

RURAL ELECTRIC

NEBRASKAN

August 2018

Nebraska
Sponsors 19
Students on
Youth Tour

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 1-800-746-2932** 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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Writer Paul Wesslund shares how growth in electric utility interest in community solar has skyrocketed, including several projects in Nebraska. A public power district or electric co-op can work with its consumers to decide how to tailor community solar to suit local conditions.

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On the cover

Light shines across the Potomac River on the pillars of the Jefferson Memorial in Washington, D.C. See related article on Page 6. Photograph by James Dukesherer



by Wayne Price

Scams target rural electric utility consumers

Scams are all around us these days. They are in the mail, on the computer, on television and even out roaming the streets. And unfortunately, they're even happening in the electric industry.

I don't want to sound like an alarmist or frighten anyone but I think it's important for people to be on the lookout for scams and to take precautions to prevent falling prey to one. The familiar saying "If it sounds too good to be true, it probably is" seems to fit in most cases.

Nebraska utilities are warning their customers of a scam that involves telephone callers claiming to be from the utility and they use a variety of techniques to rip-off the customer. Some threaten customers with disconnecting electric service to their home or business if they don't make a payment immediately. The scam artist instructs them to send money via prepaid card or online payment service, such as PayPal or GreenDot, before their power is shut off. The scammer's caller-ID is falsified so it appears to come from the utility company. This is known as "spoofing".

Electric utility customers around the country have been the target of a variety of scams in recent months. A utility in California reported customers were being told their service would be turned off because of an overdue bill unless a credit card number is provided to pay the bill.

While some utilities do accept credit card payments for electric bills, none will contact you and ask for a credit card number over the telephone. If you would ever receive such a call, the best thing to do would be hang up, then call local law enforcement and the electric utility.

A South Carolina utility reported some customers had been contacted by a person claiming to be an employee and asking for social security numbers to sign the person up for the bank draft payment plan. In Georgia, calls were reported to customers asking for personal information due to a "company database failure."

A different type of scam has been reported in Wisconsin. Customers have reported being contacted by a company representative who offered to "erase their utility bill debt for a fee."

The scam preys on the older adult and low income customers.

The scam involves customers being contacted and told they are part of the electric utility's "amnesty" program and if the customer pays them half of the amount they owe, the rest of their debt will be erased. However, the utility does not have such a program.

Customers are urged to never give out personal information, credit card numbers, or money to anyone who solicits by telephone and claims to be from the electric utility. The same goes for someone who comes to your door. In most cases, an employee of the utility in the field will be wearing clothing with the company name or logo or will be able to provide you a company identification card with a photo. Vehicles will usually be marked with the company's logo as well.

Many utilities hire companies to maintain the right-of-way and inspect and treat power poles. A supervisor or employee on the crew will carry photo identification.

If you are still unsure, call the local electric utility and ask for verification that the person is an employee and has work to be performed in the area.

Another scam that has been reported happening involves utility company imposters or independent "energy auditors" appearing unannounced at the homeowner's front door. They offer a free inspection of the furnace and thermostat, or a free evaluation of the home's energy leaks.

Unless your local utility has notified you in advance or you initiated a request for an audit, don't be fooled. Assume that unsolicited energy auditors are really salesmen or home improvement scam artists trying to sell unnecessary expensive products, such as a \$4,000 "solar" blanket for the attic.

We all like to think we can't be duped by these scams, but according to a recent survey of adults ages 40 and older, the numbers say differently. The survey reported that eight in 10 adults received some type of fraudulent offer, and 11 percent lost a substantial amount of money in a scam. Surprisingly, 40 percent of people did not recognize the warning signs of a financial scam.



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You can do a lot with 10 cents worth of electricity

Dr. Joyce Brothers once said that “Being taken for granted can be a compliment. It means that you’ve become a comfortable, trusted element in another person’s life.”

I work in the electric utility business. I hear, loudly and frequently, that electricity costs too much. I understand that kind of lament. After all, your electric service is something you pay for each month. I, too, dislike paying the bills. Writing a check for electricity each month is tough. You don’t see your electricity. You depend on it, you want it, but we don’t think about it—until, of course, we have a big storm and the power goes out.

Let’s take a minute and think about all that electricity does for you. It powers the lights in your home, of course. It allows many appliances to function. It helps to do your laundry. It powers your microwave and refrigerator. It heats your hairdryer and your curling iron. It runs your television, your computers, your iPads and tablets. It opens your garage. It may help power all the “smart” devices in your home—like your HVAC system, your surveillance gear and others.

So how much does all of that cost? Let’s look at some common things you can do for a mere 10 cents worth of electricity.

- You can do three loads of laundry
- You can microwave 13 meals
- Your refrigerator will run for 18 hours
- You can power a laptop for 20 hours
- You can charge your mobile phone 276 times

Another way to look at this is how much you pay in a month for electric service to operate the following helpful items:

- A blender or food processor is about 20 cents

- A hairdryer is about 75 cents
- A coffee maker is about \$2.70
- A dishwasher is about \$3.70
- An electric fence charger is about 20 cents

The cost per month for some more significant items:

- An 18 cubic foot refrigerator costs \$18.00
- A 15 cubic foot freezer costs \$12.40
- A clothes dryer costs \$9.00
- A range costs around \$18.60

I’m pretty sure most of these are items that I do not want to live without in my life.

Electricity was a luxury many years ago. Today it is a necessity. A big part of electricity becoming a necessity is reliability. It makes things come on. We, over the years, have come to need it. I would hazard to guess that most of the under 18-year-old group would have a hard time if they had to go without electricity for even a day. A part of the price of electricity you pay is to insure good—no GREAT—reliability. According to the U.S. Energy Information Administration, Nebraska’s 2016 average electricity customer outage duration was the nation’s lowest. Excluding major events, that duration was 27 minutes. The nation’s highest average was West Virginia at 6 hours. Nebraska’s electric industry works hard to “keep the lights on.”

We have dedicated linemen, office staff and others who make sure the electricity keeps flowing to your home to use as you need it. I take my electric service for granted. I know when I flip a switch, my light will come on, my TV will fire up and I can dry my hair. Moreover, as Dr. Brothers said, being taken for granted can be a compliment. I sure think the electric industry should take it that way.



by **Kim Christiansen**
NREA General Manager

The Trip of a Lifetime

Nebraska youth inspired on visit to Washington, D.C. during NRECA Youth Tour



In June, public power districts and electric cooperatives across the U.S. sent groups of high school students to Washington, D.C. for the 2018 Rural Electric Cooperative Youth Tour. Nebraska sent 19 students and three chaperones, representing Nebraska public power districts and electric cooperatives.

