

RURAL ELECTRIC

NEBRASKAN

December 2017



Drug Companies Fear Release of the New AloeCure

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

by David Waxman
Seattle Washington:

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

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

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

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

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

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

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

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



HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

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

RAPID ACID AND HEARTBURN NEUTRALIZER

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

SIDE-STEP HEART CONCERNS

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

UNLEASH YOUR MEMORY

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

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

SLEEP LIKE A BABY

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

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your

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

SAVE YOUR KIDNEY

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

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

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

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

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

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

HOW TO GET ALOECURE

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

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-746-2898** 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.

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Improvements can often increase the comfort level of a home. This is not easy to measure, but is one of the driving forces behind home-weatherization efforts. There are several areas of the home that can be improved easily, without breaking your budget.

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A bald eagle soars through the air near Kingsley Dam. See the related article on Page 6. Photograph by Scott Casper



by Wayne Price

Serving you is the number one priority

The public power industry in Nebraska was created to provide affordable, reliable and safe electricity to every citizen at a time when private power companies refused to do it because they saw no profit in serving rural areas. Public power districts and electric cooperatives firmly believe that you, our members and consumers, need to be at the heart of everything we do. We are proud of the fact that we are different from investor-owned utilities like those in our neighboring states, where the primary purpose is to generate profit for their stockholders. Many of those stockholders don't live in the communities served by the utility. While our public power utilities must of course generate enough revenue to cover our costs, profit is not our primary motive. Serving you and your neighbors is our number one priority.

Our public power story is about ordinary people that banded together to improve the quality of life by providing electricity to our rural areas when no one else would do it. But that was more than 75 years ago. As we look to the future, we once again need your active participation in determining the future of public power.

Your local rural electric utility welcomes your input on what can be done to ensure your needs are being met. You can attend their monthly board meeting, contact them through a website, or find them on Facebook. They want to hear from you when there's something on your mind about your service.

Cooperatives can be found operating in just about every type of business from agriculture, housing, finance, health care, technology, small business, food and many more. Co-ops, in some form, can be found in the most rural to the most urban areas with the support of people from all walks of life.

Every day, Nebraska's public power districts and electric cooperatives are hard at

work to make sure all of our consumers have the electric power they need at the best possible price. And behind the scenes, they are working with a network of utilities and cooperatives to make that happen.

Nebraska's rural electric utilities are served by Nebraska Public Power District or Tri-State G&T, which creates the power and transmits it into every county.

It also takes a lot of money to run an electric utility, so when they need to borrow capital, they turn to either the National Rural Utilities Cooperative Finance Corporation (CFC) or CoBank. Both of these organizations are also cooperatives. CFC is owned by public power districts and electric co-ops throughout the country, and CoBank is owned by electric and agricultural co-ops nationwide.

As you know, every month your utility generates an electric bill

that is sent to you either electronically or through regular mail. Rural electric utilities in Nebraska use National Information Solutions Cooperative (NISC) or Southeastern Data Cooperative (SEDC) to ensure they can apply the latest technology, help lower your energy costs and send timely, accurate bills to you.

No business can operate without several different types of insurance, such as general liability, auto and workmen's compensation. So once again, along with other electric cooperatives across the country, many utilities are members of Federated Rural Electric Insurance Exchange. This allows the utility to maintain reliable coverage at an affordable price.

One thing you can absolutely count on from your locally owned electric utility: we will never be moving to Mexico or China like you hear of so many other companies doing. We will always be local – right here and ready to serve our consumers.



LEDs help cut cost of Christmas cheer

by Derrill Holly

Thomas Edison displayed the first strand of electric Christmas lights in 1880 outside his Menlo Park, New Jersey laboratory. Two years later, his partner, Edward H. Johnson, hand-wired 80 red, white and blue bulbs together and wrapped them around his Christmas tree, mounted on a revolving motorized stand.

For more than a century, incandescent bulbs dominated holiday lighting, but in less than 20 years after their debut, light emitting diodes (LEDs) have caught on with consumers and the way many families decorate for the holidays.

“LED lighting products now account for 60 percent of the holiday and seasonal lighting sold in the United States each year,” said Robert S. La Rocca, business development manager from the Melville, New York-based wire and cable/seasonal lighting division of Underwriters Laboratories.

Seasonal decorations are a \$12 billion annual market, which now includes consumer lighting, ornaments, inflatables, artificial trees and table or mantle displays. LEDs are enticing consumers to buy more, and go bigger and brighter, even as they use far less energy.

“A typical 50-lamp incandescent light set can operate up to 0.170 amps or 20.4 watts. Based on this, and the requirements of the previous version of the Standard for Safety of Seasonal and Holiday Decorative Products, known in the industry as UL 588, you could only connect three strings end-to-end.

“This was incredibly limiting,” said La Rocca. “Now, however, with the current version of UL 588, allowing connection of up to 216 watts end-to-end, and a 50 lamp LED light set

that typically operates at approx. 0.020 amps or 2.4 watts, you can technically connect more than 50 strings together.”

La Rocca added that consumers should always check the caution markings attached to the strings and follow the provided instruction manual, which advises the user how many strings to connect together.

That means a 1,000-bulb string of incandescent miniatures consumes about 408 watts of energy compared to an equal LED string’s 48 watts. Since most residential circuits operate at a maximum load of 15 to 20 amps, up to three outlets might be needed for the incandescent strings to prevent overload, while the LEDs would use a single outlet.

“A consumer can connect up to 25 strings of LED mini-lights together on a single circuit,” said Dennis Krize, senior vice president of Nicolas Holiday, Inc.

The Taiwan-based firm has manufactured seasonal lighting products for more than 50 years, and has been a licensee for GE brand holiday lighting since 2000. Incandescent miniatures made their first appearances in the late 1960s, and dominated the market for decades, as costs declined.

“LED light strings may be more expensive initially, but the energy savings on some light strings will more than offset the added costs in two or three seasons,” said Krize. “Because they consume a lot less power, and the technology is constantly improving, consumers have a lot more flexibility in how they’re used and how often they decorate.”

Twinkling icicles, lighted shrubbery netting, pre-lighted trees and wreaths, and LED projection systems are among a growing list of favorites.

