

RURAL ELECTRIC

NEBRASKAN

January 2020

Nebraska Indian Nations Regain Native Languages



Scientists Target New Acid Reflux Pill for Anti-Aging Research

Surprisingly, the secret to slow the aging process may reside in a new acid reflux treatment; studies find the pill to help protect users from fatigue, cardiovascular issues, and serious conditions that accompany premature aging.

Seattle, WA – A published study on a leading acid reflux ingredient shows that its key ingredient improves digestive health while maintaining health levels of 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®, its ingredient was already backed by research showing its ability to neutralize acid levels and hold them down for long lasting day and night relief from bouts of heartburn and, acid reflux, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting, better sleep, more energy, 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 could be a major contributing factor to painful inflammation throughout the rest of the body.

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

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, acid overproduction, and nausea.

Now, backed with new scientific studies, AloeCure is being doctor recommended to help improve digestion, and even reduce the appearance of wrinkles – helping patients 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. Virtually all participants taking it reported stunning improvement in digestive symptoms including bouts of heartburn.

Users can also experience higher energy levels and endurance, relief from chronic discomfort and better sleep, 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 famous 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 by acting as a natural acid-buffer that improves the pH balance of your stomach and helps the immune system maintain healthy functions.

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 millions of 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 before considering drugs, surgery, or OTC medications."

"All the problems with my stomach are gone. Completely gone. I can say AloeCure is a miracle. It's a miracle." Another user turned spokesperson said, "I started to notice a difference because I was sleeping through the night and that was great. AloeCure does work for me. It's made a huge difference."

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.

Millions spent in developing a proprietary process for extracting acemannan resulted in the highest quality, most bio-available levels of acemannan known to exist, and it's made from organic aloe.

According to Dr. Leal and leading experts, 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 re-



sults in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health and manage painful inflammation through immune system adjustments 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's ingredient maintains healthy immune system function to combat painful inflammation...reduce the appearance of wrinkles and help strengthen hair and nails ... maintains healthy cholesterol and oxidative stress... improves sleep and energy.... and supports brain function by way of gut biome... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age.

AloeCure Taken Daily

- Helps End Digestion Nightmares
- Reduces appearance of Wrinkles & Increases Elasticity
- Supports Healthy Immune System

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 only available for a limited time. All you have to do is call TOLL- FREE 1-800-991-5479 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



President

Bryan Monahan,

Panhandle Rural Electric
Membership Association

Vice President/Secretary

A.C. (Pat) Hecox,

Dawson Public Power District

Treasurer

Greg Strehle,

Cuming County 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.

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

Volume 74, Number 1, January 2020

Contents

Features

Nebraska Native Languages

6

Freelance writer LaRayne Topp provides a look at how the Nebraska Indian Community Colleges at Santee and Macy are helping two American Indian tribes to reclaim their nations' languages before they disappear.



More Than Climbing Poles

14

Enterprising lineworkers at Cornhusker Public Power District, headquartered in Columbus, Nebraska, have found a way to tackle the cumbersome documentation process—as in-house app developers.



Departments

EDITOR'S PAGE

4

SAFETY BRIEFS — Murphy

12

CUT YOUR UTILITY BILLS by Pat Keegan

24

CALENDAR OF EVENTS

26

RECIPES

28

MARKETPLACE/CLASSIFIEDS

30

On the cover

Tribal Extension Educator Jim Hallum explains Dakota words to students Anjanette Redowl, left, and Victoria Hallum. See related story on Page 6. Photograph by LaRayne Topp





by Wayne Price

Use a generator safely this winter

Winter storms often cause disruptions to the electricity that powers our homes and businesses in Nebraska. The public power districts and electric cooperatives work hard to restore power safely and quickly to keep such outages to a minimum.

When you have lost power, a generator can provide the electricity you need to keep your home warm and power your appliances. However, if a generator is not used properly, it may present serious hazards. Our friends at Safe Electricity provide the following tips on using a portable generator safely.

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

A portable generator is usually gas powered and is movable. Before putting it to use, read and follow all manufacturer instructions. Also, check the cords for damage and ensure that the device is able to handle the wattage or amperage of the appliances that you plan to use. Your generator should have more output than the wattage of the electronics you will plug into it. Make sure there is nothing plugged into the generator when turning it on.

Perform regular maintenance on your generator. It is recommended that a generator be operated once a month for 10 minutes to ensure it is running properly.