The all-expense-paid trip is a nod to youth leading the way in their local communities. “Youth Tour is our way of saying ‘thank you for choosing to be a leader.’ We know in today’s world, it’s difficult to stand up for the right things, and these students do that every day,” said James Dukesherer, NREA Youth Tour Director. “We’re delighted to give them this amazing opportunity – and the chaperones have a lot of fun, too!” While in D.C., Nebraska’s Youth Tour delegation visited many of the major monuments and memorials, including the Washington, Lincoln, and Jefferson Memorials. They also spent time on Capitol Hill, meeting

with Senator Deb Fischer, Senator Ben Sasse, Congressman Adrian Smith and Congressman Jeff Fortenberry.

The students were inspired by extraordinary exhibits found in the Smithsonian Museums, including the Hope Diamond and the Wright Brothers’ 1903 Flyer. They also visited Gettysburg and Mount Vernon, as well as the National Holocaust Museum. They even got a special tour of the Capitol by Congressman Smith, who has been a longtime supporter of NREA’s youth programs.

Youth Tour was born from a speech at the 1957 NRECA Annual Meeting by then-Sen. Lyndon B. Johnson. He was a longtime advocate of electric cooperatives, having lobbied for the creation of Pedernales Electric Cooperative in 1937 as a young politician in Texas. “If one thing comes out of this meeting, it will be sending youngsters to the national capital where they can actually see what the flag stands for and

represents,” the future president said.

With that encouragement, Texas electric co-ops began sending summer interns to work in the senator’s Washington, D.C., office. In 1958, an electric co-op in Iowa sponsored the first group of 34 young people on a weeklong study tour of the nation’s capital. Later that same year, another busload came to Washington from Illinois. The idea grew, and other states sent busloads of students throughout the summer. By 1959, the Youth Tour had grown to 130 participants.

In 1964, NRECA began to coordinate joint activities among the state delegations and suggested that co-op representatives from each state arrange to be in Washington, D.C., during Youth Tour week. The first year of the coordinated tour included about 400 teens from 12 states.

As word spread, the program grew—and grew and grew—until no hotel was large enough to house all of its participants.

Joel Maris

You know when people say that the best way to learn a new language is to actually visit the country in which the language is spoken? I can say the same is true for a small town Nebraska kid who did not have a lot of knowledge about our nation’s capital. The



Youth Tour trip was a great way for me to get to know our legislators and understand how our government works, all while

visiting world famous sites. We toured Gettysburg, the Holocaust Museum, the U.S. Capitol Building and many more. It is something I will never forget.

The places we went to eat were great. We were encouraged to try different foods to really get out of our comfort zone and experience new things. The trip was spectacular.

Isabelle Vanderneck

Last summer I decided to apply for the NREA Youth Energy Leadership Camp in Halsey, NE because some of my cousins and my mom had attended this camp many years ago. This camp was so different than any I had ever attended, but one of the best choices I ever made. While I was there I was chosen to be a NRECA Youth Tour ambassador.

Traveling to Washington D.C. in June as a Nebraska Rural Electric Association Youth Tour delegate was an incredible experience. I was able to discuss and learn more about rural public power and the issues we face from my representatives and youth delegates from other states and I have made some wonderful friends across Nebraska. Our group was able to delve into some of our country's history and see some sites I never imagined I would ever get to see. Some of my favorite places were Gettysburg and the Library of Congress, but as I sit and look back at our itinerary, I realize that this trip has made such an incredibly positive impact on me and I hope that I can use this experience to become a better leader and advocate for Nebraska.



The Youth Tour experience provides students with a chance to see history come to life; the Tour also gives them an opportunity to connect with other student leaders just like them from across the country.

During the Tour, student groups from each state – about 1,500 total – came together for Youth Day. This event showcased the inspiring story of Paralympian Mike Schlappi, a star athlete who was paralyzed as a teen. Schlappi was their age when his whole life changed from an accidental gunshot. Today he makes the annual Youth Tour presentation a priority because he loves the kids.

“They’re so young and trying to figure out their lives. They’ve heard enough speakers and read enough books, sometimes they’ll roll their eyes,” Schlappi said. “But they’re away from parents and excited about their future and maybe got their eyes on the cute kid across the room. They’re willing to make positive changes. Back home, they get labels, and they have to live up to that. [At

Youth Tour], they can make new impressions on new friends.”

On Youth Day, Schlappi walks the students through his whole story, from being on top of the world to landing at the very bottom, and climbing back up again.

Youth Leadership Council members from each state addressed the entire delegation. Johnny Braniff of Tekamah, Neb., Nebraska’s Youth Leadership Council member spoke about how Youth Tour has inspired him to become more involved in his community. He was sponsored by the Burt County Public Power District.

Youth Tour is just one of the ways the Nebraska Rural Electric Association is investing in our future leaders. Nebraska’s public power districts and electric co-ops do so much more than provide safe, reliable and affordable power—we are dedicated to improving the futures of students in our community because we know they are next in line to lead the way.

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Erin Schwager

My trip to Washington D.C. impacted me tremendously. It truly is amazing to know that I am one of very few people to ever experience special things such as: sitting in the House of Representatives and standing on the balcony of the Speaker.

The changing of the soldiers at Arlington Cemetery caught my attention and made me realize how much our soldiers do for us. I am very thankful that we had a great director named James, who not only told us background stories but also taught us valuable things like how to properly ride the metro. We spent a lot of time visiting memorials, and two specific memorials stuck out to me. The Korean War memorial was amazing because it showed life-sized soldiers. It emphasized how “every soldier has each others’ back.” The 9/11 memorial also had a huge impact after we heard real-life stories from our chaperones.



Everything this trip had to offer was unforgettable, including the food. We tried many new foods like calamari, sushi, and burgers from Washington D.C. Let's just say Nebraska still wins with the best burgers. Overall this trip makes me want to become more involved with the government, travel more often, and meet new people every chance I get.

Johnny Braniff

As the great Mahatma Gandhi once said, “Be the change you wish to see in the world.” It is now, in these new positions of leadership, we must start being the change we wish to see.

Before Youth Tour I wasn't very interested in politics. I actually always pictured politicians as these greedy individuals that pocketed all our hard earned money. But to my surprise when I arrived in Washington, D.C. I

saw right away that these people were not what I suspected. They were the ones trying to create a better future for not just themselves but better for every American and even people around the world.

I realized that it's time for my generation to step up and take hold of the steering wheel. It's our turn to create a better future much like our grandparents and parents did. So just remember, the world needs leaders more than ever and we are the generation they're calling on.



