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NEBRASKAN

April 2018



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Camp**

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-pharma 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 the 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 1-800-746-2932** 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.

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**RURAL ELECTRIC
NEBRASKAN**

“The Rural Voice of Nebraska”

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Published monthly by the Nebraska Rural Electric Association, 1244 K Street, Box 82048, Lincoln, Nebraska 68501, (402) 475-4988.

Advertising in the *Rural Electric Nebraskan* does not imply endorsement for products by the Nebraska Rural Electric Association. Correspondence should be sent to Wayne Price, Editor, *Rural Electric Nebraskan*, Box 82048, Lincoln, NE 68501.

The *Rural Electric Nebraskan* is printed by the Aradius Group, 4700 F Street, Omaha, NE 68117. Form 3579 should be sent to the Rural Electric Nebraskan, Box 82048, Lincoln, NE 68501.

Periodicals postage paid at Lincoln, Neb. POSTMASTER: send address changes to the Rural Electric Nebraskan, 1244 K Street, Box 82048, Lincoln, NE 68501.

Publication numbers are USPS 071-630 and ISSN 0193-4937.

Subscriber Services: Cost of subscription for consumers of participating member-systems is \$2.14 per year (17.8 cents per month), plus periodicals postage paid from equity accruing to the consumer. For nonmembers, a subscription is \$10 per year or \$20 for three years, plus local and state tax. Single copy, \$2.50.

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Canoeing in the Middle Loup River is one of the recreational activities at the NREA Youth Energy Leadership Camp. See the related article on Page 14. Photograph by Wayne Price



by Wayne Price

Lineman Appreciation Day worth celebrating

From restoring power after a storm to building new lines to serve customers, Nebraska's electric linemen are the face of public power in Nebraska. They play a vital role in serving customers around-the-clock with reliable and affordable electricity.

They don't always get the recognition they deserve. Please take a moment on April 9 and join me in expressing your appreciation for their professional contributions in all kinds of weather conditions, day and night. Use #ThankALineman on social media to show your support for the men and women who light our lives.

You probably don't even notice these well-trained and highly skilled employees working hard to keep the electricity flowing in the areas they serve. It's not until a storm strikes and the power goes out that most of

us think about these guys.

When the power goes out, for whatever reason, Nebraska's electric linemen are the first to jump into action. Crews from neighboring systems will join in the effort to help restore power as quickly as possible.

Linemen must perform their duties safely and efficiently while wearing special gear to protect themselves. This gear often makes their tasks more difficult.

America's public power districts and electric cooperatives have designated the second Monday of April as National Lineman Appreciation Day.

On April 9, 2018, the Nebraska Rural Electric Association and its 33 member-systems will honor the hard working men and women who often work in challenging conditions to keep the lights on.

National Lineworker Appreciation Day April 9, 2018

More than 15,000 rural electric utility lineworkers serve on the front lines of our nation's energy needs, maintaining 42 percent of electric distribution lines.

Lineworkers perform intricate work, often in dangerous conditions, to ensure we receive the safe, reliable power we depend on.



Incorporating renewables into Nebraska's energy mix

by Kim Christiansen
NREA General Manager

Kermit the Frog, my favorite Muppet, famously sang that “it’s not easy being green.” In your electric world, being green can mean being more efficient, adding new energy sources, such as renewables, or both. Nebraskan’s will find it easy to be “green” electricity users, today and tomorrow.

I applaud the “green movement.” We all want to leave the planet better than we found it for our children and grandchildren. For years, the electric industry has pursued technology to provide cleaner energy and reduce emissions from plants. Nationwide, the industry is embracing renewable sources like solar and wind power to reduce the carbon footprint of providing power.

However, the mantra I have heard from some renewable advocates is that we need to “start the conversation” about incorporating renewables into Nebraska’s electric portfolio. Incorporating renewables into the electric portfolio takes thought, hard work, and much engineering. That conversation has not only started, but is well underway. As one manager recently told me, “I think about green initiatives every day—several times a day.” Boards are discussing “green” strategies like renewables, but also efficiency programs, peak shaving, etc. Moreover, our electric energy mix is changing to add more renewables and other energy sources that decrease that carbon footprint in a rapid manner.

Renewable advocates say we need to use more renewables in our energy mix. Twenty years ago, very few renewables were used. Today:

- U.S. Energy Information Administration (EIA) reports that in

2017, Nebraskans received 20 percent of their power from wind or solar resources.

- Tri-State Generation & Transmission Association and Nebraska Public Power District (NPPD) serve most of rural Nebraska public power systems. Tri-State now provides 30 percent renewables in their overall energy mix NPPD



provided over 17 percent renewables in their 2016 energy mix. (2017 figures were not available.)