Always make sure that the generator is grounded and used in a dry area. Use a generator only when necessary during moist conditions. Protect the generator by

operating it under an open, canopy-like structure and on a dry surface where water cannot form puddles or drain under it.

Never connect your portable generator to the structure directly. This can result in potentially deadly backfeed. Backfeed occurs when electricity gets fed back through the electrical system and meter into the power lines creating a hazard to line workers and others who may be near downed lines.

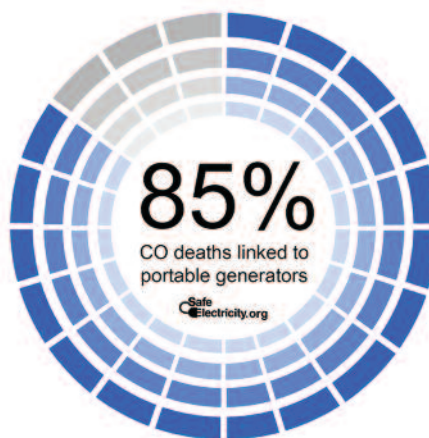
Remember to shut down your generator and give it time to cool before refueling. Always store your fuel away from the

generator in an approved, non-glass safety container with a charged fire extinguisher nearby. Never operate your generator near flame-producing devices, and be sure not to smoke nearby.

Never use a portable generator indoors, and remember that opening a window or door or turning on a fan will not produce enough fresh air to reduce the danger

of carbon monoxide emissions. Never run the generator nearby windows or doors that can draw the carbon monoxide back indoors. It is a good idea to clear at least three to four feet on all sides of the generator to allow for ventilation.

Install a battery-operated carbon monoxide detector and test it often, but also know and be on the lookout for the signs of carbon monoxide inhalation. Symptoms include dizziness, nausea, headaches, and lethargy. If you suspect that you or someone you are with is showing these symptoms, get some fresh air and seek medical attention.



research collected from the U.S. Consumer Product Safety Commission



Follow us
@RENeditor

HARBOR FREIGHT

QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

1,000+ Stores Nationwide • HarborFreight.com

U.S. GENERAL

ROGGER • STRONGER • MORE STABLE

SUPER COUPON

26" x 22" SINGLE BANK EXTRA DEEP CABINETS



- 9800 cu. in. of storage
- 1000 lb. capacity
- Weighs 175 lbs.



68661264

LIMIT 1 - Coupon valid through 3/6/20

Item 64434, 64432, 64162, 56104, 56105, 56106

Customer Rating
★★★★★

YOUR CHOICE OF 6 COLORS
\$299.99
\$279.99

SAVE \$1,470

COMPARE TO SNAP-ON
\$1,750

MODEL: KRA408FPB0

FREE

OVER 5,000 5 STAR REVIEWS
WITH ANY PURCHASE

- SUPER BRIGHT LED/SMD WORK LIGHT/FLASHLIGHT**
- Super-Strong, Ultra-Lightweight Composite Plastic
 - Magnetic Base & 360° Swivel Hook for Hands-Free Operation
 - 3-AAA Batteries (included)
 - 144 Lumens



COMPARE TO PERFORMANCE TOOL
\$1352

ITEM 63878/63991
64005/60566
63601/67227 shown



68660350

Cannot be used with other discounts or prior purchases. Original coupon must be presented. Valid through 3/6/20 while supplies last. Limit 1 FREE GIFT per customer per day.

20% OFF

ANY SINGLE ITEM*



68659494

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discounts, coupon or any of the following items: Air Tools, Air Tools, Truck Club membership, Standard Service Tools, Gift cards, open box items, 3 day Parking Lot Sale items, compressor, floor jacks, safety storage cabinets, chests or carts, trailers, welders, Admiral, Ames, Atlas, Bauer, Central Machinery, Crafts, CoverPro, Dayton, Diamondback, Earthquake, Epic, Hercules, Icon, Jupiter, Lynx, Poulan, Predator, Tailgator, Viking, Vulcan, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 3/6/20.

