

NEBRASKA

Magazine

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August 2023



MURALS ACROSS NEBRASKA

Inside:

- Providing Your Own Power During an Outage
- EV Charging Safety Tips
- Teach Your Children Well
- Shareable Salad and Sliders

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August 2023



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Murals often showcase a community's history, values and culture. See the related article on Page 6. Photograph by Wayne Price



Wayne Price

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Keeping Electric Rates Affordable

Affordable electricity benefits all Nebraskans. In our state a homeowner can meet all of their electrical needs for about \$3.53 per day. This is less than the cost of a drive-thru meal to keep your home at a comfortable temperature, your lights on, and your appliances running. According to the Nebraska Department of Environment and Energy, the statewide average electricity price is the ninth-lowest rate in the country, based on the latest federal figures. Nationally, electricity costs 25.6 percent more than it does in Nebraska. Across all sectors, Hawaii has the highest electricity rate (30.31 cents), and Idaho has the lowest electricity rate (8.17 cents).

At a time when prices on everything seem to be climbing, public power remains a great value.

Infrastructure upgrades, increased fuel prices, and federal regulation are all driving forces in increasing electric rates. To keep rates as low as possible, rural public power providers have had to work diligently to keep overhead costs at a minimum. In fact, Nebraska's rural electric systems only employ one individual for every 239 customers, and nearly 70 percent of your electric bill is the cost of wholesale power to rural power districts. This means the delivery of electricity and all of the work necessary to keep your lights on only makes up about 30 percent of your monthly charges.

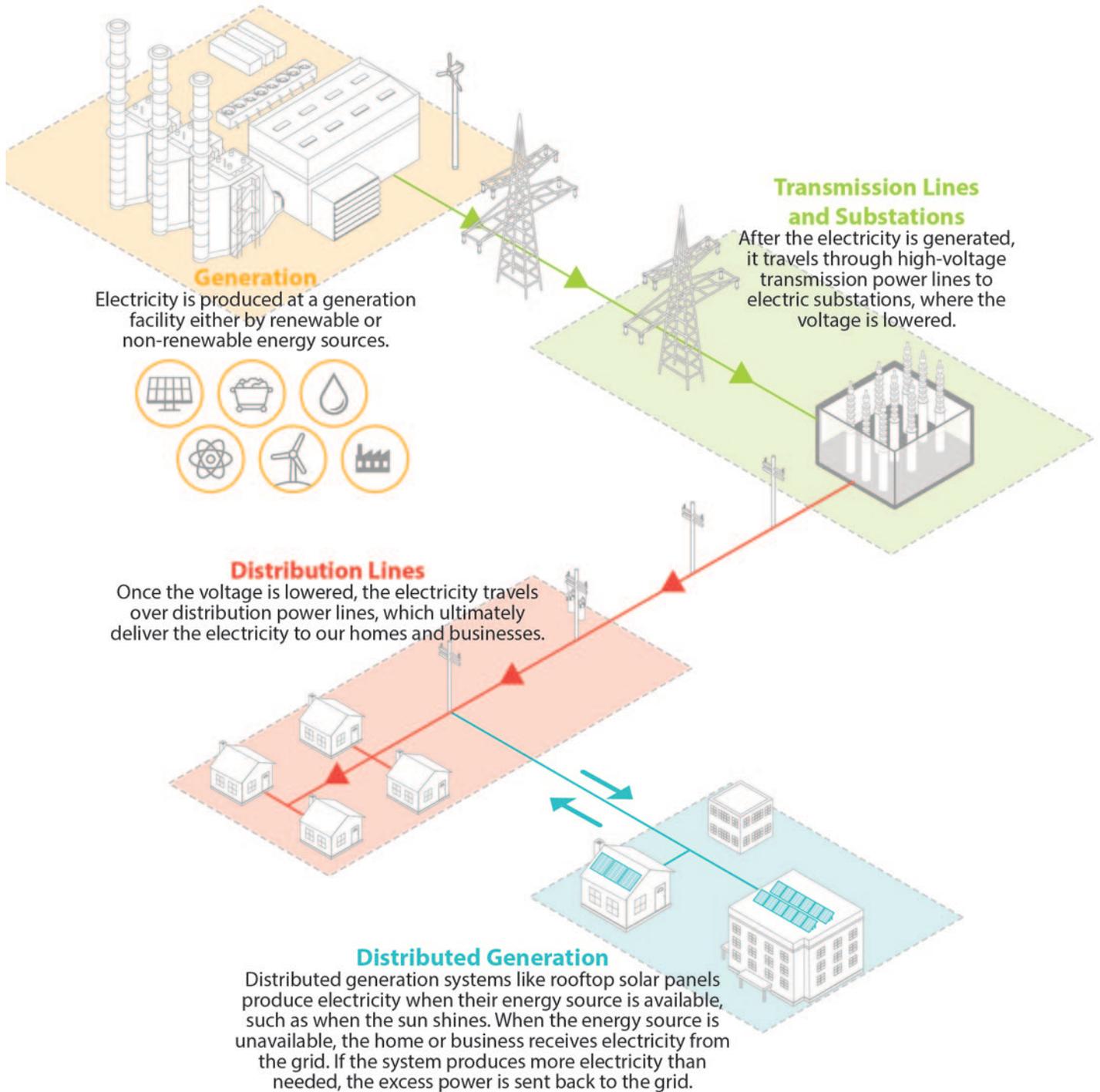
Affordable electricity is a great benefit to rural economic development. The lower the energy bill, the more a company can invest in their business and employees.

