

RURAL ELECTRIC

# NEBRASKAN

October 2017





# Drug Companies Fear Release of the New AloeCure

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

by David Waxman  
Seattle Washington:

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

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

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

## **TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!**

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

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

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

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



## **HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION**

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

## **RAPID ACID AND HEARTBURN NEUTRALIZER**

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

## **SIDE-STEP HEART CONCERNS**

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

## **UNLEASH YOUR MEMORY**

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

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

## **SLEEP LIKE A BABY**

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

## **CELEBRITY HAIR, SKIN & NAILS**

Certain antacids may greatly reduce your

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

## **SAVE YOUR KIDNEY**

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

## **GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK**

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

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

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

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

## **HOW TO GET ALOECURE**

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

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE 1-800-748-5527 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**

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Harvest season can be a dangerous time when working around power lines with large equipment. Remember to watch for wires overhead. Photograph by Wayne Price




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 by Wayne Price
 

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## October is a time to celebrate public power

When I think about October, my brain usually conjures up beer, schnitzel, and lederhosen. That is probably because I was able to visit Munich, Germany twice during Oktoberfest, while I was stationed nearby.

For many people October makes us think about Halloween with its spooky decorations, superhero costumes and fun-size candybars.

But October is also the time when you should be thinking about public power because it is when we celebrate Public Power Month, both in Nebraska and across the country. It's an opportunity for Nebraska's public power districts and electric cooperatives to remind everyone about the distinct advantages that public power offers.

Public Power Month is a celebration that recognizes the economic, social and environmental contributions of your hometown electric utility, one of more than 2,000 across the nation that collectively serve 49 million Americans. Public Power Month also honors the democratic tradition of community decision-making and participation that led to the founding of public power districts.

It was 1936 when the U.S. Congress, led by Nebraska Senator George Norris, passed the Rural Electrification Act. This act stipulated that power generation and delivery systems were to be owned by the public for the public good. While criticized by many as being socialistic, Norris believed that public power represented a way to ensure that every citizen was provided with reliable service at a reasonable price. Norris viewed every stream in America as a way to deliver reliable electricity to the nation.

Today, Nebraska is the only state in America that is totally served by public power and it is paying dividends. Nebraska residents have reliable electricity with some of the lowest rates in the nation. In addition, control of this public asset is maintained at the local level. Local people, making decisions on behalf of their neighbors. That's what public power is about in Nebraska.

Along with our national association in Washington, D.C. we advocate for public policy that will increase our energy independence and security, care for the environment, and make energy use more efficient:

- We seek preservation of tax-exempt financing for public power utilities and advocate for access to tax-exempt bonds.
- We support comprehensive legislation to address climate change, but look to government to create environmental laws and regulations that ensure a reliable and affordable energy supply without negative impact on consumers and the economy.
- We seek balanced legislation on grid security that encourages industry-government information sharing and allows for local decision-making and flexibility.
- We support policy that ensure effective competition in wholesale electricity markets for the benefit of consumers, businesses, and the economy.

While it may seem complicated, the public power governance system is fairly simple if it is broken into pieces. Nebraska has municipal electric systems, public power districts, and rural electric cooperatives. These governing bodies set rates, approve budgets and financing decisions, and oversee quality of service. Members of these boards are elected or appointed locally.

Nebraska's public power system has a number of inherent benefits. For example, it is responsible to all the residents of Nebraska and not just a board of directors. Not concentrating on making a profit allows public power to focus on customer needs and maintain low rates for all residents and businesses regardless of size. Finally, public power allows money to be reinvested in the community in the form of economic development or reinvestment in the infrastructure.

Be sure to stop by your local rural electric utility this month, even if it's just to say thanks for providing safe, reliable and affordable electricity.







by Les O'Dell



# Raising the Bar on Personal Energy Habits



**E**ven with energy-efficient construction, modern remodeling techniques, and power conserving appliances and systems, the most valuable tool in saving energy is one all of us already have—our personal approach to energy use.

“Your habits and practices at home can make the biggest difference when it comes to saving energy,” says national energy writer Jim Dulley. “It’s our behavior that matters.”

That means doing the little things that make a big difference, not just things that look good, says Brian Sloboda senior program manager with the National Rural Electric Cooperative Association (NRECA).

“I’ve talked to people who put solar panels on their houses and they’re very proud of them,” he shares. “Then you go into the house. The television’s on and nobody’s watching it while incandescent lights burn brightly in an empty room.

“Saving energy with proper insulation or thermal windows isn’t showy, but they are just as ‘green,’ and show that you’re serious,” he adds. “Energy efficiency isn’t very exciting. In fact, it’s boring, but it’s what we all need to do.”

Using energy intelligently will always be important explains Alan Shedd, director of residential and commercial energy programs for the NRECA’s Touchstone Energy Home program.

“Being intelligent with energy is very important,” he says. “Even with Energy Star appliances, you have to be smart. Just because your new 60-inch television is Energy Star-labeled doesn’t mean you should leave it one 24 hours a day, seven days a week.”