HaulMaster

SUPER COUPON

72" x 80" MOVING BLANKET



Customer Rating
★★★★★

NOW **\$5.99**

COMPARE TO BLUE HAWK **\$19.99**

SAVE 70%

MODEL: 77280

ITEM 69505/62418/66537 shown



LIMIT 4 - Coupon valid through 3/6/20

BRAUN

SUPER COUPON

5000 LUMEN LED HANGING SHOP LIGHT



Customer Rating
★★★★★

NOW **\$19.99**

SAVE 33%

MODEL: 64410

ITEM 64410



LIMIT 1 - Coupon valid through 3/6/20

CHICAGO ELECTRIC

GOOD BETTER ADMIRAL

12" DUAL-BEVEL SLIDING COMPOUND MITER SAW

- 3-1/2" VERTICAL CROWN MOLDING CAPACITY
- 2-5/8" TALL SLIDING FENCES
- LASER GUIDE LIGHT

NOW **\$129.99** ~~\$139.99~~

SAVE \$88

COMPARE TO PROFESSIONAL WOODWORKER **\$218.71**

MODEL: 6837

ITEM 61970/56597/56775/61969 shown



LIMIT 1 - Coupon valid through 3/6/20

12" DUAL-BEVEL SLIDING COMPOUND MITER SAW WITH LED AND LASER GUIDE

- 6-1/2" VERTICAL CROWN MOLDING CAPACITY
- 4-1/2" TALL SLIDING FENCES
- LASER GUIDE LIGHT & LED WORK LIGHT

NOW **\$179** ~~\$199.99~~

SAVE \$90

COMPARE TO RYOBI **\$269**

MODEL: TSS120L

ITEM 64686



LIMIT 1 - Coupon valid through 3/6/20

HARDY

SUPER COUPON

LATEX COATED WORK GLOVES



NOW **\$1.49**

COMPARE TO BLUE HAWK **\$5.98**

SAVE 75%

ITEM 61437, 90912, 61435
90913, 61436, 90909 shown

ITEM 61437, 90912, 61435
90913, 61436, 90909 shown



LIMIT 4 - Coupon valid through 3/6/20

PITTSBURGH

SUPER COUPON

130 PIECE TOOL KIT WITH CASE



SAE AND METRIC

Customer Rating
★★★★★

NOW **\$29.99**

LIFETIME WARRANTY

COMPARE TO ANVIL **\$66.39**

SAVE 54%

MODEL: A137HOS

ITEM 68998/63248/64080/64263/63091 shown



LIMIT 3 - Coupon valid through 3/6/20

FRANKLIN

OSHA/ANSI COMPLIANT

17 FT. TYPE IA MULTI-TASK LADDER

- Versatile - 24 configurations
- Safe + Secure + Stable
- Super Strong - Holds 300 lbs.
- Weighs 34 lbs.