Job growth is one measure of the success of economic development efforts. According to the Nebraska Department of Labor, manufacturing employment growth in non-metropolitan Nebraska has increased 7.5 percent since 1990, while the national average has decreased 33.1 percent. Nebraska's economy is strong and growing. This is due, in part, to Nebraska's affordable electric rates.

On a national average, public power rates are lower than those of other investor-owned utility companies. That's because local, not-for-profit utilities have the power to put their neighbors first. Keeping energy costs affordable serves every community's long-term needs, and that's what public power is all about. Locally owned utilities achieve affordability by setting their rates using citizen-controlled boards that hold public meetings.

Nebraska's public power model has served us well, and the value of public power is apparent in every small town across the state. Your public power district or electric cooperative is not focused on turning a profit. Instead, they're helping to make power affordable for you and your neighbors.

HOW ELECTRICITY REACHES YOU



Murals Across Nebraska

Murals Showcase Community Culture Across Nebraska

Murals have long been part of Nebraska's culture. Omaha is home to "Fertile Ground," one of the largest murals in the country at 32,500 square feet. Designers spent 40 years installing 20 murals in the State Capitol. Rural Fellow Faith Junck recently contributed to that culture by helping paint the newest of 12 murals in Chadron's downtown Art Alley.

"I never thought that I would be able to help paint a mural because I'm not super artistic," Junck said.

But in Chadron, anyone who was willing was welcomed to help.

"Literally anyone in the community could come and help out however long they want to, so I painted the train," Junck said.

In addition to working on community-designed projects, part of Rural Prosperity Nebraska's Rural Fellows program is that students volunteer in the communities they serve. Junck's service put her in the middle of community efforts.

"Having people here like the Rural Fellows, they are huge in helping us," said Gabby Michna, executive director of the Chadron Chamber of Commerce. "Faith definitely had a great role in contributing the time that she did while she was here."

In Chadron, creating a mural is a community endeavor — anyone and everyone can help. Sometimes people don't want to paint so instead they'll bring shovels and brooms and wheelbarrows and clean the alley to make a more welcoming space.

"Public art is definitely one of those things that makes a community come alive—especially if you have so many people touching it," Michna said. "Even if they don't have an art background, they can help create a little piece of ownership of their town."

Painted on the backside of the Gardner, Loutzenhiser and Ryan accounting firm, the mural Junck worked on was designed by Travis Hencey, an art teacher at



Chadron High School. It was inspired by Norman Rockwell's "Beating the Deadline," altered to depict Chadron's history and connect with the business on which the mural is painted. For Hencey, not only is the painting a communal process, but the creation, is as well.

"It ends up being a conversation with the client," Hencey said. "I don't know how many variations we did before we ended up with what got on the wall. That's how I prefer to work. It's not just mine — I want it to be what they want."

Chadron isn't the first community where Rural Fellows have helped create a mural. In 2020, fellows Aline Abayo and Megan Tofflemire commissioned a mural in Arapahoe that displays landmarks unique to the area.

However, communities who host Rural Fellows aren't



the only cities adding color to their downtowns. Gone are the days of murals simply advertising soaps and sodas. Today, murals adorn entire buildings and showcase a community's history, values and culture — displays of a community, often by community members themselves.

“When people can walk by the murals and say, ‘Hey, I helped paint the train on that one,’ or, ‘Hey, my kid painted the bottom of that one,’ there’s a sense of pride with those murals,” Junck said. “I know when I had people come visit me, I always showed them Art Alley.”

Above: Travis Hencey stands in front of “Beating the Deadline,” the newest mural he designed for Chadron’s Art Alley. Photograph by Russell Shaffer

From the top: Designed and painted in 2008 by students in Scottsbluff’s Upward Bound program, this mural depicts the evolution of communication and transportation in Scotts Bluff County; “Beatrice, Site of America’s First Homestead” was designed by Sydney Saathoff of Wymore, painted in 2021; Kent Schwartz designed this mural in Nebraska City in 2017 to honor veterans. The faces depicted are actual Nebraskans who served in the armed forces.

Battling Energy Vampires

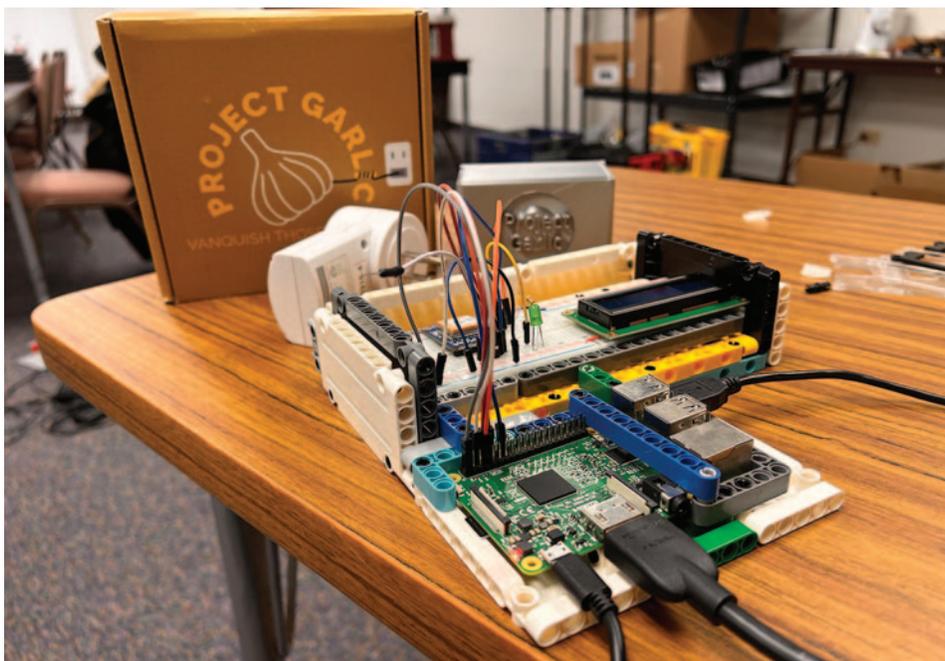
A team of Scottsbluff County 4-H club students takes on energy vampires with science and technology

