

GIBBON

RURAL ELECTRIC

NEBRASKIAN

December 2018



**The Little
Free Pantry
in Gibbon**



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 the 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 swelling 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 of 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 1-800-746-2801** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

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

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

RURAL ELECTRIC
NEBRASKAN

"The Rural Voice of Nebraska"

Staff

Editor

Wayne Price

Editorial Assistant

Tina Schweitzer

Published by the



General Manager

Kim Christiansen

President

Butch Gray,

Cornhusker Public Power District

Vice President/Secretary

Bryan Monahan,

Panhandle Rural Electric

Membership Association

Treasurer

A.C. (Pat) Hecox,

Dawson Public Power District

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.

Rates: \$10 for one year; \$15 for two years; \$20 for three years, plus local and state tax.

Volume 72, Number 12, December 2018

Contents

Features

Little Free Pantry strives to meet Gibbon's needs 6

The Little Free Pantry in Gibbon, Neb. started two years ago when Olson and Peterson saw a need for families in the community. They created a group called Gibbon's Little Free Pantry to help families and children in the area.

A Few of My Favorite Things 14

As the year draws to a close Pat Pope, president and CEO of Nebraska Public Power District, shares a list of his favorite things about how public power continues to do wonderful things for Nebraska, proving its worth time and time again in its statewide longevity.

Departments

EDITORIAL PAGE 4

SAFETY BRIEFS — Murphy 16

CUT YOUR UTILITY BILLS by Pat Keegan 18

RECIPES 20

MARKETPLACE/CLASSIFIEDS 22

On the cover

Jodi Peterson, left, and Jamie Olson started Gibbon's Little Free Press to meet a need in the community. See the related article on Page 6. Photograph by Wayne Price



by Wayne Price

Teaching children the lesson of energy efficiency

Our lives are intertwined with a growing list of consumer electronics that rely on electricity. That list includes everything from smart phones to smart appliances. If you have children or grand-children around the house you probably are having to follow them around, turning off all the lights and devices they leave on.

I realize that convincing children to care about energy efficiency is a difficult task, but there might be a way you can teach your children how to save energy. It's best to start by explaining why saving energy is important and how it could benefit the child. If they don't understand why they should change their habits, they won't be motivated to do so. Simply put, spending less money on the electric bill can mean more money for fun activities. That's something any child can understand.

Because "using less electricity" is an abstract concept for small children, try to be specific about energy efficiency actions and lead by example. Children tend to learn by observing what their parents or even older siblings do. When you turn off the lights when leaving a room or unplug the phone charger once the device is fully charged, they will notice.

Teaching your children about energy efficiency doesn't have to be a boring lecture. Try to make it fun for the greatest impact.

For younger kids, turn energy efficiency into a "treasure hunt" game to locate all the things in your home that use electricity. Depending on the age of the children, challenge them to count and group the items into categories: electronics, appliances, lights, etc. If they are old enough, have them create a list. Ask which gadgets and appliances could be turned off or unplugged to save power every day.

For older children, show them how to program the smart thermostat and appliances. Shop with them for LED lights and discuss EnergyStar-rated appliances. Show them the electric bill so they can see the costs, energy use and how their actions impact the bill.

Children of all ages can learn a few simple energy-saving habits that can last a lifetime:

- Turn off lights, devices, computers and video consoles when not in use.
 - Open blinds and curtains during winter days to let warm sunlight in and close them during summer days to keep your home cooler.
 - If your children are old enough to run the dishwasher or wash their own clothes, teach them to run these appliances only with a full load and during off-peak energy hours.
 - Watch less TV – read a book instead! A book doesn't require electricity to run. Additionally, reading a book is proven to be more relaxing than watching TV.
 - When you play video games or watch TV, turn them off when you are done.
 - Don't leave your computer in standby – turn it off at the end of each day.
 - Remind parents to unplug their phone from the charge when the phone is fully charged.
 - Avoid browsing the fridge a thousand times a day. Also, avoid browsing for food with the fridge door open – every time you do, the fridge has to fire up to cool down the air again.
 - When you shut down your gadgets or appliances, be sure to unplug them completely since these energy vampires often suck up power even when we're not using them.
 - If the air conditioner is on, close all of the doors and windows in the house because if they are open, the air conditioner will work harder than it needs to.
- Don't be afraid to provide rewards for agreed upon milestones. Rewards provide positive reinforcement on energy-saving actions. The idea is to create a habit of being energy efficient. And for parents, this could mean less nagging about turning off the lights!
- Teaching your children about saving energy is not only a creative way to spend time with them; it helps your home to be more energy efficient and can instill good habits that will benefit your child as they grow to adulthood.



Follow us
@RENeditor

A few things I enjoy about living in Nebraska

I ordered a new Christmas tree this week. That may not seem like such a big deal, but it took me a while to make a tree decision. It is sad how attached I was to my old tree. It was nothing fancy, but I had it for over 25 years. My husband thinks I was too attached. The box was falling apart, the stand had been repaired several times and the branches looked worn. But we had a lot of good memories around that tree. My old tree met its demise during our move to Nebraska. (I'm still not convinced that my husband didn't see an opportunity to ditch it during the move. He's been hinting at a new one for several years.) So we had to get a new one.

You would think buying a Christmas tree would be easy. It's a Christmas tree. I was overwhelmed by choices. First, the standard question-do we get a live tree or artificial tree? I decided to stick with artificial. Not that I don't love a "real" tree. I just hate sweeping up the needles.

Now to the plethora of choices; Height? Width? Lights or no lights? Colored lights or white? Light type? Tree type? Number of tips? Width to height ratio? I am telling you, this is a big decision- I hope to have this one another 25 years or so. As Charlie Brown would say "Good Grief."

But all this Christmas tree dither did do one positive thing. It made me reflect on the upcoming holiday season and the past year as I moved to Nebraska. My husband and I love Nebraska. It is a wonderful place to live. (This fact all of you readers probably take for granted.) So let me share some things I enjoy about Nebraska:

1. There are a LOT of folks named Christiansen. Many of them spell it differently, but there are a lot of "us."

2. The Sandhills are glorious- but



by **Kim Christiansen**
NREA General Manager

are not a great place to hold a cell phone conversation

3. Chimney Rock is stunning

4. There are towns named: Dix, Magnet, Minatare, Ong, Ord, Harvard and my favorite, Funk. And I've been to them all.

5. There is a museum OVER I-80. Isn't that neat?

6. I can't name them all but Nebraska's waters (rivers, streams, marshes) adds a great deal to the beauty of the state. I want to go canoeing on the Niobrara!

7. The Unicameral Legislature is a great idea- especially when so many "dual-house" legislatures cannot seem to work together to get things done.

8. There is a lot of State pride-not only for the Cornhuskers. You can see pride in the way the homes, cities, parks and other places are cared for across the state.

9. The golf courses are amazing and abundant.

10. It's hard to get into a Husker volleyball match.

11. I've always loved the College

World Series-baseball, in my eyes, at its best.

12. Let's face it: How can you not love a state that produced Johnny Carson, the Junk Jaunt, the Kolache Festival, Kool-Aid and Spam?

I have also enjoyed my first year at NREA. I work with amazing people. The NREA staff has done a good job of reviewing programs and services of NREA to insure we provide our members with up-to-date and forward-looking services - and we will continue to review to keep our programming fresh and relevant. NREA serves rural electric system members with devoted and talented employees. Our members are also served by dedicated boards made up of local citizens who take the time and interest to "get up to speed" on the needs of our electric industry.

