

RURAL ELECTRIC

NEBRASKAN

February 2018



Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®**, **Nexium®**, and **Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested **Acemannan**, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know **Acemannan** has many of other health benefits?...



HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called **Acemannan**. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The **acemannan** used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your

body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body - even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

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

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-593-4446** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

**RURAL ELECTRIC
NEBRASKAN**

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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

Greg Weidner,

Elkhorn Rural Public Power District

Treasurer

Bryan Monahan,

Panhandle Rural Electric

Membership Association

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Snow melts away in a field as temperatures climb across Nebraska.
Photograph by Wayne Price



by Wayne Price

Public power is the public's business

At the heart of public power is local control -- community leaders making policy decisions so that utility services are in tune with customers' needs and values. At Nebraska's public power districts and electric cooperatives, decisions on vital services that affect every home and business are made by a locally elected board of directors through an open and democratic process. The publically elected board members understand their most important responsibility is to serve the needs of their customers and to protect the affordability of electricity and the reliability of the electric system.

With local control also comes access for electric consumers. Customers have a voice in the activities of their electric systems. Public Power is after all, the public's business. An electric utility's board of directors meets to discuss the current and future needs of the utility and to make decisions regarding the operations of the utility. These board members vote to set rates and they participate in a wide variety of programs geared to improving Nebraska's economy and overall quality of life. Of course these board meetings are open to the public and allow an opportunity for concerned customers to be heard.

Nebraska's publicly controlled rural electric utilities have operated successfully under this model for nearly 125 years. People like having a say in matters that affect them. And we are glad they do, as customer feedback helps keep us on track and pushes us to do better.

Our historic beginning

In 1935, at a time when fewer than seven percent of Nebraska farms had electric service, President Franklin D. Roosevelt issued an executive order, establishing the Rural Electrification Administration (REA) as an agency of the federal government. The goal of the Rural Electrification Administration was to provide low-interest, long-term federal loans to the existing power industry, hoping to make it possible to provide electric service across the sparsely populated sections of rural America. The existing electric industry's response was to refuse the loans on the grounds that there was little demand for electric service on the farm and little profit to be gained.

In 1936, Nebraska Senator George Norris introduced, and President Roosevelt signed, the Rural Electrification Act. This measure directed the REA administrator to give preference in making loans to rural power districts, providing the needed startup funds for electricity to be distributed across rural Nebraska.

Rural Nebraskans demanding electric service began to come together forming public power districts and electric cooperatives and beginning the process of establishing an electric utility. Their objective was not to own electric utilities for profit, but simply to obtain service that would bring them into step with the rest of the modern world. The cooperative model fit with this goal because it did not require them to pay or collect profits from anyone. Those founders volunteered their time, their labor, their teams and equipment--whatever was needed to bring electric service to their homes. They knew it would be a high-cost service, because, in spite of their contributed services and their nonprofit operation, the numbers of electricity users per mile of line were still too few to share in the cost of providing the expensive service.

Co-op members recruited as many neighbors as they could and they took on as much of the job as they could themselves in order to keep costs down. They organized a state association, The Nebraska Rural Electric Association, (NREA) headquartered in Lincoln, to serve as their common voice and represent them in the state capital. Through the Association, they worked together to create joint programs and materials and to share the load of critical problems confronting all of them.

Voicing Your Opinion

Do you have a concern you would like to bring to the attention of your electric utility? Nebraska's rural electric public power districts and electric cooperatives invite you to attend a board meeting. At these meetings you can voice your opinion or share a concern directly with the board of directors. Every resident of Nebraska can provide input into how his or her local electric system is operated.



Follow us
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Reliability is earned with dedication, focus and work

by Kim Christiansen
NREA General Manager

We just celebrated the holidays as I write this column. I treasured the time with friends and family. I have some people in my life upon which I rely. That person who is there for you. That person who listens. I hope you, too, have that friend or relative. That one special someone who is always there for you, ready to lend a hand or an ear. The one you count on—the reliable one. I have had several people, but one was my maternal grandmother. She was reliable. Reliability is a wonderful thing. It is earned, over time, with dedication, focus and work.

Electric service has, over the last 75 years or so, become very reliable. My seven-year-old granddaughter, for example, does not even think about turning on the lights. She has come into a world where the switch always comes on. Contrast that to my grandmother, who was known, when I was young, to flip the lights on and off and marvel that she could do so. Grandma came into a world of candles, kerosene lamps and woodstoves. I do not think Grandma really trusted the lights would stay on. My granddaughter has a world of 4K TV's, internet, heat pumps and instant, unacknowledged electric access. The contrast in electric service to those two people I love is mind-blowing.

I can share a very limited experience of power deprivation. During the 2007 Kansas ice storm, my husband, Stan, and I were without power for five days. Five VERY long days. No hot water, no lights, no TV, no furnace. We had a gas range and a gas fireplace, so we were fine. But I wandered through the house and, without thinking, turned on switches that did nothing. Because nothing happened, I guess I left them on.

Linemen worked around the clock, as they always do, to “get the lights back on.” Everything came back on at 3 a.m. Every light in my house came on, my furnace roared back to life, and all five TV's blared. Trust me, I have never been out of bed so fast! However, once my heart resumed beating, I marveled at what I had missed during those five long days. What a lot I had taken for granted before the ice storm. Then, of course, I promptly forgot all of that wonder at the electric service I enjoyed and took it for granted.

Right now, I think about our fellow Americans in Puerto Rico. Hurricane Maria devastated this Caribbean island on September 30, 2017. Last I saw, there are large portions of Puerto Rico without power since the hurricane hit in September. Can you imagine three to four months without electric service? The last report I heard says the service in many areas may not be back until May or June. Imagine that.

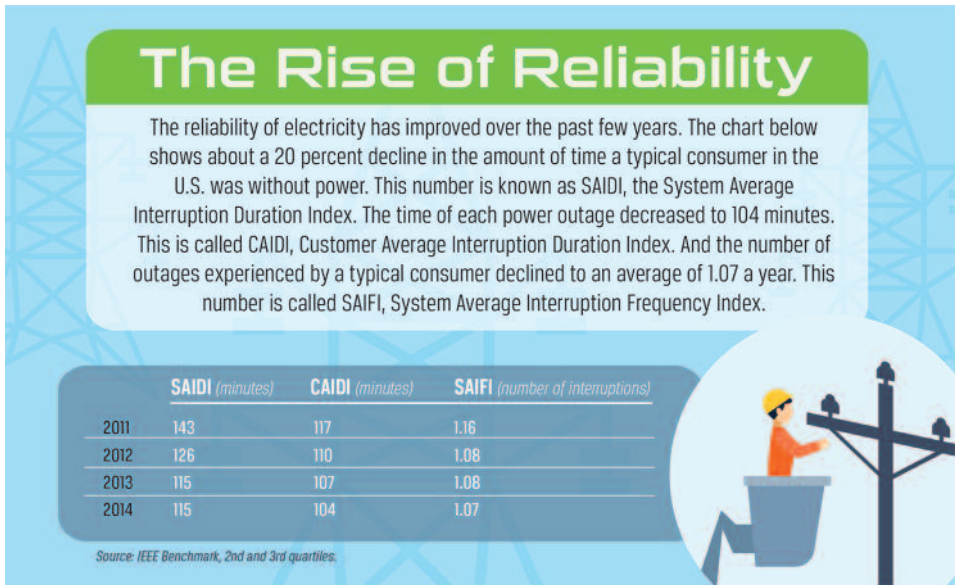
Electricity to our homes is kind of a miracle, isn't it? We want lights, we flip a switch, and there it is. We want heat, or hot water or A/C...the list can go on and on...we flip that switch. We do not think about what electricity has done for us and will continue to do for