- S&P Global indicates U.S. utilities spent \$6.9 billion in 2017 and will spend \$9.6 billion in 2018 adding renewables.

Furthermore, as renewable costs have declined, more renewables are added to your energy mix. The results form technology, and changing sources have produced results:

- According to the 2017 BP Statistical Review of World Energy, since 2005, the annual U.S. carbon

dioxide emissions have declined by 758 million metric tons.

- EIA reports since 1980 carbon and other related particulate pollution has decreased by 67 percent. During that same period, electric demand increased 25 percent and population increased 42 percent.

Here’s the “green energy” reality. Wherever you are served electricity in rural Nebraska, renewables are a growing part of electric service **as renewable use becomes prudent.** Renewable sources have become more reliable and cost-effective, and the electric industry has increased renewables in the energy mix. The renewable incorporating cannot happen overnight- not if we want to keep the lights on in a safe, reliable and cost-effective manner that serves all Nebraskans.

Rural Nebraska public power systems are discussing incorporating renewables.

Nebraska’s public power system is giving back to Nebraska and our future, by encouraging efficiency, reducing emissions and sensibly integrating renewables into the energy mix as they become prudent. Nebraska’s public power systems collectively and individually are having

the “green energy” conversations. Public power is moving prudently, so the energy remains safe, reliable and cost-effective for their consumers.

So, while I tip my hat to Kermit the Frog, I contest his premise. It is easy to be “green,” with your electric use and will become easier. Efficiency is increasing. The energy mix is changing as renewables become viable options. So, perhaps, the next time someone says public power needs to start the conversation; you can reply “We already have!”



A visit to the Museum of Nebraska Major League Baseball

by Wayne Price

Baseball fans from around the world have been making the trip to St. Paul, Nebraska to visit the Museum of Nebraska Major League Baseball. The museum honors the seven Nebraska players that have been inducted into the National Baseball Hall of Fame, along with the 160 other players with Nebraska ties that were in the majors.

In 1991 a group of volunteers organized the creation of Grover Cleveland Alexander Days to honor the Elba, Neb. native and Hall of Fame pitcher. The celebration is held the first full weekend following the 4th of July each year. A display to honor Alexander was dedicated during the first GCA Days celebration and initially was located at the St. Paul American Legion Club. As interest grew in the museum the display has made its way from the Gruber House to its current location in the former Masonic Lodge building in the Historic Downtown District.

The museum is operated by a board of directors that include Duane Altstadt, Loren Studley, Brian Lukasiewicz, Carolyn C. Scarborough, Carolyn M. Scarborough, Chris Bierman and Paul Mueller.

Each year as part of the GCA Days celebration another Hall of Fame player display would be unveiled.

More on Page 8



Left: Duane Altstadt, a museum board member, stands in front of a display of Major League Baseball players.

Baseball museum From page 6

“When we ran out of Hall of Famers, we decided to recognize any Nebraska player that played at least one inning of major league baseball,” Studley said. “Over the years 160 major league baseball players with Nebraska ties have been identified.”

A synopsis of their careers have been printed on plaques and mounted on the roster wall.

One of the players featured is Leon Riley, who was born in Princeton, Neb. Studley pointed out that Riley played a very short time in the majors and is also the father of Pat Riley, a former coach and player in the National Basketball Association. Leon Riley, played twenty-two seasons of minor league baseball, and appeared in four games for the 1944 Philadelphia Phillies.

“There are a lot of interesting stories in these players,” said Board Member Duane Altstadt. “Sometimes we learn things from our guests.”

A few other players, like Bob Cerv of Weston, Neb. and Darrell Johnson of Ord, Neb., have been singled out for having exceptional careers but haven’t yet been elected to the MLB Hall of Fame. These players have been recognized in expanded displays within the museum.

Cerv, a former Cornhusker, was a friend and roommate of Mickey Mantle. He visited the museum and also served as the Grand Marshal at a past GCA Days parade.

The display for Wade Boggs features a pair of his cleats and a couple baseball hats he wore. Studley said the museum wrote him a letter to ask for memorabilia and six weeks later they received a box full of items.

Artifacts and photos are continually sought as donations to the museum.

The collection of Grover Cleveland Alexander material is quite extensive. It includes a glove used by Alexander and a 1926 World Series baseball signed by Alexander and



Above: Major League Baseball players with Nebraska ties are highlighted on the roster wall.

Left: A display of memorabilia is part of the Jeff Richardson exhibit.



other members of the St. Louis Cardinals.

