

RURAL ELECTRIC

NEBRASKAN

September 2020



**Open for
Business**

**Honoring
Nebraska's
Medal of Honor
Recipients**

Scientists Target New Acid Reflux Pill for Anti-Aging Research

Surprisingly, the secret to slow the aging process may reside in a new acid reflux treatment; studies find the pill to help protect users from fatigue, cardiovascular issues, and serious conditions that accompany premature aging.

Seattle, WA – A published study on a leading acid reflux ingredient shows that its key ingredient improves digestive health while maintaining health levels of 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®, its ingredient was already backed by research showing its ability to neutralize acid levels and hold them down for long lasting day and night relief from bouts of heartburn and, acid reflux, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting, better sleep, more energy, 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 could be a major contributing factor to painful inflammation throughout the rest of the body.

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

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, acid overproduction, and nausea.

Now, backed with new scientific studies, AloeCure is being doctor recommended to help improve digestion, and even reduce the appearance of wrinkles – helping patients 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. Virtually all participants taking it reported stunning improvement in digestive symptoms including bouts of heartburn.

Users can also experience higher energy levels and endurance, relief from chronic discomfort and better sleep, healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling 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 famous 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 by acting as a natural acid-buffer that improves the pH balance of your stomach and helps the immune system maintain healthy functions.

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 millions of 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 before considering drugs, surgery, or OTC medications."

"All the problems with my stomach are gone. Completely gone. I can say AloeCure is a miracle. It's a miracle." Another user turned spokesperson said, "I started to notice a difference because I was sleeping through the night and that was great. AloeCure does work for me. It's made a huge difference."

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

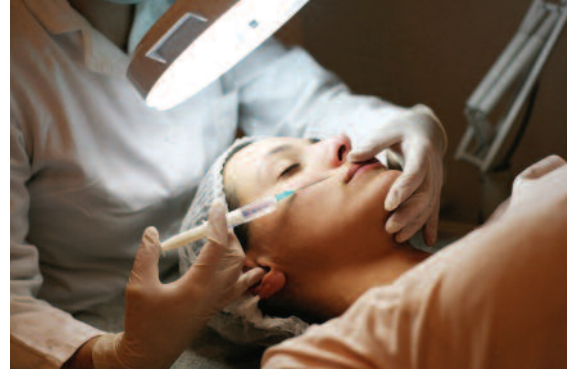
AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

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

Millions spent in developing a proprietary process for extracting acemannan resulted in the highest quality, most bio-available levels of acemannan known to exist, and it's made from organic aloe.

According to Dr. Leal and leading experts, 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 manage painful inflammation through immune system adjustments 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's ingredient maintains healthy immune system function to combat painful inflammation...reduce the appearance of wrinkles and help strengthen hair and nails ... maintains healthy cholesterol and oxidative stress... improves sleep and energy.... and supports brain function by way of gut biome... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age.

AloeCure Taken Daily

- Helps End Digestion Nightmares
- Reduces appearance of Wrinkles & Increases Elasticity
- Supports Healthy Immune System

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 only available for a limited time. All you have to do is call TOLL-FREE 1-800-808-6379 and provide the operator with the Free Bottle Approval Code: AC100. 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. Those who miss the 48-hour head-line may lose out on this free bottle offer.

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Most of Nebraska's public power districts and electric cooperatives shut their doors to customers during the pandemic but they never stopped working. As each one approaches their reopening differently, the one thing they have in common is ensuring the safety of employees and the public.



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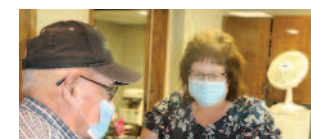
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On the cover

Denise Pandorf, a customer service representative at Cornhusker Public Power District, helps a customer. See the related article on Page 14. Photograph by Karen Schlautman.





by Wayne Price

Keep connected while social distancing

One of the major challenges many of us are facing during this time of social distancing is our sense of community. It's difficult to feel like you're connected to others when you're isolating at home or at least not spending time with family and friends like you're used to.

Especially since many places are still closed as we continue to battle to limit exposure to the COVID-19 virus. It takes a toll on everyone's mental and social health. But there are ways to still engage with others and stay connected.

Many people are staying connected through video calls and social media. If you can't do this, try writing a letter to a friend about some of your favorite memories together. Ask them to respond and share their own memories with you.

Other ways to keep yourself engaged and your mind active include taking free courses online. Visit www.edx.org for subjects ranging from computer science and foreign languages to history and engineering.

Many libraries have free e-books and audiobooks that you can borrow without

leaving home. There are even online book clubs that help people connect with others to enjoy the same book.

Or you could check out a zoo through a virtual tour. Many have live webcams that let you watch a variety of animals in real time. You can check out the Henry Doorly Zoo in Omaha at www.omahazoo.com/zoo-from-home. Or visit the National Zoo in Washington, D.C. at www.nationalzoo.si.edu and the well-known San Diego Zoo at www.sandiegozoo.org/livecams.

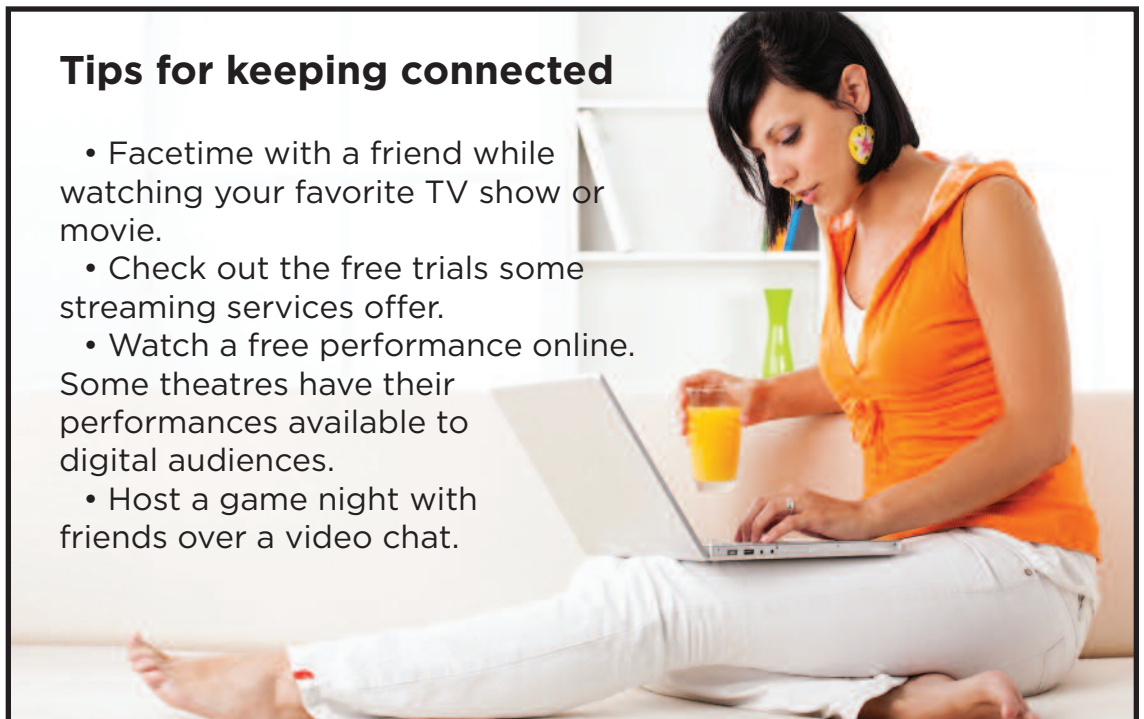
If you miss going to museums you can still enjoy art collections from around the world through virtual tours. You can visit exhibitions from the British Museum at www.britishmuseum.withgoogle.com and check out the artwork of Vincent van Gogh at www.vangoghmuseum.nl/en/collection.

Take a tour of one of the many national parks at www.nationalparks.org.

You might want to choose a few of these to try. Keeping active and involved can be critical to our well-being. It's important to pay attention to your social and mental health as well as your physical health.

Tips for keeping connected

- Facetime with a friend while watching your favorite TV show or movie.
- Check out the free trials some streaming services offer.
- Watch a free performance online. Some theatres have their performances available to digital audiences.
- Host a game night with friends over a video chat.



