

RURAL ELECTRIC

NEBRASKAN

November 2019



FRANCIS W
LOHNES



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1889

Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

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



by **David Waxman**
Seattle Washington:

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

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

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

But soon doctors started reporting some incredible results...

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

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

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

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

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

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

FIX YOUR GUT & FIGHT INFLAMMATION

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

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

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

A healthy gut is the key to a reducing swell-

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

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

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

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

EXCITING RESULTS FROM PATIENTS

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

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

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

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

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

THE SCIENCE BEHIND ALOECURE

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

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

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

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

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

which results in inflammation in the rest of the body.

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

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

REVITALIZE YOUR ENTIRE BODY

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

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

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

One AloeCure Capsule Daily

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

HOW TO GET ALOECURE

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

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is 1-800-579-0802. Only a limited discounted supply of AloeCure is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-579-0802 today.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ALL DOCTORS MENTIONED ARE REMUNERATED FOR THEIR SERVICES. ALL CLINICAL STUDIES ON ALOECURE'S ACTIVE INGREDIENT WERE INDEPENDENTLY CONDUCTED AND WERE NOT SPONSORED BY THE AMERICAN GLOBAL HEALTH GROUP.

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Francis Lohnes, a private in the First Nebraska Veteran Volunteer Cavalry, is the only Nebraskan to receive the Medal of Honor while serving in Nebraska. He received the award for gallantry in defending government property against Indians on May 12, 1865.



West Point brothers become wine makers

14

Brothers Keith Doerneman and Dale Doerneman invested in Nebraska prairie, planted an aronia berry orchard and created Native 32 wines. The winery is located ten miles west of West Point, Neb., on Highway 32.



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Visitors to the Maple Grove Cemetery near Verdon, Nebraska, will see that Francis Lohnes's grave has also been marked with a government Medal of Honor monument. Photograph by Wayne Price



by Wayne Price

The vampires draining your electricity

Energy vampires are a lot like the vampires that haunt our literature, television and movies, lurking around your house. Except that they don't drink your blood; they drain your electricity.

An energy vampire, or phantom or parasitic load as it is also known, is any device that still uses electricity when it is turned "off." While such electronic devices provide us some sort of convenience, they also end up costing us a lot of money and wasted energy.

Let's start in the living room, a favorite hang out of energy vampires. Even though your television is off, it really isn't completely off. Most TVs use electricity as they remain in "stand-by mode" until someone presses the "on" button on the remote. This is so the TV can keep track of channel line-ups and a number of preferences that have been set.

The same usually goes for DVD players, cable or satellite boxes and video game consoles. Those devices are just sitting there waiting for you to switch them on and all that waiting is using electricity.

It is estimated that the average home loses 10 percent of its monthly energy consumption to these types of energy vampires.

According to the National Rural Electric Cooperative Association, the average electric residential customer consumes roughly 13,900 kilowatt-hours (kWh) per year. If 10 percent of this power is consumed when electronic devices are turned off, the average home wastes 1,390 kWh annually. Assuming a cost of \$0.10 per kWh, the average household spends \$139 per year to pay for these vampire loads.

Unlike traditional vampires, you don't need a wooden stake or cross around your neck to put an end to these energy suckers. A power strip will do the trick. Plug your devices into a power strip and remember to switch it off when you're not using them. Or unplug them when you can, things like computers, printers and battery-chargers.

Just remember that some devices use stand-by power to make your life a bit more convenient. Some devices, like the satellite box, will likely have to run through a set-up program when power is restored. This will add a few minutes to the start up time and you might end up needing to reset some of your preferences.

It is impossible to get rid of all the energy vampires in your house but with every one you do put an end to will mean that much less will take a bite out of your wallet.

Energy Vampires



can add **10%** or more to electric bills.



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by Wayne Price



FRANCIS LOHNES

Nebraska soldier with 1st Nebraska Veteran Cavalry awarded Medal of Honor for gallantry during military action in the state

Francis Lohnes moved to Nebraska in 1860 from his home in New York when he was 20 years old. He lived with his brother, John, in the southeast corner of the Nebraska Territory on a farm in the Arago Precinct of Richardson County, just a few miles north of Falls City, Neb.

The following year Lohnes left the farm and joined the First Nebraska Volunteer Infantry as the Civil War began in the United States. He entered the service as a private in Company H and spent his time in Missouri and Arkansas. He was with the First Nebraska unit during battles in Tennessee. Lohnes re-enlisted in 1864 and was sent back to the Nebraska Territory.

In August 1864 the Sioux and Cheyenne began raids of ranches and emigrant trains along the Overland Trail. Lohnes was assigned to the First Nebraska Veteran Volunteers and stationed at Fort Kearny and then a small

post called Plum Creek Station to guard against Indian attacks along the trail.



An illustration showing Fort Kearny as it appeared in 1870. Courtesy of Nebraska State Historical Society

During an encounter with a group of Indians approximately 70 miles west of Fort Kearny, Lohnes would earn the Medal of Honor for his bravery in the battle. He is the only soldier from a Nebraska regiment who received the award as a result of action within the state.

