend, it was recognized more than 30 years ago. Credit for naming it has gone to Peter T. Lewis, co-founder of Cellular One. In a 1985 speech he said, “The Internet of Things, or IoT, is the integration of people, processes and technology with connectable devices and sensors to enable remote monitoring status, manipulation and evaluation of trends of such devices.”

Low prices vs. security

In other words, the rapid rise in the number of internet-connected devices has been building for decades, says Tim Heidel, deputy chief scientist with the National Rural Electric

Cooperative Association (NRECA).

“The Internet of Things is the latest buzzword that reflects a long-term trend,” says Heidel. “Ten years ago, you may have had six or eight or 10 devices on the wireless router in your home. Now, that number can go as high as 25 or 30 devices.”

Heidel credits lower costs with ramping up this high-tech revolution that can make life more convenient and fun, and even increase energy efficiency with new ways to control heating, cooling, lighting and other uses of electricity.

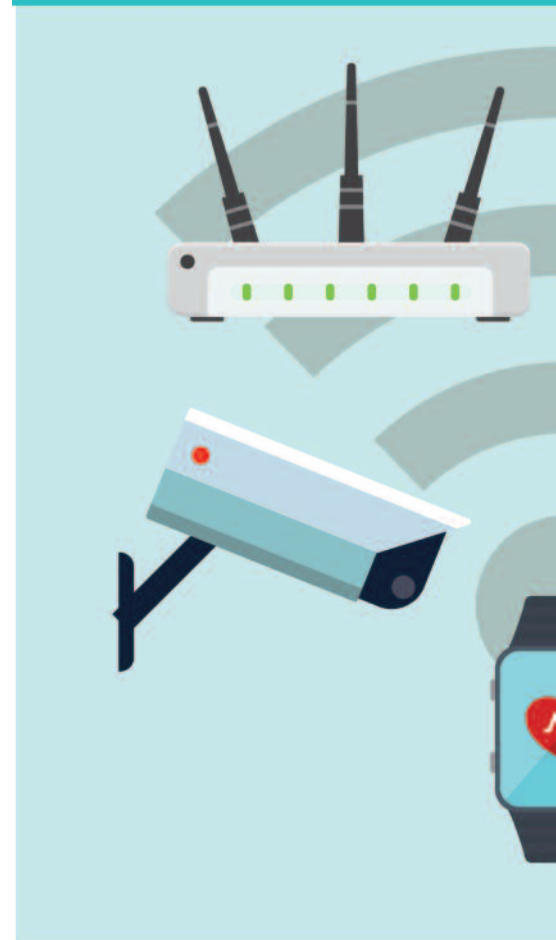
“The cost of including communications in the devices has come down dramatically. Twenty years ago, you could only afford an ethernet port or Wi-Fi in a computer,” says Heidel. “Now, we’re getting to the point where it costs literally only pennies to include that capability in any device imaginable.”

Heidel continues, “So what’s changing here is the number of devices. Once you have a critical mass of all the places that are capable of communicating, they can then start communicating with each other. All of this promises convenience and services, but in the pursuit of extremely low-costs, sometimes there’s the opportunity to cut corners on security.”

A stunning example of security problems with the Internet of Things happened last October when hackers crashed dozens of websites in the United States for most of a day, including well-known names like