us. We just expect the light to turn on. If power is out, off, we expect it to get restored ASAP. My grandmother always had that wonder-my granddaughter just expects it.

That is the point of this column. Electricity is reliable. We use electricity daily, unconsciously, as a vital part of our lives. We depend on it. We do not think about it. We do not think about the effort it takes and has taken, over the years, to achieve reliability. The hard work. The dedication. We do not think about linemen out in the cold, in the heat, in the rain, in the ice and snow, turning the lights back on. We do not think about the engineering, design, and construction to make sure the power flows.

Electricity is just there. Safe and reliable. Over the years, we have come to count on it. Like that reliable friend who is there when you need them. Electricity is there when you need it. We no longer marvel at what a reliable, trustworthy friend our electric service has become over the years. Dependable and safe—just the way we like it.

Moreover, the great thing for you, the reader? You do not have to worry. NREA's members will work, quietly and efficiently, to keep it that way!



By Paul Wesslund



What's hot?

The way you get most of your electricity.

Here are the basics on one of the most important forces in your everyday life.

We depend on electricity 24/7, but have you ever wondered how it's made, or where it comes from?

To understand the basics of something so important to modern life, think about steam from a teakettle and those magnets stuck to your refrigerator door.

Magnetic metals in nature attract each other because parts of the atoms that make up those metals want to match up with others. Those restless atomic particles are called electrons—and that's where we get the word "electricity."

In the early 1800s, a scientist in England named Michael Faraday noticed that when he rotated a metal disk through the middle of a horseshoe-shaped magnet, he could get electrons to flow together in an electric current.

Engineers soon took over and made Faraday's process really complicated. And really useful. Today, nearly all our electricity comes from turbines that spin a magnet inside a coil of wires.

One way to turn those turbines is by heating liquid into steam that forces the turbine to spin, using the same principle that makes a teakettle sing. When you boil water on your stove, that liquid expands more than 1,000 times as it vaporizes. If you've ever had your hand burned near boiling water, you've felt the power that steam produces.

The use of heat to spin a turbine generates more than 80 percent of our electricity using either coal, natural gas or nuclear power.

Coal

Coal is dug from the ground, either near the surface, or from deep underground mines, then is shipped to power plants, often by train.

At the power plant site, the coal is stored in large piles on the ground until it is ready to be burned. The coal chunks are crushed into smaller pieces, or even a powder, that is burned in a furnace.

The heat from that combustion is

used to turn liquid into the steam in a furnace/boiler that spins the steam turbine/generator producing electricity.

Large transformers at the plant boost the voltage of the electricity (while lowering the current and minimizing line loss potential) for shipment across the country through tall transmission lines. As it gets closer to where it will be used, a substation of transformers reduces the voltage to a level that can be safely delivered to a smaller transformer on the utility pole or pad mounted transformer in your yard, decreasing the voltage further for use in your home.

As simple as that process sounds, each step is extremely complicated in order to make it as efficient and safe as possible. The furnace burns the coal up to 3,000 degrees Fahrenheit, and the steam it produces gets hotter

than 1,000 degrees. Coal contains harmful elements that get captured and removed through sophisticated pollution controls. That environmental equipment can cost as much as the power plant itself.

Coal plants produce about a third of the nation's electricity.

Natural gas

Ancient plants and animals that died long ago turned into coal, oil and natural gas—that's why all three are called fossil fuels.

Like coal, natural gas comes from the ground, and it can burn in a way that can drive a steam turbine or a natural gas-fired combustion turbine. Unlike coal, you can't hold it in your hand—it's a colorless gas, like air, and has to be transported by pipeline. Natural gas can also be piped directly into homes where it can be burned in water heaters and

stoves.

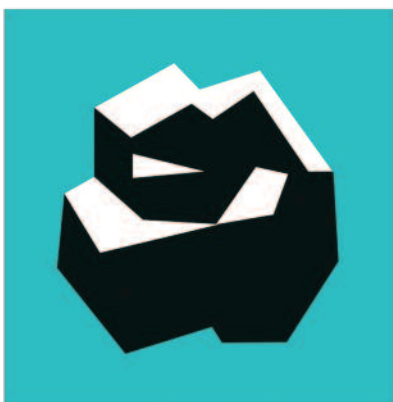
In a natural gas power plant, specially-designed combustion turbines burn the gas to make them spin, generating the electricity. The way natural gas turbines work is similar to a jet engine, and in fact they are a large, complicated version of what you see hanging on airplane wings.

Natural gas electric generation has advantages over coal: The plants are simpler, cheaper to build, require less staff and they can be shut down and powered up more quickly. Natural gas doesn't contain as many pollutants as coal, so fewer environmental controls are needed. Natural gas burning also produces less greenhouse gas. In the past, natural gas was more expensive than coal—until the 1990s when fracking and other new drilling techniques

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DID YOU KNOW?

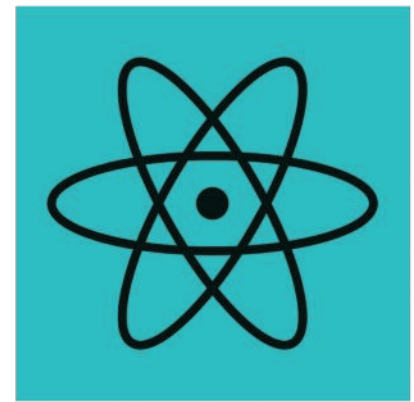
More than 80 percent of the nation's electricity is generated by coal, natural gas and nuclear energy. These three energy sources utilize heat (in different ways), which ultimately causes a large turbine to spin. The spinning motion creates the electricity, which is then routed over transmission lines, and eventually delivered to your home.



30.4%
generated by coal.



33.8%
generated by
natural gas.