Unitized fabricating, substitution of plastic for glass, and solid-state control boxes, have also improved

durability. Some designs feature programmable display patterns and color selections too.

Incandescent bulbs were rated to perform for up to 2,000 hours while LEDs have been designed and tested to last 20,000 hours or more,” said Krize.

While UL has not specifically tested lamps for longevity, products marked with the UL Holographic labels have undergone a series of testing related to mechanical, physical and electrical criteria. Product testing replicating the types of stresses caused by wind, moisture and rough handling are also conducted on samples.

“These products are designed to last a lot longer,” said UL’s La Rocca. He added that white or multicolored lights used during the holiday season, might reappear in green around St. Patrick’s Day, or be moved to the patio for summer entertaining. Decorative lighting is not just for Christmas anymore!

“I cannot say that an LED lighting string will last longer than an incandescent lighting string, but I can tell you that a lighting string provided with the EnergyStar logo must come with a specified warranty backed by the manufacturer. Those marked with EnergyStar labels are replaceable within a designated period,” said La Rocca. He added, that because LEDs produce little or no heat, the temperature concerns may be reduced, however, the consumer should always look for the UL logo on seasonal and holiday lighting to be sure that the products were tested by UL.

Although UL 588 is a voluntary standard, the U.S. Consumer Product Safety Commission requires that manufacturers of seasonal lighting products meet the specific sections described in UL 588, the Standard for Safety of Seasonal and Holiday Decorative Products.



It's Bald Eagle Viewing Time

BY MARK PEYTON

PHOTOGRAPHS BY SCOTT CASPER

I vividly remember the first bald eagle I'd ever seen. It was in the mid '60's and there just weren't that many around. I was with my Mom and Dad and Doris Gates. Miss Gates, as I still called her, and always will, was my mentor as a biologist and the guru of ornithology in Nebraska at the time. She was President of the Nebraska Ornithological Union, Editor of their scientific journal, and a teacher at Chadron State College. My father was also employed at CSC and he was always willing to do anything in the "out of doors", as he called it. My Mom took ornithology from Miss. Gates who was one of those teachers who was always teaching regardless of the time, place, or age of the students. When a 9-year-old wanted to tag along on the college ornithology field trips, her answer was always "Yes."

Miss Gates heard there was a pair of adult bald eagles spending time around Walgren Lake south-east of Hay Springs, Neb. She called Mom and asked if we wanted to take a Saturday morning field trip and see if we could find the birds. Of course we did!

It was a cold, windy, and generally miserable day but we went anyway.

Even with the top up, Miss Gates' Oldsmobile convertible was cold and drafty, but it was worth the trip because the two eagles were in a tree about 50 yards from the parking lot at the lake. Parked there with the top down Mom and I could see just as well from the back seat as Dad and Miss Gates could from the front.

How exciting. Put this into perspective, it was years before the Endangered Species Act was signed and years before DDT was banned in the U.S. The bald eagle population was continuing to decline. Once numbering in the hundreds of thousands of individuals, by the '60's there were only 1,000 – 2,000 in the lower 48 States. They hadn't successfully nested in Nebraska since the 1800's. In January of 1976 a census of eagles conducted in Nebraska counted only about 60.

DDT was, and I guess is, an excellent pesticide for killing mosquitoes, flies, and other bugs. The problem is that it doesn't break down when metabolized by the bugs. The dying bugs are easy prey for fish in lakes, rivers and streams. The DDT builds up in the fish and they start to die. Bald eagles and other fish eating birds are more than willing to eat sick fish...in fact they prefer sick and dying fish as they are easier to catch!

The DDT started to build up in the eagles and other birds causing problems with their ability to secrete calcium around eggs just prior to laying the egg. The thinner shells broke easily and successful reproduction by eagles almost came to a standstill. Along with the bald eagles we saw dramatic decreases in populations of peregrine falcons, brown pelicans, and osprey. These other species, since the banning of the use of DDT, like the bald eagle, have made dramatic comebacks.

I grew up and like my mother, took ornithology from Miss Gates. I also worked as her lab aide for a couple of years before graduating from CSC and accepting a job teaching science and coaching at Ewing. My wife and I bought a trailer and put it on a lot

about 100 yards from the Elkhorn River. I would spend my weekend afternoons walking up and down the river hunting or just looking around. To my excitement a pair of bald eagles chose that stretch of the river to spend their winters.

From Ewing I made my way to Gothenburg. There I was pleased to find that during the winter the Platte River was a magnet to bald eagles. I located a communal roost south of town and spend hours lying

More on Page 8



Bald Eagle Viewing From page 7

in the snow by road kill deer carcasses trying to get decent photographs of the birds.

I participated in a number of mid-winter bald eagle surveys walking the river from Gothenburg to Cozad. I would see 10 – 20 eagles in the 10 miles walk. Then the Central Nebraska Public Power and Irrigation District opened the J2 Hydroelectric Power Plant south of Lexington to the public.

Water diverted from the Platte River at North Platte is routed thought the Tri-county supply canal until 75 miles later, south of Lexington it is either returned to the Platte (winter) or used to irrigate over 100,000 acres (summer). Along the way the water passes through 26 lakes ranging in size from a few acres to Johnson Lake south of Lexington. The Nebraska Game and Parks Commission regularly stocks the lake with game fish as well as gizzard shad to act as food for those game fish.

When Johnson Lake ices over and the water starts to get cold the shad get on the move. They follow the flow of the water. The problem for the fish is that the water must first go through two hydroelectric power plants before it gets to the river. At the outlet to Johnson Lake is the J1 Plant and six miles further down the canal is the J2 Plant. As the fish pass through the plant a couple of bad things can happen. First, the spinning turbine blades of the plant regularly slice and dice the larger fish into bite sized pieces. Secondly, the water drops 142 feet from above the plant, through the plant, and then below the plant. The rapid change in pressure as the fish travel through the plant is tremendous and swim bladders, small sacks of air that help the fish with buoyancy, can break resulting in the death of the fish.