So I wish each of you a Merry Christmas, a Happy Holiday Season- or the greeting that honors whatever way you choose to celebrate. May your future be bright and cheerful here in Nebraska. I'm sure mine will be happy under my new state of the art Christmas tree!



Little Free Pantry strives to meet Gibbon's needs

Community support helps to sustain food pantry program for those in need

by Wayne Price

Families in Gibbon, Neb. who are dealing with food insecurities have a place to go for food any time of the day or night, thanks to Jamie Olson and Jodi Peterson.

The Little Free Pantry in Gibbon, Neb. started two years ago when Olson and Peterson saw a need for families in the community. They created a group called Gibbon's Little Free Pantry to help families and children in the area.

"People are free to come and take what they want and give what they can. Whatever they need," said Olson. "We don't keep track of who

uses the pantry, it's all anonymous. That's one of the benefits."

The idea came from a Facebook post Olson saw about a woman from Arkansas that had started a little free pantry based off the Little Free Libraries she saw throughout her community. She thought it would be a great thing to do with food for people who have food insecurities from time to time, Olson said.

"People don't like to accept charity or take handouts," Peterson said. "The Little Free Pantry allows them to take items without anyone knowing who it was."

The pantry is supported by

donations from the community. People donate food items or household items like deoderant, toothpaste or toilet paper. Some also donate money to be used to buy needed supplies.

"We've had really great community support," Olson said. "Last year the Gibbon library had a 'food for fines' fundraiser. People that had overdue books or library fines could bring in food or household items for the pantry and have their fines taken off that way."

Olson and Peterson keep an eye on the pantry and help to restock it. Donations come in from around the



Opposite: Jamie Olson restocks the Little Free Pantry.

Left: The Gibbon High School shop class built the pantry.

Below: Jodi Peterson helps keep an eye on the pantry.



area and beyond at times. Peterson said her husband's employer, Pioneer Seed in Doniphan, Neb., held a food drive and donated it all to the Little Free Pantry.

"We have one man that donates a quarter of beef on a regular basis," she said. "We will do drawings to see who has the need or is interested in it and distribute it that way."

When the project was getting started, Olson spoke to the Gibbon High School shop teacher about it. The class built the pantry for them.

Olson works as a kindergarten paraprofessional for Gibbon Public Schools where she saw the need for

donated food when kids would come to school hungry.

"Out of the 600 students at our school, 60 percent of them are on free or reduced lunch," she said.

Gibbon's Little Free Pantry isn't the only food pantry in town but it does offer something the others do not.

"The difference between those and ours is that theirs is much larger but ours has unlimited access," Peterson said. "It's available 24/7 for people to come when they need it."

When the pantry first started there were some doubts, Peterson and Olson said. Those were mostly

about vandalism and that the pantry would always be empty.

Gibbon's Little Free Pantry is in the parking lot of the Baptist Church at 705 Court St.

Olson and Peterson have set up a Facebook page, Gibbon's Little Food Pantry, to keep the community updated on the pantry.

"It's really been a community project," Peterson said. "In every stage of it, it was built by people of our community, it's supported by the community."

Extend the life of your water heater with five simple checks

The average life of a water heater is 13 years. Some may only last two or three years, others 20. What's the trick to make them last?

You can extend your water heater's life by knowing what makes it fail and performing a few simple checks and maintenance duties. The number one water heater killer is rust. There are several factors that speed up the rusting and corrosion process.

Anode rods wear out: Every water heater has an anode rod inside that electrochemically corrodes so the tank won't. Once it is spent, the exposed metal parts of the tank are under attack.

Solution: Check the rod every year and replace it if necessary.

Sediment build up: When cold water is heated, it forces minerals out of solution and forms solids, usually calcium carbonate. Those solids settle to the bottom of the tank between the heating unit and the water. In addition to slowing heat transfer, the build-up causes overheating that can destroy glass lining and weaken the steel bottom. Sediment can also become a host for harmful bacteria, create odor problems and become noisy.

Solution: Drain your water heater annually. If the sediment is excessive, contact a plumber to have it thoroughly cleaned.

Rust and corrosion on the tank: Leaks can cause water heaters to rust from the outside preventing drains and pressure valves from

operating properly.

Solution: Check all plumbing connections for leaks and repair or replace as necessary.

Corrosive gasses: If the air surrounding your water heater contains salt, chlorine, or other corrosive chemicals, they attack the combustion chamber and/or flue.

Solution: Do not store corrosive chemicals near the unit.

Too hot temperature setting: The higher the temperature, the faster sediment accumulates. Every 20 degree rise in water temperature doubles the chemical action that causes rust and corrosion.

Solution: Keep the water temperature as low as possible. Normal tap water temperature is 120 degrees Fahrenheit.



Why pay \$2,300 or more?

FOR ONLY

EACH!

45-DAY RISK-FREE TRIAL



- ✓ Buy direct from manufacturer
- ✓ 100% Risk-FREE 45-day home trial
- ✓ FREE shipping
- ✓ Payment plans available
- ✓ FREE support from licensed professionals

SEND NO MONEY NOW!
FOR QUALIFIED BUYERS.

SAME HIGH-QUALITY DIGITAL HEARING AIDS OFFERED BY AUDIOLOGISTS AND ENT'S.

The Apollo™-6200 is the perfect FDA registered digital hearing aid if you want the BEST technology for the BEST price. American Made electronics give you **advanced technology** in a durable, easy to maintain hearing aid. Includes four channel compression for crisp, clear sound and feedback cancellation that virtually eliminates squeal. Discreet slim-tube design gives you the most natural sound with total comfort.

The typical hearing aid costs at least \$2,300 but your price is nowhere near that with this special offer! Try the Apollo-6200 with **NO MONEY DOWN** completely **Risk-FREE** for 45 days in the comfort of your own home and see if it's everything we've promised. Call now: 1-888-847-1189 and mention promo code 33-118.



High-quality American Made electronics

FDA Registered • 100% Digital

"Easy to wear and adjust. It is very comfortable. I enjoy hearing everyday conversations and TV. People don't have to repeat themselves anymore."

L.T. -Holdrege, NE



- Hearing aids by mail for 39 years
- Over 750,000 satisfied customers

Try the Apollo™-6200 hearing aid risk-free for 45 days.

SEND NO MONEY NOW!

If you like it then pay only \$299 per aid or simply send it back.

By phone (Mon-Fri • 8 am - 5 pm Central Standard Time)

Expires: 2/28/19



1-888-847-1189

PROMO CODE 33-118

Visit us online and SAVE! (Send no money offer is not available online. Call toll-free.)



www.HearingHelpExpress.com



A+ Rating
Better Business Bureau



ELECTRIFY YOUR HOLIDAY GIFT LIST

Advances in electronics offer something for everyone.

by Paul Wesslund

Electricity doesn't just have to light up your tree this Christmas, it can also power your holiday gift list.

Electric gadgets can cook, entertain, help with chores and improve your health, says Brian Sloboda, a program and product manager at the National Rural Electric Cooperative Association (NRECA).

He says electric devices will almost always get the job done quieter, cheaper and more efficiently.

