

RURAL ELECTRIC

NEBRASKA

November 2017



Serving with
HONOR

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 1-800-334-5467 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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NEBRASKAN

"The Rural Voice of Nebraska"

Staff

Editor

Wayne Price

Editorial Assistant

Tina Schweitzer

Published by the



Visit us at www.nrea.org

President

David Keener,
Niobrara Electric Association, Inc.

Vice President/Secretary

Butch Gray,
Cornhusker Public Power District

Treasurer

Greg Weidner,
Elkhorn Rural Public Power District

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A recent study shows that the electric industry in the United States supports more than 7 million jobs. More than 2.6 million of those jobs result from direct employment, like utility employees and contractors. Writer Paul Wesslund explains how a career in the electric industry is both important and rewarding.

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Vernon Kuhnel of Osceola, Neb. has spent many years serving his friends and neighbors in Polk County, as a Director on the Polk County Rural Public Power District board and as the Polk County Veterans Service Officer.

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On the cover

Vernon Kuhnel of Osceola, Neb. spent 10 months in Vietnam with the U.S. Navy. He now serves as the Polk County Veterans Service Officer. See the related story on page 14. Photograph by Wayne Price



by Wayne Price

Watch out for electric bill payment scams

Consumer scams continues to be a problem for public power districts and electric cooperatives in Nebraska and around the United States. So in 2016 a national effort of more than 100 electric, gas and water utilities and associations came together to form Utilities United Against Scams (UUAS) to prevent utility scams.

UUAS members share data and to work together to implement programs to inform and protect customers. They also establish a regular dialogue between utility industry representatives, communications providers, retail stores, prepaid card companies, law enforcement, federal agencies, and consumer groups about how to jointly put a stop to consumer scams.

Utilities share information they've collected about the scammers targeting their customers, including their tactics, phone numbers, and areas they're targeting. They also share and collaborate on best practices to protect their customers, such as working with local telecommunications providers to shut down the phone numbers used by scammers.

UUAS worked with the U.S. House of Representatives to pass a resolution designating the third Wednesday of November as "Utility Scam Awareness Day." On Nov. 15, 2017, UUAS members will talk to the U.S. Chamber of Commerce, reach out to community and business leaders, and conduct media outreach to get the word out.

Public power districts and electric cooperatives take these sorts of scams seriously and are dedicated to working to prevent their customers from falling victim to scams year-round. If scammers can get one or two people to fall for it, it makes them continue their attacks, because of the amount of money they're getting from the person being scammed.

Over the past few years, scams targeting customers of public power utilities have been on the rise. The most common scam involves convincing customers to buy prepaid debit cards to cover a late bill.

These criminals will call utility customers and say that their account is overdue and if they don't pay a certain amount right then,

they will be disconnected. Calls are made to businesses like restaurants during busy meal times, often in an attempt to catch the customer off guard. They instruct the customer to go to a local store and buy a prepaid debit card and then call them back with the PIN to satisfy that payment.

They often use scare tactics with utility customers, explaining that there is a problem with the electrical equipment and if it is not replaced right away, it could catch fire. Customers are told they have to pay several hundred dollars immediately, or the home or business is in danger of catching fire.

Scammers tend to go after the most vulnerable members of the community: small businesses that rely on power to make sales, customers who don't speak English as their first language, elderly customers, and low-income populations.

Scammers are getting smarter and more sophisticated. Some of these criminal operations are very sophisticated, sometimes operating overseas with numerous employees. To deceive customers and gain their trust, scammers now frequently provide a call-back number that is automatically answered by an interactive voice response system that mimics the electric utility's own telephone system.

Customers who receive such a call should not attempt to make any payment. Instead contact local law enforcement and their local electric provider to check on their account before making any attempt to pay.

If an individual or business served by NPPD receives a call demanding payment on their electric bill, they are encouraged to contact NPPD's Centralized Customer Care Center at 1-877-ASK-NPPD (877-275-6773) to report the request and provide the call-back number.

Remember – your public power district or electric cooperative will NEVER call and ask for sensitive personal information over the phone.

If you are looking to save money on your energy bill, or understand your bill better, contact your local electric utility. They can help you find real ways to save.

You have a role to play in public power

by James Dukesherer
NREA Grassroots Coordinator

This year the Nebraska Rural Electric Association (NREA) is celebrating the 10th year of its Grassroots Initiative Program. Ten years ago this program set out to increase awareness of the legislative issues our industry faces, to build stronger relationships with our elected officials, and to mobilize our membership and Nebraska's electric ratepayers when important issues were being considered in the Nebraska Legislature and in Congress. Unlike a well-funded media campaign, our grassroots movement mobilizes the individual, educates and increases awareness of the issues, and seeks to shape the political debate from the bottom up. As the NREA grassroots coordinator, it has been gratifying to see the board members, employees, and customers of our state's rural power districts truly establish themselves as a grassroots force.

With so much emphasis on individual participation, a grassroots movement is by no means easily organized. It can be difficult for each individual to understand the importance of their active participation. Collectively, however, a well-organized grassroots movement can be an incredibly powerful advocacy tool if a critical mass of participants is mobilized behind a shared message. A decade of speeches and presentations to board members, employees, and ratepayers, has proven to us that the issues the electric industry faces may not be hot-button issues, like healthcare or tax relief, but the public is interested and cares about keeping their rates low. Most employees and board members want to know more about the industry they work for and represent. In most cases, given the opportunity to engage elected leaders on these issues, many will act. In fact, on numerous occasions the Grassroots



Initiative has been able to successfully mobilize widespread participation on industry issues, making thousands of contacts with elected leaders. More can be done.