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Hello from the new guy at NREA

Hello everyone! My name is Dennis Houston. I am the new CEO of the Nebraska Rural Electric Association. As a 32-year Nebraska resident, I feel very blessed to be leading such an incredible statewide organization as NREA. In this, my first column for our magazine, my hope is to tell you a little about me, our family, my background and how we plan to tell the story of rural Nebraska. This column comes to you from Ord, Neb. where I am starting my inaugural Nebraska road trip tomorrow.

The Houston Family

My wife, Sheryl, and I just celebrated our 23rd wedding anniversary in May of this year. Sheryl is a Registered Nurse who manages COVID-19 research and other healthcare research projects at the University of Nebraska in partnership with Nebraska Medicine.

Sheryl and I are proud parents of two United States Marines. Ryan is a Private First Class and is attending Intelligence School. Jack is Lance Corporal and is a machine gunner. We have also been a dog rescue family for many years. Our two pups are Nala, who is a 3-year-old boxer, and Sgt. Spud, who is a boxer – Great Dane mix.

Rural America is in Our Blood

Growing up in the farming community of Dunlap, Iowa, I was the youngest of six kids in the Houston family. Mom and Dad instilled a strong midwestern work ethic in each of us at an early age. I began leading bean crews and corn detasseling crews while in junior high. I then worked at Moor Brothers Grocery Store for four years during high school.

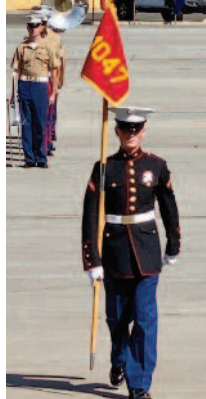
Sheryl grew up in Crete, Nebraska. Her dad was a grains science professor who worked with farmers throughout the state. Her mom was with the National Dairy Council and traveled Nebraska teaching school students.

My Background

I have been leading associations for the past 12 years. Many of you in northeast Nebraska may know me as the

former CEO of the Norfolk Area Chamber of Commerce for many years. I also served as the CEO of the Parker Area Chamber of Commerce for six years in Colorado.

Prior to launching my career in association management, I had been in marketing, communications and public relations for more than 20 years. I believe that my communications background will serve me well in telling the story of the NREA.



Rural Nebraska is My Passion

My family has traveled all across Nebraska over the years and has enjoyed every square inch of the state. We've been tanking in the North Loup River, eaten funnel cakes at county fairs, ridden horses in the Sandhills, picked apples at Arbor Day Farm, biked across the Cowboy Trail and hiked and camped in many of our amazing state parks throughout Nebraska.

The Voice of Rural Nebraska

The Nebraska Rural Electric Association will be the voice of rural Nebraska

as we move forward. This is very important to me because often rural parts of the state do not get a fair shake. If we don't tell our story of rural Nebraska, someone else will. We plan to change that as we impact the regions of Nebraska that we serve.

There are currently 55,000 copies of this magazine delivered each month to our subscribers throughout rural parts of the state. This magazine is one key way that we will tell our story. We will tell YOUR story in the days ahead.

If you have any questions, comments or suggestions for us, please drop me a line at dhouston@nrea.org. Please type "Magazine Feedback" in the subject line of your email.

All my best,

A handwritten signature in black ink that reads "Dennis M. Houston".

Dennis Houston



Nebraska Highway 20 honors Medal of Honor recipients

by LaRayne Topp

The United States Medal of Honor has been awarded to 73 Nebraskans: from Delavan Bates who picked up a Springfield musket to fight in the Civil War and Pawnee Scout Co-Tux-A-Kah-Wadde a.k.a. Traveling Bear who battled in the Indian Wars, to U. S. Navy Seal Joseph “Bob” Kerrey and Army Veteran Charles “Chuck” Hagemeister, soldiers of the Vietnam War. These military warriors are now being recognized by travelers along U. S. Highway 20 as it’s known by its new name: the Nebraska Medal of Honor Highway.

The Medal of Honor, also informally called the Congressional Medal of Honor, is awarded to soldiers who’ve shown extreme and selfless acts of valor on the battlefield. The prestigious award, the oldest continuously-issued combat decoration, is among five of the highest-ranking U. S. Military Medals. Others include the Distinguished Service Cross, Navy Cross, Air Force Cross and the Silver Star Medal. Nationally, the Medal of Honor has been awarded to 3,505 service members since the Civil War, with some decorated posthumously.

Of the Nebraskans to receive the Medal of Honor, Kerrey and Hagemeister are the only two living recipients. Both were born in Lincoln, Nebraska, and both spent their tours of duty in Vietnam in the 1960s. Kerrey

served as a U. S. Navy SEAL, and Hagemeister in the 1st Cavalry division of the U. S. Army.

Following an act of the Nebraska Highway Commission in December of 2019, and the signing of a formal designation by Governor Pete Ricketts in January of 2020, Kerrey, Hagemeister and other Medal of Honor recipients will be recognized along a stretch of highway running through northern Nebraska, from the Wyoming border to that of Iowa.

The Nebraska portion of the project was initiated by Army Veteran Gene Twiford of Laurel who ran across an article in the Legionnaire magazine. States west of Nebraska had begun the movement first, it said, but the project had stalled at the Nebraska/Wyoming border.

So Twiford went to work. He obtained letters of support from every community and county along Highway 20, then gained the assistance of Army and Air Force Veterans Ken Hanel of West Point and Daryl Harrison of Thurston. The three veterans began the second phase: gaining political backing to present the project to the Commissioners of the Nebraska Department of Roads.

Letters of support were garnered from Senator Kerrey and the Nebraska

More on Page 8



Opposite: The Honor Guard waits at attention, made up of members of all Dakota County American Legion posts as well as VFW Post #10753 of South Sioux City.

Above: Pictured before the unveiling are four of the men who made the renaming of the highway a reality, from the left: Daryl Harrison, Gary Wooten, Gene Twiford and Ken Hanel.

Right: A Native American drumming song was sung by members of the Winnebago Tribe of Nebraska. The song honored the U.S. flag and World War II Veterans, and was presented by Rohahehs Aldrich, Aric Armell, Landon Frenchman, Jack LaMere, Harold Cleveland and Larry Payer.

National Medal of Honor Highway

Information on the highway, the walk, recipients and other information can be found at the website: **nebraskamedalofhonorfoundation.org**. Donations to the project can be directed to the Nebraska Medal of Honor Foundation via Daryl Harrison (402) 922-1329.



An Honor Guard gave the salute at the ceremony, made up of members of all Dakota County American Legion posts along with VFW Post 10753 of South Sioux City.

Nebraska Highway 20 From page 6

Veterans Council, representing all registered Veterans Services Organizations, along with the American Legion. As a result, Nebraska has been the fifth state to complete the process after Oregon, Idaho, Montana and Wyoming.

The route is a treasure for the entire state of Nebraska and a true heroes' highway, Harrison stated. A section of the highway, the Bridges to Buttes Scenic Byway, runs from Nebraska's western border to Valentine, including the site of Fort Robinson. The Crazy Horse Memorial Highway, stretching from Hay Springs to Fort Robinson State Park, is named after the famed Lakota war leader.

Along that stretch, the base layer will consist of U. S. Highway 20, Harrison explained, topped by the Nebraska Medal of Honor Highway. The Crazy Horse Memorial Highway will remain as the uppermost tier.

This heroes' highway crosses the VFW Memorial Highway #83 as well as the American Legion Highway #281 at O'Neill. Two signs each will be placed at Cody, Wyoming; Valentine; O'Neill; the divergence of highways 275 and 20; and South Sioux City, Nebraska, home of the Siouxland Freedom Park. All along the route, six mile segments are dedicated to each Medal of Honor recipient, from the Indian Wars to today's warfare.

The highway's most easterly sign, and the first to be erected, was dedicated at Freedom Park on Thursday, July 2nd. The sign will mark the center of the much anticipated National Medal of Honor Highway.

Harrison served as Master of Ceremonies for the event, and the Rev. Dr. William Jackson, State American Legion Chaplain, gave the invocation. Jackson referenced all veterans in his opening prayer, mentioning those who served but



Tom Hansen, nephew of Medal of Honor recipient, the late Pvt. Marine Dale Hansen, is pictured with awards and other memorabilia from Hansen's military service.

haven't received a Medal of Honor as being equally valuable in God's sight.