Ronald Reagan portrayed Alexander in the 1952 film “The Winning Team,” a biography of the life of Alexander. Doris Day played Alexander’s wife, Aimee.

Altstadt explained how Alexander struck out Tony Lazzeri in the seventh game of the 1926 World Series, preserving the Cardinals’ 3-2 lead. Alexander came into the game in the seventh inning, with two outs

and the bases full of Yankees. Lazzeri was part of the famed “Murderers’ Row” Yankee batting lineup, along with Babe Ruth and Lou Gehrig. Alexander was 39 at the time.

Including Grover Cleveland Alexander, seven players from Nebraska have been inducted into the MLB Hall of Fame and the Museum of Nebraska Major League Baseball honors each with a display in its “Hall of Fame Room”. There are displays for Sam Crawford of Wahoo (1993), Dazzy Vance of Hastings (1994), Richie Ashburn of Tilden (1995), Bob Gibson of Omaha (1981), Wade Boggs of Omaha (2005) and William Southworth of Harvard (2008).

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Electric utilities prepare for cyber-attacks

The specter of cyber-attacks on our nation's critical infrastructure brings to mind Hollywood depictions like War Games or Mr. Robot. But how dangerous are cyber-attacks? Currently, cyber-attacks are one of many risks electric utilities have to manage, but the threat to sensitive data and financial accounts is larger than it is to the physical grid itself. According to Chris Inglis, former deputy director of the National Security Agency, "I don't think paralysis [of the electrical grid] is more likely by cyber-attack than by natural disaster. And frankly, the number-one threat experienced to date by the U.S. electrical grid is squirrels."

While there are examples of cyber-attacks on utility systems, they're rare. A recent cyber-attack on distribution control systems in Ukraine led to an outage that affected 225,000 customers in December 2015. In the case of the Ukraine attack, electricity was restored within three to six hours by manually operating switches. Some firmware was permanently damaged, but there was no damage to generation equipment.

A cyber-attack – especially cybercrime – is a risk for electric utilities. Every year, cybercrime costs the U.S. billions of dollars. For public power districts and electric cooperatives, the average cyber insurance claim costs \$733,000 according to Bill West, vice president of underwriting at Federated Rural Electric Insurance Exchange. To protect against malicious hackers, cooperatives are implementing different defensive strategies including penetration testing, staff training, application whitelisting and investing in innovative research and development.

Penetration testing involves paying a third party to hack your network from the outside. Penetration testers, or pen testers, provide a report of the exploits they used in order to show the utility its areas for improvement. The goal is to find weaknesses that are visible to attackers and to patch them before malicious hackers discover them.

Forgot your password?

Expert tips for remembering the keys to your computer

Setting complex passwords and changing them often may be a top cybersecurity recommendation, but how do you keep track of the darn things?

Spend some time finding a way that works for you, suggests a panel of cybersecurity experts at the National Rural Electric Cooperative Association. They don't offer one perfect solution. It's more important, they say, to use a technique that works for you. Here are a few ideas to consider.

Make the password something you can remember, like the initials to a familiar phrase or a line from a favorite poem or song. To change the password every few months, move to

the next line or verse. Add a memorable number to make the password more complex.

Software applications are available to keep track of passwords, but you'll need a password to access that app. For that master password, you could use a feature being offered by more and more devices—using your fingerprint instead of a password.

Cybersecurity experts recommend against writing down your passwords, but if that's the way that works best for you, keep that document locked in a safe place along with your passport, will and other valuable papers.

To view additional cybersecurity tips, visit www.staysafeonline.org.

Cyber Hygiene Checklist

Clip and save this cybersecurity checklist to keep your computer and devices secure.

- Passwords are complex, using a mix of upper and lower-case letters and special characters.
- All software is up to date. *(Check for automatic updates.)*
- Anti-virus software is installed and up to date.
- All devices are backed up to an external storage system. *(Back up devices every few weeks.)*
- Preset passwords on all internet-connected devices, like smart TVs and fitness bracelets, have been changed to passwords only I know.
- Parental controls have been set on hardware and software to keep kids safe while browsing the internet.

For more cybersecurity tips, visit www.staysafeonline.org.



Tips to avoid becoming a cybercrime statistic

While electric utilities are taking steps to protect the network, there are several steps you can take to protect your personal information online.

- Don't give out secure or confidential information to anyone you don't know, or whose identity you can't verify. This includes both on-line and on the phone.
- Keep your software up to date.
- Think before clicking any links or opening attachments in an email. Many viruses can "spoof" the return address, making it look like the message came from someone else. If you can, check with the person who supposedly sent the message to make sure it's legitimate before opening any attachments. If an email link or attachment seems suspicious, don't open it. If it happens at work, report it to the appropriate person on your staff as suspicious.



