

RURAL ELECTRIC

NEBRASKAN

July 2017



Butler Public Power District

HELPING YOU LEAVE WORRIES BEHIND WHILE ON VACATION

Some people like to take in many activities while on vacation, while others prefer to just kick back and relax. Whatever you do on vacation, everyone hopes to leave worries of the daily grind behind. To help you accomplish this, the Energy Education Council and its Safe Electricity program have tips to lower your electricity use and help keep your home safe while you are away.

Energy vampires are a source of energy drain in unoccupied homes. Unplug appliances and electronics. You will not use your computer or television while you are away, but they will continue to use energy and waste money if you do not unplug them. It also reduces the chances of a power surge and associated fire hazards.

Change thermostat settings before you leave. When temperatures are warm outside, it is unnecessary to keep your home as cool as you normally would since you will not be in it. You will save money on your electrical costs when the indoor temperature is as close to the outdoor temperature as possible. Turn the thermostat up to a warmer temperature, or turn it off entirely. The Department of Energy warns that you should not set your temperature higher than 90 degrees. At this level of heat, appliances such as your refrigerator can sustain damage.

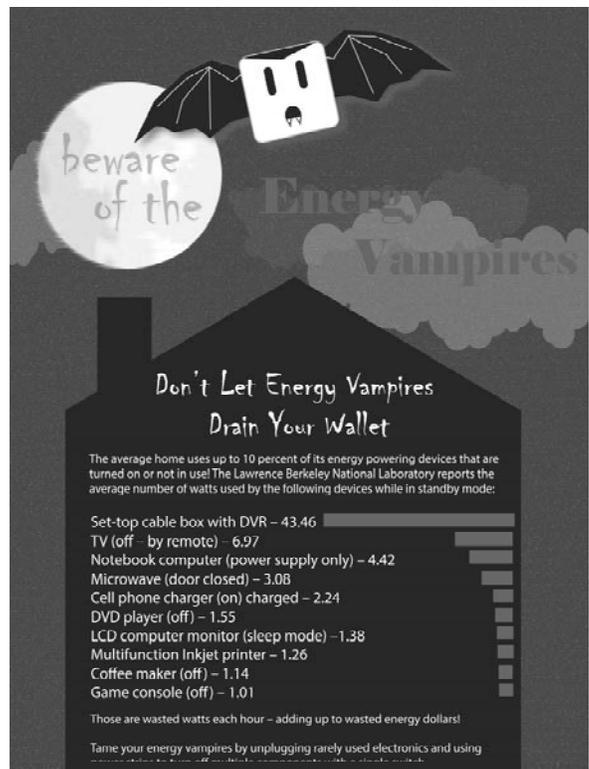
Before you leave town, also remember to secure all window covers, such as lowering blinds and closing curtains, to slow the temperature climb in the home.

If you have a programmable thermostat, you can adjust it to cool down the house just in time for your return home.

Adjust the water heater. Water heaters continue to use energy to keep the stored water warm. Since you are not using this water while on vacation, either adjust the water heater temperature to the lowest setting, or turn it off if you will be gone for more than three days. Once you return home, be sure that you run the tap before turning the water heat on once again. This will avoid potential damages to the water tank.

If you plan on leaving lights on to deter burglars, put the lights on a timer. You can save money by not having lights on constantly and make it appear that people are home by varying the times the lights are on.

For more tips on electrical safety and efficiency, visit SafeElectricity.org.



THIS ISSUE

- Helping You Leave Worries Behind While on Vacation
- From the Desk of the General Manager — Large Outages After Normal Business Hours
- Irrigation Load Control Messages Begin June 1st
- Keep Food Safe
- Butler Public Power District Board of Directors



From the desk of ...
the General Manager

Large Outages After Normal Business Hours

The office is closed and there happens to be a large outage. The 2-man on-call crew starts getting flooded with phone calls. Outage calls are coming in so fast that the Linemen can't even get dressed to respond to the outage. The decision is made to delay answering a few customer calls, while they get dressed. Once they are on the way to the office, they begin answering calls again. They determine they will need more help, so they again make the decision to delay answering some customer calls and contact additional crews to respond. Now they form a plan how to deal with the outage. Customers continue to call in and report that they are without power. As more help arrives the phone system is switched from the on-call cell phones to the office phone system. Most generally only one person is assigned to answering the phone calls on these types of outages. Even with the phones switched, all phone calls cannot be answered. On occasion, another employee will be called in to help with the phone and even then not all calls get answered.

When a customer calls the office during an outage and it rings and rings, it's not that we aren't answering our customers phone calls, it's just that in large outages, the volume of calls that come in are greater than we can answer at one time. It is important that our customers continue to call in and report the outage, but it may take two, three or four tries to eventually reach us. If you leave a voice message, it will not be listened to until the following day because the after hour personnel do not have the capability to retrieve them. It is key to hear from our customers during outages, your call might be the call that gives us the information that helps restore the power.

So, the next time you are calling in your outage and it rings and rings, please don't give up on us, we are answering the calls as fast as we can!

If you have any comments or concerns, please contact General Manager Mark Kirby.

Irrigation Load Control Messages Begin June 1st

Numerous ways to receive timely up-to-date load control information

Irrigation Hotline: (800) 377-0441

Website: www.butlerppd.com

Text Message: Receive load control information by cell phone and/or e-mail (contact us to sign up)

IMPORTANT REMINDERS...

- « Keep service disconnects "**ON**" to receive all the proper load control signals.
- « **UNAUTHORIZED** bypassing of a load control unit is a serious offense. Fees will be assessed to the account holder for any unauthorized bypass. The fees will include a "no control rate" assessment, and all fees associated with a control change during the control season. Service may be disconnected if there is a continuous cycle of tampering with District property.
- « If you have questions about load control on a specific well or when reporting an outage, please have your **ACCOUNT NUMBER** and/or **METER NUMBER** available to help us with the location of your service.
- « **PLEASE** notify the District if chemicals are sprayed on your fields that might present a health hazard to our linemen should they enter your field to perform maintenance.

Keep Food Safe

Before, During and After a Power Outage

Unfortunately, power outages do occur from time to time. It's important to know how to keep your food safe during an outage. Use these tips from USDA to help minimize food loss and reduce your risk of illness.

Before power outage



Keep refrigerator at **40° or below**. Freeze items like fresh meat and poultry that you won't use immediately.

Keep freezer set to **0° or below**. Group frozen foods to help items stay colder longer.