19.7%
generated by
nuclear energy.

Source: Energy Information Administration

What's hot? From page 7

flooded the market. Natural gas prices dropped dramatically and many utilities are using it to replace coal generation.

Natural gas plants now produce about a third of the nation's electricity, about the same as coal.

Nuclear

A nuclear power plant works basically the same as a coal plant—making steam to spin a turbine and generator.

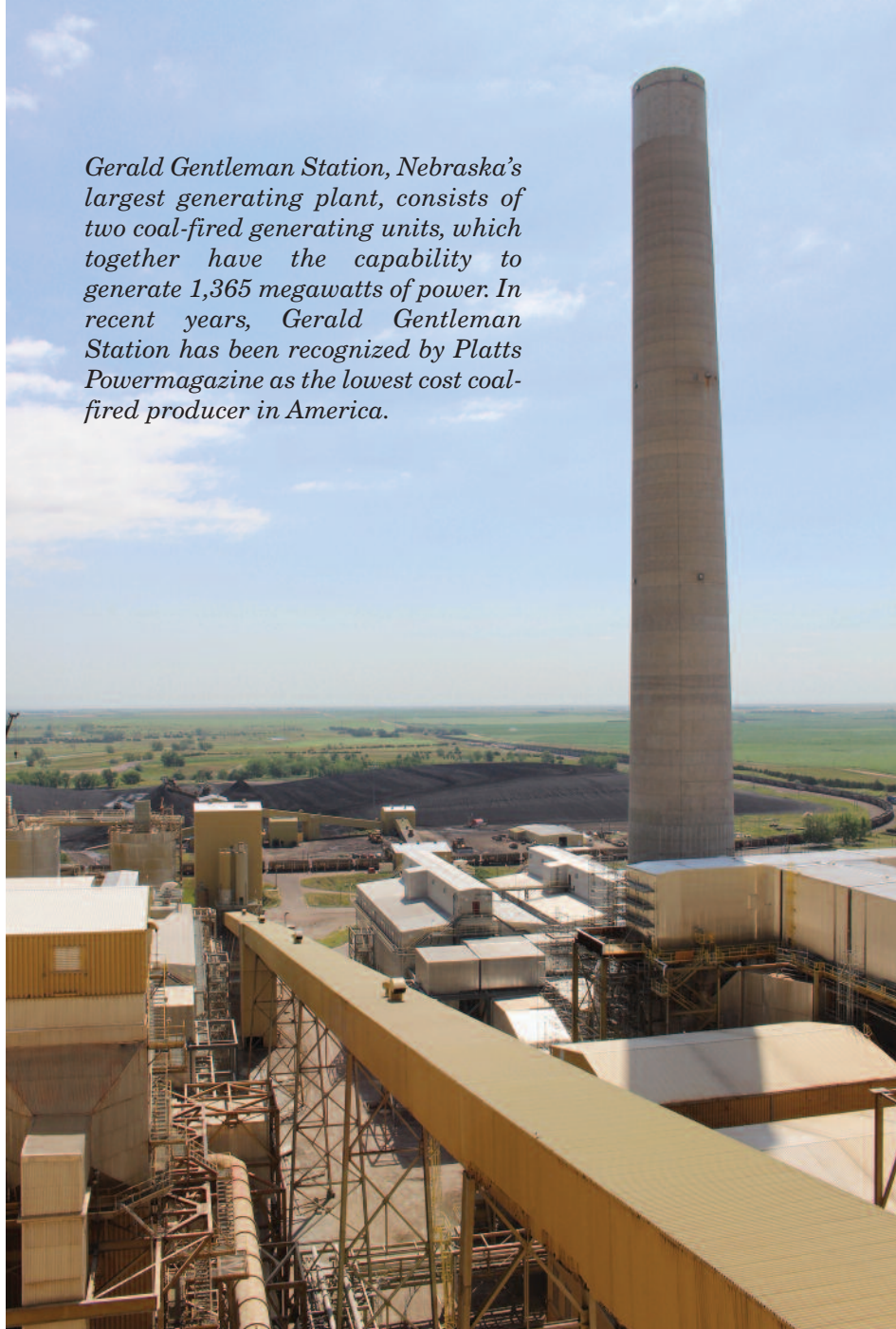
The difference is that instead of burning coal, heat from a nuclear reactor heats the liquid into steam.

The basic fuel for a nuclear power plant is uranium, which is mined from the ground. It must then be formulated into expensive and complex fuel components for utility use.

A little uranium can last a long time, making it a promising, incredibly cheap power source. And it produces none of the pollution or greenhouse gas that comes from burning coal or natural gas. But the concentrated radioactivity in the nuclear reactor is potentially so dangerous that complex, expensive safety measures need to be part of any nuclear plant. Highly technical control systems need to be in place to slow or shut down the level of heat produced, and the nuclear reactor needs to be inside a strong containment building to keep radioactivity out of the atmosphere in the event of a low-probability accident in the reactor core.

Another controversy still has not been solved—how to dispose of the spent nuclear fuel, which can stay radioactive for millions of years before the radioactivity is brought down to naturally occurring radioactivity in the environment. Most of the spent fuel is currently stored in pools of water and dry storage casks at the site of the nuclear plant.

Gerald Gentleman Station, Nebraska's largest generating plant, consists of two coal-fired generating units, which together have the capability to generate 1,365 megawatts of power. In recent years, Gerald Gentleman Station has been recognized by Platts Powermagazine as the lowest cost coal-fired producer in America.



Nuclear power generates about one-fifth of the nation's electricity.

Coal and nuclear power plants are often referred to as “baseload,” meaning that since we want electricity to be available all the time, those plants are well suited to run all the time. Natural gas has long been considered a fuel for “peak load,” meaning it is used for times of especially high electricity use. But with the drop in natural gas prices, it has become base load for the nation's electric grid.

Heat produced by coal, natural gas and nuclear power generates about 80 percent of our electricity. The rest comes mainly from hydroelectricity, solar and wind.

Paul Wesslund writes on cooperative issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit public power districts and electric cooperatives.

TECHNOLOGY SIMPLIFIED – BIGGER AND BETTER

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

– Janet F.

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

From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll

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The resurgence of interest in **MICROGRIDS**

by Kaley Lockwood

The energy landscape is currently undergoing a dramatic transformation. Developments in electric vehicles, energy management technologies and battery storage are all evidence of the shift in how we interact with energy. As a society, we're becoming increasingly reliant on electricity as we continue to incorporate electronic gadgets and gizmos into our lives. Furthermore, the transformation of the industry has led to a major transformation of our electric grid.