SECURE INTERNET

Internet-connected monitors can make
Keep your devices

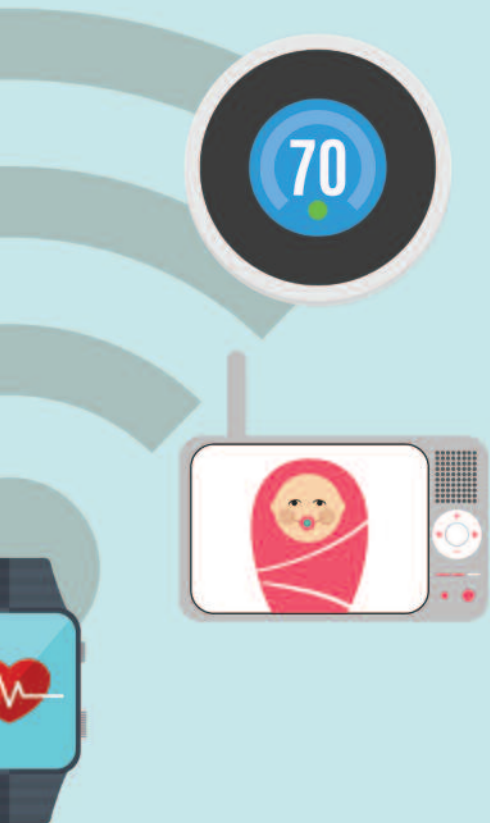


Netflix and Twitter. Incredible as it seems, that attack may have been aided by a device in your own home.

Here’s what happened Friday, October 21: Hackers had already scanned the world for devices vulnerable to infection by malicious software that allowed them to take control of hundreds of thousands of home routers, baby monitors, printers and network-enabled cameras. Using that “botnet,” the hackers flooded websites with so many messages the

YOUR NET-CONNECTED DEVICES

Devices, like thermostats, security cameras and even baby monitors, make life easier, but these devices are also a new target for hackers. Stay secure with the following tips.



- Spend the extra money to buy devices that include security protection.
- Install firewalls in your home network.
- Install software updates as soon as they are available.
- Change default password after you purchase devices.
- Disconnect devices when not in use. Not everything needs to be connected to the internet all the time.

Source: National Rural Electric Cooperative Association

sites shut down for several hours in what is called a “Denial of Service” attack.

Cyber safety tips

There are ways you can reduce your risk from hackers hijacking your internet-connected devices, says Cynthia Hsu, Cyber Security Program Manager with NRECA.

“Understand what you’re buying,” Hsu says. “If you have a choice between two vendors who are

producing a product and one takes security seriously and the other doesn’t, use your money to buy a product that takes security seriously. If consumers are not willing to pay for security, the manufacturers have no incentive to build it.”

Hsu cautions, “The criminal element is rapidly escalating the innovation of new ways of attack.” If you have a router for wireless internet in your home,” Hsu says, “make sure you patch your router’s

software whenever security updates are available so it’s protected as new vulnerabilities are discovered.”

Other security steps Hsu recommends:

- Install firewalls in your home network.
- Change the default passwords regularly in devices you purchase.
- Disconnect gadgets when they’re not being used. “Not everything needs to be plugged into the internet all the time,” she says.

Take note of safety when buying a new home

From choosing a realtor and touring homes, to applying for a loan and signing many documents, buying a home can be a nerve-racking experience. The Safe Electricity program wants to help make the process a little less stressful and shares tips for home buyers to help them take note of the safety of a home.

Many homes sold every year have already been lived in and have the natural wear and tear of age and use. In 2015 alone, the National Association of Realtors says approximately 5,250,000 existing homes were sold, while the U.S. Census Bureau says 510,000 newly constructed homes were sold.

Safe Electricity provides the following checklist to help you evaluate potential hazards:

- **Outlets** – Note the location and the number of outlets in each room. If the outlets only have two prongs and are missing the third hole for the grounding pin, the home is not grounded. You will want to consider having the electrical system updated.

- **Ground fault circuit interrupters (GFCIs)** – GFCIs provide protection against shock from an electrified appliance in contact with water. It is important that GFCI outlets are installed in areas where water and electricity may meet. This would include bathrooms, kitchens, garages, basements, outdoors, etc. If GFCIs are not in the home, you will want to plan on having them installed for your safety.

- **Lighting** – Flip on lights, and listen for any popping or sizzling sounds. If there are, there may be an electrical issue.

- **Appliances** – Check the age and status of appliances that will come with the house. This could include: furnace, HVAC, water heater, refrigerator, oven, etc. Will these appliances need replaced in the near future? Are they working properly?

- **Faucets** – Turn on faucets to make sure they are running and draining properly, and that there are no leaks.