A Native American drumming song, honoring the U.S. flag and World War II Veterans, was sung by members of the Winnebago Tribe of Nebraska. An Nebraska Honor Guard gave the salute, made up of veterans from all Dakota County American Legion Posts plus South Sioux City VFW Post #10753.

Hanel and Harrison had planned to walk the 432-mile route this spring. They approached Veterans organizations, patriotic groups, Scouts and other organizations from communities along the 12-day route at which they would have made stops each evening. Fund-raising events, dinners and other activities were to have taken place from May 11 through 23rd of 2020.

However, just as the Medal of Honor Highway once stalled at the Wyoming/Nebraska border, the walk has now been stalled due to concerns with the Covid-19 Pandemic.

"We had it all lined up," Hanel said. The ball was rolling, but the Coronavirus took them "off the road."

In the meantime, the three project originators have been raising funds to pay for highway signage, accepting donations, and also selling challenge coins to fund the project. They plan

to reschedule their walk in May of 2021. Family and friends of Award recipients are invited to accompany them.

One of these families will be that of the late Pvt. Marine Dale Hansen. He enlisted during World War II alongside his brother Don in May of 1944. They served together at Okinawa until Don was wounded and carried away on a stretcher a scant year later. It would be the last time Don would speak to his brother.

On May 7, 1945, Pvt. Marine Dale Hansen, armed with a rocket launcher, and later a rifle and supply of grenades, advanced a one-man assault on a Japanese pillbox, destroying a mortar position and annihilating a number of the enemy.

Dale Hansen died on May 11, 1945, one year to the day after his enlistment. For his actions he was posthumously awarded his country's highest military honor; the U. S. Marine military base in Okinawa has been named after him.

Now a six-mile stretch of highway on either side of Plainview will be dedicated to Hansen. He will be remembered, along with Delavan Bates and Traveling Bear, Bob Kerrey and Chuck Hagemester, and all the Nebraska Medal of Honor recipients in-between.

ROAD-TRIPPING?

Electric vehicle growth is expected to continue to rise across the U.S. There are also plans to install thousands of additional charging stations across the country. With the infrastructure in place, people will soon be able to drive electric from coast to coast with plenty of options to plug in along the way. Let's ride. –Advanced Energy



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Practical tips for caregivers during the COVID-19 pandemic

Whether your role as a caregiver has you looking out for an elderly relative, children or both, chances are good that you've worried about how the COVID-19 pandemic may continue to affect your ability to provide necessary care.

Following the most up to date guidelines from the Centers for Disease Control and Prevention is the first step for caregivers who are looking after loved ones. As caregivers continue to adjust during the pandemic, keep these considerations in mind:

Stock up on medication. Contact health care providers to obtain extra necessary medications and stock up on over-the-counter drugs. Monitor needed medical supplies related to a loved one's condition or treatments (oxygen, incontinence, dialysis, wound care, etc.) and common supplies such as tissues and cough syrup.

Make backup plans. Most caregivers have plans in place for temporary assistance when things go awry, but

COVID-19 is putting many of those short-term solutions to the test. It's a good time to pull in additional resources so you have extra help waiting if someone you're counting on falls ill or can't fill in as planned. A meal delivery service may be a good option if grocery shopping and meal preparation continue to be affected.

Reduce exposure. Those who take care of loved ones in their homes or are regular care providers to family members and friends have concerns about exposing this vulnerable group to the virus. Many long-term care facilities have changed their visitation policies. You might be able to visit a loved one through a window, via a balcony or through video chat. It's also important to minimize time spent out in the community where you could unknowingly contract the virus and pass it to a vulnerable loved one.

Shop smart. Because supermarkets and stores with goods identified as "essential" are still bustling with people, it's important to minimize

extra trips and wear a mask when in public. If possible, drop groceries and essentials at the door or arrange for delivery. In addition, some major pharmacies, where AARP members get special benefits on health, wellness and beauty purchases, have introduced special shopping hours for seniors and drive-thru shopping options to minimize person-to-person contact.

Reschedule wellness appointments. Not only are doctor's offices short on resources, a waiting room can be filled with germs that may cause illness. Try to arrange for telephone or video-based appointments when possible and cancel any appointments that aren't urgently necessary.

Keep germs away. Thorough handwashing with soap and water is critical. In addition to washing hands after eating and using the restroom, anyone entering and leaving the house should wash his or her hands. Also wipe down high-touch surfaces like doorknobs, remotes and phone keypads.

Combat boredom. Despite the good intentions of staying away, social isolation can be a real concern for seniors. Practicing social distancing is important for their health, but you can help keep them engaged by increasing phone, video and online interaction, and encouraging family and friends to do the same. If your loved one doesn't already have a cell phone, contract-free plans are available with free activation and special rates for senior users. Many long-term care facilities also offer social distancing activities for residents.

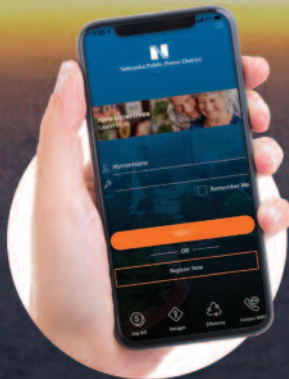
Those with a loved one in a long-term care facility should inquire about any positive COVID-19 cases in the facility, testing procedures for the residents and staff members and be aware of the facility's protocol if there is an outbreak or positive tests among residents and staff.

Source: AARP

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by Maria Kanevsky

Electric farming equipment is an energy trend to watch

Our nation's farmers have worked for generations in fields across the country. They have seen first-hand how farming equipment has improved over the decades to increase efficiency and to feed an ever-growing population.

A major new change for farming equipment is the trend of switching fossil fuel-powered farming equipment towards electric farming equipment. This trend builds on the idea of beneficial electrification, where switching to an electric end-use technology satisfies at least one of the following conditions with adversely affecting the others: saving consumers money over time, benefiting the environment, improving product quality or consumer quality of life, and fostering a more robust and resilient grid.

Historically, the most common form of electrification for farms has been electric irrigation pumping systems. Irrigation systems are crucial for many farmers and can make or break the crop yield for the entire year. Water heaters are the second most-used forms of electric technology on farms. They can be used for many different purposes, like in dairy farm processing, sterilizing equipment and general cleaning. Choosing an electric water heater for the right application depends on efficiency, size, recovery speed and peak temperature.

There are many benefits of replacing diesel motors with electric motors. Highly efficient electric motors can operate at 90 percent efficiency, which helps to provide cost savings over time, compared to inefficient diesel motors that only operate at 30 to 40 percent efficiency. Farmers can simply plug in the electric equipment

without needing to refill a diesel tank. One of the greatest benefits of electric motors is they do not emit fumes like diesel motors, which means farmers get to breathe in cleaner air around them. Overall, electric motors are cleaner, quieter and easier to maintain. Some farmers are making the switch to electric tractors as companies like John Deere, AgCo and other companies continue to perfect their own electric models. While electric tractors are more efficient, quieter and better for the environment than conventional diesel tractors, they lack the battery power that many farmers need for a long day of working in the fields.

But the largest barrier of converting to electric technologies is the cost. Both the price of the electric technology itself and for the wiring to connect it to the entire farm can be extremely costly. Even with savings on fuel costs over time, farmers will be reluctant to replace their farming equipment because of high initial costs. However, there are federal and local government programs that can help to lessen the upfront costs for farmers. Public power districts and electric cooperatives can also help farmers with energy audits to identify energy efficiency opportunities, or with applying for funding from federal programs such as the Rural Energy Savings Program (RESP) or the Rural Business Development Grants (RBDG).

Besides electric irrigation systems and water heaters, the availability of other electric farming technologies is much less common, such as grain dryers, thermal electric storage systems and heat pumps. Many of these electric technologies are still in the early stages of commercialization and have not fully entered the agricultural market.

The accessibility of these other technologies will depend on a variety of factors, like the type of farm, electricity prices versus fossil fuel prices, and any incentives to decrease upfront costs for buying new equipment. Despite these challenges, there are opportunities for expansion, especially for electric tractors and other electric farm vehicles which are used on many different types of farms. With more time and investment, electric farming equipment will likely become more widespread in the coming years.