The goal of any true grassroots campaign is to put the people in contact with decisionmakers. Representatives want to hear from their constituents, and a good grassroots program will make that happen. Most of us share in a sense of civic responsibility, yet many don't take the steps to vote, to write a representative, or to attend a political event. The NREA Grassroots Initiative works to make this happen.

More than mobilizing the public to engage elected officials, the Grassroots Initiative is working to educate the public about what a great value public power is to Nebraska. Perhaps you have seen some of the videos produced through our "Working for Nebraska" campaign or

have visited the website www.workingfornebraska.org. This campaign was developed to increase awareness of the issues public power faces and to share our state's public power story, and we have a great story to tell. Nebraska enjoys some of the nation's lowest electric rates, we have reliable service more than 99.9 percent of the time, and our environmental record is a good one. Perhaps the most popular product produced by this campaign are our short videos. Every other month, a video is produced highlighting what is great about public power. If you have not yet seen these videos we invite you to "like us" on the Nebraska Rural Electric Association Facebook page or watch on our "WorkingforNebraska" YouTube channel. If you prefer, we will email them directly to you. All you have to do is sign up to receive our newsletter on the WorkingforNebraska website.

With all of the opportunities for engagement the question remains, how engaged are you? If we truly are to make a difference, a grassroots campaign cannot act on your behalf. The message must come from you. We must each embrace our individual duty in this collective effort. With persistence, we will begin to see how an increased understanding of the issues, better relationships with elected leaders, and the mobilization of thousands of concerned ratepayers can continue to make an impact. Thank you for your participation in this campaign over the last decade, and thank you for your continued support of public power.

The NREA would like to see you join our Grassroots Initiative efforts. If you would like to receive notice of important issues impacting our industry you can sign up and join us at nrea-action.org.

by Paul Wesslund

HIGH-ENERGY JOBS

Cutting-edge careers at public power districts and electric co-ops power the economy.

If you want to work where the action is, how about a job in the fastest-growing occupation in America?

As a wind-turbine technician you could make about \$50,000 a year and know that your career is expected to grow 108 percent in the next seven years, says the U.S. Bureau of Labor Statistics.

And you'd be part of the cutting-edge essence of the American economy, according to a report on electric utility jobs.

"Electricity is the backbone of our economy and is crucial to our national security," concludes a recent report by M.J. Bradley and Associates, LLC, titled *Powering America: The Economic Workforce Contributions of the U.S. Electric Power Industry*. The report says, "Our high-tech society demands electricity to power or charge nearly every new product or technology that comes to market."

The National Rural Electric Cooperative Association (NRECA) sponsored that study, along with two other national utility groups, to show how electric utilities power the economy as a result of lighting our

homes and businesses.

\$100 million a year on infrastructure

Powering America cites the utility industry as the most capital-intensive economic sector, investing more than \$100 million a year on the nation's electricity infrastructure with advances in technology, environmental protections and other improvements. And that's in addition to money spent on regular operations and maintenance.

All that adds up to supporting more than 7 million jobs. More than 2.6 million of those jobs result from direct employment, like utility employees and contractors. As all those people go to work and live their lives, they create another 4.4 million "induced jobs"—teachers, doctors, real estate agents and service workers.

The report calculates the economic impact of the electric power industry at \$880 billion—about 5 percent of the nation's \$18 trillion Gross Domestic Product.

The U.S. Department of Energy slices and dices those numbers a different way, shedding a little more

light on wind-turbine technicians and other renewable energy jobs.

DOE's second annual United States Energy and Employment Report released in January views energy jobs more broadly than just electric utilities. It includes careers in energy efficiency, mining and transportation, and concludes: "Rebuilding our energy infrastructure and modernizing the grid, diversifying our energy mix, and reducing our energy consumption in both our built environment and motor vehicles, America's labor markets are being revitalized by our new energy and transportation technologies."

Wind power jobs may be growing rapidly, but the DOE report lists solar energy jobs as the largest share of people working on all types of electricity generation. Almost 374,000 people are working in solar power—43 percent of the electricity generation workforce. Wind employs about 100,000 people.

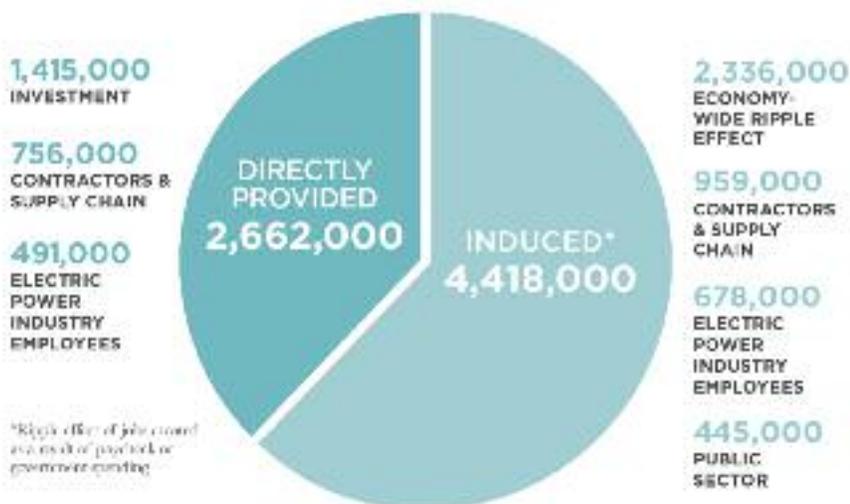
Co-ops hire veterans

Those renewable energy jobs are in addition to a raft of other careers in energy, from mining, to energy

POWERING AMERICA

The U.S. electric power industry creates American jobs and supports a healthy economy.

