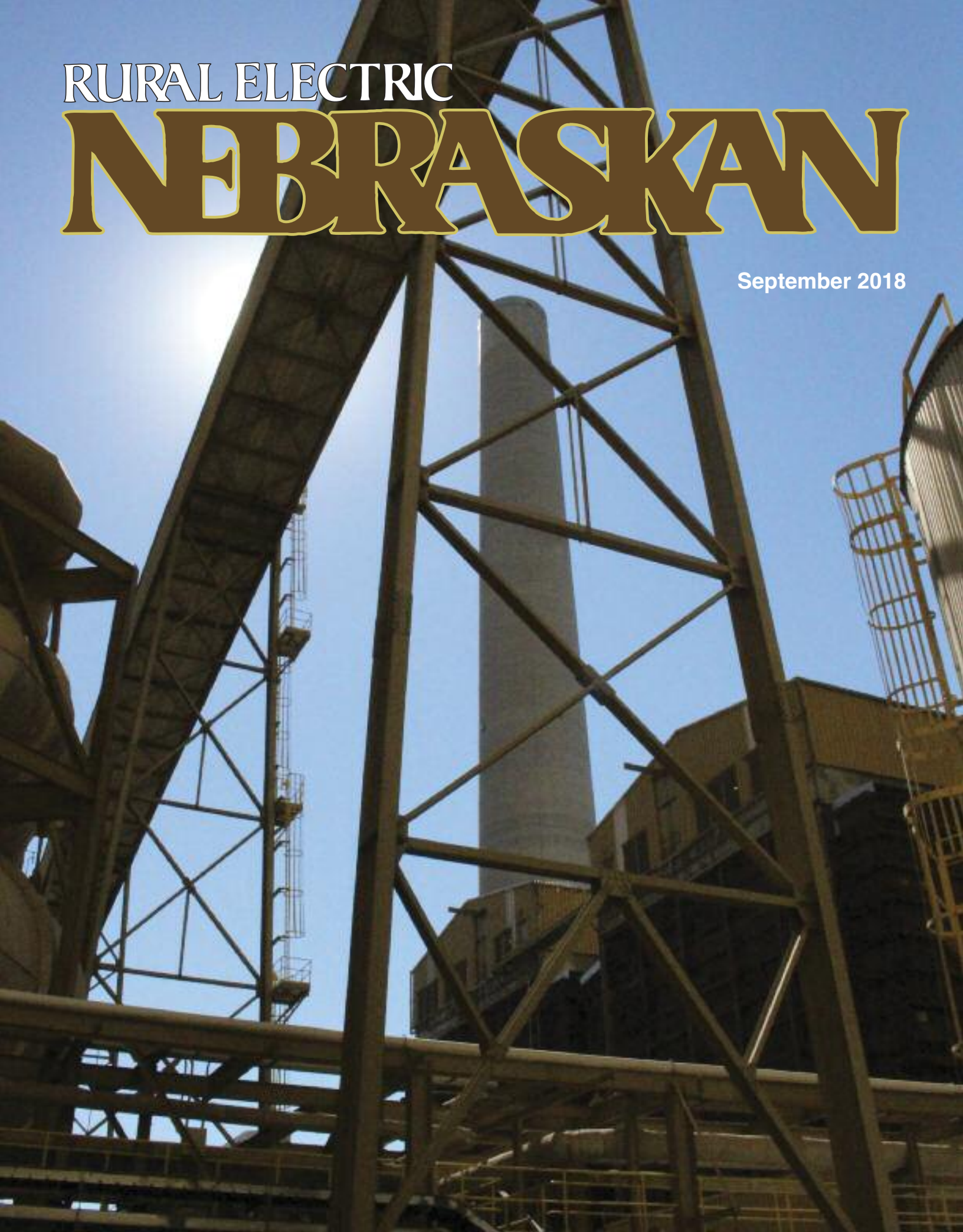


RURAL ELECTRIC

NEBRASKAN

September 2018



Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

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



by David Waxman
Seattle Washington:

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

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

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

But soon doctors started reporting some incredible results...

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

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

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

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

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

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

FIX YOUR GUT & FIGHT INFLAMMATION

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

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

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

A healthy gut is the key to a reducing swell-

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

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

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

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

EXCITING RESULTS FROM PATIENTS

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

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

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

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

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

THE SCIENCE BEHIND ALOECURE

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

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

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

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

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

which results in inflammation in the rest of the body.

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

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

REVITALIZE YOUR ENTIRE BODY

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

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

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

One AloeCure Capsule Daily

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

HOW TO GET ALOECURE

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

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL-FREE 1-800-592-8693** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

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

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

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Gerald Gentleman Station, Nebraska's largest generating plant, is located near Sutherland, Neb. Photograph by Wayne Price



by Wayne Price

The importance of being prepared for anything

In Nebraska natural disasters like tornadoes and floods can happen in the blink of an eye. It's important to have a planned response when you're at home, at work, on vacation or just driving down the road. Preparation is the key to success in many things we do in life. Planning, practice and thoughtful assessment provide opportunities to work out potential problems in advance.

September is National Preparedness Month, and the Department of Homeland Security's Federal Emergency Management Agency is encouraging all of us to prepare for emergencies. But most of us do better when we prepare for the routine, the extraordinary and the unexpected.

The National Oceanic and Atmospheric Administration and the Centers for Disease Control and Prevention are valuable resources for emergency preparedness. It is always a good idea to try to stay informed through radio, TV or the internet when you face a natural or man-made emergency. In some cases, however, cable, electric and cell phone service will be disabled, making communication nearly impossible.

For public power districts and electric cooperatives in Nebraska, preparation plays a huge role in ensuring that our members have the electricity they need as soon as they flip a light switch or start an appliance.

When a rural electric utility crew pulls a truck into a loading bay, warehouse workers have already pulled the parts and equipment needed for that crew's scheduled day's work.

When a customer services representative discusses balanced billing by telephone, they're helping a consumer with preparations to ease the impact of seasonal high bills.

When the weather man calls for exceptionally hot or cold weather, public power districts and electric co-ops work closely with their generation and transmission utilities (G&Ts) to ensure adequate supplies of electricity are reserved to meet anticipated demand.

Nebraska's rural electric utilities are constantly preparing for the future. Engineers and construction crews design,

build and upgrade the electric system to move electricity from power plants and substations to farms, homes and businesses.

All of these actions prepare public power districts and electric co-ops to deal with the daily challenges of meeting the electricity needs of their consumers. But working together, we put in just as much effort preparing for the uncertainties posed by flooding, tornadoes, wildfires, hurricanes, high winds, blizzards and ice storms. Rural electric utilities maintain and constantly update emergency response plans. Employees train for major events and know in advance what their primary and secondary roles would be. Public power districts and electric cooperatives also subscribe to mutual aid agreements. That's why you see trucks and crews from utilities in other states in your communities when major power outages occur.

We also work with state and national officials to help ensure that crews can get to your communities when they are needed and have the lodging, food and support necessary to work effectively far from home.

September may be National Preparedness Month, but Nebraska's public power districts and electric cooperatives are committed to preparedness every day—for the routine, the extraordinary and the unexpected.

Be Prepared

Make sure to have a family communication plan in place; all members of the family should review and practice the plan

Have all family members' and other important phone numbers written down or memorized

Have an emergency kit in your car and at least three days of food and water at home

Be sure to store all important documents – birth certificates, insurance policies, etc. – in a fire-proof and water-proof safe or safety deposit box



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NPPD part of DOE study to develop carbon dioxide collection

Nebraska Public Power District is taking another step forward in the carbon world with a second Department of Energy (DOE) study. This most recent initiative has a goal of developing an integrated carbon dioxide (CO₂) collection, transportation, and storage infrastructure in the Midwest for ethanol facilities and nearby power plants.