Jadin Doerr

I was blessed to be able to attend the 2018 Nebraska Rural Electric Youth Tour. This was an amazing, eye opening, once in a

lifetime experience for me. This experience has definitely left a huge, positive impact on my life. Through the help of my power company, North Central Public Power District, I was able to make more amazing friends from several different states all over the United



States. This entire trip was full of learning and fun. We were given the opportunity to visit historical museums, memorials, and historical landmarks. The memorials that we got to visit were the Jefferson Memorial, FDR Memorial, MLK Memorial, Air Force Memorial, WWII Memorial, Washington Monument Memorial, Iwo Jima Memorial, and the U.S. Marine Corps Memorial.

We were able to have three different tours of Gettysburg. Each of the tours gave us a better idea of what all occurred during that battle and showed us the battle from

different point of views. I knew that the Battle of Gettysburg was a huge battle, but our high school textbooks never went into that much detail. It was a lot bigger and worse battle than I had originally thought. We were able to tour the actual battlefield, hear from a ghost story teller, who gave us a more personal point of view, who lead us around to certain sites, and looked at the largest oil painting in North America called Gettysburg Cyclorama.

Overall this trip left a huge impact on me. I have a better understanding and even more respect for those that fought in the battles, the wars, and those who risk their lives every day for us through their jobs. I have always respected our soldiers and the people that work for the government, but by being on this trip and seeing those memorials and government buildings my respect and support for them has increased. I have also learned about how much I as an individual affect and impact the world around me, as well as how I can help make a positive difference in this country that we live in.

Truman Wilson

I had a great time taking my first plane to D.C. and seeing some friends I hadn't seen in almost a year; it was nice to get back in touch.

We met Miss Betty at Gettysburg and she took us around the town and showed us a few of its highlights.

We did a lot of things; I don't have enough room to talk about all of them, so I will go to my favorite thing: The Metro. Yes, I know. Could D.C. really be cool if the train was the highlight? Well, yes, I think so. It was my first time on a train of any kind, so that was a very cool experience for me.

I enjoyed the trip and I'm sure anyone else that goes will enjoy it also.



Wynn Cannon

The NRECA Youth Tour trip was an experience of a lifetime which I will never forget! Before this week, I had no idea it was possible to see and do as much as we did in just a few short days.

Some of the highlights of the trip were attending Sunday morning church service at the Basilica, touring Gettysburg, experiencing the Holocaust and Air and Space Museums, the Newseum, Arlington Cemetery, and Mount Vernon. We also toured the Capitol with Congressman Adrian Smith. On our last day in Washington D.C., we attended the Nebraska Breakfast and met with our Nebraska representatives, Senators Deb Fischer and Ben Sasse, and Congressmen Adrian Smith and Jeff Fortenberry. We were also able to

experience the Metro—the subway system. The highlights of the trip were the many, many memorials, including the Korean War Memorial, the Vietnam Memorial, Iwo Jima, the Thomas Jefferson Memorial, the Washington Monument, and so many more. My favorite was the



9/11 Memorial at the Pentagon.

This trip to Washington D.C. was definitely a once in a lifetime experience for me that I was very blessed to be a part of. I took advantage of the opportunity to make several new friends who I still keep in contact with. Our director and tour guide, James Dukesherer, helped make the trip more special with his knowledge and fun facts.

I would highly recommend students attend the Youth Energy Leadership Camp held every summer in Halsey, and I would also encourage them to apply or try for the Washington D.C. Youth Tour trip the following summer. It will truly be one of the most memorable experiences of a lifetime they will not regret! Thank you again to my Polk County Rural Public Power District and to the Nebraska Rural Electric Association for allowing me this wonderful gift and experience!

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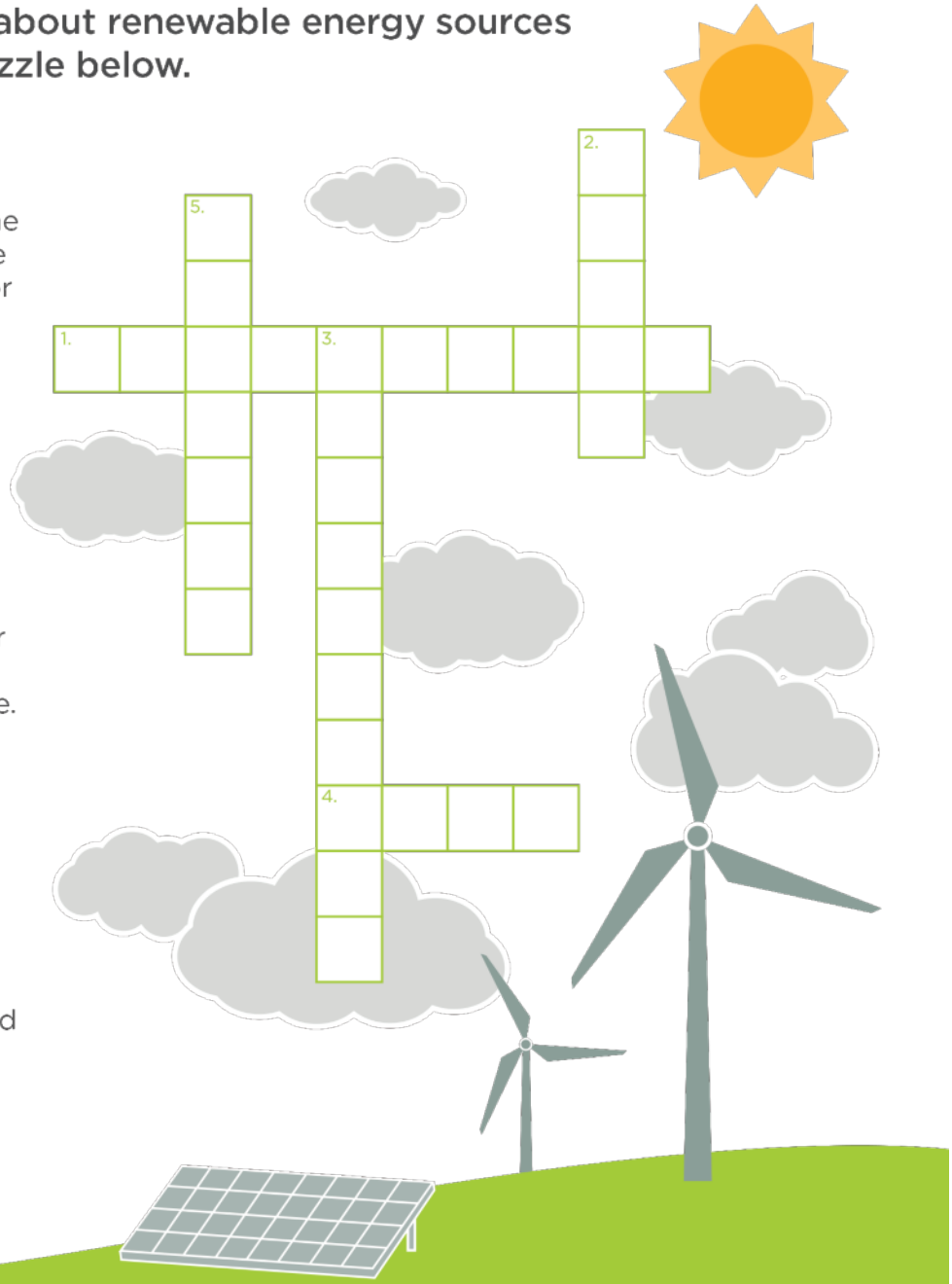
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RENEWABLE ENERGY SOURCES CROSSWORD