If you anticipate an extended power outage, buy dry or block ice to keep the fridge and/or freezer cold.

During power outage

Keep the refrigerator and freezer doors closed!

If the doors stay closed during the length of the outage:



A full freezer will hold its temperature for **48 hours**.



A refrigerator will keep food safe for **four hours**.

After power outage



Check the temperature inside your refrigerator and/or freezer.



If the temperatures are safe, the food should be safe to eat.

Foods that should be thrown out after an extended power outage:



Source: USDA

Butler Public Power District Board of Directors

Butler Public Power District was organized to provide electric energy to the rural areas of Butler and western Saunders County. We are a locally-controlled political subdivision of the State of Nebraska, governed by a seven-member elected Board of Directors. Directors are publicly elected by voters from the seven director districts throughout our service territory during general elections in November. Each director serves a six year term with no limit on the number of terms served.

The general responsibility of the Board of Directors is to represent the Butler PPD customers while providing customers with low cost and reliable service. The Directors are the voice for our customers. The obligation of the Directors is to protect the rights of customers by establishing policies and rates of the District. They authorize major district actions including annual budgets, work plans, and financial audits in addition to reviewing annual audits, cost of service studies, and financial projection studies. They also recognize that legal representation and effective use of attorneys are critical to the success of the District.

Directors attend monthly board meetings for the conduct of business in order to fully represent their constituents. During these monthly meetings is where prudent business decisions are made while monitoring budgets and reviewing all district expenditures. They are also encouraged to attend statewide, national and regional meetings, conferences, seminars and rallies.

Directors participate in regular training and educational programs to keep apprised of matters affecting the operations and business of the District, including financial conditions, significant risks, industry and regulatory changes, and performance measures of the district. Each Director is encouraged to become certified under the Credential Cooperative Director (CCD) program of the National Rural Electric Cooperative Association (NRECA). This training program is a classroom-based set of five courses that focuses on basic governance knowledge and skills required of power district directors. It provides the important foundation directors need to effectively oversee the business of the power district. Currently five of Butler PPD's directors have completed this program.



Butler Public Power District Board of Directors in session at the June Board Meeting.
(Left to Right) Gary Kucera, Gary Yindrick, Vice President Mike DeWispelare, General Manager Mark Kirby, President John Schmid, Attorney James Papik, Treasurer Mark Blazek, Larry Dauel, Daryl Crook

Department Highlights

Each month we will be highlighting one or two Departments of Butler PPD. It will include a picture of the employees associated with the department and a description of the responsibilities, functions, job requirements, job duties, required education, continued education and other important information of the department. Our goal is to educate you about each department and what we do to provide low cost, reliable, excellent service to you.

Butler Public Power District

Serving Butler and Saunders Counties Electrically

www.butlerppd.com

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David City, NE 68632

Office Hours
7:30 a.m. - 4:00 p.m.
Monday - - Friday

Butler PPDs mission is to safely provide low cost, reliable, excellent services to Butler and Saunders Counties customers.

Drug Companies Fear Release of the New AloeCure

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



by David Waxman
Seattle Washington:

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

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

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

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

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

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

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

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

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

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

RAPID ACID AND HEARTBURN NEUTRALIZER

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

SIDE-STEP HEART CONCERNS

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

UNLEASH YOUR MEMORY

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

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

SLEEP LIKE A BABY

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

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your

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

SAVE YOUR KIDNEY

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

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

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

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

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

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

HOW TO GET ALOECURE

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

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-746-2898** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

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

RURAL ELECTRIC
NEBRASKAN

"The Rural Voice of Nebraska"

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Freelance writer LaRayne Topp makes a stop at the Country Market in Stanton County. More than 100 vendors arrive on the first Saturday of the month—from July through October—and lay out their wares. They set up along the curving sidewalks and beneath tall shade trees in what was once a 10-acre state rest area along Highway 275 east of Norfolk.

Five Ways NPPD Nurtures Nature 14

Pat Pope, Nebraska Public Power District president and CEO, explains that environmental stewardship isn't just a phrase in the company mission statement. He lists five ways NPPD is working to protect the environment and operate responsibly across the state.

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On the cover

Gerald Nelson of Rosalie, Nebraska, displays his colorful welded creations along with farm-fresh sweet corn and cucumbers at the Country Market. See related article on page 6. Photograph by LaRayne Topp



by Wayne Price

The story of public power is worth remembering

Nebraska has the distinction of being the only state in the U.S. that serves 100 percent of its people with public power. All the rest have a mix of public power and privately owned companies. These companies are known as investor owned utilities or IOUs and they sell electricity as a way to make money for their stockholders.

Nebraska actually started out like all those other states. When the generation of electricity first started in the early 1880s, businessmen formed electric companies that provided service to cities and towns for lighting. By 1902 there were 43 private electric companies operating in the state. These companies saw no profit in building power lines to serve sparsely populated areas. They even went so far as to oppose the creation of electric cooperatives that were willing to serve the rural areas.

People living in rural areas had limited access to electricity with less than five percent of farms having electricity by 1920. Not having electricity on the farm meant they could not use any of the new labor-saving equipment powered by electric motors. This didn't sit right with Nebraska Senator George Norris. He believed that all Nebraskans should have access to affordable electricity.

In 1933 the Nebraska Legislature passed Senate File 310 authorizing public power and irrigation districts to be formed as public corporations and political subdivisions of the state. This legislation paved the way for two of Nebraska's more recognizable traits, irrigation and public power.

Norris worked with President Franklin D. Roosevelt and in 1936 saw the passage of the Rural Electrification Act. This act stipulated that power generation and delivery systems were to be owned by the public for the public good. While criticized by many as being socialistic, Norris believed that public power represented a way to ensure that every citizen was provided with reliable service at a reasonable price. Norris viewed every river in America as a way to deliver reliable electricity to the nation.

With passage of the Rural Electrification

Act, public power providers gained the upper hand in their battle against the private power companies. The founding members of Nebraska's public power districts and electric cooperatives went door to door to collect \$5 in order to raise a portion of the original investment the utility needed. Public power ownership rests in the hands of the people who use the utility's goods and the services, not investors.

By 1943, 16 public power districts and 35 rural electric districts were created in Nebraska. The U.S. Supreme Court broke up the private holding companies and gave public power entities the opportunity to begin acquiring the generation and transmission facilities owned by the private power companies. By 1949, all of the private companies in Nebraska had been purchased by public power systems. Nebraska became the nation's only state to be served entirely by public power, a distinction that still holds more than 60 years later.