Some farmers are making the switch to electric tractors, but they currently lack the battery power that many farmers need for a long day of working in the fields. Photograph provided by John Deere

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7:30a.m. - 4:30p.m.
Monday - Friday

NOTICE

ALL ACTIVITIES
MONITORED BY
VIDEO CAMERA

NO MASK

NO ENTRY

**ONLY 4 PEOPLE
IN THE LOBBY
AT ONE TIME**

**SOLO 4 PERSONAS
EN EL VESTÍBULO
DE UNA SOLA VEZ**

**LOBBY IS OPEN
LOBBY ESTÁ ABIERTO**

PLEASE DO NOT VISIT IF...
POR FAVOR NO VISITE SI...

 You have a fever, cough or difficulty breathing.
Tienes fiebre, tos o dificultad para respirar.

**BEFORE YOUR VISIT...
ANTES DE SU VISITA...**

 Masks are required for entry.
Se requieren mascarillas para entrar.

**DURING YOUR VISIT...
DURANTE SU VISITA...**

 Please practice social distancing by standing on a floor sticker.
Practique el distanciamiento social por de pie sobre una pegatina del piso.

**CORNHUSKER
PUBLIC POWER DISTRICT
R&M**

BOARD OF DIRECTORS
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FOR BILL PAYMENTS
PLEASE USE OUR DROP BOX




ACCESSIBLE

NO FIREARMS
ALL GUNS
ON THIS PROPERTY
PROHIBIDO PORTAR
ARMAS DE FUEGO
EN ESTA PROPIEDAD

NOTICE



**MAINTAIN PROPER
SOCIAL DISTANCING**

The coronavirus pandemic has forced many businesses to close and layoff employees. Most of Nebraska's public power districts and electric cooperatives shut their doors to customers during this time but they never stopped working.

Now many are re-opening their offices with new safety measures in place, including plexiglass barriers and social distancing signage. Some offices across the state see more customers on a regular basis and are often a social hub of their community. Others are more isolated and have fewer customers coming through the front door.

While each rural electric utility approaches their reopening differently, the one thing they have in common is ensuring the safety of employees and the public.

Norris Public Power District has several offices in southeast Nebraska, with their headquarters in Beatrice, Neb. They are encouraging customers to use drop boxes or other electronic means of doing business whenever possible to reduce the risk of exposure.

"We're requesting that our customers follow the recommended social distancing guidelines within our offices," said Julie DeBoer, customer service supervisor. "We ask all visitors to follow instructions as posted on lobby signage for everyone's safety."

Most services can be handled remotely, reducing the need to visit the office in person. Customers are encouraged to conduct business through the Norris' website, mobile app or over the telephone. Customers may register their account online or download the SmartHub mobile app.

Cornhusker Public Power District in Columbus, Neb. reopened their lobby to customers on June 29th. Due to COVID-19, the lobby was closed March 17, 2020.

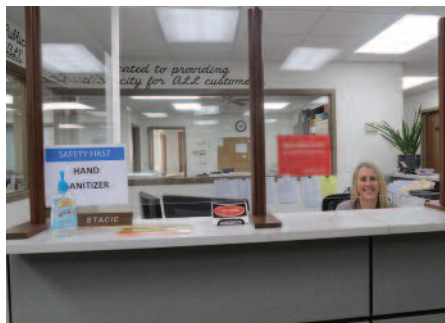
"We have had a very positive response from our customers," said Billing Specialist Denise Pandorf. "They are happy and appreciative to be able to enter the lobby."



Opposite: Customer Service Representative Diana Gartrell wipes the door down with disinfectant at Cornhusker PPD in Columbus, Neb. Photograph by Karen Schlautman

Above: Dawson PPD's Anuar Casanova, consumer accounting representative, interacts with a customer behind a plexiglass barrier. Photograph by Chelsea Gengenbach

Below: Signs promoting social distancing can be found at Elkhorn RPPD. Photograph by Jennifer Adams



To protect visitors and employees, visitors must wear a mask and maintain a six-foot distance between each other. Only four visitors are allowed in the lobby at a time.

"People are calling before they visit to make sure we are open. They ask about our guidelines," Pandorf said. "It's been a very smooth transition and our customers are very understanding of the current guidelines."

Plexiglass was hung above the front counter and between employees to limit contact. All the furniture has been removed from the lobby to

decrease the amount of surfaces touched.

At Loup Valleys Rural Public Power District in Ord, Neb. they are limiting people in the lobby to one person or one family group.

"The pandemic has caused us to do business differently," said General Manager Chuck Fuhrer. "Now that businesses, such as Loup Valleys, are starting to reopen, remember that the pandemic is not over. We still need to respect everyone's space and stay apart as much as possible."

Dawson Public Power District's lobby in Lexington, Neb. reopened on June 11. They continue to use social distancing best practices, Centers for Disease Control protocols and enhanced cleaning and sanitizing schedules. Customers who wish to have a meeting with an employee are asked to schedule an appointment when possible. This allows employees time to prepare and sanitize the meeting space.

Campus Fire Safety – A lesson every college student should learn

As college and university students make their treks to campuses nationwide, whether into residence halls, apartments or fraternities, it is imperative that they first learn about electrical safety. Safe Electricity urges everyone to make sure their college-bound students take precautions to prevent and protect themselves from campus-related fires and shocks.

Reports throughout the years of campus fires have been on the rise. Just like any other area, a campus is prone to a variety of violations, and dorm rooms are not immune. Oftentimes students innocently plug in all of the typical college tools – study lamps, laptops, TV’s, stereos, grooming and other electrical devices – unaware of the potential dangers. Rather than chance a mishap that could be avoided, be sure that your

student is educated on safe appliance use and precautions against electrical hazards.

According to Campus Firewatch, the most common causes of student residence fires are due to “careless smoking, unattended candles and cooking, and overloaded extension cords and power outlets.”



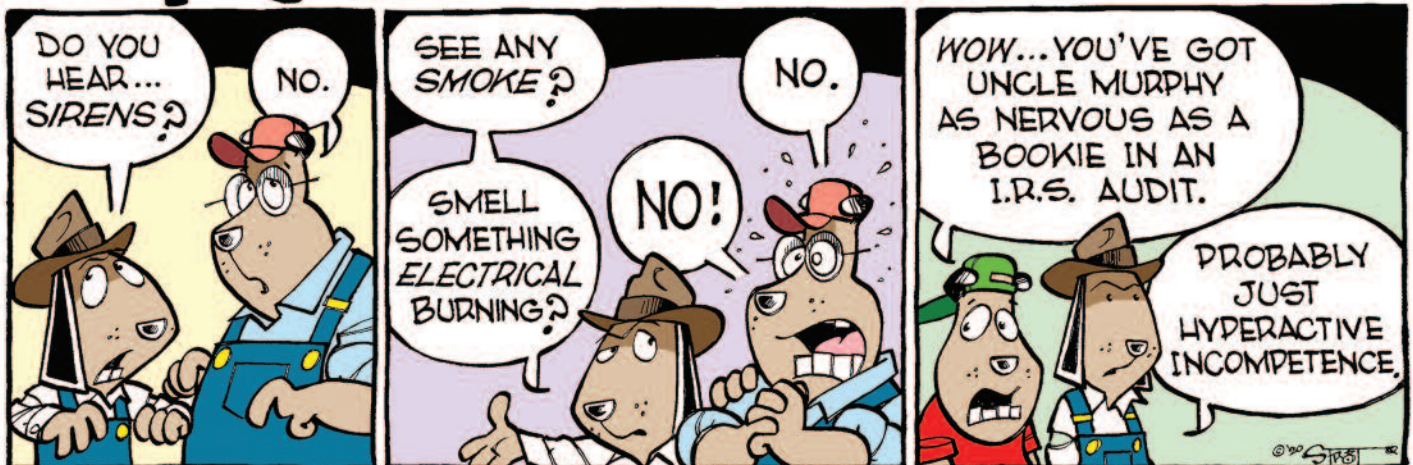
“The limited number of electrical outlets in student rooms tempt many to use multiple extension cords and power strips, which can cause cords to overheat, creating shock and fire hazards,” warns Jay Solomon, Extension Engineering Educator and member of the Safe Electricity Advisory Board. “Student residences crammed with books, papers and bedding can allow the smallest spark to quickly become a blaze.”