### **Adding a Breath of Fresh Air**

Energy conservation and air quality go hand-in-hand. Unfortunately it’s often an inverse relationship.

“As we tighten the building envelope, problems that have been around before now become prevalent—air quality issues, humidity, carbon monoxide, mildew and mold,” explains Bob Dickey,



*Opening a window can help with passive air management but does not take care of moisture and air quality issues. Photograph by John Lowrey*

manager of marketing and economic development for Eastern Illini Electric Cooperative in Paxton, Ill.. “Now without leaks, there’s no place for these to go. We have to make sure we get proper air exchanges in addition to controlling energy leaks.”

James Lebair, president of Oreland, Penn.-based JRL Design and a member of the National Association of the Remodeling Industry, says specialized units called energy recovery ventilators handle the task perfectly.

“We can do it with passive air management—basically opening a window—but usually we use some mechanical intervention that will take care of moisture and air quality issues,” he says.

Air quality is a major concern, especially when there have been previous leaks. Controlling moisture at the source in basement and crawl spaces makes a big difference in mold and mildew issues. Proper ventilation in bathrooms can also help improve air quality and ultimately the health of homeowners. While proper ventilation may not be the top issue

considered by most homeowners during a bathroom or kitchen remodel, it is a critical improvement you’ll want installed correctly.

“People are usually looking at remodeling from more of a design standpoint,” Lebair says. “We educate them about the advantages of properly insulating and addressing air infiltration, ventilation, and heat loss issues. We’ve had great success in ensuring health and safety as well.”

### **Smart, Self-Programming Thermostats**

A programmable thermostat is one of the easiest energy savers you can buy. Unfortunately most people don’t program their thermostat to automatically adjust the temperature when the home is empty or full.

The problem may have been solved by one of the coolest, albeit relatively expensive, new home energy gadgets. Nest Labs has created the Nest Learning Thermostat™. This thermostat is “smart” and learns

**More on Page 8**

## Raising the bar From page 7

from your behaviors, preferences and surroundings to create a custom heating and cooling schedule, keeping you comfortable when you're home and conserving energy when you're away.

"It was unacceptable to me that the device controlling 10 percent of all energy consumed in the U.S. hadn't kept up with advancements in technology and design," said Tony Fadell, co-founder and CEO of Nest Labs. "Together with the team, Co-Founder Matt Rogers and I set out to reinvent the thermostat using advanced technologies, high-quality manufacturing processes and the thoughtful design elements the iPhone generation expects. We hope it will not only save money and energy, but that it will teach and inspire people to think more about how they can reduce home-energy consumption."

According to the U.S. Department of Energy and Lawrence Berkeley National Lab, the annual energy bill for a typical single-family home is approximately \$2,200, with heating and cooling (HVAC) accounting for approximately half of the bill. The programmable thermostat, developed in the 1970s, promised to help people conserve energy, but 89 percent of owners rarely or never set a program.

The Nest Learning Thermostat addresses the programming problem through a combination of sensors, algorithms, machine learning and cloud computing. The Nest thermostat programs itself based on the temperatures you set. It then learns your personal schedule in a week and starts automatically turning down heating or cooling when you're away to save energy.

You can even connect the Nest thermostat to your home's Wi-Fi network to control it from your laptop, smartphone or tablet. Change

the temperature, adjust your schedule and check your energy usage.

For more information visit [www.nest.com](http://www.nest.com).

### Slaying Silent Energy Killers

Brian Sloboda, a vampire slayer, stays on the prowl. He hunts for energy killers that feed on electricity when nobody's looking.

"We need to kill what I call the energy vampires," he says. "Look around your house for any plug with what we call a 'wall wart'—those larger black boxes that are actually transformers. Those are energy killers."

Found on the cords of devices such as cellular telephone chargers and video game systems, these big plugs have quite the appetite. In fact, they eat energy all day and all night long.

"They consume electricity whenever they are plugged in, whether the device is turned on or off," says Sloboda. "It's a tiny amount of electricity, but the power's drained

for nothing."

In some cases, he adds, the consumption is more than just a little.

"With some of the video game systems, even when they're turned off, they use practically as much energy as when they're turned on," Sloboda explains, adding that the same is true for some cable boxes and digital video recorder units.

To combat energy vampires, he makes two recommendations: first, look for electronic devices with the Energy Star logo. That means the equipment has been certified as energy-efficient. Second, he suggests using smart power strips.

"These power strips can sense a change of voltage running through them that will stop the flow of energy to that particular item or to other related items," he says, explaining, for example, that a smart power strip can sense when a computer is turned off or in sleep mode, then automatically stop the flow of power to monitors, printers, and speakers.