A team of students from a Scottsbluff County 4-H club have been battling “energy vampires” as part of a national science and technology competition. The team won the 1st Place Champions Award and the 2023 Nebraska Innovation Award at the FIRST LEGO League Challenge State Championship earlier in the year and qualified for the FIRST LEGO League Razorback Open Invitational held in Fayetteville, Arkansas.

The six members of the FIRST LEGO League Challenge team, known as “The Last Gummy,” are Hudson DeVos, Capria Rogers, Landen Heine, Noah Rugroden, Wyatt Leggott and Hunter Creech. They are coached by Pam DeVos and Cody Creech.

“Most of our team has competed together for four years,” said Coach DeVos. “This is the first time a Nebraska Panhandle team has made it to Nationals and this year, two teams advanced from our club.”

In FIRST LEGO League, youth apply real-world math and science concepts while learning life skills such as team building, presentation skills, and critical thinking. Every year, FIRST LEGO League designates a theme, and this year it was called



From left: Capria Rogers, Noah Rugroden, Hudson DeVos, Hunter Creech, Landen Heine, and Wyatt Leggott.

SUPERPOWERED. The Last Gummy team used the engineering and design process to create an innovative solution to an energy-related problem. Students are challenged to solve a problem by creating a brand-new idea or improving upon an existing solution. The project portion of the FIRST LEGO League allows students to develop problem-solving skills and make a community impact.

“This year, our team researched “vampire electricity,” DeVos said.

An energy vampire is a device that continues to use energy and drain power, even when it is turned off. They lurk in your home, taking the form of phone chargers and cable

boxes, computer cords and coffee pots. These phantom energy suckers can account for as much as 20% of your monthly electricity bill.

The team reached out to experts in the field of energy, including Wheat Belt Public Power District General Manager Lacey Gulbranson. She provided the team with information about how much energy is wasted on an average consumer’s electricity bill and what appliances drained the most energy.

Their solution, Project Garlic involves an innovative, smart outlet system that is automated to turn off unnecessary devices when you leave your house. A user connects a hub to a phone app, and you can use the app to set up a virtual home area using GPS coordinates. The app tracks your location, and once all the registered devices leave your set boundaries, the hub will automatically turn off the connected outlets of your choosing. They used Raspberry Pi, a single-board computer, and a GPS module. They programmed it using Python to make a prototype and show that the solution was feasible.

Elkhorn Rural Public Power District Announces New General Manager

After an extensive executive search, the Elkhorn Rural Public Power District Board of Directors have selected Mark Johnson as general manager for the district.

Johnson was, most recently, the member services manager at St Croix Electric Cooperative in Hammond, Wisconsin. Prior to his employment at St Croix Electric Cooperative, he worked in the Member Services Department at Minnesota Valley Cooperative Light and Power Association in Montevideo, Minnesota. He received a bachelor's degree in finance from Minnesota State



Mark Johnson

University, Mankato.

He is passionate about serving the rural communities and is committed to following ERPPD's mission statement of providing safe, reliable, cost-effective electricity for all customers.

Johnson grew up in small rural communities in Minnesota and Iowa. He and his wife, Miranda, are excited to be moving to the Battle Creek area and look forward to making their home in Nebraska.

Johnson will be the seventh general manager for the district. He follows Tom Rudloff, who retired in May after 14 years as general manager.

ERPPD has been serving customers in rural Antelope, Boone, Holt, Madison, Pierce, Platte, Stanton and Wheeler counties for over 80 years.

Twin Valleys Public Power District Selects New General Manager

The Twin Valleys Public Power District Board of Directors selected Josh Beideck as the new general manager. With over 25 years of experience in public power, Beideck brings a wealth of knowledge to the team.



Josh Beideck

Beideck previously worked for McCook Public Power District for 25 years. While there, he started in the Tech Department

which included load control, metering, substations, and apparatus, and eventually moved into a management role for that department as well as engineering and operations.

As general manager, he will be responsible for overseeing and coordinating all business operations to ensure continued growth and success.

Beideck and his wife, Lisa, have two girls, Haley and Koral. They enjoy hunting, camping, boating, and fishing. He enjoys taking his family on vacation.

Curtis Kayton Named New Chimney Rock Public Power District GM

The Board of Directors of Chimney Rock Public Power District selected Curtis Kayton to be their next leader. Curtis brings nearly 30 years of industry experience and is a seasoned veteran of Nebraska's public power industry.



Curtis Kayton

"My public power employment began at Southwest Public Power District in 2000 and shortly thereafter I knew my life calling had been revealed. Nebraska is the only state where 100% of the electric grid infrastructure is owned by all residents of Nebraska.

"I am very fortunate to continue my journey at Chimney Rock PPD and make a positive impact."

Chimney Rock PPD is headquartered in Bayard, Neb. and serves approximately 3,300 meters and maintains 1,010 miles of line in parts of Morrill, Box Butte, Sioux, Scottsbluff, and Banner counties in the Nebraska Panhandle.