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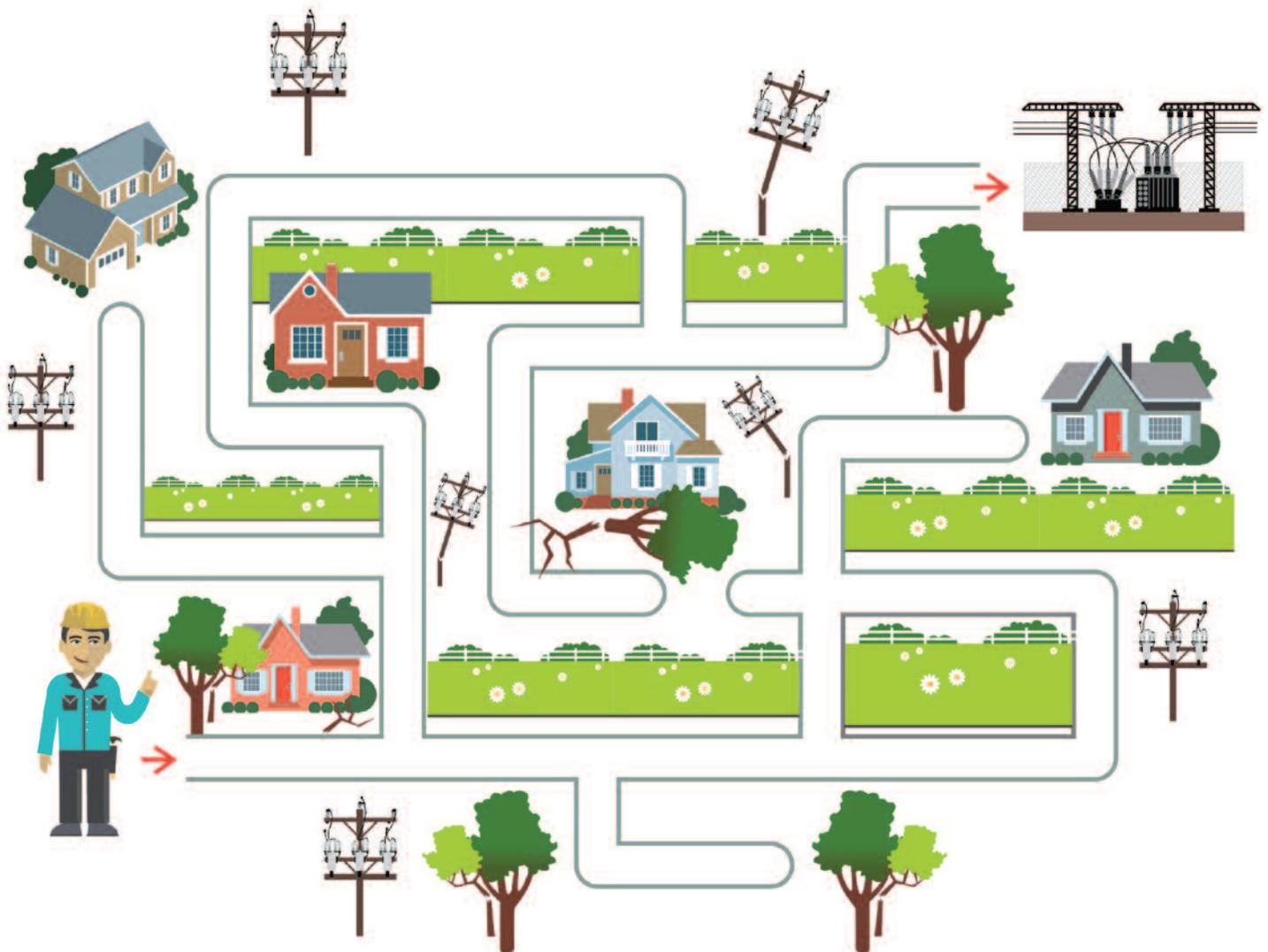
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HELP THE LINeworker REACH THE SUBSTATION



Lineworkers work in dangerous conditions to restore electricity after major storms and other types of power outages. Many times, lineworkers make substation repairs to get the power back on.

Can you help the lineworker get to the substation?



Have a successful planting season rooted in safety

As farmers make plans to return to their fields for spring planting, Safe Electricity urges farm workers to be particularly alert to the dangers of working near overhead power lines.