*The Nest Thermostat learns your personal schedule and automatically reduces the heating or cooling when you're away to save energy.*



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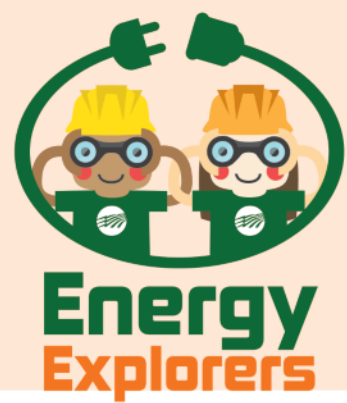
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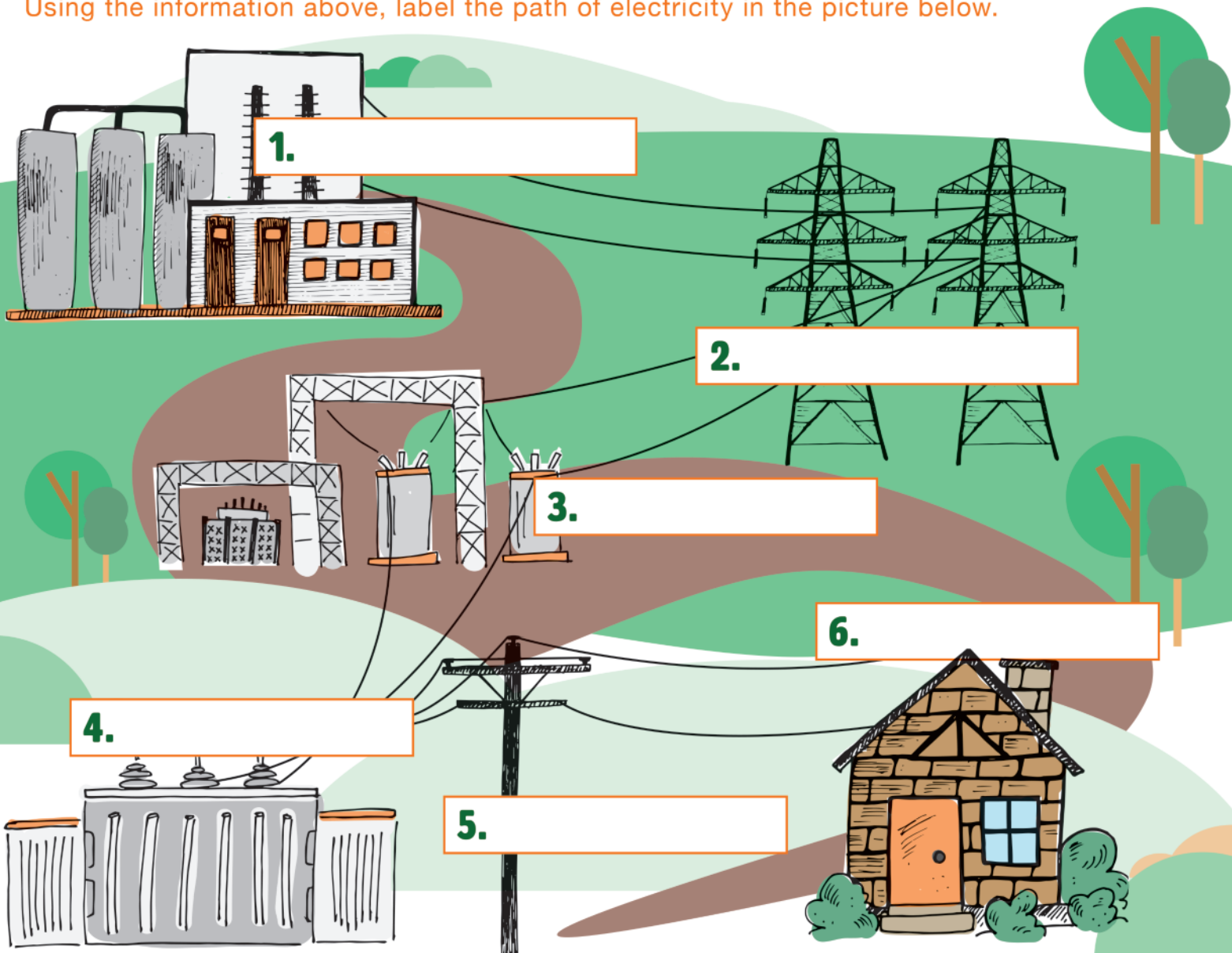


# THE PATH OF ELECTRICITY



Have you ever wondered where your electricity comes from? First, electricity is generated at a power plant. Then it travels across transmission lines (that look like tall towers) to a substation. There, transformers reduce the voltage. After the voltage is reduced to a safe level, electricity travels through distribution lines to your home!

Using the information above, label the path of electricity in the picture below.