- **Sump pump/drainage** – If the home has a basement, check for a

sump pump or proper drainage. A basement susceptible to flooding can be dangerous and costly.

- **Insulation** – Check to see if the home is properly insulated. Insulated areas should include attics, ducts, crawlspace walls, and floors or walls that are adjacent to unheated spaces.

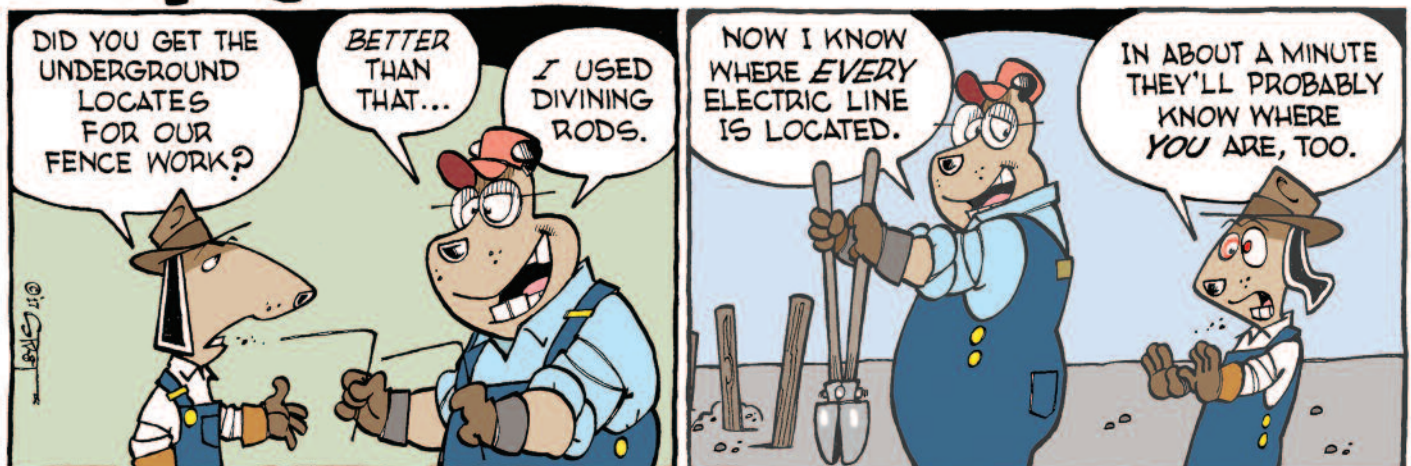
- **Roof** – Note the condition and the age of the roof, and the material it is made of. An old roof may leak and cause damage to the structure of the home.

- **Detectors** – Check if smoke and carbon monoxide detectors are in the home.

Keep in mind, you likely won't be able to check every detail of the home yourself. A home inspector will examine all parts of the home, and will provide you with a full report. Anything that is wrong with the house, you can choose to negotiate with the seller to fix the issues, fix the problems yourself after purchase, or back out of the deal.

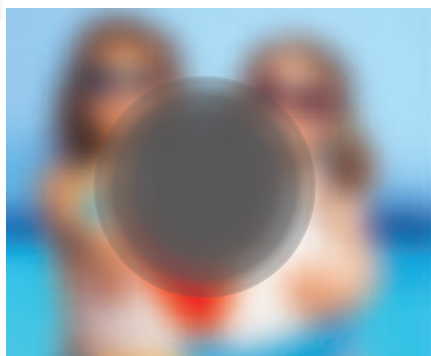
For more information on home electrical safety, visit SafeElectricity.org.

Murphy



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.

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Where to start when replacing your windows

by Pat Keegan

Q : We recently bought a home with windows from the 1960s that are drafty and need replacing. We would like to ensure that our new windows are energy efficient. Can you offer any tips?

A : Replacing your windows is often the most costly and least cost-effective energy efficiency investment you can make. But there are sound reasons besides energy efficiency to invest in new windows, such as comfort, resale value and aesthetics.

