

RURAL ELECTRIC

NEBRASKAN

September 2019



**A Buzzing
Business
at Blue River
Bee Company**

Will Big Pharma Block This Non- Prescription Anti-Aging Pill From Being Sold?

A new pill proves aging might not be the inevitable process we thought it was. Uses the body's own immune system to revitalize old cells.



A Major Breakthrough in Aging: The active compound in AloeCure has been shown to trigger a phenomena in the body where it begins to repair itself.

US - Researchers say they may have just caught their first big break while experimenting on a newly discovered anti-aging compound that shows to have more positive effects on wellness and longevity than virtually all anti-aging ingredients known to exist.

When taken orally, the compound, a plant-based extract, was shown to rejuvenate elderly cells all over the body. Even more remarkable, it targeted the weakest, most vulnerable cells first.

The result was so profound that the extract was immediately formulated into a pill.

And after extensive testing on results and being free of adverse effects, it has been approved for nationwide release. Millions have already been sold.

Combats the Side Effects of Aging You Hate

Sold under the brand name **AloeCure**[®], research shows that its primary ingredient helps protect users from the most serious side effects of aging including declining brain, heart, and immune function. It has also been found to combat the visible signs of aging, reducing fine lines and wrinkles while restoring elasticity of the skin.

According to its creators, the secret to its almost unbelievable anti-aging effects is its multiple mechanisms of action. Studies have found it can neutralize the oxidative stress which accelerates aging, protect the DNA responsible for continually renewing the body and even reinforce the part of the skin that keeps bacteria and airborne illness out.

These amazing health-restoring effects are directly linked to the pill's active ingredient, the recently discovered plant-based extract, which acts as a powerful immune modulator.

In laymen terms, an immune modulator throws the immune system into high gear, sending special cells to parts of the body which need them most.

These immune cells work in a number of ways, but the one that have scientists most excited is their effect on inflammation.

"Once your cells *catch fire*, the aging process accelerates. And like a forest fire, by the time its controlled, it's already too late", explains Dr. Liza Leal, a spokesperson for **AloeCure** as well as one of the researchers who participated in its development.

"That's what makes **AloeCure** so amazing. It triggers this phenomenon where the immune system fires on all cylinders, gathering every resource the body has to offer before sending them to parts of the body which need them most".

"If your joints are burning, it sends relief. If indigestion is ruining your life, it calms it. Whenever inflammation is hiding, it will find it", she continues.

Anti-Aging Researchers Catch a Huge Break

Dr. Liza Leal says her commitment to **AloeCure** came after experimenting with Aloe Vera Extract at her private practice.

Although it was intended for her patients with indigestion, reflux, and other gastro issues, she began noticing other changes in their health other than digestive relief.

"At first, I thought it was just coincidence. But then, patient after patient began raving about these phenomenal improvements in their health", explains Leal.

"I was astounded. They were in less pain, had more energy, and were sick less often. They have seemed to have a more youthful appearance, especially in regard to their hair and nails."

"I dug a little deeper into aloe vera extract and stumbled on something remarkable, what I consider our first big break in anti-aging research.

"No other natural or lab developed compound can replicate the unique properties that work with the immune system like this."

An Amazing Age-Reversing Effect

AloeCure is an easy to take capsule that has no harmful side effects and it does not require a prescription.

"The active ingredient is a compound only found in Aloe Vera and it's called *acemannan*. Each capsule delivers the highest levels of the world's most bioavailable *acemannan* known to exist."

Your body has millions of cells called macrophages, these are a very important part of your immune system. These cells act as both defenders of your tissues and directors of your immune system. But in order for these cells to "work", they need to be fed.

AloeCure: A groundbreaking breakthrough that helps give you...

- **Longer lasting endurance**
- **Higher morning and night energy levels**
- **A more youthful appearance**
- **Sharper, clearer thoughts**
- **Faster thinking**
- **Better protection from illnesses associated with aging**

The *acemannan* is like "superfood" for your immune system. Thought to be the best compound in existence because they are just the right size to activate your macrophages, boosting your immunity through the roof.

Once activated, these immune cells patrol your body looking for age-accelerating inflammation and put it out! As inflammation subsides, the body, brain, heart, lungs, liver, skin, hair and nails among other systems - is revitalized.

A History of Health and Beauty

Studies confirm *acemannan* allows your body to heal itself and can target multiple problem areas as once. In the last 10 years there have been over 690 related publications, 69 of which were human clinical trials including skin aging and protection, wound healing, bioavailability, digestive, and immune functions. The results show fully that *acemannan* is beneficial for reducing wrinkles and increasing elasticity, maintaining health cholesterol and managing oxidative stress, digestive issues including regularity, and supporting the immune system.

A Complete Health Turnaround

AloeCure is an exciting new anti-aging pill that's now helped thousands of people reclaim their energy, vitality, and youth regardless of age or current level of health.

With daily use, it can help you look and feel decades younger and defend against all of the illnesses that accompany aging and can make life hard.

Readers can now regain boundless energy, new vigor and physical capabilities that they once experienced in their youth.

Risk- Free Supply of AloeCure For Readers

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

Call the **AloeCure** number and speak to a live person in the US. Callers will be greeted by knowledgeable and friendly person approved to offer up to 3 FREE bottles of **AloeCure** with your order. **AloeCure's** Toll-Free number is **1-800-991-2723**. Only a limited discounted supply of **AloeCure** is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call **1-800-991-2723** today.

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NEBRASKAN

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On the cover

Madison Gerken of McCool Junction, Neb. holds a jar of honey she collected from her bee business. See the related story on Page 6. Photograph by Wayne Price



by Wayne Price

Shifting farm safety into high gear

Each year since 1944, the third week of September has been recognized as National Farm Safety & Health Week. This recognition has been an annual promotion initiated by the National Safety Council and has been proclaimed as such by each sitting U.S. President since Franklin D. Roosevelt signed the first document.