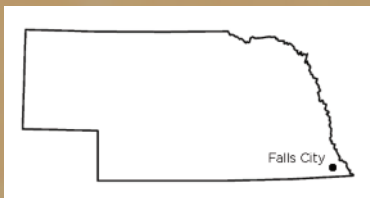
According to a record of the

events which took place on May 12, 1865, a group of soldiers from Company A were attacked by 30 Lakota Sioux near a small outpost called Gilman's Ranch, located three miles southwest of Gothenburg, Neb. One soldier was killed and the others fought with the group before they made a stand, killing the leader of the Indian party.

Lohnes was part of a detachment from Company H that was gathering wood near Gilman's Ranch. They joined the battle and were able to save the remaining soldiers and a number of cattle from the ranch. During the skirmish Lohnes was wounded twice but continued to engage the Indians.

The record states his horse was also wounded and Lohnes was surrounded by 10 Indians at one point. He stood his ground until other soldiers were able to join him and they returned to an outpost without the additional loss of life.

A view of Fort Kearny, ca 1866. Courtesy of Nebraska State Historical Society



He was cited for gallantry in protecting government property in the face of overwhelming numbers of hostiles. He received a promotion to corporal and was awarded the Medal of Honor in a ceremony at Fort Kearny.

Upon the recommendation of General Patrick Connor, commanding the District of the Plains, the Medal of Honor was presented to Lohnes on August 15, 1865. Attending the ceremony were two generals and Alvin Saunders, governor of Nebraska Territory.

Shortly after the ceremony he received orders to be stationed at Fort Sedgwick near Julesburg, Neb. Rather than move farther west he deserted and returned to

Richardson County. He married Mary Simpson in 1867 and farmed while they raised a family.

A census report from 1885 showed Lohnes farmed 60 acres of farm land north of Falls City, Neb. His farming operation included 10 pigs, two horses and one milk cow.

Lohnes died in a tragic accident on September 18, 1889 while working as part of a threshing team. An account of the accident was reported in the Verdon Vidette newspaper a couple days later.

He left behind his widow and two children. Visitors to the Maple Grove Cemetery near Verdon, Nebraska, will see that Francis Lohnes's grave has also been marked with a government Medal of Honor monument.

Scalded to Death

One of the most terrible accidents that has occurred in this county in a long time, happened one-half mile north of Shubert on Wednesday afternoon last. Frank Lohnes, living about five miles northeast of town, has been running a steam thresher with Clint Simpson this fall. The accident occurred while crossing a bridge which but a moment before had been examined and pronounced safe, but when the entire weight of the engine rested on the bridge the timbers gave away from behind, throwing the engine into the stream below, tender downward. In the fall Mr. Lohnes was caught and pinioned between the engine and bridge timbers. The hot water from the boiler run out on him and scalded him in a few moments. Mr. Lohnes was a man about 55 years of age, and leaves a family to mourn his terrible death.

Verdon Vidette
September 20, 1889



Gerald Gentleman Station is Nebraska's largest electric generating facility, supplying enough electricity to serve 600,000 Nebraskans. It is ranked as one of the lowest production-cost electric generation plants in the nation.

Gentleman Station receives funding for Phase II of carbon capture study

The next step towards the potential for a carbon capture operation at Nebraska Public Power District's Gerald Gentleman Station is moving forward with the announcement of the U.S. Department of Energy (DOE) National Energy Technology Laboratory's funding for the study.

Under this new funding, ION Clean Energy, Inc. will be the award recipient on the project which will complete a Front End Engineering Design (FEED) study for the installation of its advanced carbon capture system retrofitted to NPPD's Gentleman Station near Sutherland. The FEED study will build on the results of Phase I, increasing the capture size from 300 megawatts CO2 capture island up to 600 megawatts. ION will utilize its leading solvent-based CO2 capture technology, ICE-21, as the basis for the CO2 capture design.

"NPPD continues to be interested in the project moving forward because our coal burning generation resources bring significant value to our customers," said Vice President and

Chief Operating Officer Tom Kent. "We are seeking these types of technologies that can capture CO2 in a cost-effective manner."

"We are pleased to continue our partnership with NPPD to further evaluate the integration of ION's transformative CO2 capture technology at an existing coal-fired power station," said Alfred "Buz" Brown, ION's CEO. "These types of strategic collaborations are key milestones on the path to commercialization of ION's large scale decarbonization technology."

DOE selected nine projects to receive \$55.4 million in federal funding for cost shared research and development. The award for Phase II for the GGS study is approximately \$5.8 million.

The project team for the Phase II study are ION, NPPD, Sargent & Lundy, Koch Modular Process Systems, and Siemens. The project will provide critical data and insight into the integration of CO2 capture technologies onto existing coal fired power plants.

New rule to manage power plant carbon emissions

The Trump administration recently issued a rule to reduce power plant carbon emissions. Known as the Affordable Clean Energy (ACE) rule, the new regulation will require power plants to work with state regulators to assess steps that can be taken to cut emissions through energy efficiency improvements.

America's public power districts and electric cooperatives welcomed the new rule, noting that it is far preferable to an earlier and far costlier attempt to regulate carbon emissions that ultimately was put on hold by the Supreme Court.

"The ACE rule represents a more flexible path forward that will minimize the cost to consumers and preserve the reliability of the electric grid as electric utilities work to promote a healthy environment and vibrant rural communities," said Jim Matheson, CEO of the National Rural Electric Cooperative Association.