- Always be aware of the location of power lines, and designate preplanned routes that avoid hazard areas.
- Be aware of increased height when loading and transporting tractors on trailer beds. Many tractors are equipped with radios and communications systems that have very tall antennas extending from the cab that could make contact with power lines. Avoid raising the arms of planters or cultivators or raising truck beds near power lines, and never attempt to raise or move a power line to clear a path.
- Simply coming too close to a

power line while working is dangerous as electricity can arc or “jump” to conducting material or objects, such as a ladder, pole, or truck. Remember, non-metallic materials such as lumber, tree limbs, tires, ropes, and hay will conduct electricity depending on dampness, dust, and dirt contamination.

- If your equipment does come into contact with power lines, stay in the cab and call for help. Warn others who may be nearby to stay away and wait until the electric utility arrives.

- If leaving the cab is necessary, as in the case of fire, the proper action is to jump—not step—with both feet hitting the ground at the same time. Hop to safety, keeping both feet together as you leave the area. Once you get away from the equipment, never attempt to get back on or even touch the equipment before the power has been shut off.

Managers should make sure full-time and seasonal workers are educated on these safety precautions, and danger areas need to be thoroughly identified and labeled.



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Each year member-systems of the Nebraska Rural Electric Association accept applications from high school students to attend the NREA Youth Energy Leadership Camp at the State 4-H Camp in the Halsey National Forest. The 2018 Youth Energy Leadership Camp will be held July 9-13.

The popular week-long camp is set up to give young people a better understanding of public power, electricity, power generation and the rural electric industry. Our goal is to offer a program that challenges participants educationally, recreationally and socially.

The NREA Youth Energy Leadership Camp is established as an operating power district and provides a “hands-on” approach to member-owned businesses. The students will join other high school students from

Nebraska and Wyoming, along with adult counselors and junior counselors. The adult counselors are employees of rural electric systems who donate their time and talents to the camp. The junior counselors are selected by their peers to return to next year’s camp.

On the first day of camp, a board of directors is elected to oversee the operation of the newly formed electric power district. The board then chooses a general manager to oversee the committee activities and act as a liaison between the counselors and campers.

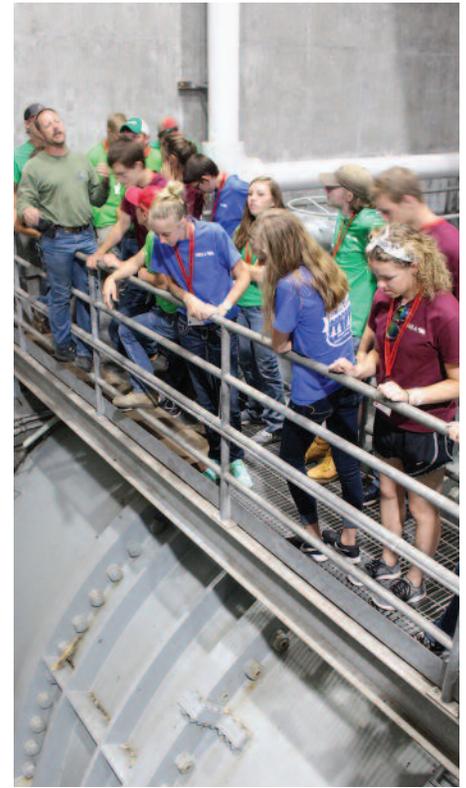
Every participant has a role in the workings of the camp. Students can participate in the Ambassador competition or actively seek a position on the Board of Directors. Each student must also volunteer to serve on at least one of the committees

responsible for various aspects of the camp activities. There is even a talent show where the campers can show off their talents.

A highlight of the camp involves a tour of the Kingsley Hydro Station at Lake McConaughy and Gerald Gentleman Station, a coal-fired power plant at Sutherland, Neb.

High school students who attend the energy camp may compete for a chance to participate in the National Rural Electric Cooperative Association’s Youth Tour in Washington, D.C. with expenses paid by the Nebraska Rural Electric Association. Three students are chosen as part of the Ambassador competition held during camp.

The competition involves submitting an application at camp, presenting a self-introduction speech and delivering a five-minute speech on



an assigned topic. Each camper votes for three candidates following the speech with the top male, top female and person with the next highest vote total becoming next year's ambassadors. The top six finalists are invited to return to next year's Youth Energy Leadership Camp as junior counselors.

Recreational activities include basketball, volleyball and canoeing.

Camp expenses and transportation are provided by each sponsoring rural electric system. High school freshmen, sophomores and juniors whose families are customers of NREA member-systems may apply.

For more information about attending Youth Energy Leadership Camp, send the RSVP form to your rural electric provider.