Over the years, the development and dissemination of National Farm Safety & Health Week materials has shifted to the National Education Center for Agricultural Safety. NECAS is the agricultural partner of the National Safety Council and has been serving families and businesses in agriculture since 1997.

The 2019 theme for National Farm Safety & Health Week is “Shift Farm Safety into High Gear”. The theme resonates and reminds us that it is everyone’s responsibility to prioritize safety on the farm and the rural roadways of America. The 2017 data for the U.S. Bureau of Labor Statistics shows the agricultural sector is still the most dangerous in America with 581 fatalities, which equals 23.0 deaths per 100,000 workers.

Putting safety first requires alertness, focus, and knowledge of potential hazards and safety steps. Varying pass-to-pass accuracy levels and potential issues, such as power poles not being correctly plotted in the system, reinforce the need for drivers to stay focused on the location of the farm equipment while in the field and to be ready

to take action if necessary.

Regardless the technology used on the farm, keep the following electrical safety guidelines in mind:

- Use a spotter when operating large machinery near lines.
- Keep equipment at least 10 feet from lines at all times, in all directions.
- Look up and use care when moving any equipment such as extending augers or raising the bed of grain trucks around power lines.
- Inspect the height of farm equipment to determine clearance.
- Always set extensions to the lowest setting when moving loads to prevent contact with overhead lines. Grain augers should always be positioned horizontally before being moved.
- Never attempt to move a power line out of the way or raise it for clearance.
- If a power line is sagging or low, contact your utility.

If equipment does make contact with a power line, do not leave the cab. Immediately call 911, warn others to stay away, and wait for the utility crew to cut the power.

The only reason to exit equipment that has come into contact with overhead lines is if the equipment is on fire, which is rare. However, if this is the case, jump off the equipment with your feet together and without touching the ground and machinery at the same time. Then, still keeping feet together, hop to safety as you leave the area.



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NATIONAL
Farm Safety &
Health Week
September 15-21, 2019

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ANY SINGLE ITEM*

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#1 SELLING JACKS IN AMERICA

RAPID PUMP® 1.5 TON LIGHTWEIGHT ALUMINUM FLOOR JACK

• Weighs 34 lbs.

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LIMIT 1 - Coupon valid through 1/5/20

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POWDER-FREE NITRILE GLOVES PACK OF 100

• 5 mil thickness

Customer Rating **★★★★★**

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SAVE 59% **NOW \$5.99**
~~\$14.97~~

COMPARE TO VENOM **\$14.97**
MODEL: VEN4145

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64417, 64418, 61363, 68497,
61360, 61359, 68498, 68496 shown

96982182
LIMIT 5 - Coupon valid through 1/5/20

PORTLAND **SUPER COUPON**

7 AMP ELECTRIC POLE SAW 9.5" BAR

6 ft. to 8 ft. 10"

Customer Rating **★★★★★**

NOW \$59.99
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COMPARE TO WORK **\$99.98**
MODEL: WG309

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• 350 lb. capacity

NOW \$19.99
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SUPER COUPON

7 FT. 4" x 9 FT. 6" ALL PURPOSE/WEATHER RESISTANT TARP

Customer Rating **★★★★★**

NOW \$2.99
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COMPARE TO BLUE HAWK **\$8.78**
MODEL: 866X10-Y

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96982887
LIMIT 4 - Coupon valid through 1/5/20

PREDATOR **SUPER COUPON**

3500 WATT SUPER QUIET INVERTER GENERATOR

• 11 hour run time

Customer Rating **★★★★★**

NOW \$699.99
~~\$799.99~~

COMPARE TO HONDA **\$2,019**
MODEL: EU3000S1A

SAVE \$1,319

ITEM 56720
63584 shown

96983695
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CHICAGO ELECTRIC **SUPER COUPON**
POWER TOOLS

RECIPROCATING SAW WITH ROTATING HANDLE

Blade sold separately.

Customer Rating **★★★★★**

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MODEL: PC360

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AUTOMATIC BATTERY FLOAT CHARGER

Customer Rating **★★★★★**

NOW \$4.99
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COMPARE TO SCHUMACHER ELECTRIC **\$30.41**
MODEL: SC1

SAVE 83%

ITEM 69955/64284/42292 shown

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ZURICH **SUPER COUPON**

OBD2 CODE READER WITH ABS ZR11

Customer Rating **★★★★★**

NOW \$119.99
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COMPARE TO BOSCH **\$169.99**
MODEL: OBD1150

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HaulMaster **SUPER COUPON**

4 PIECE, 1" x 15 FT. RATCHETING TIE DOWNS

• 400 lb. working load

Customer Rating **★★★★★**

NOW \$6.99
~~\$12.99~~

COMPARE TO KEEPER **\$22.80**
MODEL: 5505

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125 AMP FLUX-CORE WELDER

EVERYTHING YOU NEED TO WELD

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COMPARE TO IRONTON **\$179.99**
MODEL: 45433

SAVE \$80

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6 GALLON, 150 PSI OIL-FREE AIR COMPRESSOR

• Air delivery: 2.5 CFM @ 90 PSI

Customer Rating **★★★★★**

NOW \$99.99
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COMPARE TO DEWALT **\$169.99**
MODEL: DWFP55126

SAVE \$70

ITEM 68149/62380/62511/62894/67696 shown

96986550
LIMIT 1 - Coupon valid through 1/5/20

HaulMaster **SUPER COUPON**

3/8" x 14 FT., GRADE 43 TOWING CHAIN

• 5400 lb. capacity

Customer Rating **★★★★★**

NOW \$19.99
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COMPARE TO MIBRO **\$64.99**
MODEL: 426920

SAVE 69%

ITEM 40462/60658/97711 shown

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BADLAND **SUPER COUPON**

2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL

• Weighs 14.3 lbs.
• 11-1/8" L x 4-1/2" H

Customer Rating **★★★★★**

SAVE \$140

COMPARE TO SUPERWINCH **\$189.99**
MODEL: 1125220

NOW \$49.99
~~\$69.99~~

ITEM 61258/61297/63476/61840 shown

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PITTSBURGH **SUPER COUPON**

9 PIECE, 1/4", 3/8" AND 1/2" DRIVE WOBBLE SOCKET EXTENSION SET

LIFETIME WARRANTY

Customer Rating **★★★★★**

NOW \$9.99
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MODEL: 40033

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A Buzzing Business

by Wayne Price

Madison Gerken, 17, started keeping bees as a school project three years ago and now has her own honey business called Blue River Bee Company.