He will be the seventh General Manager for the district and transitioned to Twin Valleys PPD in May 2023. He follows David Custer, who will be retiring on August 4, 2023.

5 WAYS TO IMPROVE WELLNESS WITH BATHROOM UPGRADES

Wellness is at the forefront of nearly everyone's mind, including keeping germs at bay and creating surroundings that promote mental and physical health. Even small, but important, spaces like the bathroom can benefit from changes with wellness in mind.

A bathroom can be one of the easiest rooms in your home to give a little extra TLC toward creating a healthier lifestyle. These cost-effective measures can turn your bathroom into a more practical, functional space that promotes your well-being.

1 SWITCH UP SURFACES

The countertops in your bathroom, much like the flooring, must be able to withstand a lot of water. Nonporous vanity tops, such as those made from quartz, hold up to being wet constantly and can help keep germs from breeding. In addition to being easy to clean, a solid-surface option like quartz never needs to be sealed or polished, making it an aesthetically pleasing, long-lasting option.

2 CLEAN GREEN

Bathrooms are often hot and steamy places, and water vapors in the air can carry potentially harmful chemicals from cleaning products. Green cleaning products are made to control the spread of bacteria and viruses using safe and effective means. Not only are they helpful in preventing asthma attacks and other respiratory ailments, but they are a low-cost way to improve overall indoor air quality.

3 REDUCE HUMIDITY

All that steam can affect your health in other ways, too, since it creates a humid environment that encourages mold and mildew. A heated towel rack is an inexpensive way to add a touch of luxury to your space while generating heat that helps reduce humidity and the growth of mold and mildew, therefore benefitting indoor air quality.

Heated towel racks like those from Amba Products come in a variety of finishes and styles to coordinate with your decor. For modest accommodations, the Radiant Small is a space-saving choice, and freestanding models are available if wall space is at a premium. Another advantage: Since the racks dry towels, they'll stay mildew-free longer and don't need to be washed as often, which helps save valuable natural resources.

4 ENHANCE AIR QUALITY

Creating a green, spa-like oasis with plants can bring wellness benefits that don't break the bank. Indoor plants help rid the environment of pollutants, and the energy and ambiance they add may have mental health benefits, too. Plants like mother-in-law's tongue or peace lily are popular options to incorporate as natural air purifiers.

5 EXPLORE COLOR

A bathroom's color palette can also play a role in your wellness goals. Warmer shades like red and orange enhance energy while cooler colors like green and blue can be calming. Begin planning bathroom upgrades that improve your health and well-being with more tips and ideas at ambaproducts.com.



Is your power out? Blame a squirrel.

Electricity turns dark into light, makes hot foods cold and cold foods hot, washes the dishes and searches the internet. It is essential to our everyday lives, so much so that we rarely think about it. But behind the scenes, interesting things are happening.

While severe weather causes most outages, if it's nice out and your electricity goes off, it could be caused by a squirrel.

We all know to play it safe around electricity, but squirrels don't. They scamper and chew around transformers, substations and utility poles where they can disrupt high-voltage equipment, shutting down power for you and me.

But it's not just squirrels. Snakes, birds and other critters can find their way into dangerous places. There's no official recordkeeping of wildlife-caused power outages, but estimates run as high as 20%.

Electric utilities are constantly devising new ways to keep wildlife away from dangerous electrical equipment—the resulting power disruptions are inconvenient for us energy consumers, and always fatal for the squirrel.

Be EnergyWise

Visit our booth at Husker Harvest Days to learn ways to manage your energy use, how to be safe around electricity, and receive a special giveaway. Stop by and see us in the Diversified Industries tent.



PLAY A GAME,
WIN A PRIZE!



CHECK OUT THE HIGH
VOLTAGE SAFETY
DEMONSTRATIONS.

HUSKER HARVEST DAYS
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Nebraska's Rural Public Power Utilities
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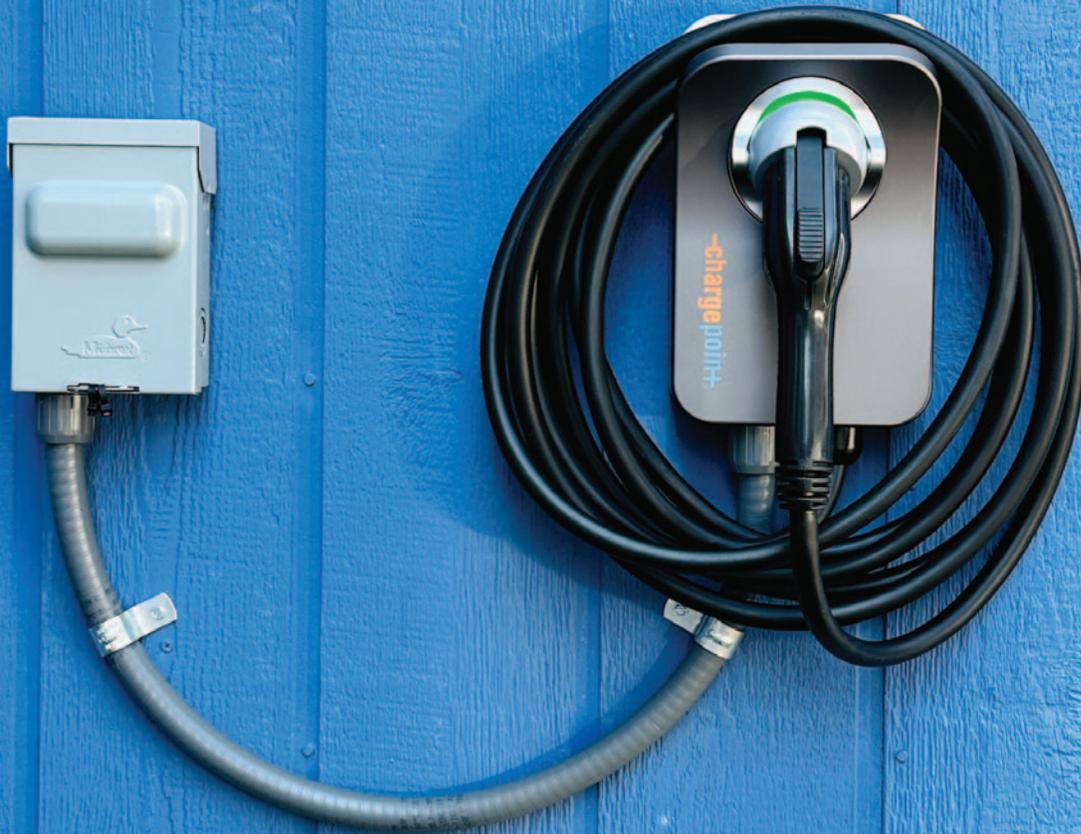