2018 Youth Energy Leadership Camp RSVP Form

Name _____

Age _____ Current Grade _____

Address _____

City _____ State _____ ZIP _____

Phone number (____) _____

Name of parents _____

Sponsoring rural electric system : _____

One mistake can change your life forever

Tom Dickey had years of experience in underground directional boring when he made a mistake that changed his life. He was asked to do an additional project at the end of the workday. His safety equipment was on a truck that had already left for the day, but he decided he had the experience to do this quick project. Tom made one small slip and received a high-voltage electric shock. Tom was fortunate to survive, but he spent months recovering and lives in pain to this day.

“You may get by with it a thousand times, but at some point it can happen to you,” says Tom. “I always thought that I was as good at doing what I did as anybody.” He says the most painful part of his experience was, “just watching my family and the suffering that they went through, the anguish that I know they were going through freaking out about losing a dad or losing a husband.”

Electrical accidents are simply too dangerous to risk. According to the Bureau of Labor Statistics, construction and farming /ranching are two of the most dangerous jobs in

America. Electrical accidents—above and below ground—are a major risk in these fields. It is important to take proper safety precautions to avoid the tragic consequences of electrical accidents and contact with underground pipelines.

These tips from Safe Electricity can help you stay safe in these fields of work:

- Always use proper safety equipment, and get it inspected regularly to make sure it is still in good working order.

- Call 8-1-1 before you dig, and get underground utilities identified. Electricity, gas, and other

underground utilities can be deadly if you make contact with them.

- Keep large equipment 10 feet away from power lines in all directions. Use a spotter to help you do this. If you do come in contact with a power line, do not leave your equipment. In doing so, you become the electricity’s path to the ground and could receive a fatal shock. Stay in the equipment until utility workers de-energize the line.

- Test circuits and conductors before working on them.

Follow lock out/tag out procedures, which require workers to isolate electricity before leaving a job.

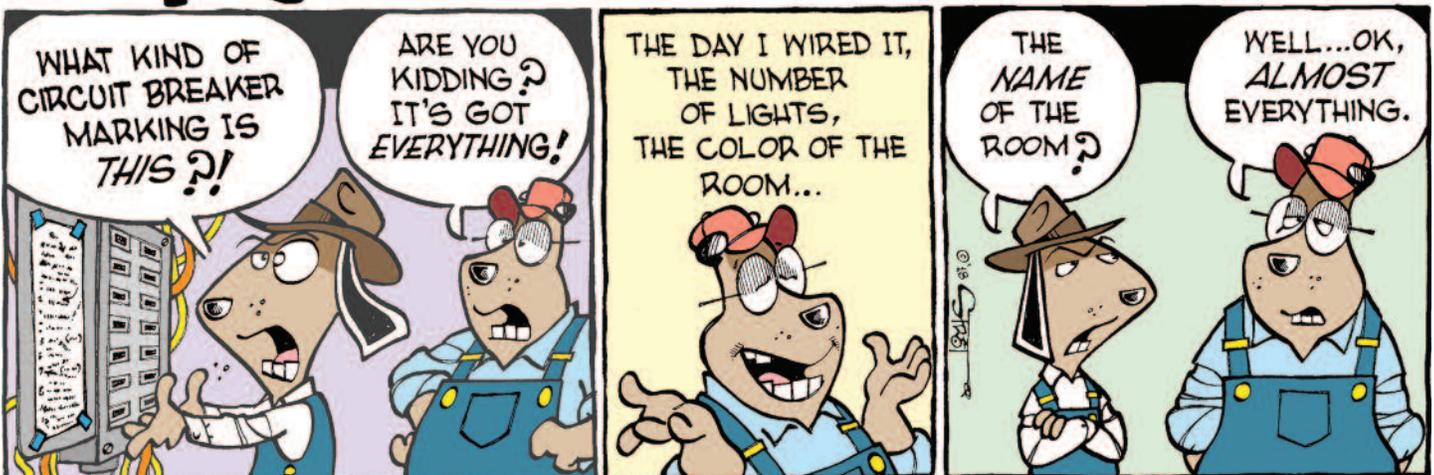


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350 electrical-related contractor fatalities
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Safe Electricity.org

research collected from OSHA

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Aim for quality when hiring a contractor

by Pat Keegan

Q : We followed your advice last month and hired a contractor we think will give us an energy efficient renovation. How do we manage the job to make sure the project turns out right?

A : Last month, I offered tips on how to hire a good contractor, but it's smart to realize that after the hiring is complete, contractors need to be managed.

First, you should decide who will be the main contact with your contractor. Clear communication is critical because a renovation that includes energy efficiency improvements comes with extra challenges. A single point of contact will help avoid confusion, conflicts and cost overruns.