**ANSWER KEY:** 1. Power plant 2. Transmission line 3. Substation 4. Transformer 5. Distribution line 6. Your home



# How a Chicago Doctor Shook Up the Hearing Aid Industry with his Newest Invention

**New nearly invisible digital hearing aid breaks price barrier - 90% LESS**

Reported by J. Page

Chicago: Board-certified physician Dr. S. Cherukuri has done it once again with his line of medical-grade, **ALL-DIGITAL, affordable hearing aids.**

The MDHearingAid® line of digital hearing aids are packed with all the features\* of \$4,000 competitors at a mere fraction of the cost. Now, most people with hearing loss are able to enjoy crystal clear, natural sound—in a crowd, on the phone, in the wind—without suffering through “whistling” and annoying background

## Digital Hearing Aid Outperforms Expensive Competitors

These sleek, fully programmed, light-weight, hearing aids are the outgrowth of the digital revolution that is changing our world. While demand for “all things digital” caused most prices to plunge (consider DVD players and computers, which originally sold for thousands of dollars and today can be purchased for less), the cost of a digital medical-grade hearing aid remains out of reach. Dr. Cherukuri knew that many of his patients would benefit but couldn't afford the expense of these new digital hearing aids. Generally they are not covered by Medicare and most private health insurance plans.



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  - ✓ Telecoil setting for use with compatible phones, and looped environments like churches
  - ✓ 3 Programs and Volume Dial accommodate most common types of hearing loss even in challenging listening environments
- \* features vary by product

The doctor evaluated the high priced digital hearing aids on the market, broke them down to their base components, and then created his own affordable version --

The result- **MDHearingAid®** saving you up to 90%

## Affordable Digital Technology

MDHearingAid® uses advanced digital technology that automatically adjusts to your listening environment — prioritizing speech and de-emphasizing background noise. Experience all of the sounds you've been missing at a price you can afford. These doctor designed and approved hearing aids come with a full year's supply of long-life batteries. They deliver crisp, clear sound all day long and the soft flexible ear domes are so comfortable you won't realize you're wearing them.

## Try it Yourself at Home With Our 45-Day RISK-FREE Trial

Of course, hearing is believing and we invite you to try one for yourself with our -- **RISK-FREE 45-DAY HOME TRIAL.** If you are not completely satisfied, simply return it within that time period for a full refund of your purchase price.

## Can a hearing aid delay or prevent dementia?

A study by Johns Hopkins and the National Institute on Aging suggests older individuals with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. They suggest that an intervention—such as a hearing aid—could delay or prevent dementia by improving hearing!

### “Satisfied Buyers Agree MDHearingAid® --Best Digital Value!”

- “I am hearing things I didn't know I was missing. Really amazing. I'm wearing them all the time.” —Larry I., Indiana
- “Almost work too well. I am a teacher and hearing much better now.” —Lillian B., California
- “I have used many expensive hearing aids, some over \$5,000. MDHearingAid greatly improved my enjoyment of life.” —Sam Y., Michigan
- “I would definitely recommend them to my patients with hearing loss.” —Amy S., Audiologist, Indiana



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## Harvest workers urged to take time to reap a safe harvest

**E**ach year, dozens of farm workers are killed and hundreds are injured in accidents involving power lines and electrical equipment.

“Things people see every day can fade from view and in the busy-ness of harvest time, it’s easy for farm workers to forget about the power lines overhead,” says Richard McCracken of the Safe Electricity Advisory Board. “But failure to notice them can be a deadly oversight.”

Review with all workers the farm activities that take place around power lines. Inspect the height of farm equipment to determine clearance. Keep equipment at least 10 feet away from power lines – above, below and to the side – a 360-degree rule.

“Always lower grain augers before moving them, even if it’s only a few feet,” says Bob Aherin, PhD, CSP & University of Illinois Professor and Agricultural Safety & Health Program Leader. “Variables like wind, uneven ground, shifting weight or other conditions can combine to create an unexpected result. Also use extreme caution when raising the bed of a grain truck.”

Farm workers should take these steps to ensure a safer harvest season:

- Use care when raising augers or the bed of grain trucks around power lines.
- Use a spotter when operating large machinery near power lines. Do not let the spotter touch the machinery while it is being moved anywhere near power lines.
- As with any outdoor work, be careful not to raise any equipment such as ladders, poles or rods into power lines. Remember, non-metallic materials such as lumber, tree limbs, ropes and hay will conduct electricity depending on dampness, dust and dirt contamination.
- Never attempt to raise or move a power line to clear a path!
- Don’t use metal poles to break up bridged grain inside bins. Know where and how to shut off the power in an emergency.
- Use qualified electricians for work on drying equipment and other farm electrical systems.

Operators of farm equipment or vehicles must also know what to do if the vehicle comes in contact with a power line: Stay on the equipment,

warn others to stay away and call 911. Do not get off the equipment until the utility crew says it is safe to do so.

“If the power line is energized and you step outside, touching the vehicle and ground, your body becomes the path and electrocution is the result,” Aherin said. “Even if a power line has landed on the ground, the potential for the area nearby to be energized still exists. Stay inside the vehicle unless there’s fire or imminent risk of fire.”

If this is the case, jump off the equipment with your feet together, without touching the ground and vehicle at the same time. Then, still keeping your feet together, hop to safety as you leave the area.

Once you get away from the equipment, never attempt to get back on or even touch the equipment. Some electrocutions have occurred after the operator dismounts and, realizing nothing has happened, tries to get back on the equipment.