Sitting in the trees below the

plants the bald eagles await an easy meal. As noted earlier, in 1976 there were only 60 counted throughout Nebraska. In December of 1989 I counted that many from the windows of the J2 Power Plant. I was hooked. I wrangled a part-time job working at the plant during the weekends; which expanded into a part-time summer job freeing me from the irrigation duties on my father-in-law's farm. From there I went to a full time position as the Senior District Biologist at Central, a position I held for 22 years before retiring.

Things have really changed during that time. Two years after I first went to work at the plant the first successful bald eagle nest of the century in Nebraska was documented. In 2016, the year of my retirement, the Nebraska Game and Parks Commission eagle nest-monitoring program tallied 159 active bald eagle nests throughout the State. I watched a pair of bald eagles (at least I assume it was the same pair) make nests in four different trees southwest of Overton over six years; successfully raising chicks in five of those years.

What I found interesting is that usually eagles will lay two eggs and raise one chick unless food is abundant and then they can successfully raise two chicks. In four of the five years that I watched the eagle nest located south-west of Overton the adults were able to find and bring home enough food for three chicks to survive! The food? Carp and other large fish found in the Platte River. Another interesting thing is that eagles tend to use the same nest over and over again. Why they continue to move around south of Overton is a question because two of the four nests are still there. One toppled when floodwaters undermined the roots of the tree where the nest was located and the tree fell into the river, and just last spring the wind took the tree down that held an active nest resulting in the loss of two chicks.

Today there are so many more bald

eagles and you now see them all year around, and maybe because of that I've become a little calloused to their presence. My cousin came up from Texas to see my mom and I took her out to see the eagles. She was hoping to see a few. I knew we would see quite a few. Neither of us expected to see the numbers that we did see. We counted. By the time we quit we had seen 167 individual eagles and I really enjoyed the excitement my cousin was experiencing.

One hundred sixty-seven eagles isn't a record by any means. We had to drive around and find them in clumps of four and five, or even one in a tree. The record for Nebraska, as far as I know, is from Lake Ogallala where over 300 could be counted from one location! The week before my cousin and I were out, over 200 were counted on the ice at Johnson Lake...again from only two locations. The waitress at the resort where we ate lunch even commented on there not being as many eagles as a few weeks ago.

We also stopped by the J2 – Eagle Viewing facility at the J2 Power Plant south of Lexington, and watched the birds there. It was the last weekend of the season, but still, a lot of birds. The viewing facilities will open again this year, so if you are like my Mom, Dad, and Miss Gates and are open for a Saturday morning field trip to see a bald eagle, either there or the eagle viewing facility at Lake Ogallala are the places to go. I can assure you that it will be much warmer sitting inside the building than it was for me in the back of that old blue convertible!

Note: *The J2 Eagle Viewing Facility, located south of Lexington, Neb., and below the dam at Lake McConaughy north of Ogallala, Neb., will be open starting Saturday, December 23rd through March 4th. The facilities will be open from 8:00 A.M. – 2:00 P.M. CST. To get to the facilities just follow the signs. Typically there are more eagles and they are more active earlier in the day so come early if you can.*

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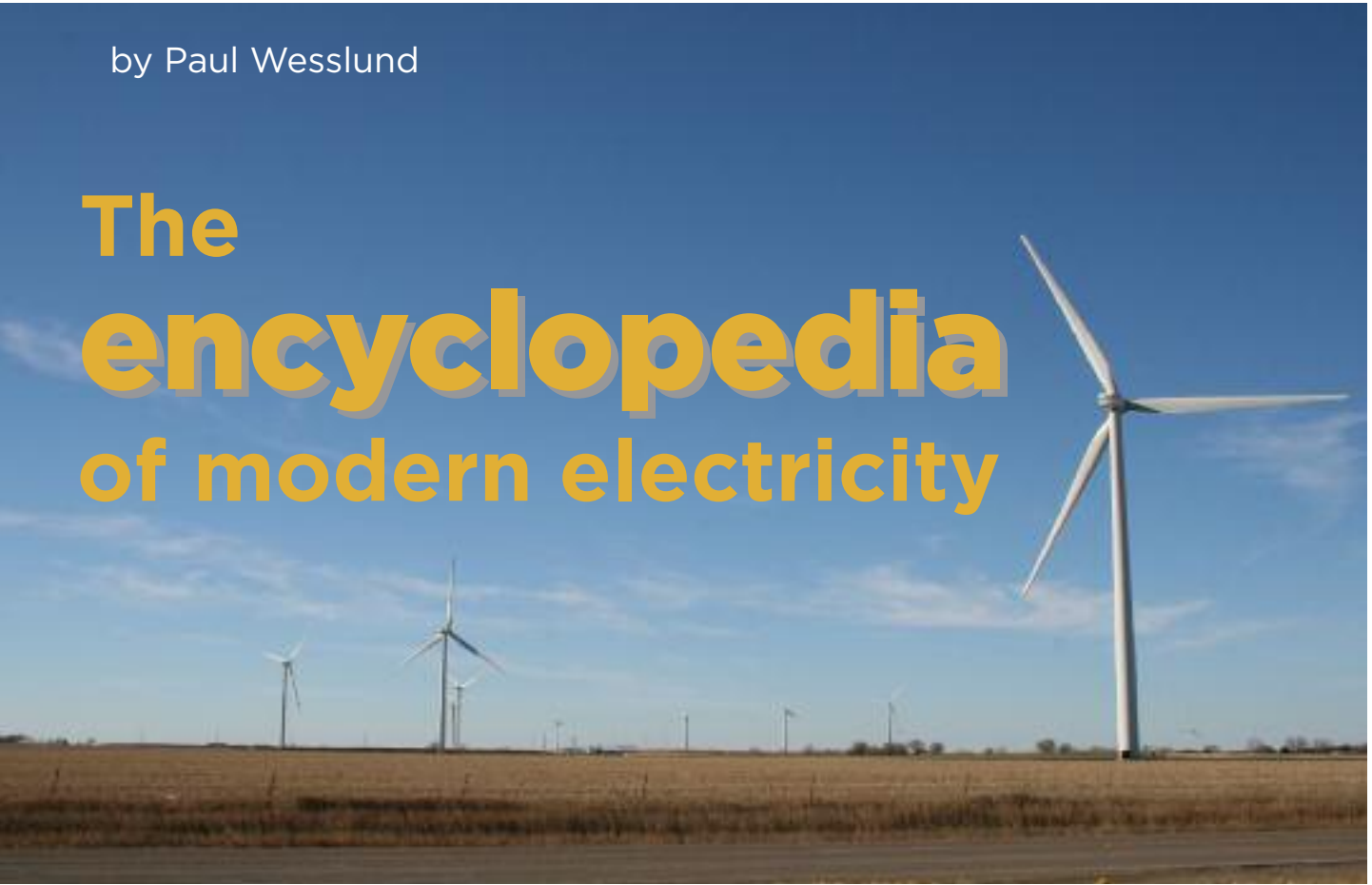
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by Paul Wesslund