The American power grid is often hailed as one of the greatest engineering feats of all time. It's also widely apparent that our current energy infrastructure is not equipped to handle all of the new technologies we're throwing its way. Public power districts and electric cooperatives are utilizing new energy technologies in

new and innovative ways to maximize the value of current infrastructure and keep up with the transformation. Cue the resurgence of interest in microgrids, a tool that has the ability to bridge the gap between these newer technologies and an aging grid infrastructure.

These small-scale energy networks are best described as mini versions of our utility power systems. They arguably provide the most value to communities through their ability to connect and disconnect from the main grid. In times of extreme weather or other emergency situations when blackouts occur, these local networks can island off, or disconnect from the main power system and operate entirely on their own.

The hurricanes and tropical storms of 2017 demonstrated just how

serious extreme weather events can be. In hurricane Harvey's instance, flooding caused catastrophic damage to Houston's energy infrastructure. While hundreds of thousands were left without power, a number of supermarkets were able to stay up and running because of their connection to a natural gas-powered microgrid. In the event of a power outage, a microgrid's electricity sources and loads will work together to provide backup power when necessary. These systems may be customized to keep critical loads, like hospitals or water treatment facilities, energized while giving affected communities the ability to quickly recover after a storm.

According to greentechmedia.com, the 2012 hurricane Sandy was a catalyst for the construction of 35 microgrids that currently make up 33 percent of the 2,045 total megawatt capacity of all microgrids in the United States. When 8.5 million people were left without power in the storm's aftermath, officials realized the need and importance for a grid with greater resiliency, or an increased ability to bounce back after an outage. These grids operate primarily using fossil fuels or thermal energy generators, known as combined heat and power systems, but with the explosion of solar and wind energy, future

Why Microgrids?

- Faster power restoration after a natural disaster
- Greater efficiency in coordinating electricity use and generation
- Improved software allows better coordination of electric current among generators and users
- Better security by separating parts of the grid to avoid system-wide outages



Alaska Village Electric Cooperative (AVEC) serves 58 small communities with 50 microgrids collectively capable of supplying six times the average load needed by the 33,000 Alaskans it serves.

microgrids will be more reliant of renewable forms of energy.

A microgrid's ability to operate independently is often through use of local generation (renewables or generators) as well as through use of energy storage systems. This is why the advancements in renewables and battery storage have increased the potential of microgrid technologies. At the end of the day, solar-powered microgrids can operate at lower costs than microsystems reliant on fossil

fuels. Although they've been around for quite some time, cheaper, localized generation is driving resurgence in microgrid interest.

Developments in battery storage have also fueled increased attention. Batteries on microgrids give electric utilities greater flexibility to participate in energy arbitrage, which is saving excess electricity when demand is low to be used at a later point when demand increases. In fact, a microgrid located in

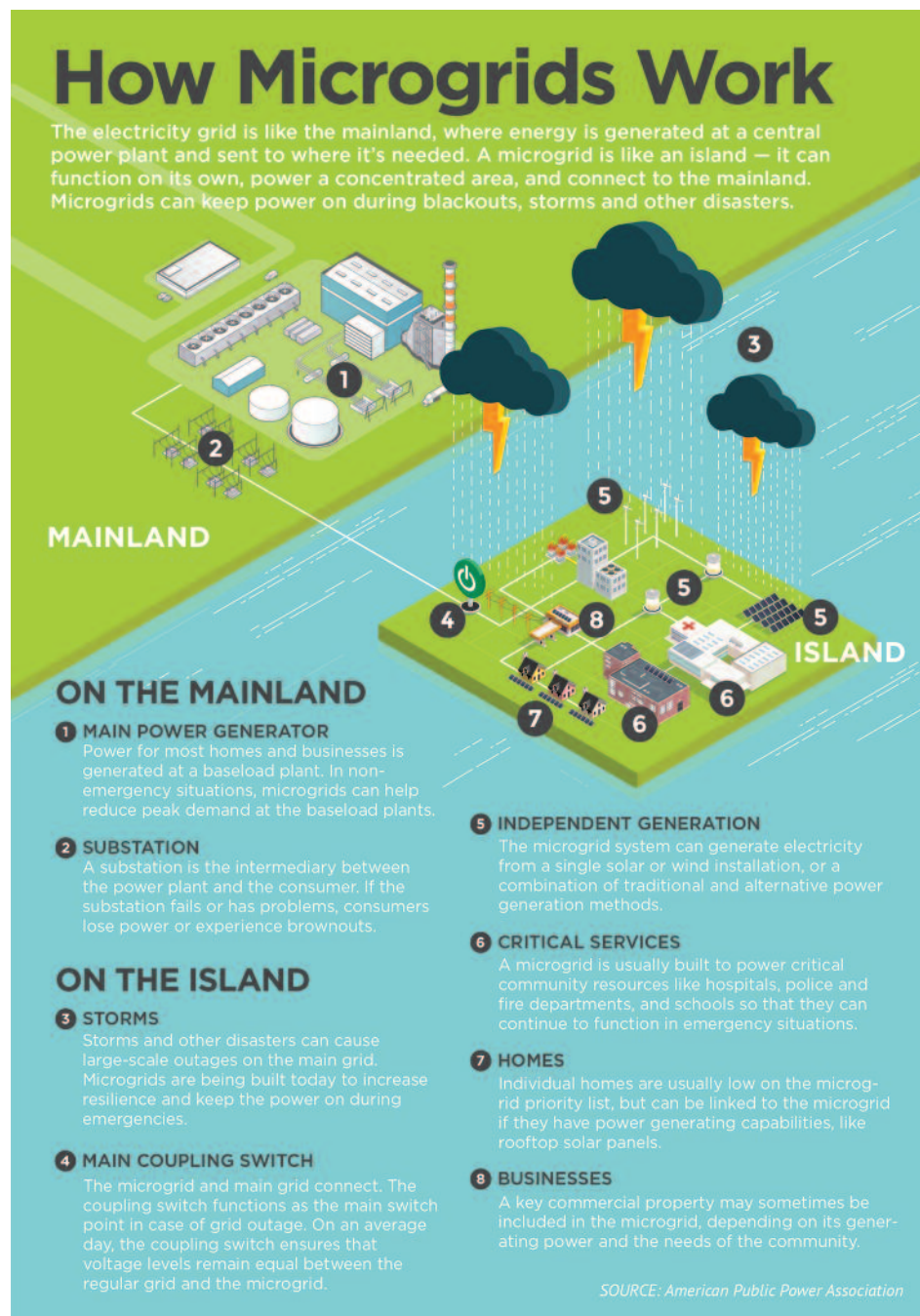
Oracoke Island on the coast of North Carolina is doing just that. The state's G&T cooperative, North Carolina EMC, and its distribution cooperative member, Tideland EMC, have developed the state's first grid-connected microgrid.