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EV Charging Safety Tips

By Jennah Denney



Charging is a crucial concern among new electric vehicle (EV) owners, whether plug-in hybrid or full electric. Fear of inconvenience is one of the biggest barriers to widespread adoption of electric vehicles. You might be concerned that there aren't enough public charging stations in the area—and even if there are public charging stations nearby, do you really want to rely on them any time you need to refuel?

An EV charging station at home can solve this challenge of inconvenience. But are EV charging systems at home safe? Absolutely—as long as they're installed correctly.

The first thing EV owners should consider is how they will charge their vehicles. A licensed electrician can evaluate your home's EV charging situation, as well as:

- The vehicle's charging capabilities and requirements, which vary depending on the make, model and type
- The potential location of the panel and vehicle, including the distance from the panel to the garage, the degree of difficulty and whether the garage is attached or detached.
- The capacity and overall condition of your home electrical system to identify any concerns or additional work.

There are two common types of home charging options. Level 1 charging is a straightforward plug-in of the EV into any standard 120V electrical outlet. This requires no electrical modification, and it normally takes around 14 to 20 hours to fully charge the EV.

Some EV manufacturers and sellers provide inaccurate



Many potential buyers see charging availability as a barrier to purchasing an EV.

information on charging, and some will suggest that a standard 120-volt outlet is all you need. Unfortunately, this degree of charging may not always match the driver's daily travel needs.

Level 2 charging units are sold separately from the vehicle. These units must be installed by a licensed electrician because they plug into a 240V outlet and charge much more quickly, typically four to eight hours.

Here are a few safety tips to keep in mind when charging your EV at home:

- Select charging equipment that is certified to meet safety standards. Plug Level I EV chargers directly into an outlet designed to handle the amperage of the charging device. Never use a multi-plug adapter or extension cord. Charging cables are a tripping hazard, so be aware of the cable's location. Purchase a Level 2 charging device that is certified by a nationally recognized testing laboratory. This means the device has gone through rigorous testing and certification by a third-party company with extensive knowledge and pedigree in certifying EV technologies.
- Check with your local electric utility and a licensed electrician before modifying your electrical system or

installing a charging station. An electrician will need to make sure your home's wiring complies with local, state and national codes, and may need to obtain a permit before installation.

- Place all charging components out of reach of children when not in use.
- Maintain the components of your charging station according to the manufacturer's maintenance guidelines.
- Cover the EV charging station outlet to prevent water exposure. Check the manufacturer's guidelines to make sure it is safe to charge your EV in wet conditions.
- Most charging stations are equipped with safety devices such as GFCIs, which will identify electrical shorts and stop power to the charger to minimize risks. There is a low risk of electric shock, but safeguards are automatically built into the equipment.

EV chargers are thought to be extremely safe, but we recommend following these fundamental guidelines to reduce potential hazards.

Remember to contact your public power district or electric co-op before installation. They can answer any questions you have and provide additional information on EV programs and rates.

Providing Your Own Power During an Outage

How to sort the many choices in home generators

By Paul Wesslund

Most standby generators are permanently mounted outside the home, then connected to the home's electrical system. Standby generators run on propane or natural gas, and they must be installed by a professional electrician. Photographs provided by Canva

If you're wondering whether to buy a home generator in case of a power outage, you are not alone. Backup power sources have gotten so popular that manufacturers now offer a wide range of choices.

Options run from pull-start gasoline models costing a few hundred dollars to permanent outdoor installations for several thousand dollars. That variety makes it easier to get exactly what you want, but harder to choose.

A good first step is to think about what you want a home generator to do. Do you just want to keep your phone charged? Do you want to make sure food doesn't spoil in your refrigerator? Do you want to make sure you have heat and air conditioning through an extended outage? Answering those questions will require you to know the wattage of the appliances you want to run so you know the capacity of the generator you need.

You might also ask if you really need a generator. The average U.S. home is without power about seven hours a year. Is that enough to justify the expense and attention?

Another part of your planning should be contacting your electric co-op to get their expert advice on the best and safest fit for your home.

Here's what to know about the four basic choices in home generators:

Portable generators are small enough that you might even take them on camping trips. The costs for these can vary—from more than \$2,000 to as low as \$400. Most should be able to run a refrigerator or a window air conditioner. Special attention to safety is required. They should never be used indoors, not even in a garage. The carbon monoxide they produce can be deadly in minutes. The Consumer Product Safety Commission reports that 85 people die each year from carbon monoxide poisoning caused by gasoline-powered portable generators. Portable generators should be operated more than 20 feet from the house and be connected only with outdoor extension cords matched to the wattage being used. Look for models with a carbon monoxide detector and automatic shutoff.