It is very important that all farm workers and seasonal employees are informed of electrical hazards and trained in proper procedures to avoid injury.

*Source: SafeElectricity.org*



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# Manage your energy costs and save money at home

Look for the Energy Star label, the government's symbol of energy efficiency, on a wide range of consumer products to save up to 30 percent on related electricity bills.

When it comes to energy efficiency in your home or business, experts often refer to the “building envelope” as a place to start for energy saving opportunities. In simple terms, the building envelope includes physical components that separate indoors from outdoors. These usually include exterior walls, foundations, roofs, windows and doors.

Improving building envelope efficiency is generally a low-cost, high-return method for increasing a home's efficient use of energy. When an owner incorporates these improvements as the structure is being built, small additional costs provide energy savings that pay for themselves year after year.

But what if your existing home is one of the 83.5 percent of homes in out-state Nebraska that are more than 20 years old? There are still excellent efficiency opportunities you can incorporate that will save you money for years to come!

Starting with least expensive improvements, tighten your place up. Air leaks or infiltration cause some of the biggest heat losses in older structures and can account for almost 30 percent of total heat lost. Check for cracks and gaps around all penetrations through insulated floors, exterior walls and ceilings. These can be caused by things such as utility lines,

exhaust pipes, air conditioning line sets and plumbing. Look along the sill plate and band joist at the top of your foundation walls. Even examine fireplace dampers, attic access hatches and light fixtures in insulated ceilings.

How you seal these air leaks depends on their size and where gaps are. Caulk works best for cracks less than a quarter-inch wide. When purchasing caulks make sure they are recommended for the surface you are sealing. For larger cracks and gaps, expanding foam sealant is better as long as gaps and holes are protected from sunlight and moisture.

Then it is time to insulate. The typical home loses over 45 percent of its heat through external walls, roof and floor. Unfortunately, installing insulation into existing buildings can be difficult in many areas. In a much older home, if you are not sure if the walls are insulated, you might be able to tell by removing an outlet cover and looking into the wall cavity. Otherwise, find a closet (or cabinet) along an exterior wall and drill two quarter-inch holes, one above the other, in the wall about four inches apart. Shine a flashlight into one hole while looking into the other. If you can see your light, the wall is probably not insulated. If this is so, the best option is to bring in an insulation contractor to blow cellulose or fiberglass into the walls.







Adding insulation to an unheated attic can be much easier. If there is no floor in the attic, simply add more loose fill or unfaced fiberglass batt insulation. If you have a floor in the attic, you may need to remove the floor before adding insulation. In Nebraska, you should have 12 to 15 inches of evenly covering insulation to maximize cost-effectiveness.

While windows are often the first thing many people think about to save energy, they are usually the most expensive upgrade. They rarely pay back their cost quickly enough to be a good investment based on energy savings alone. If your existing windows are in fairly good shape, it will be more cost-effective to improve their efficiency with weather stripping and caulk. But if your existing windows only have single panes, have rotted or damaged wood, cracked glass, poorly fitting sashes or locks that do not work, you may be better off replacing them. Finally, if other reasons, such as comfort, appearance or cleaning convenience, justify replacing your windows, it is highly recommended to invest the small added cost in highly efficient windows rather than minimum-performance ones.

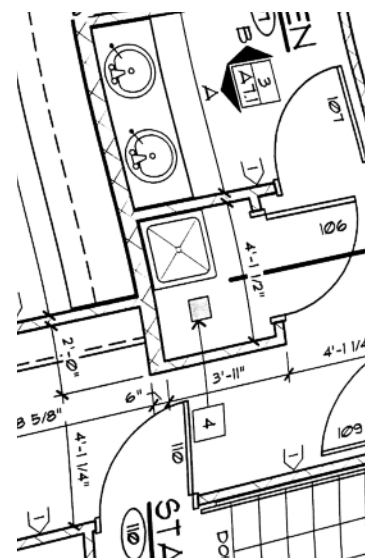
Wood is still the most common construction material for windows, and it insulates fairly well. Aluminum has been used extensively,

but unless their design incorporates a thermal break, simple aluminum frames are very inefficient because aluminum easily conducts heat. Vinyl windows have become popular and some vinyl frames are insulated using fiberglass to reduce heat transfer better than wood.

As with many consumer products, always look for the Energy Star label to ensure you are purchasing an approved level of quality and efficiency. The best windows today insulate almost four times better than best available windows from fifteen years ago. When selecting, compare warranties against the loss of the air seal. Also, remember that it is crazy to spend thousands of dollars on new windows only to have an amateur contractor install them. High-performance windows cannot achieve their efficiency ratings if they are installed improperly with gaps and air leaks around the frame.

To find more ways to manage energy costs, visit with your local electric utility or Nebraska Public Power District. They are committed to helping customers make the most from the energy they use to keep their homes and businesses warm in the winter and cool in the summer. They may also offer EnergyWise energy efficiency financial incentives to offset the cost of making your home or business more energy efficient.