This system is connected to the main grid and includes a diesel generator, battery storage and solar PV. When the microgrid is hooked up to the main power system, the battery absorbs excess energy during periods of low demand, like in the early hours of the day, and then discharges during periods of peak demand, or when everyone gets home from work and starts cooking dinner. Microgrids thus enable greater flexibility with use of technologies like battery storage systems.

What makes a microgrid different from a residential solar and storage system? Truthfully, nothing. A microgrid can be as small as a single home with rooftop solar and as big as Alcatraz Island's power system (which is one of the nation's largest microgrids according to energy.gov). For the sake of clarification, the microgrids discussed in this article refer to utility-scale microgrids that can serve a whole community.

In places like Alaska, electric cooperatives have no choice but to operate completely disconnected from main grid. Alaska Village Electric Cooperative (AVEC), for example, serves 58 small communities with 50 microgrids collectively capable of supplying six times the average load needed by the 33,000 Alaskans it serves. Due to AVEC's geography, its system is a natural microgrid.

As technology advances and costs decline, the benefits of microgrids will continue to receive greater attention as they offer many opportunities to evolve the nation's energy infrastructure and enable public power districts and electric cooperatives to provide safe, reliable and affordable power to consumers.





Keep your space heater at least three feet away from yourself and flammable items like blankets, drapes, and rugs. Photograph provided by U.S. Fire Administration

Take steps to prevent home fires and save lives

Nearly half of American families use alternative heating sources such as space heaters, fireplaces, or wood/coal stoves to stay warm this time of year. Fixed and portable space heaters, including wood stoves are a leading cause of home fires, and are involved in 74 percent of fire related deaths. Carbon monoxide is also a killer, and each year over 200 people die from carbon monoxide produced by fuel burning appliances in the home including furnaces, ranges, water heaters, and room heaters.

“Eighty percent of Americans don’t realize that home fires are the single most common disaster across the nation,” said Steph Novacek, Executive Director for the Capital and Eastern Nebraska Area Chapter of the American Red Cross. “People can reduce their family’s risk of being harmed in a home fire by using alternative heating sources safely, and by installing smoke alarms on every level of their home.”

Seven times a day someone in the U.S. dies in a fire. Red Cross volunteers have responded to over 58

home fires just this past year in the Capital and Eastern Nebraska Chapter area. The Red Cross is working to reduce the number of fires by calling attention to winter heating safety, as well as proper installation and testing of smoke alarms. In addition, families and individuals are also encouraged to develop and practice a home fire escape plan.

Simple Steps to Save Lives

The Red Cross is calling on everyone to take steps that can save lives, especially during the winter months when home fires are more common:

- Keep all potential sources of fuel like paper, clothing, bedding or rugs at least three feet away from space heaters, stoves, or fireplaces.
- Portable heaters and fireplaces should never be left unattended. Turn off space heaters and make sure any embers in the fireplace are extinguished before going to bed or leaving home.
- If you must use a space heater, place it on a level, hard and nonflammable surface (such as ceramic tile floor), not on rugs or

carpets or near bedding or drapes. Keep children and pets away from space heaters.

- When buying a space heater, look for models that shut off automatically if the heater falls over as another safety measure.
- Never use a cooking range or oven to heat your home.
- Keep fire in your fireplace by using a glass or metal fire screen large enough to catch sparks and rolling logs.
- Have wood and coal stoves, fireplaces, chimneys, and furnaces professionally inspected and cleaned once a year.
- Install a carbon monoxide detector on each level of your home.
- Install smoke alarms. At a minimum, put one on every level of the home, inside bedrooms and outside sleeping areas.
- Make sure that everyone in the family knows how to get out of every room and how to get out of the home in less than two minutes.
- Practice the fire escape plan, and keep track of the time it takes. It should be not more than two minutes!

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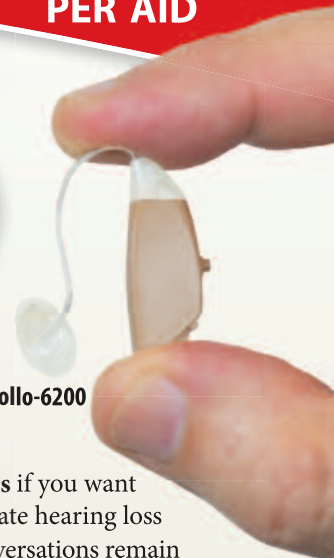
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Female vs male hearts:

Is there a difference when diagnosing heart disease?

Women aren't supposed to get heart disease. That was the thinking years ago, and that thinking persists today in the diagnosis of heart disease, according to Dr. Gerald Fletcher, a cardiologist with Mayo Clinic in Jacksonville, Florida.

"Women will tell me, 'I don't feel right,'" Fletcher says. "They don't like to say they are experiencing chest pain. They are vague about the symptoms that brought them to the doctor's office. This is particularly true with the elderly population. The thinking that women don't get heart disease or have heart attacks is a holdover from that thinking years ago.

"Men, on the other hand, are more likely to say something like, 'I have discomfort in my chest. They are more specific with their explanation of symptoms.'"

That common experience among physicians leaves Dr. Fletcher with a recommendation for all of us: Bring

a family member with you to your appointment. This gives doctors a larger perspective about the person and the medical and emotional perspective the family has.

There is one other distinction doctors see, but this one crosses genders. This distinction is between deniers and complainers.

"A lot of people are deniers," Fletcher says. "They don't want to admit they have a medical issue. Others are complainers. They are at the doctor's office with every little ache."

Recent science has also shown some differences in warning signs. The American Heart Association lists these warning signs for women:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

For men, the warning signs are:

- Chest discomfort—the most common sign of heart danger
- Nausea, indigestion, heartburn, or stomach pain
- Pain that spreads to the arm
- Feel dizzy or lightheaded
- Throat or jaw pain
- Gets exhausted easily.
- Snoring
- Sweating

If you have any of these signs, call 9-1-1 and get to a hospital right away.



The American Heart Association sponsors numerous walks to raise awareness of heart health. Photograph provided by American Heart Association

Eat like the animals: Nuts are nutritional powerhouses

Nut lovers such as squirrels, chipmunks, and black bears might not be able to tell you about the nutrition that nuts provide, but they know they taste good and are good for them. For human beings, most nuts provide significant health benefits, according to nutritionist Sonya Angelone. Each nut provides different nutritional benefits.

Almonds have more calcium than any other nut, plus nearly 9 grams of heart-healthy monounsaturated fats, 6 grams of protein, and 3.5 grams of fiber per ounce.

Walnuts are rich in polyunsaturated fats, particularly an omega-6 fatty acid called linoleic acid the most abundant one. They also contain a relatively high percentage of a healthy omega-3 fat called alpha-linolenic acid.