Still today, the decisions governing your not-for-profit rural electric system are made by locally elected consumer-owners. Unlike investor owned utilities, there are no majority shareholders making decisions to maximize profits; only locally elected individuals that receive the same service that you do.

With local control also comes access. Unlike private power suppliers, public power board meetings are open to the public. If you have a concern, you can attend the board meeting and be heard. Try doing that at a private electric utility.

The concept of delivering reliable, affordable electrical service to all Nebraskans at the lowest possible cost has remained the basis for public power and is why Nebraska's electric rates are 15 percent below the national average. The governing board members have a stake in every decision they make and have a sincere concern for their community.

Nebraska MEP continues to help ag producers and small businesses

A grant will reduce the cost of energy audits required of agricultural producers and rural small businesses when they apply for grants or loans from the U.S. Department of Agriculture for energy efficiency improvements.

The reduced-cost energy audits apply to both grants and loans obtained from the USDA Rural Development (USDA RD).

The audit service is offered by the Nebraska Manufacturing Extension Partnership (MEP) at the University of Nebraska-Lincoln, which received an Energy Audit Assistance Grant from USDA RD. Qualifying businesses pay only 25 percent of the audit cost. The remainder is covered by the grant.

The Rural Energy for America Program (REAP), administered through USDA RD, provides guaranteed loan financing and grant funding to agricultural producers and rural small businesses to purchase or install renewable energy systems or make energy efficiency improvements.

Improvements may include high-efficiency heating, ventilation and air-conditioning systems; insulation; lighting; cooling or refrigeration units; doors and windows; electric, solar or gravity powered pumps for sprinkler pivots; switching from a diesel to electric irrigation motor; and replacing energy-inefficient equipment.

USDA RD requires REAP energy efficiency applicants to have an energy audit completed by a third party prior to applying for these funds. "For the applicant, this involves an introductory meeting and a review of existing systems to determine where improvements are needed or desired by the client," according to Matthew Jorgensen, Project Specialist at the Nebraska MEP.

Jorgensen also noted that, in order for a project to be eligible for the program, no work can have already

started; the producer or business cannot be reimbursed by USDA after the fact.

The deadline for the next round of REAP grant projects is Oct. 31, 2017.

Jorgensen said Nebraska MEP is targeting areas of the state for audit assistance where applicants cannot get a free audit from their local electric utility provider. In the western half of Nebraska, those areas include parts or all of these counties: Arthur, Box Butte, Chase, Cheyenne, Custer, Deuel, Dundy, Frontier, Furnas, Keith, Kimball, Morrill, Perkins, and Scotts Bluff.

To get started, contact Jorgensen at the Buffalo County Extension Office in Kearney, 308-293-5884, or mjorgensen@unl.edu. Additional information is available at the Nebraska MEP website at <http://nemep.unl.edu>. Or contact Marla Marx, Business Programs Specialist, USDA Rural Development, at the Scottsbluff Office, 818 Ferdinand Plaza, Suite B, 308-632-2195 ext 132. The agency's website is <http://rd.usda.gov/ne>

Jorgensen said ag producers and small businesses can reap a number of benefits by undertaking energy efficiency projects supported through REAP. "An estimated half of the energy produced in the United States is wasted somewhere in the process of production, distribution and consumption, mainly due to equipment inefficiency and mechanical and thermal limitations," he said. In 2012, U.S. manufacturing was responsible for 25 percent of U.S. energy use.

"Clearly, there are opportunities out there to save energy – and money," he said. "Understanding how energy is used and wasted can help your operation pinpoint areas of energy intensity and ways to improve efficiency."

Even small improvements in efficiency can yield large energy savings. Plus, there are opportunities

to save energy and money running and maintaining computer systems, servers, and associated high-performance components.

Nebraska MEP is the state's lead resource for manufacturing support and assistance aimed at enhancing the productivity and technological performance of small- and mid-sized manufacturing enterprises. MEP offers an assortment of services to help manufacturers grow, compete, and excel in the global marketplace, by leveraging relationships with technical specialists at UNL and a network of external providers.

Nebraska MEP offers services in the areas of continuous improvement, quality management, marketing and growth, sustainability, and workforce development.



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TREASURES GALORE at

by LaRayne Topp

More than 100 vendors pack their vans on the first Saturday of the month—from July through October—travel to The Country Market Days near Pilger, Nebraska.

Lori Ruskamp's grandpa bought her grandmother two houses: a main one to live in and one in which to display her treasures. When Lori was just a little girl she would steal over to the second house, sneak around her grandmother's stuffed crocodile, and take her place at an old pump organ, happily pedaling away on the wheezing antique.

Even as a young girl, Lori and her grandmother were seasoned "pickers." They hunted for treasures everywhere, even in the sand pasture blow-outs and farm groves where neighboring farmers abandoned their unwanted junk.

"American Pickers? I grew up with that. I've been picking since I was so tall," Lori says, referring to the popular TV show and holding her hand waist-high. "It's in my blood."

It's also in the blood of hundreds who turn out each year to scout

through the treasures for sale each summer at The Country Market Days near Pilger, Nebraska.

More than 100 vendors pack their vans on the first Saturday of the month—from July through October—travel to Northeast Nebraska and lay out their wares. They set up along the curving sidewalks and beneath tall shade trees in what was once a 10-acre state rest area along Highway 275 east of Norfolk. Chosen in the late 1960s by Lady Bird Johnson's Highway Beautification Project, the site overlooks the Elkhorn River valley, plus the location mark the spot where Omaha and Sioux Indian tribes battled in 1848. Today, it's owned by a local investment group, Elkhorn Valley Horizons.

Lori and her husband, Bernie, have been managing The Country Markets since 2013. Initially a place for folks to purchase hand-crafted



items, home-baked goodies and produce, today The Country Markets include a little bit of everything. Flea market items, doll houses, boutique clothing, rugs, handicrafts, jams and jellies, pickles and pies, baked goods and jewelry fill the tables and trailers of vendors.

There's the usual, but also the odd and unusual. There's homemade, deep dish, fruit pies, and Adirondack chairs. There's also glass terrariums filled with succulents, and etched bowls originated from gourds. Pathway lighting fashioned from grandma's vintage glass vases and dishes. Cement garden planters created using the gigantic leaves of hostas and dogwood trees as molds.