Did you know the electricity you use in your home is generated using a variety of fuel sources? Some energy sources are nonrenewable (like coal and natural gas) and some are renewable (like solar and wind energy). Learn about renewable energy sources and complete the puzzle below.

1. **ACROSS:** _____ energy uses heat from the earth. People can use the heat to warm buildings or to generate electricity.
2. **DOWN:** _____ energy is produced through panels that convert sunlight into electricity.
3. **DOWN:** _____ is energy produced from moving water. The power plant is typically located on or near a water source.
4. **ACROSS:** _____ energy uses tall turbines with blades to collect kinetic energy.
5. **DOWN:** _____ is organic material that comes from plants and animals; it contains stored energy from the sun and when burned, uses chemical energy that is released as heat.



ANSWER KEY:
 1. ACROSS: GEOTHERMAL; 2. DOWN: SOLAR; 3. DOWN: HYDROPOWER;
 4. ACROSS: WIND; 5. DOWN: BIOMASS.

Your home is full of devices that depend on electricity

If you count the number of electric cords and plugs in your home you may be amazed. There are the big items — refrigerator, stove, washer, drier, and there are the smaller items — microwave oven, computer, toothbrush charger and cell phone charger.

Make a cool move

If your refrigerator was manufactured before 1993, it could use twice as much electricity as an energy-efficient refrigerator made today. Old refrigerators have operational problems, too-low refrigerant levels, leaky gaskets, and coils that are caked with dust. That's why it's not only smart to buy a new energy-efficient fridge, but it is doubly smart to dispose of the old one.

- EnergyStar refrigerators include

lots of full-featured models and very large models, too. Shop for a right-sized fridge that you can keep fairly full, to get maximum energy savings.

- Place your refrigerator in a cooler part of the kitchen and leave a space between it and the wall to optimize air circulation.

- Remember what your mom used to say: don't let the fridge or freezer doors stand open too long.

Put a stop to quiet waste

Many small electronics and appliances consume energy whenever they are plugged in. That's



because they remain in standby mode all the time, providing instant start-up, digital clocks, and memory features. You can simply unplug some of this equipment when not in use. When you shop, decide how many of these features you really need. These provide advanced features with up to 60 percent energy savings.

Cell phone chargers and power adaptors for iPods, cameras, laptops, and other devices waste energy, too, when they are plugged in but not in use. All together, the 1.5 billion power adaptors in the U.S. now account for more than 10 percent of the national electric bill, and all these numbers are on the rise. You can look for energy-efficient power adaptors or just remember to unplug them when they are not in use.

Source: APPA

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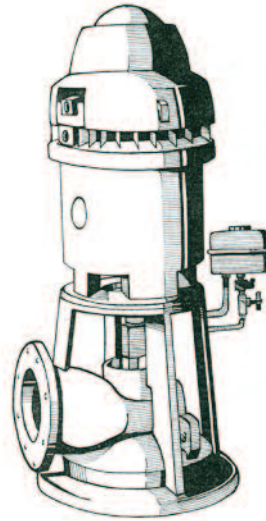
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MYTHS

about electric motors



Electric motors account for 23 percent of all electricity consumed in the U.S. and almost 70 percent of manufacturing sector's electrical consumption. In rural Nebraska during summer, the most common motor loads include air conditioning and irrigation systems. Consequently, you would think many of us would know how to optimize electric motor use. However, the following are a handful of "motor mistakes" many of us make:

MYTH: Temperature elevation has little influence on an electric motor.

FACT: Motors are designed with a specific insulation classification, which specifies the motor's maximum operating ambient temperature. When fully loaded, a motor's temperature increases. The ambient temperature rating accounts for the maximum amount of heat the motor can reasonably operate under. For each 10°C this threshold is exceeded, the motor's life is cut in half. This can become a critical consideration when summer temperatures approach their peaks.

MYTH: Frequent startups do not impact a motor.

FACT: If not specifically designed for them, frequent starts will shorten a motor's life. The brief inrush of starting current causes extra heat to buildup, which is usually dissipated while the motor is running. If the

motor does not run long enough between starts to dissipate the extra heat, it can exceed the motor's maximum operating temperature.

MYTH: High-efficiency motors always provide energy savings when compared to standard efficiency motors.

FACT: The actual operating speed of an induction motor is somewhat less than its synchronous speed. Synchronous speed would be produced if rotation of the motor's shaft is at the same frequency of the supplied electrical alternating current. This difference between synchronous and actual speed is referred to as slip. Many energy-efficient motors tend to operate with less full-load slip or at a slightly higher speed than their standard efficiency counterparts.

For centrifugal fans and pumps, even a minor change in the motor's operating speed translates into a significant change in the imposed load and annual energy consumption. Fan and pump "affinity" laws indicate that the horsepower loading placed on a motor by centrifugal loads varies as the third power or cube of its rotational speed. A seemingly minor 20 rotations-per-minute increase in a motor's speed can result in a 3.5 percent increase in electrical load.

MYTH: Using soft-start equipment

on big electrical motors can cut utility demand charges.

FACT: The use of soft-start equipment can lead to savings, but it will not significantly reduce the demand charge on your electric bill. When a motor starts, it draws an "inrush" of electrical current often five to six times the motor's full-load running current. This creates a lot of heat, and heat is what kills motors over time. Soft-starters ramp up voltage applied to motor terminals over time, thereby limiting inrush, which significantly reduces heat buildup. By doing so, soft-starters can extend motor lifetimes, in particular, for motors that are stopped and started frequently.