The District has agreed to be part of DOE's Carbon Storage Assurance Facility Enterprise (CarbonSAFE) Phase II study called Integrated Mid-Continent Stacked Carbon Storage Hub. Battelle Institute, based in Columbus, Ohio, will lead the study with support from Archer Daniels Midland Company (ADM), the Kansas Geological Survey, and the Energy Environmental Research Center (EERC) at the University of North Dakota. The study will look at safely, permanently, and economically storing commercial-scale quantities of CO₂.

The study is expected to take two years to complete. DOE has awarded \$13.6 million for the project with NPPD's share being \$750,000 of in-kind support, including \$700,000 for a portion of a potential test injection well, that will allow for the collection of additional geologic information.

"By being part of Phase II, this continues NPPD's interest in carbon capture from power plants as well as determining the safest way to transport, store and manage CO₂," said NPPD Generation Strategies Manager John Swanson.

Currently participating in Phase I, NPPD is working with the EERC to complete a final report on a pre-feasibility study for a commercial scale CO₂ geologic storage complex, and with Ion Engineering on the integrated CO₂ capture facility design for Gentleman Station Unit 2. That design work is expected to be completed during the second quarter of 2019. Both projects have been



Gerald Gentleman Station (GGS) is Nebraska's largest generating plant. Located near Sutherland, Neb., the plant consists of two coal-fired generating units, which together have the capability to generate 1,365 megawatts of power.

funded by DOE, but includes in-kind support from NPPD.

Phase II of CarbonSAFE will focus on two areas with high potential for commercial scale CO₂ storage that have been identified for further characterization. One site is in Kearney County in southwest Kansas, and another located in Red Willow County, Nebraska, both located in existing oilfields.

This project will find and validate what a CO₂ pipeline would look like, initially for two corridors – one that would run across Nebraska from Blair to Hitchcock County. A second corridor is a stacked-storage corridor that runs between southwest Nebraska to southeast Kansas. After initial commercialization employing the ethanol sources, additional sources would be added that include the electric utilities, including NPPD's Gerald Gentleman Station.

Ethanol producers participating include Cargill, Trenton Agri

Products, Valero Renewables, and Pacific Ethanol. NPPD is joined by three Kansas utilities– Westar Energy, Sunflower Electric Power, and the Kansas City Board of Public Utilities.

Battelle notes that the program is the first large-scale project for the mid-continent and represents an important step forward in carbon storage, exceeding DOE's 50 million metric tons safe storage objective. The proposal is based on a combination of three Phase I CarbonSAFE projects; helping to consolidate resources and align efforts into one strategy for achieving a successful commercial-scale storage project in the mid-continent region before 2025.

The Carbon Storage Assurance Facility Enterprise (CarbonSAFE) Initiative projects focus on development of geologic storage sites for the storage carbon dioxide (CO₂) from industrial sources.

Tractors, technology and **PUBLIC POWER** Month



By 
Patrick Pope
NPPD PRESIDENT & CEO

Just like farming, public power is in my blood. My grandfather and father toiled amid acres of cropland to provide for our family. Meanwhile, across the gravel road, men worked manually to dig holes for poles, dreaming of rural electrification and a better life for all.

Nebraska's history is built on perseverance, vision and adaptation. The hardships, challenges and opportunities evident at public power's inception were limitless. But, from that foundation came a model for public power that still rings true today.

Public power delivers electricity at rates among the lowest in the nation. It provides reliable service under a mission to responsibly serve all, and enables citizens to have a say in the decisions we make. No private shareholders means money is returned to customers and communities in electrical service, in-lieu-of-tax payments and civic services like economic development and energy efficiency programs.

Yet, no matter how solid the foundation, a business' success requires continual evolution. Today, GPS-guided tractors can reliably and efficiently farm thousands of acres of land within a microscopic margin of error through use of an onboard computer system and satellites. Entire farming operations will likely

change as manual controls give way to autonomous equipment, the collection of data and the Internet of Things. In many ways, a willing, pioneer spirit is needed more than ever to embrace this new world of "digital transformation."

To remain leaders in the industry, NPPD and its wholesale partners, including your utility, are continuously exploring new technologies and innovations that can improve efficiency, enhance customer value, manage risk and uncover opportunities. Though reliability and low-cost power are still critical to customers, new interests are emerging. Customers are working alongside their utilities more than ever before to make informed decisions about their electric use, while helping to build an environmentally-sustainable future for the state.

You can see this taking shape on our roadways as electric vehicles (EVs) steadily increase in number. EV sales are up 26 percent nationally, and with battery costs decreasing and battery longevity increasing, EVs are expected to make up 65 percent of light-duty vehicle sales by 2050. In addition, more than 2,000 charging stations are projected to be added to the nation's footprint by the end of 2019.

Recognizing the trend, NPPD – with input from a committee of wholesale partners on make, model and design of the vehicle's public power wrap – bought a Chevy Bolt to help educate customers on the benefits of EVs. Our promotions include a residential charger incentive to gather data on home charging



and offset costs alongside state and federal incentives for customers looking to purchasing an EV.

If you were to drive the Bolt across the state, you'd likely drive by many communities taking advantage of local renewable generation projects made possible through NPPD's 2016 wholesale power contract. Whether solar arrays or wind turbines, many of NPPD's wholesale partners have developed or are in the process of developing 18 renewable energy projects in their communities totaling about 26,300 kilowatts. These initiatives offer customers a means to achieve a greater renewable generation mix, gain experience with renewable technologies and influence local economies.

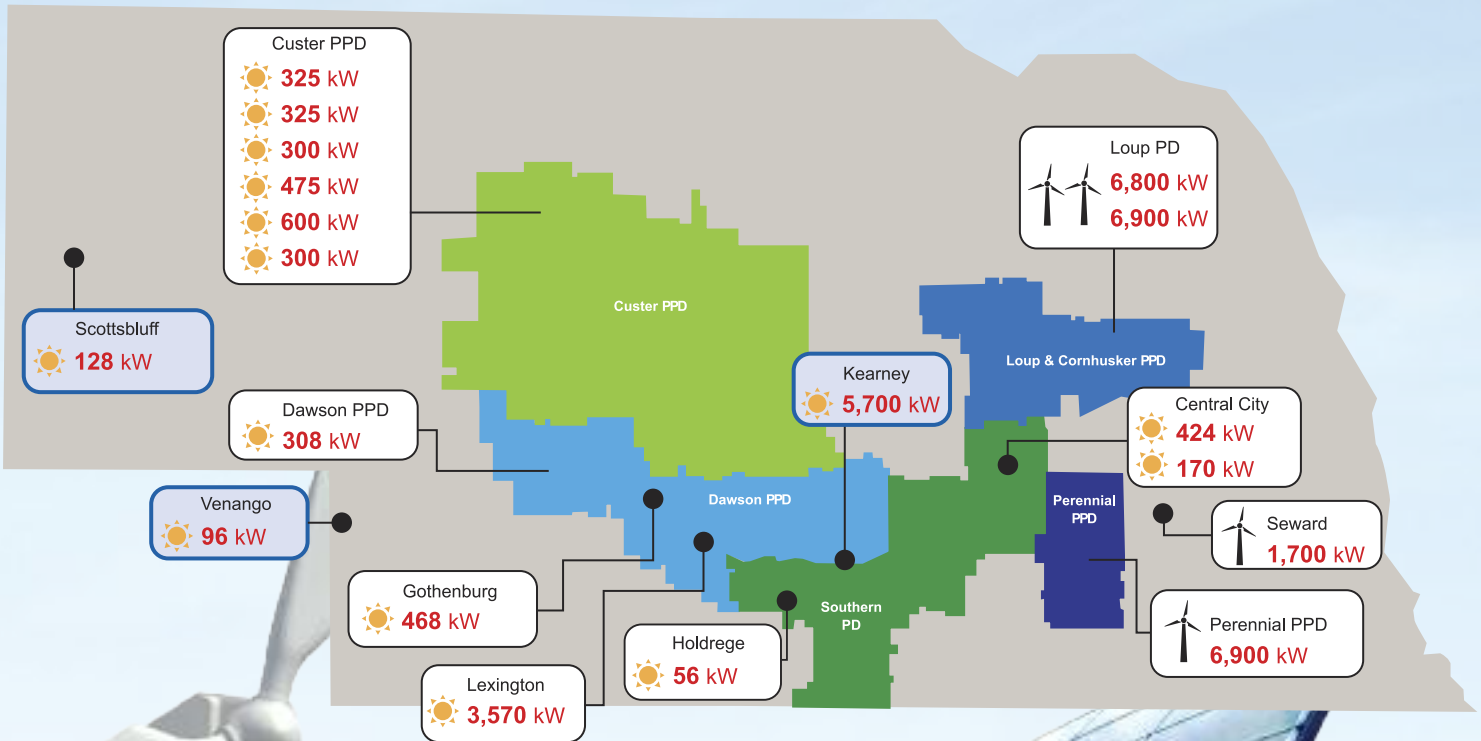
Of course, you don't have to look farther than your outdoor meter to see the effects and benefits of technology within the industry. Many of Nebraska's utilities are implementing advanced metering infrastructure to provide customers improved outage response times, power quality and pinpointed service on their accounts. NPPD is, too.