"Electric utilities have invested billions of dollars in diverse energy sources and emission-reduction technology to meet the electricity needs of their local communities while protecting the environment," Matheson said. "The ACE rule gives electric cooperatives the ability to adopt evolving technology and respond to market and consumer demands while continuing to serve as engines of economic development for one in eight Americans."

Matheson stressed that the ACE rule will allow public power districts and electric co-ops to ensure that affordable and reliable power remains available throughout communities.

Source: NRECA

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Aiding Aging Parents

Four tips to help overcome new challenges

It's not easy getting old, as the saying goes, and it can be even harder to watch your parents age. Helping parents transition into the later years of their lives can be a delicate matter, but there are ways to help them ease into an elderly stage and cope better with challenges.

For example, consider these tips and ways to aid aging parents:

Provide Entertainment

Music can be a helpful gift – try loading a music player with a playlist of your parents' favorite songs. Old movies can also spark

conversation. Host a luncheon for some of their best friends and make their favorite treats. They may be housebound, but there are still ways for them to interact.

Adjust to Physical Changes

Reading materials could require larger-than-normal



print, and a magnifying clip-on screen for a computer can be helpful as well. Serving foods that are easier to cut can make eating a simpler process.

Keep an eye on weight and nutrition and try to find someone who will make a house call for haircuts.

Relive Memories

Encourage older relatives to write (or dictate) their thoughts on financial tips, military service, business success, valued life lessons and, of course, the stories of how they met their spouses. Make a family tree together and try creating a photobook with

old and new pictures. Share news about family members' relationships and accomplishments, which might bring back personal memories.

Consider the Little Things

Surprise your parents with a few new pieces of clothing for a thoughtful gift. Laminate a list of their medications and their doctors to keep with you in case of emergency and provide a copy to your parents and any other caregivers. Create a contact list on your parents' mobile phone to help them easily reach family and friends without needing to search.

Find more tips to assist aging relatives at gatherasyougo.com.

Decorate safely this holiday season

By Derrill Holly

The holiday season offers great moments for building memories, but when it comes to decorating, it's also the perfect time to think about safety.

"There are about 200 decorating-related injuries each day during the busy holiday season," said Ann Marie Buerkle, acting chairman of the Consumer Product Safety Commission (CPSC). "Make safety a part of your family's holiday decorating this year."

Between November 2016 and January 2017, holiday decorating injuries resulted in 18,400 emergency room visits, nationwide. Local fire departments look to the holiday season as a time of increased vigilance, often tied to many of the activities that have become family traditions.

"It's important to use common sense when you're dealing with

holiday decorating, particularly with lighting, candles and electrical wiring," said Bruce Bouch, a U.S. Fire Administration fire program specialist. "Holiday decorations are designed for temporary use, and that means they are essentially disposable."

According to the National Fire Protection Association (NFPA), the top three days of the year for candle fires in the U.S. are Christmas Eve, Christmas Day and New Year's Day. NFPA statistics also indicate that one of four Christmas tree fires are caused by electrical problems.

The global safety certification company, United Laboratories, classifies holiday lighting as a seasonal product designed for no more than 90 days of use. While the actual holiday season runs about six weeks, weather and busy

schedules mean outdoor holiday lighting displays are put up early and taken down late, exposed to the elements the entire time.

"It's always important to inspect holiday lights each year before you put them up," said Bouch. "You may find that there are pinches or torn areas on the insulation."

Open, exposed wiring or any signs of fraying or pinching are indications of weakened wiring. Those flaws are prone to breakage and may raise the potential for heat buildup, which can cause a fire.

Bouch recommends a thorough inspection of your holiday lights to identify potential hotspots and damage to the strings.

"When you're checking everything on the wiring and fixtures, make sure you check for chewing damage from wild animals or your own pets," adds Bouch.

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Safety reminders for firearm deer season

Deer hunting is enjoyed by thousands of Nebraskans who want to put meat in their freezer and create memories and carry on traditions with friends and family. While enjoying the hunt, Nebraskans should make safety their top priority.

The Nebraska Game and Parks Commission has the following reminders for the November firearm deer season:

- Treat every firearm as if it's loaded, keep the firearm muzzle pointed in a safe direction, and keep your finger off of the trigger until you're ready to fire.
- Know your target and what is beyond it, never pull the trigger unless you are sure your target is a deer, and know the potential distance of your shot.
- Use the firearm's safety, but don't rely on it, because safeties can fail.
- Don't shoot at flat, hard surfaces or water, as bullets can ricochet.
- Unload firearms when climbing into and out of tree stands and when carrying them in a vehicle.
- Tell someone when and where

you are hunting and when you expect to return home. Check in with them when you return. Avoid hunting alone, if possible.

- Have the proper clothing and gear for the weather, and keep an eye on the forecast.
- Check your hunting equipment to make sure everything is in proper working order, including your tree stand.
- Tree stand hunters should wear a fall-arrest system, use a haul line to raise and lower gear into your stand, and always maintain three points of contact when climbing.
- In Nebraska, anyone hunting deer under a firearm permit during a firearm season must display at least 400 square inches of hunter orange on their head, chest and back. This also applies to anyone archery hunting during the November firearm deer season and the January deer season.