As you look into window replacement, think about your goals. If reducing your energy costs is important, you should weigh an investment in new windows against the other energy efficiency opportunities you may have. An energy audit by a qualified auditor is the best way to compare your options.

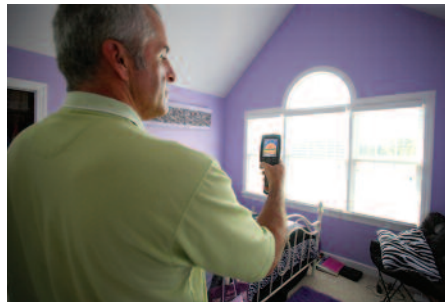
The auditor can perform a diagnostic test to determine how leaky your windows are. These tests often show that windows, even old ones like yours, are not as leaky as you might think and that you have more significant air leakage problems elsewhere in the home.

You may discover there are ways to reduce heat loss through your windows without replacing them, such as storm windows or window coverings. More on that next month.

As you begin to explore window replacement, ask yourself if you're happy with the number of windows you have and with the size and location. You could decide to increase or decrease the size of a window, or to replace a window with an exterior door. Sometimes these types of changes are quite affordable, but the cost can be much greater if significant

changes to the wall framing are required.

When considering whether to add more windows, remember that even very efficient ones are much less effective insulators than a home's exterior walls, which means they will be colder to the touch than the wall in the winter. Depending on orientation and shading, windows can let in too much direct sun in the summer, driving up indoor temperatures and air conditioning costs.



An energy auditor uses an infrared camera to look for areas around the window that are leaky or poorly insulated. Photograph provided by Piedmont Electric Membership Corp.

Window buyers have a number of choices to make. Double-pane windows are necessary to meet code for most applications, but the additional cost for triple-pane windows could be worth the investment if you live in an area with extreme temperatures. Choosing Argon or Krypton gas between the panes adds a little more efficiency.

A common option that can be well worth the investment is a low-emissivity coating added to the glass. The most important benefit of this "low-e" coating is its ability to reflect

heat back into the interior space, which reduces heating bills and increases comfort. These coatings reduce solar heat gain as well, which can help with air conditioning costs.

Window frames can be made of wood, composite materials, fiberglass, aluminum or vinyl. Each has pluses and minuses in terms of cost, maintenance, durability and energy efficiency.

Fortunately, windows are rated for energy efficiency, so you don't need to know all the details about their construction. The most important indicator of a window's energy efficiency is the U-factor, which measures the rate the entire window loses heat. Lower U-factors are more efficient. The window framing material, the number of layers of glass and the special coatings on the glass all contribute to the overall U-factor. In more extreme climates, it makes sense to have more efficient windows.

Another simple measure to look for is the Energy Star label. Only windows that are substantially more efficient than the code requires receive the Energy Star label. The Energy Star website (www.energystar.gov), which is maintained by the U.S. Department of Energy, has a climate zone map and a list of windows, doors and skylights that qualify for the Energy Star label.

Working with a professional is important because a poor installation can result in long-term damage. Moisture problems are common if windows are not installed properly, which can create mold, mildew and rot in the wall. This can prevent the window from operating properly, or cause the paint to peel.

Bids for new windows vary a great deal, so it's worth requesting more than one and comparing qualifications as well as price for something that will change the look and comfort of your home for many years to come.

Shade for savings

Want to save money on your energy bill without investing in expensive retrofits and renovations? Get a shovel. Strategically planting trees and shrubs around your home is a tried and true way to save.

Energy savings gained from shade trees depends on the location and orientation of both the trees and the house. Your climate also comes into play. Smart landscaping can save generally about 25 percent of energy used for cooling and heating.

Through the careful planned positioning of vegetation, homeowners can realize significant savings on their home energy bills. Research the best plants to use and consider how and where they will grow before letting anything take root. Make a practical investment in tree shading. It's a decision that will grow on you.

Source: NRECA

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30 Minutes to healthy and hassle-free mealtime

Variety certainly is the spice of life, but after a long day, it's easy to get stuck in a mealtime rut and turn to the same dishes each week. With fast-paced lifestyles, many families are left with little time to come up with new, creative meals.