Sloboda has a couple of tips before you head to the store or online to start shopping:

Don't always buy the cheapest. Inexpensive rechargeable batteries, for example, can catch fire. Or their charges can be limited, giving just a few minutes of use at a time. Buy from reputable companies, and shop around to compare prices.

Be cyber safe. Any internet-connected device can be hacked. Even security cameras and smart TVs come with a preset and lousy password. Change it. Keep the software updated—updates often include security fixes. He adds, "Don't let the fear of hacking prevent you from enjoying these devices. Just be aware of what could happen and take necessary precautions."

Here's your idea list for giving, or receiving.

For the cook. Sous-vide is the latest kitchen trend. In French, it means "under vacuum," but it's basically a cooking technique that seals the food in a plastic bag and slow cooks it in water. "It is used by

a number of restaurants," says Sloboda. "It doesn't get rid of the nutrients in the food through overcooking." Sous-vide devices come as an electric pot, or for less money, as a wand that you stick into your own pot of water with the plastic bag. And of course, there's an app for that—you can control the sous-vide cooking with your smart phone.

For the handy person. Electric lawnmowers, trimmers and chainsaws eliminate spills and trips to the gas station. But they're not for everyone—Sloboda says professional landscapers need the power of gasoline. Rechargeable battery models are best for suburban yards where the job takes about 30 minutes. Plug-in versions have the hassle and distance limits of a cord, but are more powerful and cheaper. Another big advantage is electric models are quiet and won't disturb the neighbors. With leaf blowers in particular, Sloboda says, some states are passing noise-limiting regulations. Electric blowers pollute a lot less—Sloboda says the types of motors in gasoline leaf blowers "put more pollutants into the air than most gas-powered cars."

For fun. "It's a good time to buy electronics," says Sloboda. "Televisions are getting thinner and lighter, and they're coming down in price. All because LED (light-emitting diode) technology has



Left: Home assistants, like Amazon's Echo Dot, make great holiday gifts for friends and loved ones. Middle: The PetChatz system allows pet owners to watch and talk to their pets when away – and even toss tasty treats! Photograph provided by PetChatz. Right: Smart watches and wrist bands not only keep track of how far you walk each day, but can appeal to your competitive streak by choosing a virtual walking or running mate.

improved.” If the video games in your house are a few years old, gamers will get much better graphics with an upgrade, and they will save energy, says Sloboda, because “we’ve seen the video game console manufacturers improve the efficiency of their products.”

For outdoor activities. Flying remote-controlled drones has gotten popular, and they’re available in a range of prices. Before you buy, check battery life between recharges so you know whether your gift provides 30 minutes of fun, or three minutes.

E-readers make books quickly and cheaply available, and now you can even check out electronic books from your library. Virtual reality glasses or goggles not only put you right in the middle of the action in a video game, they can be useful in home repair—companies are starting to offer virtual reality diagnostics for their products that can show details like which way to turn the wrench to fix a problem.

For health. Smart watches and wrist bands not only keep track of how far you walk each day, but can appeal to your competitive streak by choosing a virtual walking or running mate. A wide range of power scooters are available for fun or for commuting, some even have pedals to supplement the motor, so you can get a bit of exercise too. Be aware that good motorized bikes and scooters are expensive.

For the home. Amazon’s Alexa and Echo, as well as other smart speakers are getting popular, but Sloboda says they’re not being used to their full potential yet—most people just ask their speaker to play music or give a weather report. Companies are working on addressing privacy concerns—smart speakers are listening all the time—but Sloboda says solving security questions would open up uses like home banking and controlling appliances with a voice command.

To recharge all your devices, you can choose options like smart power strips that avoid continuing to use electricity after a device is fully

Holiday Gift Guide

Give the gift of safety!



Portable Ground Fault Circuit Interrupter (GFCI)

Designed for locations where there is not a permanent GFCI installed, these devices detect an abnormal flow of electricity and shut off the power, preventing shock or electrocution.



Outdoor Remote Control Outlet Switch

Leaving outdoor lighting on overnight can be costly and pose a potential hazard. With this gadget, any and all devices plugged in to it can be turned off and on remotely.





Tamper Resistant Outlets (TROs)

Great for families with young children, TROs are wall receptacles that have shutters that stay closed unless a plug with two prongs is inserted into the outlet.

Note: While plastic safety caps are a cheaper alternative, it may be possible for children to remove these.



Heavy Duty Extension Cord

Power devices safely. Too often the tools or equipment necessary for larger projects are powered by extension cords that are inadequate for the environment or heavier electrical load.

Learn more at 

charged, or portable block chargers to extend your phone’s battery life while traveling. Sloboda advises against wireless charging devices because they use a lot of electricity to operate.

For your pet. Electronics will shoot tennis balls for your dog to fetch, feed and water pets while you’re away, monitor their health, and cameras can keep track of what they’re up to when you leave. “I aimed one of my security cameras at my dog,” says Sloboda. “Now I always push the chairs up to the dining table before I leave, otherwise within

five minutes our dog is standing in the middle of the table looking for anything he can chew on.”

Sloboda also advises supplementing all the electronic gifts with a good old-fashioned football or basketball.

Merry Christmas and Happy New Year!

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

Holiday Safety Crossword Puzzle

This holiday season, remember to keep safety in mind!
Complete the crossword puzzle below.
Tip: Use the word bank if you need help.