Safety steps to prevent and reduce the risk of electrical fires in student

housing include:

- Purchase and use only electrical appliances and power cords which have been tested by UL and other nationally recognized testing labs.
- Do not overload extension cords, power strips or outlets.
- Never use extension cords on a continuous basis; they serve as temporary solutions only.
- Use power strips with an over-current protector that will shut off power automatically if there is too much current being drawn.
- Never tack or nail an electrical cord to any surface, or run cords across traffic paths, under rugs or furniture.
- Use light bulbs with the correct wattage for lamps; if no indication is on the fixture, do not use a bulb with more than 60 watts.
- Keep all electrical appliances and cords safely away from bedding, curtains and other flammable material.
- Make sure outlets around sinks are GFCI (ground-fault circuit interrupter) equipped. Test any GFCI’s upon first use and monthly thereafter.

Murphy



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TAILGATOR (1260)

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7 ft. 4" x 9 ft. 6" All Purpose/Weather Resistant Tarp

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Save 65%

Compare to Blue Hawk B68X10-Y \$8.78

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ITEM 69115/69121/69129/69137/69249/877 shown

200 Lumen LED Super Bright Flip Light

\$1.99

~~\$3.99~~

Save 60%

Compare to Premier SW-SWITCH-12/24 \$4.99
ITEM 64723 64189 63922 shown

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US GENERAL (1197)

30", 4 Drawer Tech Cart

\$149.99

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Save \$730

Compare to Snap-on Blue-Point KRBC10TBPC \$880
ITEM 56391 56395 56398 56392 56390 56394

Side tray sold separately.

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78870976 LIMIT 1 - Exp. 10/22/20

Heavy Duty Foldable Aluminum Sports Chairs

\$19.99

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Save 50%

Compare to Coleman 635394 \$39.99

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COVERPRO (1890)

10ft. x 17ft. Portable Garage

\$169.99

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Save \$120

Compare to Shelter Logic 76377 \$290.75
ITEM 62859/63055 62860 shown

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78873314 LIMIT 1 - Exp. 10/22/20

WARRIOR (5034)

29 Piece Titanium Drill Bit Set

\$10.99

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Save 83%

Compare to Dewalt DW1369 \$68.14
ITEM 5889 62281 61637 shown

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PORTLAND (7226)

7 AMP Electric Pole Saw 9.5" Bar

\$59.99

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Save \$39

Compare to Maxx WE8009 \$99.98

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78874216 LIMIT 1 - Exp. 10/22/20

ITEM 56808/68642 63190/62896 shown

PITTSBURGH (2800)

300 lb. Capacity ATV/Lawn Mower Lift

\$74.99

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Save \$46

Compare to Max Load 38028 \$121.47
ITEM 60395/62325 62493/61523 shown

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78874256 LIMIT 1 - Exp. 10/22/20

PITTSBURGH (3872)

130 Piece Tool Kit with Case

\$29.99

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Save 54%

Compare to Amvii A137HOS \$66.39
ITEM 68998 64263/63248 64060 63091 shown

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78874322 LIMIT 3 - Exp. 10/22/20

drillmaster (6382)

4-1/2" Angle Grinder

\$9.99

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Save 50%

Compare to Ironton 61451 \$19.99
ITEM 69645 60625 shown

Use Online & In-Store

78874758 LIMIT 4 - Exp. 10/22/20

HaulMaster (5011)

18" Working Platform Step Stool

\$19.99

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Save 50%

Compare to HaulMaster 60635 \$39.99
ITEM 62515 66911 shown

Use Online & In-Store

78875969 LIMIT 4 - Exp. 10/22/20

CENT-TECH (3908)

Automatic Battery Float Charger

\$4.99

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Save 83%

Compare to Schumacher Electric SC1 \$30.41
ITEM 64284 69555/42292 shown

Use Online & In-Store

78876736 LIMIT 4 - Exp. 10/22/20

PITTSBURGH (1716)

Rapid Pump® 1.5 Ton Lightweight Aluminum Floor Jack

\$59.99

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Save \$91

Compare to K Tool KT163094 \$151.42
ITEM 64552 64832/64980 64545 shown

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HaulMaster (1296)

3/8" x 14 ft., Grade 43 Towing Chain

\$19.99

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Save 69%

Compare to Mibro 426920 \$64.99
ITEM 60658 97711 shown

Use Online & In-Store

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PREDATOR (3554)

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\$99.99

~~\$119.99~~

Save \$20

Compare to Honda GX200UT20X2 \$329.99
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4

Ways to be Cyber Safe



We all know the internet can be dangerous and scary, and we've all seen the lists of ideas for better cybersecurity.

The problem is, cybersecurity tips aren't helpful unless we act on them. Sure, we should use long passwords and change them regularly—but will we really do that?

This article includes four tips for making yourself safer from cyber scammers and hackers, but first, let's look at a few reasons that might encourage you to put those tips into action.

Be afraid. Be very afraid. Bad things really can happen on the internet. A smooth-talking con artist on the end of the phone can charm or bully you into revealing your Social Security Number or credit card number, or malware can monitor your keyboard and capture your password to your favorite website. Criminals use this information to access your credit cards and bank accounts, especially if you use the same password for multiple accounts. Children can also be victimized by cyberbullying. Think about what's on your computer or your smartphone that you don't want to lose or give away. Keeping those dangers top of mind can help motivate you to take small steps to prevent them.

Make your own rules. When you see a good cyber safety tip but don't think you'll really take the advice, figure out a way you might be able to put it into action. Maybe you're the kind of person who pays attention to a reminder note on your refrigerator. Maybe you know you won't keep track of different passwords on all your internet-connected devices, but you might be more likely to regularly update a strong password on the server in your home—that can be a good option if all your connections are coming through that one point of entry.

The time is now. Experts warn of a triple-threat these days. First, scammers are taking advantage of COVID-19 uncertainty, from offering phony cures and tests, to promises of financial assistance. Second, with more people working from home due to social distancing, there may be fewer office-based security measures in place. Third, the FBI warns that increased use of mobile banking offers more chances for cybercrime.

So, here are four cybersecurity tips to keep you safe:



Install software updates. Your apps and operating systems will periodically send updates. Install them—they often include protections against the latest security threats. But remember, those updates come from the apps and not from emails or social media notices. An email containing an update may be a scam—instead of clicking on the link, go to the app’s website to see if there really are updates available.

Think before you click. Be wary of any offer or link that comes through the internet, whether by email or social media, or even a phone call instructing you to get online. Don’t click on a link unless you know for certain what it is. Ideally, you should be expecting to receive the link. Even emails from friends should be suspect—hackers can impersonate someone you know to send a link or an attachment—both can result in you downloading malware that can take control of your computer in ways you may not even be able to detect. If you have any doubt, whether it’s a link to a software update or an attachment to a funny cat video, give the sender a phone call to find out if they really sent it or if it’s a scam.

Use strong passwords. And change them regularly—many sites and apps make that easy to do by clicking on the “forgot your password” link. The best passwords are at least eight characters and include different types of characters—try using a memorable verse from your favorite song and adding a few numbers and special characters, (\$! _ &) or even a space. If you are like most people, remembering all your passwords is a challenge. Choose a security option based on the value of what you’re protecting. The options you use to secure your bank and retirement account passwords might be different than how you store your social media passwords. Password apps keep them in one place and may be a great option for some passwords, but you can be in big trouble if you forget the password that lets you into that app. Keeping passwords on paper or in a notebook might be more secure than using the same password for everything, depending on how secure and hidden that paper is from other people at the office or kids at home.

Use two-factor authentication. That phrase is just a fancy word for a technique that adds an extra layer of security in addition to a password. Banks increasingly use this system—when you try to connect with them, the bank may text a code number to your phone that you type in to complete the sign-in process for your account. Keep in mind that answering a security question is similar to having a password—both are something you know. Answering a security question won’t provide the same level of additional security as that of a second factor. A second factor will be something you have, like your phone to receive a passcode, or something you are, like a biometric fingerprint, in addition to something you know, like a password or security question.

To take advantage of the great promise of the internet, we must also recognize the peril. These are relatively simple steps you can take now to keep yourself reasonably safe.

Save energy while keeping everything clean

Though Benjamin Franklin said the only things for certain are death and taxes, he obviously forgot laundry. Everyone contends with it in one way or another. The majority of us have our own washer and dryer at home. Depending on your appliances and strategy for conquering this never-ending task, laundering could account for up to 13 percent of your household's annual energy use. Consider some of the following ways you might save some of that energy while keeping everything clean.