Pistachios have high levels of

vitamins, minerals and antioxidants. They are especially high in vitamin B6, thiamine, and copper.

Brazil nuts are high in protein, fiber, selenium, thiamine, copper and

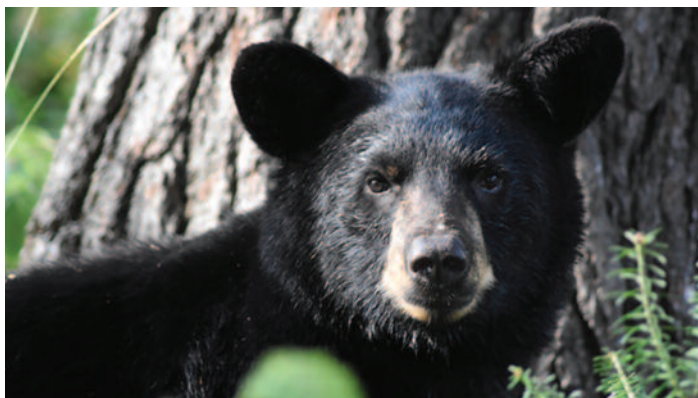
nut.)

Pecans contain more than 19 vitamins and minerals, including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc. One ounce provides 10 percent of the recommended daily value for fiber.

Macadamia nuts contain the most heart-healthy monounsaturated fat per serving.

Cashews are very high in iron, zinc, and magnesium. But, there is a catch. Nuts are high in calories. That is why Angelone recommends limiting consumption to 1 ounce of nuts each day.

The nutritionist says you do not have to eat a variety each time, just eat different kinds of nuts on different days.



Humans should take a tip from animals, such as black bears, squirrels, and chipmunks, on the significant health benefits that nuts provide. Photograph by Debra Gibson Isaacs

magnesium. However, high levels of selenium can be toxic, so watch quantities. (A single Brazil nut can contain 68–91 mcg of selenium per

Testing for heart disease is an important step towards prevention

I expected a long list of tests with hard-to-pronounce names. After all, I knew that heart disease often goes undiagnosed until something serious or irreversible occurs such as a myocardial infarction, commonly known as a heart attack. Thus, the questions I posed to Dr. Gerald Fletcher, a cardiologist with the Mayo Clinic in Jacksonville, Florida, were: What tests should your doctor be running to detect heart disease? And does this change by age, family history, or other conditions such as pre-diabetes or high-blood pressure?

Instead of a long, complicated list, Fletcher had a familiar, readily understandable answer: Man or woman, young or old, heart disease or not, the best test—and often the only test needed—is the treadmill stress test.

Also known as an exercise electrocardiogram, treadmill test, graded exercise test or stress EKG, it tells your doctor how your heart responds to being pushed by monitoring changes in your heart's electrical activity.

You'll walk on a treadmill or pedal a stationary bike. It will get more difficult as you go. A healthy person should

be able to continue with the test for 10 minutes. If you can only go three or four minutes, you may have a problem. The problem could be coronary heart disease or something as simple as a lack of physical fitness. Your doctor will explain further.

“There are more expensive tests such as an echocardiogram (which uses sound waves to create pictures of your heart's chambers, valves, walls and the blood vessels attached to your heart), or a nuclear cardiogram (an imaging test that uses special cameras and a radioactive substance called a tracer to create pictures of your heart), but in general the simple treadmill test is adequate. The success of this procedure is quite good.”

Fletcher says interpreting the test is critical, particularly for women.

“Women have different responses, and their tests should be interpreted carefully,” the cardiologist says. “There can be a false positive, and the person could be misdiagnosed with heart disease. There is no known reason for this, but it does happen.”

Prevent electrical hazards in your workshop

For many Do-It-Yourselfers, the workshop is a second home. Make sure it's a safe place to work productively. With so many power tools in one place, take steps to prevent electrical shocks and other hazards:

- Choose electrical outlets equipped with ground fault circuit interrupters (GFCIs). Use portable GFCIs if outlets don't have them.
- Make sure metal workbenches are grounded. Have a professional do that work.
- Check for damaged cords, plugs and signs of wear before using equipment.
- Replace old, worn power tools and cords.
- Use heavy-duty extension cords rated for the tools you plan to use.
- Make sure the area is clean and dry before undertaking any project.
- Store flammable liquids and materials away from the workbench, and where spark-producing tools like grinders and cutters, are used.
- Secure equipment and tools when not in use to prevent them from falling, being damaged or causing injuries.



Choose electrical outlets equipped with ground fault circuit interrupters (GFCIs).

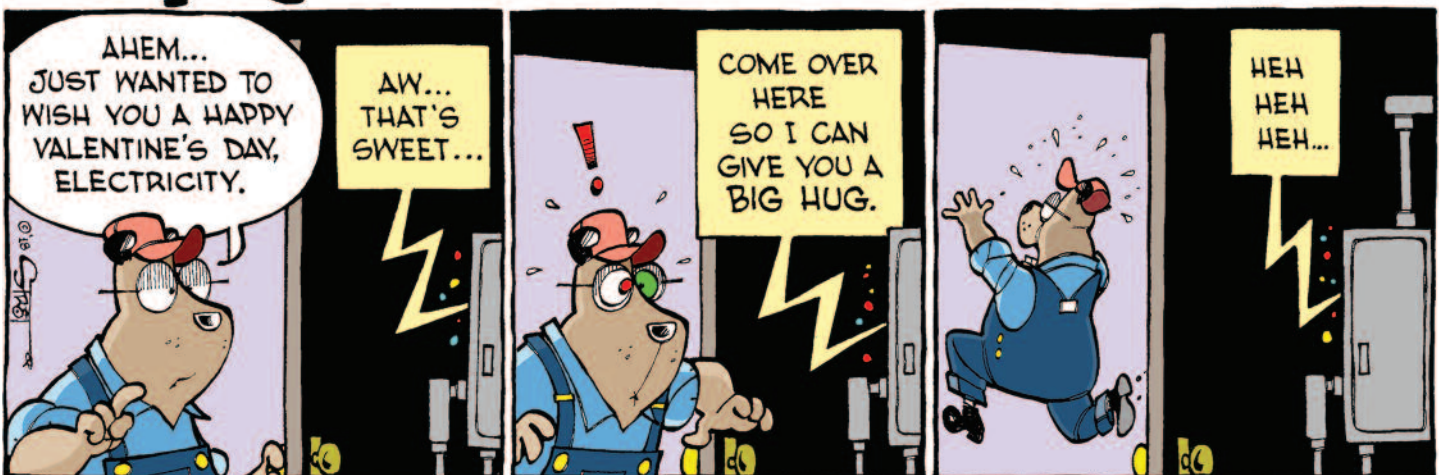
- Keep children and pets out of the workshop when power tools are used. Always stay focused when working with power tools. If you are tired or distracted, wait until another time so you can give the project full concentration and work safely.