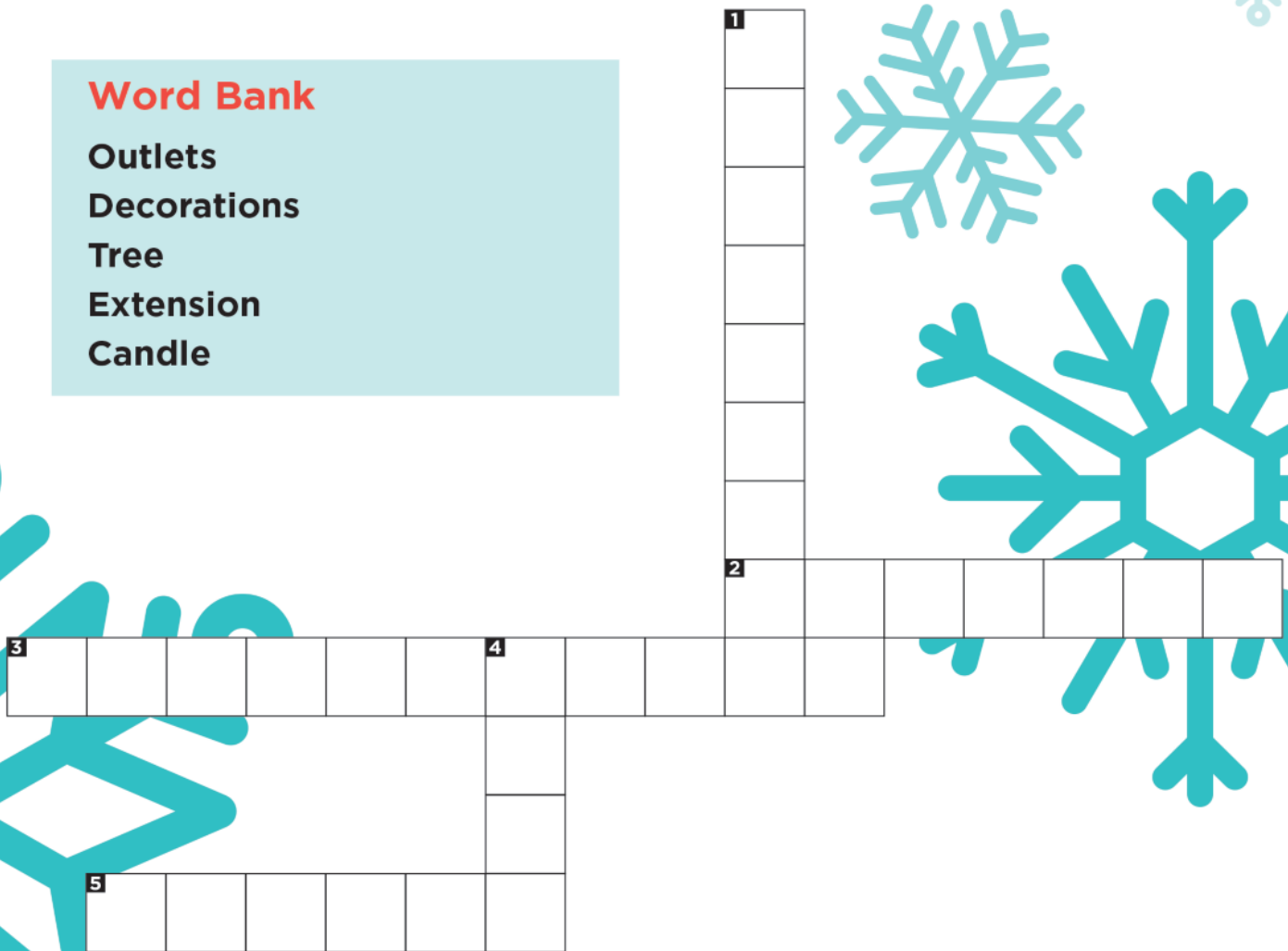


Clues

- 1 Down:** _____ cords used for holiday decorations should be checked for damage or exposed wires.
- 2 Across:** Do not overload electrical _____ with too many decorations or appliances.
- 3 Across:** Turn off all electrical _____ before leaving home or going to sleep.
- 4 Down:** Make sure your Christmas _____ is watered daily.
- 5 Across:** Never leave a _____ burning if you're not in the room.

Word Bank

- Outlets
- Decorations
- Tree
- Extension
- Candle





If you can sit in a chair... you can get the benefits of walking.

Easy Exerciser is the motorized personal trainer that makes exercise convenient and safe.

For millions of Americans with balance and mobility issues, the simple act of taking a walk can be a struggle... and even a danger. Walking is a great form of low-impact cardiovascular exercise, and the health benefits of walking are numerous. Unfortunately, the inability to safely take even a short walk has countless people stuck in the vicious cycle of a sedentary lifestyle. Now, there's an innovative way to get the health benefits of walking without the risks. Thanks to the **Easy Exerciser**, almost anyone can take a walk while sitting in a chair.

The **Easy Exerciser** has been designed to provide passive leg exercise at any time of the day or night. You simply sit in a chair, place your feet on the footpads, flip a switch and OFF YOU GO! The rhythmic back and forth motion simulates the act of walking, increases circulation and engages your core muscles from your legs to your midsection. It provides movement for the people who need it most.

The special-designed footpads provide valuable acupressure for tired, aching feet. Once you've completed your "walk", you can get out of your chair without the tingly feeling in your feet and legs that often leads to a fall. The unit is quiet, durable and can slide out of the way when not in use. It runs off a normal electrical outlet and there is even a two-speed adjustment switch so you can move at your most comfortable pace. Now almost anyone can get the benefits of walking without the danger of falling. If you are not completely satisfied with the **Easy Exerciser**, simply return it within 90 days for a refund of the product purchase price. Don't spend another day without exercise, call now and get moving!

Easy Exerciser ~~was \$139~~ **NOW \$129 + s&h**
Call now toll free

1-888-588-0460

Please mention code 110447 when ordering.

Now you can exercise while... • Watching TV • Doing Needlepoint • Eating • Talking with Friends
...any activity in which you are sitting in a chair

© 2018 firstSTREET for Boomers and Beyond, Inc.

PUBLIC POWER: A FEW OF MY FAVORITE THINGS



By 
Patrick Pope
NPPD PRESIDENT & CEO

You know the holidays are drawing near when Julie Andrews takes to television screens everywhere in *The Sound of Music*. A seasonal classic, the movie evokes a love and importance of family that radiates more warmly than any “bright copper kettle” or “warm woolen mitten.”

So often in the electric utility business, we focus on the data and physical wires which provide electricity to homes throughout the state. As a former electrical engineer and energy supply team member at NPPD, I can attest that’s a good thing. But, in providing folks with such an invaluable resource as electricity, the softer side of what we do shines brighter than any Christmas tree topper. Here are a few of my personal favorite things when I think about how public power generates more than just electricity to our customer communities.

1. Reliability

Mother Nature is quick to show her wrath come winter in Nebraska. That’s why we, together with your local utility, are quick to dispatch dedicated line technicians for major storm power restoration work that blows in. Focused on your livelihoods, these folks dodge rain, ice and snow at all times of the day or night to ensure no matter what type of holiday turkey you’re roasting, pie you’re baking or apple cider you’re brewing, you are covered. It’s also why we work together to build electrical infrastructure your area needs to support load growth, whether that’s a substation for a bigger school or miles of line to support a renewable energy project or relieve congestion on the grid.



2. Stable Rates

No doubt some of you already have your Christmas shopping done, and we like to think ahead, too. That's why we budget for our wholesale utility partners like you budget for your Christmas gifts. Consistent cost-savings across the board have resulted in our wholesale rates being compared against similar utilities across the nation and improving last year to the 26th percentile – just one percent short of the best quartile within a nationwide benchmark. We know the greatest gift we can provide your utility is low-cost rates that allow you the convenience and availability of reliable electricity without the stress. Now if only we could reduce your holiday stressor of finding the perfect gift for that hard-to-buy-for person in your life!



3. Community Support

The communities served by our wholesale partners are important to us. Our robust economic development team seeks ways to best support these communities, whether by developing unique economic development rates that bring valuable business into your neck of the woods, or introducing products your utility wants to pursue, like local renewable generation or energy efficiency incentives. Public power utilities are quick to lend a helping hand, whether through mutual aid efforts or community programs to build houses or distribute food to those less fortunate. Similar to our Pennies for Power program, several of our wholesale utility partners have programs that provide heat and light to those under



financial burden, ensuring a safe and comfortable holiday season for all.

4. Quality of Life

As your fellow neighbors throughout the state, NPPD's concerns are your concerns, and our joys are yours, too.



Working with our wholesale customers allows us to share successes, and that's one reason we are partnering with Norris Public Power District on a project that will allow us to reduce emissions through conversion of one of our boilers at Sheldon Station from coal to hydrogen. Taking care of our surrounding environment and leaving it better than we found it is something in which we take pride. Our environmental stewardship allows generations of families to enjoy all Nebraska has to offer, from ice skating and fishing at designated areas at Lake Maloney to water fowl hunting and bald eagle viewing at Sutherland Reservoir this winter.