The encyclopedia of modern electricity



Coal-fired power plants are closing. Homeowners with rooftop solar panels are selling unused electricity back to their utility. Windfarms are springing up across the Great Plains. Fracking and other drilling techniques have cut the cost of natural gas by more than half since 2002, and doubled the amount of electricity generated by natural gas.

What does all this mean for the nation's network of wires and power plants otherwise known as the electric grid? The answer lies within a new report from the U.S. Department of Energy, says Pam Silberstein, senior director of power supply for the National Rural Electric Cooperative Association.

"It's incredibly well-written, well-researched, very thorough, very comprehensive," says Silberstein. "It's a well put-together compilation of the state of the grid."

DOE's August 2017 Staff Report to the Secretary on Electric Markets and

Reliability describes the complex state of the electric grid and goes into great detail on how utility trends might affect the price and availability of electricity. It highlights the importance of retraining coal and nuclear power workers, and the effects that renewable energy has on the stability and reliability of the existing electric utility system.

Better reliability

Another way to describe the report: If someone decided that every high school student should understand how the nation's system of electric wires and power plants works, this study would make a good textbook.

Silberstein sees the grid study as a report that puts in one place all the changes affecting utilities and what those changes might mean. She says, "We're asking our utility systems to meet a lot of demands they haven't been asked to do before."

The study is a quick-turnaround

response to an April 14 memo from Energy Secretary Rick Perry to DOE's chief of staff to "explore critical issues central to protecting the long-term reliability of the electric grid."

Plenty has changed for electric utilities over the past 20 years, and this DOE study describes that new landscape with enough detail to satisfy the most hard-core energy nerd:

- About 15 percent of the nation's power plants have been retired since 2002, mainly coal and nuclear plants. That trend is expected to continue due to low natural gas prices, slower growth in demand for electricity, environmental regulations and more solar and wind power. While new generating capacity from sources including natural gas and renewable energy has amounted to about three times the plant retirements, that radical change in the energy mix requires new ways of managing the flow of electricity from the power plants where it is made, to the homes

and businesses where it is used.

- People are demanding better reliability in their electricity; enough that utilities have supplemented their goals of reliability with a new term, “resilience.” Basically that means being able to get the lights back on faster after a natural disaster. That has utilities experimenting with things like utility-scale storage batteries, and more precise targeting of which customers should get power restored first.

- A lot of states are passing Renewable Portfolio Standards that mandate levels of green energy, creating a patchwork of requirements in the national grid.

- New and growing additions to the electric grid are changing the way it needs to be managed. Those new power sources include rooftop solar panels that sell electricity back to the utility, natural gas plants that require new pipelines, solar and wind farms in remote areas that need to be connected with new transmission lines, and “demand response programs” in which utilities can turn off home water heaters and air conditioners for short periods during times of peak demand.

Recommendations from the study include:

- Updating the pricing arrangements that govern the buying and selling of electricity
- Improving disaster preparedness
- Reviewing regulations that limit the growth of power generation, especially for coal, nuclear, and hydroelectricity
- Focusing on workforce development as energy workers face a changing energy marketplace.
- Modernizing the software that manages electricity transmission
- Coordinating with Canada and Mexico to enhance electric reliability across all of North America

The study also notes the importance of cybersecurity to the electric grid, but said that would be addressed in an upcoming joint report from the Department of Energy and the Department of Homeland Security.

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.

THE EVER-CHANGING ELECTRIC GRID

A recent DOE report on the nation's electric grid tells the story of an extreme makeover that is impacting the price and availability of electricity. Let's take a look at some of those changes and how they impact utilities:

Less Coal and Nuclear:

About 15 percent of the nation's power plants have been retired since 2002, while new generating capacity from sources like natural gas and renewable energy has amounted to about three times the plant retirements. This radical change to our energy mix means utilities must find new ways to manage the flow of electricity.



More Renewables:

Over the last year, renewable energy generation increased from 7 percent to 10 percent. These new and growing additions to the electric grid are changing the way it needs to be managed.

Green States:

29 states and the District of Columbia have adopted Renewable Portfolio Standards, which require a certain amount of electricity to be produced from renewable energy. This means utilities have to manage a patchwork of different requirements.



Storm Recovery:

People want electricity all the time. In addition to reliability, utilities are exploring a goal of resilience, which means faster recovery and restoration after major storms and natural disasters.

SOURCE:
DEPARTMENT OF ENERGY (DOE)

Public Power POWERING THE GOOD LIFE

As a Nebraskan, I enjoy living in a state that celebrates the “good life.” Electricity plays a big role in powering the items we use every day. It’s also a key reason why we take our role of serving customers with reliable service seriously. Customers continuously tell us power reliability is their **NUMBER ONE** careabout. Nebraska currently ranks third nationally for shortest outage response time, while NPPD has transmission reliability of 99.99 percent. This helps ensure the stability our customers expect and deserve.



By 
Patrick Pope
NPPD PRESIDENT & CEO

In late 2006 and early 2007, ice, snow and wind storms pummelled the state damaging or destroying 37 NPPD transmission line segments and 18 substations. Utility systems of several NPPD wholesale customers were also severely damaged. All in all, tens of thousands of Nebraskans lost power, some for several weeks. Public power crews worked around-the-clock, completing a significant rebuild in just four months.

In 2012, it was not cold, but hot, dry weather that wreaked havoc on the power grid in north central Nebraska. Temperatures rose above 100 degrees for more than 10 days in a row, with no precipitation, causing NPPD to reach performance limits on an already strained section of our high-voltage system. As a result, we had to ask some of our wholesale utilities to reduce their energy usage to prevent a cascading event.