Lori Ruskamp calls it an "eclectic mix of vintage goods, antiques, furniture, produce, oddities, and repurposed, junk-fabulous, handcrafted items with a wee smidgen flea hopping madness."

Take Scott and Jamie Charette's Liberty Acres, for example. They bring farm fresh eggs to sell, plus clear, homemade root beer, 20 types of wild fruit jelly, and mild and hot salsa.

"It's not hot," Scott says, "it's stupid hot! People have to sign a waiver to eat it."

And then there are the women who make up Best Friends Creations: Connie Otto, Pam Flesner and Sherrie Biggs. All Pierce, Nebraska, natives, they now make their homes in Nebraska and Kansas. They meet in-between, in St. Joseph, Missouri, for three-day sewing marathons. They take along three sewing machines, three sergers, and yards and yards of fabric. While together they create baby blankets, aprons, table runners and much more. When they're done, they leave behind lots of thread, bringing back with them

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Opposite: Doug Davis of Norfolk, Neb., sorts through a table of treasures.

Above: Connie Otto, Pam Flesner and Sherrie Biggs, from the left, make up Best Friends Creations. They meet regularly, bringing yards of fabric, sewing machines and sergers for sewing marathons, leaving behind lots of thread.

Treasures Galore From page 7

items to sell at The Country Market and other locations in Nebraska, Missouri and Kansas.

Eric Dufek of Bancroft is also a vender you'll run across at The Country Market. He makes wishing wells. Not just any old wishing wells, but quaint and colorful ones he's recycled from used tires, scraps of wood and broken pallets. Fittingly, he calls his business Pallet Art by Eric.

Some folks discover treasures in piles of discarded junk, and others create treasures from discarded junk. You'll run across home décor at The Country Markets, freshly painted and ready to set in your living room, or an ordinary cabinet which you can redesign yourself. You'll discover vintage items—dishes, toys, old lamps and antiques—and also rougher primitive pieces.

“One person might look at an item and say it's a garage sale item, and I think vintage treasure or my kids' next 4-H project,” Lori says. That's not all there is to see. “There's usually a kitten,” Lori says. “Pot-bellied pigs. A goat. And I've had bunnies.”

A number of visitors complete their Christmas shopping at The Country Market, looking for the

perfect, unusual gift. They enjoy lunch on the grounds, plus various programs presented in The Country Market's center square beneath the yawning blades of a giant wooden windmill. A poet's been known to show up, as well as the “Bug Lady” who talks about bees, plus a trio—The Front Porch Pickers—who provide a musical background with a guitar, a banjo and a harmonica. A photo station is set up nearby where visitors can have their photograph taken on the back of an old pickup or as the focal point of a vintage picture frame.

In the beginning years, Civil War Reenactors set up, arrayed in the uniforms of Union Soldiers with all the accouterments soldiers of their era were known to carry along. Event organizers hoped they would attract visitors. That's not a problem anymore as there's so many vendors and attendees there's barely room for parking. To handle the overflow, The Country Market now has a second, corresponding location. Venue 2 is at the Village Park in nearby Pilger with as many as 30 vendors set up there.

For more information on both locations check out Country Market Days on Facebook. Lori's always delighted when Facebook visitors post the treasures they've found at The Country Market. Even something her grandmother would love.



Left: “Welcome Friends” seems to be the theme throughout The Country Market.

Top: Eclectic wares for sale.

Middle: Scott Charette of Liberty Acres hands out smiles along with homemade root beer and salsa, so hot he says his customers have to sign a waiver.

Bottom: Eric Dufek of Bancroft, Nebraska, shows wishing wells he's crafted from recycled wood pallets and tires.

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— J. Fitzgerald, VA



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We’ve all had nights when we just can’t lie down in bed and sleep, whether it’s from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we’d give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

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you to pause the chair in an infinite number of positions, including the Trendelenburg position and the zero gravity position where your body experiences a minimum of internal and external stresses.

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better posture to prevent back and muscle pain.



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The future of solar energy

The price of solar has fallen dramatically to become competitive with other generation sources. In 2015 and 2016, the United States installed more solar panels than in the previous 30 years combined. So how did we get here and, more importantly, what's next?

Solar power is actually a misnomer because it can refer to any power that comes from the sun. When people talk about 'solar power' these days, they usually mean photovoltaic, or PV, solar power. This is a specific physical phenomenon in which light strikes a material and causes an electric current. First discovered in 1839 by Edmund Becquerel, there wasn't a practical application of this effect until Bell Labs realized silicon was a photovoltaic material and used it to make the first solar panel in 1954.

At first solar panels were extremely expensive and only used for niche applications, such as satellites where the ability to produce electricity without fuel is

extremely valuable. Gradually the price for solar declined, and solar panels were used for remote off-grid applications and eventually on-grid applications.

Today many homeowners, companies and utilities have their own solar arrays, and many more are expected to be installed over the next few years.

Let's peek into the future at three different trends and technologies that could emerge: larger-scale solar installations (high probability); solar integrated into new building and home design (medium probability); and a dramatic technology idea of solar arrays in space (low probability).

Large solar arrays, often referred to as utility-scale solar, already make up the majority of newly installed solar capacity. A moderate sized utility-scale solar array can be the equivalent of over a thousand residential solar arrays, and every year ever larger arrays are built. Currently, the largest solar array in the world is the Longyangxia Dam

solar station in China that covers an area greater than 14,000 football fields. One of the biggest benefits of these systems is their cost per panel. Installing a large solar array is less than half the cost of putting it on your roof. As solar costs continue to fall and more utilities and other large players get involved, you can expect to see solar trending towards more of the larger arrays.

Many companies have tried and failed to develop products that double as both a building material and a solar panel. Known as building integrated photovoltaics (BiPV), typically, these are either solar shingles or solar windows. The dream is a building material that costs the same as its non-solar counterpart, but also produces electricity. If the costs come down to this point, and as new houses are built, windows replaced or roofs redone, they could be replaced by solar parts. This technology has recently gotten more attention from the media because Tesla is planning to begin selling solar rooftop shingles in April 2018.

Lastly, one of the most spectacular ideas for future solar arrays is to put them into space. Large solar arrays would be blasted into space, self-assemble, then beam their power down to earth as microwaves or lasers. There are several advantages to this.

First, without clouds or the earth in the way, these panels will produce electricity 24/7. Second, without an atmosphere in the way, more light would actually reach these panels, making them more productive. Lastly, the power could be sent anywhere in the world, as long as there is a receiving station. Many conceptual designs exist for this technology, and there are a number of companies around the world working on making this a reality, but the major problem is still the high cost of sending materials into space.