But why are demand charges from the utility not affected? If electrical kilo-watt (kW) demand is measured and billed on your electric utility account, the electric meter measures the average kW you consume over each 15 or 30-minute period. In contrast, a soft-starter affects a motor's power draw over the course of just a few seconds. The reduction of the motor's power draw over that short period is fairly insignificant when compared to the time over which the demand charge is calculated.

MYTH: Power-factor correction saves significant amounts of energy.

FACT: Power-factor correction can reduce energy use by only a small amount. But unless your utility requires power factor correction or charges a penalty for low power factor, improving it will not have a big impact on your electricity bill. The amount of energy saved is dependent on a number of site-specific factors, including the mix of electrical loads connected to your meter, the type and length of conductors, and where any power-factor-correction equipment may be placed (i.e. – closer to the meter versus closer to the motor loads). However, even in the most extreme cases, it is unusual for electrical consumption savings to exceed 2 percent.



Historic marker installed at railroad turntable in Burwell

by David Sawyer

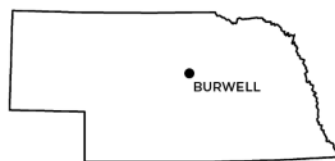
On June 23, 2018, community members gathered for the unveiling of the new historic marker signage at the location of the old Burlington Railroad Depot and Turntable, near H Street and 12th Avenue in Burwell, Neb. The last train left Burwell in February 1983, and the railroad tracks were subsequently removed between Burwell and Ord. Although the old depot in Burwell has long since vanished, the original railroad turntable, one of the few in the state, remains as the only reminder of the railroad's years of service to the area.

In 1887, the newly-incorporated Lincoln & Black Hills Railroad laid

railroad track from Central City, Nebraska to Burwell, and the first train arrived in the community in December of that year. The railroad intended to build tracks all the way to South Dakota and constructed grade further north, however, no tracks were ever installed beyond Burwell. Since Burwell was the end of the line, a hand operated turntable was built to allow steam locomotives to be turned around to make the return trip south. Diesel train engines later made the turntables obsolete. Although the railroad was

owned by the Lincoln & Black Hills Railroad, it was leased and operated by the Chicago, Burlington and Quincy Railroad, who bought the line in 1908. Prior to the common use of automobiles and truck transportation, the railroad played a significant role in the development of the entire North Loup Valley.

The Garfield County Historical Society now owns the property where the railroad turntable is located and hosted the historic marker unveiling event. The society also operates the Garfield County Historical Museum, located at 737 H Street in Burwell. Those wishing to visit the museum can contact the Burwell Area/Garfield County Visitors Bureau at 308-346-5210 for the hours and additional contact information.



Building a Community with Solar Energy

How power from the sun is bringing consumers and rural electric utilities closer

by Paul Wesslund

Public power districts and electric cooperatives and their consumer-members are joining together to invest in community solar installations, which generate clean, renewable electricity for their local communities.

Growth in electric utility interest in community solar skyrocketed in the past four years, says Tracy Warren, senior program manager with the National Rural Electric Cooperative Association (NRECA).

“It’s clean, local and homegrown power,” she says. “The benefits stay within the community. There is just a lot to like.”

What makes community solar unique is not any special technology, but rather how it’s organized and financed. Basically, the electric utility builds and operates an array of solar panels, then sells or leases the long-term energy output of the panels. In return, the home or business that participates typically receives credit on their electric bill for the portion of their power generated by those solar cells.

“It’s fun to see the community solar credit on your electric bill,” says Warren.

“That fun helps drive the popularity of community solar for both electric utilities and their consumer-members,” says Warren. She coordinates online conferences

about how to set up community solar programs that typically attract more than 250 people from utilities around the country. A survey conducted four years ago found 38 electric utilities had started a community solar project or were planning to. That number grew to 198 this year.

Community solar is not for everyone

That number is still just a fraction of the more than 900 public power districts and electric co-ops in the United States. Part of the reason for that small portion is that community solar is still developing. “Another reason is that community solar might not make sense for some local electric utilities,” says Paul Carroll, a senior project manager for grant projects at NRECA.

“There’s not a one-size-fits-all anything,” says Carroll. He says some state laws restrict community solar-style setups. The utility also needs to consider factors like solar power not being available when the sun doesn’t shine, the most practical fuels to generate electricity in that utility’s area and what those fuels cost.

“A lot of electric utilities already have plenty of wind and plenty of hydro,” says Carroll. “They’re always having to watch out for the best interests of their members.

Expensive power is not what they’re about. They’re about the safest, most reliable, cheapest power possible. Solar has traditionally been a more expensive energy source.”

But that expense is changing fast. Costs for some of the major solar panel parts have fallen 85 percent in a seven-year period, says a report by NRECA, as technology improves and more mass production lowers prices.

“As you start making things at larger and larger scale, they just get cheaper,” says Carroll. “It’s the same as what happened with large-screen televisions. They used to be terribly expensive, \$25,000, and now you can get a large-screen TV for 500 bucks.”

Rural electric utilities are also smoothing the road to community solar with innovative financing and by sharing their practical experience with each other.

The National Rural Utilities Cooperative Finance Corporation, an organization that provides financing for public power districts and electric co-ops, has developed a program that lets electric utilities take advantage of tax incentives to build community solar systems. The organization also provides loans to support renewables and energy efficiency.

Community solar’s popularity has also been helped by a program that puts together information on solar energy, and shares that with other utilities. That information can cover technical details from the most productive size of a solar power installation, to the best siting procedures in order to make sure the utility complies with zoning and land use rules. That collaboration between the rural electric utilities and the Department of Energy is called the SUNDA project, which stands for the descriptive but intimidating full name, Solar Utility Network Deployment Acceleration.

A new relationship with the utility

NRECA’s Tracy Warren credits the SUNDA project with boosting community solar by finding, refining and promoting ideas from pioneering

co-ops to others just thinking about trying it out.

Among the ideas catching on, she says, are financial arrangements that make a basic change to the structure of buying a share of the solar panels and then receiving credits. Instead, co-op members can lease part of the solar array, or even just pay for it month-to-month.

Community solar offers energy uniquely suited to local, member-owned electric utilities, says Warren. A public power district or electric co-op can work with its consumers to decide how to tailor community solar to suit local conditions, or whether to offer it at all.

Among the advantages of community solar, says Warren, is that if an individual doesn't want to participate, they don't have to. For consumers who do sign up, she says, "They feel like this is something they can do for future generations. They like the environmental benefits." Some utilities find a community solar program can help with economic development, as businesses look to locate in areas where they can meet the organization's renewable energy goals.