The electric power industry supports **OVER 7 MILLION JOBS**



Source: Planning, America: The Economic and Workforce Distribution of the U.S. Electric Power Industry, August 2017, M.J. Bradley & Associates LLC

Co-op Careers:
Electric co-ops are expected to hire as many as **25,000** new employees in the next five years.

Military Veteran Hiring:
Compared to 2014, **10%+** of new hires are of veterans in 2014.

Good Wages:
2X
The national median 2015 median annual wages in the electric power utility sector are **\$73,000**.

efficiency, power plant operators, and social media and cyber security specialists. Jobs at electric co-ops especially offer openings in cutting-edge careers, says Michelle Rostom, director of workforce development for NRECA.

“There are a lot of great opportunities at co-ops,” says Rostom, noting that electric utilities expect to hire as many as 25,000 new employees in the next five years.

“Electric co-ops are doing a lot of research on integrating solar power and wind with coal and other cutting-edge solutions. There are opportunities to be part of the next generation of the energy industry.”

Part of the reason those jobs will be available is that the large Baby Boom Generation is retiring—Rostom says 6,000 rural electric utility employees retired last year. Other parts of the energy industry

went through that wave of retirements several years ago, but Rostom says it’s just catching up with electric co-ops. “People stay at the co-op for so long because they’re great jobs, with interesting work, a chance to grow professionally in a lot of different areas and they have a strong connection with their local communities,” says Rostom.

Electric utilities formally addressed that need to hire more talent when NRECA set its six strategic objectives, one of which is to develop the “Next Generation Workforce.” In 2006, NRECA joined with other national groups to form the Center for Energy Workforce Development as a way of making sure jobs get filled with high-quality workers.

NRECA sees military veterans as part of the solution: Another part of Rostom’s job is coordinator of NRECA’s Serve Our Co-ops; Serve Our Country veterans hiring initiative.

“Veterans have always been a core part of our co-op workforce, and this program creates additional intent to hire more veterans,” she says. “Veterans are mission oriented, disciplined and safety-focused... They show strong leadership capabilities and they work well under pressure.”

Rostom adds that the experience veterans bring to their jobs matches the culture of the local, member-owned electric utilities: “There are a lot of parallels between the military and cooperative principles, like teamwork, autonomy, independence and community.”

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.



Appeal of electric vehicles gaining momentum

The appeal of electric vehicles is gaining momentum. The push for greater mileage in terms of MPG that began in the second half of the last century has been joined by the push for greater miles per charge. But before getting too far into this transportation evolution, a quick history lesson about EVs is in order.

The first known electric car was developed in 1837 in Aberdeen, Scotland. Early variants were powered by galvanic cells rather than rechargeable batteries. The lead-acid battery was invented in France in 1859 with further French development leading to manufacturing of these batteries on an industrial scale in the early 1880s. This allowed a rechargeable battery to be installed on the vehicle.

Soon manufacturers were selling a wide array of EVs ranging from trams to trolleys, to cars, and even locomotives. Interest in electric cars blossomed in the late 1890s and early 1900s. As roads improved and became more extensive, demand for greater range emerged. A variety of solutions were put forth including the first battery exchanges by an electric utility in Connecticut in 1910 and the first hybrid automobile in 1911. It would not be long until America led the world in number of EVs on the roads.

But the rapid expansion of the country and the limitation of electricity to major cities and towns spelled the end of the electric car. The

world wanted to be mobile and EVs simply did not have the range required. Enter Henry Ford and the mass-produced, affordable internal combustion engine, and the EV's fate was sealed.

Fast forward to modern times and EVs are dominating the automotive news. Thanks to the electric cooperative movement, electricity is available everywhere in the U.S., the majority of roads are paved and environmental concerns are increasing awareness.

While many drawbacks of EVs are gone, there is still a major concern limiting EV growth dubbed “range anxiety.” This stems from the persistent limited range of all EVs. While the Tesla offering provides 270 miles for their all-wheel drive model and 355 miles on their standard models, that pales in comparison to most internal combustion cars. And, the lack of a rapid charging infrastructure is an ongoing impediment. Just like their 20th century predecessors, pure EVs are great “city cars.”

Fortunately, advances in battery technology are hammering away at the range issue. Range is steadily expanding and battery management systems are squeezing out more miles. At the same time, more companies and utilities are installing efficient charging stations at their places of business and in popular public locations.

Range anxiety notwithstanding,

EVs have a bright future. Prices are dropping and range is expanding so owners can confidently drive nearly everywhere with a little bit of planning. On top of this, the cars are just plain cool. The Tesla Model 3 promises a minimalist interior with all the necessary controls and information presented on a large touchscreen in the center of the console as opposed to using the traditional instrument cluster.

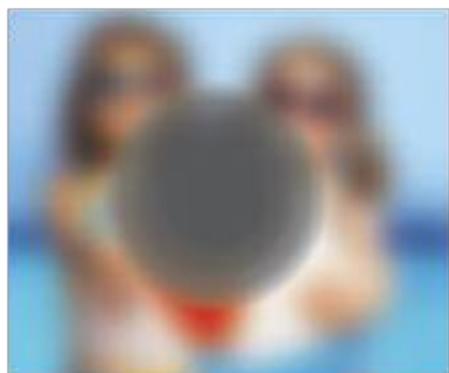
Further, if you've never driven an electric vehicle, you are in for a treat. While an internal combustion engine must rev up to speed, an EV has full power at its disposal instantly. Of course, there are limits on this 0-60 mph capability to prevent inexperienced and over-eager drivers from launching themselves into accidents and speeding tickets. They are quiet, well-appointed inside and allow you to forever bypass the lines at the gas station—unless you are in need of some snacks and a slushy.