Before the work starts, have a discussion with your contractor about quality. You want the contractor to know you'll be carefully overseeing the work and that there may be others involved in this oversight, such as building inspectors, your electric cooperative or an independent energy auditor. You can discuss the standards of a professional, high-quality job. And you can agree on the points at which the contractor will pause so you or someone you designate can review the work. At a minimum, an inspection should take place before you make an interim payment.

Here are a few examples of interim review points:

- The building envelope should be properly sealed before insulation is installed because air leaks increase energy use and reduce comfort.
- Replacement windows should be properly flashed and sealed before siding and trim are installed, which prevents moisture problems and air

leaks.

- Some insulation measures can be inspected before they are sealed up behind walls or ceilings.

Almost all efficiency measures require some kind of final inspection. For example, infrared thermometers can show voids in blown insulation, and fiberglass batts can be visually inspected to ensure there are no air gaps and the batts are not compressed.



HVAC technicians or energy auditors can use diagnostic equipment to measure air leakage and air flow.

HVAC measures require special attention. Nearly half of all HVAC systems are not installed correctly, which often causes uneven temperature distribution throughout the home, along with higher energy bills. EnergyStar has a special program to ensure quality HVAC installation. Forced air systems typically have poorly balanced supply and return air delivery that can often be improved. Air flow can be measured

at each register, and a duct blaster test can identify and quantify duct leakage.

When you review the work, it may be helpful to take photos or to bring in an energy auditor. Be sure to have these inspections outlined in the contract and discussed beforehand so the contractor is comfortable.

It will be tempting to add “just one more thing” along the way, and the contractor may agree a change is simple and possible within the timeframes. Contractors and customers often miscommunicate about change orders and end up disagreeing about a additional costs when the project is completed. Before you make any changes, be sure to get a written cost quote. If it's significant, you can then weigh the cost against the benefit of the change.

It's a good idea to maintain good records as the project progresses. These records could be helpful for building inspectors or to qualify for rebates or tax credits.

When the renovation is complete, it may be tempting to sign the check, shake hands and breathe a sigh of relief that it's all over. Depending on the size and complexity of the project, it may be worth the extra step of having a final audit by a licensed energy auditor.

My neighbors were saved from a home renovation disaster when an energy audit discovered the energy efficiency contractor had failed to produce the promised efficiencies. The contractor had to perform thousands of dollars' worth of improvements to fulfill the contract before my neighbors made the final payment.

Once you confirm that the work is 100 percent complete, you can write a check for the final payment, then sit back and enjoy your revitalized, more energy-efficient home!

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– Janet F.

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

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Olive oil provides healthier baking option

Olive oil is a flavorful and versatile cooking oil that is often trusted in popular cooking methods such as sauteing, stir-frying, dressing, marinating and grilling. It can also earn your trust when it comes to baking.

With seven olive oil varieties to fit almost any need, each Filippo Berio olive oil has its own distinct color, aroma and flavor characteristics. Among those seven, the Extra Light Olive Oil offers a delicate aroma and subtle flavor that can complement your favorite baked goods. Its high smoke point helps keep those goodies moist, and with strong flavors like chocolate, it also lets the sweetness come through.

Additionally, it provides high levels of mono-unsaturated fat (“good” fat) and low levels of saturated fat (“bad” fat), making it a more nutritional choice when compared to butter or margarine. Because you need less olive oil than butter in baking, you’ll save calories as well.

One easy way to incorporate olive oil in your baked goods is during the prep work: where recipes call for buttering or flouring pans, instead brush the pan with olive oil and dust with flour for the same effect as butter.

Explore more tips and recipes using olive oil at filippoerio.com.

Avoid Olive Oil Enemies

Maintain olive oil’s flavor and quality by avoiding exposure to heat, light and air. Be sure to store olive oil in a cool, dark place and not over or near the oven.



Double-Chocolate Biscotti

- 3 cups all-purpose flour**
- 1/2 cup cocoa powder**
- 1 1/2 teaspoons baking powder**
- 1/4 teaspoon ground cinnamon**
- 1/4 teaspoon salt**
- 1/2 cup Filippo Berio Extra Light Olive Oil, plus 1 tablespoon for coating pans**
- 1 cup packed light brown sugar**
- 2 eggs, plus 1 egg yolk**
- 1/3 cup milk**
- 1 tablespoon balsamic vinegar**
- 1 cup semisweet or bittersweet chocolate morsels**

On sheet of waxed paper, combine flour, cocoa powder, baking powder, cinnamon and salt; set aside.