Foresight is synonymous to success. Anticipating customer needs, offering cutting-edge products and services, and increasing two-way communication opportunities with customers through mobile apps and technology are necessary to serve you better. And, we will continue to explore new load potential, like cryptocurrency mining, to offer the technology and innovation Nebraska needs to stay competitive.

I still have my father's 1953 Ford 8N tractor on which I learned to drive. While bulky in design and basic in options, it deserves respect and symbolizes a past built on tradition. It's a reminder to me, not only of how far my family has come, but also how far public power has evolved. I can't wait to see what exciting advancements lie ahead for all of us. What a wonderful ride it will be.

Local Renewable Generation (planned & producing)

- Projects outlined in blue denote NPPD
- kW values are in A/C output





Saving energy and money in the kitchen

Whether you are considering replacing an appliance or simply looking for small ways to be more efficient, here are some tips to help you save energy – and money!

It sits in the kitchen, quietly humming away to keep your food cold. Most people don't think about their refrigerator that often – as long as it's working. A refrigerator typically runs for several years without any problems – but that doesn't mean it's performing to its optimal capacity. Older refrigerators use more energy. Upgrading this appliance can bring a major return on your investment.

According to Energy Star, if your refrigerator is from the 1980s, replacing it with a new model could cut your electric bill by \$100 a year. If you bought your refrigerator in the 1970s, the savings could be as much as \$200 a year.

Cooking can also be a big energy expender – in more ways than one! But there are a few ways to save

energy while cooking. Placing the lid on a pot of boiling water will trap heat and cause the water to come to a boil faster. And there is no need to preheat the oven when cooking a large piece of meat, like a turkey or ham (you do need to preheat when baking or cooking smaller dishes). And, if you are planning on using the oven for a long period of time – for instance, when you are cooking one of those large pieces of meat – you might be able to turn down your home's thermostat. The simple act of cooking will add warmth to the home because the heat from the oven can raise the temperature in the kitchen and surrounding rooms. This is especially true if you are hosting a party. Once your home begins to fill with people, the temperature will quickly begin to rise.

Even after the meal is over, there are still ways for you to save energy. The first is to make sure that your dishwasher is full before it's started. Next, make sure you are using the right setting on your dishwasher.

Many newer dishwashers have sensors that detect how clean your dishes are. When these auto cycles are used, they will get dishes clean without wasting energy or water. The sanitize setting should rarely be used since it is energy intensive. It is also a good idea to make sure the filter at the bottom of the wash-tub is cleaned. This will help the washer work at its optimal level.

One of the cheapest and easiest ways to save energy in the kitchen is to replace existing lights with LEDs. Not only do they use less energy – you don't have to replace them nearly as often. Plus, their costs have come down in recent years, making them far more affordable to install. (Note: if you currently have linear fluorescent lamps, converting to LEDs may be too expensive to justify).

As you can see, there are many different ways to practice efficiency in the kitchen, and who knows – you could even save enough money to treat the family to dinner out a couple of times a year.

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RAPID PUMP® 1.5 TON LIGHTWEIGHT ALUMINUM FLOOR JACK

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- Lifts from 3-1/2" to 14-1/8"
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ITEM 68053/62160 62496/62516 60569 shown

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HARDY

MECHANIC'S GLOVES

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CENTRAL PNEUMATIC

3 GALLON, 100 PSI OIL-FREE AIR COMPRESSORS

A. HOT DOG ITEM 69269/97080 shown
B. PANCAKE ITEM 60637/61615 95275 shown

Customer Rating **★★★★**

Air delivery:
0.6 CFM @ 90 PSI
1 CFM @ 40 PSI

COMPARE TO PORTER-CABLE **\$986.2** MODEL: PCFP02003 **SAVE 59%**

YOUR CHOICE \$399.99 ~~\$549.99~~

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BLUE HAWK

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

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2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL

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

Customer Rating **★★★★**

Voted Best Winches

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COVER PRO

10 FT. x 10 FT. PORTABLE SHED

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COMPARE TO SHELTER LOGIC **\$236.89** MODEL: 70833 **SAVE \$96**

ITEM 63297

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CHICAGO ELECTRIC POWER TOOLS

12" DOUBLE-BEVEL SLIDING COMPOUND MITER SAW Laser guide

Customer Rating **★★★★**

NOW \$1299.99 ~~\$1799.99~~

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WARRIOR

29 PIECE TITANIUM DRILL BIT SET

Customer Rating **★★★★**

NOW \$99.99 ~~\$179.99~~

COMPARE TO DEWALT **\$64.99** MODEL: DW1369 **SAVE 84%**

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drillmaster

80 PIECE ROTARY TOOL KIT

Customer Rating **★★★★**

NOW \$6.99 ~~\$9.99~~

COMPARE TO PROFESSIONAL WOODWORKER **\$26.35** MODEL: E51822 **SAVE 73%**

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LIMIT 7 - Coupon valid through 1/5/19*

drillmaster

1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

Customer Rating **★★★★**

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COMPARE TO BLACK & DECKER **\$28.06** MODEL: HG1300 **SAVE 67%**

ITEM 62340/62546 63104/96289 shown

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CLICK-TYPE TORQUE WRENCHES

- Reversible

Customer Rating **★★★★**

LIFETIME WARRANTY

DRIVE	ITEM
1/4"	2696/61277/63881
3/8"	807/61276/63880
1/2"	62431/239/63882

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ITEM 239 shown

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18" x 12" MOVER'S DOLLY

- 1000 lb. capacity

Customer Rating **★★★★**

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CENTECH

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

Customer Rating **★★★★**

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COMPARE TO SCHUMACHER ELECTRIC **\$59.99** MODEL: SE-1250 **SAVE 50%**

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6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINE

Customer Rating **★★★★**

NOW \$999.99 ~~\$1199.99~~

COMPARE TO HONDA **\$329.99** MODEL: G6200U70212 **SAVE \$230**

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SOLAR ROPE LIGHT

- Great outdoor accent lighting
- Super bright light

Customer Rating **★★★★**

NOW \$89.99 ~~\$129.99~~

COMPARE TO HAMPTON BAY **\$299.7** MODEL: 82056-0558R **SAVE 70%**

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LIMIT 6 - Coupon valid through 1/5/19*

EARTHQUAKE

1/2" HEAVY DUTY COMPOSITE PRO AIR IMPACT WRENCH

- Weighs 5 lbs.

