

RURAL ELECTRIC

# NEBRASKAN

May 2018



Step Back in Time at  
**Fort Kearny  
State  
Historical Park**

# Butler Public Power District

## Delinquent Procedures Have Changed

Butler Public Power District changed delinquent procedures effective May 1st.

Collection trips to your location, in attempt to collect past due bills, will be eliminated.

Service will be disconnected on the 16th day of each month if payment or approved payment arrangements are not received. For those making payment arrangement, if the arrangement is not fulfilled, your service will be disconnected the day following the arrangement due date. It will also be your responsibility to verify that payment has been received prior to the disconnect date or the date your payment arrangement was due by contacting our office, using the smart app or by logging onto our website.

We offer several methods to prevent disconnection of electrical service.

- ▶ Complete the Customer Express Consent form to receive reminder phone calls and/or messages before disconnection
- ▶ Sign up for Alerts & Reminders - elect to receive the following e-mail and/or text messages
  - Payment Due Date
  - Past Due Reminder
  - Payment Confirmation
- ▶ Enroll in our Auto-Pay program through our website [www.butlerppd.com](http://www.butlerppd.com)
- ▶ Utilize our Payment Drop-Off Sites
  - Bank of the Valley, Bellwood & Columbus *\*Branches ONLY\**
  - Cornerstone Bank, Rising City
  - Oak Creek Valley Bank, Valparaiso
  - Security Home Bank, Malmo

### *Who can attend?*

Youth in grades 9-11 whose home is served by Butler PPD.

### *What are the dates?*

Monday, July 9th -  
Friday, July 13th

### *Where is it located?*

State 4 -H Camp near Halsey, NE.  
Butler PPD provides transportation to  
and from camp.

*Limited Space, Contact Our Office Immediately for Details.*



### THIS ISSUE

- Delinquent Procedures Have Changed
- 2018 Youth Energy Leadership Camp
- Safety Above All Else
- Plan Ahead to Call Before You Dig
- Holiday Closing - Monday, May 28th
- EnergyWise - Cooling System Tune-Up Program
- Butler Public Power District - *Will be Continued in June*

# SAFETY Above All Else

“Safety” is a universal word that is mentioned often and used loosely. Communities large and small as well as companies across all industries are committed to safety. Sports leagues, at every level, take safety seriously. Unfortunately, when it really counts, steps to keep the public, workers, athletes and loved ones safe are often ignored in the interest of expediency or convenience.

However, safety is a serious issue, especially when it comes to electrical safety. For Butler PPD, it’s the number one priority. This is not empty talk. Over time, Butler PPD has created a culture of safety by putting our employees’ safety and that of the community above all else. At its essence, Butler PPD’s mission is to safely provide low cost, reliable, excellent services to Butler and Saunders Counties customers. At the end of the day, we strive to deliver affordable and reliable electricity to our customers, but equally important, we want to return our workers home safely to their loved ones. To do this requires ongoing focus, dedication and vigilance.

## **Following leading national safety standards**

Working with electricity is an inherently dangerous job, especially for lineworkers. Butler PPD has a safety council and safety committee whose focus is keeping employees and the community safe around electricity. We established and follow safety protocols based on leading national safety practices for the utility industry. We require our lineworkers to wear specialized equipment when working next to or with power lines. There are specific protocols that our lineworkers follow when dealing with electricity. Our safety council and safety committee have regular meetings where they discuss upcoming projects from a safety perspective. They monitor and track near-misses of accidents in order to understand them, share “lessons learned” and improve in the future.

As importantly, we encourage all of our crews to speak up and hold each other accountable for safety. By cultivating a culture of openness and transparency, we promote problem-solving with regard to safety, rather than defaulting to a blame game. We examine the information and data gleaned from near-misses and accident reports to discern patterns and use safety metrics to improve in those areas where we have fallen short.

## **Keeping the community safe**

Because we live and work in the communities we serve, we care about our neighbors. Butler PPD conducts electrical safety demonstrations in schools and for community events. Our newest demonstration tool demonstrates how ground fault interrupters (GFIs) operate. It shows the importance of having GFIs outlets.

May is National Electrical Safety Month. According to the Electrical Safety Foundation, each year thousands of people in the United States are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in their own homes. Many of these accidents are preventable. There is much you can do to keep yourself and your community safe around electricity.

Don’t attempt electrical DIY projects or overload your outlets. Report downed power lines, unlocked substations or padmount transformers that look amiss. Contact Butler PPD for additional electrical safety tips. If you would like us to provide a safety demonstration at your school or community event, please contact Safety Director Scott Hlavac. Be mindful when it comes to electrical safety. Pause and take the extra time to plug into safety.

# Plan Ahead to Call Before You Dig

Spring is in the air and yard projects are on our minds, but before you put a shovel in the ground, make sure you are taking all the steps to be safe. Digging without locating underground utilities, even for the smallest projects, could leave neighborhoods in the dark, cause thousands of dollars in damages, or cause severe electrical shock, even death.

There were more than 24,000 home digging incidents involving underground utilities in 2016, according to the Common Ground Alliance (CGA). To help stay safe, make use of the free underground utility locating service by calling 811.

Make sure to plan ahead and call in advance. The 811 "Call Before You Dig" number will route you to the locating service serving your area. Tell the operator where and when you plan to dig and what type of work you will be doing. From there, it takes a few business days for a professional to come mark the public utilities with flags or spray paint.

There are different colors of paint and flags that mark the underground utilities and each color is universal to what utility type is buried.

- ▶ **Red** – Electric
- ▶ **Orange** – Communications, Telephone/CATV
- ▶ **Blue** – Potable Water
- ▶ **Green** – Sewer/Drainage
- ▶ **Yellow** – Gas/Petroleum Pipe Line
- ▶ **Purple** – Reclaimed Water
- ▶ **White** – Premark site of intended excavation

Even if you previously had utilities located by calling 811, you should call before every digging project. Underground utilities can shift, and it is important to be certain of where they are before you dig.

Keep in mind, 811 locators do not locate privately installed facilities. If you have any private utilities, you will need to hire a private utility locator. Some examples of private utilities include: underground sprinkler system, invisible fences, data

communication systems, private water systems, secondary electrical past the electric meter, or gas piping to a garage.

Once all of the underground utilities have been located, you can start your digging project. Be sure to wear all of the proper protective gear before putting the shovel into the earth.

For more information about 811 and digging safety, visit [Call811.com](http://Call811.com).

## Safe Digging Is No Accident

Always Call 811 Before You Dig

Thanks for remembering that smart digging means calling 811 before each job. Don't forget that every digging job requires a call - even small projects like planting trees and shrubs. One easy phone call to the national 811 gets your underground lines marked for free and helps protect you from injury, expense and penalties. Know what's below; always call before you dig.



**Know what's below.  
Call before you dig.**

**Remember: Safe Digging Is No Accident:  
Always Call 811 Before You Dig**



# ENERGYWISE COOLING SYSTEM TUNE-UP PROGRAM

Use less. Spend less. Do more.



If it has been a few years, now is the time to have your heating and cooling contractor - inspect, service, and clean it. Typically tune-ups on cooling systems that have been neglected for a few years can provide 5-15% energy savings, or more. Not to mention the unit can better perform from a comfort and equipment longevity stand point.

There is a \$30 EnergyWise incentive available to homeowners that have their cooling system tuned-up, regardless of what type or age of cooling system it is (air conditioner, air or water source heat pump).

The application includes a checklist of key components your contractor should inspect as well as items for discussion, such as; filter replacement schedule, proper temperature set-back practices and an understanding of the general condition of the system.

## \$30 incentive qualifications

- Incentives are available to customers who have their cooling system inspected and tuned-up by an HVAC contractor.
- Qualifying systems include residential central - air conditioners, air source and water source heat pumps.
- Even though the cooling system may be serviced or tuned-up frequently, the customer is only eligible for the EnergyWise \$30 incentive a minimum of every three years.

It PAYS to tune up your cooling system

### A \$30 Incentive

is available to qualified customers who have their current cooling system inspected and tuned-up by an HVAC contractor.