Until Elon Musk develops a cheap, reusable rocketship, or the U.S. builds an elevator to space, this technology will remain just pie in the sky.

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National energy trends are changing how your power is generated

Solar, wind and natural gas are changing the energy landscape.

The mix of fuels that keeps your lights on is changing. In fact, the fuel mix has changed so much over the last three years that energy statisticians have revised the way they collect data to get more information on things like rooftop solar and how utilities are using batteries to manage the power grid.

The trends creating that new fuel blend will continue for the next several years, says a report released in April by a panel of electric co-op experts in the Business and Technology Strategies Department at the National Rural Electric Cooperative Association (NRECA).

The rise of renewable energy paired with less expensive and abundant natural gas have cut into coal's dominance as the top fuel source for electric generation. The report by NRECA says the forces behind those trends are so strong they will continue even as President Trump has come into office with plans to reverse previous energy policies.

"The electric industry has changed dramatically in just the last few years," says the report, titled "Electric Industry Generation, Capacity, and Markets Outlook."

The report continues: "Although the new administration in Washington may provide relief from pending

environmental regulations, the industry is still faced with future uncertainty as electricity market fundamentals are driving substantial changes in the energy outlook."

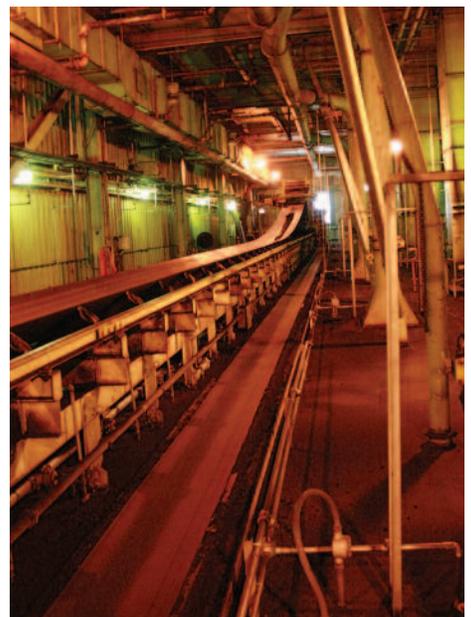
The natural gas advantage

The biggest shift shows up in the decline of coal as the main electricity fuel, with the retirement of dozens of coal-fired generating units every year for the past five years. In 2013, coal generated 39 percent of the nation's electricity, with natural gas in second place at 28 percent. Preliminary figures for last year show that natural gas moved into the lead, generating 33 percent of the electricity in 2016, compared with coal's 30 percent.

Coal's electricity market share could rebound in the next year or two. However, new reports from EIA forecast that natural gas will remain the largest source of generation through at least 2018, says one of the authors of the report, Lauren Khair, regional economic analyst at NRECA. But over the long term, she says, "You are going to see that natural gas is going to be the largest share of electricity generation on an annual basis."

The team that wrote the NRECA report cites several reasons why natural gas is overtaking coal:

- The shale gas revolution has



dramatically increased the supply and lowered the price of natural gas.

- Environmental regulations, specifically rules limiting emissions of mercury, have forced coal plants to either invest millions of dollars in pollution control, or shut down.

- Natural gas plants, which are smaller and quicker to build, are more flexible, meaning they are capable of starting up and shutting down, and adjusting their output as power demand changes.

Wind and solar energy are also factors in the fuel mix changes. Wind and solar supplied 3 percent of the electricity in 2008, then more than doubled that figure to 7 percent in 2015.

The changing fuel trends have caused the government's collector of energy data, the Energy Information Administration (EIA), to ask utilities for more information. The number of large solar power installations owned by utilities is growing, as well as the number of homeowners with solar panels on the roof.

"They saw a hole in the data and changed their forms to capture more of this information," says Khair. She says EIA is adding questions to their survey that indicate another change—questions about how utilities are using batteries and additional storage devices to avoid

some of the problems caused by power outages, and to store renewable energy for times when the sun isn't shining or the wind isn't blowing.

The value of reliability

The NRECA report says solar and wind energy will continue to increase its share of electricity generation because of falling prices resulting from improved technology and mass production, and from tax incentives and other government programs supporting renewable energy.

Although renewable energy is growing fast, there's still a lot less of it than other fuels, so it's only beginning to make a difference in the share of electricity it generates. In 2013, non-hydroelectric renewables generated 6 percent of the nation's power. By 2015, that number grew to 7 percent, and NRECA says it is projected to reach 10 percent by 2018.

The original source of renewable electricity, hydroelectric dams that generate power from flowing water, has been more stable, producing 6 percent of the electricity in 2015. That could increase, says another of the NRECA report's authors, because of recent heavy rain and snow in the western United States.

"Hydro is driven by rain and snow, and there was a very bad drought in California and the west for the last few years," says Michael Leitman, strategic analyst at NRECA. "You have seen a real turnaround in the snowpack and the rain. So it's likely that 2016 and 2017 will show up with much more hydroelectric output."

The steadiest share in the electricity fuel mix has been nuclear power, which has generated about a fifth of the electricity for decades.

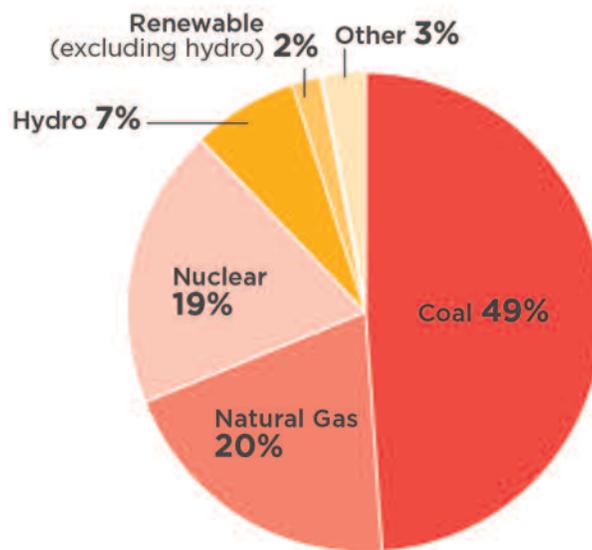
Utilities value that kind of consistency, because consumers want electricity available all the time. While the popularity of renewable energy grows, wind and solar are referred to as "intermittent" power sources because they're not always available.