Before you fire up that power tool for your next do-it-yourself home

project, remember that these electrical devices that must be treated with care. Even though many tools are equipped with safety mechanisms, it's still important to heed precautions.

- Do not carry tools by their cords.
 - Pull the cord out of the outlet by the plug, not by pulling on the cord.
 - Do not use in a wet or damp job sites, unless the tool is specifically approved for those conditions. Store them in a dry place when not being used.
 - While carrying a tool, do not touch the switch or trigger that operates it to avoid accidental starts.
 - Ensure your work area is well-lit.
 - Unplug tools when cleaning or fixing, while changing other parts of the tool such as blades or bits, and when not in use.
 - Ensure that all extension cords are not worn or frayed.
 - Wear proper clothing – no ties, jewelry, or other loose items that could get caught.
- Following a few rules could mean the difference between a successful project and an accident.

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Do radiant barriers really make a difference?

by Pat Keegan

Q : I've heard that installing a radiant barrier in my attic could save me a lot of money on my energy bill. What exactly is a radiant barrier, and does it really make a difference?

A : A radiant barrier reflects radiant heat and can be used to keep heat in a home during the winter and to keep heat out in the summer. In order to understand the value of a radiant barrier we need to consider the three different ways heat travels.

- Convection is air movement from hot to cold. This happens through openings in your home, like doors,
- Conduction is heat traveling through a solid material, such as the sheetrock and framing of your home. This can be minimized by insulation.
- Radiant heat loss is a transfer of heat from the sun, or when a warmer material transmits infrared radiation

to a colder material. Radiant barriers are designed to reflect this type of heat loss.

Radiant barriers often look like aluminum foil. Sometimes the foil is fastened to oriented strand board or foam board, but the foil will only reflect radiant heat towards an air space of at least one inch. If the foil is in contact with a solid material, it conducts excess heat into that material.

A common location for application of radiant barriers is the attic; radiant energy from the sun is sent back out of the roof before it can heat the air and insulation in your home. It is commonly sold as a roll of shiny, aluminum material and is usually mounted on the underside of the framing that supports the roof.

The radiant barrier is only effective in reflecting radiant heat, not as

insulation or as a wrap to block air loss, but it can be very effective at its intended purpose. Even something as thin as a sheet of aluminum foil can reflect 95 percent of the radiated heat back through the roof if it's installed properly, with an air gap between itself and the roof. While other solutions such as an attic fan try to remove the heat once it has accumulated, the radiant barrier stops the heat from building up in the first place.

The net impact of a radiant barrier depends on whether you live in a hot or cold-weather climate. For example, homes that were retrofitted with attic radiant barrier systems in Florida were able to reduce air conditioning energy use by about 9 percent. In colder climates, the radiant barrier that reflects unwanted heat outside of the house in the summer will also be reflecting heat away from the house in the winter. In other words, the cooling bill may decrease but the heating bill may increase.

So, is a radiant barrier in your attic a good investment? Sometimes. You need to do a little research, as savings vary in each situation and there are many inaccurate claims made about the cost savings they bring. In a warmer climate, a home with a large cooling load and a roof that is fully exposed to the sun, an attic radiant barrier could be a cost-effective measure, and it could make your home more comfortable. Products are getting better all the time, but even then, your expectations need to be realistic.

It's a good idea to compare an investment in an attic radiant barrier to other energy efficiency investments, such as improving your attic insulation or sealing air leaks around doors and windows. Of course, the best way to compare your energy efficiency opportunities is to schedule an energy audit of your home. Start by talking to your friendly energy advisors at your local public power district or electric cooperative.



Foil is placed under the framing supporting the roof, reflecting unwanted radiant heat upward and out of the home. Photograph provided by Reflective Insulation Manufacturers Association International

Beware of Carbon Monoxide Poisoning

Carbon monoxide remains the leading cause of accidental poisonings in the United States, according to the Centers for Disease Control and Prevention. Each year, carbon monoxide poisoning claims nearly 500 lives and causes more than 15,000 visits to hospital emergency departments.

Carbon monoxide can be found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, coal- and wood-burning stoves, and gas ranges and heating systems. Carbon monoxide from these sources can build up in enclosed or semi-enclosed spaces, poisoning people and animals who breathe it.

Portable electric generators are a source of carbon monoxide poisoning if used improperly.

Carbon Monoxide Safety



Did you know?

More than 150 people in the U.S. die every year from accidental nonfire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

Learn what you can do to protect your family from the dangers of CO.

- ✔ Install and maintain CO alarms inside your home to provide early warning of CO.
- ✔ Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- ✔ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- ✔ Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

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Super quick and tasty ideas for game day

Take your tailgating game to new heights this season with fresh dishes that are easy to make and serve, whether your tailgating tradition takes place at the game or at home.

Fast prep times and short ingredient lists make these recipes a cinch to prepare in advance and have ready to go as soon as you reach the parking lot or before guests arrive. The star ingredients are naturally hardwood-smoked sausages and seasoned deli meats from Eckrich, which offers a variety of smoked sausage flavors in traditional ropes and bun-length links as well as gluten-free deli meats such as Black Forest ham and oven-roasted turkey, all with just the right blend of seasonings for a rich, savory taste.

You can switch up the flavors of these recipes by subbing in different varieties of smoked sausage, such as replacing the original rope-style smoked sausage with Eckrich Jalapeno & Cheddar Links. The roll-ups are also easy to customize for guests using any type of deli meat, and they're easy to enjoy on the go if you need a quick bite on the way to the stadium.

Find more game-day recipes at Eckrich.com.



Grilled Sausage Skewer Sandwiches

- 1 regular size package Eckrich Smoked Sausage**
- 1 small red onion, cut into 1-inch pieces**
- 1 red bell pepper, seeded, cut into 1-inch pieces**
- 6 wooden skewers, 10 inches long**
- 1/2 cup Italian salad dressing, divided**
- 6 bolillo or sandwich rolls, split**
- 1 avocado, cut into 1/2-inch thick slices**
- 1/4 cup cilantro leaves**

Grill until sausage is golden brown and vegetables are crisp-tender, about 10 minutes, turning once.

Brush remaining salad dressing on rolls. Fill rolls with grilled sausage and vegetables. Divide avocado and cilantro onto each.

Tip: To broil sausage rather than grill, heat broiler to medium-high, follow the same skewer preparation instructions and broil about 10 minutes, or until sausage is golden brown and vegetables are crisp-tender.

Heat grill to medium-high.

Cut sausage into 1/2-inch thick slices. Thread sausage, onion and bell peppers alternately onto skewers. Brush 1/4 cup salad dressing on skewered sausage and vegetables.