Ensuring Reliable Service: **What it Takes**

It is these types of real-life scenarios, along with additional load growth in the north central portion of the state, that is driving the need for more transmission.

At the time, NPPD brought in mobile generators to address voltage issues on the system. In 2016, we connected a 39-mile transmission line segment from Hoskins to Neligh. The final solution is connecting a longer transmission line segment known as the R-Project. This 225-mile line would start at NPPD’s Gerald Gentleman Station, connect to an existing substation in Thedford, Nebraska, and end at an interconnection point in Holt county.

NPPD began looking at where to site the power line more than five years ago. We started with a study area totaling more than 7,000 square-miles in 14 counties and then worked with landowners to create potential routes. Approximately 2,500 comments and more than 50 different project criteria were reviewed in great detail before selecting a final line route in early 2015.

Since then, NPPD has continued working with landowners to seek property access, including easements, and discuss placement of structures on their land.

The District has also applied for an environmental permit with the U.S. Fish & Wildlife Service. This permit is needed before construction begins. We have heard from several people who are not pleased the line needs to go through the Sandhills. We understand their concerns. If there was another way to solve NPPD’s reliability issues without taking this path, we would do it. But the fact is, growing electricity needs in north central Nebraska require us to build in this area.

Constructing new power lines is never easy. We chose to be the entity in charge of this project because we live and work here, too. We take great pride in the quality of our work, and respect those we serve. We know there are concerns about restoring land after construction. NPPD already operates many miles of power lines in the Sandhills, and across the state, but we are hiring an individual dedicated solely to right-of-way restoration. I expect this person to work directly with individual landowners to determine the best restoration methods for their particular situation.

By working together, we can deliver a better product while ensuring power is there when customers need it now, and in the future.

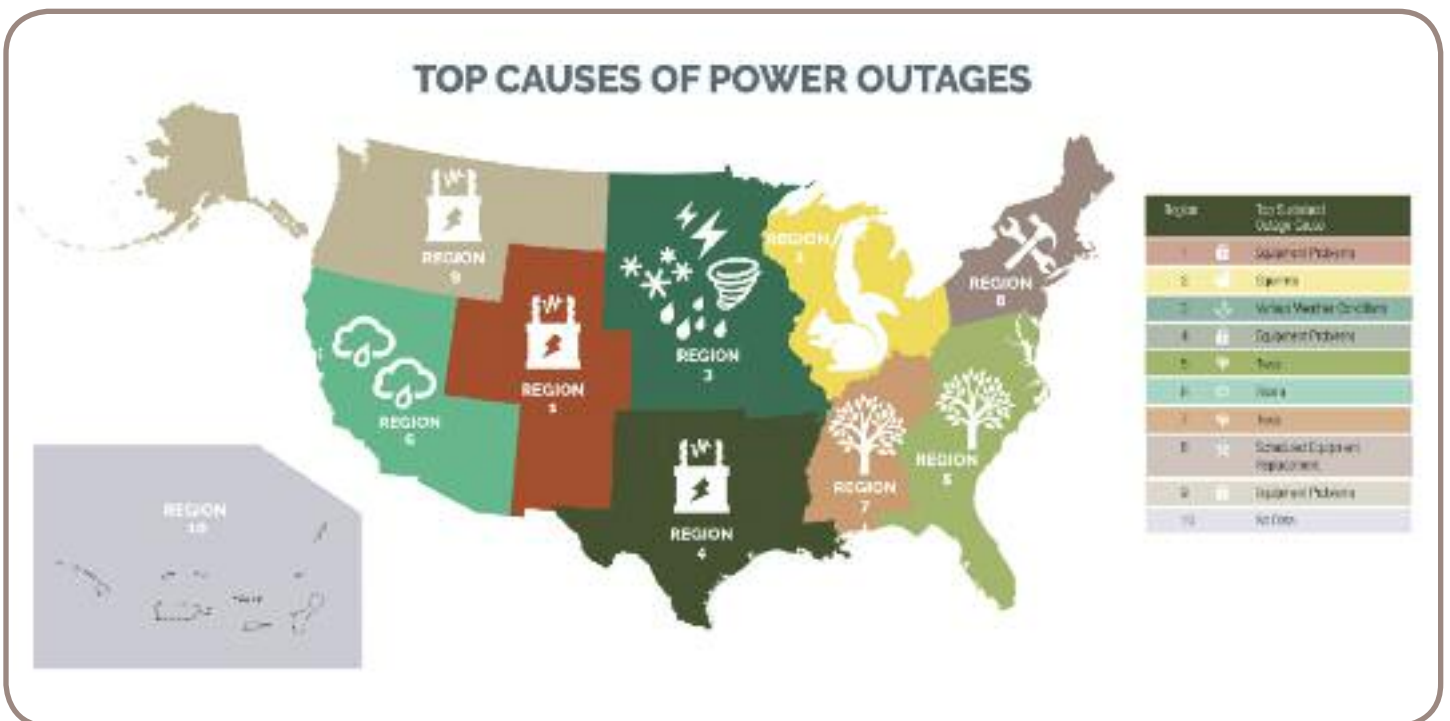


In the distance of this photo taken near Thedford, a transmission line carries electricity to where it is needed. Load growth in north central Nebraska requires NPPD to build an additional power line to address reliability concerns and serve as an alternate path should Mother Nature strike.



MUTUAL AID IN AND OUT OF NEBRASKA

When storms happen, you will find crews lining up to help one another restore services, as needed. Public power crews are also committed to answering the call outside of the state as shown by this NPPD team who spent two weeks restoring electricity in Florida following hurricane Irma. Mutual aid efforts were also provided by other Nebraska utilities including Lincoln Electric System, Omaha Public Power District, Grand Island Utilities and Loup Power District.



Nebraska is the only state in the U.S. where every single home and business receives electric service from locally-owned utilities such as municipal utilities, electric cooperatives or public power districts. This public power structure is also one reason electricity is so reliable in Nebraska. Should a power interruption occur, our customers can be assured we will work to restore service in a timely and efficient manner.