Another of the report's authors, Joe Goodenbery, senior economist at NRECA, stresses the value of using several fuels—coal, natural gas, nuclear, hydroelectric and renewables: "With the changing generation mix, we shouldn't overlook the continued importance of fuel diversity to ensure reliability."

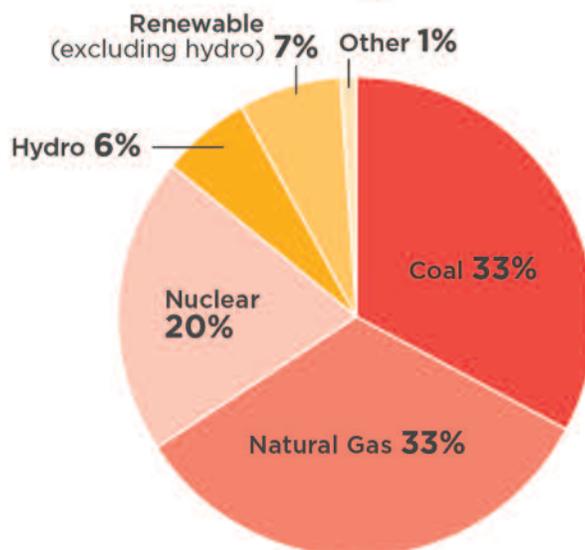
National Energy Source Trends

The way your electricity is generated is changing. Below is a comparison of energy sources used to generate electricity in 2006 and 2015. Natural gas is catching up to coal and will likely be the dominant fuel source for 2016, according to preliminary data from the Energy Information Administration (EIA).

2006 Energy Sources



2015 Energy Sources



Source: Energy Information Administration (*national data)



By 
Patrick Pope
NPPD PRESIDENT & CEO

5 Ways NPPD Nurtures Nature

My love of the outdoors was instilled in me at a very young age. As a kid, I fought off villains with swords made from sticks found in the park. I spent endless hours outside, fishing and building mighty fortresses out of sand by the lake. After a warm, summer rain, there wasn't a puddle I wouldn't gleefully jump into.

To this day, that love hasn't faded. Instead, my appreciation for nature has grown considerably throughout my career at NPPD -- a place that values protecting the environment -- from the vast, overreaching sky to the smallest minnow.

Environmental stewardship isn't just a phrase in our mission statement. It's not a placeholder for pretty words in our annual report.

It is, however, something we strive for each day. And, we take it really seriously. We have to. We serve customers in 86 of Nebraska's 93 counties. We build infrastructure that covers in excess of 75,000 square miles. That's a lot of ground, air and water to look after. But we do, because we are determined to operate responsibly, and with integrity. **Why? Because we care.**

We care about clean air and clean water. We care about preserving our natural resources and the prosperity of our land. We care about protecting wildlife. And, we show we care in everything we do.



Installing bird flight diverters



American Burying Beetle



Piping Plover

1 We look after endangered species.

No matter what the task at hand, we complete investigations on migratory bird flight patterns, ecosystems, and threatened or endangered species. NPPD goes to great lengths to minimize impact to and preserve the environment when generating and transporting energy. This is especially true during construction of transmission lines, when numerous environmental impact surveys, studies and plans are completed before a single shovel is pushed into the ground.

Whether we are developing habitat for the endangered American Burying Beetle on 500-plus acres of land we are looking to acquire for their safekeeping or placing more than 4,000 bird flight diverters on transmission line this year (with plans to place thousands more in future years) to help birds identify and steer clear of the lines, you can trust us to protect not just endangered or threatened species, but all wildlife and vegetation.

2 We invest in habitats.



Monarch butterfly



Bluehole Sand Pit

In 1992, NPPD purchased Cottonwood Ranch Property, 2,650 acres of grassland, river and forest along the Platte River in west central Nebraska to make the area suitable for waterbirds like whooping and Sandhill cranes to roost. We ensure it is free of vegetation, has predator deterrent measures in place and is removed from the public. We've developed islands and sand pits as nesting habitats for the threatened piping plover and endangered least tern. We regularly complete studies on fish larvae and shellfish species in our water systems so a delicate balance of populations is met. And, just last year, we designated a 50-acre tract of land near Beatrice Power Station as a breeding ground for the Monarch butterfly and other pollinators to encourage proliferation -- and we're looking into more grounds this year!



Left to right: Land prior to using composite matting, with matting in use, and after matting.

3 We leave the land in better condition than we found it.

Perhaps one of the most successful examples of this is composite matting we are using to build our Muddy Creek to Ord transmission line. Using the matting, we can move large, heavy machinery where ground is soft or delicate, preventing rutting and damage to local flora and fauna.

We are especially aware that the Sandhills area is beloved by residents, who value the unique landscape. That’s why, as part of our permitting process, we have detailed habitat conservation and land restoration plans in place to protect and honor the land and local species during construction of the R-Project. Whether we construct power lines using helicopters during winter or work with landowners to address concerns, you can bet we’re going above and beyond to avoid, minimize and mitigate impacts.

Finally, we participate in Arbor Day festivities each year by donating and helping students plant trees in their communities.

4 We educate the masses.



Zebra mussels



Emerald ash borer

Invasive species such as zebra mussels, Asian carp and the emerald ash borer can be detrimental to the ecosystem. They can threaten electrical generation at NPPD’s Gerald Gentleman Station and Cooper Nuclear Station by clogging water intake structures and other equipment. That’s why NPPD educates the public yearly on proper prevention measures to take when visiting one of our many recreational areas, like cleaning, draining and drying boats immediately after use.

We educate ourselves, too, by staying informed of and involved in environmental discussions on behalf of organizations such as the Nebraska Department of Environmental Quality and the Avian Power Line Interaction Committee.



Gerald Gentleman Station



Sheldon Station

5 We generate electricity responsibly.

It’s common for us to go a step (or two or three!) further in complying with state, national and federal environmental regulations, and I’m proud to say our power plants meet current limits and standards for emissions. Teammates continuously test and monitor air, water and soil at our facilities. Not only are we committed to making investments in carbon-free generating resources and emission control technologies at our plants, but we use low-sulfur coal from Wyoming. Last year, we even recycled more than 206,000 tons of fly and bottom ash from Sheldon Station and GGS! One of the more exciting projects is the current conversion of a coal-fired unit at Sheldon Station to hydrogen. Finally, we are eager to use what nature provides us - wind and solar - to generate power locally for retail and wholesale customers.