One final word, if you do purchase an EV, be sure to let your electric cooperative know. The service to your home is sized to meet the demands of your house as they existed when service was connected. Adding the EV charger creates a risk of overloading the wires and transformers powering your home. Overloaded services can fail and leave you in the dark with an uncharged EV.

Someday, we'll all be gliding silently—and cleanly—on our travels. *Source: NRECA*

Advanced Technology Allows Macular Degeneration Patients To See Again

And Allows Many Low Vision Patients To Drive Again



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



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

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

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

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

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

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

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

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

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

Robert Stamm, O.D.
Low Vision Optometrist
Member IALVS

Toll Free:
(877) 393-0025

 **IALVS**
International Academy
of Low Vision Specialists

BEHIND THE METER

Energy Storage

The use of batteries to store energy, also known as behind-the-meter (BTM) energy storage, is increasing. Analysts expect BTM storage to make up more than 50 percent of the energy storage market by 2021.

Here's what's driving this trend:



COST

The cost of batteries is decreasing.



TECHNOLOGY

Battery technology is improving.



GOING SOLAR

More people are using rooftop solar arrays to generate energy.

BTM storage offers several benefits for consumers:



Excess energy generated by solar panels (or other renewable energy systems) can be stored for later use.

Stored energy can be used during peak hours to avoid demand charges.

Stored energy can be used to provide backup power during outages.

Today, batteries power our smart phones, laptops and other portable electronics—and soon, they may help power homes and businesses as well. Known as behind-the-meter (BTM) energy storage, these batteries are placed in homes and businesses to absorb excess solar generation, save money on demand rates and provide backup power during outages. BTM storage is widely viewed as a growth industry, with one recent report listing more than 40 companies that are active in

this area. Analysts currently expect BTM storage to make up more than 50 percent of the energy storage market by 2021.

BTM storage is benefiting from three key trends: decreasing battery costs, incremental battery improvements and more use of solar rooftop arrays. Battery manufacturers are ramping up production to meet the needs of electric vehicles and becoming more efficient in the process. Tesla, for example, is building a large-scale battery factory and introduced residential and commercial battery offerings in 2015 with the Powerwall and Powerpack. Along with Tesla there are numerous companies that are active in this space, including LG Chem, Sonnen, Sunverge, Stem and others. All this competition and increased manufacturing is driving down the cost of BTM energy storage.

Another factor that's driving BTM storage is the continuous improvement of battery technology. Batteries are becoming more energy dense, meaning they are able to hold more energy in the same size battery. Charging times are decreasing while battery cycle life (how many times you can discharge and recharge a battery) is increasing. However, these changes have been largely incremental and many are still hoping for a radical improvement in battery technology through currently undeveloped chemistry.

The final key trend also provides one of the major practical uses for BTM energy storage: the increased use of rooftop solar panels. Rooftop solar has fallen dramatically in price and when paired with federal and state incentives in an area with good sun exposure, it is often an economic choice for obtaining energy. While many utilities offer net metering to solar consumers, others are adopting rate structures that provide less incentive for consumers to export unused energy to the grid. Pairing storage with a solar array allows the homeowner to save excess solar production and use it later to offset their own consumption, rather than push it out onto the grid. For commercial and industrial customers who have a demand charge (a charge on how much power they use at a given moment), using a battery allows them to lower their peak demand, or moment of highest consumption that often costs the most.

Another primary use for BTM storage is perhaps the most obvious, but the most difficult to value: backup power when the grid goes down. Unless you live in a very remote area prone to service interruptions, the average U.S. consumer will only see one to two outages a year that last a total of roughly three hours. Compounding this issue is direct competition from small generators, which can provide the same service at a much lower capital cost.

As batteries continue to improve and more factories open, consumers can expect to see a lot more batteries—first in commercial buildings, then in new home construction and finally in your neighbors' basements and garages. Especially if they drive a Tesla.

Tired of struggling on the stairs?



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that actually improves
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VERSATILE

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- ▶ Quick professional installation

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- ▶ Compact and Quiet

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- No more falling down stairs
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- Ideal for Ranch houses with basements

Revolutionary elevator can give you— and your home's value— a lift

Elevators have been around since the mid 19th century, and you can find them in almost every multi-story structure around... except homes. That's because installing an elevator in a home has always been a complicated and expensive home renovation project... until now.

Innovative designers have created a home elevator that can be easily installed almost anywhere in your home by our professional team

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For many people, particularly seniors, climbing stairs can be a struggle and a health threat. Some have installed motorized stair lifts, but they block access to the stairs and

are hardly an enhancement to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet... falling.

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"We are tickled about our new elevator. This is the first time I've seen the second floor of my home! It's like an early Christmas present."

*Stan W. US war veteran
and retired professor*



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Ways to Save Energy this Winter

Energy efficiency projects taken on to reduce winter bills add up to good dollars and cents, and the payoffs continue throughout the year. We've got these tips to jumpstart the savings headed into the heating, holiday, hearth and hospitality season.

Energy efficiency projects to reduce winter bills at home add up to good dollars and cents, and the payoffs continue throughout the year. Here are five tips to jumpstart energy savings:

1 BUTTON UP

Caulk, weather stripping and insulation help seal gaps, keeping heated air in.