Improve energy efficiency without breaking the bank



There are two ways to measure energy efficiency improvements. The first is the payback period. This is the amount of time that the improvement will pay for itself. The second is comfort.

Improvements can often increase the comfort level of a home. This is not easy to measure, but is one of the driving forces behind home-weatherization efforts. There are several areas of the home that can be improved easily, without breaking your budget.

Lighting

Recent months have seen a steady decline in the price of LED bulbs for residential consumers. 60W LED lamps can be purchased at many box retailers for \$5 or less, and some are selling on Amazon.com for as little as \$2! LEDs should save 60 percent or

more compared to incandescent bulbs and last for several years. Care should be taken when selecting a bulb for a fixture that uses a dimmer as not all dimmers will work with LEDs.

Heating and air conditioning

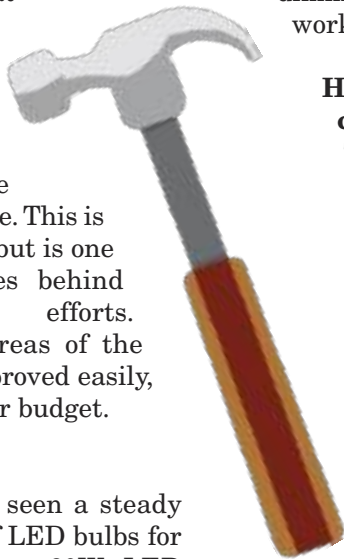
The Energy Information Agency estimates that heating and air conditioning account for 22 percent of a typical home's annual electric bill. Options such as an air source heat pump or a ground source heat pump can be 20 to 45 percent more efficient than the existing heating or cooling system in the average home. However, the upfront cost is often a barrier to adoption.

Simple solutions such as changing air filters at least every 3 months

(more often would be better!) will increase airflow to rooms, increase the life of the HVAC unit's motor and improve the air quality of the home. Sealing and insulating ductwork can be done in a weekend and results in energy savings of up to 20 percent.

To lessen the amount of work that heating and cooling systems need to do, it is important to find and seal air leaks. To find leaks, walk around your house on a cold day and feel for drafts around exterior doors and windows, electric outlets and entrance points for TV and telephone cables. In basements, target dryer vents, gas lines or any place with an opening in the wall. To seal leaks, apply caulk, spray foam or weather stripping to these areas.

Simple acts such as cooking outdoors on a hot summer day or keeping curtains closed to keep out summer sun will keep the interior of your home cooler and reduce the amount of time AC units need to operate.



BUDGET-FRIENDLY EFFICIENCY TIPS



Lighting:

LED bulbs save 60 percent or more energy than incandescent bulbs and can now be purchased at box retailers for \$5 or less.



Heating and Cooling:

Replace air filters every one to three months and seal/insulate ductwork to maximize the efficiency of your home's heating and cooling system.



Appliances & Electronics:

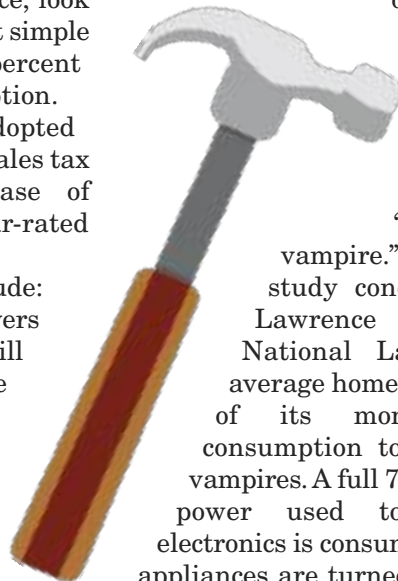
Keep appliances and electronics free from lint and dust, and use a power strip to turn off electronics when not in use, avoiding "energy vampires."

Appliances and electronics

The appliances and gadgets that make life easier are also the largest users of electricity in our homes. When buying a new appliance, look for the EnergyStar label. That simple act can result in 10 to 15 percent savings in energy consumption. Some states have adopted EnergyStar holidays where sales tax is waived on the purchase of qualifying EnergyStar-rated appliances.

Simple household tips include:

- Cleaning lint traps on dryers and not over drying clothes will save energy and extend the life of your clothes.
- Replacing worn refrigerator gasket doors will stop cool air from leaking from the refrigerator.
- Clean refrigerator coils and keep refrigerators away from heat generating appliances such as an oven.



Home electronics, like computers, TVs, DVD players and other modern devices, consume power even when turned off. This is known as a parasitic load or by the more playful term "energy vampire." According to a study conducted by the Lawrence Berkeley National Laboratory, the average home loses 8 percent of its monthly energy consumption to these energy vampires. A full 75 percent of the power used to run home electronics is consumed when those appliances are turned off, according to the U.S. Department of Energy. Cutting off power by using a power strip or a smart strip is the best way to stop this senseless loss of energy.

Ceiling fans can help save energy all year long! In the summer, fans should rotate counter clockwise to push air down creating a cooling flow. In the winter, fans should rotate clockwise to help draw cool air up toward the ceiling and push the warm air that naturally rises down to you and your family.

In many homes, attic insulation is one of easiest, least expensive and most effective ways to reduce your energy use. Check with your local electric utility to find out how much insulation is right for your climate. In colder regions, a properly insulated attic also reduces the chance of ice dams.

The best energy efficiency improvements are often the easiest. Turning lights off when leaving a room, sealing windows and doors and cleaning refrigerator coils isn't as much fun as buying a shiny new appliance. But these simple tasks are proven ways to save energy and increase comfort on a budget.

Look out for dangerous galloping power lines

Galloping power lines may sound ridiculous, but they really do occur and can be very dangerous. These lines can bounce and buck enough to hit another line, damage themselves enough to cause a power outage, or even fall to the ground.

The most common cause of galloping lines is ice that builds up on one side of a power line as a result of strong winds. This buildup creates an airfoil, which changes the flow of air around the normally round line. This change in air flow can cause the power line to start to bounce.

Once galloping starts, there is not much a power company can do to alleviate it until winds die down. This is why many power lines have objects, like twisted wire or round or angular pieces of metal attached to the line. These are devices placed on power lines to help reduce the galloping of lines and prevent potential danger.