Appliances should be plugged in to the generator—the generator should never be plugged into an outlet or your home's electrical system.

You should also spend the money to have an electrician



install a transfer switch. That acts as a mini-circuit breaker to protect your appliances and can be an easier way to connect the house to the generator.

Inverter generators are higher-tech versions of standard portable generators. The power they produce changes to match what the appliances are using, so although they are a little more expensive, they use fuel more efficiently and make less noise. The same safety guidelines apply to both inverter and standard portable generators.

Standby generators can cost \$7,000, plus installation, but they have the benefit of turning on automatically during a power outage and running your whole house. They're typically a permanently-mounted outdoor unit that's connected to your home electrical system and runs on propane or natural gas. It must be installed by a professional electrician.

Power stations, also known as batteries, charge themselves up while the power is on. They're not as powerful as some of the other options, and can be more expensive, but they're quiet, easy to operate, and some are designed to look good hanging on the wall. They can cost between \$400 and \$6,000. One common use of power stations is to pair them with rooftop solar panels so that electricity from the sun can be available even at night.

With the increased intensity of storms and our reliance on electronic devices, power outages can be a bigger concern these days. Technology now gives you many choices for how to react, whether you want to make sure you're never without power, or you're willing to just light a candle and wait for the lights to come back on.

Now is a good time to create a home electrical safety checklist to help ensure a safe season of indoor activities for you and your family. While some of the benefits include energy efficiency, the most important is family safety.

Helping to make sure our homes are up to the task, the U.S. Consumer Product Safety Commission offers these suggestions, not only to prevent electrical injuries, but to eliminate some of the 140,000 fires in the US annually that are attributed to electricity.

On your home safety checklist, focus on switches and receptacles where contact is greatest. Make sure all switches and outlets are cool to the touch and working properly. Unusually warm switches could indicate a problem and they should be serviced by a qualified electrician. Check to see that plugs fit snugly into outlets. Loose plugs can cause overheating and fires. Ensure that all three pronged adapters in the house are being properly used, with the wire or metal tab on the adapter connected to the center screw of the outlet. Confirm that all outlets have faceplates to reduce the danger of electrical shocks by accidentally sticking a finger or another object into the socket. And place safety covers on all outlets if there are small children in the house.

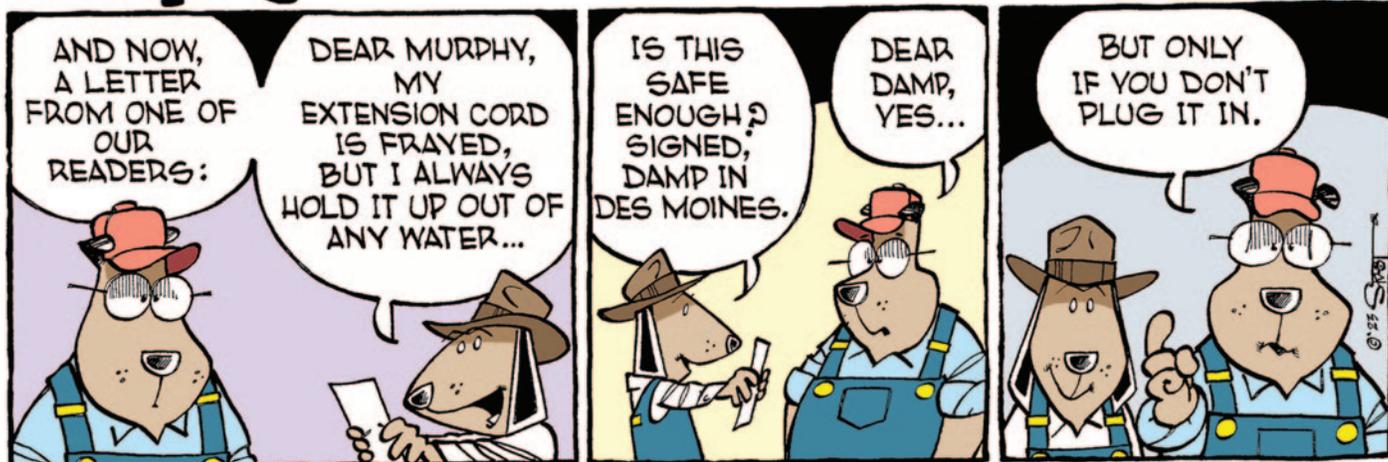
Check the bathroom to make sure appliances there is also not plugged in when unattended and that they are



Make sure that all kitchen countertop appliances are unplugged when not in use.

in good working condition. Install Ground Fault Circuit Interrupters (GFCIs) in appropriate locations like kitchens, bathrooms, laundry rooms, and garages and that Arc Fault Circuit Interrupters (AFCIs) are installed in appropriate locations elsewhere around the house, and always use a qualified electrician for jobs like these. Make sure that all kitchen countertop appliances are unplugged when not in use and that all cords are clear of hot surfaces like stoves and toasters. Also make sure those appliances are located away from sinks.

Murphy



Prevent Grass and Brush Fires

By Larry Oetken



Grass and brush are excellent fuels for fire, making fires involving ground cover and foliage extremely dangerous and destructive. Grass and brush fires, which are often referred to/generalized as wildfires in the U.S., can travel up to 15.5 miles per hour and can spread to tens of thousands of acres within a few hours of ignition. The peak season for grass and brush fires is between June and August, but they can occur year-round. While they are most common in desert areas and locations experiencing prolonged drought, grass and brush fires can occur anywhere that weather conditions are dry and winds are high.