However, with freshly seasoned ingredients like Smithfield Marinated Fresh Pork, a delicious, healthy and hassle-free meal can be made in 30 minutes or less. These 100 percent fresh pork products are slow-marinated in delicious seasonings like Roasted Garlic & Herb and Applewood Smoked Bacon, and can be grilled, roasted, sauteed or slow-cooked for a fast mealtime solution any night of the week.

Take an extra step to simplify dinner with an easy slow-cooker recipe such as this Cheesy Pork Enchilada Stew, or try Pork Chops Smothered in Onions and Mushrooms for a quick, savory supper. With effortless recipes like these, you'll always have an answer to the age-old question "what's for dinner?"

For more recipe ideas, and to see what you can do with a bit of pork and about 30 minutes, visit SmithfieldRealFlavorRealFast.com.



Cheesy Pork Enchilada Stew

- | | | | |
|--------------|--|----------|--|
| 1 | package Smithfield Boneless Pork Shoulder Seasoned Carnitas | 4 | ounces cream cheese |
| 1/2 | cup corn flour | 2 | cups (8 ounces) shredded sharp cheddar cheese |
| 2 | cans (10 ounces each) red enchilada sauce | | |
| 1 | can (10 ounces) diced tomatoes and green chiles | | |
| 1 | can (4 ounces) chopped green chiles | | |
| 1 1/2 | teaspoons minced garlic | | |
| 1 | can (15 ounces) black beans, rinsed and drained | | |
| 1 | cup no-salt-added chicken stock | | |
| 1/2 | large red onion, diced | | |
| | sour cream | | |

Place carnitas in 5-quart slow cooker. Add corn flour and toss to coat meat.

Add all remaining ingredients except cream cheese and shredded cheddar. Cover and cook on high 4-5 hours (low 7-9 hours).

Break meat apart with spoon. Add cheeses and stir until melted.

Tip: Leftover stew can be made into dip. Heat 6 cups stew; add 2 cups shredded cheddar cheese and 4 ounces cream cheese; stir until melted. Serve with tortilla chips.



Pork Chops with Onions and Mushrooms

- 6 slices Smithfield Hickory Smoked Bacon, cut into 1-inch slices
- 1 Smithfield Garlic & Herb Marinated Fresh Pork Sirloin Roast, cut into five 1-inch chops
- 2 tablespoons butter
- 1 large sweet yellow onion, thinly sliced
- 8 ounces cremini mushrooms, sliced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup no-salt-added chicken stock
- 2 tablespoons balsamic vinegar
- 1 teaspoon minced garlic

In large skillet over medium-high heat, cook bacon until browned and crisp. Carefully remove bacon and drain on paper towels.

Brown pork chops in bacon grease over medium-high heat, about 2 minutes per side; remove chops from skillet.

Add butter to bacon grease in skillet; saute onions, mushrooms, salt and pepper until onions have browned and are tender. Stir in stock, vinegar and garlic; cook and stir until reduced by half.

Add browned chops and cooked bacon to skillet. Cover and simmer until internal temperature of meat reaches 150 F, turning once, about 10 minutes.

Sausage and Gravy Breakfast Casserole

- | | |
|---|---------------------------|
| 1 tube Grand biscuits | 1 lb. sausage, any flavor |
| 6 eggs | 1 cup cheese, shredded |
| 1 (2 3/4 oz.) package
peppered gravy mix
(makes 2 cups) | 1/2 cup milk |
| | salt and pepper to taste |

Preheat oven to 350. Grease a 13" X 9" pan. Brown sausage in skillet and drain thoroughly. Cut biscuit dough into 1" pieces, place in bottom of pan. Layer cooked sausage over the biscuit pieces. Layer shredded cheese over sausage. Whisk eggs and milk, add salt and pepper and pour over biscuit/layers. Make gravy according to instructions and pour over everything. Bake for 30 – 45 minutes, or until eggs and biscuits are cooked through. Serve warm. Leftovers are excellent too!