“I had talked about doing bees because all of my family loves honey,” she said. “I think you learn a lot by working with bees and honey. The only problem is that you get a little sticky.”

She got started with help from a local bee keeper, Roger Bailey, who has served as a mentor to Madison. He provided her with boxes for two hives to get her project off the ground.

“He brought me all the stuff to help me get started and taught me how to take care of them,” Madison said.

“I was very fortunate because my mentor donated most of the equipment, like my first two hives,” she said. “He just gave me the boxes, so I’m very thankful to him. It was a great way to start.”

In her first year she harvested 13 gallons of honey from two hives. The last two years she was able to increase the business to four hives and produced 23 gallons worth of honey each year.

“Usually we harvest two separate times so it’s split, half and half,” she said. “We do the first harvest at the end of July and then if we need to do a second harvest, if they’re producing really well, we do it again at the end of August.”

She has been able to sell all of the honey locally through Facebook connections. She lets them know what sizes are available and they buy directly from her. Last year she went down to the Post Office with her sister and brother and set up a stand for a couple hours with a sign and a bunch of honey jars and sold most of it there.

“I’ve thought about selling it to restaurants and at farmer’s markets, but I usually sell out before I can do that,” she said.

Madison said it is somewhat expensive when you start out but if you decide to sell the honey you get, you can make back what you put into it.

When she first started the money was reinvested, but now she’s saving the money for college.

The bees in her hives are Italian bees and she estimates that she’s keeping around 20,000 to 50,000 bees per hive.



In the United States, honey collection season typically concludes in September as bees begin to secure their hives and prepare for winter.



“Italian bees are a lot more docile than African bees,” she noted. “According to my mentor, the Italian bees are a lot more mellow than some of the other European bees.”

She noted the hives are different sizes. She just started one hive this year because it had been killed during the winter, so it is pretty small compared to the others.

The hives are located in an area about a mile outside of McCool Junction. She used to keep them at her parent’s house but some of her neighbors were not comfortable with having bee hives in a residential area.

“I’ve had one hive for three years and it’s pretty big and it’s growing really fast,” Madison said.

Bees can fly between two and three miles and they’re pretty good with direction.

“When we harvest the honey we have to keep it in an enclosed area,” she said “because if there is a bee that is still in the hive and it’s with the honey here, it will go back to tell the rest of the hive and all the bees will come here because they want their honey back. We have to be very careful of that.”

Her grandfather, Rick Gerken, also has bees which allows them to share the equipment. He started his hives last year so she helps him with his honey harvest.

“We can tell the honey is ready to harvest by looking at the honey itself,” she said. “Honey that is capped with wax is ready. Usually we only take the ones that are completely full but we ran out of supers this year. They were producing faster than we could keep it, so we harvested some and we’ll take them back to the hive.”

Supers are the large boxes that are stacked to create the hive. Inside the supers are 10 wood trays with a plastic honeycomb core. The bees build their honeycomb on the trays and fill each section with honey.

To harvest the honey she “uncaps” the trays using a special heated knife to remove a layer of wax from the honeycomb frame. Once the caps are removed, the frames are placed in an extractor, a centrifuge that spins the frames, forcing honey out of the comb. The honey is drained into a bucket and filtered with a double strainer before putting it into jars. The strainer removes any pieces of honeycomb or other impurities.

“We do it this way so we don’t have to heat it up to filter it,” Madison said. “Some producers will heat the honey during this process but that removes the natural remedies that help with allergies and things like that.”

Madison is the daughter of Steve and Sue Gerken. Steve works at Perennial Public Power District in York, Neb.

She is currently a senior at McCool Junction High School and attended NREA Youth Energy Leadership Camp in 2017.



There are nearly 20,000 known species of bees throughout the world; 4,000 of which are native to the United States.



Did you know...

Honey starts as flower nectar collected by bees, which gets broken down into simple sugars stored inside the honeycomb. The design of the honeycomb and constant fanning of the bees’ wings causes evaporation, creating sweet liquid honey.

September is National Honey Month. It was initiated by the National Honey Board in 1989 and marks an important time for honey producers and beekeepers across the nation.

by Marita Placek

The world's largest sign built in smallest town in Nebraska



Monowi, Nebraska is the smallest town in the United States and only has one resident, Elsie Eiler

Arby's Fast Food Chain, a nationally known company, now holds the world's record for the largest advertising sign. Developed and assembled in the smallest town in Nebraska during the summer of 2018, the record was verified by a representative from the Guinness Book of World Records.

Arby's had two things in mind when they started searching for an outstanding way to let the world know they were adding Coke to their menu. They came up with the idea of making the world's largest sign possible in the smallest town they could find.

They discovered the tiny incorporated town of Monowi, Nebraska, the smallest town in the United States. Monowi only has one resident, Elsie Eiler – just what they wanted.

Named for the Indian word “prairie flower”, Monowi was established in 1902 by the Pioneer Townsite Company on the Fremont, Elkhorn and Missouri Valley Railroad. Monowi is located along the Outlaw Trail Scenic Byway, on Highway 12, located in Boyd County along the northern border of Nebraska-South Dakota.

A company from Los Angeles was

selected to construct the huge sign. A nice level alfalfa field was located south of Highway 12.

The sign was laid out with the help of many of Elsie's friends and neighbors. The white plastic background for the huge sign took approximately a week to cover approximately five acres of level ground needed. In the center of the huge sign large red letters proudly announced, “ARBY'S NOW HAS COKE”. The last step to completing the large sign was having Elsie stand in the middle of the ‘O’ on the sign.