"The community solar model is well-suited for electric utilities because it is flexible," says Warren. "The utility can gauge how interested its members are in participating and then size the program accordingly."

Warren even sees community solar as building a stronger bond between the rural electric utility and its consumers.

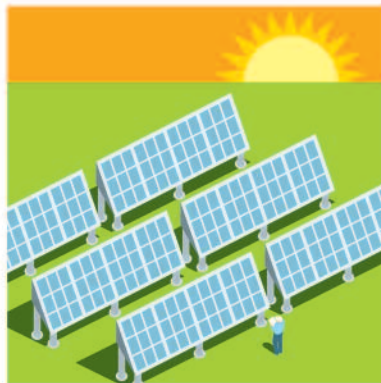
SunWise Solar

SunWise is a community solar program available in participating Nebraska Public Power District retail communities. Eligible customers have the opportunity to use solar energy to partially power their homes and businesses without the need to invest in a rooftop or home-based system.

Participating communities in Nebraska include Venango, Scottsbluff and Kearney.

The Benefits of Community Solar

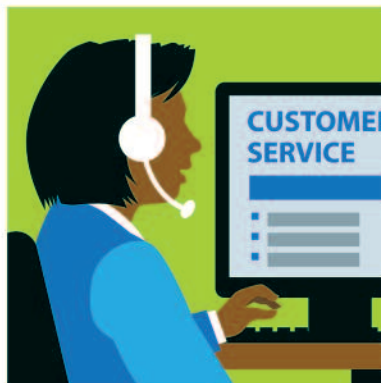
Community solar installations (also known as solar gardens) are typically owned and maintained by the electric utility, but consumers reap the benefits. So how does it work?



1. The utility builds the community solar installation. The solar panels turn sunlight into electricity.



2. The utility maintains the solar installation, ensuring clean and reliable solar energy is generated and distributed.



3. Consumers enroll or subscribe to be a part of the community solar program.



4. Consumers get credit on their bill for the renewable energy generated.

Check with your rural electric utility

to see if they offer a community solar program. It's important to note, solar installations don't make sense for some parts of the country, but your electric utility can always help you find ways to be more energy efficient and save on your monthly bill.

Teach your children the rules of school bus safety

For some 22 million students nationwide, the school day begins and ends with a trip on a school bus. Unfortunately, each year many youngsters are injured and several are killed in school bus incidents.

Of the pedestrians killed in school bus related crashes, approximately 77 percent were struck by the school bus.

Motorists also have a responsibility to follow safe traffic practices. Nebraska law requires that all drivers must stop for a school bus which has stopped to load or unload passengers. Red flashing lights and an extended stop arm reminds motorists that a bus is stopping to load or unload passengers.

Although drivers of all vehicles are required to stop for a school bus when it is stopped to load or discharge passengers, children should not rely on them to do so. The National Safety Council encourages parents to teach their youngsters these rules for getting on and off the school bus:

- When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray



Approximately 77 percent of the pedestrians killed in school bus related accidents were struck by the school bus.

onto streets, alleys or private property.

- Line up away from the street or road as the school bus approaches. Wait until the bus has stopped and the door opens before stepping onto the roadway.

- Use the hand rail when stepping onto the bus.

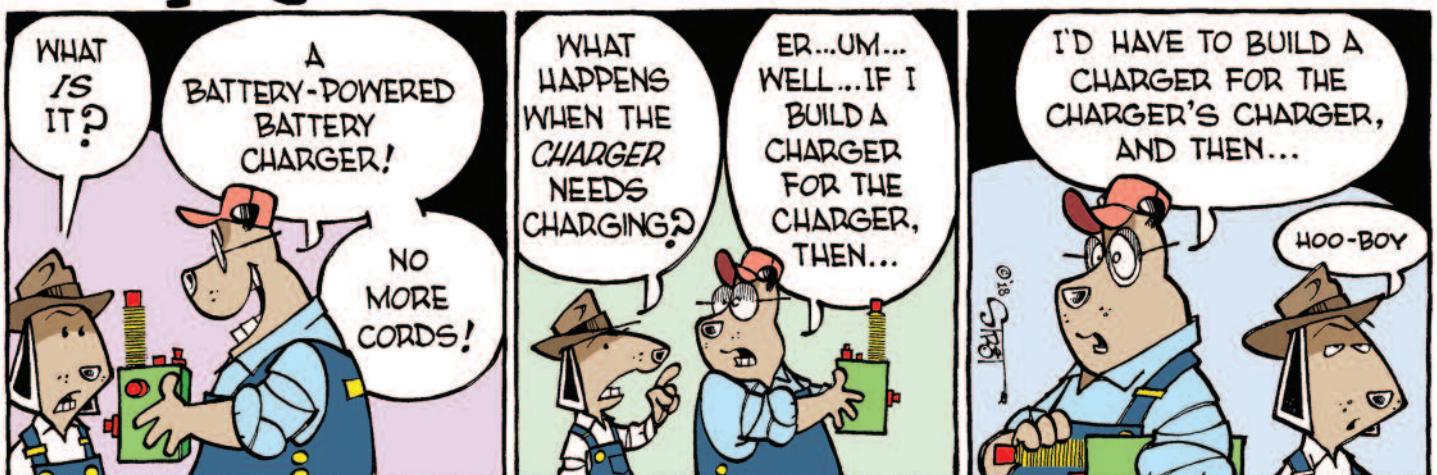
- When on the bus, find a seat and

sit down. Loud talking or other noise can distract the bus driver and is not allowed. Be sure to keep all parts of your body inside the bus at all times. You shouldn't be waving or sticking your head outside the window.

- Keep aisles clear — books or bags are tripping hazards and can block the way in an emergency.

Source: National Safety Council

Murphy





Rural electric utilities build stronger cybersecurity programs

Digital technologies and smart devices are facilitating greater information sharing by allowing people (and devices) to more efficiently communicate with each other. Internet-connected devices not only better enable us to stay in touch with loved ones, they simplify and streamline our lives by communicating with each other.

But greater connectivity comes with a cost.

Addressing the persistent and evolving reality of cyber threats is important for individuals and organizations alike. As people become increasingly interconnected and reliant on digital technologies, there are more opportunities for cyber threats that need to be addressed.

To this end, the National Rural Electric Cooperative Association (NRECA) launched RC3, the Rural Cooperative Cybersecurity Capabilities program, to help electric cooperatives build stronger cybersecurity programs. With funding from the U.S. Department of Energy, RC3 is developing tools to help cooperatives develop a culture of cybersecurity.