Hunter education certification is required for some hunters. To learn more or sign up for a course, go to HuntSafeNebraska.org

Source: NGPC

Hunters reminded to gain permission on private property

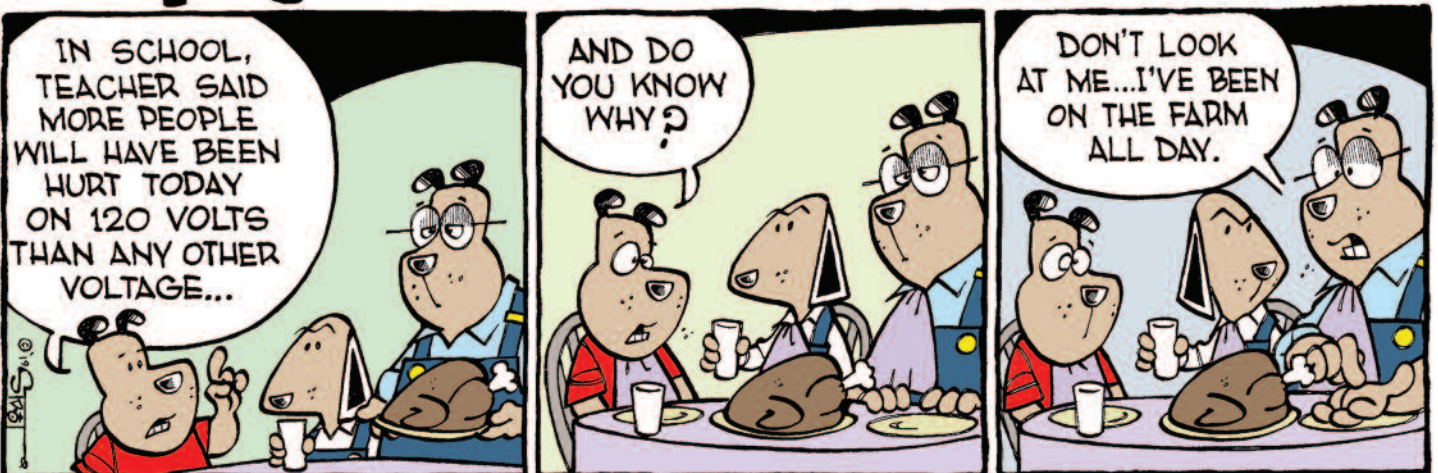
The Nebraska Game and Parks Commission reminds hunters they must first gain permission before hunting on private property.

GPS mapping applications are a popular tool with many hunters. These apps may show some properties as public lands, such as the School Trust Lands held by the State of Nebraska. However, these school trust lands are leased by the Nebraska Board of Education Lands and Funds to private individuals and require permission to access them for hunting.

Game and Parks encourages hunters searching for publicly accessible properties to use the 2019 Public Access Atlas available at OutdoorNebraska.org and from Game and Parks permitting offices.

Hunters are responsible for verifying that land is public or private before they hunt them.

Murphy



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50-54	\$11.50	\$9.70	\$18.50	\$15.50	\$36.00	\$30.00	\$88.50	\$73.50
55-59	\$14.20	\$11.95	\$23.00	\$19.25	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$17.20	\$13.30	\$28.00	\$21.50	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$20.50	\$16.00	\$33.50	\$26.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$27.40	\$21.40	\$45.00	\$35.00	\$89.00	\$69.00	\$221.00	\$171.00
75-79	\$37.00	\$30.10	\$61.00	\$49.50	\$121.00	\$98.00	\$301.00	\$243.50
80-85	\$50.50	\$42.55	\$83.50	\$70.25	\$166.00	\$139.50	\$413.50	\$347.25

The rates above include a \$12 annual policy fee.

This is a solicitation of individual insurance. A licensed insurance agent/producer may contact you by telephone. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** In NY, during the first two years, 110% of premiums will be paid. Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, 3300 Mutual of Omaha Plaza, Omaha, NE 68175 which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. Not available in all states. Benefit amounts vary by state. Policy Form ICC11L059P or state equivalent (7780L-0505 in FL, 828Y-0505 in NY).

*Ages 50 to 75 in NY.

**In FL policy is renewable until age 121.

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

by LaRayne Topp

West Point brothers become wine makers on family farm



For nearly 100 years, Doerneman land west of West Point, Nebraska, has raised the kinds of crops you'd see on a typical Northeast Nebraska farm: cattle and hogs, corn and alfalfa, oats and perhaps a few cockleburrs. In the days when Theodore and Molly Doerneman first held title to the land, and then Wilbur and Lavaine Doerneman, the pasture north of the family's farmstead had never felt a plow; only native grasses grew there.

But today, since two of the Doerneman grandsons became caretakers of the land, all that has changed. The native pastureland which was once the location for four to five corn rings, their picket fences piled three high and filled with bright yellow ear corn, is now the sight of aronia berry bushes, row after row of them.

A colorful welcome sign greets visitors at the end of the drive, inviting visitors to the rolling hills of the Doerneman farm. In the background, a tall pavilion soars over the landscape, the name of one of Cuming County's latest businesses on its front: Native 32 Winery. The expanse from the country road to the

pavilion is loaded with rows of well-manicured aronia berry bushes, weighed down with giant clusters of green berries which will ripen to juicy, purple berries in late summer.