Start with the washer. Did you know that with traditional laundering practices in the past, 90 percent of the cost of running a clothes washer went toward heating water? With recent advances in formulating laundry detergents, most loads can be done with lower or cold water temperatures and still remove dirt and stains. Oxygenated cleaners and bleach alternatives allow you to brighten whites with cold water too.

Likely, you will still need hot water cycles for dealing with oily stains, dirty diapers, or sanitizing sheets and towels when desired. Since 120°F water is sufficient to accomplish any of these, now is a good time to check your home's hot water temperature. Test it with an accurate thermometer at the faucet nearest to your washer. Be sure the water runs long enough to reach its maximum temperature. Adjust your water heater and check again until you achieve a 120°F setting.

If possible, only do full loads or adjust settings on your washer for partial loads. Increase your washer's spin cycle speed and/or time to reduce energy use in the clothes dryer. Your machine may have additional settings that optimize efficiency. If you are not sure, review the owner's manual.

The average life expectancy of a washing machine is 12 years. If your washer is nearing or past this age, be sure the replacement you select is EnergyStar-certified. Units that have earned the EnergyStar are about 25 percent more efficient than non-certified models that simply meet the federal minimum standard for energy efficiency. Consider buying a front-loading machine. On average, they use two-thirds less water than top-loading units,

which could also reduce water heating costs.

With a load freshly washed, move to the dryer. Always clean the lint screen between loads. This improves air circulation and increases the efficiency of your dryer. If you use dryer sheets, know they can leave a film on the screen that reduces air flow. Scrubbing the filter in warm water with a soft brush will remove this film.

Assuming you are like the majority of Americans who have a vented dryer, when was the last time you cleaned your dryer duct? If it has been more than one year, **DO IT NOW!** Not only will lint build-up reduce air flow and increase energy use, it can become a potential fire hazard.

Although rigid duct is best, most households use flexible duct for convenience. If so, be sure to keep lengths of flexible duct as short as possible while making turns as gradual as possible to minimize lint build up and restricting air flow. Operating your vented dryer without being vented to the outdoors is not recommended due to indoor air quality, health concerns and potential fire hazards. At a minimum, doing so can dramatically increase your air-conditioning costs during the summer.

If your dryer has them, use the efficiency features to reduce energy use. Selecting the automatic cycle instead of timed drying utilizes the dryer's one or more moisture sensors to determine when laundry is dry to avoid overdrying. Since dryer sheet residue can build up on sensors and cause the dryer to shut off prematurely, you should consult the operator's manual as to how and when to clean the sensors.

Even less than washers, the average life expectancy of a clothes dryer is 11 years. When considering replacement, select one that EnergyStar-certified. Compared to non-certified models, dryers receiving EnergyStar certification are 20 percent more efficient.

Finally, consider that using a clothes line outside during warmer months or an inside drying rack saves all of the energy from using a dryer. Though the drying process is much slower than using your dryer, it is also gentler on clothing.

Illustration by iStock/PrettyVectors



Stand Up Straight and Feel Better

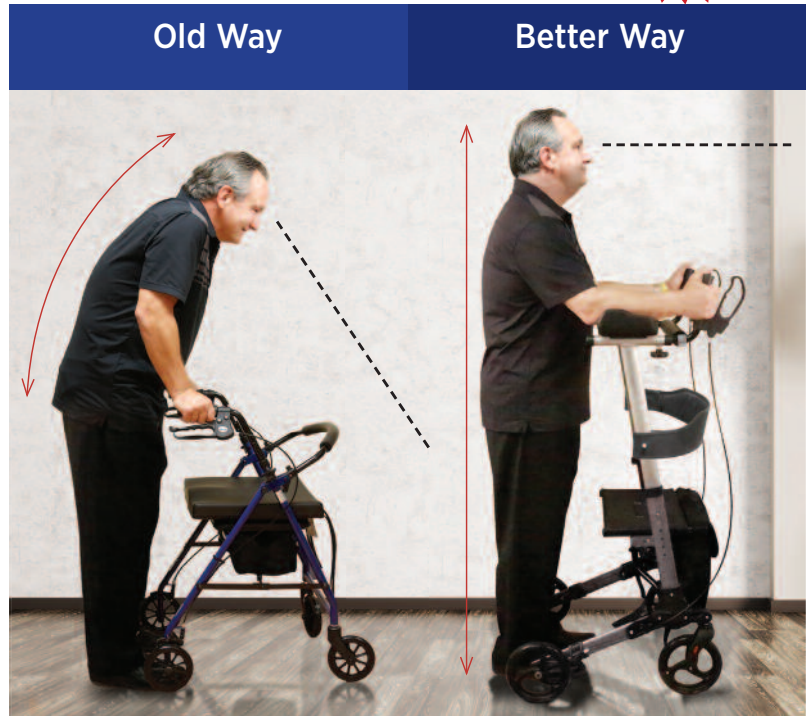
Discover the Perfect Walker™, the better way to walk safely and more naturally



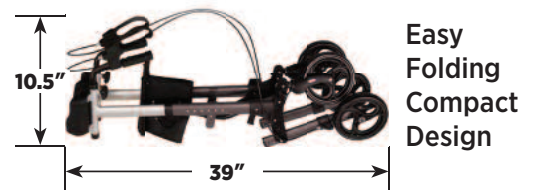
It's a cruel fact of life, as we age, gravity takes over. Our muscles droop, our bodies sag and the weight of the world seems to be planted squarely on our shoulders. We dread taking a fall, so we find ourselves walking less and less- and that only makes matters worse.

Well, cheer up! There's finally a product designed to enable us all to walk properly and stay on the go. It's called the Perfect Walker™, and it can truly change your life.

Traditional rollators and walkers simply aren't designed well. They require you to hunch over and shuffle your feet when you walk. This puts pressure on your back, your neck, your wrists and your hands. Over time, this makes walking uncomfortable and can result in a variety of health issues. That's all changed with the Perfect Walker™. Its upright design and padded elbow rests enable you to distribute your weight across your arms and shoulders, not your hands and wrists. Helps reduce back, neck and wrist pain and discomfort. Its unique frame gives you plenty of room to step, and the oversized wheels help you glide across



the floor. The height can be easily adjusted with the push of a button to fit anyone from 5' to over 6'. Once you've reached your destination you can use the hand brakes to gently slow down, and there's even a handy seat with a storage compartment. Its sleek, lightweight design makes it easy to use indoors and out and it folds up for portability and storage.



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Celebrate Democracy: Register and Vote

The best way to celebrate democracy is by encouraging full participation in public life. That's why the Nebraska Rural Electric Association, and its 34 public power district and electric cooperative member-systems are supporting National Voter Registration Day on **September 22, 2020**.

According to the U.S. Census Bureau, less than 70 percent of eligible American citizens of voting age—18 and over—were registered to vote in 2018. That means that up to 30 percent have not filed the required applications with their counties, parishes or states of local voter registrar's offices, which are essential for making our voices as meaningful in American life as they might be.

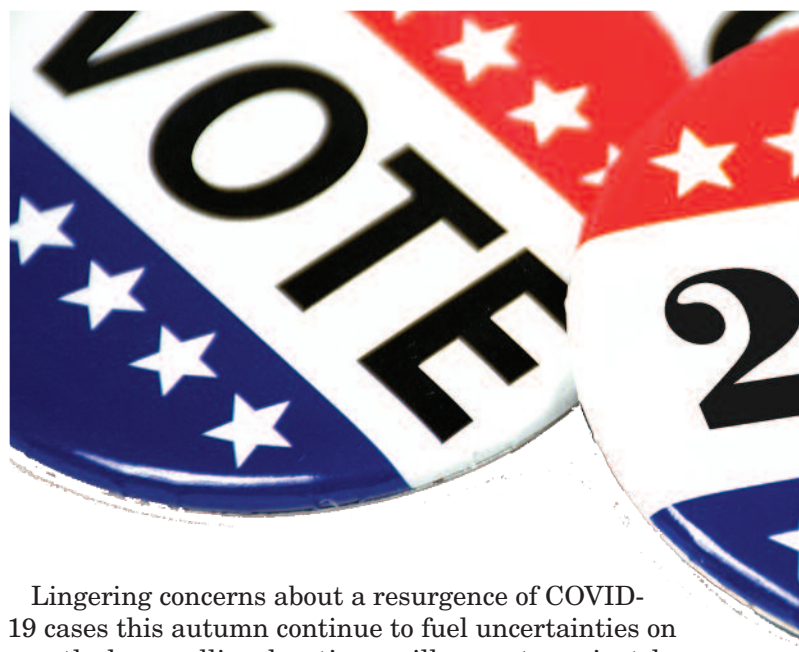
We're among thousands of organizations committed to making September 22 the most successful National Voter Registration Day in history, because we believe its goals are more important than ever before. Here's why:

Unusual Year-Unexpected Changes

While 2020 began as a very active political year, disruptions brought on by the COVID-19 pandemic concerns altered the campaign plans of many candidates. They also dramatically reduced overall access to voter registration forms through department of motor vehicle offices, public libraries and schools.