Public power districts and electric

cooperatives, large and small, are investing time and resources to build stronger cyber defenses and increase their resiliency to cyberattacks. As rural electric utilities ramp up capabilities in the beneficial use of digital technologies, they are integrating best practices to safeguard consumer data and grid operations from cyberattacks.

Rural electric utilities are responding to the challenge, but are you? Cybercrime affects everyone—organizations, businesses and even individuals. Taking steps to protect your home network and devices from cyberattacks now will save you time and money in the long run.

Here are a few tips to beef up your personal cybersecurity:

- Make sure you have antivirus software installed on your computer, and remember to keep it updated.

- Don't send e-mails containing personal information, like your date of birth or Social Security Number, because that increases opportunities for mal-actors to steal your identify. Be careful when entering a credit card number into a website—if you do, make sure that it's a secure website. You can tell if it's secure by looking for the "s" at the beginning of

the website address. Most begin with "http://." A secure site will begin with "https://."

- Attachments or links in an email can contain malware that can infect your computer. Never open an e-mail attachment or click a link unless you know the person sending it, and you were expecting them to send it to you (hackers can take over an account and make it look like it's from a friend.)

- Monitor children's online activity, and make sure they know how to practice good cyber security. Visit the U.S. Computer Emergency Readiness Team's (UC-CERT) website for security tips on how to keep children safe online (<https://www.us-cert.gov/ncas/tips/ST05-002>).

- Always use a different password for each account. Stick to longer passwords that include a combination of numbers, special characters, with both lowercase and capital letters.

Kaley Lockwood 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.

Get the best appliance for your needs

by Pat Keegan

Q : Several of my appliances are getting old and will need to be replaced soon. Will the appliance choices I make have much impact on my energy bill?

A : Your energy use varies month to month, so it can be difficult to see how much difference an appliance purchase makes. It's best to view the purchase over the lifetime of the equipment. Think about the up-front cost and the lifetime energy cost. In a Consumer Reports test, the most efficient refrigerator used \$68/year less electricity than the least efficient model. Multiply that difference over a decade or two, and the lifetime energy savings could be greater than the up-front cost. All it takes to get the best appliance for your needs is some initial research.

Appliance energy use is usually less, on average, than home heating and cooling bills, but can be several hundred dollars each year. Your appliance use depends on factors like the model, how often you use it, the settings you use for its particular function and even the time of day it is most used.

Over the last few decades, new appliances became more energy efficient, driven partly by minimum government standards. These standards, created by the U.S. Department of Energy, save consumers over \$60 billion each year. Appliances are required to include an Energy Guide label that shows estimated energy use and operating cost per year. These labels help you compare different models and calculate the initial cost against the long-term savings.

Some appliances will also have an Energy Star label. This indicates the appliance is substantially more efficient than the minimum standard. Your greatest energy savings opportunities can come from replacing an old appliance with an Energy Star-rated appliance. Removing a refrigerator that's 20 years old and replacing it with a new Energy Star model can lower the monthly electricity cost by 75 percent, from \$16.50 to less than \$4.

In some cases, the configuration of the appliance can also make a substantial difference. For example, a side-by-side refrigerator/freezer

uses about 70 percent more energy than other configurations, with all the most efficient models having the refrigerator stacked on top of the freezer. All 36 of the most efficient clothes washers of 2018 were frontloading models.

Consider how much you use the appliance. The more you use the appliance the greater your savings will be from choosing a more efficient model. If you use the appliance less or have a small household, you may get by with a smaller refrigerator or freezer, which will save you money.

How you operate appliances can also make a difference. Here are some easy ways to save:

Refrigerator/Freezer:

- Set your refrigerator at 35 to 38 degrees and your freezer at 0 degrees.
- Make sure there is adequate air flow between the wall and the back of the unit.
- Keep the refrigerator relatively full when possible.
- Replace the seals around the doors if they appear to be leaking air.
- Defrost the refrigerator and freezer regularly.

Stove/Oven

- Use the correct size of burner to fit the pan.
- Use smaller appliances like a microwave or slow cooker instead of the oven when possible.

Dishwasher

- Use the most energy-efficient and shortest setting that gets your dishes clean.
- Air dry rather than using the heated dry function.
- Wait to run a load until the dishwasher is full.

Make the most out of your appliance energy use with a little research before buying a new model and a few easy adjustments to the way you use them.



Rural Electric Nebraskan writer pens a book

Mark M. Peyton has always had a deep love of nature and of natural history. Like many of us who grew up before the internet could fit in our pockets, Peyton spent his younger days exploring the wonders that lie hidden beneath rocks and logs and in the creeks and ponds that dot the landscape. He took his love of nature even further as he grew, earning degrees in biology and assuming the role of the Village Naturalist, among his various professional positions.

This collection of essays is an introduction, crafted by Peyton, to introduce the reader to only a small portion of the natural landscape of Nebraska. You'll meet slithering snakes, love-sick owls, pesky moles and even a few lickin' toads. Rather than serving as a replacement for actual interaction with the natural world, Peyton's stories will inspire you to go out and explore your own corner of the world. You never know what you might find.

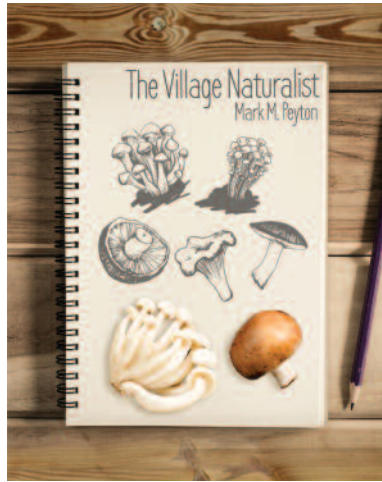
About the Author

Mark M. Peyton is a biologist with 20 years of experience

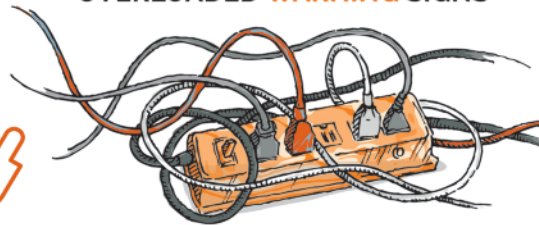
in the classroom and another 22 years in the field working for the Central Nebraska Public Power and Irrigation District. He has performed numerous studies and written and presented papers on everything from the fish of the Platte River to bald eagles to the American burying beetle. He has been published in the *Rural Electric Nebraskan*, the *Prairie Fire* and The Chicken Dance Trail newsletter. A Master SCUBA Diver, he has gone on hundreds of dives, both professionally and for pleasure.