2 SWITCH OFF

Power strips are ideal for spaces tied to occasional use. Electronics in workshops, craft nooks, game rooms, home offices and guestrooms are great for a one-touch switch off power strip.

3 CHECK THE OVER/UNDER

One of your best bets for saving is a full ductwork inspection under floors and over ceilings. Collapsed connections, tears, animal damage and register gaps can leak conditioned air into unused spaces.

4 LEAD WITH LEDS

The more use a kitchen gets, the greater the potential savings with new generation LEDs. Replacing every bulb with new generation bulbs is a bright idea for winter that will also keep your cooking space cooler in summer.

5 LEGACY LOSERS

More than 60 million refrigerators in the U.S. are at least 10 years old, costing consumers more than \$4 billion a year in energy expenses. Replacing that old family-sized fridge with a smaller EnergyStar model will save money for years to come.



by Derrill Holly

6 Cut congestion: Busy days mean crunch time for electric cooperatives as schools, offices and other businesses push peak demand. Shifting laundry, cooking and other high-energy activities to off hours can spread your savings.

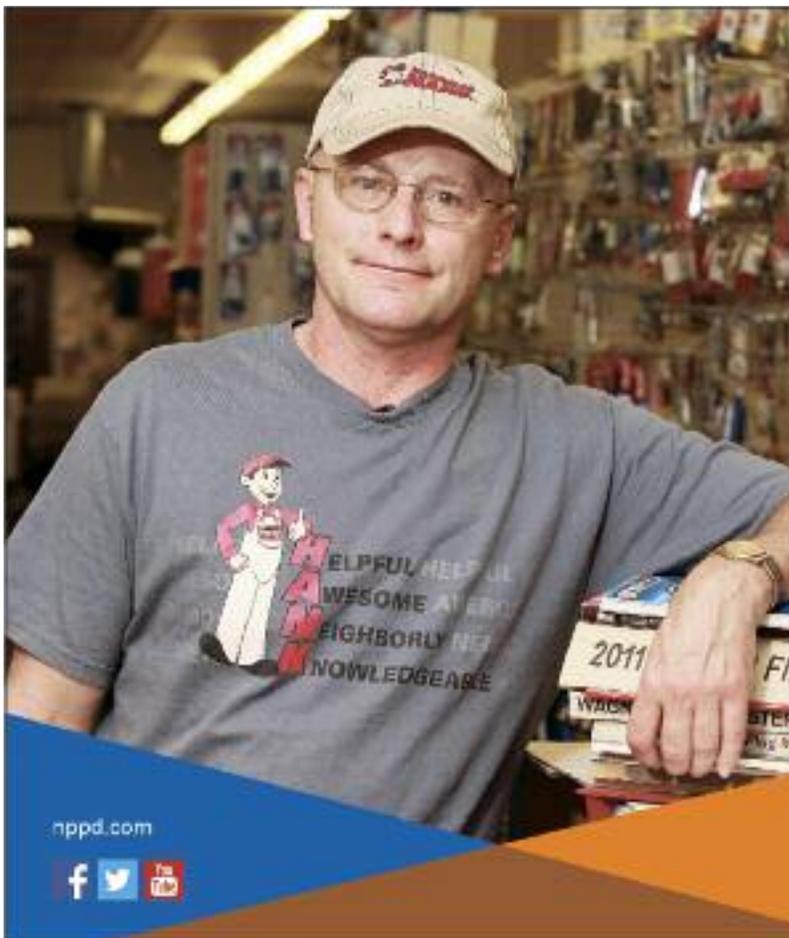
7 Countertop conservation: The small appliances available today not only add convenience options for meal preparation, they also consume far less energy than the range top or oven. Consider slow cookers, microwaves, convection ovens, rotisseries, induction cooktops and other devices as alternatives.

8 Bulldogging BTUs: Air comfort level during heating season is a personal preference. Find comfortable settings for both that fit

your family's needs, set them and hold tight. Each reduction by one degree can cut heating costs by as much as 5 percent.

9 Warming water: Heating water accounts for 12 percent of the average home's energy use. Set your water heater's thermostat to 120 degrees or lower—that's usually sufficient for a household's hot-water needs. Consider replacing water heaters over 12 years-old with a more energy-efficient unit.

10 Seeing savings: Home entertainment equipment like televisions, cable and satellite boxes, game systems and media drives last years, but newer models generally use less energy. Consider replacing and discarding older units.



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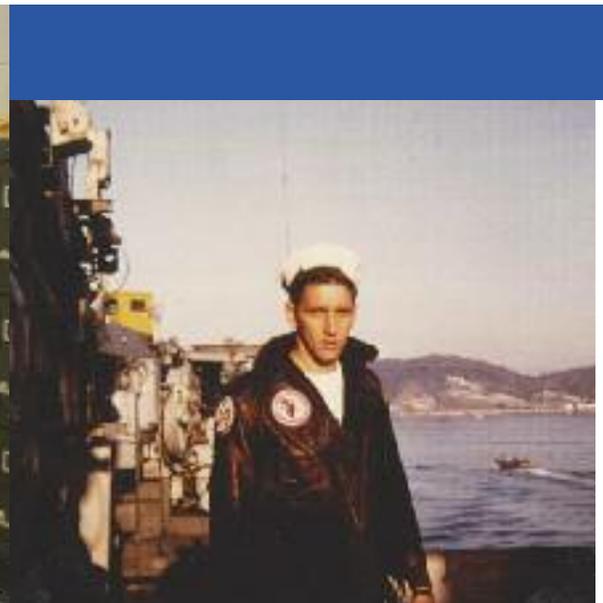
When you need help, your calls are answered locally and the electric utility can respond faster. For public power utilities, providing the highest quality service to you has always been the number one priority.