Grass and brush fires can occur naturally when lightning strikes the ground or when high winds bring down power lines, both of which can cause a spark and ignite a fire. However, 85% of wildfires are caused by humans. The more common causes include burning debris, using hot equipment on grass, improperly discarding cigarettes, leaving campfires unattended and intentionally setting a fire.

Be aware of any Red Flag Warnings and Fire Weather Watches issued by the National Weather Service.

If you see a downed power line or other damaged electrical equipment, notify your electric utility immediately.

Larry Oetken is the Job Training & Safety Coordinator for the Nebraska Rural Electric Association.

A Great Gift Idea



When Mom and Dad moved to town they missed getting Nebraska Magazine so I bought them a subscription. It only cost \$10 plus tax. Call **402-475-4988** to get your subscription started today.

AMERICAN GUNMAKER DONATES \$100K TO NEBRASKA CHILDREN'S CANCER CARE



Henry Repeating Arms, one of the country's leading firearms manufacturers and a world leader in the lever action category, is proud to announce donations totaling \$200,000 to Arkansas Children's Hospital and the Fred & Pamela Buffett Cancer Center at Nebraska Medicine. The funds go directly toward supporting the hospitals' efforts in treating and caring for pediatric cancer patients, ensuring that children and their families have access to the world-class care. Since June 2022, Henry Repeating Arms has donated over \$1 million through its charitable branch called Guns for Great Causes to celebrate the company's 25th anniversary. With a primary focus on pediatric cancer, both children's cancer hospitals and providing financial relief to individual families of sick children, Guns for Great Causes also benefits military veterans,

law enforcement, and first responder organizations, particularly those assisting the wounded, injured, and the families of those who lost their lives in the line of duty. Other categories include wildlife conservation, preserving and promoting America's shooting sports traditions, firearm safety education, and 2nd Amendment advocacy.



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When I was a kid, I dreamed of one day having a home where I could pay my own electric bill. Said no one ever. While it's not the most fun way to spend money, people typically want to live in a home with electricity. Educating kids on energy use and costs can help engage them in your family's goal to use less electricity. They can be electric conservation champions if you ask them to help. Here are some ways you can teach kids to use less electricity.

Show them how to read the electric bill. Focus on what you can control: kilowatt-hour use. If they are old enough, teach them how to do the math. You can calculate kWh use by multiplying wattage by hours used and dividing by 1,000. Multiply this by the kWh rate found on your electric bill to estimate how much you spend on power for each household appliance.

For example, if you have a space heater that uses 1,500 watts and is on for four hours a day for a month, it uses 180 kWh. With an average kWh rate of 10.8 cents for residential electricity in Nebraska, the space heater costs about \$19.50 a month to operate. That same space heater costs about \$58 a month if it is on for 12 hours per day.

For household appliance wattage, look for the amount stamped on the bottom, back or nameplate. If the nameplate does not include wattage, figure it out by multiplying the voltage by the amperage.

To teach children the impact of saving energy, have them help you conserve with the household's biggest energy-consuming appliances: heating and cooling. Teach kids to dress appropriately for the seasons, even when they are indoors, which allows you to set the thermostat to balance comfort and savings.

You can also leave the house during the hottest times of the day to go for a swim or play outside. Before you go, nudge up the thermostat a few degrees to avoid wasted energy cooling an empty house. Turn off fans when you leave a room.

The second-highest use of electricity is typically the electric water heater. Use a shower timer so bigger kids can monitor how long they are in the shower. Teach them to wash their clothes with cold water. If you have a gas water heater, look at the gas bill to find



In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

opportunities to save.

Other ways to save include turning off the lights when you leave the room. The more we switch to LED lighting, the less savings associated. Yet even little changes can add up throughout the year. If your child needs a nightlight to sleep with, make sure it's an LED bulb.

Powering down gaming stations and computers is another way to save. In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

After teaching your kids about electric bills and showing them how to save electricity, make a game out of your family's energy conservation efforts. Challenge the family to use less energy than last month or the same month last year. Use the savings to reward them with a treat or let the winner pick the game night activity or film for family movie night.

You can also teach children where the electricity for their home comes from. Check out your electric utility's website or give them a call to find out what energy sources power your home.

If your tired, achy legs and feet are preventing you from moving easily...

Now, a prickly herb has been discovered to....

BOOST BLOOD FLOW TO YOUR LEGS, FEET, AND HANDS WITH A 95% SUCCESS RATE VERIFIED BY CLINICAL STUDY

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness - with no side effects - at low cost - and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb - it was almost like magic how quickly their problems got much better. They called it the "horse herb". Then somehow with Europe's ongoing wars, this herbal secret got lost in time.

"It works for people who've tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement" says Dr. Ryan Shelton, M.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

... meaning, discomfort, water retention, leg swelling, tiredness and circulation improved in 95% of test subjects



Swollen legs are a warning sign. They mean blood and fluid is forced out of the blood vessels into the surrounding tissue. This causes non-stop pain. This is where Neuroflo's active ingredient is such a big help.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems - millions have these but are undiagnosed.

Today's treatments don't work for a high percentage of people - and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

HOW IT WORKS

Here's why you have pain now: Your arteries have weakened. Your arteries can't carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.



The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Katerina King from Murrieta, California says, "I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn't even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away."