Customer Rating **★★★★**

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COMPARE TO CHICAGO PNEUMATIC **\$249.99** MODEL: CP7749 **SAVE \$160**

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LIMIT 4 - Coupon valid through 1/5/19*

CENTRAL MACHINERY

4" x 36" BELT/6" DISC SANDER

Customer Rating **★★★★**

NOW \$599.99 ~~\$749.99~~

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*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 1/5/19.

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Safety tips for portable, standby generators

When severe weather knocks out power, many of those affected turn to portable, standby generators to help keep food safe, lights on, and safety and medical equipment operating. The growing popularity of emergency generators has resulted in several million being placed in homes and small businesses across the nation.

However, only a small percentage are hooked up or used correctly. SafeElectricity.org urges consumers to understand proper generator safety steps.

“Generators can be a lifesaver for some and can improve the quality of life after a natural disaster such as a hurricane, tornado, or earthquake,” explains Molly Hall, executive director of the Safe Electricity

program. “However, it’s critical that proper safety precautions be taken to prevent accidents that could affect you, a family member, neighbor, or utility lineworker.”

Generators can be temporarily or permanently installed. A permanent generator is wired into a house by a qualified electrician using a transfer switch. This protects you, your neighbors, and repair crews from electricity back-feeding onto power lines. This can seriously injure anyone near those lines, especially rural electric utility crews working to restore power. A temporary generator fired by gasoline or diesel fuel should not be attached to a circuit breaker, fuse, or outlet.

The improper use of a standby generator can lead to injury or death.

When using a generator, SafeElectricity.org urges you to follow these tips to keep you and your family safe:

- Read and follow all manufacturer operating instructions to properly ground the generator. Be sure you understand them before starting it up.

- Standby generators should have a transfer safety switch installed by a professional. Portable generators should never be plugged directly into a home outlet or electrical system—use an extension cord to plug appliances into an outlet on the generator.

- Never operate a generator in a confined area, such as a garage. Generators produce gases, including deadly carbon monoxide. They require proper ventilation.

- Remember, when venturing outside after a severe storm, stay away from downed power lines and be alert to the possibility that tree limbs or debris may hide an electrical hazard. Assume that any dangling wires you encounter are electrical, and treat all downed or hanging power lines as if they are energized. Warn others to stay away and contact the electric utility.

- Generators pose electrical risks, especially when operated in wet conditions. Use a generator only when necessary when the weather creates wet or moist conditions. Protect the generator by operating it under an open, canopy-like structure on a dry surface where water cannot form puddles or drain under it. Always ensure that your hands are dry before touching the generator.

- When you refuel the generator, make sure the engine is cool to prevent a fire, should the tank overflow.

- There should be nothing plugged into the generator when you turn it on. This prevents a surge from damaging your generator and appliances.

- Be sure to keep children and pets away from the generator, which could burn them.

Source: SafeElectricity.org

Generate Safely

Safe Generator Operation

Keep this card in your home's emergency kit or with your generator.

- Never connect a standby generator into your home's electrical system. There are only two safe ways to connect a standby generator to your equipment:

Stationary Generator: An approved generator transfer switch, which keeps your house circuits separate from the electric co-op, should be installed by a professional.

Portable Generator: Plug appliances directly into the outlet provided on the generator.

- Set up and run your generator in a well-ventilated area outside the home. Make sure it's out and away from your garage, doors, windows, and vents. The carbon monoxide generated is **DEADLY**.

- Use a heavy-duty extension cord to connect electric appliances to the outlet on the generator.

- Start the generator first **BEFORE** connecting appliances.

Source: SafeElectricity.org

Developed jointly by the Energy Education Council & Rural Electricity Resource Council



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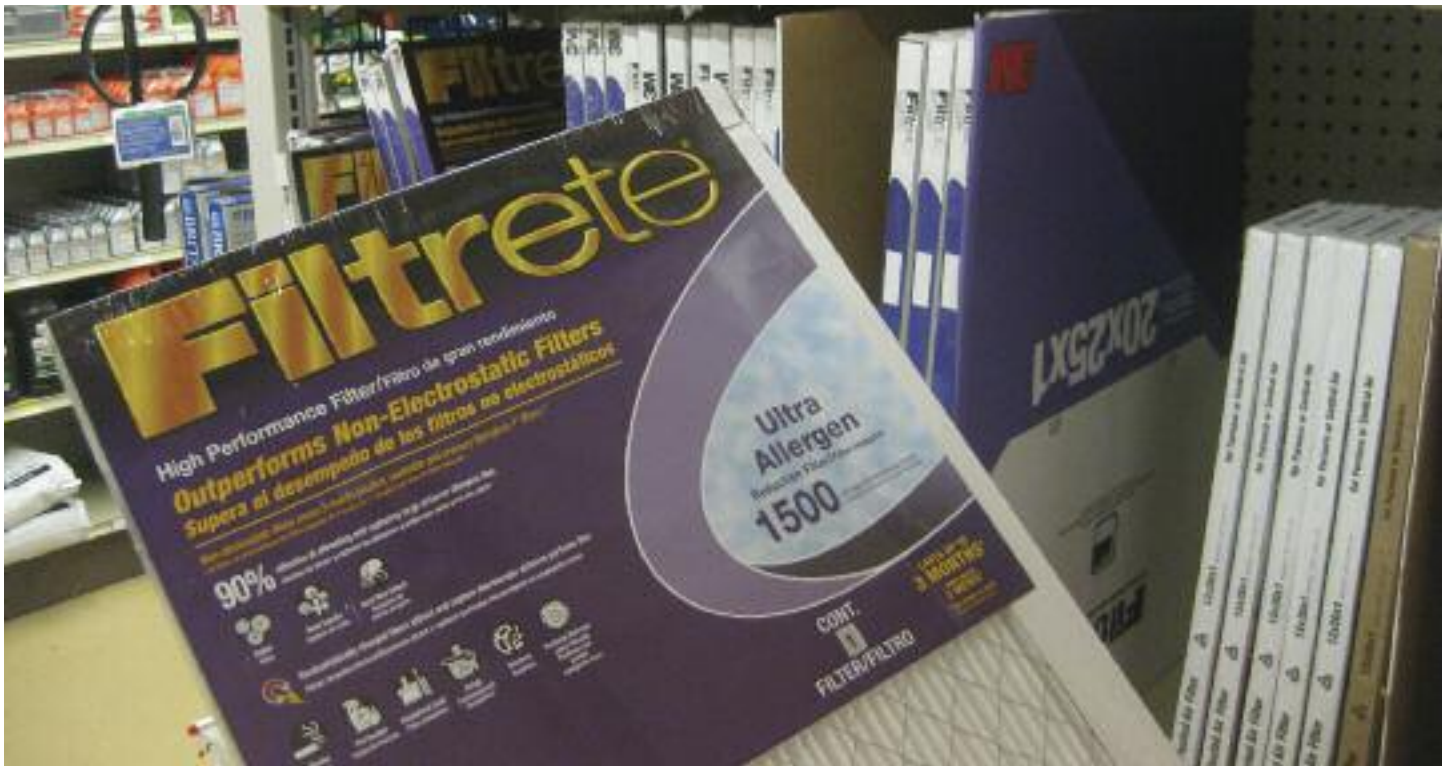
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Optimizing use of the air conditioner saves energy and money

Your air conditioning unit works extremely hard to keep your home cool. Try these quick and easy energy-saving ideas to save energy and money.

Turn your thermostat up during the day. Turning a thermostat up during the day can mean large savings and help you avoid peak charges. If you have a programmable thermostat or an AC timer, set it to start cooling no more than 30 minutes before you expect to return home – and when you're at home, set the thermostat to 78° Fahrenheit or higher.

Keep vents clear and open. Make sure that things like furniture and curtains are not blocking air vents; blocked vents can put extra strain on your AC unit and interrupt the delivery of cool air. Also, verify that vents are open in the rooms being cooled.