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Serving with HONOR

by **Wayne Price**

Vernon Kuhnel of Osceola, Neb. remembers flying in a S2E Tracker at 3 a.m. on Easter in the skies near Vietnam and he was cranking on the radio trying to get something like Toyko Rose or some music. Suddenly KOMA out of Oklahoma City came up.

“It’s 3 a.m. on Easter and I’m thinking ‘Am I back in Nebraska?’” he said. “Things like that I remember. You don’t remember the long nights.”

Kuhnel spent 10 months in Vietnam, stationed aboard the USS Yorktown, a carrier that was home to the VS-23, which was an Anti-Submarine Squadron of the U.S. Navy known as the Black Cats. He served as the navigator on more than 100 flights as an air crewman.

“When I went into the Navy in 1963, I went into flying,” Kuhnel said. “I was running electronic gear and we were supposed to be the eyes and ears of the airplane. Our squadron was an early warning squadron, where we went and chased submarines down. We played games to ‘kill’ the subs.”

He said he still had to be able to take off and land the airplane, just in case the pilots were injured or killed.

“One time when we were flying and I targeted a sub, when I dropped my sonobuoys I took the periscope off the sub,” he said. “When we got back, they presented me with the periscope.”

Kuhnel was working construction when the draft came up. He put his name in for the Army draft twice but they had enough men selected from the county, they wouldn’t take him.

“So I went and joined the Navy,” he said. “I wanted to be in Naval Air and was stationed at Norfolk, Virginia. Then I went

to Naval Air Station North Island at San Diego, California.”

During the Vietnam War era, between 1964 and 1973, the U.S. military drafted 2.2 million American men out of an eligible pool of 27 million.

“We flew patrols over Vietnam where we were supposed to find all the hotspots,” he said. “They had sampans (small, flat-bottom wooden boats) loaded with bombs they were transporting and we were supposed to seek out where their ammunition was coming from.”

The squadron had 12 S2E prop planes, 12 A4’s and 12 helicopters. He had over 100 take-offs and landings from the carrier, flying eight hours on and eight hours off.

Kuhnel had a top secret clearance and would help strap rockets and bombs on the airplane. The airplanes were slow and flew low enough that they would take fire from sniper rifles on the ground. He would have to call the ship and couldn’t expend any ordinance until it was approved.

“They told us to go to 10,000 feet and hold,” he said. “When we went there we had eight hours of fuel and we were back on the ship in the ready room for two hours before we got the order to fire back. It was a political thing. It wasn’t a war, it was a conflict.”

Kuhnel remembered a close call he had with a sniper’s bullet. When the airplane was flying on patrol, the crewmen would be given a box lunch. He got out of his seat to go throw his empty box out of the bombay door and when he got back to his seat, he saw the electronic gear was smoking. He looked closer and saw that a bullet had come through the plane, through his seat and into the electronics.

His brother, Eldon, was also in the Navy. Eldon is 10 years older and was in the Korean conflict, stationed in Iceland.

Kuhnel left the Navy on Feb. 14, 1966, a few weeks before the USS Yorktown began its second cruise to Vietnam. He received five medals, including some Commendation medals.

“I was reluctant to do this interview



Vernon Kuhnel has served on the Polk County Rural Public Power District Board of Directors for 25 years.

because some of my friends were on the ground there and I was up in the air, away from it,” he said.

When he returned home to Nebraska he started attending the University of Nebraska at Lincoln to study mechanical engineering. He married his wife, Joyce, and they moved to Osceola where he farmed and started his own construction business called Kuhnel Construction. There is still a Kuhnel Construction in Norfolk, but its owned by his oldest son.

They have three children, two boys and a girl, nine grandchildren and two great-grandchildren.

Kuhnel has been on the Board of Directors at Polk County Rural Public Power District for 25 years, where he is currently the Vice President. He is also the State Director on the Nebraska Rural Electric Association Board and serves as a Nebraska G&T representative.

“People don’t realize it but there’s a lot involved in being a director,” he said. “After I was on the board for a few years I went home and told my wife I felt inadequate. She said what do you mean and I said things are changing so much that you really need to keep up on it. You can’t go to one meeting a month and expect to know everything. There is a lot going on.”

Since 2000, Kuhnel has served as the Polk County Veterans Service Officer. He spends a few hours each

week at an office in the Polk County courthouse helping area veterans that have a problem or need help.

He has been a member of the American Legion Post 91 in Osceola, Neb. for over 51 years, and on the Color Guard for 50 years. He is proud of the work the Legion does for the community.

“In the Legion they sell ceiling tiles with your insignia on it,” he said. “Mine is up there and it shows me standing next to an S2 plane.”

Kuhnel was one of the Vietnam veterans that participated in an Honor Flight on June 4, 2016. Despite the fast pace of the trip and the lack of sleep, he really enjoyed the experience. Especially seeing the monuments in Washington, D.C.

“Those monuments, especially the statues, they look like they’re going to follow you,” he said. “That’s so impressive. I wish we could have taken a couple of days, rather than just being there for one day.”

That was the first time he had been to Washington, D.C. He said would have enjoyed going to the Holocaust Museum but there wasn’t enough time.

“It was so amazing to see 7,000 people there, waiting for us to come back,” he said. “There was a lot of time and money spent but it was well worth it.”

When the first Honor Flight in Nebraska took the World War II vets, Kuhnel put his name in to help with it, and they said “Congratulations Vernon, you’re the 386th person to put their name in.”