Elsie stands on the sign as part of the advertisement.

The advertisement was part of an online campaign and aired on YouTube. It was not shown on television.

The Monowi Tavern is the only business in the tiny village of

Monowi and is owned and operated by Monowi's only resident, 85-year-old Elsie Eiler. Elsie wears many hats. She is the town manager and every other role involved in operating the village. She works as the bartender, cook and waitress in the tavern and holds the offices of the mayor of the village, urban planner (she must submit an annual municipal road plan to obtain state funding for Monowi's four street lights), chairman of the village board, and whatever other town board office there is. She is also a member and secretary of the board of the Alford Cemetery, located south of Monowi.

The Monowi Bar is the hub and message center for the farmers living in the surrounding area. Elsie takes phone calls and signs for UPS deliveries dropped off at the bar for people who are working or gone for the day.

It is also a family-oriented place where parents can bring their families for a meal, or an evening of visiting and playing cards. A box full of toys sits under the TV set to entertain the kids.

In addition to all her other offices, Elsie is also the librarian for Rudy's Library, which is located in a

separate building just north of the Tavern. While it's not unusual for small towns to have libraries, Monowi's library is unusual because all the books in the library belonged to one man. Elsie's husband, Rudy, had enough books (TEN pickup loads) to fill his own library. A collector of books, Elsie's husband, Rudy, was working on his dream of building a library for the many books he had collected when he passed away from cancer. Rudy lived to see the beginning of his dream – the building and shelves almost ready for the books. The first book to be placed in the library was Rudy's favorite book, "End of the Trail" by Zane Grey the night Rudy died.

Rudy's family completed the library in his memory after he died. The library contains over 5,000 books. Patrons get the key from Elsie, go to the library and select the books they wish to read, enter the title and date on the notebook resting by the door. Rudy's Library is

Elsie works as the bartender, cook and waitress in the tavern and holds the offices of the mayor of the village, urban planner, chairman of the village board.

also unusual in that it operates on the honor system. There is no deadline for returning the books. That's the way Rudy wanted it.

"Rudy's Library" has been featured on the front page of the Los Angeles Times, the New York Times, London Sun and many other newspapers as the smallest town in Nebraska and perhaps the nation to have a library.

News reporters and cameramen from all over the country including some national programs such as "CBS Sunday Morning," have all

been to Monowi to film the library.

Elsie has turned down requests to appear on the "Tonight Show" with Jay Leno and Ellen DeGeneres shows, to name a few. A crowd of more than 1,000 people showed up on the day Larry the Cable Guy and camera crew came to Monowi.

Larry the Cable Guy and crew filmed the town and Rudy's Library for a program on the History Channel and to raise money for a new roof on Rudy's Library, pave the main street and put a new door on the pump house.

Having heard or read about Monowi and Rudy's Library, many people plan on making a special stop to visit Monowi and Elsie on their summer vacations and trips.

"Rudy's Library and Monowi has brought lots of wonderful people to visit this beautiful country," says Elsie.

To date Elsie has four guest books filled with names of visitors from all 50 states and 43 foreign countries.



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FERC filing supports Tri-State clean energy initiatives

Tri-State Generation and Transmission Association has made tariff application filings with the Federal Energy Regulatory Commission. Tri-State expects the FERC to accept the filing in 60 days. When the filing is accepted, Tri-State will be fully rate regulated by the federal commission. The FERC filing follows Tri-State's July 17 announcement of its Responsible Energy Plan. As Tri-State develops the plan, consistent and predictable rate regulation is critical.

"Tri-State is positioning our cooperative for the future," said Duane Highley, Tri-State's chief executive officer. "Rate regulation certainty is necessary as we accelerate our pursuit of renewable energy and member flexibility, decrease emissions and strive to lower members' wholesale rates."

In July, Tri-State's board of directors adopted a new mission statement¹ that added the principle of responsibility, and approved significant and meaningful actions to further the association's clean energy transition. These actions include:

- Developing a Responsible Energy Plan to comply with aggressive carbon reduction, renewable energy and resource planning requirements. The plan will ensure reliability and affordability, while striving to lower wholesale rates and maintaining Tri-State's strong financial position.
- Engaging with former Colorado Governor Bill Ritter and the Center for the New Energy Economy to facilitate a stakeholder process that will contribute to the Responsible Energy Plan.
- Creating more flexibility for members to develop local renewable energy by revisiting the types of

memberships and contracts Tri-State offers.

- Increasing renewable resources, with new wind and solar projects announced in January and issuing Tri-State's sixth request for proposals for renewable energy in June.

- Exploring opportunities with solar and energy services providers to make more community-scale solar, energy storage and electric vehicle infrastructure available to our members at a lower cost.

- Announcing the retirement of Nucla Station, a coal-fired power plant in Western Colorado, in early 2020. To support the community through the transition, Tri-State will provide \$500,000 in community support spread across five years.

"Our membership and board are unified in our pursuit of a cleaner, reliable and lower-cost resource portfolio," said Rick Gordon, chairman of the cooperative's board of directors. "We are making a strong and unequivocal commitment to transform Tri-State's resource portfolio in a prudent and responsible manner."

Tri-State has considered FERC regulation since 2010, as both Colorado and New Mexico exercised wholesale rate jurisdiction over Tri-State, which resulted in increased costs, unrecovered revenue and inconsistent rates to its members. FERC rate regulation pre-empts individual state rate regulation for generation rates, transmission rates, rate design and all other rate-related matters.

"If Tri-State is to be rate regulated, it makes sense to be regulated by a single regulatory body that would apply consistent rates to Tri-State's members in each of our four states," said Highley.

"FERC rate regulation is the norm for wholesale power suppliers and places Tri-State on the same level playing field as other regional utilities," said Highley.

Be EnergyWise

Visit our booth at Husker Harvest Days to learn ways to manage your energy use, how to be safe around electricity, and receive a special giveaway.