For detailed program guidelines and application, please contact our office or visit [www.butlerppd.com](http://www.butlerppd.com)



[www.butlerppd.com](http://www.butlerppd.com)

800-230-0569 or 402-367-3081

## Department Highlights

### *Will Be Continued in June*

*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](http://www.butlerppd.com)

800-230-0569

402-367-3081

(Fax) 402-367-6114

1331 N 4th Street

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.*

# HARBOR FREIGHT

QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

850 Stores Nationwide • HarborFreight.com

**PITTSBURGH** Automotive **1# SELLING JACKS IN AMERICA** **SUPER COUPON**

**RAPID PUMP® 3 TON STEEL HEAVY DUTY LOW PROFILE SERVICE JACK**

Customer Rating **★★★★★**

• Weighs 73 lbs.

**NOW \$1999**

~~\$9799~~

COMPARE TO **\$14999** **SAVE \$89**

HUSKY MODEL: HD01193

ITEM 62326/61282/61253 shown

104463247

LIMIT 3 - Coupon valid through 9/4/18\*

**PREDATOR** **SUPER COUPON**

**8750 MAX. STARTING/7000 RUNNING WATTS 13 HP (420 CC) GAS GENERATOR**

Customer Rating **★★★★★**

**NOW \$52999**

~~\$59999~~

• GFCI outlets

COMPARE TO **\$2,699** **SAVE \$2,189**

HONDA MODEL: EM660SD32AT

ITEM 68530/63086/63085 shown

ITEM 68525/63087/63088, CALIFORNIA ONLY

104422645

LIMIT 4 - Coupon valid through 9/4/18\*

**FREE** **SUPER COUPON**

WITH ANY PURCHASE

**PITTSBURGH** Automotive

**4" MAGNETIC PARTS HOLDER**

• Non-Marring Base  
• Stainless Steel

COMPARE TO **TITAN \$599**

MODEL: T1194

ITEM 62535/90566 shown

104453244

Cannot be used with other discounts or prior purchases. Original coupon must be presented. Valid through 9/4/18 while supplies last. Limit 1 FREE GIFT per customer per day.

**20% OFF** **SUPER COUPON**

ANY SINGLE ITEM\*

104453177

LIMIT 1 coupon per customer per day. Save 20% on any 1 item purchased. \*Cannot be used with other discounts, coupons or any of the following items or brands: Harbor Freight Club membership, Extended Service Plan, gift card, open box items, 3 day Parking Lot Sale item, compressors, floor jacks, axle nuts, storage cabinets, clevis or pins, trailers, wrenches, welders, Admiral, Ames, Bauer, Coltra, CoverPro, Dayton, Earthquake, Fisher, Hercules, Kon, Joppy, Lyle, Pacific Pro, Predator, Predator-Hung, Vango, Wix, Zenda. Not valid on prior purchases. Not transferable. Original coupon must be presented. Valid through 9/4/18.

**U.S. GENERAL** **SUPER COUPON**

**44" x 22" DOUBLE BANK ROLLER CABINET**

**NOW \$44999**

~~\$47999~~

COMPARE TO **\$2,605** **SAVE \$2,155**

SNAP-ON MODEL: KRA4813FP80

ITEM 64281 64134 64133 shown

104475348

LIMIT 3 - Coupon valid through 9/4/18\*

**EARTHQUAKE** **SUPER COUPON**

**1/2" HEAVY DUTY COMPOSITE PRO AIR IMPACT WRENCH**

Customer Rating **★★★★★**

• Weighs 5 lbs.

**NOW \$8999**

~~\$11999~~

COMPARE TO **\$24999**

CHICAGO PNEUMATIC MODEL: CP7749

ITEM 62835

104477745

LIMIT 3 - Coupon valid through 9/4/18\*

**BADLAND** **Battle Tested** **SUPER COUPON**

**2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL**

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

**NOW \$4999**

~~\$6999~~

Voted Best Winches

COMPARE TO **\$17999** **SAVE \$130**

SUPERWINCH MODEL: 1125220

ITEM 61840/61297/63476/61258 shown

104466311

LIMIT 4 - Coupon valid through 9/4/18\*

**CENTRAL PNEUMATIC** **SUPER COUPON**

**6 GALLON, 1.5 HP, 150 PSI PROFESSIONAL OIL-FREE AIR COMPRESSOR**

Customer Rating **★★★★★**

**NOW \$9999**

~~\$12499~~

Air delivery:  
• 2.5 CFM @ 90 PSI  
• 3.4 CFM @ 40 PSI

COMPARE TO **\$16999** **SAVE \$70**

DEWALT MODEL: DWFPF5126

ITEM 62511/62894/62380/68149/67696 shown

104445344

LIMIT 5 - Coupon valid through 9/4/18\*

**CENTRAL MACHINERY** **SUPER COUPON**

**8" 5 SPEED BENCHTOP DRILL PRESS**

Customer Rating **★★★★★**

**NOW \$4999**

~~\$6799~~

COMPARE TO **\$10299** **SAVE \$53**

BUFFALO BLACK MODEL: BP50L

ITEM 62520/60238 shown

104456214

LIMIT 3 - Coupon valid through 9/4/18\*

**PITTSBURGH** Automotive **SUPER COUPON**

**ATV/LAWN MOWER LIFT**

• 300 lb. capacity  
• Weighs 72.5 lbs.

**NOW \$7999**

~~\$8999~~

COMPARE TO **PRO LIFT \$17999**

MODEL: F-3508

ITEM 60395/62325 62493/61523 shown

104404274

LIMIT 5 - Coupon valid through 9/4/18\*

**COVER PRO** **SUPER COUPON**

**10 FT. x 20 FT. PORTABLE CAR CANOPY**

Customer Rating **★★★★★**

**NOW \$9999**

~~\$12999~~

COMPARE TO **\$20599** **SAVE \$106**

SHELTER LOGIC MODEL: 23522

ITEM 63054/62858 shown

104404264

LIMIT 4 - Coupon valid through 9/4/18\*

**HaulMaster** **SUPER COUPON**

**18" x 12" MOVER'S DOLLY**

• 1000 lb. capacity

Customer Rating **★★★★★**

**NOW \$799**

~~\$1099~~

COMPARE TO **BUFFALO TOOLS \$1643**

MODEL: HDFOOLLY

ITEM 61899/63095/63096 63098/63097/93888 shown

104418593

LIMIT 8 - Coupon valid through 9/4/18\*

**drillmaster** **SUPER COUPON**

**4-1/2" ANGLE GRINDER**

Customer Rating **★★★★★**

**NOW \$999**

~~\$1499~~

COMPARE TO **\$2580** **SAVE 61%**

PERFORMAX MODEL: 2411-1

ITEM 69645/60625 shown

104524575

LIMIT 8 - Coupon valid through 9/4/18\*

**Bunker Hill Security** **SUPER COUPON**

**60 LED SOLAR SECURITY LIGHT**

Customer Rating **★★★★★**

Includes 6V, 900 mAh NiCd battery pack.

**NOW \$2999**

~~\$3999~~

COMPARE TO **\$4894** **SAVE 38%**

EATON MODEL: MSL6H180W

ITEM 62534/69643 shown

104522687

LIMIT 5 - Coupon valid through 9/4/18\*

**GREENWOOD** **SUPER COUPON**

**1-1/4 GALLON HOME AND GARDEN SPRAYER**

Customer Rating **★★★★★**

**NOW \$899**

~~\$1299~~

COMPARE TO **ROUNDUP \$1871**

MODEL: 190315

ITEM 63124/63145/95692 shown

104532333

LIMIT 9 - Coupon valid through 9/4/18\*

**CENTECH** **SUPER COUPON**

**2/10/50 AMP, 12 VOLT BATTERY CHARGER/ENGINE STARTER**

Customer Rating **★★★★★**

**NOW \$2999**

~~\$4999~~

COMPARE TO **SCHUMACHER ELECTRIC \$6099**

MODEL: SE-1250

ITEM 60581/60653 shown

104537777

LIMIT 4 - Coupon valid through 9/4/18\*

**drillmaster** **SUPER COUPON**

**80 PIECE ROTARY TOOL KIT**

Customer Rating **★★★★★**

**NOW \$699**

~~\$999~~

COMPARE TO **PROFESSIONAL WOODWORKER \$2481**

MODEL: 51832

ITEM 63292/63235/68986/97626 shown

104525415

LIMIT 9 - Coupon valid through 9/4/18\*

**SUPER COUPON**

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

Customer Rating **★★★★★**

**NOW \$299**

~~\$499~~

COMPARE TO **BLUE HAWK \$858**

MODEL: 866X10-Y

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

104525252

LIMIT 8 - Coupon valid through 9/4/18\*

**THUNDERBOLT** BLACK **SOLAR** **SUPER COUPON**

**100 WATT SOLAR PANEL KIT**

Customer Rating **★★★★★**

RENEWABLE ENERGY. ANY WEATHER.