5. Assuredness

Strengthening relationships with our wholesale utility partners and engaging in open conversation means your best interests are kept at heart. The holiday season is filled to the brim with decorating, special events and time with loved ones. We want you to rest easy knowing, as experts in our field, NPPD and our partnering wholesale utilities are putting our diverse skills, craft and knowledge to use to make educated, informed decisions on short- and long-term projects that will benefit you for years to come. Not only do we benchmark against others to ensure Nebraska remains low-cost and competitive, but we are leading the way in innovation and technology as we explore new trends in the industry that may affect your utility, such as battery storage, blockchain, solar and electric vehicles, to name a few.



As 2018 closes out, I find myself reflecting on the great memories and progress made throughout the year. Public power continues to do wonderful things for Nebraska, proving its worth time and time again in its statewide longevity. I'm still a numbers guy at heart and will continue to assess NPPD's progress with analytics and solid facts and figures. Yet, my favorite things about this industry revolve around the greater meaning behind how and why we generate electricity for your utility, and that's what drives my true passion for public power.

I wish you all a merry and bright holiday season.

Winter activities require special precautions

Being outdoors in the winter also means being safe in the coldest of temperatures. Avoiding hypothermia is key. Hypothermia is a low body temperature most often is caused by exposure to cold weather or immersion in a cold body of water. Left untreated, hypothermia can lead to complete failure of the heart and respiratory system and to death. Primary treatments for hypothermia are methods to warm the body back to a normal temperature.

The Nebraska Game and Parks Commission suggests hunters, anglers and other outdoor enthusiasts dress warmly in layers of clothing that may be added or removed as necessary. Warm hats, gloves or mittens and boots will prevent heat loss through the top of the head, hands and feet. Anglers should wear a life vest on the ice.

Hypothermia can affect judgment, which is critical to hunters handling loaded firearms and anglers venturing onto potentially unsafe ice.

Symptoms of moderate to severe hypothermia include:

- Shivering

- Clumsiness, lack of coordination, stumbling, slurred speech
- Confusion, difficulty thinking or poor decision making
- Drowsiness or very low energy
- Gradual loss of consciousness
- Weak pulse
- Slow, shallow breathing

A person with hypothermia usually is not aware of his or her condition, because the symptoms often begin gradually and because the confused thinking associated with hypothermia prevents self-awareness.

Enjoying the Nebraska winter can be some of the most fun a person spends outdoors. Whether it's hunting, ice fishing, cross country skiing, sledding or snowshoeing, the state has great outdoor opportunities. Follow these tips to stay safe on the ice this winter

while enjoying a day of ice fishing:

- The minimum ice thickness for supporting one person is at least four inches of clear, solid ice.

- Drill holes or use an ice chisel or spud bar to check the ice conditions while working your way out to your fishing spot.

- Wear a life jacket.

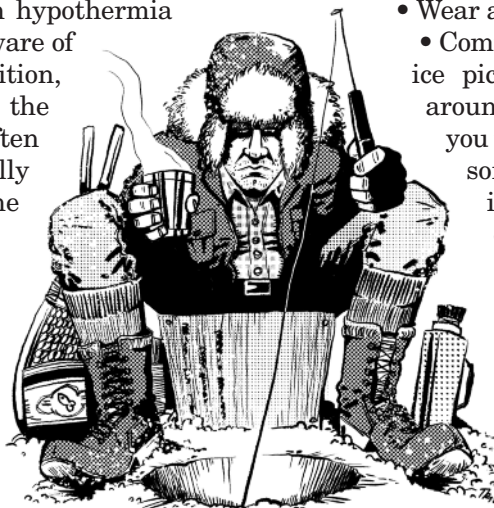
- Commercial or homemade ice picks should be worn around your neck in case you fall through and need something to grip the ice and pull yourself out.

- Fish with others in case trouble arises.

- Have a long rope with you so someone can rescue you if you break through the ice.

- Before heading out, tell a family member or friend where you will be fishing.

- Avoid alcoholic beverages. These affect your judgment and increase your chances for hypothermia.



Murphy



A CORD IS NOT A CHEW TOY

Q: What's the most common type of electrical injury for household pets?

A: Electrocution from chewing on an electrical cord



TAKE ACTION:

Pet proof your home by covering or enclosing electrical cords and taking steps to prevent other electrical hazards.

Although any pet can chew on a cord, puppies are the most likely culprit. Pups are busy and they may chew on an electrical cord without anyone realizing it. If you see burns in or around your pet's mouth, singed hair or whiskers around the mouth, or notice shortness of breath or other respiratory issues, seek immediate medical attention for your pet.

Learn more about pet safety at:

 **Safe
Electricity.org**

Options for cleaner electricity

by Pat Keegan

Q : We're considering buying an electric vehicle and switching from a propane furnace to a heat pump. We care about the environment and are wondering if using more electricity would be beneficial.

A : The decisions about how to heat your home and how to fuel your transportation needs are among the most important environmental decisions you can make. There are a number of changes happening in the energy sector, and with public power districts and electric co-ops in particular, that are making your electricity cleaner.

Decades ago, coal was the preferred fuel for electricity generation. As investments in environmental upgrades took hold, the energy industry increased the use of low sulfur coal, and found ways to clean the coal and burn it more efficiently. Scrubbers were installed in coal plants to reduce sulfur emissions, but even after these improvements were made, natural gas turbines were still considered environmentally preferable to coal plants. In 1990, utilities depended upon coal to generate more than half of their electricity, but by 2016, that dropped to less than one third.

In recent years, solar and wind generation have taken off and now provide more than 8 percent of utility energy generation. Public power districts and electric co-ops have installed solar at a record pace, with solar capacity growing more than four times since 2015. Many have pioneered community solar programs, where members subscribe to a community project and the utility installs a large array that is much

less costly per kilowatt than smaller rooftop projects. Nearly 200 rural electric utilities offered community solar programs in 2017, and more than 500 across the country use electricity generated by wind power.

These statistics are national, but the environmental impacts of



The network of electric vehicle charging stations across the state is growing rapidly.

electricity depend upon where you live and where your public power district or electric co-op purchases electricity. Many rural electric utilities publish this information on their website or in their annual reports on the sources of electric generation. Some include information on carbon emissions.

With all that in the back of your mind, let's get to the decisions you are looking to make: home heating and vehicle purchase.

The heat pump you're considering is a good option. Heat pumps are about 1.5 times more efficient than they were in the 1970s, and they're functioning better in colder temperatures. Heat pumps take care of your cooling needs as well, and can do so with about half the energy they required in 1990. The best choice for home heating and cooling depends to a large degree on the climate where you live. In more extreme climates, you'll need more heating or cooling capacity, and can justify splurging for the more energy efficient models.

As our energy supply becomes cleaner, electric vehicles are becoming a better environmental choice across the country. The environmental advantage depends upon how electricity is generated in different locations, and there are other factors to consider when looking at an electric vehicle. The fuel cost of an electric vehicle is, on average, half as much per mile as a gasoline vehicle. Electric vehicles generally require less maintenance, but the batteries eventually need to be replaced. Battery costs are dropping, but potential buyers should note this will still be a hefty bill. Electric vehicles cost more upfront than their gas counterparts, but the cost is coming down with every new model.

As you make your decision on a heating system and new vehicle, remember there are other things you can do to reduce the environmental impact of your energy use. You can insulate and seal the air leaks in your home. You can set the thermostat a little lower in the winter and a little higher in the summer. You can also check with your local electric utility to see if they offer a community solar program or additional energy-saving tips.

I hope these ideas help you make your decision.