The latest building on the farmstead—the Native 32 pavilion—is the manufacturing site of delicious aronia berry wine. It is also the location of a wine tasting room with two big screen televisions, fireplace and full kitchen. The building can be rented out for those interested in making Native 32 Winery its venue for a bridal shower or wedding, anniversary party or family reunion.

The brothers can stage wine tastings at the Native 32 venue or other locations, as well.



Brothers Keith Doerneman, left, and Dale Doerneman invested in Nebraska prairie, planting an aronia berry orchard and devising Native 32 wines.

An outdoor patio, suitable for larger events surrounds the building on several sides, and around that are spaces to set up tables outdoors in the cool shadow of long-reaching arms of shade trees. While sampling Native 32 wine, visitors can enjoy the tranquil beauty of the Nebraska orchard, with its picturesque view of aronia bushes and chokecherry trees.

The new business is the brainchild of brothers, Keith Doerneman, who farms the remainder of the family farm, and Dale Doerneman, who is involved in construction.

Dale first heard of the health benefits of aronia berries in 2011 when taking a lunch break while insulating houses in

Omaha. The home owner was excited about the 50 aronia bushes he'd planted, and the health benefits of the fruit. Dale was intrigued.

He began investigating the possibilities of planting aronia berries on the family farm. It took only 10 minutes of contemplation before he decided to approach his brother, Keith.

"Could you give up a little bit of the pasture?" he asked. With the planting of 4,400 aronia bushes Native 32 orchard soon became a reality.

Once the bushes had grown to several feet in height, loaded with ripe berries, members of the Doerneman family volunteered to hand-pick the fruit. After three years, when the bushes became four to five feet in height, mechanical harvesters were utilized to harvest the berries.

As the orchard came into full production, however, the brothers learned that a number of others around the region had also planted aronia berries. Marketing the abundance was difficult.

Fortunately, Dale had another plan in mind.

"I'd always wanted to make wine," Dale said. He'd

sampled his first taste of aronia berry wine at a Missouri Valley Winery, and in 2011, he made his first gallon.

The self-taught, novice wine-maker began formulating a number of flavorful recipes for Native 32's aronia berry wine. He started in his basement, experimenting with large balloons and gallon jugs, tubes and heat lamps. He and Keith soon enjoyed a first glass of their own aronia wine.

After many conversations with other long-standing wine makers, Dale transitioned from mixing wine in five-gallon batches, fermented in stone crocks, to ever increasing quantities of wine made in stainless steel tanks. This year, the brothers made about 5,000 gallons of wine.

As a result, not only is the orchard one of the biggest aronia orchards around, but Native 32 Winery is also one of the few wineries to produce aronia wine.

They sell aronia berry juice also, a natural drink. Although it's not labeled as organic, organic practices are used in the berry-growing processes. As for the wine, the berries have their own preservatives, Dale said, so no additional preservatives are added to Native 32 wines.

As for the aronia berries themselves, aronia is a deciduous shrub, native to eastern North America. The sour aronia berries can be eaten raw off the bush or added to baked goods. But more frequently, they are processed into wine, jam, syrup, juice, soft spreads,

and even tea, salsa, beer, gummies and ice cream.

The plant's scientific classification puts aronia in the genus of the chokeberry in the family Rosaceae, with two or three species. A fourth form is cultivated under the name aronia. The chokeberry plant, aronia, is not to be confused with the familiar choke cherry plant often found growing in Nebraska fence lines or farmsteads.



A welcome sign marks the entrance to Native 32 Winery

The aronia berries planted at the Native 32 Orchard are of the Galajanke variety, with parent stock from Poland. The brothers worked with revered nurseryman, the late Harlan Hamernik, in the establishment of their orchard.

Hamernik was the founder of Bluebird Nursery in nearby Clarkson, Nebraska, where he grew more than 2,000 varieties of perennials, herbs, grasses and wildflowers. Through his exploration trips to China, Inner Mongolia and Tibet, Hamernik brought back many new, Nebraska-hardy plants to introduce to American gardeners. He became interested in the antioxidant properties of

aronia berries, and was one of the first growers of the berries in the United States. He served as a mentor to Dale and Keith Doerneman as they began their new enterprise.

Some of the often-touted health benefits of the fruit include being high in fiber, rich in antioxidants, an aid in fighting cancer, and a good source of iron. Keith and Dale have heard a number of stories telling of the health benefits aronia berries can bring about.

"We know it to fight cancer," Keith said, "but we can't sell it as a cure."

Although many Native 32 Winery customers purchase the wine because of its health benefits, a good many more buy the wine because of its taste.

"The taste is different," Keith said. "We can't explain it because it's not grape."

The brothers enjoy watching and listening to the reactions of those who taste their aronia berry wine for the first time.

"It's very awesome," Dale said. "We've watched people at wine tastings, and it's always, like 'Wow!' It's hard to explain."

Among the wines Dale has developed are these semi-sweet wines: Majestic Sunset, with an aronia base used for the other wines; Euphoria, combining aronia with raspberry; Affinity, a blend of aronia and apple; Resilience, which partners aronia with chokecherry; and Mystique, which is a blend of aronia and strawberry. Dale continues to experiment, utilizing the tastes of mulberry, plums and rhubarb.