**2X MORE POWER**

**NOW \$14999**

~~\$19999~~

COMPARE TO **SUNFORCE \$32592**

MODEL: S9180

ITEM 64335 63585 shown

104525252

LIMIT 4 - Coupon valid through 9/4/18\*

**PITTSBURGH** **SUPER COUPON**

**40 PIECE, 3/8" DRIVE SAE AND METRIC SOCKET SET**

Customer Rating **★★★★★**

LIFETIME WARRANTY

**NOW \$399**

~~\$499~~

COMPARE TO **KOBALT \$1997**

MODEL: 89809

ITEM 63015/61328/47902/62843 shown

104525252

LIMIT 4 - Coupon valid through 9/4/18\*

\*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 9/4/18.

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**Staff**

**Editor**

Wayne Price

**Editorial Assistant**

Tina Schweitzer

Published by the



**General Manager**

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Cornhusker Public Power District

**Vice President/Secretary**

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**Treasurer**

Bryan Monahan,

Panhandle Rural Electric  
Membership Association

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For 23 years, Fort Kearny served as a military post to protect pioneers on the Oregon Trail. Today it is a state historical park preserved by the Nebraska Game and Parks Commission. According to an 1849 report by the U.S. War Department, 30,000 people passed through Fort Kearny during an 18-month period, bound for California, Oregon and Utah.

### Make, Model, Capacity – Oh My! 18

Public power districts and electric co-ops are working with two national laboratories to study the most useful ways to connect appliances with the internet, and with the utilities that provide the electricity. Over the next two years the study will report on how consumers can more easily make decisions on how to use appliances, and even how to enhance cybersecurity for the growing number of internet-connected devices in the home.

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## On the cover

Established in 1848, Fort Kearny was the first fort built to protect travelers on the Oregon Trail. See the related article on Page 6. Photograph by Wayne Price



by Wayne Price

## Take the time to plug into safety

It probably won't come as much of a shock to most of you that safety is an important subject to all 33 member-systems of the Nebraska Rural Electric Association. May is Electrical Safety Month, and our member-systems will be sharing safety tips and reminders throughout the month to help raise awareness about the dangers of electricity.

Safety, when it comes to electricity, is important to the public and to the local rural electric utility employees. Teaching everyone about electric safety is critical to preventing a deadly incident from happening.

According to the Electrical Safety Foundation International, thousands of people in the U.S. are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in their own homes.

We care deeply about the safety of our readers, and this month, we encourage you to plug into safety. We all depend on electricity to power our lives, but accidents can happen when electricity is improperly used.

To promote safety education in the local communities throughout the state, many public power districts and electric cooperatives sponsor safety demonstrations at schools, with youth groups, and with volunteer fire departments. We frequently provide electrical safety content in the *Rural*

*Electric Nebraskan*, and we encourage the public to contact their local electric utility if they see a downed power line or any other type of dangerous electrical situation. We strive to provide our communities with safe, reliable and affordable electricity and to serve as your trusted energy advisor, now and well into the future.

It is no accident that safety is a top priority at your local electric utility. They are committed to a culture of safety that is integral to our daily operations. In fact, many of our member-systems are part of the Rural Electric Safety Achievement Program (RESAP) that follows specific guidelines and protocols for electrical safety that are considered leading practices. Lineworkers are required to wear personal protective equipment at all times when on the job. This includes special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are worn in tandem to protect from electrical shock. Safety teams regularly discuss important safety issues pertaining to work within the building as well as out in the field.

Be sure to visit your local electric utility's website or Facebook page to find more information on how to keep your family safe around electricity. You can also visit [www.esfi.org](http://www.esfi.org) or [www.SafeElectricity.org](http://www.SafeElectricity.org) for more safety tips.

**May is National Electrical Safety Month**

**Safety Tips:**

- By taking simple precautions, everyone can avoid electrically related fires, fatalities, injuries, and property loss.
- Check electric cords for fraying or cracking. Replace cords that may be damaged, and don't overload electric outlets.
- Remember extension cords are intended to be temporary; they are not intended as permanent household wiring.
- Don't run cords under carpets or rugs and don't back or nail cords to walls or floors.
- Keep electric appliances and tools away from water. Never reach for or unplug an appliance that has fallen into water; instead, turn the power off at the breaker before you unplug the appliance or remove it from the water.
- Never put anything other than an electrical plug in an outlet.

# Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

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

by David Waxman  
Seattle Washington:

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

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

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

But soon doctors started reporting some incredible results...

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

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

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

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

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

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

## FIX YOUR GUT & FIGHT INFLAMMATION

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

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

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

A healthy gut is the key to a reducing swell-

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

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

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

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

## EXCITING RESULTS FROM PATIENTS

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

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

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

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

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

## THE SCIENCE BEHIND ALOECURE

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

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

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

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

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

which results in inflammation in the rest of the body.

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

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

## REVITALIZE YOUR ENTIRE BODY

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

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

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

## One AloeCure Capsule Daily

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

## HOW TO GET ALOECURE

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 the next 48-hours only. All you have to do is call **TOLL-FREE 1-800-747-1925** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.

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



# DISCOVERING NEBRASKA HISTORY AT

# FORT KEARNY

*Fort Kearny, established in 1848, is now a state historical park preserved by the Nebraska Game and Parks Commission.*



As families traveled westward along the Oregon Trail across Nebraska during the Western Migration they fell under the protection of soldiers stationed at Fort Kearny. It was the first fort built on the Oregon Trail with the mission of protecting travelers, Pony Express rider and gold prospectors who camped in the wide Platte Valley around the fort.

Established in 1848, the fort also served as a home station for the Pawnee Scouts under the leadership of Frank and Luther North and sheltered crews working on the Union Pacific railroad. It was named Fort Kearny to honor General Stephen Watts Kearny, one of the foremost frontier officers of the United States Army. It was one in a chain of posts from the Missouri River to the Rocky Mountains built to protect the Oregon migration. According to an 1849 report by the U.S. War Department, 30,000 people passed through Fort

Kearny during an 18-month period, bound for California, Oregon and Utah.

The Oregon Trail was not one single path, but rather a collection of wagon roads. In order to avoid getting stuck in deep mud furrows and to find suitable grazing grass for their livestock many ventured off the more heavily used trail. New routes became part of the Oregon Trail system as westward expansion continued, such as the Oxbow trail, the Oketo cut-off, and the Nebraska City/Fort Kearny Cut-off.

Fort Kearny was not the walled fortification that many pioneers expected to see. Instead, it was a collection of primitive buildings, most made of sod, to serve as a station for troops. The fort also protected peaceful Indians in the area from hostiles and outlaws and served as an ammunition depot.

The fort stood on a slight elevation a few miles south of the Platte River.



It consisted of five unpainted wooden houses, and two dozen long, low sod buildings. The houses were built around a large open square or parade ground, while the sod buildings extended out from the roads that were along the sides of the square. In addition to the soldier's quarters, there were housing for the families, a Post Office, laundry, hospital, blacksmith shop and several warehouses.

In 1859 a small settlement called Dobytown sprang up just west of Fort Kearny. Like many other early settlements, it was a wild and rough frontier town that offered gambling and liquor, though it also served as an outfitting point west of the Missouri River. Despite its bad reputation, the town served as a transportation hub from 1860 to 1866 and was the first county seat of Kearney County. The completion of the Union Pacific Railroad in 1869 resulted in stopping the flow of wagons on the Oregon-California Trail, signaling the end for Dobytown.