Stop by and see us in the Diversified Industries tent.



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Be on high alert when driving near buses

Approximately 22 million students nationwide begin and end the school day with a trip on a school bus. Unfortunately, many youngsters are injured and several are killed in school bus incidents each year.

Over the past six years, about 70 percent of the deaths in fatal school bus related crashes were occupants of vehicles other than the school bus and 20 percent were pedestrians. About 4 percent were school bus passengers and 2 percent were school bus drivers.

Of the pedestrians killed in school bus related crashes over this period, approximately 77 percent were struck by the school bus.

Motorists also have a responsibility to follow safe traffic practices. Nebraska law requires that all drivers must stop for a school bus which has stopped to load or unload passengers. Red flashing lights and an extended stop arm reminds motorists that a bus is stopping to load or unload passengers.

Although drivers of all vehicles are required to stop for a school bus when it is stopped to load or discharge passengers, children should not rely



on them to do so.

If your children or grandchildren ride a school bus talk to them about being safe and careful on the bus during their trips, using a list of tips from the National Safety Council.

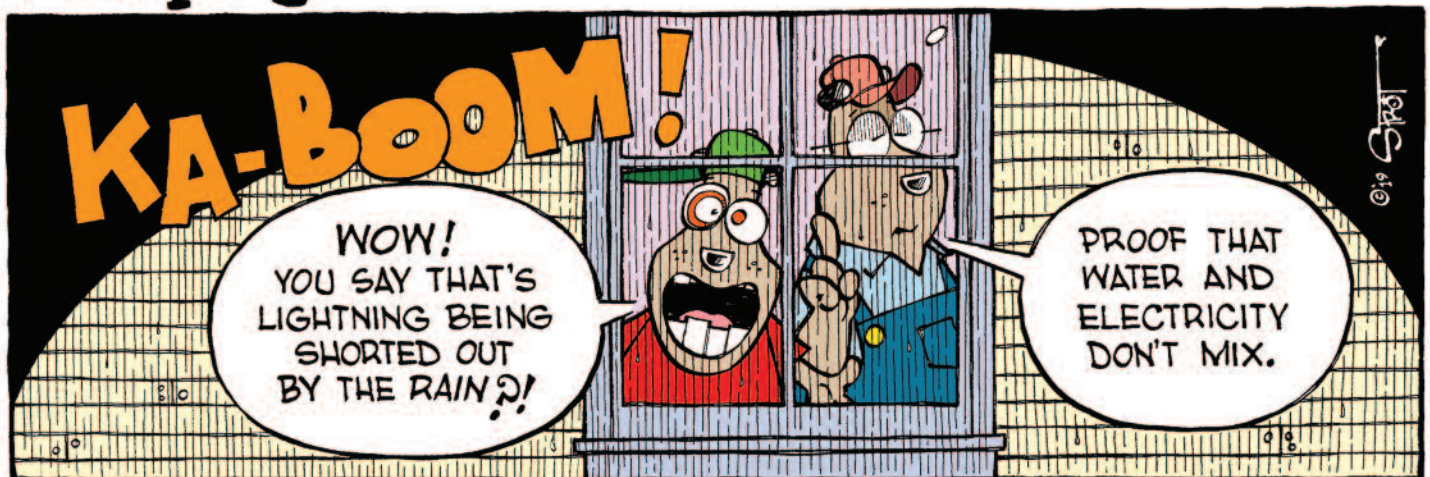
- When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray onto streets, alleys or private property.
- Line up away from the street or road as the school bus approaches.

Wait until the bus has stopped and the door opens before stepping onto the roadway.

- When on the bus, find a seat and sit down. Loud talking or other noise can distract the bus driver and is not allowed. Be sure to keep all parts of your body inside the bus at all times. You shouldn't be waving or sticking your head outside the window.

- Keep aisles clear — books or bags are tripping hazards and can block the way in an emergency.

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Ready, set, *pivot*



By 
Patrick Pope
NPPD PRESIDENT & CEO

Nebraskans have a hardy spirit. It's in our blood. We're survivors of floods, tornadoes and droughts. When life gives us lemons, we set up a lemonade stand and find a way to profit. When it throws us a curveball, we pivot and throw it right back. We've withstood the test of time. We are battle-tested.

Our resilience stems from an ability to pivot – to adapt and exhibit agility. It's also why public power has stood proud since its humble 1880s beginnings, and why Nebraska remains the only entirely public power state in the nation.

Public power today is not what it was a century ago. These are more complex times. New legislation, industry trends and customer expectations compete to change the way we operate. While we are rooted in our steadfast promise to deliver affordable, reliable electricity to customers, we don't hesitate to pivot in the direction of a changing industry. In fact, our goals are strategically aligned with the future we see unfolding in front of us. Many in the energy industry speculate a significant reduction in future carbon dioxide emission levels because of legislative or environmental regulatory initiatives. It seems news relating to this topic grows in number each week. I read a study recently that foreshadowed a \$4.5 trillion price tag to decarbonize the power sector by 2030 – a goal that would cost an average of \$300 billion a year to accomplish through total use of renewable energy and excluding valuable carbon-free generators like nuclear.

A diverse generation mix has served Nebraskans well, offering low, stable rates and ensuring power is readily available whenever you need it. And, though the mix might change as new technologies mature, diversity will be more important than ever to maintain our commitment to customers.