► We know it’s never enough. That’s why we have trained teammates who are dedicated to setting the bar higher to protect our environment. We invest in the environment because we want to ensure the best quality of life for Nebraskans.

As I see my grandkids running through the freshly mowed grass in a heated game of tag, I feel a sense of peace wash over me. Thanks to NPPD’s commitment to the environment, I rest easy knowing they – and future generations to come – will have the opportunity to enjoy the outdoors as much as I did growing up.

Watch for potential electrical hazards around water

When relaxing on or near the water, the dangers of electricity may seem far off. However, for those boating, fishing, and swimming, awareness of potential electrical hazards in and around the water is very important. Safe Electricity provides tips to help you stay safe when enjoying water recreation activities.

Be aware of your surroundings. Look out for signs that warn of hazards or areas where swimming is not allowed. Heed the advice, and never take a chance with your safety.

It is also important to look up and look out for overhead power lines. Always remember to look up before you begin to fish. Do not cast your line when you are anywhere near overhead lines.

Also, take the time to plan your route before transporting and launching your boat. Make sure the masts of sailboats have plenty of clearance from all overhead wires. Do not raise a mast or antenna when your boat is near a power line. Never attempt to move a power line out of the way so that a boat can pass underneath. Keep in mind that water



levels are constantly changing, altering the distance between the water and the line.

If your boat does come in contact with a power line, do not enter the water. The water could be energized. Instead, stay in the boat and avoid touching anything metal until help arrives or until your boat is no longer in contact with the line.

Do not swim around docks with electrical equipment or boats plugged into shore power. If you are in the water and feel a tingle of electric current, shout to let others know, try to stay upright, tuck your legs up to make yourself smaller, and swim away from anything that could be

energized. Do not head to boat or dock ladders to get out.

To help prevent the risk of electricity entering the water, have your boat and dock electrical systems regularly inspected and maintained by a professional familiar with marine electrical codes.

Check weather forecasts. You are not safe from lightning strikes while outside, so once you hear thunder, get to a safe shelter such as an enclosed building or an enclosed metal-topped vehicle with its windows up. Wait until at least 30 minutes have passed without thunder to return outside.

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

Murphy



Don't be fooled by common energy myths

We've all heard the old wives' tales, but did you know there are also many misconceptions about home energy use? Don't be fooled by common energy myths.

Myth: The higher the thermostat setting, the faster the home will heat (or cool).

Many people think that walking into a chilly room and raising the thermostat to 85 degrees will heat the room more quickly. This is not true.

Thermostats direct a home's HVAC system to heat or cool to a certain temperature. Drastically adjusting the thermostat setting will not make a difference in how quickly you feel warmer. The same is true for cooling. The Department of Energy recommends setting your thermostat to 78 degrees during summer months, and 68 degrees during winter months.



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Energy efficiency considerations for homebuyers

by Pat Keegan

Q : I recently became a real estate agent and several of my clients have been asking about the energy efficiency of the homes I show them. Do you have any suggestions about energy-related questions I should help my clients consider before they purchase a home?

A : It's great to hear that you want to help inform your clients. Many homebuyers do not consider energy costs (such as electricity, gas and propane), which are significant expenses for any home. The average home costs approximately \$2,500 in energy expenses per year. Think about how much money that is over the life of the home!

Your clients' preferences for the kind of new home they want to buy can have a strong influence on energy performance. For example, the size of a home is one of the most important factors that will determine energy costs. As square footage increases, lighting requirements increase, and more importantly, the burden on heating and cooling equipment increases.

In general, newer homes have better energy performance due to advancements in building codes, but buying a new home does not guarantee efficiency. Building codes are not always enforced, and a minimum-code home is not nearly efficient as homes built to a higher standard. For example, if energy efficiency or green features are a high priority for your clients, look for homes that have ENERGY STAR, Built Green or Leadership in Energy and Environmental Design (LEED) certifications.

Newer manufactured homes are typically much more efficient than

older manufactured homes but do not have to meet the same energy code requirements of site-built homes. Residents of manufactured homes spend about 70 percent more on energy per square foot of living space as residents of site-built homes. If your clients are considering a manufactured home, those built after 1994 or that have an ENERGY STAR label have superior energy performance.



Kanyon Payne, a home energy rater with United Cooperative Service, uses an infrared camera to show consumers where energy losses are occurring. Photograph provided by United Cooperative Service

Once your clients are interested in a specific home, one of the first factors they should consider is how the energy performance of that home compares to similar homes. Although you may request electricity, natural gas or propane bills from the sellers so that your clients can estimate how much it will cost to heat and cool the home annually, this is not a precise measure of home energy performance. The Home Energy Rating System (HERS) Index is like a "miles per gallon" rating for a home that allows consumers to comparison-shop based on energy performance, similar to the way they can

comparison-shop for cars. A certified RESNET Home Energy Rater will need to inspect the home and develop a HERS rating. This rating can be done during the inspection process, or you may request a HERS rating from the seller.

Although many homebuyers focus on energy features that have the strongest impact on the aesthetics of the home, such as windows and lighting fixtures, it's the hidden systems like appliances that have the most impact on energy performance. Heating and cooling systems consume about half of a home's energy use and are costly to replace. Here are a couple questions homebuyers should consider about heating and cooling:

- **How old is the heating system?** If the home's heating system is more than 10 years old, it may be necessary to replace it in the near-term.

- **What is the seasonal energy efficiency rating (SEER)?** Find out the SEER for the home's air conditioning system. If the air conditioner has a SEER of less than 8, you will likely want to replace it.

A home's building envelope insulates the home's interior from the outdoor environment and includes features like doors, walls and the roof. If the quality of the building envelope is compromised, it can contribute to higher heating and cooling costs. R-Value is the thermal resistance measurement used for insulation, indicating its resistance to heat flow. You may want to learn about the recommended R-value for homes in your region so you will have a general sense about the quality of a home's building envelope.

If your clients determine energy investments are necessary in a home they are considering, it can be helpful to call your local electric cooperative. Many public power districts and electric co-ops can assist with energy audits and offer incentives for energy efficient heating and cooling equipment.

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– Chuck Clemons

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Add Sizzle to Your Independence Celebration

A dazzling fireworks display may be the grand finale for your celebration, but you can make your mouthwatering menu a close second with these ideas to light up your Fourth of July. From bold burgers to crisp salads and sweet sides, give your guests plenty of reason to feel festive all day long. And don't forget to add a little indulgence for all ages with a DIY dessert bar.