Using electric mixer, beat olive oil with sugar until smooth and light. Add eggs and egg yolk, one at a time, beating until smooth. Add milk and vinegar; beat until smooth. With

mixer on low speed, gradually add flour mixture, beating until just combined. Stir in chocolate morsels with large spoon; cover with plastic wrap. Refrigerate at least 4 hours.

Heat oven to 325 F. Grease two large baking sheets with 1/2 tablespoon olive oil each. On lightly floured surface, divide dough into quarters. Roll each piece of dough into log, about 1 1/2 inches in diameter. Place logs on baking sheets, leaving space in between. Bake about 30 minutes, or until golden and set. Transfer to rack; let cool 10 minutes.

Reduce oven temperature to 300 F. On cutting board using serrated knife, cut each log into 3/4-inch-wide slices diagonally. Place slices, cut-side down, on baking sheets. Bake 15-18 minutes, or until toasted. Transfer to racks; let cool.

Double-Chocolate Olive Oil Cake with Salted Chocolate Caramel Icing

- 1/2 cup, plus 2 tablespoons, Filippo Berio Extra Light Olive Oil, divided, plus additional for coating pan
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 1/4 cup unsweetened cocoa
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon table salt
- 1/2 cup half-and-half
- 1 teaspoon pure vanilla extract
- 1 large egg, lightly beaten
- 1/4 cup, plus 1/3 cup, mini dark chocolate chips, divided
- 1 cup canned dulce de leche flaky sea salt (optional)

Position rack in center of oven and heat to 350 F. Lightly coat 9-inch round cake pan with olive oil and line bottom with parchment paper. Lightly coat parchment with olive oil.

In large mixing bowl, combine flour, sugar, cocoa, baking powder, baking soda and salt. Stir in half-and-half, 1/2 cup olive oil and vanilla. With electric mixer, beat in egg until well blended. Scrape batter into prepared cake pan and sprinkle top with 1/4 cup mini chips.

Bake cake 25-30 minutes, or until toothpick inserted into center comes out clean. Place cake on cooling rack 10 minutes then turn cake out onto rack and let cool completely.

In medium saucepan, heat dulce de leche over medium heat, stirring occasionally, until softened. Add remaining olive oil and chocolate chips and stir until chocolate has melted and mixture is smooth. Remove pan from heat.

Transfer cake to serving plate. Pour icing over cooled cake, sprinkle with flaky salt, if desired, and serve.

Butterfinger Dessert

- 2 cups crushed graham crackers
- 1 cup crushed saltine crackers
- 1/2 cup melted margarine
- 2 cups crushed Butterfinger bars
- 1 quart (4 cups) vanilla ice cream
- 2 packages vanilla instant pudding
- 2 cups milk
- Cool Whip

Mix graham crackers, saltines and Butterfinger bars. Add 1/2 c. melted margarine. Put 2/3 of mixture in a 9 x 13 pan. Bake at 350 for 5 min. Cool. Beat 2 packages of pudding and 2 c. milk until smooth. Add 1 qt. softened ice cream. Spread on cooled crumbs and refrigerate until set. Top with Cool Whip. Sprinkle remaining crumbs on top. Keep refrigerated.

Rochelle Bopp, Columbus, Nebraska

Crockpot Scalloped Potatoes

- 30 oz. bag frozen hash browns
- 2 10.5 oz. cans cream of chicken soup
- 1 1/2 cans water
- 2 cups cubed ham
- 8 oz. shredded cheddar cheese
- 1 tsp. pepper
- 1/2 tsp. salt

Mix soup, water and salt and pepper together in crock pot. Add ham and cheese and then stir in the hash browns. Cook on low 8 hours or high for 4 hours.

Tracy Oligmueller, Beemer, Nebraska

Easy Cheeseburger Pie

- 1 lb. extra-lean ground beef
- 3/4 cup chopped onion
- 1/4 teaspoon salt
- 1 cup grated cheddar cheese
- 1/2 cup buttermilk baking mix
- 1 cup milk
- 2 eggs

Preheat oven to 400 degrees. Grease one 9-inch pie plate. Cook ground beef and onion until beef is brown and onions are transparent. Drain grease. Stir in salt. Spread in pie plate. Sprinkle with grated cheese.

In a medium-size bowl, mix: baking mix, milk, and eggs until well blended. Pour over meat mixture in pie plate. Bake 25 minutes or until knife inserted in center comes out clean. 6 servings.

Carole Kopietz, Norfolk, Nebraska

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A man with a beard, wearing a tan hat with a feather, a red and black plaid shirt, and grey fishing waders, stands in a rocky river. He is holding a fishing rod and looking towards the camera. The background shows a large concrete dam and trees under a bright sky.

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