Hostilities among the Plains tribes,

**More on Page 8**



*Left: The reconstructed blacksmith shop is operated by local craftsmen during Living History events.*

*Above: Stores of gunpowder would have been kept dry in an underground bunker.*

*Opposite: The State Historical Park was created in 1959.*

## Fort Kearny SHP From page 7

particularly the Cheyenne and Sioux, increased gradually and become more wide-spread until it became an all out war in 1864. Violent skirmishes sprang up all along the Platte and Little Blue Rivers in Nebraska as wagon trains were attacked, members were killed and scalped, and the wagons plundered and burned. During this time Fort Kearny became the home of the First Nebraska Cavalry and the Seventh Iowa Cavalry. Westward bound wagon trains were not allowed to proceed until there were fifty wagons or more and soldiers were sent along to provide protection for the wagon trains and stagecoaches.

On May 17, 1871, the last soldiers departed from Fort Kearny. The buildings were torn down, and the land was opened for homesteading. The Fort Kearny Memorial Association purchased the land in the 1920s, and by 1959, Fort Kearny was declared to be a state historical park, preserved by the Nebraska Game and Parks Commission.

After the Fort Kearny Memorial Association purchased the land where the fort had been, an archaeological exploration was conducted to locate building sites and other features of the area. Several buildings, including the stockade, parade grounds, powder magazine and carpenter-blacksmith shop, have since been rebuilt.

The Interpretive Center houses exhibits on history of the fort, its uses over the years and those who lived there. Visitors may also watch an 18-minute video about the fort and its history.

During sandhill crane migration in the spring, the Interpretive Center doubles as an information center for crane viewers.

East of the historical park is the Fort Kearny State Recreation Area, offering camping, fishing, hiking, a swimming beach and day-use facilities.



*The blacksmith shop was reconstructed as part of the state historical park.*

### Learn new skills at Fort Kearny Outdoor Expo on May 12

Get ready for summer by learning some new outdoor skills at the 12th annual Fort Kearny Outdoor Expo on May 12.

This free Expo, designed for family members of all ages and experience levels, will be held from 9 a.m. to 4 p.m. at Fort Kearny State Recreation Area, located just south of Kearney. A park entry permit is required of each vehicle entering the park.

The Expo offers opportunities for participants to get hands-on experience in a variety of skills, such as kayaking, fishing, bow fishing, archery, slingshots, throwing spears and tomahawks, camping, climbing wall, Dutch oven cook-off, shooting ranges (shotgun, air rifle and Nerf gun), live snake presentation, and kids' turkey gobbling contest.

A new feature this year is a ropes course, which will challenge eager Expo visitors. Timber Tina's World Champion Lumberjills will put on a demonstration of logging sports. Other demonstrations include fish filleting and cooking, a cowboy fast-draw show, blacksmithing, and a dog-training seminar.

There will be a Kids' Discovery Zone, 6,000-gallon aquarium, aquatic touch tank, and a presentation about the tools and skills used by Old West pioneers.

The Fort Kearny Expo Advisory Board and the Nebraska Game and Parks Commission host the Expo.  
Learn more at [FortKearnyExpo.com](http://FortKearnyExpo.com).

# Don't Waste. Insulate!

Properly insulating your home reduces heating and cooling costs, and improves comfort. R-values measure a material's resistance to conductive heat flow.

The higher the R-value rating, the greater the effectiveness of the insulation. Below are recommended R-values for areas of the home that should be insulated.

*\*Recommendations on R-values are subject to regional climate conditions.*

*Source: U.S. Dept. of Energy*





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†The actual listed guide bar length may vary from the effective cutting length based upon which powerhead it is installed. Prices are CDC-SRP. At participating dealers while supplies last. © 2018 CDC STIHL 18CDCLENE2-22-139178-2

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# SUN POWER

Less than 25 percent of Nebraskans' roofs are suitable for solar panel installation, either because of unfavorable property attributes, or because the customer does not own the home. The high costs of installing a solar panel system can also deter customers from owning it themselves. Because of these factors, many electric customers interested in solar power are not able to participate in customer-owned solar power generation.

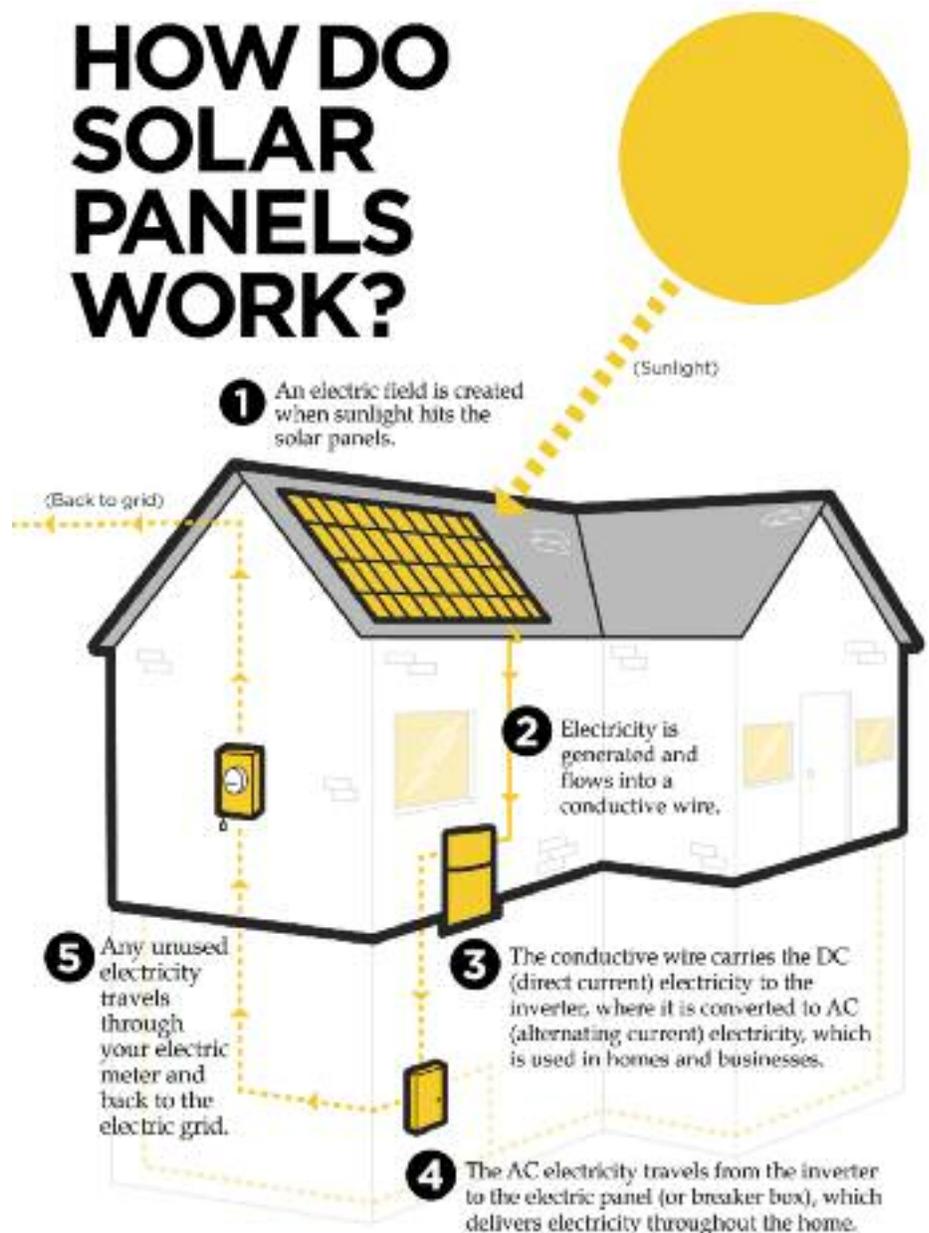
Powering a home using the sun's energy is not a new concept by any means. With recent technological advances and lower costs, solar has become an attractive option. This promising source of renewable energy has also become increasingly accessible. Many public power districts and electric cooperatives are offering community solar programs as an alternative to purchasing a rooftop solar array. This helps keep costs down and puts the burden of maintaining and operating the system on the utility. The question that remains for many is how do solar panels actually generate electricity? Let's break this seemingly abstract concept down and take a closer look at the conversion of sunlight to usable electricity.