**Seal air leaks and properly insulate to save up to 20 percent on heating and cooling bills, while also increasing home comfort.**



## Keep electrical spooks from haunting your Halloween

**M**ore and more people decorate their yards for Halloween with elaborate lighting displays with as much enthusiasm and as many materials as they do for the Christmas holidays. Strings of decorative lights, fog machines, strobe and black lights, animatronics, and electrically powered decorations all add to the ambience of Halloween, but improperly used, can create added dangers of fire, shock, and other potentially disastrous accidents.

Safe Electricity urges everyone to use caution and look for potential hazards while decorating and operating these displays.

“These decorations have been packed away since last year in basements, garages and sheds,” says Molly Hall, executive director of the Safe Electricity program. “Weather, time and even mice can damage cords and insulation on electric decorations, making them unsafe. Make sure you discard any damaged sets and buy new.”

Safe Electricity offers these tips:

- Carefully inspect each electrical decoration. Cracking, fraying, or bare



wires may cause a serious shock or start a fire. Replace any damaged products.

- Before using any light strings, animated displays, or other electrical products outdoors, make sure the product is approved by a nationally recognized certification organization such as Underwriters Laboratory (UL) and marked for outdoor use.

- Follow the use and care instructions that accompany your electrical decorations.

- Don't overload extension cords or allow them to run through water on the ground. Typically, one extension cord should only have three strands of lights connected to it at most, but you should also check that the extension cord is rated for its intended use.

- Plug outdoor electric lights and decorations into outlets protected by ground fault circuit interrupters (GFCIs). If your outdoor outlets don't have them, either contact a qualified electrician to install them or use portable GFCIs instead.

- When decorating outside, always be sure to look up and double check that you and any equipment, such as a ladder or a light strand, are a minimum 10 feet away from overhead power lines. When securing light strands, never staple or nail them into place. This could damage the product.

- Keep electrical cords out of walkway areas to avoid causing a tripping hazard.

- Lastly, turn off all electrical light strings and decorations before leaving home or going to sleep. A timer can help you do this.

Avoid real scares this Halloween, and decorate safely.

## Murphy





# How to keep food safe in a power outage

During the winter, ice and snow storms play havoc with outdoor utility lines, and storing food safely becomes a challenge if the power goes off. The U.S. Department of Agriculture (USDA) recommends these steps to follow if you have a power outage.

## Prepare Ahead of Time

- Freeze water in one-quart plastic storage bags or small containers. They are small enough to fit in around the food in the refrigerator and freezer to help keep food cold and won't make a mess when the ice melts. Don't fill them too full. Because water expands when it freezes, the bags might split. Make extra ice at home.
- Dry ice or block ice. Know where you can get them.
- Have coolers on hand to keep refrigerator food cold if the power will be out for more than 4 hours.

• Don't put food outdoors in ice or snow because wild animals may be looking for a meal, and when the sun comes out it may warm your food to an unsafe temperature.

• Stock up on ready-to-eat foods. Be sure to have a few days' of foods that do not require cooking or cooling.

## When the Power Goes Out

- Keep the refrigerator and freezer doors closed as much as possible. A refrigerator will keep food cold for about four hours if the door is kept closed.
- A full freezer will hold its temperature for about 48 hours (24 hours if half-full).
- Place frozen meat and poultry on a tray so that if they begin thawing, their juices will not drip on other foods.
- Buy dry or block ice if the power is going to be out for a long time. Ice

will keep the refrigerator as cold as possible. Fifty pounds of dry ice should keep a fully-stocked 18-cubic-foot freezer cold for two days.

## When Power Comes Back On

- Check the temperature inside your refrigerator and freezer. Discard any perishable food (such as meat, poultry, seafood, eggs, or leftovers) that has been above 40 °F for two hours or more.
- Check each item separately. Throw out any food that has an unusual odor, color, or texture, or feels warm to the touch.
- Check for ice crystals in frozen food. The food in your freezer that partially or completely thawed may be safely refrozen if it still contains ice crystals or is at 40 °F or below.
- Never taste a food to decide if it's safe.
- When in doubt, throw it out.

United States Postal Service

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## Heat and cool your home without blowing your budget

by Pat Keegan

**Q** : My husband and I are tired of paying such high electric bills during the winter. We think our winter bills are high because of our baseboard heaters, and our summer bills are high because of our window AC units. Our neighbor just installed a ductless heat pump system in their home. Would that work for us?

**A** : Mini-split ductless heat pumps are becoming more popular for good reason. They can heat efficiently even when winter temperatures drop below the freezing point, and they are an economical and energy efficient replacement for window AC units.

Ductless heat pumps are often installed as the primary heating source and paired with a backup system that kicks in when outside temperatures are extremely cold. Baseboard heaters are an electric resistance system, and use much more

energy than a heat pump, which is just moving heat in or out of the home. If you make this change, you should reduce your heating costs considerably. Heat pumps work harder as the outside air temperature drops, but combining the heat pump with a backup heating system solves that problem.

I recently spoke with Joe Hull, an Energy Services Advisor with Midstate Electric Cooperative in Oregon. Members there have found that ductless systems with a backup heating system can work effectively to as low as -28 Fahrenheit.