WHAT DOCTORS ARE SAYING

"Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I'm delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects" says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, M.D. says "This is new and different. It works for people who've tried many other things before. It is natural with no side effects. Don't give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it."

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief," said Dr. Wood, a Harvard trained



WORKS IN AMAZING WAY: A prickly plant was used in Europe in the 1600s to revitalize ailing legs. Lost over the centuries, it is now making a comeback as US doctors rediscover its impressive results - sending relief to thousands of users with:

- Burning, Tingling, Numbness
- Swollen, Achy Feet
- Painful Legs & Feet
- Varicose Veins

doctor who has appeared on award winning TV shows.

Now you can get a good night's sleep - peaceful, restful sleep - with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects - safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don't risk irreversible damage to your feet and hands. Don't get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work for you - or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

50% OFF FOR THE NEXT 10 DAYS

This is the official release of NeuroFlo for Nebraska Magazine readers. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL FREE 1-866-999-0706 and provide the operator with the special 50% OFF discount approval code: **NEF158**.

Important: Due to Neuroflo's popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

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Shareable Salad & Sliders for a Summer Meal

Get out of the kitchen and head outdoors this summer for fresh, delicious meals that call for lighting the grill and relaxing in the warmth of the season. Take some of your favorite courses – like salads and shawarma, for instance – to the next level by adding grilled ingredients for that perfect bit of char.

This Grilled Sweetpotato and Blueberry Salad offers all the tastes of the season with spring salad mix, fresh blueberries, walnuts and blue cheese. Topped with homemade lemon honey vinaigrette, it's a light yet filling meal fit for warm days thanks in part to the superfood that takes it to new heights: sweetpotatoes.

Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe. These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors.



Grilled Sweetpotato and Blueberry Salad

Lemon Honey Vinaigrette:

- 6** tablespoons olive oil
- 1/4** cup lemon juice
- 2** tablespoons Dijon mustard
- 2 1/2** tablespoons honey
- salt, to taste**
- pepper, to taste**

- 3** medium sweetpotatoes, peeled and sliced
- 2** tablespoons olive oil
- salt, to taste**
- pepper, to taste**
- 4** cups spring salad mix
- 1** cup fresh blueberries
- 1/3** cup chopped walnuts
- 1/4** cup blue cheese crumbles
- lemon wedges, for garnish (optional)**

To make lemon honey vinaigrette: In bowl, mix olive oil, lemon juice, Dijon mustard and honey. Season with salt and pepper, to taste. Refrigerate until ready to serve.

Preheat grill to medium heat. Drizzle sweetpotatoes with olive oil and season with salt and pepper, to taste. Grill sliced sweetpotatoes on each side about 5 minutes, or until sweetpotatoes are tender and slightly charred. Remove from grill and let cool.

To arrange salad, spread spring salad mix onto large platter and top with grilled sweetpotatoes, blueberries, walnuts and blue cheese crumbles.

Top with lemon honey vinaigrette and garnish with lemon wedges, if desired.

Recipe courtesy of the North Carolina Sweetpotato Commission and Andrea Mathis (beautiful eats and things.com)



Chicken Shawarma Sliders

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.

Cover chicken and chill 8 hours, or up to 2 days.

Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.

Crumble Peach Pie

Filling:

- 4 cups peaches, peeled and sliced
- 1 cup sugar
- 1/4 cup flour
- 2 tablespoons lemon juice
- 1/2 teaspoon cinnamon

Unbaked 9-inch pastry shell

Topping:

- 1/2 cup softened butter or margarine
- 3/4 cup flour
- 1/2 cup sugar

In a bowl combine all filling ingredients. Mix gently. Put in the pastry shell. For topping, cream butter, sugar and flour (it will be crumbly). Spread over filling. Bake at 400 degrees for 10 minutes. Then 350 degrees for 30 minutes. The crust should be brown and filling bubbly.

Dee Roeber, Pender, Nebraska

Beet Pickles

Beets, cleaned and cut however you like

- 1 cup vinegar
- 1 cup sugar

Bring vinegar and sugar to a boil, then add beets to brine and boil till beets heated through. Put in jar and seal. No need for spices, it will taste like you used them.

Mary Loeske, Ewing, Nebraska

Mexican Cajun Rice

- 1 can French onion soup
- 1 1/4 cup instant rice
- 1 lb. hamburger
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 chopped jalapeno pepper
- 1 teaspoon chili powder

Brown hamburger, onion and peppers. Drain grease. Put in a 2-quart sauce pan and add French onion soup with a can of water. Bring to a boil. Add instant rice and chili powder. Stir, turn off heat, cover and wait 6 minutes. Stir it all together and enjoy. I serve it with tortilla chips.

J.H. Finken, Johnson Lake, Nebraska

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AT HOME LEARNING ELECTRICAL SAFETY



Attending **school at home**? Follow these **electrical safety tips** to keep you, your family, and home safe from electrical hazards.



1



Avoid **overloading outlets**.

2



Unplug appliances when not in use to save energy and minimize the risk of shock and fire.

3



Regularly inspect electrical cords and extension cords for damage.

4



Extension cords should only be used on a **temporary basis**.

5



Never plug a space heater or fan into an **extension cord** or **power strip**.

6



Never run cords under **rugs / carpets, doors, or windows**.

7



Plug in smartly. Make sure cords do not become tripping hazards.

8



Keep papers and other potential combustibles at least **three feet away** from space heaters and other heat sources.

9



Make sure you use **proper wattage** for lamps / lighting.

10



Make sure your home has **smoke alarms**. Test them monthly, change batteries yearly, and replace the unit every 10 years.

Wherever you are learning, it's always important to be safe.

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