Check air conditioner air filters regularly. Dirty air filters restrict airflow and cause your AC to run longer than necessary. Check filters every 30 days during cooling

season, and replace them if they are dirty or degraded.

Schedule regular AC maintenance. Having your cooling equipment serviced annually in the spring, before the summer heats up, can keep it running efficiently and help you avoid equipment malfunction when you need cool air the most.

Seal your ducts. If you have ductwork connecting your air conditioning unit to vents throughout your home, a lot of cool air can be lost through gaps and cracks, particularly at the seams. These gaps can be sealed with metal-backed tape or duct sealant.

Insulate your ducts. Cool air traveling through ducts that are in hot or unventilated areas of the home—such as an attic—can heat up quickly and render your air-conditioning system a lot less efficient.

Replace an older AC unit with an EnergyStar model. Replacing old air conditioners—those 10 years old or older—with new Energy Star-

qualified models can save you over 30 percent on your cooling costs. These units are expensive, but the cost difference will be paid back over time by way of smaller energy bills.

Close all windows and doors when the AC is running. Make sure all windows and doors are closed when the AC is turned on. Otherwise, cool air will rush out of the opening, wasting huge amounts of energy and putting a heavy load on your air conditioner.

Make use of fans. The air moving across your skin has a cooling effect, allowing you to increase your overall thermostat setting. Standing fans and desk fans can cool small areas, and ceiling fans can make a difference in larger spaces. Just make sure any ceiling fans are blowing the air downward to get the best results.

Keep your AC unit out of the sun. The hotter an AC unit is, the harder it has to work to cool your home. Avoid installing the unit on the south and west sides of your home, if possible.

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Inventing a New Solution for Greenhouse Gas

by Paul Wesslund



Later this year, five teams of scientists and engineers from around the world will start packing up and relocating their laboratories to a patchwork of gravel lots next to a coal-fired power plant in northeast Wyoming. Their mission: finding beneficial ways to reuse greenhouse gas that's released into the Earth's atmosphere.

They aim to grab the carbon dioxide gas from the burning coal before it can contribute to climate change, and turn it into something that might be part of everyday life, like concrete, plastic or liquid fuel.

Dan Walsh sees value in the Wyoming research even beyond reducing the environmental effects of coal plants. Walsh is the senior power supply and generation director for the National Rural Electric Cooperative Association (NRECA). He says it would be great if we stopped thinking of the carbon in carbon dioxide as nothing more than waste.

"We see a need to take carbon dioxide and turn it into a useful product," says Walsh. That won't only reduce waste at coal power plants, he says, but also for users of other carbon-based fuels like natural gas and gasoline.

"The electric power industry is no longer the largest generator of carbon. The transportation industry now owns that title," says Walsh. "We have to do something, not just for power, but for the planet to come up with a way to utilize carbon dioxide in a beneficial way."

A breakthrough for humanity

The Wyoming launching pad for that high-flying goal brings together far-flung partners—from the state's governor, to electric co-ops, to a group that awards multi-million dollar prizes "to bring about radical breakthroughs for the benefit of humanity."

Two years ago, the XPRIZE, a private innovation group based in

California, announced \$20 million in prizes "for transformational approaches to converting (carbon dioxide) emissions into valuable products." The final prizes will be awarded in 2020.

In May of this year, XPRIZE narrowed the applicants to 10. Five of those will be setting up shop later this year on the Wyoming test site. The other five will be operating out of Alberta, Canada.

Rural electric utilities have a special stake in the Wyoming test site: the power plant is owned by Basin Electric Power Cooperative, which is based in North Dakota; and financial support has come from another co-op, Tri-State Generation and Transmission Association based in Colorado, as well as the NRECA.

The XPRIZE finalists that will be building their labs at the Wyoming site are:

- BREATHE—from India, working to produce methanol, which can be used as a liquid fuel.

- C4X—from China, developing new ways to produce plastics.
- Carbon Capture Machine—from Scotland, producing building materials.
- CarbonCure—from Canada, specializing in cement and concrete processes and products.
- Carbon Upcycling UCLA—from California, making a substitute for concrete.

During the next six months, those teams will be setting up “mini-factories” at the Wyoming test site, says Jason Begger, executive director of the Wyoming Infrastructure Authority, which oversees the site, whose formal name is the Wyoming Integrated Test Center.

Begger says the teams will be setting up to access the ductwork and piping providing flue gas from the power plant, which contains about 12 percent carbon dioxide. They’ll be developing the technology to separate and convert the carbon dioxide from the flue gas and show that their projects can turn waste carbon into useful products.

The test center project started with a state government initiative to plan for the future of the region’s coal resources, and has been quickly connecting to the larger worldwide effort to capture and use carbon dioxide. In June, the Wyoming Infrastructure Authority formally partnered with the U.S. Department of Energy’s National Carbon Capture Center, a testing site in Alabama established about nine years ago. That agreement will mean closer cooperation with the Carbon Capture Center’s experience and its network of experts.

Connecting with other researchers

The Department of Energy’s Carbon Capture Program Manager John Litynski explains how the agreement benefits the Carbon Capture Center as well: “We can only test up to 1.5 megawatts, which we call small pilot scale. The Wyoming test center has the capability to test up to 18 megawatts ... which we

would call large pilot.”

For years, the Department of Energy has been exploring ways to remove the carbon dioxide from power plant emissions. The basic problem they’ve been trying to solve is that the process is expensive and uses up a huge share of the electricity produced by the power plant in the first place. One of the longstanding ideas for managing greenhouse gases has been to remove the carbon dioxide from the power plant emissions, then inject into underground rock formations, an idea called carbon capture and storage.

But the XPRIZE and the Wyoming test center take the different approach of finding something more useful to do with the carbon dioxide than storing it permanently underground.

The Department of Energy has recently been adding the quest for new uses of carbon dioxide to its research. The main focus of the DOE effort is to search for better ways to remove the carbon dioxide from

power plant emissions. The DOE’s Litynski says that this year the department is spending \$90 million to research carbon capture. It’s spending about \$12 million on carbon utilization, up from about \$1 million three years ago. This summer, DOE issued a \$13 million request for research projects on “Novel methods for making products from carbon dioxide or coal.”

While headlines about coal and climate change have been generating controversy around the globe, the Wyoming test center is heading in a different direction. NRECA’s Dan Walsh credits the center’s international collaboration of government, private groups and electric co-ops with “a great vision” for rethinking one of the world’s biggest energy dilemmas.

Paul Wesslund writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local public power districts and electric cooperatives.



Above: Rural electric utilities have a special stake in the Wyoming Integrated Test Center. The power plant is owned by Basin Electric Power Cooperative, which is based in North Dakota.

Opposite: Later this year, teams of scientists from around the world will set up laboratories at the Wyoming Integrated Test Center in an attempt to develop technology that can turn waste carbon into useful products.

Photographs provided by Wyoming Infrastructure Authority

Make the most of your clothes-cleaning energy

Clothes washers and dryers that have earned the EnergyStar deliver superior efficiency and performance by incorporating advanced features that make cleaning and drying easier and more effective while saving money on your energy bills.

When it comes to the amount of energy consumed through use of standard plug-in appliances, your washer takes second place only to your home's refrigerator. If you have a standard, top-loading washing machine, it probably uses twice as much water per load than newer, front-loading units bearing the EnergyStar logo. Washing machines earning this distinction use between 18 and 25 gallons per load, compared to 40 gallons for older machines.

But buying a new washer is not something in everyone's household budget. Not to worry. There are many low and no-cost things you can do to make the most of your clothes-cleaning energy without a huge investment!