Now, from United of Omaha Life Insurance Company and Companion Life Insurance Company...

\$25,000.00 Whole Life Insurance.

Are you between the ages of 45 and 85*?

Then this **GUARANTEED ACCEPTANCE** policy is for YOU!



NO medical exam!



NO health questions!

- » Choose from 4 benefit levels - up to \$25,000!
 - » Rates "lock-in" at the age you enroll - never go up again!
 - » Call for your **FREE** all-by-mail enrollment packet!
 - » Call TOLL-FREE **1-866-386-7125**
- Or enroll online at
www.MutualGuaranteedLife.com

Plus...

- ▶ Proceeds paid directly to your beneficiary
- ▶ Builds cash value and is renewable up to age 100! ** ... Then automatically pays YOU full benefit amount!
- ▶ Policy cannot be canceled – EVER – because of changes in health!

Why this policy? Why now?

Our graded death benefit whole life insurance policy can be used to pay funeral costs, final medical expenses...or other monthly bills. You know how important it can be to help protect your family from unnecessary burdens after you pass away. Maybe your own parents or loved one did the same for you. OR, maybe they DIDN'T and you sure wish they would have!

The important thing is that, right now, you can make a decision that could help make a difficult time a little easier for your loved ones. It's a responsible, caring and affordable decision. And, right now, it's something you can do with one simple phone call.

You may have been putting off purchasing life insurance, but you don't have to wait another day. This offer is a great opportunity to help start protecting your family today.



UNITED OF OMAHA LIFE INSURANCE COMPANY
COMPANION LIFE INSURANCE COMPANY
MUTUAL OF OMAHA AFFILIATES

Your affordable monthly rate will "lock-in" at your enrollment age* ...

Age	\$3,000.00 Benefit		\$5,000.00 Benefit		\$10,000.00 Benefit		\$25,000.00 Benefit	
	Male	Female	Male	Female	Male	Female	Male	Female
45-49	\$10.45	\$8.80	\$16.75	\$14.00	\$32.50	\$27.00	\$79.75	\$66.00
50-54	\$11.50	\$9.70	\$18.50	\$15.50	\$36.00	\$30.00	\$88.50	\$73.50
55-59	\$14.20	\$11.95	\$23.00	\$19.25	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$17.20	\$13.30	\$28.00	\$21.50	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$20.50	\$16.00	\$33.50	\$26.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$27.40	\$21.40	\$45.00	\$35.00	\$89.00	\$69.00	\$221.00	\$171.00
75-79	\$37.00	\$30.10	\$61.00	\$49.50	\$121.00	\$98.00	\$301.00	\$243.50
80-85	\$50.50	\$42.55	\$83.50	\$70.25	\$166.00	\$139.50	\$413.50	\$347.25

The rates above include a \$12 annual policy fee.

This is a solicitation of insurance, an agent (In OR & WA: producer) may contact you. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** Policy Form ICC11L057P or state equivalent (in FL: 7722L-0505; in NY: 827Y-0505).

Not available in all states. In NY, during the first two years, 110% of premiums will be paid. Website unavailable for NY residents. EASY WAY Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. *Age eligibility and benefits may vary by state.

**In FL policy is renewable until age 121.

Simple sides for holiday entertaining

Preparing side dishes can be time consuming. Save those precious minutes to enjoy the holidays by using refrigerated, never-frozen options like mashed potatoes, mashed sweet potatoes, baked apples and even macaroni and cheese that can be heated in the microwave and ready to serve in minutes.

Like many hosts, you are likely searching for perfection in your holiday get-togethers. With an ever-expanding guest list, each year may seem more and more difficult to pull off the perfect gathering. Make things easier and still delicious by serving ready-to-eat options like refrigerated macaroni and cheese made with real milk and cheese.

Find more ideas to make your holiday sides simply delicious at bobevansgrocery.com.

Perfect Holiday Potatoes

Mashed potatoes are a staple on many holiday menus, but all that peeling and mashing can take hours. This year, save time by using refrigerated, ready-to-eat mashed potatoes, such as Bob Evans Original Mashed Potatoes, which taste just like homemade.

- Add your family's special ingredient, like sage butter, and no one will know they aren't homemade.

- Microwave the mashed potatoes just before dinner or throw them in a crockpot on low and pitch the packaging so no one knows you didn't make them ahead of time.

- Buy a couple extra and store them in the fridge in case you have unexpected holiday guests.



Bacon-Wrapped Jalapeno Poppers

- 2 packages Bob Evans Thick Sliced Hardwood Smoked Bacon, slices cut in half**
- 1 package Bob Evans White Cheddar Mashed Potatoes**
- 1 package garlic herb cheese spread**
- 20 jalapeno peppers, halved, seeded with membranes removed**
- 1/4 cup brown sugar**
- 1 teaspoon ground cayenne pepper**

Heat oven to 400 F. Set bacon out to thaw to room temperature so it is pliable.

In mixing bowl, use rubber spatula to combine mashed potatoes and garlic herb cheese. Stir until incorporated. Spread 1 teaspoon

mashed potato mixture in each jalapeno half; level each with butter knife or spatula.

Wrap each jalapeno with bacon; use three half slices for large jalapenos or two halves for smaller sizes. Be sure bacon is wrapped sealing in mashed potato mixture tightly.

In small mixing bowl, combine brown sugar and cayenne pepper. Generously sprinkle over bacon and pat gently to make it stick.

Line cookie sheet with piece of parchment paper so sugar does not burn to pan. Bake until bacon reaches desired crispiness, around 25-35 minutes.

Let peppers cool slightly before serving, about 5 minutes.



Sweet Potato Cookies

- 3/4 cup vegetable shortening
- 3/4 cup brown sugar
- 1 large egg
- 1 cup Bob Evans Mashed Sweet Potatoes
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 teaspoon pumpkin pie spice
- 1 cup butter, unsalted
- 3 cups powdered sugar
- 1/2 teaspoon maple extract
- chopped honey roasted pecans (optional)
- mini marshmallows (optional)

Heat oven to 350 F.

In large bowl, using hand mixer or paddle attachment, cream shortening and brown sugar. Add egg and sweet potatoes; mix until combined.

In small bowl, combine flour, baking soda, salt and pumpkin pie spice. With mixer on low speed, slowly add flour mixture to egg mixture until well mixed. Using small cookie scoop, drop rounds onto greased baking sheets.

Bake 10-12 minutes, or until golden brown. Cool completely before frosting.

In separate bowl, beat together butter, powdered sugar and maple extract until frosting is light and fluffy. Frost each cooled cookie with maple butter cream frosting.

Sprinkle with pecans and mini marshmallows, if desired.

Christmas Soup

- | | |
|-----------------------------|-------------------------------|
| 2 cans diced beets | 2 teaspoons garlic salt |
| 4 cups shredded cabbage | 1/4 cup chopped parsley |
| 4 lbs. boneless chuck roast | 1 small crumbled bay leaf |
| 2 onion, chopped | 1 teaspoon paprika |
| 2 large cans diced tomatoes | 2 tablespoons sugar |
| 3/4 cup lemon juice | 1 teaspoon each salt & pepper |

Boil chuck roast in covered pan for 2 hours on stove top. Shred roast into small pieces. Add all other ingredients. Add 1 cube beef bullion seasoning and the juice from chuck roast. Put In crock pot and simmer for 1/2 hour. DELICIOUS!