Ductless heat pump systems could be an ideal solution if your home doesn't have a duct system. If your existing ductwork is in poor condition, installing a ductless heat pump may be more practical or less expensive than repairing, sealing and insulating ducts.

A ductless heat pump has two main components: the outdoor compressor and the indoor air handler. Coolant and electrical lines run through a conduit from the compressor outside the home through the wall to the inside air handler(s).

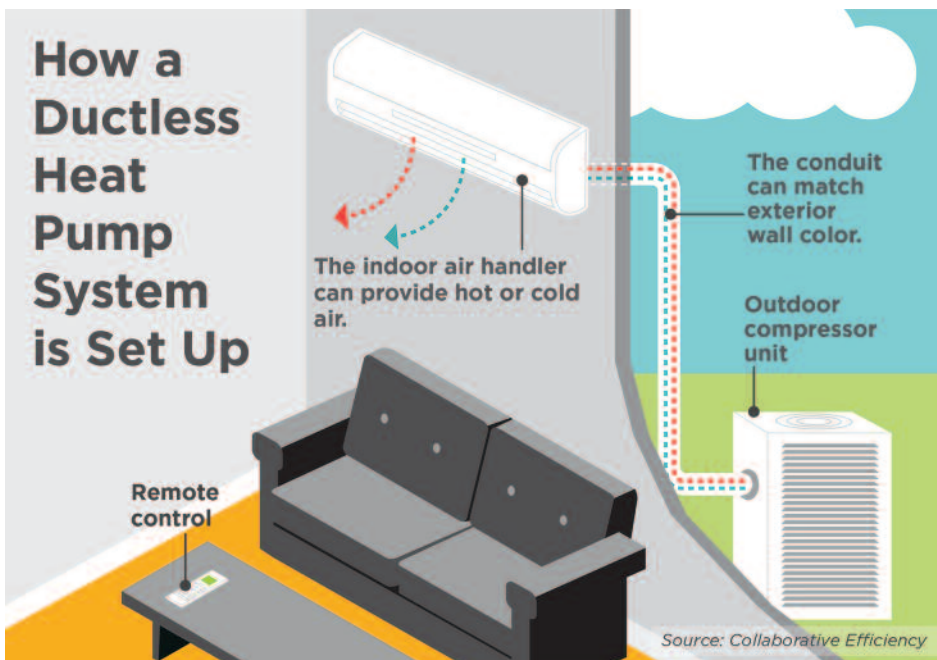
Ductless heat pumps can be configured in different ways. A common approach that could deliver the most value is to provide heating and cooling to one large zone in the home by using a single compressor and a single air handler. Or you could use one compressor to power as many as four inside air handlers, each with its own thermostat. A home could even have more than one outside compressor.

Scott Mayfield, an expert from Kootenai Electric Cooperative in Idaho, said installing a ductless system had benefits beyond cost savings. "With baseboard heaters, the heat used to rise along the walls, but with the new ductless system, it flows throughout the rooms evenly. It would have been worth switching to ductless for the comfort alone."

In some parts of the country, ductless mini-splits are becoming more popular in new home construction as well. In fact, a friend of mine in Hood River, Oregon had a ductless system installed in her new home.

Ductless heat pumps are often a great solution, but as you explore this option it would be wise to consider:

- What are the other investments you could make to reduce your energy costs or improve comfort? Is the ductless heat pump the best option? A thorough energy audit of your home will help answer these questions.
- Are rebates offered by your electric utility?
- What is the best size and efficiency level for a ductless heat pump in your situation?
- Are there contractors in your area with experience installing ductless heat pumps?





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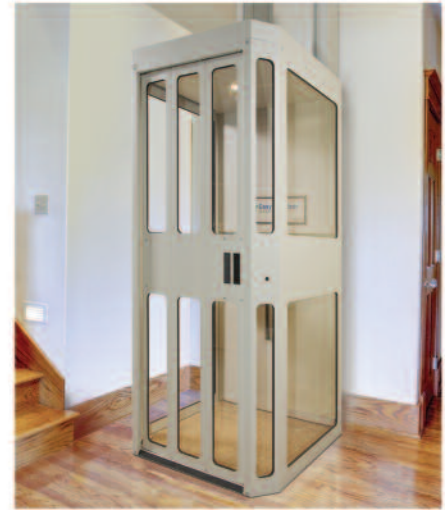
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# Farm-fresh is what many families desire

**S**traight from the farm to your table is one of the best ways you can ensure you're delivering a nutritious and delicious meal for family or friends.

Wholesome meals can bring everyone together around the dinner table; even little ones can enjoy flaky, baked fish, a nutritious potato-based side dish and a trendy-twist on a farm-fresh beverage with these fun, flavorful recipes.

When it comes to baking fish, flaky and fresh can make for a great combination. For a classic meal with a seasoned flare, try this delicious baked fish with lemon pepper seasoning and onions. Find more traditional, tasty recipes at [USDA.gov](http://USDA.gov).