Use cold water

While you may have been taught that certain stains and soils require hot water, about 90 percent of energy needed for that cycle setting is consumed in heating the water. Some new detergents are made to tackle those same stains using warm or cold water. Not only will this save energy, but cold-water washing will also keep colors bright, reduce wrinkling and won't set stains.



Run a full load

Your washer will use about the same amount of mechanical energy, regardless of how full it is. Set the water level for the amount of laundry you are running to keep from using more water than necessary.



Consider cycle times and other setting options

Some lightly-soiled loads only need 10 minutes of washing. To compensate, adjust to a "delicates" setting or advance the cycle half-way through to reduce wash time. If you have a "high spin" option, use it to cut down on drying time.



Get smart about drying

According to EnergyStar the average U.S. home spends about \$100 a year in electricity using their clothes dryer. Drying is all about moving air through your fabrics to take moisture away. So, before you start every load, clean lint out of the filter to ensure air can circulate more freely.



Dry loads of similar fabrics together

Start with a load of fast-drying fabrics. If your dryer has a moisture sensor, use it. This will automatically reduce the amount of drying time and shut off the machine when it senses clothes are dry. By the way, this also reduces wear and tear on your clothes in addition to saving lots of energy.

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Rural electric utilities and smart home technology

by Kaley Lockwood

When new technologies present opportunities to improve the lives of consumers, public power districts and electric cooperatives take notice. One area that has great promise is smart home technology. This subset of the Internet of Things (IoT) is comprised of an ever-expanding selection of innovative applications and opportunities for members to use internet-enabled appliances and devices that add comfort and convenience to their daily lives.

Forbes.com defines the smart home as “a house featuring ‘intelligent’ technology that simplifies and automates everyday activities, such as turning on lights, locking the door, lowering shades—and yes, changing the settings on your thermostat. You can call any device ‘smart’ that is capable of doing something autonomously.”

Aside from being trendy and making life easier, smart home technologies can help members reduce their energy consumption. A research

project that measures the capabilities of a smart home, where the intelligent devices are fully-integrated, is currently being proposed by Pacific Northwest National Laboratory (PNNL) in partnership with a group of electric cooperatives and the National Rural Electric Cooperative Association (NRECA). If the proposal is funded, rural electric utilities will be at the forefront of exploring new ways to help their members save money, save energy and remain comfortable.

This study is part of a larger grid modernization effort funded by the Department of Energy. In collaboration with electric utilities, PNNL is working to facilitate the connection of all smart devices through a single platform. For the greatest value to be realized, a home’s internet-connected devices need to work together to achieve common goals.

In the future, a utility-connected smart home would determine when and where it will reduce energy consumption while maximizing

comfort, convenience and monetary savings. The home would recognize when the family was out of the house and could save energy through adjusting the thermostat, water heater, lights and other appliances. When the family returns, the home would recognize their arrival and adjust accordingly. The home would also recognize price signals from the utility and delay things like running the dishwasher to a time when prices are lower.

Although smart home technologies are internet-enabled, they are typically restricted to only communicate with smart devices of the same brand or manufacturer. Part of the PNNL project looks to address this issue through integration of all smart technologies through a common platform.

The full value of smart homes has yet to be realized. Through collaboration with PNNL, rural electric utilities are working to bring the potential of smart homes to their consumers.

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55-59	\$14.20	\$11.95	\$23.00	\$19.25	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$17.20	\$13.30	\$28.00	\$21.50	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$20.50	\$16.00	\$33.50	\$26.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$27.40	\$21.40	\$45.00	\$35.00	\$89.00	\$69.00	\$221.00	\$171.00
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Saving energy on entertainment in the home

Many homes boast TVs and sound systems that can rival any football stadium and many movie theaters. People can save hundreds of dollars a year by watching movies at home rather than going to the local theater. Luckily, there are simple steps to saving even more money if you manage the power consumption of your home entertainment system.

Many of the devices in your home entertainment system and your computer system use energy when they are turned off. This is commonly called parasitic load or vampire load. According to Lawrence Berkeley National Laboratory, the average home loses 8 percent of its monthly energy consumption to these energy vampires.

Your devices use power when turned off because the electronics inside the devices are still working. What these devices are doing and the amount of energy used when turned off varies. It could be that they are remembering the last channel that you viewed, remembering the language you speak or trying to turn on faster. Devices such as TVs and DVD players will often have power settings in the setup menu. Try to find that menu and adjust the settings to save more power. Generally this will cause the device to take a few more seconds to start.

Many manufacturers have power settings turned off by default.

Microwave ovens and alarm clocks, which use relatively small amounts of standby power, are acceptable to leave plugged in. A digital video recorder (DVR) uses a fairly significant amount of power when turned off, but if you record programs frequently, you will want to leave it plugged in too.

You don't have to worry about unplugging items with mechanical on/off switches, such as lamps, hair dryers or small kitchen appliances like toasters or mixers. They don't draw any power when turned off.

How do you slay other energy vampires? Try plugging household electronics like personal computers, monitors, printers, speakers, stereos, DVD and video game players and cell phone chargers into power strips. Not only do power strips protect sensitive electronic components from power surges, but you can quickly turn off several items at once.

Of course, using a power strip is a manual process and is an all-or-nothing option. A variation on the power strip is the "smart strip." Smart power strips allow you to plug devices into a specially marked section of the power strip so they will still have power when turned off. Other devices that can be turned off safely are plugged into the rest of the strip. This allows you to turn off

parts of a home entertainment system, such as the stereo, DVD player or home theater audio system without losing the ability to record programs to a DVR or having to reprogram the television every time you want to watch a show.

Of course, there's always a catch. Some devices use standby power to make life more convenient. If you unplug your television or cable/satellite receiver box, what happens? When plugged back in, the TV or box usually will have to run its initial setup program. Depending on the particular device, it could take up to 20 minutes for channels to be recognized or for the user to reset preferences, which isn't something most people are willing to do every day. For these devices, look for the Energy Star label. If your cable or satellite box doesn't have it, call your provider and request a new one. Make sure they give it to you for free. TV providers want to keep your business, and they most likely will not let you change providers over something simple, such as a new cable or satellite box.

Entertaining doesn't have to drain your budget. The money saved by eliminating the energy vampires in your home may be enough to go out and see a movie. But it may still be not enough to afford that extra-large popcorn!



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Be careful when tackling home wiring projects

If watching those home repair shows sends you into remodeling mode, consider checking with professionals before you migrate to the nearest hardware store. While do-it-yourself (DIY) projects can be very satisfying to complete, they pose risks when it comes to electricity.

“Mistakes can be costly—or even deadly,” warns Barbara Guthrie, chief public safety officer for Underwriters Laboratories, Inc., (UL), a Chicago, Ill.-based not-for-profit firm that tests and sets minimum standards for electric-consuming items. “The first and best safety tip is to call in an expert rather than be your own electrician.”

An ongoing study by the Quincy, Mass.-based Fire Protection Research Foundation has given UL engineers a better understanding of typical DIY wiring mistakes. The most common:

Working with a live wire

It may seem perfectly obvious, but thousands of DIYers receive electric shock injuries each year. To avoid becoming a statistic, always turn off the circuit breaker (or remove the fuse) before working on or replacing electrical equipment. If you have a pre-1940s home, be mindful that you probably have more than one breaker box, or panel board, as electricians call them.

Using the wrong lightbulb

Most lighting fixtures feature a sticker on the socket that tells you the proper type and maximum wattage of the lightbulb to use. Installing a different type of bulb, or one with higher wattage, will not only make the room brighter, but could also damage the lights and cause a fire. Heat is usually the catalyst in this case: the higher the

wattage, the hotter the bulb and the hotter the wire that goes to the lighting fixture.

Not being grounded

For optimal safety, receptacles should be wired with the proper grounding and polarity. Generally, three-pronged outlets signify an effective ground path in the circuit. However, homes built before the mid-1960s probably don't have a grounding path, and simply replacing the existing outlet with a three-pronged outlet won't give you one.