Peyton and his wife, Cindy, a retired special education teacher, hail from Gothenburg, Neb., and are the proud parents of two boys: Reece, who lives and works in Kearney, Neb., and Alex, a Staff Sergeant in the Nebraska National Guard, as well as an agronomist also living in Kearney. They have two beautiful granddaughters, Ellie and Emmie. Four cats, a dog, some snakes, a spider, a lizard and some chickens round out the family.

The Village Naturalist is available online at Amazon.com and from the publisher, Dorrance at bookstore.dorrancepublishing.com.



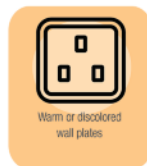
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Only plug one heat producing appliance into a receptacle outlet at a time



If you have too few outlets in your home, have a qualified electrician inspect your home and add new outlets



Power strips only add additional outlets; they do not change the amount of power being received from the outlet



Use appropriate watt bulbs for lighting fixtures



This infographic was produced with content from Electrical Safety Foundation International.

Pesto adds a little punch to the meal

One of the best times of each day is gathering with family members to enjoy home-cooked meals. Using fresh and versatile ingredients, adults can be at ease that everyone is eating right with a nutritious dinner and kids are eating something delicious and relaxing each evening.

Pesto can be used as an ingredient in many recipes and brings a punch of flavor to each dish on the table. For example, it can be served mixed in potatoes, as a spread on sandwiches, dolloped on soups or dips and as a sauce on pasta.

With authentic Italian taste capturing the recipes of the region, Filippo Berio Pestos are made to suit any taste. The versatile flavors include Classic Basil, Sun Dried Tomato, Tomato & Ricotta and Hot Chili and Olive. Each variety is vegetarian, gluten-free and GMO-free, making it the perfect addition to any dinner.

Pesto can be served hot or cold, so it is easy to cook with or add to dishes featuring fresh vegetables, like this recipe for Chicken Caprese Stuffed Spaghetti Squash. Add Savory Zucchini and Fontina Muffins to the meal for a fun twist on muffins.

For more flavorful recipes and ways to cook with pesto, visit FilippoBerio.com.



Savory Zucchini and Fontina Muffins

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup Filippo Berio Sun Dried Tomato Pesto, divided
- 1/3 cup Filippo Berio Extra Virgin Olive Oil
- 3/4 cup milk
- 1/4 cup granulated sugar
- 1 egg
- 1 cup shredded zucchini
- 2 green onions, finely chopped
- 12 cubes (1/2 inch each) fontina cheese

Heat oven to 400 F. Line 12-cup

muffin pan with large paper liners.

In large bowl, whisk flour, baking powder, salt and pepper. In separate bowl, whisk 1/4 cup pesto, olive oil, milk, sugar and egg; stir into flour mixture until moistened. Fold in zucchini and green onions.

Divide half the batter evenly among muffin cups; place cube of fontina on top of batter. Top each with 1 teaspoon remaining pesto; top with remaining batter.

Bake 15-20 minutes, or until golden brown and top of muffin springs back when pressed lightly. Let cool slightly; serve warm.

To make extra savory, add 1/2 cup cooked and crumbled bacon.



Chicken Caprese Stuffed Spaghetti Squash

- 2 small spaghetti squash
- 2 tablespoons Filippo Berio Robusto Extra Virgin Olive Oil, divided
- 3/4 teaspoons salt, divided
- 3/4 teaspoon pepper, divided
- 12 ounces boneless, skinless chicken breast, cut into 1/2-inch cubes
- 1 small onion, finely chopped
- 1/3 cup Filippo Berio Classic Pesto
- 1 1/2 cups halved cherry tomatoes
- 8 ounces fresh mozzarella cheese, sliced
- 2 tablespoons chopped fresh basil

Heat oven to 400 F. Halve spaghetti squash lengthwise and scrape out seeds; drizzle cut sides with 1 tablespoon olive oil and season with 1/4 teaspoon each salt and pepper. Bake, cut sides down, on parchment paper-lined baking sheet 45-50 minutes, or until tender. Let cool slightly. Using fork, scrape strands of squash into bowl; reserve squash shells.

In skillet, heat remaining oil over medium-high heat; cook chicken, onion and remaining salt and pepper about 5 minutes, or until chicken is browned. Stir in pesto; bring to simmer. Cook about 5 minutes, or until chicken is cooked through. Stir in cherry tomatoes; cook about 1 minute, or until slightly softened.

Toss spaghetti squash with chicken mixture; divide among reserved squash shells. Top with mozzarella cheese; broil 1-2 minutes, or until cheese melts. Sprinkle with chopped basil.

Chicken Rice Casserole

- 6 cups cooked brown or white rice
- 3 cups diced chicken
- 1 1/2 cups steamed peas and carrots
- 1/3 cup diced onions
- 1 teaspoon garlic
- 3 eggs
- 3 tablespoons oil
- 1/2 cup soy sauce

Place oil in pan, saute onions and garlic. Beat eggs; add to onions and garlic – cook. Add rice, chicken, soy sauce. Stir until mixed well. Serve with salad.

Carol Scheierman, Sutton, Nebraska

“Zippy” Veggie Salad

- 3/4 cup vinegar
- 1/2 cup vegetable oil
- 2 teaspoons sugar
- 1 teaspoon salt
- 1/2 teaspoon oregano

Mix the above ingredients, pour over fresh cut vegetables (broccoli, cauliflower, carrots, celery, pimentos, olives, etc.) Bring to a boil. Simmer for 5 minutes. Refrigerate 24 hours before serving.

Jenny Bergt, Amherst, Nebraska

Creamy Peach Pie

- 1 package (3 oz.) peach flavored Jell-O
- 3/4 cup boiling water
- 1 cup (1/2 pint) vanilla ice cream
- Sliced peaches
- 1 cup cold milk
- 1 package Jell-O Vanilla instant pudding
- 1/2 cup thawed Kool Whip
- 1 baked 8” pie shell

Dissolve gelatin in boiling water. Add ice cream; stir until melted. Add fresh peaches. Combine milk and pudding mix in a small mixing bowl. Beat at low speed of electric mixer for 2 minutes. Add gelatin mixture; whip until thick and fluffy. Fold in Kool Whip and spoon into pie shell. Chill for at least 2 hours. Garnish with additional Kool Whip and sliced peaches if desired.

Lorraine Janecek, Dodge, Nebraska

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