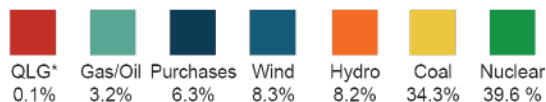
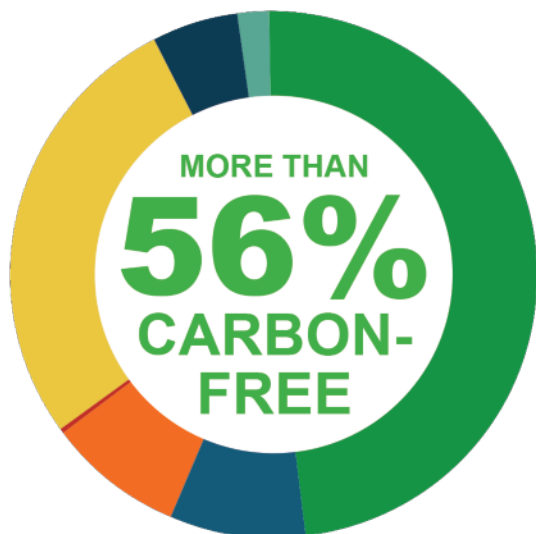
To identify our best path forward, NPPD, together with several wholesale and retail customers, has embarked upon a new project to uncover future new technologies and potential low and non-carbon-emitting generation options that meet the societal, environmental and economical needs of our neighbors and friends.

No stone will be left unturned as we continue in-depth discussions on ways to lessen the carbon footprint of our existing resources, plan expected load growth, and uncover generation alternatives that don't compromise reliability or rate stability.

As you can imagine, there are countless opinions, expectations and ideas coming forth through project team members that must be

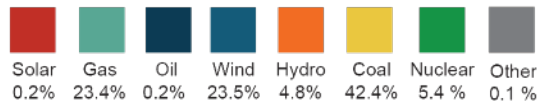
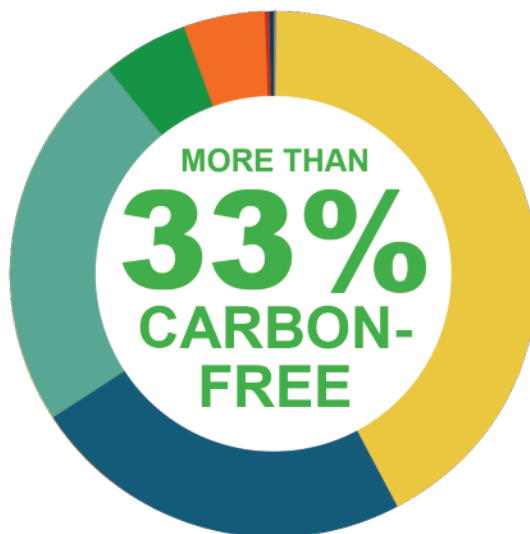
2018 NPPD Energy Generation Resources

Nebraska Customers



*Qualifying Local Generation (QLG) includes renewable energy facilities installed by our wholesale customers and in NPPD retail communities.

2018 Southwest Power Pool Energy Generation Resources



managed in an unbiased, open-minded manner. In the end, we intend to come to agreement on several possibilities that may help us reduce our carbon footprint.

Our industry is experiencing breakthroughs in technology that may further influence decarbonization of the nation's generation facilities, including power-flow controls, demand response, next generation storage like flow batteries and even advanced nuclear technologies.

Meanwhile, NPPD and our partnering utilities are looking at technologies to drive

additional efficiencies at our generation plants. A project at our Gerald Gentleman Station coal-fired plant,

for instance, uses carbon capture and sequestration to manage emissions, while another at our Sheldon Station coal-fired plant will convert one unit to hydrogen. Partnering with smart

technology leader Wärtsilä has given us a means to explore potential alternative fuel use with their power systems. Opportunities abound to work with local communities on battery storage and solar projects, and we'll also identify how to promote efficient electrification across our footprint through electric

vehicle charging and energy efficiency efforts. Strategizing our technological investments will help us provide customers with the information and tools they need, including incentives to make smart energy choices.

Smart is the name of our game, by the way. The project team in the next few months will identify SMART, or Specific, Measurable, Attainable, Relevant and Timely goals that help us mitigate future decarbonization propositions. Education, benchmarking others in the industry, and keeping a watchful eye on signposts of a changing industry will ensure we bring the right options forward that will directly benefit our customers. These options will be discussed by our Board of Directors early next year with the possibility of rolling some solutions into our Integrated Resource Plan in 2022.

NPPD's mission, and that of public power in general, has always been to safely generate and deliver reliable, low cost and sustainable energy and related services, while providing excellent customer service. One thing we will never pivot away from is making decisions that best support Nebraskans' energy needs. That in mind, we intend to fulfil our mission and vision to enhance the quality of life for Nebraskans, now, and in the future.

Insulating for comfort and energy savings

by Pat Keegan

Q : We're dreading winter. It feels like every year, no matter what we do, our home still feels cold and our heating bills go through the roof. We think our home may need more insulation. Any advice before winter hits?

A : There's a good chance you are right about the problem. Most older homes, and many newer ones, are not properly insulated, and adding insulation can be a good investment year-round since it can help keep out the summer heat as well.

There are many types of insulation, but I'll focus on the three most common types in residential buildings: batt, loose-fill and rigid.

Batt insulation can be made with several kinds of fibers including fiberglass and wool. It's cut to fit between the framing in your ceilings, walls or floors. Loose-fill insulation is made with small pellets or particles. It can be added by hand or blown in by machine into attic floors or exterior wall cavities. Rigid insulation comes in light sheets and

is installed against a solid surface like an exterior wall or foundation.

All insulation is measured by its R-value. A higher R-value is more effective. The amount of R-value you need depends on your climate and where the insulation is being added in your home.

If your heating costs are too high, there's a good chance the attic is part of the problem. Finished attics are usually under-insulated and correcting the problem can be a challenge. If your attic is unfinished, solutions will be simpler and more cost-effective.

You can inspect your unfinished attic, but be cautious. Loose-fill insulation in older homes may have harmful asbestos that you absolutely do not want to disturb. It's probably best to just poke your head in enough to look around, since it's easy to damage wiring or ducts, or step through the ceiling.

The attic will likely have

loose-fill insulation or batts on the floor. Look carefully to see if the insulation is spread evenly with no gaps or voids. To determine whether there is enough insulation, you can start by researching the recommended amount for your climate. The Department of Energy publishes that information, which you can find on their website. After measuring the depth of the insulation, you can calculate the R-value. Different types of insulation have different R-values per inch. If your attic insulation is far short of the recommended levels, you will likely see major energy savings by having a professional add enough to reach that level.