Betty Weiler, West Point, Nebraska

Magic Pumpkin Buckle

- | | | |
|---------------------------|--|---|
| Crust | | pumpkin |
| 1/2 cup butter, melted | | 1 cup evaporated milk |
| 1 cup flour | | 2 eggs |
| 1 cup granulated sugar | | 1 cup granulated sugar |
| 4 teaspoons baking powder | | 1/2 cup brown sugar |
| 1/2 teaspoon salt | | 1 tablespoon flour |
| 1 cup milk | | 1 teaspoon ground cinnamon |
| 1 teaspoon vanilla | | 1/2 teaspoon salt |
| | | 1/4 teaspoon each of ground ginger, cloves & nutmeg |
| Filling | | |
| 3 cups cooked or canned | | |

Pour butter in 9" X 13" baking pan. In a bowl combine flour, sugar, baking powder and salt. Stir in milk and vanilla until smooth. Pour into prepared pan. In a mixing bowl, beat pumpkin, milk and eggs. Add remaining filling ingredients. Pour over crust mixture, but do not stir. Bake at 350 degrees for 55 to 60 minutes. Top with whipped cream to serve.

Joyce Bierbaum, St. Libory, Nebraska

Christmas Meat Pies

- 3 ready made pie crusts, need bottom & top
- 4 lbs. ground beef
- 1 large onion, chopped
- 1 Tablespoon garlic salt
- Salt and pepper to taste
- 3 sticks of butter
- 4 cups of flour

Place the bottom pie crusts in 10" pie pans and bake in a 350 degree oven for 10 to 12 minutes, then set aside. In a large stock pot, boil 4 lbs. of ground beef, chopped onion and garlic salt. After the beef is cooked and drained, begin making a roux by melting 4 sticks of butter in a saucepan over medium heat. Once the butter is hot enough to bubble, slowly whisk in flour until it becomes thick like gravy. Add the roux to the beef and onion mixture and season with salt and pepper. Divide this mixture evenly between the 3 partially baked pie crusts. Add the top crust and cut small slits on the top of the pie to vent. Bake for 45 minutes in a 350 degree oven. Can be served plain or with shredded cheese, Cheese Whiz, ketchup, mustard or pickles.

RoseMary Schweitzer, Lincoln, Nebraska

Check out our new 3D designer on our website!



protect what matters

looks like **mother nature** finally met her match.

CALL NOW
FOR CURRENT SPECIALS
800-825-0316



Visit WorldwideSteelBuildings.com for more information.

A Better Way to Build

See for Yourself, Tour Online, or Call for our Catalog

HERITAGE HOMES



1-800-759-2782 | Watch our Tour Online
www.heritagehomesofne.com

We Build Multifamily Homes Also

BOOK YOUR VACATION NOW – CALL FOR LIMITED TIME SAVINGS

Grand Alaskan Cruise & Tour

Save \$500 per couple

12 days from \$1,749* \$1,499*

Departs June - September, 2019

Enjoy a spectacular cruise & tour between Seattle and Alaska including 7 nights aboard Holland America Line's *ms Westerdam* and 4 nights on land. You'll cruise the Gulf of Alaska and the Inside Passage—a breathtaking sea lane teeming with marine wildlife, where you'll pass glaciers, towering mountains, and lush forests, with stops in Ketchikan, historic Skagway and magnificent Glacier Bay. On land, you'll go deep into Denali National Park, tour Anchorage, and see the Alaska Wildlife Conservation Center.



FREE ONBOARD CREDIT

Hawaiian Islands Cruise & Tour

Save \$500 per couple

12 days from \$2,249* \$1,999*

Departs year-round

Discover Hawaii on this island-hopping cruise tour. Spend 7 nights aboard Norwegian Cruise Line's renovated *Pride of America* and enjoy freestyle cruising at its finest. Experience the lush Iao Valley on Maui, the beauty and charm of Hilo, Kona's coffee-rich "Gold Coast," and Kauai's spectacular Na Pali coast and Waimea Canyon. Your land tour includes Pearl Harbor and Honolulu city tours, and time to relax on world-famous Waikiki Beach. Escorted on Oahu by our friendly Tour Directors—your local experts.



FREE SPECIALTY DINING PACKAGE

YMT Vacations – the escorted tour experts since 1967! All tours include hotels, sightseeing and baggage handling.



Promo code **N7017** **1-844-324-3933**

*Prices are per person based on double occupancy plus up to \$299 taxes & fees. Cruise pricing based on lowest cabin category after savings; upgrades available. Single supplement and seasonal surcharges may apply. Add-on airfare available. Free Specialty Dining Package requires purchase of Ocean View Cabin or Balcony Cabin. Onboard credit with Ocean View or Balcony cabin purchase. For full Set Sail terms and conditions ask your Travel Consultant. Offers apply to new bookings only, made by 11/30/18. Other terms and conditions may apply. Ask your Travel Consultant for details.

FREE MATERIALS

Soon Church/Government Uniting, Suppressing "Religious Liberty" Enforcing "National Sunday Law." Be informed! Need mailing address only. TBS, Box 99, Lenoir City, TN 37771 thebiblesaystruth@yahoo.com
1-888-211-1715

We'll rent hunting rights from you. Seriously looking for duck & goose habitat. Encourage young sportsmen by providing safe, private access. You make the rules.
303-460-0273

Health Food Store & Deli:
2 turnkey businesses. Strong income/customer base. Colorado mountains
970-641-5175
Leave name & number.

Barb's Buttery Toffee
Yummy Holiday Gifts!
Almond * Pecan * Macadamia * Mild Black Walnut * Cashew * Pistachio * Coconut
Milk or Dark chocolate topping
8 oz. bag for \$8
We ship to all toffee lovers!
402-730-8810

900 Stores Nationwide • HarborFreight.com

SUPER COUPON

BADLAND BEATS WARN

Customer Rating **★★★★★**

12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL

12,000 LB. CAPACITY	12,000 LB.
YES EFFICIENT SERIES WOUND MOTOR	YES
YES DUST AND WATER RESISTANT WINCH	YES
4.4 LOADED LINE SPEED (FPM)	3.6
YES AUTO LOAD BRAKE	YES
YES CABLE TENSIONER	NO
3/8" CABLE DIAMETER	3/8"
359 AMP DRAW @ 12,000 LBS	457

NOW \$299.99 **SAVE \$400**

COMPARE TO KOMELON \$6.98 MODEL: L4825HV

ITEM 64045/64046/63770 shown

23667605

*WARN 96820 stated specs

LIMIT 5 - Coupon valid through 4/5/19

SUPER COUPON

FREE PITTSBURGH

WITH ANY PURCHASE

1" x 25 FT. TAPE MEASURE

LIFETIME WARRANTY

- Thumb Lock
- Rubber Wrapped Case

COMPARE TO \$6.98

ITEM 69030/47737/69031 shown

23666235

Cannot be used with other discounts or prior purchases. Original coupon must be presented. Valid through 4/5/19 while supplies last. Limit 1 FREE GIFT per customer per day.

SUPER COUPON

20% OFF

ANY SINGLE ITEM*

23660722

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parkers Lot Sale item, compressor, floor jacks, sales, saw mills, storage cabinets, chests or carts, trailers, trencher/backhoe, welders, hammer, axes, saws, Coora, CoverPro, Dayton, Homestead, Exting, saws, Fisher, Hercules, Iron, Jax, Lenz, Paces, Predator, Talstar, Viking, Wilcox, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 4/5/19.