## Solar panels

The solar panels you see on street signs or rooftops consist of smaller, connected photovoltaic cells; "photo" meaning light and "voltaic" meaning the production of electricity. These cells consist of two layers of a semi-conducting material, typically silicon, which are the meat of the solar panels. These cells are infused with additional elements giving the top layer a negative charge and the bottom layer a positive charge. These two silicon layers are also sandwiched between several other coatings, including a glass casing, to

**More on Page 12**

## HOW DO SOLAR PANELS WORK?





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

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

This is a solicitation of insurance, an agent (In OR & WA: producer) may contact you. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** Policy Form ICC11L057P or state equivalent (in FL: 7722L-0505; in NY: 827Y-0505).

Not available in all states. In NY, during the first two years, 110% of premiums will be paid. Website unavailable for NY residents. EASY WAY Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. \*Age eligibility and benefits may vary by state.

\*\*In FL policy is renewable until age 121.

## Solar Panels From page 10

optimize the PV cell's energy production and provide protection from outside debris.

### Journey of solar energy

Now that you understand the construction of these panels, let's explore the electrical process they facilitate. Our sun emits massive amounts of solar energy each day in the form of photons, which are small particles of light. When these photons collide hard enough with PV cells, electrons are knocked loose from atoms in the top silicon layer of the cells, leaving gaps to be filled by electrons from the bottom layer. Because of the electric field created by the two silicon layers, the loose electrons will circulate through the cells in a single direction, out towards the metal sides of the solar panel, creating electricity with a

direct current (DC).

This is where the power inverter comes in. The newly-generated electricity flows out of the panels, through conductive wire and into the inverter system. This system exists because the majority of our home appliances and electronics operate on an alternating current, or AC power. The inverter takes care of this discrepancy and converts the power from DC to AC, allowing us to charge our phones and watch TV using electricity generated through solar panels.

Once the electricity is in an alternating current, it flows from the inverter to our breaker box and into our homes as needed. Any solar energy that goes unused will flow through your electrical meter and back onto the electric grid.

### Cooperative solar

Solar is booming, especially among utilities. In fact, public power districts and electric cooperatives are leading the electric utility industry

in the development of a type of solar called "community" solar. This "shared" solar model allows utilities to develop an array for members who can either purchase the power or lease panels. A community solar program makes solar more equitable for consumers who are unable to install rooftop solar because of tree shading, renting rather than owning or a number of other factors.

### Rooftop solar

If the costs make sense and you have a roof suitable for solar, a rooftop solar array can be a great way to reduce your monthly energy bill and help the environment, but please be aware of the costs and responsibilities. Talk to your local electric utility before installing solar PV on your home to find out if they offer a community solar program for a better price (without the hassle of maintaining a system yourself), what their policies regarding member-owned generation are and to ask for advice on maintaining the system.

## The benefits of community solar

**C**ommunity solar can be a viable alternative to customer-owned solar power systems if a customer is unable, for any of a variety of reasons, to install a self-owned solar system.

Under this setup, public power districts or electric cooperatives install and operate a single large solar array. Individual utility members purchase or lease a portion (as small as a quarter panel), with the electricity generated credited directly to the member's electric bill. While the financial payback may or may not cover the monthly lease or up-front payment, consumers can support renewable energy without making permanent changes to their home.

Remember, always contact your rural electric utility before installing any renewable, backyard distributed generation system. Specific interconnection rules will apply and are designed to protect the safety of the electric grid and lineworkers, especially during outages. Your public power district or electric cooperative can also help you sort through these financing options to ensure that you make the right decision.

Customers who either purchase or lease panels in a community solar power project receive, in proportion to



their participation, the actual kilowatt-hour generation of the community solar power installation, in the form of a credit to their electric bills for the life of the system.

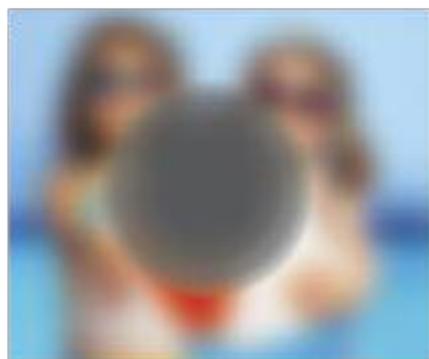
### SunWise Solar

SunWise is a community solar program available in participating Nebraska Public Power District retail communities. Eligible customers have the opportunity to use solar energy to partially power their homes and businesses without the need to invest in a rooftop or home-based system.

Participating communities in Nebraska include Venango, Scottsbluff and Kearney.

# Advanced Technology Allows Macular Degeneration Patients To See Again

*And Allows Many Low Vision Patients To Drive Again*



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



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

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

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

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

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

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

While there is currently no cure, promising research is being done on many fronts. "My job is to figure out everything and anything possible to keep a person functioning" says Dr. Stamm "Even if it's driving".

"The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you're looking at," said Dr. Stamm. "It's like a self-focusing camera, but much more precise."

For more information and to schedule an appointment today, call:

**Robert Stamm, O.D.**  
**Low Vision Optometrist**  
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**Toll Free:**  
**(877) 393-0025**

 **IALVS**  
International Academy  
of Low Vision Specialists

# Easy ways to beat the (energy) peak

**W**hy does your electric bill seem to shoot up during the summer? Most people blame air-conditioning as the culprit. While it is true for average homeowner that cooling consumes the largest portion of energy during hot months, there is another reason why you have to reach deeper into your pocket to pay summer electric bills.

To support extra-high electricity usage on very hot days, your electric utility often requires supplemental electricity from additional generating facilities known as “peaker plants.” These plants, which usually do not operate 97 percent to 99 percent of the year, can be switched on quickly to satisfy peak power demand, experienced when homes and businesses are using air conditioning in addition to their regular electrical use. For most utilities in the U.S., these peak periods occur weekdays, between 3 p.m. and 8 p.m.

Unfortunately, electricity from peaker plants is more expensive than from traditional generation resources. Estimates show that 10 percent to 20 percent of the overall annual cost of providing electricity comes from supplying electrical demand during the 100 most-expensive hours of the year. In Nebraska these “peaks” usually occur during the summer; therefore, most Nebraska utilities bill their customers using a summer rate (June through September) and a winter rate (October through May). Summer rates are often designed 25 percent to 35 percent higher than winter rates to cover additional peaking power costs.

Is there anything you can do to reduce the impact of summer electrical use on your wallet? Absolutely, there is! The wholesale purchase price your utility must pay for the electricity you use is significantly impacted by what time of day you are using it. If it is during the peak period, your utility will pay more for additional energy resources needed. But if you can reduce your

usage during these peaks or shift your usage to another time of day, your utility will pay less.

Here are easy ways for you to help your electric utility and reduce your “peak” energy use:

- Your microwave uses about two-thirds less energy than your stove. Better yet, grill outside.
- Your dishwasher uses less water and energy than washing dishes by hand. Use the air-dry setting on your dishwasher to save even more.
- Set your thermostat to 78°F when you are home and 85°F or off when you are away. Using ceiling or room fans allows you to set the thermostat higher because air movement will make the room feel cooler.
- Do your laundry by using the cold water setting on your washer. Line-dry clothes whenever you can.
- When you need to use the clothes dryer, run full loads, use the moisture-

sensing setting, and clean the lint trap after each use.

- Unplug electronic devices and chargers when they are not in use. Turn computers and printers off at the power strip.
- Unplug and recycle that spare refrigerator in the garage if you do not really need it.
- Replace air conditioner filters. Dirty filters restrict airflow and can cause the system to run longer.
- Install and use window shading to reduce heat gain inside.
- Install patio covers, awnings, and solar window screens to shade your home.