The next place to check is the walls. Many homes built before 1980 have little or no wall insulation, and even newer homes may lack proper insulation. You might be able to see if the walls are insulated by carefully removing an outlet cover.

The most common technique for adding insulation to walls is to have it blown in through holes drilled from inside or outside the home. These holes can be easily patched. An alternative, if the house is being re-sided, is to add rigid insulation to the exterior, underneath the new siding.

Finally, if your floor gets cold in winter, and you have a crawl space, you can install batt insulation between the floor joists. If your home is built on a concrete slab, rigid foam can be installed around the perimeter.

Insulation works great if you choose the right approach and the work is done carefully. Contact the energy experts at your electric utility for more information about insulation solutions.



Loose-fill insulation is a good approach for insulating your attic floor.

Have you considered running for public office?

To assist in the critical task of preparing future political leaders, the NREA board of directors will host a candidate training school on the nuts and bolts of running for political office. Attend the NREA Candidate Training School and learn what it takes to wage an effective and winning campaign.

Topics include:

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The NREA Candidate Training School will be November 7th in Lexington, November 8th in Lincoln, and November 15th in Battle Creek.

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Calendar of Events

SEPTEMBER

■ SOUTHWEST

September 1-2, Paxton Labor Day Celebration, Paxton Neb. Hot Air Ballon Rides.

September 20-22, Curtis Fall Festival, Curtis, Neb. Fun activities planned for the whole weekend, including a fun run, parade, rides and games and much more. This year's theme is "Raider Strong for 50 Years".

September 28-29, Heritage Days celebration, McCook, Neb. McCook's largest annual celebration features a weekend of activities for the whole family. Enjoy a craft fair, entertainment in Norris Park and the Heritage Day's Parade.

■ SOUTHEAST

September 5-8, Yorkfest Celebration, York, Neb. "Back to the Future" is this year's theme in celebration of 40 years of Yorkfest, bringing back the memories and nostalgia of Yorkfest from over the years.

September 10-12, Husker Harvest Days, Grand Island, Neb. Public Power Booth and Hot Line Demo, the world's largest totally irrigated working farm show features the latest equipment, supplies and technologies available to today's producers.

September 14, Heritage Day, Henderson, Neb. Come out to the Henderson Mennonite Heritage Park and enjoy a wide range of ethnic foods such as zwieback, new year's cookies, raisin shnetya, and apple prieshka. Fresh waffles & cream sauce cooked on an outdoor wood stove with antique waffle irons will be available.

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

September 20-22, Mustang Round Up, McCool Junction, Neb. A local celebration that includes flower & art shows, train displays, live music, barbecues, parade, sand volleyball tournaments, fun run, bake off and a melodrama.

■ NORTHEAST

September 1-2, 100th Annual Labor Day Celebration, Schuyler, Neb. The celebration includes a carnival, fun run, craft show and parade. A dance is planned on Sept. 1 at the Oak Ballroom.

September 7, BBQ and Brew, Howells, Neb. Enjoy the annual BBQ rib competition along with appetizers by the grillers at the Howells Community Club.

September 14, Harvestfest, Bancroft, Neb. Enjoy the day in Bancroft with food, fun, parade and band. www.Facebook.com/bancroftcommunityclub

September 20-21, Oktoberfest, Norfolk, Neb. Oktoberfest Family Festival is a free annual event on The River Point in Downtown Norfolk. Enjoy German beer, music, food and fun, all located at the Norfolk Area Chamber.

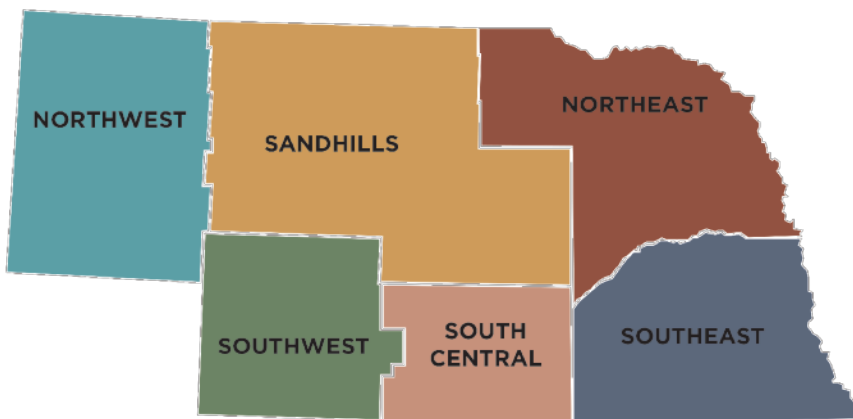
September 21, CCPPD Fun Run, West Point, Neb. Come be a part of the 2nd CCPPD Fun Run. Proceeds go back to the community through Operation Round-Up®. Visit www.facebook.com/CCPPD for more info.

September 22, Cars-N-Carroll Show and Shine, Carroll, Neb., 6th Annual car show free to the public.

■ NORTHWEST

September 7, Chimney Rock Pioneer Days, Bayard, Neb. Parade starts at 11:00 am with activities in the library park during the afternoon and evening.

September 28, 8th Annual Platte Valley Companies Monument Marathon, Scottsbluff/Gering, Neb. Choose from the scenic and certified full or half marathon course, or a 5K course for participants of all ages.



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

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Simplify your grilling routine

Summer is typically a busy time for families, making those moments you spend together all the more precious. The hustle and bustle of the season doesn't have to mean sacrificing wholesome meals, however.

Take advantage of the warm weather and step outside the kitchen to focus on enjoying the outdoors with family around grilled favorites, such as burgers. You can even make meals on the grill your own by putting twists on a classic, such as these Barbecue Macaroni and Cheese Burgers.