“You see instances of this in homes with older wiring,” Guthrie says. “It's no worse than if you plug your two-pronged device into a two-pronged outlet. But it does give the homeowner a false sense of security.”

Wiring with a grounding path usually sports a copper grounding wire with the cable. If you are uncertain about whether your home's wiring is grounded, inexpensive UL-listed outlet circuit testers are available to check for proper grounding and polarity. If your outlet is improperly grounded, call an electrician before moving forward in any project.

Splicing, splicing, splicing

Always make sure your wiring size and type match. Splicing wires by simply twisting them together and covering them with electrical tape is rarely a good idea. Instead, use wiring suitable to your home's wiring and place wiring connections in metal or plastic boxes to decrease fire risk.

Also keep in mind that circuits protected by 15-amp fuses or breakers should be wired with No. 14 AWG copper wire minimum. For 20 amps, use No. 12 AWG minimum size copper wire. Other guidelines



Be careful not to install new lighting to old, inferior wires. To avoid this fire hazard, check your wire rating first, and either upgrade it or buy fixtures within the supply connection range. Photograph provided by Electrical Safety Foundation International

apply, so if you expect to do any splicing, seek professional help before you begin.

Hooking new lights to old wires

Most light fixtures are marked with instructions for supply connections, such as “Use wire rated for at least 90C,” which refers to the maximum temperature—90 degrees Celsius or about 200 degrees Fahrenheit—under which a wire's insulation can safely be used. Again, if you have an older home (pre-1984, in this case), wiring may have a lower temperature rating than a new luminaire.

“This isn't something most DIYers even think to consider,” Guthrie cautions. “It probably won't burst into flame immediately, but it does increase the risk of a fire.”

To avoid that risk, check your wire rating first, and either upgrade it or buy fixtures within the supply connection range.

Source: Underwriters Laboratories, Inc.

Farmers urged to be aware of electrical hazards

Farmers and farm family members face dangers every day. Although tragedies such as tractor rollovers and grain bin suffocation receive the most attention, electrocution and electrical burn accidents are frequent on farms.

The simple movement of a portable grain auger from one bin to another can have tragic results if the individuals involved are not extremely careful. The use of tractors with large cabs and antennas and oversized grain wagons can also result in preventable electrocution incidents.

Electrical equipment around fields, such as power lines in the end rows may get overlooked during such a hectic time of year as harvest. However failure to notice overhead power lines can be a deadly oversight.



Watch for overhead obstructions and electrical wires. Electrocution can occur without direct contact.

Most farmsteads could use a very careful overhead visual inspection of electric lines. The service may no longer meet the proper height codes because of age or damage to poles and pole guy wires. The sag may have increased over the years, while the height of the machinery being used today may be much higher.

Utility regulators require power lines to be 18.5 feet or more above the ground to provide adequate clearance.

However, today's farm equipment has a long reach when extended; and even when collapsed for roadway transport, many pieces of equipment may exceed that 18.5 foot height. A daily check should be made of where equipment will be moving to ensure that it will clear power lines. But don't take matters into your own hands. They may not be as high as they look. Never undertake the height measurement of the lines without the on-site help of utility company employees.

A good rule is to maintain a 10 foot separation from a power line completely around it, whether you are driving underneath or passing a grain auger near it.

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Awareness is key to combatting copper theft

Within our electrical equipment, appliances and power substations are materials that also serve as a lucrative incentive for thievery. Copper is used in our plumbing, fiber optics, and electrical systems. By stealing copper from these, thieves can sell it for profit. This means that electrical utilities as well as consumers can be a target for these thieves.

In addition to thieves killed in the process of stealing, impacts have ranged from power outages and costly equipment replacement to failures of emergency sirens, irrigation systems, and cell towers creating economic loss and risks to public safety.

Many utilities are taking steps against dangerous copper thievery, adding sensors or video equipment for surveillance. Warning signs and law enforcement patrols have all also helped deter copper theft. Tougher laws, penalties, and requirements that buyers document all transactions may discourage thievery.

Steps consumers can take include securing vacant homes and construction sites, hiding and



If you notice anything unusual with electric facilities, such as an open substation gate, open equipment, hanging wire, etc. contact your electric utility immediately.

securing scrap metal, and enclosing external equipment like air conditioning units. Consider upgrading to copper-welded wiring instead of pure copper.

Safe Electricity offers these additional steps to protect your property and electrical supply:

- Pay attention to your surroundings. Report suspicious

activity in yours and neighboring areas.

- Take precautions when you are away. If you are planning an extended trip, designate a neighbor to keep watch over your property.

- A surveillance camera can help deter as well as identify thieves.

- Common targets for copper theft are construction sites, farming equipment, and electric utility property. If you notice suspicious activity around one of these copper theft targets, notify authorities. Do not try to intervene yourself.

- If you are responsible for a construction site or farm, properly secure your property. If you have large quantities of copper, you may consider a tracking device that can help locate your copper if it is stolen.

- Store tools and wire cutters in a secure location, and never leave them out while away.

- If you see anyone around electric substations or electric facilities other than utility personnel or contractors, call the police.

Visit SafeElectricity.org for more information on copper theft prevention.

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Do skylights bring sky-high energy bills?

by Pat Keegan

Q : Our kitchen and dining rooms are in major need of some natural light. We've been thinking about installing a skylight, but we're wondering if that will increase our energy bills. Can you provide any advice?

A : Skylights can bring a little of the outside world indoors and make your living space more livable—when they are installed correctly. But they can also impact your energy bills and comfort level, so you're taking the right steps by doing some research ahead of time.

One downside of skylights is they can add heat to your home during the summer and heat loss during the winter. The amount of impact depends upon a number of elements, including the skylight's energy rating, size, placement and quality of installation. You can check its energy efficiency by looking at the skylight's NFRC Energy Performance Label, which shows four important pieces of the energy efficiency puzzle:

- Insulation value (U-Factor)
- Ability to transmit solar heat (Solar Heat Gain Coefficient)
- Ability to allow light to transfer (Visible Transmittance)
- Air leakage

Finding a unit with the best ratings in all these categories will help maximize your skylight's energy efficiency and performance. It's probably worth spending a little more on a better product, since professional installation takes up the lion's share of the cost of installing a skylight into an existing roof. That said, even the best skylight has a much lower insulation value than a properly insulated attic.

Just as important as finding the right skylight is determining the proper size, number and placement. You want adequate light, but too much can make a room less functional on a bright day. Skylights on a steep, north-facing roof will reduce the unwanted solar heat gain in the summer, but this also reduces the desirable solar heat gain in winter.



Well-placed skylights can brighten rooms that lack daylight. Photograph provided by NREL/DOE

Ultraviolet (UV) light can cause furniture finishes to fade. This can be minimized by making sure your skylight has high-quality glazing or by applying a special film to the skylight.

Proper installation by a knowledgeable professional is essential to avoid all-too-common problems. One serious issue is water leaks—a problem often caused by improper exterior installation on the roof. Flashing must be installed

correctly to be effective for the pitch of the roof and the type of roofing materials.

Another potential problem area is the skylight shaft that transmits the light into the living space below. Inadequate or poorly installed insulation is a source of heat loss and can cause ice dams that allow water to find its way into the home. Air leaks in the shaft can also cause these types of problems. Moisture problems can cause condensation build-up inside the home, resulting in mold, mildew and rot (especially in bathrooms).

An alternative option to the regular skylight is the tubular skylight. A small skylight on the roof is connected to a flexible tube that runs through the attic to a room below. This system provides a diffused natural light. The tube is much smaller than a skylight shaft and is easier and less expensive to install. The tube has less heat loss and is less leak-prone. Tubular skylights can fit into spaces that a traditional skylight can't, and can be a better choice in rooms with high moisture, like bathrooms, saunas or indoor swimming pools.