Plan a visit to Native 32 Winery

The Winery is located ten miles west of West Point, Nebraska, on Highway 32, a mile north of St. Aloysius Catholic Church which is located in the small, unincorporated hamlet of Aloys.

Hours of operation are Saturdays from 1:00-8:00 p.m., Sundays from 1:00-6:00 p.m., and Fridays from 5:00-8:00 p.m. In the winter months, the hours will be shorter. Feel free to confirm the time by checking the business's website, native32wine.com. The owners can also be reached by phone: Dale Doerneman, (402) 750-8266, or Keith Doerneman, (402) 380-1006.

Six efficient holiday gifts to give (or keep!)

by Pat Keegan

Q : With the holidays approaching, I'm starting to think about unique gifts for my family and friends that won't use too much energy. Can you share any ideas?

A : It's always a great idea to give energy efficient gifts! Here are a few ideas based on a range of prices. You might even want to keep one or two of these for yourself!

1. Smart power strip. Price: \$15 to \$100: Smart power strips are the perfect gift for your tech-savvy family members and friends because they'll likely need the extra outlets for their many devices. Smart power strips give more control than traditional ones. By plugging the main hardware item, such as a computer or monitor, into the master outlet, you can easily control the rest of the devices. When that main device is turned off, everything else plugged into the strip also powers off. Some smart power strips can also be operated through a remote control or smartphone app, and some include programmable timers.

2. Smart thermostat. Price: \$30 to \$600: A smart thermostat can adjust the temperature by learning your energy use habits over time, which saves you money and keeps you more comfortable. It can also be controlled through a smartphone app. Just make sure you're going to use all of its functionality before taking the leap.

3. Solar backpack. Price: \$30 to \$325: Walking or biking to the office, the field or a mountain lake? It may sound crazy, but you can actually make the most of the sun's energy with a solar backpack. These handy devices collect and store enough electricity to power a phone, tablet or

even a laptop. The solar panels stitched onto the back of the packs are flexible and waterproof. Best of all, they have all the features and functionality of their traditional non-solar cousins.



An e-bike can make cycling easier if you face challenging terrain, bike to work or find regular cycling too physically challenging. Photograph by Willie Markkanen

4. E-bike. Price: \$250 to \$9,000: Electric bikes, or e-bikes, are regular bicycles with an electric motor that can be engaged as needed. E-bikes are becoming increasingly popular with people who face challenging terrain, bike to work and don't want to work up a sweat, or perhaps find regular cycling too physically challenging. Studies also show that e-biking can bring many of the same physical benefits as non-assisted pedaling. They even come in foldable versions. One downside is they are heavier than regular bicycles.

5. Electric scooter. Price: \$80 to \$3,000: The \$49 foldable, foot-powered scooter that exploded onto the scene a decade ago has grown up in a big way. In some larger cities,

electric scooters are now available to rent at various locations, found and paid for via app. Or you can buy one to use for your daily commute or as a fun way to simply scoot around the neighborhood. Higher-quality versions will have longer range, larger tires and better suspension – along with a higher cost, of course. The catch is that they're still largely confined to paved surfaces.

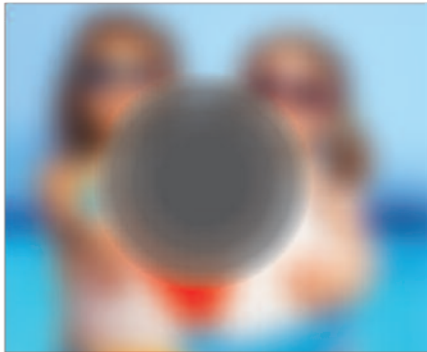
6. Energy efficient tablets. Price: \$40 to \$4,000: You may

already have at least one tablet in your home, but have you considered how energy efficient it is? Try this: Instead of using your TV to binge that new show, consider an EnergyStar-rated tablet, and you can use seven times less power! Simply look for the EnergyStar label when you're shopping for new tablets.

Looking for an efficient gift that costs practically nothing? Enjoy a good book and a cozy evening at home, which requires no energy use at all. Don't forget to put on your favorite sweater and pair of fuzzy slippers so you can lower the thermostat a couple of degrees. Now that's an energy efficient evening worth repeating!

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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Calendar of Events

NOVEMBER

■ NORTHEAST

November 2-3, Market Holidays at the Fair, Madison County Fairgrounds, Madison, Neb. Two full days of crafts, vintage, junk and direct sales to fill your stocking and deck your halls!

November 8-9, Holiday Extravaganza, St. Edward, Neb. Annual Holiday Extravaganza includes craft show, wine tasting, and Santa Claus Run and much more.

November 9, 81/91 Women's Expo, Humphrey, Neb. Get all your Christmas shopping done in one day. There will be numerous vendors that will have something for everyone!

November 22, Taste of Albion, Albion, Neb. The annual Taste of Albion, a wine and beer tasting event and art show held in the Albion Public Library.

November 22, Northeast Ag-ceptional Women's Conference, Northeast Community College Lifelong Learning Center, Norfolk, Neb. Great day filled with dynamic speakers, workshops and networking.

November 23-24, Yuletide Market, Divots D'Vents Center, Norfolk, Neb. Northeast Nebraska's Premier Holiday Celebration and Shopping Extravaganza.