Your local rural utility and Nebraska Public Power District want to help you make the most of your energy dollar this summer while keeping you cool. For more ideas on how you can make your home or business EnergyWise, along with possible energy efficiency financial incentives, contact your local rural utility or visit [www.nppd.com](http://www.nppd.com).

**Laundry for Less:**  
Full loads = fewer cycles. Run washers and dryers in the evenings, during non-peak hours.

**Countertop Convenience:**  
Oven cooking can really warm up a kitchen. Try using smaller appliances like microwaves and slow cookers to put more cooking heat where you need it.

The infographic features two illustrations: a hand loading a washing machine and a microwave oven with a bowl of food inside.

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 – Chuck Clemons



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As we age, the occasional aches and pains of everyday life become less and less occasional. Most of us are bothered by sore muscles, creaky joints and general fatigue as we go through the day— and it's made worse by everything from exertion and stress to arthritis and a number of other ailments. Sure, there are pills and creams that claim to provide comfort, but there is only one 100% natural way to feel better... hydrotherapy. Now, there's a better way. It's called the Designed For Seniors® Shower, and it can truly change your life.

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## Safety tips for driving through work zones

Orange cones, flashing lights, and warning signs all indicate a work zone on the road ahead. Within these zones are men and women doing work like road construction, working on power lines, or trimming trees. Unfortunately, distracted driving accidents are on the rise. One utility says their highest worker risk factor is a distracted driver behind the wheel. Safe Electricity urges motorists to slow down and pay attention in work zones while driving.

“Keep ample distance between your car, construction workers and equipment,” advises Larry Oetken, job safety & training coordinator for the Nebraska Rural Electric Association. “Drive the posted work zone speed limit, and use your four-way flashers when stopping or traveling slowly to help reduce accidents in work zones.”

To help prevent fatalities and injuries, Safe Electricity recommends the following guidelines while driving:

- Keep a safe distance between your vehicle and traffic barriers,



*Obey all signs and road crew flag instructions. Photograph by Jennifer Heimbouch, Roosevelt PPD*

other vehicles, construction equipment, and workers.

- Be patient. Traffic delays are sometimes unavoidable, so allow time for unexpected delays in your schedule.

- Merge early and be courteous to other drivers.

- Use your headlights at dusk and during inclement weather.

- Minimize distractions. Avoid activities such as operating a radio or eating while driving.

When you are making travel plans, check to see if the state(s) you'll be driving through provide road construction information on their department of transportation website(s). If you know you're going to be traveling through a work zone, give yourself extra time or find an alternate route to get to your destination.

Be aware of state laws. Many states have hefty fines or even jail time for violating traffic laws in work zones, including the use of cell phones.

“Power poles and electrical equipment are often along streets and highways, and may require crews to place their equipment in traffic lanes,” Oetken says. “Take the time to be more aware of your surroundings, especially when you see flashing lights or are in a work zone. We want everyone to return home safely.”

The jobs of road workers, electric utility linemen, and tree trimmers is a dangerous one, but each of us can help to make it safer by driving with caution. For more safety information, visit [SafeElectricity.org](http://SafeElectricity.org).

## Murphy



# PLEASE MOVE OVER FOR EMERGENCY AND UTILITY CREWS

If you see police, firefighters, utility crews or other emergency personnel on the side of the road, please slow down and move over when possible.

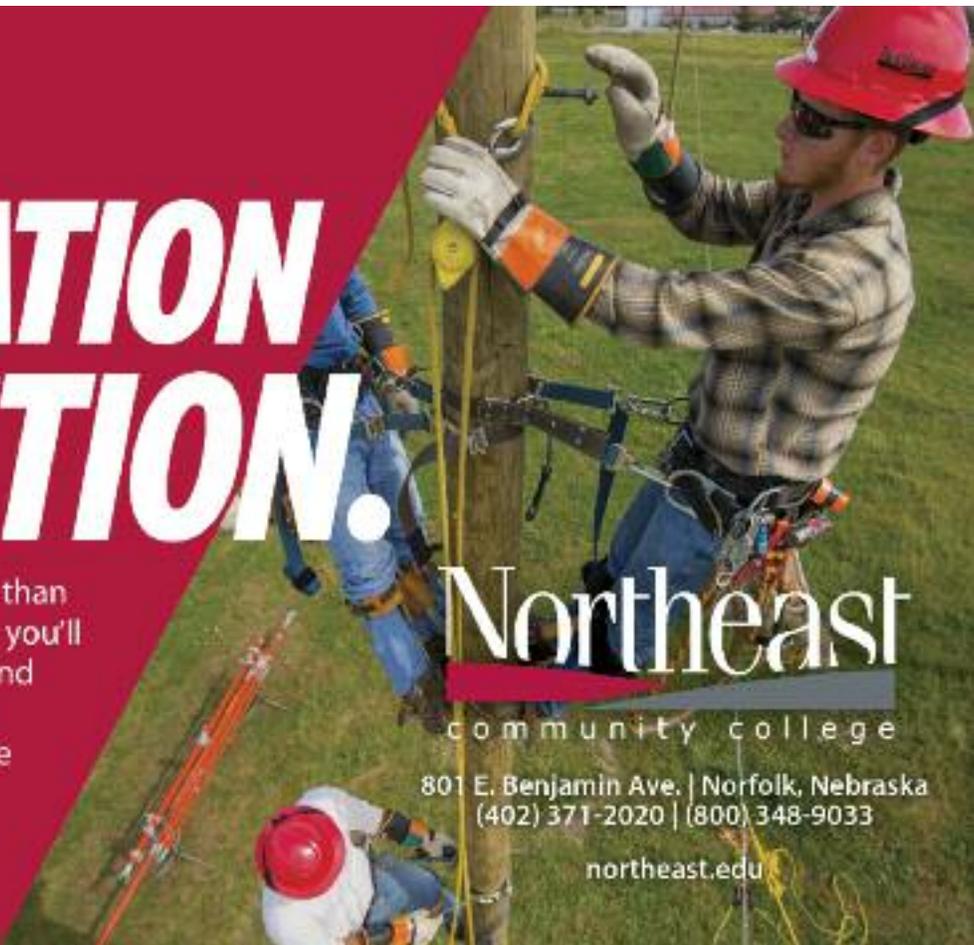
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# MAKE, MODEL, CAPACITY — OH MY!

## *Tips for Purchasing New Appliances*

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by Paul Wesslund

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**T**he Sloboda family needed a new refrigerator so Brian volunteered to do the shopping. After all, he's a national expert on electric appliances.

He came home frustrated. There were just too many choices, even for the guy whose job title is Program and Product Line Manager for Energy Utilization, Delivery, and Energy Efficiency at the National Rural Electric Cooperative Association.

"Just buy whatever you want," he told his wife.

He finally got to use his in-depth knowledge when he looked over the model that Sami Jo brought home.

"Why didn't you get the version that has a camera inside, so you can use your smartphone in the grocery store to see if we need more milk?" he asked.

"Because it costs \$500 more," she said.

That, said Brian, was a good reason.

That's the kind of reasoning we're all going to be doing in the coming

months and years as we grapple with the newest trend in appliances—connection to the internet.

"The number one problem for homeowners is trying to determine which of the things actually presents value," says Sloboda. For example, when you're on vacation you can use your smartphone to check whether you've left the oven on or the garage door open.

### **Sounds nice, but is it worth it?**

"There's a Crock Pot app," he says. "Does that have value to you? It might if you use a Crock Pot a lot."

"There are infinite possibilities," says Sloboda. "They sound nice when you first hear about them, but you have to remember you are paying more for those features."

Web-connected appliances could also offer online diagnostics. There might not be strong everyday reasons for a washing machine to be hooked into cyberspace, but if it broke, the manufacturer could log in to figure out what's wrong. That could help decide the best way to

repair or replace the equipment. But is it worth the extra cost?

"It's a good feature," says Sloboda, "but one you're only going to use when the appliance breaks."

If you're longing for lower-tech help in decision-making, look to the yellow and black U.S. Department of Energy's EnergyGuide label on each appliance.

"It's one of the single greatest pieces of information that you can find when you buy an appliance," says Sloboda.