Terry Oltmans, Nelson, Nebraska

English Muffin Bread

- 5 1/2 cups warm water
- 6 3/4 teaspoons dry yeast
- 2 tablespoons salt
- 3 tablespoons sugar
- 11 cups flour

Place half the flour and all of the other ingredients in a large bowl. Stir with a big spoon. Add rest of flour and stir. All dry ingredients should be wet-very sticky dough. Grease four bread pans, divide the dough in these pans. Let rise until almost double in size. Bake in preheated oven at 350 degrees for 35 minutes. Remove from oven and brush with melted butter, then bake for an additional 10 to 12 minutes. Cool before cutting – enjoy! It makes delicious toast and freezes well.

Beverly Faden, Harrisburg, Nebraska

Mock German Chocolate Cake

- | | |
|------------------------------------|--------------------------------|
| Cake: | Frosting: |
| 1 box white cake mix | 1 cup evaporated milk |
| 2 eggs | 1 cup sugar |
| 2 cups milk | 3 egg yolks |
| 1 box instant chocolate
pudding | 1 stick butter or oleo |
| 1/2 teaspoon vanilla | 1/2 teaspoon vanilla |
| 1/2 teaspoon butter flavoring | 1/2 teaspoon coconut flavoring |
| | 1 cup shredded coconut |
| | 1 cup chopped pecans |

Cake - Mix with electric mixer for four minutes. Bake in three wax-paper lined layered cake pans for 25 minutes at 350 degrees. Let cool before frosting.

Frosting - Cook the first six frosting ingredients until it thickens. Add coconut and pecans. Spread between layers and on top. Very delicious.

Joan Beutler, Pender, Nebraska

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MORE MARVEL ONLINE

Guardians of the Galaxy - 01249 Leather Cover and Labels - 01249

Avengers - 01240 Leather Cover and Labels - 01240

University of Nebraska - 00512 Leather Cover and Labels - 00512

More teams available online!

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Farmall - 00328 Leather Cover and Labels - 00328

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America's National Parks - 00055 Leather Cover - 00151 Labels - 00055

Tropical Paradise - 00052 Leather Cover and Labels - 00052

Lena Liu's Floral Borders - 00086 w/optional verse "Lord bless and keep you." - 00117 Leather Cover and Labels - 00088

CHECKS WITH A CAUSE

On the Wings of Hope - 00384 One image, Leather Cover and Labels - 00384
A portion of the proceeds will be donated to fight breast cancer.

Live, Laugh, Love, Learn w/verse "Life is not measured by the breaths we take, but by the moments that take our breath away." - 00392 Leather Cover and Labels - 00392

Footprints w/verse "One night I dreamed that I was walking along the beach with the Lord." - 00667 Fabric Cover and Labels - 00667

New Day w/verse "Each day brings hope!" - 00447 Leather Cover and Labels - 00447

Words of Faith w/verse "With God all things are possible." - 00551 Leather Cover and Labels - 00551

Day of the Dead - 01134 Leather Cover and Labels - 01134

Grandkids Rule! w/verse "I'd rather be with my grandkids." - 00437 Leather Cover and Labels - 00437

Winter Calm - 00017 Leather Cover and Labels - 00017

Spirit of the Wilderness - 00024 Leather Cover and Labels - 00024

Cowboy Kids - 00527 Leather Cover and Labels - 00527

Moments of Majesty - 00001 Leather Cover and Labels - 00001

Thomas Kinkadee's Faith for All Seasons w/verse "Believe all things are possible with God" - 00105 Leather Cover and Labels - 00105

Promises from God - 01242 Leather Cover and Labels - 01242

Lena Liu's Morning Serenade - 00029 Leather Cover and Labels - 00029

Challis & Roos Awesome Owls - 00337 Leather Cover and Labels - 00337

Angel Kisses - 00019 Leather Cover and Labels - 00019

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Parchment - 00612 Burgundy Leather Cover - 00030-004 Labels - 00032-008

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