November 26, Riverpoint Christmas Festival, Norfolk, Neb. from 4:30 – 7:30 p.m. Get into the Christmas Spirit in Downtown Norfolk, see Santa and Mrs. Clause, take hayrack rides, shop, drink hot chocolate and attend the main event – Christmas Tree Lighting.

■ SOUTH CENTRAL

November 2, Eustis Small Town Shoppin' Craft Fair, Eustis, Neb. Vendors get to show off their impressive products, and people from all over get to explore the crafts, products, and merchandise.

November 2-3, Cowboy Christmas Gift Show, D&N Event Center, North Platte, Neb. Gift show booths include Western crafts, arts, frames & quilts, gifts, home furnishings, saddles & Tack, horse trailers, jewelry & clothing, cosmetics, and much more!

November 11, Offutt Brass Veterans Day Concert, "Celebrate the American Spirit," Merryman Performing Arts Center in Kearney at 7:00 p.m. Offutt Brass, a 7-member musical ensemble from the U.S. Air Force Heartland of American Band will present a program entitled, "Celebrate the American Spirit." The music will encompass a variety of familiar Broadway & classical selections, marches, traditional jazz and patriotic favorites. General seating will begin at 6 p.m.

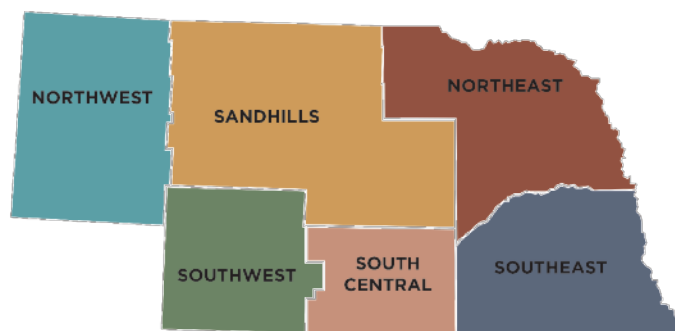
November, 20, 2019 Nebraska Auctioneers Association Auctioneer and Ringman Championship at the Gateway Farm Expo, Buffalo County Fairgrounds, Kearney, Neb. at 11:30 a.m. The Championship Competition, crowning both the top auctioneer and ringman, includes a live auction event.

November 23, Holdrege Craft Show, Phelps County Ag Building, Holdrege, 9 a.m. to 3 p.m. The show will have a wide variety of homemade crafts, up-cycled and vintage goods and furniture, food and coffee vendors, retail vendors, and entertainment! Bring your family out for a wonderful day of Christmas and gift shopping and much, much more!

■ SOUTHWEST

November 16, Community Hospital Turkey Trot, McCook, Neb. at 10:00 a.m. Race day registration and packet pick-up is from 9-9:45 am in the garage of the Community Hospital Patient Accounts building at 711 East 11 Street. Turkeys will trot through sun, rain or snow (unless it is a blizzard!)

November 20-21, 2019 McCook Farm and Ranch Expo, McCook, Neb. Over 350 vendors from 20 states, Canada and Australia promoting farm and ranch equipment, seed and chemicals, agricultural services, irrigation manufacturers, financial providers, commodity organizations, colleges, governmental services, home services, furniture and art galleries and much more. Go to <https://www.mccookfarmandranchexpo.net/> for schedule of events.



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

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

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The Zinger folds to a mere 10 inches.

“With my Zinger Chair, I can go anywhere and everywhere I want!”

More and more Americans are reaching the age where mobility is an everyday concern. Whether from an injury or from the aches and pains that come from getting older—getting around isn't as easy as it used to be. You may have tried a power chair or a scooter. The *Zinger* is NOT a power chair or a scooter! The *Zinger* is quick and nimble, yet it is not prone to tipping like many scooters. Best of all, it weighs only 47.2 pounds and folds and unfolds with ease. You can take it almost anywhere, providing you with independence and freedom.

I can now go places and do things that I wasn't able to go or do before. It has given me a new lease on life and I am so happy I found it!

—Dana S., Texas

Years of work by innovative engineers have resulted in a personal electric vehicle that's truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The *Zinger* features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side.

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

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 - Around town or just around your house

The Zinger Chair is a personal electric vehicle and is not a medical device nor a wheelchair, and has not been submitted to the FDA for review or clearance. Zinger is not intended for medical purposes to provide mobility to persons restricted to a sitting position. It is not covered by Medicare nor Medicaid.

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Get Back into the Swing of Dinnertime

After juggling work, school, extracurricular activities, homework and preparing dinner, getting back into a weeknight routine may feel impossible.

With Smithfield Marinated Fresh Pork in your fridge, you can cut down on meal prep and add quality time back into your day. Perfectly seasoned with ingredients like Applewood Smoked Bacon and Steakhouse seasonings, just saute or roast and you can have a delicious meal ready in 30 minutes or less any night of the week.

Consider these quick, flavor-filled recipes for Smoked Bacon Pork Alfredo and Arugula Salad with Steakhouse Pork Tenderloin that everyone will enjoy.

Find more time-saving meal ideas at SmithfieldRealFlavorRealFast.com.