He says the most useful info is the big dollar figure right in the middle of the label, showing what it will cost to use that appliance for a year.

Sloboda cautions that the number doesn't tell you exactly what you will pay because it doesn't use your local utility's kilowatt hour rate. But it's a perfect way to compare appliances because every appliance's label is based on the same national average electric rate.

"You can stand in that aisle looking at all the washing machines, and you can scan the entire row and narrow your options down from a dozen," says Sloboda, "down to the three or four that use the least amount of money."

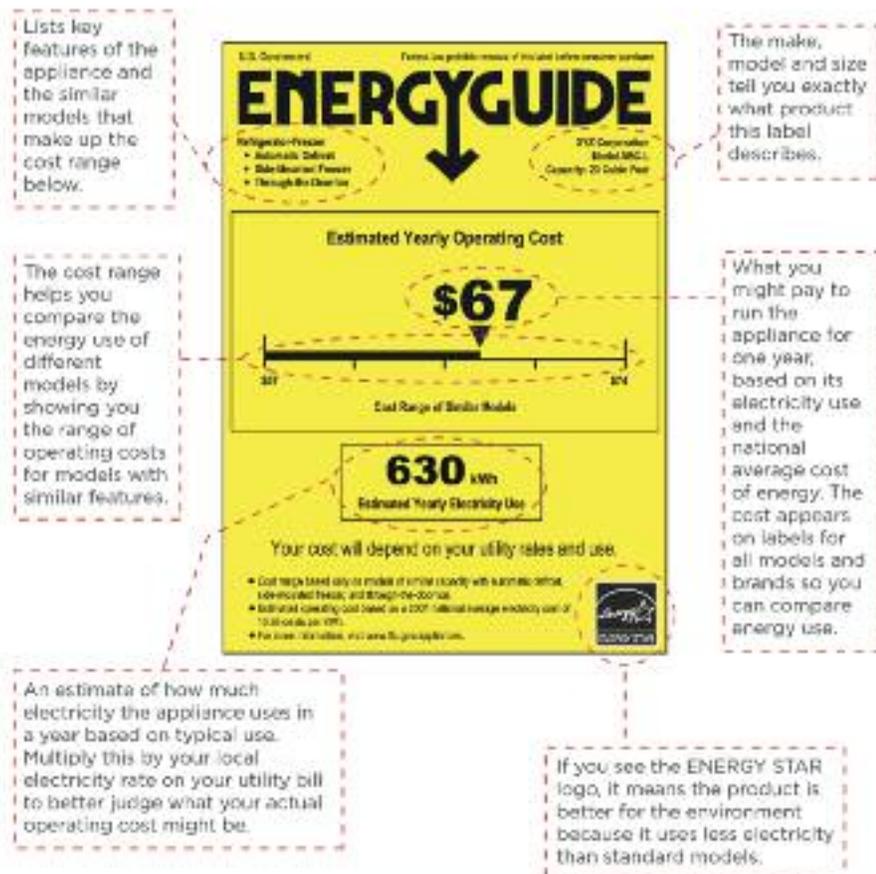
### **Taking charge of your appliances**

Other especially useful parts of the label, he says, include the lower right corner—if you see an Energy Star logo it means the appliance will use less energy than one without. He also singles out the upper right corner that lists the manufacturer and model number, which you can use for more detailed comparisons with other models.

Sloboda also advises to pay attention to the age of your major energy-using appliances. In addition to dramatic energy efficiency advances over the past several years, motors start degrading in refrigerators and in heating and air conditioning systems. He says to consider upgrading air conditioners and heat pumps older than 10 years,

# Understanding the ENERGYGUIDE Label

The ENERGYGUIDE label is a great tool that helps consumers compare the energy use and costs of new appliances. Use the sample below to better understand how to use the information found on the label.



Source: Federal Trade Commission

enhance cybersecurity for the growing number of internet-connected devices in the home.

Sloboda says the aim of the study is “to understand what the value of internet-connected devices is to the consumer. Then the manufacturers can start to build products that the consumer wants.”

The study will also look for futuristic-sounding ways that utility consumers can sign up for optional utility programs to help homeowners decide how they want to use electricity.

“The appliances would be networked together and they would talk to one another,” says Sloboda. “In a very advanced scenario, the home could actually reconfigure the way appliances are being used depending on occupancy of the home at the moment, and the weather conditions.”

That setup could even let homeowners decide if they are a person who wants to save as much energy and money as possible, or if they would rather the house be warmer or cooler.

“They won’t have to figure out if they want to set the thermostat back,” says Sloboda. “The homeowner would tell the system whether they wanted to maximize comfort, or maximize savings, then the home would communicate to the utility. That way it won’t be the utility controlling the system, it won’t be the appliance manufacturer, but it will be the occupant of the house who is making the decisions.”

*Paul Wesslund writes on cooperative issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation’s 900-plus consumer-owned, not-for-profit public power districts and electric cooperatives.*

and refrigerators older than eight years.

The Department of Energy offers a handy way to check whether it’s time to replace your refrigerator: visit the EnergyStar.gov website and in the search box type “flip your fridge calculator.” You’ll find a link to a page where you can enter your type of refrigerator and its age to calculate how much you’d save buying a new one.

All these options mean more

decisions for consumers. But help is on the way.

Sloboda says that public power districts and electric co-ops are working with two national laboratories to study the most useful ways to connect appliances with the internet, and with the utilities that provide the electricity. He says that over the next two years the study will report on how consumers can more easily make decisions on how to use appliances, and even how to

## Tips to keep you comfortable this summer

by Pat Keegan

**Q** : My energy bill was pretty high last summer. Do you have any tips for how to keep comfortable this year without breaking the bank?

**A** : Absolutely! There are several ways to make your home more comfortable this summer. Some of the solutions are low-cost, while others require a bigger investment. In the end, you can be more comfortable and have lower energy bills this summer.

The first step is to reduce your home's solar gains – the heat energy it collects from the sun. Since most solar gains originate through your home's windows, awnings are an effective solution. They can reduce solar heat gain by as much as 65 percent on south-facing windows and 77 percent on west-facing windows. You can also try less expensive solutions on the outside or inside of your windows, like reflective films and solar screens. Heavy window coverings also work and have the added benefit of reducing heat loss in winter.

Two areas that can be major sources of heat gain are skylights and attics. Reflective film or specially designed window coverings are potential solutions for skylights. Attics can become extremely hot and radiate heat through the ceiling into your living space. Abundant venting through the roof, gable or eaves is one solution, but you also need adequate attic insulation.

Another important step is to seal air leaks around windows, doors, plumbing and wiring penetrations to keep warm air out and cool air in.

Excess heat can also be generated inside your home – and at your

expense. Here's a quick list of simple steps you can take:

- Make it a habit to turn off lights and TVs in rooms that aren't in use.
- Incandescent light bulbs generate a lot of heat. Replace them with LEDs.



*Sealing air leaks is critical to keeping the home's interior cooler than the exterior. Photograph provided by Wikipedia Commons*

- Unplug devices you aren't using, like chargers, computers, monitors and consumer electronics. Many of these use phantom power that keeps them on constantly (even when they're not in use!), which generates heat.

- Maintain appliances for peak efficiency. For example, clean your refrigerator coils.

- Lower your water heater temperature to no higher than 120 degrees Fahrenheit and your refrigerator to no lower than 38 degrees Fahrenheit. Also consider

insulating your hot water pipes.

- Minimize use of your oven, and don't run the dishwasher or washing machine until they are full.

Now that you've worked on keeping heat out of your home and minimizing the waste heat generated inside, let's look at how to make the inside air cooler. That starts by assessing your air conditioning (AC) system.

If you have central AC, make sure it's working efficiently. Replace the filters regularly, and check to see if your supply registers are open. AC systems need to push an adequate amount of air into the supply ductwork to function properly.

If you do not have central AC, window units can be an efficient solution if they are Energy Star-certified and only used to cool part of the home, part of the time. Make sure to seal any openings around the window unit.

The least expensive way to cool yourself is air movement. A ceiling fan or portable fan can make a room feel up to 10 degrees cooler, but keep in mind, fans cool people. Turn them off when you're not in the room.