Another time-saving tip: Consider refrigerated side dish options like mashed potatoes and macaroni and cheese from Bob Evans Farms, which are ready in just six minutes and provide homemade taste. In addition to topping burgers, these sides can be used as an ingredient in appetizers like Crunchy Jalapeno Potato Poppers, which are perfect for snacking on while catching up on the events of the day.

Find more recipes and time-saving ideas to make the most of grilling season at BobEvansGrocery.com.

To watch a video of this recipe being made, scan the QR Code or visit the URL



https://youtu.be/plCW_r_oH768



Crunchy Jalapeno Potato Poppers

- 1 package (24 ounces) Bob Evans Original Mashed Potatoes
- 1 cup Monterey Jack cheese, shredded
- 1 cup sharp cheddar cheese, shredded
- 4 ounces diced jalapeno peppers, drained
- 8 ounces taco flavored tortilla chips
- 2 large eggs
- 6-8 tablespoons vegetable oil
- 1/3 cup all-purpose flour
- sour cream (optional)

Stir together cold mashed potatoes with Monterey Jack and cheddar cheeses and diced jalapenos.

Scoop 48 tablespoonfuls of potato mixture and place on parchment- or wax paper-lined baking sheet. Refrigerate 15-20 minutes.

In bowl of food processor, pulse tortilla chips to fine crumbs or place chips in large, zip-top bag and smash

using rolling pin. Pour crumbs into shallow bowl.

Beat eggs and pour into separate shallow bowl. Set aside.

In fryer or Dutch oven, heat oil to 350 F.

Remove mashed potato scoops from refrigerator and roll into balls. Roll each mashed potato ball in flour, tapping off excess. Once potato balls are coated in flour, dip each into egg, allowing excess to drip off, then into tortilla chip crumbs, making sure to coat evenly. Set on clean baking sheet. Discard excess flour, egg and tortilla chip crumbs.

In hot oil, fry small batches of mashed potato poppers until golden brown, 30-40 seconds. Remove from fryer and place on paper towel to drain excess oil. Repeat until all poppers are cooked. Serve hot with sour cream, if desired.

Note: To reheat poppers, bake 6-8 minutes at 350 F.



Barbecue Macaroni and Cheese Burger

- 1 pound ground beef
- 1 pound Bob Evans Original Roll Sausage
- 1 package (20 ounces) Bob Evans Macaroni and Cheese
- 8 hamburger buns
- 4 tablespoons barbecue sauce
- 1/2 cup French fried onion straws

In large mixing bowl, blend ground beef and sausage; divide into eight patties.

On grill over medium heat, cook burgers on each side until no longer pink in center and internal temperature reaches 160 F, about 15 minutes.

Heat macaroni and cheese according to package instructions.

Place patties on buns and top each with 1/4 cup macaroni and cheese, 2 teaspoons barbecue sauce and fried onion straws.

Cauliflower Soup

- | | |
|---|-------------------------------------|
| 1 head of cauliflower, cut into bit size pieces | 2 quarts (32 oz. box) chicken broth |
| 3 tablespoons butter | 2 tablespoons butter |
| 1/2 onion, chopped | 3 tablespoons flour |
| 1 carrot, diced | 2 1/2 cups milk |
| 1 stalk celery, diced | 2 – 4 teaspoons salt |
| 2 tablespoons parsley, finely chopped | 1 cup sour cream |

Cook onion in 3 tablespoons of butter till transparent. Add carrot and celery, cook until slightly tender. Add cauliflower, parsley and chicken broth and cook for 15 minutes. Melt 2 tablespoons butter in microwave and add 3 tablespoons flour, stir. Add to soup. Add milk & salt. Simmer until slightly thick and warm. Stir in sour cream before serving. My husband thought he didn't like cauliflower; now he begs for this soup!

Florence Freisen, Henderson, Nebraska

Apple Scotch Dessert

- | | |
|-------------------------------|----------------------------|
| 1 1/4 cups packed brown sugar | 1 tablespoon baking powder |
| 1 tablespoon cornstarch | 1/2 teaspoon salt |
| 2 cups cold water | 1/3 cup margarine |
| 1 1/2 teaspoons vanilla | 3 cups sliced apples |
| 1/4 cup margarine or butter | 3/4 cup milk |
| 1/4 cup sugar | 4 tablespoons sugar |
| 2 cups flour | 1 1/2 teaspoons cinnamon |

Mix brown sugar, cornstarch, add water and cook till bubbly. Cook and stir two minutes more. Add vanilla and 1/4 cup margarine and pour into 13" X 9" X 2" baking pan. Next combine sugar, flour, baking powder and salt. Cut in 1/3 cup margarine, stir in apples and milk. Batter will be thick. Drop by tablespoon over syrup in pan. Combine sugar and cinnamon and sprinkle on top. Bake at 350 degrees for 50 to 55 minutes.

Cindy Brandner, Norfolk, Nebraska

Brandy Slush

- 1 pint Apricot Brandy
- 12 oz. frozen orange juice
- 12 oz. frozen lemonade
- 1/2 cup sugar
- 4 cups water

Stir all ingredients together and freeze for at least 24 hours until slushy. To serve use 1/2 cup of slush and 1/2 cup of 7-Up.

Maureen Wesseln, Norfolk, Nebraska

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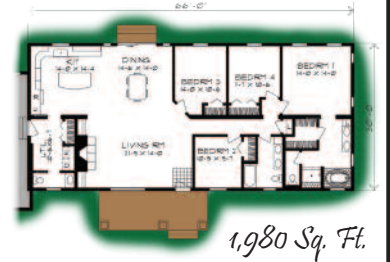
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This spacious Heritage Home features custom cabinets by the Heritage Cabinet Shop, living room fireplace with a raised hearth and quartz surround, large walk-in tiled shower, laminate floors, Cambria Quartz kitchen and bath counter-tops, full subway tile backsplash, stainless steel farm sink by Kohler, and a beautiful, large island bar.

**Tour this Home in Grand Island, NE
 at Husker Harvest Days Sept. 10-12th**



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