Smoked Bacon Pork Alfredo

- 1 Smithfield Applewood Smoked Bacon Topped Pork Loin Filet**
- 3 tablespoons olive oil, divided**
- 1 pound dry penne pasta**
- 1 package (8 ounces) sliced fresh mushrooms**
- salt, to taste, divided**
- 2 jars (15 ounces each) Alfredo sauce**
- pepper, to taste**
- 1/4 cup finely chopped green onion**
- grated Parmesan cheese (optional)**

Cut pork loin filet into 1/2-inch thick slices then into 1/4-inch wide strips. Bacon will fall off, but reserve for later.

Working in two batches, in large

skillet over medium-high heat, heat 1 tablespoon oil. Stir fry half the pork and bacon pieces 7-8 minutes until well browned. Set aside on separate plate; repeat with 1 tablespoon oil and remaining pork and bacon.

Cook pasta according to package directions.

In skillet over medium-high heat, heat remaining oil; add mushrooms and sprinkle lightly with salt, to taste. Cook 3 minutes, or until tender, stirring occasionally.

Drain pasta and return to pot; stir in pork and bacon, mushrooms and Alfredo sauce. Stir over medium heat, about 4 minutes, until heated through. Season with salt and pepper, to taste.

Sprinkle with green onions and Parmesan cheese, if desired.

Bacon is one of the world's oldest meats.

Dating back to 1500 B.C., bacon has been a favorite for millennia. The phrase "bring home the bacon" originated during the 12th Century when a church in England offered a side of bacon to any man who could swear before the church that he had not had a fight with his wife for a year. Any man that could bring home the bacon was then highly respected among the community. Today bacon is big business, with over 2 billion pounds of bacon being produced annually in the United States.

Source: *Nebraska Pork Producers*



Arugula Salad with Steakhouse Pork Tenderloin

- 1 Smithfield Steakhouse Seasoned Pork Tenderloin, cut into 1/2-inch slices
- 1 sprig fresh rosemary, leaves removed from stem and chopped
- 2 tablespoons olive oil
- 6 cups arugula or fresh spinach, washed
- 1 small sweet onion, thinly sliced
- 1 Fuji or other sweet red apple, cored and thinly sliced into half moons
- salt (optional)
- pepper (optional)
- blue cheese salad dressing

Season pork medallions with chopped rosemary. In skillet over medium heat, heat oil until hot.

In skillet, cook meat 3-4 minutes per side until medallions are browned and internal temperature reaches 145 F. Remove pork from pan and let stand 3 minutes.

In bowl, toss arugula, onion and apples; season with salt and pepper, if desired. Divide salad into four portions and arrange pork on top of greens. Serve with blue cheese dressing.

Crockpot Chalupa

- | | |
|-----------------------------------|----------------------------|
| 1 lb. pinto beans | 2 cloves garlic, minced |
| 3 lbs. pork roast | 1 tablespoon salt |
| 7 cups water | 2 tablespoons chili powder |
| 1/2 cup chopped onion | 1 tablespoon cumin |
| 1 4 oz. can chopped green chilies | 1 teaspoon oregano |
| | Corn chips |

Put all ingredients except corn chips in a crockpot. Cook 8 hours on low or 4-5 hours on high or until beans are done. Uncover and cook about half hour until the desired thickness. Serve over corn chips and toppings – chopped avocado, tomatoes, onion, shredded lettuce, grated cheddar cheese, taco sauce. Freezes well.

Dottie Heftie, Clay Center, Nebraska

Butternut Squash Soup

- | | |
|---|--------------------------|
| 2 medium butternut squash; cut in 1/2 lengthwise and remove seeds | 1 teaspoon sage |
| 2 tablespoons butter, melted | 2 1/2 cups chicken broth |
| 1 medium apple, diced | 2 cups water |
| 1/2 medium onion, diced | 1 1/2 teaspoons salt |
| | 1/4 teaspoon pepper |
| | 1/3 cup heavy cream |

Heat oven to 425 degrees. Line baking sheet with aluminum foil. Place squash cut side up and brush with melted butter. Season with salt and pepper. Bake 1 hour until tender. Scoop out flesh when cool. Sauté apple and onion in remaining butter for 7 minutes or until softened. Add squash flesh, chicken broth, water, salt, pepper and sage. Bring to a boil and simmer for 15 minutes. Remove from heat and add cream. Puree in blender and serve.

Staci Stempek, Columbus, Nebraska

Can't Leave Alone Bars

- | | |
|----------------------|----------------------------------|
| 1 pkg white cake mix | 1 cup semi-sweet chocolate chips |
| 2 eggs | |
| 1/3 cup oil | 1/4 cup margarine, cubed |
| 1 can condensed milk | |

In large bowl, combine dry cake mix, eggs and oil. With floured hands, press 2/3 of mixture into a greased 9" X 13" pan. Set remaining cake mixture aside. In microwaveable bowl, combine condensed milk, chocolate chips and margarine. Microwave on high for 45 seconds. Stir, then heat 45 – 60 seconds longer until mixture is melted and smooth. Pour over crust in pan. Drop flattened out teaspoons of remaining dough over the top of chocolate mixture. (Dough won't completely cover top.) Bake at 350 degrees for 20 to 25 minutes. Cool before cutting.

Bonnie Swendener, Mullen, Nebraska

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