“They needed a lot of help with those because there were a lot of guys in wheelchairs,” said Kuhnel. “I think on our Vietnam flight we had two in wheelchairs. Most of the people could walk on their own.”

He’s still in touch with a few friends from the Navy. When he first got out he attended a reunion and saw a bunch of guys wearing their uniforms with long hair, smoking joints, and he didn’t like it.

“There are some things I’ll tolerate and some things that I won’t,” he said. “That’s one of them.”

Be ready for a safe winter driving season

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

Before winter arrives install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

Have a cell phone handy.

Keep a windshield scraper and small broom for ice and snow removal.

Maintain at least a half tank of gas during the winter season.

Plan long trips carefully. Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person.

Dress warmly. Wear layers of loose-fitting, layered, lightweight clothing.

Carry food and water. Store a

supply of high energy "munchies" and several bottles of water.

If you become trapped in your vehicle during a winter storm, stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.

Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.

Occasionally run engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the car's dome light when the car is running. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow, and open

a downwind window slightly for ventilation.

Watch for signs of frostbite and hypothermia. Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping. For warmth, huddle together. Use newspapers, maps, and even the removable car mats for added insulation.

Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration.

Wind Chill - What does it mean?

"Wind chill" is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still air temperature about 35 degrees colder.

Murphy



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Switch things up with stylish, efficient lighting

by Pat Keegan

Q : After 20 years with the same lighting in our home, it's time for a change. I've done some research and there are so many types of light fixtures and bulbs it's making my head spin! How can I select something practical, affordable and efficient?

A : This is an excellent question because we often take lighting for granted. We choose fixtures and bulbs without thinking through some of the more important issues, such as specific lighting needs of the room, how fixtures work together and how to save money on energy bills.

Saving energy starts with choosing the correct bulb. Efficiency standards for incandescent bulbs between 40 and 100 watts, which came into effect in 2012, led to the halogen bulb (also known as energy-efficient incandescent). These bulbs are at least 25 percent more efficient than the old incandescents. The other two common types of household bulbs, compact fluorescent lamps (CFLs) and light-emitting diodes (LEDs), are even more efficient.

Energystar.gov estimates that you can save \$75 a year by replacing the five most-used incandescent bulbs or light fixtures with EnergyStar-certified LED or CFL lighting. Of the three types, LEDs tend to save more money over the long run, and LED prices have decreased in recent years. A downside of CFLs is that they contain a small amount of toxic mercury that can be released into your home if one breaks.

When you're considering which type of bulb to buy, consider both watts and lumens. Watts indicate how much energy (and therefore, money) is used to produce light. Lumens indicate how

much light the bulb produces. A handy comparison is that an 800-lumen bulb is about equal to the amount of light from a traditional 60-watt incandescent bulb. Lumennow.org offers an excellent guide to understanding bulbs.



Using the same type and age of bulb in each fixture ensures consistent color and extends bulb life. Photograph by Brad Thiessen

Bulbs also give off different colors of light, known as color temperature. If a bulb burns out—or in the case of an LED, as it dims over time—it can be challenging to find a replacement that matches other lights in the room. If the variation bothers you, you may want to purchase and install bulbs of the same brand and wattage for the entire room or area at the same time.

Installing dimmers instead of on/off light switches is a good way to save energy while giving you greater control of the amount of light in the

room. Not all bulbs are dimmable, so be sure to check the label on the bulb. It's worth considering whether you have the right number and the right location for light switches. We recommend hiring a licensed electrician if you decide to install new lighting and switches.

Now that we've covered bulbs, let's move on to fixtures. Different types of fixtures have different functions. Ambient lights such as sconces and glass-covered fixtures provide gentler overall lighting, while directional fixtures such as pendants, desk lamps and track lighting provide task lighting that focuses on areas where work is done. Not all bulbs can be used in an enclosed fixture or work outdoors.

As you choose a light fixture, make sure it can provide the correct level of brightness, with an appropriate size and number of bulbs. It can be disappointing to install a ceiling light with the style you love, only to realize it doesn't provide enough light for the room; or the opposite, that your room is flooded with too much light, which also wastes energy and money. It's not a good idea to mix bulb types in a fixture, as the excess heat from an incandescent or a halogen light can diminish the performance of an LED.

The Lighting Research Center website (<http://www.lrc.rpi.edu/>) provides a resource page with many sample lighting layouts for every room in the home, which you can find by entering the phrase "lighting patterns for homes" in their website's search engine. Home décor sites like Better Homes and Gardens, Real Simple, HGTV and similar sites also give excellent lighting explanations, plans and ideas.

It's always a good idea to check with your local electric utility as they may offer energy audits or lighting product rebates.

With a little planning, you can have a well-lit energy efficient home you'll enjoy for years to come!

AUTUMN CROSSWORD PUZZLE

Autumn is finally here! Complete the crossword puzzle below by filling in the Autumn words that fit the clues. If you need help, use the word bank at the bottom of the page.



ACROSS

1. Fruit you bob for.
3. This is a fun outing that usually takes place in autumn and can be enjoyed from a wagon, truck or trailer - as long as it's filled with hay.
5. These are orange and can be carved to decorate your home during Halloween.
6. These change colors during autumn months.

DOWN

2. These fall from oak trees and squirrels love to collect them.
4. This is what most people eat on Thanksgiving Day.

The crossword puzzle grid is set against a light beige background with autumn-themed illustrations. The grid consists of white squares for letters and empty spaces. The starting points for the clues are numbered 1 through 6 in yellow circles. The illustrations include a branch with leaves and acorns in the top left, a turkey wearing a pilgrim hat in the bottom right, and another branch with leaves and acorns on the right side.