## Farm-Fresh Festivities

Themed parties can be challenging, especially when you want everything to be perfect for your guests. Make your party simple and festive with these tips for planning your own farm-to-table gathering.

### Mason jars

A farm-to-table classic, mason jars can be used for drinks or even to fill with flowers to make a beautiful, seasonal centerpiece for the table. Mason jars are clean, cute and easy to wash when the gathering is over.

### Seasonal fare

It's easy to get inspired with the variety of things you can find at your local farmers market. Ingredients like onions can be used in this Baked Fish recipe while a batch of locally sourced potatoes is the perfect foundation for a Fingerling Potato Salad.

## Fingerling Potato Salad

- 1 1/2 pounds mixed Wisconsin fingerling potatoes**
- 2 large lemons, divided**
- 2 cups water**
- 2 tablespoons coarse kosher salt**
- 3 tablespoons white balsamic vinegar**
- 3 tablespoons extra-virgin olive oil**
- 1 1/2 teaspoons whole cumin seeds**
- 3/4 teaspoon whole coriander seeds**
- pepper, to taste**
- 4 green onions, thinly sliced**
- 1/3 cup chopped fresh dill**
- salt, to taste**
- 2 cups baby arugula**

In large pot of boiling, salted water, cook potatoes until just tender when pierced with fork, about 15 minutes. Drain and cool slightly.

Slice one lemon into 1/8-inch-thick rounds. In small saucepan, combine sliced lemon, water and kosher salt; bring to boil. Reduce heat and simmer until lemon slices are tender, about 10 minutes. Drain lemons then coarsely chop.

Cut remaining lemon in half and squeeze out 2 tablespoons juice. In small bowl, mix chopped lemons, lemon juice, white balsamic vinegar and oil. Coarsely crush cumin and coriander seeds using mortar and pestle. Mix seeds into lemon dressing. Season, to taste, with pepper.

Cut lukewarm potatoes in half lengthwise. Place in large, shallow bowl. Mix in green onions and dill. Pour lemon dressing over and toss to coat. Season, to taste, with salt and pepper. Add arugula and toss gently. Serve lukewarm or at room temperature.





### Baked Fish

- Nonstick cooking spray**
- 1 pound fish fillets (whitefish, trout or tilapia)**
- 1 onion, sliced**
- 1/4 teaspoon salt**
- 1/4 teaspoon black pepper**
- 2 teaspoons vegetable oil**
- 1/4 teaspoon lemon pepper seasoning (optional)**

Heat oven to 350 F.

Place 12-inch piece of foil on counter. Coat foil with nonstick cooking spray. Place fillets in middle of foil. If fillets have skin, place skin-side down.

Spread sliced onions, salt, pepper and oil on top of fillets. Add lemon pepper seasoning, if desired. Fold foil over fish.

Place foil pouch on baking sheet and place in oven. Bake fish 15-20 minutes until fish reaches a minimum internal temperature of 145 F on a food thermometer and is flaky when tested with fork.

Divide into four portions and serve.

### Pumpkin Squares

#### Crust:

- 1 package yellow cake mix**
- 1/2 cup melted butter**
- 1 beaten egg**

Mix and press into greased 9" X 13" pan or a jelly roll pan.

#### Filling:

- 3 cups pumpkin**
- 1/2 cup brown sugar**
- 1 teaspoon pumpkin spice**
- 2 eggs**

Beat until smooth, pour on crust.

#### Topping:

- 1 cup cake mix**
- 1/2 cup chopped pecans**
- 1/4 cup butter**
- 1/4 cup sugar**
- 1/4 teaspoon cinnamon**

Mix with fork until crumbly. Put on top of filling and bake in 350 degree oven for 45 minutes. The topping should be crisp.

**Chris Hilkemann, Pierce, Nebraska**

### Bratwurst Stew

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><b>2 10 3/4 oz. cans of fat-free chicken broth</b></li> <li><b>4 medium sized carrots, sliced</b></li> <li><b>2 ribs of celery, cut in chunks</b></li> <li><b>1 medium sized onion, chopped</b></li> </ul> | <ul style="list-style-type: none"> <li><b>1 teaspoon dried basil</b></li> <li><b>1/2 teaspoon garlic powder</b></li> <li><b>3 cups chopped cabbage</b></li> <li><b>2 1 lb. cans of great northern beans, drained</b></li> <li><b>5 fully cooked bratwurst links, cut into 1/2" slices</b></li> </ul> |
|---|--|

Combine all ingredients in a slow cooker. Cook on high 3-4 hours or until veggies are tender.

**Joanne Jurjens, Farnam, Nebraska**

### Muskmelon Conserve

- 5 cups chopped, drained muskmelon pulp**
- 4 cups sugar**

Boil until foam is about gone and fruit looks clear (half hour at least); then add one package lemon or orange gelatin and cook up again. Pour into hot sterilized jars; seal. Optional: add 1 cup of pineapple to a recipe for a variation. Good on ice cream for "melon sundaes."

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