Suspension of on-site classes at many high schools prevented guidance counselors and government teachers from passing out registration applications to students who reached voting age this spring and summer.

Voter education efforts by churches, or by state and local officials who normally would have booked space at community events to encourage community outreach found many of those events scaled back or canceled throughout spring and summer.



Lingering concerns about a resurgence of COVID-19 cases this autumn continue to fuel uncertainties on exactly how polling locations will operate or just how states and other jurisdictions will handle absentee and mail-in balloting.

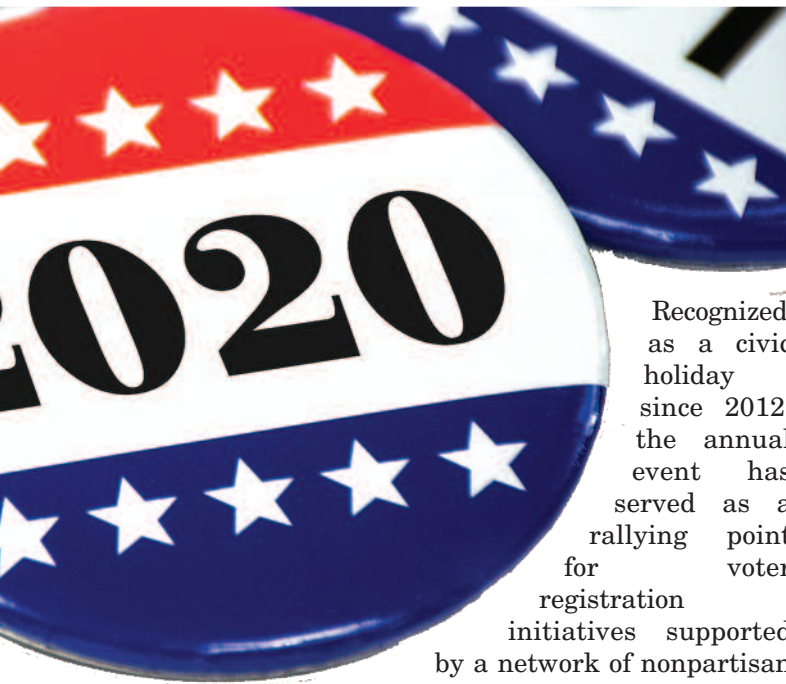
The Challenge Ahead

"In 2018 there were 1,219,319 registered voters in Nebraska, a record for the state," said NREA Government Relations Director Kristen Gottschalk. "Four counties conducted their elections completely by mail and we saw a significant increase in early voting in the general election. Increasing overall participation in the election process begins with registering as many eligible voters as possible."

That's the goal of National Voter Registration Day.



RURAL VOTES COUNT



Recognized as a civic holiday since 2012, the annual event has served as a rallying point for voter registration

initiatives supported by a network of nonpartisan organizations committed to increasing overall participation in the electoral process.

“Voting is central to American democracy,” said Laura Vogel, a senior political affairs advisor at the National Rural Electric Cooperative Association. “That’s why many public power districts, electric cooperatives and their statewide associations are committed to making this year’s National Voter Registration Day the most successful event ever.”

Vogel, who represents rural electric utilities on the National Voter Registration Day steering committee has worked with electric utilities in Nebraska and throughout the nation to help develop new and effective ways to

encourage their consumers to participate in local, state and national politics.

“Since 2012, National Voter Registration Day awareness efforts have helped to register more than 3 million voters,” said Vogel. “This year, we’re putting even more emphasis on digital engagement, because 41 states and the District of Columbia allow voters to register online.”

Many public power districts and electric co-ops are using their social media pages to promote voter registration, and encouraging political engagement with articles in their newsletters, on their websites and with bill attachments or point of contact brochures and leaflets.

“More than 20,000 volunteers are committed to promotion of National Voter Registration Day,” said Vogel. “In the weeks ahead, electric utilities will be promoting webinars on digital organizing and working closely with community organizations and businesses that are likely to remain open even if a resurgence of COVID-19 pandemic concerns occurs this autumn.”

“National Voter Registration Day is a great opportunity for us all to begin focusing on the most important aspects of this political season,” said NREA General Manager Dennis Houston. “This nonpartisan program promotes participation, and that includes ensuring that those who are registered to vote stay abreast of any changes that we might see in how to legally cast ballots in our state on election day.”

Remember to mark your calendar for National Voter Registration Day on September 22, and together, let’s enjoy the rights and opportunities we all share as Americans and celebrate our democracy.

Photograph by iStock/liveslow

Five ways to winterize your manufactured home

by Pat Keegan

Q : The last few months have been tough, and I'm dreading my manufactured home's high winter heating bills. What can I do to make my home more efficient without spending too much money?

A : In difficult times like these, it's more important than ever to ensure the money we spend yields the results we need.

Here are five tips for winterizing your manufactured home, which can help you capture some significant energy savings. It's worth noting that some of these suggestions are quick, easy and cheap, but some will require more money than you may want to spend. Choose the approach that works best for your home and budget.

1. Furnace

It doesn't cost anything to lower your thermostat in the winter. Make sure you clean or replace your furnace air filter as often as recommended. If you heat your home with an electric or propane furnace, you can likely cut your heating costs dramatically by installing a heat pump. Ductless heat pumps are efficient, and they eliminate the problem of leaky furnace ducts. If you don't have the budget to make this investment now out of pocket, you may qualify for a loan. It's quite possible that your energy savings would cover the loan payment.

2. Water Heater

You pay a lot to heat water. One simple way to lower that amount is to lower your water heater's

thermostat. Make sure it's set to medium, between 120° F and 140° F. Energy efficient showerheads can also save energy. Some showerheads are equipped with a button or valve that allows you to reduce or stop the flow while you lather up.

Another fairly simple fix is to



Insulating the first several feet of the hot water pipe where it leaves the tank is an energy saver. Photograph by Marcela Gara, Resource Media, EE Image Database

insulate the first several feet of the hot water pipe where it exits the tank. If there is room around your water heater, you could also wrap the tank with an insulation jacket, which you can purchase from a home supply store for about \$20. If your water heater uses gas or propane, be careful not to restrict the air needed for combustion or install insulation too close to the exhaust flue.

3. Ducts

Leaky furnace ducts are often a major source of energy loss. A simple first step is to make sure all supply

and return registers are open and are not covered by furniture or rugs. Closed registers can really take a toll on your heating and cooling system. You might also be able to save energy by sealing your ducts at the floor registers. The biggest leaks, however, are likely under your manufactured home and could require the services of a contractor to locate and seal. Check with your local public power district or electric co-op to see if they can recommend local contractors who can provide this service.

4. Windows and Doors

That window A/C unit that kept you cool all summer can be a major source of heat loss in the winter. Before the cold hits, cover it up—or better yet, remove it during winter months. Another fairly easy way to cut down on energy loss is to install window insulation kits—these are plastic, disposable sheets that are stretched over window and held in place with double-sided tape. Thick curtains can also do a remarkable job at cutting drafts and adding insulation around a window. The final and most involved step is to fill cracks and holes in walls and around windows and doors with caulk, filler and/or expanding foam.

5. Floors

Cold floors can be costly and uncomfortable. The easiest solution is to lay down area rugs for additional warmth. But to really get the floor comfortable, you may have to venture into the crawlspace and insulate the floor or skirting. If you're not sure how to do this, there are several video tutorials available online.

With these simple steps, you can look forward to a cozier and less-costly winter!

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Don't forget electrical safety during harvest season



Harvest season is one of the most satisfying times of the year on the farm. It's the culmination of many long hours of effort in raising crops. However, the long grueling hours in the field can make workers weary and prone to forget safety precautions that can prevent serious or fatal electrical injuries.