If you encounter galloping lines, stay away, warn others to stay away, and contact your utility. In addition to the possibility of power outages, there is a danger of the lines or other



Strong winter winds can cause ice to build up on one side of a power line, causing them to bounce.

electrical equipment breaking loose and falling and of ice being dislodged from the lines and falling to the ground.

Storms at any time of the year can pack damaging winds, which can knock down power lines and blow trees and limbs onto power lines, which can cause power outages. The Safe Electricity program encourages you to keep the following safety tips in mind after a wind storm:

- When you see power lines on the ground, stay away, warn others to stay away, and contact the electric utility or 911. Lines do not have to be arcing

or sparking to be live.

- Any utility wire, including telephone or cable lines which are sagging or down, could be in contact with an energized power line also making them dangerous. So stay away from all lines.

- Be alert to the possibility that tree limbs or debris may hide an electrical hazard. Downed power lines can energize objects around it, such as chain link fences and metal culverts.

- Keep in mind that a line that is “dead” could still become energized during power restoration efforts or improper use of generators.

- Never drive over a downed line. It could cause poles or other equipment to come crashing down.

- If you are in a car that has come in contact with a downed power line, stay in your vehicle. Wait until the utility crew has arrived and de-energized the line. Warn others not to approach the car. Only exit the car in the case of fire; and, in doing so, be sure to jump out and away from the car with both feet together. Then hop away while continuing to keep both feet together.

Source: SafeElectricity.org

Murphy





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When should you replace your water heater?

by Pat Keegan

Q : My water heater is 15 years old. About how long should it last? Are there things I can do to maintain it and make it more efficient? Or should I just replace it?

A : It's hard to say how long your water heater will last. Certified home inspectors estimate the life span to be about 10 years. Some manufacturers suggest 12 to 13 years, but I had a water tank that lasted more than 40 years before the heating element finally gave out. That said, it's wise to replace a water heater before it fails because sometimes failure includes a ruptured tank or a massive leak that can do a lot of damage.

The life span of a conventional water heater (one with a tank) depends on factors such as the volume of water cycled through it, the hardness (mineral content) of the water and the tank's interior coating. Many water heaters come with a warranty as long as 12 years. Presumably, a longer warranty indicates higher quality and the chances of longer life. These warranties usually only cover the cost of a replacement tank; they typically do not include the cost of labor to install it or the costs from flood damage if the tank fails.

There are a few warning signs that your water heater tank or heating element may be failing:

- Water leaking from the tank or pooling on the floor underneath it
- Rust, corrosion or mineral deposits around fittings or release valves
- The water temperature from your faucets is dropping

Most experts believe that an important water heater maintenance

practice is to drain the tank every year or two. Allstate.com provides an excellent step-by-step guide. However, if your tank has not been drained in the past six to seven years, you should avoid doing so because draining could remove sediment in such a way that a leak could develop.



Mineral deposits on pressure release valves or corrosion on fittings coming out of the water heater are signs of leakage that should be addressed. Photograph by Jim Troth

Here are a few simple steps you can take to increase the efficiency of your water heater:

- Insulate the first six to 10 feet of easily-accessed hot water line where it exits the tank.
- If the tank is warm to the touch or is in a cold location like your garage, consider insulating it with a heater blanket. But first, check the owner's manual to make sure doing so won't void the warranty. If you have a gas or

propane water heater, be careful the blanket doesn't block the unit's air supply.

- Keep your water temperature to 120 degrees or less. This will help you save money on your heating bill and ensure longer life for pipes and gaskets.

Keep safety in mind. If you have a gas or propane water heater, protect your family from the "silent killer" of carbon monoxide gas. Pick up a carbon monoxide detector from the hardware store and install it near the heater.

Opportunities to save money on your hot water budget abound throughout the house. Showering uses almost 17 percent of our indoor water use, so you can save money by installing efficient shower heads. Replacing older dishwashers and washing machines with more efficient models will also reduce your energy bills. You should repair any leaky faucets, as a drip every second can add up to \$35 a year.

When it's time to purchase a new water heater, there are many options available. Be sure to check with your public power district or electric co-op. Some rural electric utilities offer rebates on energy efficient models. Others offer incentives for water heaters with large tanks or to install a switch that can be triggered remotely to turn the water heater off for brief periods of high energy demand.



Installing a carbon monoxide detector near your natural gas or propane water heater is a critical safety measure.

Tips for Weathering Winter Storms

Winter storms can cause hazardous road conditions, downed power lines, and extended power outages. Safe Electricity shares tips on preparing for and safely weathering winter storms.

If the power goes out, notify your utility of the outage. Have an emergency kit prepared to help you and your family weather the storm and the outage safely and comfortably. Some of the items this kit should include are bottled water, non-perishable food, flashlights, a weather radio and extra batteries.

If you are using an alternative heating source during an outage, know how to use it safely and have all supplies for it gathered. To help you and your family stay warm during an outage, dress warmly, cover windows at night, close off unneeded rooms, and place draft blocks at the bottom of doors.

Before a storm ever begins, tune into your local weather service for the weather forecast. It is important to know the differences among various watches and warnings.

Winter Storm Watches signify that stormy conditions, including heavy snow, freezing rain, or sleet, are likely within the next few days. You should be alert, as this means adverse conditions could begin within the next 12 to 48 hours.

Winter Storm Warnings call for stormy conditions to begin within the next 24 hours. Those in the range of the warning should be mindful of the impending conditions and consider canceling plans to travel outside of the home.

Blizzard Warnings advise those in the affected areas to seek refuge immediately due to high levels of snow, strong winds, and resulting near-zero visibility to those traveling on the road.

Only venture outside if absolutely necessary. Downed power lines could be submerged in snow and ice, making them difficult to see. If you must go outside, use caution and treat all downed and hanging lines as if they are energized. Stay away, warn others to stay away, and immediately contact your utility.

If travel is necessary, be especially cautious driving, and keep an emergency kit in your vehicle. Its

supplies should include a windshield scraper, a first aid kit, a cell phone charging adaptor, booster cables, a blanket, and a flashlight with extra batteries.