If you live in an area where the night air is cool and not too humid, you can exchange your hot air for cool outdoor air by opening the windows and turning on your kitchen and bath fans. Or you can place a fan in one window to exhaust the warm air and open another window at the opposite end of the house to allow the cooler night air inside. The permanent (but more expensive) option is to install a whole-house fan.

Remember, there are several ways to keep cool and increase comfort. I hope these tips will make your summer more enjoyable than the last!

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# HOW TO PREVENT ELECTRIC SHOCK DROWNING

Each year, 3,800 people die from drowning. Electric shock drowning occurs when an electric current escapes boats, docks and lights near marinas, shocking nearby swimmers. There are no visible signs of current seeping into water, which makes this a hidden danger. The electric shock paralyzes swimmers, making them unable to swim to safety.



## ELECTRICAL SAFETY TIPS FOR:

### Swimmers

- **Never swim near a boat or launching ramp.** Residual current could flow into the water from the boat or the marina's wiring, potentially putting anyone in the water at risk of electric shock.
- If you feel any tingling sensations while in the water, **tell someone and swim back** in the direction from which you came. Immediately report it to the dock or marina owner.

### Boat Owners

- **Ensure your boat is properly maintained and consider having it inspected annually.** GFCIs and ELCIs should be tested monthly. Conduct leakage testing to determine if electrical current is escaping the vessel.
- **Use portable GFCIs or shore power cords** (including "Y" adapters) that are "UL- Marine Listed" when using electricity near water.
- Regularly have your boat's electrical system inspected by a certified marine electrician. **Ensure it meets your local and state NEC, NFPA and ABYC safety codes.**

## IF YOU SEE ELECTRIC SHOCK DROWNING TAKING PLACE:



TURN POWER OFF



THROW A LIFE RING



CALL 911

**DO NOT** enter the water. You could become a victim, too.

*Sources: Electrical Safety Foundation International, Centers for Disease Control and Prevention*

Mother's Day Special

# “My friends all hate their cell phones... I love mine!” Here’s why.

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Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
30-Day Return Policy <sup>3</sup>	YES	YES

More minute plans and Health & Safety Packages available. Ask your Jitterbug expert for details.

“My phone’s battery only lasts a short time.” Unlike most cell phones that need to be recharged every day, the Jitterbug Flip was designed with a long-lasting battery, so you won’t have to worry about running out of power.

“Many phones have features that are rarely needed and hard to use!”

The Jitterbug Flip contains easy-to-use features that are meaningful to you. A built-in camera makes it easy and fun for you to capture and share your favorite memories. And a flashlight with a built-in magnifier helps you see in dimly lit areas. The Jitterbug Flip has all the features you need.

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## Sweet Ways to Welcome Warmer Days

**W**armer, longer days are made for quality time with friends and family. There's no better way to cap off an afternoon in the sun than a good meal followed by a great dessert. Plan to end your next gathering on a sweet note with these fruity desserts to conclude a day spent with loved ones.

Fruity treats are hard to resist, especially when paired with tasty, complementary flavors and textures. If you're looking for a treat that travels a bit off the beaten path, this pie may be just the answer. A crushed pretzel crust and creamy peanut butter filling provide a salty, savory background for plump, sweet strawberries. Or serve up a taste of the tropics with a cream pie that celebrates a medley of textures and flavors from lively blueberries to toasted coconut.

When you make fruit the star of the dessert, there's no question you need top-quality ingredients. Each of these desserts features Lucky Leaf Fruit Fillings, which are made from fresh fruit, contain no high-fructose corn syrup and are GMO-free, for a delicious dessert every time. With a variety of flavors to choose from, including apple, blueberry, cherry, peach and strawberry, there are plenty of convenient, versatile dessert options for any occasion.

Find more tasty treats for entertaining and beyond at [luckyleaf.com](http://luckyleaf.com).



### Fluffy Blueberry Cream Pie with Toasted Coconut

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>1 package (8 ounces) cream cheese, softened</li> <li>1/3 cup sugar</li> <li>1 tablespoon milk</li> <li>2 cups frozen whipped topping, thawed</li> <li>1 can (21 ounces) Lucky Leaf Premium or Organic Blueberry Fruit Filling or Topping</li> <li>1/2 cup toasted coconut flakes, plus additional for topping, if desired</li> </ul> | <ul style="list-style-type: none"> <li>1 graham cracker crust (9 inches)</li> </ul> <p>In large bowl, beat together cream cheese, sugar and milk until creamy, about 1-2 minutes. Add whipped topping, pie filling and coconut; carefully fold together until no streaks remain.</p> <p>Spoon filling mixture into graham cracker crust. Sprinkle top with additional coconut flakes, if desired. Cover and chill 2 hours, or until firm.</p> |
|---|---|



### Strawberry Peanut Butter Pie

- 1 1/4 cups crushed pretzels
- 1/4 cup granulated sugar
- 1/2 cup butter, melted
- 1 cup creamy peanut butter
- 1 package (8 ounces) cream cheese
- 1/2 cup powdered sugar
- 1 1/2 cups frozen whipped dessert topping, thawed
- 1 can (21 ounces) Lucky Leaf Premium Strawberry Fruit Filling and Topping

Combine pretzels and granulated sugar then stir in butter. Press crumb mixture onto bottom and sides of 10-inch pie plate. Cover and chill.

With electric mixer on medium speed, beat together peanut butter, cream cheese and powdered sugar. Fold in whipped dessert topping.

Spoon 1/2 cup pie filling into crust-lined pie plate. Carefully spread peanut butter filling over top. Top with remaining pie filling. Cover and chill 2 hours before serving.

### Rhubarb Cherry Crunch

- |                       |                           |
|-----------------------|---------------------------|
| 4 cups rhubarb, diced | 1 cup sugar               |
| 1 cup quick oats      | 1 cup water               |
| 1 cup flour           | 1 teaspoon almond extract |
| 1 cup brown sugar     | 2 tablespoons cornstarch  |
| 1 cup butter          | 1 can cherry pie filling  |
| Pinch of salt         |                           |

Mix together quick oats, flour, brown sugar, butter and salt, set aside. In a sauce pan mix sugar, water, almond extract and cornstarch. Bring to a boil and cook until thickened then add cherry pie filling. Pat 1/2 of the quick oats mixture in a baking pan. Then add diced rhubarb. Pour cooked cherry filling over the rhubarb. Top with the rest of the quick oats mixture. Bake for 45 minutes in 350 degree oven.

**Audrey Kaser, Pender, Nebraska**

### Chicken Casserole

- |  |   |
|--|---|
| 8 to 10 oz. seasoned croutons                              | 1 can (4 oz.) sliced mushrooms, drained |
| 3 cups diced cooked chicken or turkey                      | 1/2 teaspoon each – salt and pepper     |
| 1/2 cup each – onion, celery, green pepper, pimento, diced | 1 1/2 cups milk                         |
| 1/2 cup mayonnaise   | 2 eggs                                  |
|  | 2 cans cream of mushroom soup           |
|  | 1 cup shredded cheddar cheese           |

Grease a 9" X 13" pan. Line bottom with croutons. Mix chicken, vegetables (not mushrooms) and 1/2 cup of cheese. Place mixture on top of croutons. Top with mushrooms. Combine mayonnaise, milk, eggs, salt and pepper. Pour over. Spread the soup over the top of the casserole. Sprinkle with remaining cheese. Bake for one hour at 350 degrees.

**Becky Connolly, Elkhorn, Nebraska**

### Indoor S'mores

- 1 13 oz. box Golden Graham Cereal
- 1 1/2 cups milk chocolate chips
- 6 cups mini marshmallows
- 5 tablespoons butter
- 1 teaspoon vanilla
- 1/4 cup light corn syrup

Melt 5 cups marshmallows, chocolate chips, butter and corn syrup in 3 quart sauce pan over low heat. Remove from heat, stir in vanilla. Pour cereal into large bowl. Pour melted mixture over cereal. Stir until evenly coated. Stir in the remaining cup of marshmallows. Cool, cut and store covered.

**Tia Vlieger, Ruskin, Nebraska**

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