Farm operators, family members, and employees need to beware of overhead power lines, keep farm equipment safely away, and know what to do if accidental contact is made with power lines.

"Looking up and around when working in the fields this harvest season is important," explained NPPD Vice President of Energy Delivery Art Wiese. "Taking a few minutes to look for overhead electric lines may be life-saving time well spent. Unfortunately we saw an increase of situations involving farm equipment this past spring becoming entangled in power lines."

Every year, an average of 62 farm workers are electrocuted in the United States and many more are injured, according to Labor Department statistics.

"Failure to notice overhead power lines can be a deadly oversight, especially those in end row areas that can be easily overlooked," Wiese said.

End rows are an area where farm equipment can accidentally become entangled in the power lines. Remaining inside the equipment until help arrives is critical to everyone's safety. Wiese said that those involved in harvesting work should understand any contact with power lines carries the potential for a serious or fatal accident. Electricity can arc to the equipment if it comes close to the line.

"It's always best to call for help, and wait until the local electric utility arrives to make sure the line is de-energized. If the power line is energized and you step outside, your body becomes the path and electrocution could happen," he said. "Even if a power line is on the ground, there is still the potential for the area nearby to be energized unless there's fire or imminent risk of fire."

If you must exit, the proper action is to jump – not step – with both feet hitting the ground at the same time. Jump clear, without touching the vehicle and ground at the same time, and continue to shuffle to safety, keeping both feet together as you leave the area.

"Like the ripples in a pond or lake, the voltage diminishes the farther out it is from the source," Wiese pointed out. "Be sure that at no time you or anyone touches the equipment and the ground at the same time. Never should the operator simply step out of the vehicle. The person must jump clear."

NPPD urges farmers to take safety precautions before entering the fields to begin harvest operations.

Each day, review all farm activities and work practices that will take place around power lines and remind all workers to take precautions.

- Know the location of power lines, and when setting up the farm equipment, be at least 20 feet away from them. Contact your local power provider if you feel this distance cannot be achieved.

- Use care when raising augers or the bed of a grain truck. It can be difficult to estimate distance, and sometimes a power line is closer than it looks. When moving large equipment or high loads near a power line, always use a spotter to

make certain contact is not made with the line.

- Always adjust portable augers or elevators to their lowest possible level – under 14 feet – before moving or transporting them. Variables like wind, uneven ground, shifting weight, or other conditions can combine to create an unexpected result.

- Never attempt to raise or move a power line to clear a path!

- As in 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, tires, ropes, and hay will conduct electricity depending on dampness and dust and dirt contamination.

"NPPD promotes a strong safety culture with our workforce, and we hope that it carries into the field with our customers. With good planning, looking up and around, we can all have a safe harvest season," Wiese added.

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Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"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

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when

folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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Delicious snack hacks that really pop

If spending more time at home than usual has you reaching for snacks more often, keep some quick, flavorful options on-hand to help fuel you and your family throughout the day when hunger pangs strike.

One versatile pantry staple that can fit a variety of snack cravings: popcorn. With no artificial additives or preservatives, light and airy popcorn is naturally low in fat and calories, non-GMO and gluten free, making it a sensible option to enjoy one handful at a time or sprinkled with seasonings that satisfy your taste buds. A whole-grain food, popcorn has energy-producing carbohydrates and fiber, which can help keep you satisfied longer. Plus, it's simple enough to make that kids can help in the kitchen by popping it themselves or adding toppings.

Flavor Hacks

- Melt some butter. For a classic tasty treat, melt a little butter and pour over your bowl of popped corn.

- Satisfy multiple cravings. Pop a large pot of popcorn and divide it in half; top one half with sweeter toppings like honey, which is a key ingredient in Honey Matcha Popcorn, and the other with something savory, like nutritional yeast or dill. When hunger strikes, you're ready, regardless of the flavor craving.

- Spice it up. Cayenne pepper and a blend of other spices can be sprinkled on popcorn to create a spicier snack like Cajun Corn.

- Add mix-ins. Add dried fruits, nuts or candies to a bowl of popcorn to make your own trail mix.



Cajun Corn

- 1/4 cup butter, melted
- 2 1/2 quarts popped popcorn, warm
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1 teaspoon lemon pepper

Heat oven to 300 F.

In bowl, pour butter over warm popcorn.

In separate bowl, combine paprika, onion powder, garlic powder, cayenne pepper and lemon pepper; sprinkle over popcorn. Toss to mix.

Bake 5-10 minutes for crispy popcorn.



Popcorn Con Pesto

- 5 quarts popped popcorn
- 1/2 cup butter
- 1 tablespoon dried basil leaves, crushed
- 1 teaspoon dried parsley, crushed
- 1 teaspoon garlic powder
- 1/3 cup Parmesan cheese
- 1/2 cup pine nuts (optional)

Place popped popcorn in large bowl and keep warm.

In small saucepan, melt butter; add basil, parsley, garlic, Parmesan cheese and nuts, if using. Stir to blend.

Pour over popped popcorn, stirring well.

Note: Dried thyme or oregano, or combination of ingredients, may be used in place of basil.



Honey Matcha Popcorn

- 12 cups unsalted, unbuttered popped popcorn
- 1/4 cup butter
- 1/4 cup honey
- 1 teaspoon matcha green tea powder
- 1/2 teaspoon salt
- 1 tablespoon black sesame seeds

Preheat oven to 300 F.

Line large, rimmed baking sheet with parchment paper. Place popped popcorn in large mixing bowl.

In small saucepan over medium heat, melt together butter, honey, matcha powder and salt, stirring until dissolved. Pour over popcorn; toss to combine. Spread onto baking sheet. Sprinkle with sesame seeds.

Bake, stirring occasionally, 25-30 minutes, or until popcorn is dry. Let cool completely before serving.

Tip: Matcha powder can be found in the tea and coffee aisle at supermarkets.

Cucumber Salad

- 1/2 cup salad dressing
- 1/8 cup sugar
- 2 teaspoon vinegar
- 1/4 teaspoon dill weed
- 1/4 teaspoon salt
- 2 medium cucumbers, peeled and thinly sliced
- 1 green onion, sliced

Mix salad dressing, sugar, vinegar, dill weed and salt. Pour over sliced cucumbers and onions.

Shirley Boltz, Dannebrog, Nebraska

Italian Beef Sandwiches

- | | |
|--|--|
| <ul style="list-style-type: none"> 2 lbs. fresh beef brisket, trimmed 1 large onion 1 large red bell pepper 2 cups reduced sodium beef broth 2 teaspoons dried basil leaves | <ul style="list-style-type: none"> 2 teaspoons dried oregano leaves 2 teaspoons garlic powder 1 package dry Italian salad dressing mix 1 teaspoon black pepper |
|--|--|

Place brisket in a 5-quart slow cooker. Add onion and bell pepper. In a bowl stir together broth, basil, oregano, garlic powder, dressing mix, salt and pepper. Pour over mixture in cooker. Cover and cook on high for four hours. Transfer brisket to a cutting board; thinly slice against grain. Return beef to cooker; cover and cook on high for one more hour. Serve on hoagies or buns – veggies and brisket. I like to drizzle additional cooking liquid on and top with thin slices of provolone cheese.

Sheila Forrester, Lewellen, Nebraska

Caramel Apple Cake

- | | |
|--|---|
| <ul style="list-style-type: none"> 4 cups of apples (peeled and diced) 2 cups sugar 1 cup of cooking oil 2 well-beaten eggs 1 teaspoon vanilla 2 cups flour 1 teaspoon soda | <ul style="list-style-type: none"> 2 teaspoon cinnamon 1/2 teaspoon nutmeg 1 teaspoon salt 1 cup of chopped walnuts 1 cup Smuckers caramel ice cream topping 1/2 cup sour cream |
|--|---|

Cream sugar and cooking oil. Add the two eggs and vanilla and beat well. Sift the dry ingredients and add to the batter and stir well. Then add the nuts and apples and stir. Spread into a greased and floured 9" x 13" pan. Bake at 350 degrees for one hour. FOR TOPPING: mix caramel topping with the sour cream. Pour over warm cake. If desired serve each piece with cool whip. Cake is very moist and best used within 2 days or kept in refrigerator.

Carolyn Golick, Hastings, Nebraska

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