LEAVES
PUMPKINS
HAYRIDE
APPLE
TURKEY
ACORNS

Word Bank

Time to fall in love with maple syrup

Autumn is the perfect time to fall in love with maple syrup. The caramelized flavor of syrup pairs well with other fall flavors, like apples, cinnamon and pumpkin.

From spiced syrups to game-day dips, McCormick Executive Chef Kevan Vetter has tasty ideas for incorporating this fall flavor in dishes throughout the day:

- Maple syrup is a perfect complement to sweet banana pancakes. Mix mashed bananas into the pancake batter. Once cooked, top with sliced bananas, chopped walnuts and maple syrup.

- Add maple syrup to a melty grilled cheese sandwich. Layer cheddar cheese, bacon, sliced apples and maple syrup mixed with apple pie spice between two slices of buttered bread.

- For a twist on a traditional game-day appetizer, drizzle maple syrup over a cheddar bacon dip.

- For a sweet treat, mix vanilla extract and pumpkin pie spice into maple syrup then drizzle over a coconut pumpkin bread pudding.

Find more recipes featuring fall flavors at mccormick.com.



Maple Banana Bread Pancakes

- 2 large ripe bananas
- 2 eggs
- 2 tablespoons packed brown sugar
- 2 tablespoons melted butter
- 1 tablespoon McCormick Maple Extract
- 2 teaspoons McCormick Pure Vanilla Extract
- 1 teaspoon McCormick Ground Cinnamon
- 3/4 cup flour
- 2 teaspoons baking powder

Heat lightly greased griddle or skillet to medium heat.

In large bowl, use potato masher to mash bananas. Add eggs, brown sugar, butter, maple extract, vanilla and cinnamon; mix well. Add flour and baking powder; mix until well blended.

Pour 1/4 cup of batter per pancake onto griddle or skillet. Cook 1-2 minutes per side, or until golden brown, turning when pancakes begin to bubble.



Maple Apple Grilled Cheese

- 1/4 cup maple syrup
- 1/4 teaspoon McCormick Apple Pie Spice
- 3 tablespoons butter
- 8 slices whole-wheat bread
- 8 slices sharp cheddar cheese (1-ounce slices)
- 1 medium Golden Delicious apple, cored and cut into 16 thin slices
- 4 slices cooked bacon, coarsely chopped

Mix maple syrup and apple pie spice. Set aside.

Butter one side of each bread slice. Layer two slices of cheese and four slices of apple on each bread slice with buttered side down. Sprinkle with chopped bacon then drizzle with maple syrup mixture. Top with remaining bread slices with buttered side up.

Place sandwiches in large skillet or griddle on medium-low heat. Cook 3-4 minutes per side, or until bread is browned and cheese is melted. Cook in batches, if necessary.

Venison Bourguignon

- 3 tablespoon olive oil, divided
- 8 oz. chopped bacon
- 3 lbs. deer roast meat, cut into 2" chunks
- 2 lbs. carrots, cut into large chunks
- 2 onions, roughly chopped
- 6 cloves garlic, finely chopped
- 1 lb. button mushrooms, cut in half
- 1 bottle (750 ml) dry red wine
- 2 cups venison or beef stock
- 2 tablespoons Tomato paste
- 1 bouquet garni (small herb bouquet of thyme, rosemary, and bay leaf tied into cheesecloth)
- 4 tablespoons butter, softened
- 1/4 cup flour
- salt & pepper
- 3 lbs. baby red potatoes

Heat 1 tablespoon olive oil in a large saucepot. Add the chopped bacon and cook until crisp. Remove and set aside. Pat the venison chunks dry with a paper towel, season with salt and pepper. Brown the deer meat on all sides, remove and set aside. Add onions, garlic, and carrots to the pot. Cook and stir until onions are soft, add mushrooms and cook until tender. Add all the meat back into the pot, followed by wine, stock, and tomato paste. Add 1 teaspoon salt and 1 teaspoon pepper, stir well. Add the bouquet garni and cover. Bring to a boil, lower the heat, simmer for about 3 hours or until the venison is very tender. In the last hour of simmering, pre heat oven to 450 degrees. Place the baby red potatoes on a rimmed baking sheet, toss with 2 tablespoons olive oil, salt and pepper. Roast for 35-45 minutes until tender. Once venison is tender, mix 4 tablespoons of softened butter with 1/4 cup flour. Use a fork and press into a paste. Slowly stir the butter mixture into the stew until the desired thickness is reached. Adjust seasonings, salt and pepper. Serve and enjoy.

Pam Ochsner, Culbertson, Nebraska

Cranberry Cake with Hot Butter Sauce

Cake:

- 3 tablespoons butter
- 1 cup granulated sugar
- 1 egg
- 2 cups flour
- 2 1/2 teaspoons baking powder
- 2/3 cup milk
- 2 cups whole cranberries

Hot Butter Sauce:

- 1/2 cup butter – no substitutes
- 1 cup granulated sugar
- 3/4 cup whipping cream

Cream together butter and sugar, add egg and beat. In another bowl, sift flour and baking powder together. Alternately add flour mixture and milk to creamed mixture. Fold in cranberries by hand. Pour into a 9" X 9" greased pan and bake at 350 degrees for 40 minutes. Cool.

Combine sauce ingredients and heat through about 15 minutes until sugar dissolves. Place a piece of cranberry cake on dessert plate. Drizzle with warm hot butter sauce and serve. May include a dollop of whipped cream if desired.

Ellen Teter, Arapahoe, Nebraska

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