As you consider your options, it may be worthwhile to think back to your goals. Perhaps you can gain more light in these rooms without installing a skylight by trying these steps:

- Paint the room a lighter color.
- Hang mirrors.
- Replace heavy window coverings with lighter ones.
- Add indirect lighting such as upward-facing pole lamps.
- Trim any trees that shade the windows.

If you've done your research and decide to move forward with new skylights, I hope you will consider buying the best product your budget will accommodate—and find a contractor with experience and solid references to provide the installation.

Outdoor lighting brings added value to rural homes

Among the many advantages that electricity offers, lighting is one of the most visible, and marketable. A well illuminated home or business adds value for the consumer in three ways:

- **Safety** - to avoid personal injury when working after dark, and damage to property when moving cars or machinery around buildings. Accidents can be prevented by illuminating uneven walkways or items left in the yard or driveway.

- **Security** - to help deter vandalism, and discourage prowlers.

- **Productivity** - lighting extends the workday beyond sundown. It also allows tasks to be completed more quickly after dark, and adds convenience in opening doors or checking around the property.

The following recommendations apply to not only the modern

Look for LED products and fixtures for outdoor use, such as pathway, step and porch lights.

homesite, but also to farmsteads, and rural businesses such as warehouses, self-storage facilities, and greenhouses.

- Specific placement of lights will be different at any particular site, but here are some general guidelines.

- To illuminate large areas around buildings, fuel storage, or parking lots, use high pressure sodium fixtures mounted 15 to 25 feet high, depending on the bulb wattage. Provide one to three foot-candles of light, and don't try to illuminate multiple areas with just one light.

- Light entrance doors, gates, or

other locked areas with motion-sensor lights. These motion-activated fixtures have two advantages. The first is security. The "instant on" feature startles trespassers, which can greatly reduce vandalism and theft. Secondly, the brighter, more concentrated light level helps in finding locks, and maneuvering oversized equipment through gates. The "automatic off" feature also saves energy.

- Decorative yard lights, mounted atop 6 foot poles are good for walkways from the home to a garage or outbuilding. These fixtures also enhance the home's appearance after dark. Using LED bulbs, suitable for outdoor temperatures, saves energy and reduces the number of bulb change outs.

Source: National Food & Energy Council



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Flavorful foods for outdoor family fun

Summer can be jam-packed with camps, family reunions and more, and people can sometimes miss opportunities to enjoy time together. This summer, savor and celebrate those simple yet memorable backyard moments with friends and family that make the season unforgettable.

Soak in the warm weather and try fresh and flavorful recipes al fresco. Dress your table with a bright tablecloth and a full spread of summer barbecue staples and ice-cold drinks. For example, you can reinvent a summer grilling classic with these Hawaiian Ham Skewers, which combine the smokiness of Smithfield Anytime Favorites Ham with the sweetness of fresh pineapple.

As the sun begins to set, invite friends and family for a backyard game night, outdoor movie or bonfire. Gather around the fire and take your s'mores to the next level with Smithfield Hometown Original Bacon for a perfect savory and sweet combination. Wrap your toasted marshmallow with bacon and squish it between melted chocolate and graham crackers for a treat to end a long summer day.

To find more summer entertaining tips and recipes, visit Smithfield.com.



Hawaiian Ham Skewers

Hawaiian Glaze:

- 1/2 cup ketchup
- 1/2 cup pineapple juice
- 2 tablespoons brown sugar
- 1/4 cup reduced-sodium soy sauce or tamari
- 2 garlic cloves, minced
- 1 tablespoon ginger root, minced or grated

- 4 ounces fresh button or cremini mushrooms, halved (optional)
- 1 green onion, thinly sliced, for garnish

Ham Skewers:

- 4-6 skewers
- 1 1/2 pounds Smithfield Ham Steaks, cut into 1 1/2-2-inch squares
- 1 large red onion, cut into eight wedges, root end intact
- 2-3 sweet bell peppers, cut into 1 1/2-2-inch pieces
- 1/2 fresh pineapple, cored and cut into 1/2-inch thick slices

To prepare glaze: In small bowl, whisk ketchup, pineapple juice, brown sugar, soy sauce, garlic and ginger root until combined; reserve, refrigerated, for up to 3 days.

Heat grill to medium-high. Skewer ham, onion, bell pepper, pineapple and mushrooms by alternating pieces and brush with about one-third of glaze.

Grill 8-12 minutes, or until slightly charred and vegetables are cooked as desired, turning as needed. Glaze skewers about halfway through cooking and again before serving. Garnish with green onion.



Bacon S'mores

- 4 strips any variety Smithfield Bacon
- 8 marshmallows
- 2 chocolate bars (about 3 ounces), broken into eight pieces
- 8 graham crackers, broken into squares

Heat oven to 375 F.

On lightly sprayed, foil-lined, rimmed baking pan, separate strips of bacon; lay flat in single layer and gently stretch each strip 1-2 inches. Bake 10-12 minutes, or until bacon begins to curl and edges just start to crisp, rotating pan halfway through cooking. Remove bacon from pans with spatula while warm, draining briefly on absorbent paper; reserve.

Cut bacon slices in half crosswise and tightly wrap around marshmallows, securing with skewer or roasting stick. Roast marshmallows over open fire until toasty brown on edges, being careful not to burn or ignite marshmallows.

Immediately sandwich roasted marshmallows between two graham crackers with piece of chocolate.

Roasted Tomato Basil Soup

- 5 large tomatoes, quartered
- 1 large onion
- 3 – 4 cloves of garlic, peeled
- 1/3 cup fresh basil
- 1 cup chickpeas
- 1 pinch sugar
- 2 cups vegetable broth
- Salt and pepper to taste

On a sheet pan at 180 degrees, roast tomatoes, onion and garlic for about 30 minutes. Once roasted, put them into a deep pan and add the broth, chickpeas, basil, sugar, salt and pepper. Cook for 2 – 3 minutes until heated through. Puree to desired consistency. Serve with croutons.

Kathy Larson, Johnson Lake, Nebraska

Zucchini-Apple Cake

- | | |
|---|--|
| Cake:
3 eggs
2 cups sugar
1 cup oil
2 cups zucchini, chopped
1 cup apples, chopped
1 tablespoon vanilla
2 cups flour
1 tablespoon cinnamon
1/4 teaspoon baking powder | 2 teaspoons baking soda
1/2 teaspoon salt

Frosting:
1 3 oz. cream cheese
1/4 cup butter
1/4 cup milk
1 lb. powdered sugar
1/4 cup milk
1 lb. powdered sugar |
|---|--|

Mix eggs and sugar; add oil and beat. Add remaining ingredients. Pour into 9" X 13" baking pan. Bake for 1 hour at 350 degrees. Top with frosting.

Maxine McCarthy, Naper, Nebraska

Cool and Refreshing Watermelon Salad

- 3 cups watermelon, cut and drained
- 1 mango or peach, chopped
- 4 tomatoes, diced or use equivalent amount of red & yellow cherry tomatoes, halved
- 1/3 cup red onion, cut up
- 1/2 jalapeno pepper, chopped
- 2 tablespoons cilantro, chopped
- 3 tablespoons lime juice
- Pinch of salt

Mix all together and serve.

Erma Jens, Shelby, Nebraska



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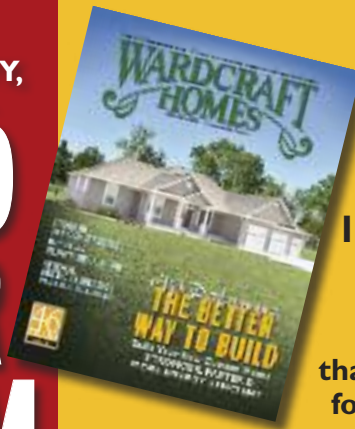
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