When it comes to feeding family and friends on the Fourth of July, nothing pleases guests more than fan-favorite American bites fresh off the grill. Cheeseburgers are a tried-and-true classic for summer grilling season. Give your burger recipe a bold, sweet kick this Fourth of July with honey barbecue sauce and the finishing touch of delicious, smooth-melting Borden Cheese. Find more summer recipes to transform mealtime into memorable family time at bordencheese.com.

No summer picnic or grilling spread is complete without an array of mouthwatering sides. When planning your menu, go for variety with dishes ranging from rich and savory to light and refreshing. If you want to mix things up a bit, look for ways to dress up timeless favorites, like this take on baked beans that gets its sweetness from honey instead of sugar. Find more ways to sweeten up your celebration at honey.com.



Bold Honey Barbecue Burger

- 1 pound ground beef
- 1/2 cup chopped green onions
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 3-4 tablespoons steak seasoning
- 4 hamburger buns
- 1/2 stick melted butter
- 3/4 cup barbecue sauce
- 1 tablespoon honey
- 4 slices Borden Cheese American Singles
- 8 slices thick bacon, cooked until crispy
- 8 frozen onion rings
- 4 slices tomato
- fresh lettuce

Combine ground beef, green onions, garlic powder and cayenne pepper; form into four patties. Sprinkle both

sides of each patty with steak seasoning. Cover and chill. (Patties can be made several hours in advance.)

Brush buns with melted butter; set aside. In small bowl, mix barbecue sauce with honey; set aside.

Heat grill to medium-high heat.

Grill burgers to internal temperature of 160 F, about 4-6 minutes per side. Two minutes before burgers are finished, grill buns, butter-side down, until golden brown. Place cheese slices on burgers to melt.

Serve each burger on buttered bun topped with two slices bacon, two onion rings, honey barbecue sauce, lettuce and tomato.



Honey Baked Beans

- 4 slices bacon, diced
- 1/2 cup chopped onion
- 4 1/2 cups cooked navy beans (or 3 cans, 15 ounces each)
- 1/2 cup honey
- 1/2 cup ketchup
- 1 tablespoon prepared mustard
- 1 tablespoon Worcestershire sauce

Heat oven to 350 F.

Saute bacon and onion until onion is tender; combine with remaining ingredients in shallow 2-quart, oven-safe baking dish. Cover with lid or aluminum foil and bake 30 minutes. Uncover and bake 45 minutes longer.

Serve Up a Sundae Bar

The only thing better than a dish of cold ice cream on a hot summer day is the chance to make it all your own. Let guests create their own dishes of deliciousness with a DIY sundae bar. Start with a healthy supply of cups, spoons and towels to mop up inevitable drips then fill the bar with irresistible options like these:

- A sampling of ice creams, like vanilla, chocolate and strawberry
- Fresh sliced fruit
- Crushed candies and cookies
- Sauces (chocolate, caramel and something fruity, too)
- Assorted nuts
- Crunchy favorites like crumbled cones or salty pretzels
- Coconut (raw and toasted)

Chicken Gnocchi Soup in Slow Cooker

- | | |
|-----------------------------|--------------------------------------|
| 3 stalks celery | 1/2 teaspoon ground thyme |
| onion, use desired amount | 4 cups fresh spinach |
| 3 large carrots | 3 boneless, skinless chicken breasts |
| 2 tablespoons minced garlic | 3 cups heavy cream |
| 3 tablespoons flour | 1 16 oz. package gnocchi |
| 6 chicken bouillon cubes | Shredded Italian cheese blend |
| 8 cups water | |
| 1/2 teaspoon ground nutmeg | |
| 1 teaspoon salt | |

Chop celery. Grate onion and carrots. Cut chicken into small, bite sized pieces. Mix together water and flour until flour is dissolves. Place chicken, vegetables, water mixture, chicken bouillon and spices in slow cooker. Cook on low for 6-8 hours. About an hour before you are ready to eat, add heavy cream, baby spinach and gnocchi. Serve with Italian cheese sprinkled on top.

Lana Bartos, Columbus, Nebraska

Chocolate Lasagna

- | | |
|--|--|
| 1 package Oreo cookies | 2 8 oz. tubs Cool Whip |
| 6 tablespoons butter, melted | 2 3.9 oz. packages chocolate instant pudding |
| 1 8 oz. package cream cheese, softened | 3 1/4 cups cold milk |
| 1/4 cup granulated sugar | 1 1/2 cups mini chocolate chips |
| 2 tablespoons old milk | |

Crush Oreo cookies, use food processor or place in zip lock bag and use rolling pin. Make fine crumbs for crust. Transfer Oreo crumbs to large bowl. Stir in melted butter and use fork to incorporate the butter into the cookie crumbs. When the butter is distributed, transfer the mixture to a 9" X 13" baking dish. Press the crumbs into the bottom of the pan. Place pan in the refrigerator while you work on the additional layers. Mix the cream cheese with a mixer until light and fluffy. Add 2 tablespoons of milk and sugar and mix well. Stir in one tub of Cool Whip. Spread this mixture over crust. In bowl combine chocolate instant pudding with 3 1/4 cups cold milk. Whisk for several minutes until pudding starts to thicken. Spread over cream cheese mixture. Let set up for 5 minutes. Spread remaining Cool Whip. Sprinkle with mini chocolate chips. Freeze for one hour or four hours in the refrigerator, before serving.

Darlus McWilliams, Norfolk, Nebraska

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Advanced Technology Allows Macular Degeneration Patients To See Again

And Allows Many Low Vision Patients To Drive Again



*A scene as it might be viewed
by a person with age-related
macular degeneration*



*Same scene of Grandchildren
as viewed through telescope
glasses.*

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence - driving. Nebraska optometrist, Dr. Robert Stamm is using miniaturized telescopes which are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

“Some of my patients consider me their last chance or people who have vision loss” said Dr. Stamm, one of only a few doctors in the world who specializes in fitting bioptic

telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that will give you back your independence. Patients with vision in the 20/200 range can many times be improved to 20/50.

Bioptic telescopes treat both dry and wet forms of macular degeneration as well as other vision limiting conditions.

While there is currently no cure, promising research is being done on many fronts. “My job is to figure out everything and anything possible to keep a person functioning” says Dr. Stamm “Even if it’s driving”. “The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Stamm. “It’s like a self-focusing camera, but much more precise.”

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