HARDY SUPER COUPON

POWDER-FREE NITRILE GLOVES

PACK OF 100

- 5 mil thickness

Customer Rating **★★★★★**

NOW \$5.99 **SAVE 59%**

COMPARE TO VENOM \$14.97 MODEL: VEN4145

ITEM 37050, 37051, 37052, 64417, 64418, 61363, 68497, 61360, 61359, 68498, 68496 shown

23682860

LIMIT 5 - Coupon valid through 4/5/19

PITTSBURGH SUPER COUPON

RAPID PUMP® 3 TON STEEL HEAVY DUTY LOW PROFILE FLOOR JACK

- Weighs 73 lbs.

Customer Rating **★★★★★**

NOW \$199.99 **SAVE \$70**

COMPARE TO TEQ \$149.99 MODEL: T830018Z

ITEM 64264/64266/64879/64881 61282/60688/62326/61253 shown

23684547

LIMIT 4 - Coupon valid through 4/5/19

CENTRAL PNEUMATIC SUPER COUPON

21 GALLON, 2.5 HP, 125 PSI VERTICAL OIL-LUBE AIR COMPRESSOR

- Air delivery: 5.8 CFM @ 40 PSI, 4.7 CFM @ 90 PSI

Customer Rating **★★★★★**

NOW \$149.99 **SAVE \$79**

COMPARE TO HUSKY MODEL: C201H

ITEM 61454/69091/62803/63635/67847 shown

23693414

LIMIT 3 - Coupon valid through 4/5/19

PREDATOR SUPER COUPON

2000 WATT SUPER QUIET INVERTER GENERATOR

- 4.7 hour run time

Customer Rating **★★★★★**

NOW \$449.99 **SAVE \$549**

COMPARE TO HONDA MODEL: EU2000i

ITEM 62523

23698698

LIMIT 5 - Coupon valid through 4/5/19

PITTSBURGH MOTORCYCLE SUPER COUPON

1000 LB. CAPACITY MOTORCYCLE LIFT

- Diamond plate steel platform and ramp
- Lift range: 7" to 29-1/2"

Customer Rating **★★★★★**

NOW \$299.99 **SAVE \$799.99**

COMPARE TO DIRECT-LIFT MODEL: 873100

ITEM 69904/68892 shown

23699476

LIMIT 5 - Coupon valid through 4/5/19

HaulMaster SUPER COUPON

72" x 80" MOVING BLANKET

Customer Rating **★★★★★**

NOW \$5.99 **SAVE 70%**

COMPARE TO BLUE HAWK \$19.99 MODEL: 77280

ITEM 69505/62418/66537 shown

23707736

LIMIT 4 - Coupon valid through 4/5/19

COBRA SUPER COUPON

4 CHANNEL WIRELESS SURVEILLANCE SYSTEM WITH 2 CAMERAS

- Night vision

Customer Rating **★★★★★**

HIGH DEF. 720P RESOLUTION

NOW \$229.99 **SAVE \$120**

COMPARE TO ALC MODEL: ALC-AWS3266

ITEM 63842

23762514

LIMIT 4 - Coupon valid through 4/5/19

HaulMaster SUPER COUPON

18" WORKING PLATFORM STEP STOOL

- 350 lb. capacity

Customer Rating **★★★★★**

NOW \$19.99 **SAVE \$29.99**

COMPARE TO GPL MODEL: W-21

ITEM 62515/66911 shown

23709974

LIMIT 7 - Coupon valid through 4/5/19

SUPER COUPON

SOLAR ROPE LIGHT

- Great outdoor accent lighting
- Super bright light

Customer Rating **★★★★★**

NOW \$8.99 **SAVE \$12.99**

COMPARE TO HAMPTON BAY MODEL: 8906-0555R

ITEM 62533/63941 64625/68353 shown

23712990

LIMIT 9 - Coupon valid through 4/5/19

PITTSBURGH AUTOMOTIVE SUPER COUPON

1 TON CAPACITY FOLDABLE SHOP CRANE

- Boom extends from 36-1/4" to 50-1/4"
- Crane height adjusts from 82" to 94"

Customer Rating **★★★★★**

NOW \$99.99 **SAVE \$179.99**

COMPARE TO IRONTON MODEL: 46218

ITEM 61858/69512/69445 shown

23728732

LIMIT 3 - Coupon valid through 4/5/19

WARRIOR SUPER COUPON

18 VOLT LITHIUM CORDLESS 3/8" DRILL/DRIVER KIT

Customer Rating **★★★★★**

NOW \$29.99 **SAVE \$39.99**

COMPARE TO RYOBI MODEL: P1810

ITEM 64118

23761767

LIMIT 5 - Coupon valid through 4/5/19

U.S. GENERAL SERIES 2 SUPER COUPON

30", 4 DRAWER TECH CART

- 12,600 cu. in. of storage
- 580 lb. capacity
- Heavy duty gas struts hold lid open at 90 degrees

Customer Rating **★★★★★**

NOW \$107.99 **SAVE \$159.99**

COMPARE TO SNAP-ON MODEL: K83C10T8PC

ITEM 64818/64096 shown

23744741

LIMIT 4 - Coupon valid through 4/5/19

COVER PRO SUPER COUPON

10 FT. x 20 FT. PORTABLE CAR CANOPY

Customer Rating **★★★★★**

NOW \$99.99 **SAVE \$106**

COMPARE TO SHELTER LOGIC MODEL: 23522

ITEM 63054/62858 shown

23744765

LIMIT 3 - Coupon valid through 4/5/19

CENTECH SUPER COUPON

AUTOMATIC BATTERY FLOAT CHARGER

Customer Rating **★★★★★**

NOW \$4.99 **SAVE \$9.99**

COMPARE TO BUFFALO BLACK MODEL: DPSL

ITEM 69594/69955/64284/42292 shown

23746085

LIMIT 9 - Coupon valid through 4/5/19

CENTRAL MACHINERY SUPER COUPON

8", 5 SPEED BENCHTOP DRILL PRESS

Customer Rating **★★★★★**

NOW \$54.99 **SAVE \$64.99**

COMPARE TO BUFFALO BLACK MODEL: DPSL

ITEM 62520/60238 shown

23753469

LIMIT 4 - Coupon valid through 4/5/19

drillmaster SUPER COUPON

80 PIECE ROTARY TOOL KIT

Customer Rating **★★★★★**

NOW \$6.99 **SAVE 73%**

COMPARE TO PROFESSIONAL WOODWORKER MODEL: S1832

ITEM 68986/63235/63292/97626 shown

23758153

LIMIT 7 - Coupon valid through 4/5/19

*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 4/5/19.

At Harbor Freight Tools, the "Compare to" price means that the specified comparison, which is an item with the same or similar function, was advertised for sale at or above the "Compare to" price by another retailer in the U.S. within the past 90 days. Prices advertised by others may vary by location. No other meaning of "Compare to" should be implied. For more information, go to HarborFreight.com or see store associate.



May your season be bright

As a power supplier to electric cooperatives and public power districts in Nebraska, we generate electricity for your everyday life and your celebrations. May you and your loved ones have a wonderful holiday season.



TRI-STATE | www.tristate.coop

A Touchstone Energy® Cooperative 