Never drive over a downed line because that could pull down the pole and other equipment, causing additional hazards. If you see a downed line, do not get out of your car. The safest place is inside the vehicle. Contact the utility immediately.



Use a sheet pan to create family meals

At times, spending hours in the kitchen can be a relaxing, enjoyable experience. However, even for avid home cooks, a busy weeknight isn't one of those times. Fortunately, solutions like sheet pan suppers make it easy to create dishes with exceptional flavor depth that come together quickly and clean up just as fast.

Keeping a variety of vegetables on hand makes it simple to pull together a family meal. Onions, for example, are versatile, flavorful, easy to store, have a long shelf-life and are available year-round from U.S. growers. An added benefit when cooking with onions is that you're serving up a good source of fiber.

For more tasty recipes to make supper a cinch, visit onions-usa.org and usaonions.com.



Spicy Sheet Pan Roasted Jambalaya

All About Onions

Knowing how to buy onions can make them superstars in your kitchen. Growers and shippers of the National Onion Association and Idaho-Eastern Oregon Onion Committee offer these tips:

When shopping, buy onions with dry outer skins, free of spots or blemishes. The onion should be firm and have no scent. Avoid bulbs that have begun to sprout.

Yellow, red and white onions are available year-round from producers in the United States.

- 1 large yellow onion, diced
- 1/2 large green bell pepper, diced
- 1/2 large yellow bell pepper, diced
- 1/2 large red bell pepper, diced
- 3 stalks celery, sliced or diced
- 2 garlic cloves, minced
- 1-2 jalapenos, seeded and diced
- 1 pint cherry tomatoes
- 3 tablespoons olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 link (13.5 ounces) Andouille sausage, sliced
- 1 pound large shrimp, peeled and deveined
- 1 tablespoon Cajun seasoning blend
- linguine noodles, cooked according to package directions
- 1-2 lemons, sliced in thin wedges
- 2 green onions, sliced
- fresh chopped parsley

Heat oven to 400 F.

Line 13-by-18-inch sheet pan with parchment paper.

In large bowl, combine onion, bell peppers, celery, garlic, jalapenos, tomatoes, 2 tablespoons olive oil, salt and pepper until evenly combined. Spread out evenly on pan in single layer. Add slices of Andouille sausage. Roast 15-20 minutes, or until vegetables are tender and start to brown.

Toss shrimp with Cajun seasoning and prepare linguine noodles.

When ready, remove baking sheet from oven. Place shrimp on top of vegetable and sausage mixture in single layer. Top with half the lemon wedges. Return to oven and cook about 5-8 minutes, or until shrimp is no longer pink.

Serve over linguine garnished with green onions and parsley with remaining fresh lemon wedges on side.



Drumstick-Quinoa Sheet Pan Supper

- 8-10 chicken legs**
- 1 fennel bulb**
- 1 large yellow onion, sliced**
- 1 large red onion, sliced**
- 2 garlic cloves, sliced**
- 3 medium-sized potatoes, cubed**
- 1 orange (1/4 cup juice and zest)**
- 1/4 teaspoon thyme, dried**
- 2 tablespoons olive oil**
- 1 teaspoon sea salt**
- 1/2 teaspoon black pepper**
- 2 tablespoons fresh chopped parsley**
- orange rind curls**
- brown rice, cooked according to package directions**
- quinoa, cooked according to package directions**

Heat oven to 400 F. Line large sheet pan with parchment paper.

Place chicken legs on pan. Spread fennel, yellow onion, red onion, garlic and potatoes around and in between legs.

In small bowl, whisk together orange juice and zest, thyme and olive oil. Pour mixture over chicken and vegetables. Season with salt and pepper.

Roast 45 minutes, or until chicken is cooked through and vegetables are tender. Cook rice and quinoa.

Garnish chicken with parsley and orange curls. Serve over brown rice and quinoa.

Chocolate Cinnamon Buns

- | | |
|-----------------------------------|-------------------------|
| 3/4 cup warm water | 1/4 cup sugar |
| 1 package active dry yeast | 1 egg |
| 1/4 cup shortening | 1/3 cup cocoa |
| 1 teaspoon salt | 2 1/4 cups flour |

Dissolve yeast in warm water. Add shortening, salt, sugar, egg, cocoa and 1 cup flour. Beat 2 minutes on medium speed or by hand 300 strokes. Mix in remaining flour, cover with cloth. Let rise to double in bulk, about one hour. Stir down by beating 25 strokes. Turn dough out on well floured board and roll into rectangle 12 X 9 inches. Spread with butter, cinnamon and sugar, roll up and cut in 12 pieces. Place in greased pan and let rise until doubled in bulk. Bake at 375 degrees for 25 minutes. Remove from pan and frost immediately with 3/4 cup powdered sugar moistened with milk or cream. Sprinkle with nuts. My late mother-in-law found this recipe in a 1905 magazine.

Bev Young, Dannebrog, Nebraska

Christmas Salad

- 3 bananas (crushed)**
- 1 20 oz. can crushed pineapple (drained)**
- 1 can cranberry sauce**
- 1 large package cherry Jello**
- 1 small container sour cream**

Mix bananas, pineapple and cranberry sauce in a large bowl. Use the saved juice from the pineapple and add water to make one cup. Put in a sauce pan and bring to a boil. Add large package of Jello, stir until dissolved. Cool then mix with other ingredients. Pour 1/2 of Jello mixture in a 9" X 12" cake pan. Refrigerate until set. Spread with a small container of sour cream. Pour the other 1/2 of Jello mixture over sour cream. Put in refrigerator until set and ready to serve.

Luella Petersen, Bancroft, Nebraska

Blizzard Party Mix

- 2 cups Rice Chex cereal**
- 1 cup dry roasted peanuts**
- 2 cups mini pretzel sticks**
- 20 caramels cut into 1/4th's**
- 1 10 oz. package white chocolate chips**

Put all dry ingredients in a bowl. Melt the chips and pour over dry ingredients and stir to coat. Spread mixture on a wax paper covered sheet pan. When cooled and hardened, break apart into small pieces.

Kelli Fischer, Humphrey, Nebraska

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– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips.

From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll

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