Potato Salad with Smoked Sausage

- 3/4** regular size package Eckrich Smoked Sausage, halved lengthwise, cut into 1/2-inch thick slices
- 3** small red potatoes (about 2 1/2 pounds), cooked and quartered
- 1** can (4 ounces) pitted ripe olives, drained and halved
- 2** cups Italian dressing
- 1** green onion, sliced (about 1/4 cup)
- 1** clove garlic, minced
- 2** teaspoons ground black pepper

In large skillet over medium heat, cook sausage six minutes, stirring occasionally. Stir in potatoes; cook until heated through, stirring occasionally. Remove from heat.

Add olives, dressing, onions, garlic and pepper; mix lightly.

Stuffed Pepper Soup

- 2** lbs. ground beef
- 6** cups water
- 1** 28 oz. can tomato sauce
- 1** 28 oz. can diced tomatoes, undrained
- 2** cups chopped green peppers
- 1/4** cup packed brown sugar
- 2** teaspoons salt
- 2** teaspoons beef bouillon granules
- 1** teaspoon black pepper
- 1** cup uncooked rice

In a dutch oven over medium heat, cook ground beef until no longer pink; drain. Stir in next eight ingredients; just before it starts to boil add rice. Reduce heat; simmer, uncovered, until peppers are tender.

Cindy Brandner, Norfolk, Nebraska

Swirled Dill Rolls

- 1** tube (8 oz.) refrigerated crescent rolls
- 2** tablespoons butter, softened
- 1/4** teaspoon onion powder
- 1/4** teaspoon dill weed

Do not unroll crescent dough. Cut into eight equal slices. Place cut side down on an ungreased baking sheet. Bake at 375 degrees for 11 – 13 minutes or until brown. Meanwhile, combine butter, onion powder and dill. Spread over warm rolls.

Sonia Harms, McCook, Nebraska

Napoleon Cremes

First Layer

- | | |
|---------------------------|--|
| 1 cup butter | 1 egg, slightly beaten |
| 1/4 cup sugar | 2 cups finely crushed graham cracker crumbs |
| 1/4 cup cocoa | 1 cup flaked coconut, chopped |
| 1 teaspoon vanilla | |

Put butter, sugar, cocoa and vanilla into saucepan and cook until butter melts. Stir in egg and continue cooking, stirring until thick. Blend in graham cracker crumbs and coconut and press in 9 x 9 or 9 x 13 pan and chill.

Second Layer

- | | |
|-----------------------------------|--|
| 1/2 cup butter | 1 3 3/4 oz. package vanilla instant pudding mix |
| 3 tablespoons milk | |
| 2 cups sifted powder sugar | |

Cream butter. Stir in the pudding mix, milk and powdered sugar and beat until fluffy. Spread over first layer. Chill until firm.


Third Layer

- | | |
|--|-----------------------------|
| 1 6 oz. package chocolate chips | 2 tablespoons butter |
|--|-----------------------------|

Melt chips and butter over low heat. Cool slightly and spread over pudding layer. Chill. Cut in small squares.

Carole Kopietz, Norfolk, Nebraska


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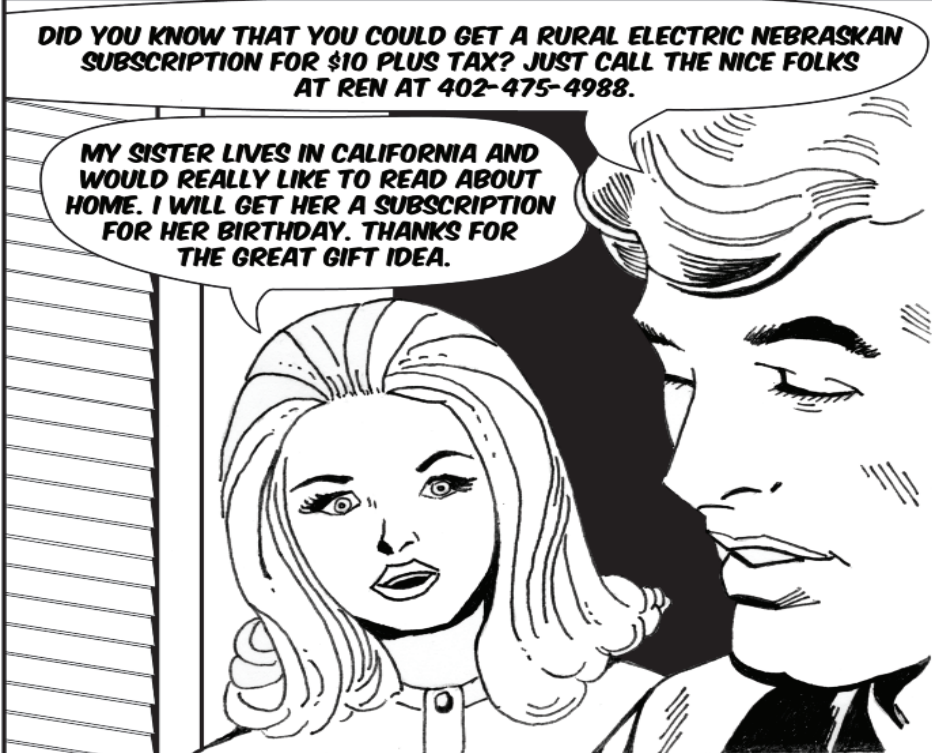
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HOW MANY	Item #	DESCRIPTION	COST
	N5324	White Pampas Grass	
	N6331	Giant Dbl. Peonies	
	N7948	Green Giant Thuja	
	N6607	Q. Strawberries	
	N6826	O. G. Butterfly Plant	
	N6877	Rose of Sharon	
2	—	Stella D'Oro Daylilies	FREE

"Thank you" Gift FREE with a \$10 order!

Shipping & Processing \$ **5.99**

SUBTOTAL \$ _____

IL Residents add 6.25% Sales Tax \$ _____

TOTAL ENCLOSED OR CHARGED \$ _____

Check or Money Order enclosed.

Mastercard VISA

Credit Card # _____

Expiration Date _____

Signature _____



ROSE OF SHARON HEDGE

A friendly fence that blooms all summer!

Delightful blossoms of red, white, or purple each summer in a lifetime fence of natural beauty. These hardy shrubs will grow naturally to 5-10' for an informal privacy screen or can be trimmed for a neat colorful hedge. Bursts into brilliant bloom in mid-summer and continues to flower through fall. Order today and receive 1-2' shrubs. Our choice of colors.

N6877 (30') 6 for \$5.29
(60') 12 for \$9.99 (120') 24 for \$18.99
(240') 48 for \$36.49