NOW **\$109.99**

COMPARE TO LITTLE GIANT **\$298.99**

SAVE \$189

MODEL: XE M17

ITEM 63419/67646/62514/63418/63417 shown



LIMIT 1 - Coupon valid through 3/6/20

SUPER GLUE - PACK OF 3



NOW **99¢**

COMPARE TO GORILLA **\$3.98**

SAVE 75%

MODEL: 78001

ITEM 42367



LIMIT 4 - Coupon valid through 3/6/20

CENTTECH

SUPER COUPON

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



Customer Rating
★★★★★

NOW **\$29.99**

SAVE 49%

COMPARE TO SCHUMACHER ELECTRIC **\$59.77**

MODEL: SE-1250

ITEM 60581/3418
60653 shown



LIMIT 3 - Coupon valid through 3/6/20

WARRIOR

SUPER COUPON

29 PIECE TITANIUM DRILL BIT SET



Customer Rating
★★★★★

NOW **\$10.99**

COMPARE TO DEWALT **\$68.14**

SAVE 83%

MODEL: DW1369

ITEM 5889/62281/61637 shown



LIMIT 4 - Coupon valid through 3/6/20

10" PNEUMATIC TIRE



NOW **\$3.99**

SAVE 50%

COMPARE TO FARM & RANCH **\$8.09**

MODEL: FR1095

ITEM 69385/62388/62409/62698/30900 shown



LIMIT 4 - Coupon valid through 3/6/20

PREDATOR

2000 WATT SUPER QUIET INVERTER GENERATOR



Customer Rating
★★★★★

NOW **\$449.99**

SAVE \$559

COMPARE TO HONDA **\$1,009**

MODEL: EU2000I

ITEM 62523



LIMIT 1 - Coupon valid through 3/6/20

PITTSBURGH SERIES 2

SUPER COUPON

RAPID PUMP® 3 TON STEEL HEAVY DUTY FLOOR JACK



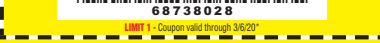
NOW **\$89.99**

COMPARE TO POWERBUILT **\$135.27**

MODEL: 64793

SAVE \$45

ITEM 56621/56622/56623/56624 shown



LIMIT 1 - Coupon valid through 3/6/20

PORTLAND

SUPER COUPON

14" ELECTRIC CHAINSAW



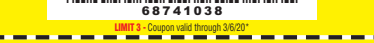
Customer Rating
★★★★★

NOW **\$39.99**

COMPARE TO CRAFTSMAN **\$80.74**

MODEL: 071-45247

ITEM 64498/64497 shown



LIMIT 3 - Coupon valid through 3/6/20

drillmaster

SUPER COUPON

4-1/2" ANGLE GRINDER



Customer Rating
★★★★★

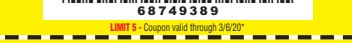
NOW **\$9.99**

SAVE 44%

COMPARE TO PERFORMAX **\$17.99**

MODEL: 2411-1

ITEM 69645/60625 shown



LIMIT 5 - Coupon valid through 3/6/20

30" x 18" HARDWOOD DOLLY



Customer Rating
★★★★★

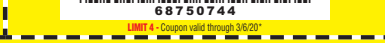
NOW **\$11.99**

COMPARE TO MILWAUKEE **\$19.97**

MODEL: 33700

SAVE 39%

ITEM 38970/92486/39757/60496/62398/61897 shown



LIMIT 4 - Coupon valid through 3/6/20

*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 3/6/20.

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 national 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.



Nebraska Indian Nations Regain Native Languages

by LaRayne Topp



Shared words around the warming fires. Stories handed down from elders to the young. A soothing lullaby. And then—silence—as an entire people’s language is lost.

Of the estimated 6,700 languages once spoken around the world, approximately 40 percent are in danger of extinction. That’s why the United Nations’ General Assembly proclaimed 2019 as the International Year of Indigenous Languages. An Indigenous language is one that is native to a region and spoken by First Peoples or Native peoples: ethnic groups who are the original owners and caretakers of a given region.

Two American Indian tribes are reclaiming their nations’ languages before they disappear from the soundscape, working through the Nebraska Indian Community Colleges at Santee and Macy. Classes capture the voices of the Santee Sioux Nation (Isanti Oyate), and the Omaha Nation, (Umo^oho^o).

Classes are comprehensive. In addition to learning the structure, vocabulary, grammar and phonetics of the languages, students are also encouraged in conversational fluency, reading and writing.

Other classes are broader, surveying the Dakota Sioux and Omaha worldview: cultural traditions and archaeology, ritual practices and spirituality, technologies and achievements of native North American people from their earliest history in the Americas to the present. Finally, students are presented with the history of each nation’s revitalization movements, self-determination efforts and forms of sovereignty.

Zeroing in on the alphabet, it is different from the English alphabet, incorporating characters such as a^u, iŋ, oN or uŋ. Letters are also pronounced differently. For example, c is sounded as a hard ch, as in the beginning of the word chair, but c’ sounds like char with a catch after it: ch’ar.

The language includes Sioux nasal vowels, using both the nose and mouth to speak. A nasal vowel often sounds like a vowel with a half-pronounced "n" at the end of it.

Word stress is also significant. For example, in Dakota Sioux, zica with the stress on the second syllable means squirrel, but zica with the stress on the first

syllable means a kind of bird. (Native Languages of the Americas website)

The most difficult thing about learning the language, said Tribal Extension Educator Jim Hallum, is conjugation of verbs, and having to “unlearn English because of the order,” he said. “English is backwards, and the hardest to learn.”

At the Nebraska Indian Community College at Santee, language signs cover the walls, displaying Dakota words for nature, days of the week and common phrases. Anpetu Wakaŋ, pronounced Aw-peh-too wah-kah, means Sunday (holy day). If you were to speak the phrase Déd yahi čha iyómakiphi ye/do, a simple pronunciation is ded yahee cha ee-yoh-ma-kee-pee yay/doh, and you’d be saying, I’m happy you are here.

“Even if students learn only one word a day,” Hallum said, “it’s a way to keep the language alive. It’s always in danger.”

In order for students to learn their native language they need to know where they came from as a tribe, Hallum said. For those unfamiliar with the history and culture of the Dakota, Hallum explained it this way: “You can’t learn about our language classes unless you know why the languages were lost in the first place.”

To do that, let’s take a long step back in time. Before the arrival of the white man and using current maps as a guide, the land of the Sioux Nation stretched from Minnesota, across the Plains, to the northern Rocky Mountains in Montana, and south through northwestern Nebraska.

The Santee division, the Dakota, was comprised of four bands: the Mdewakantonwan, Wahpeton, Sissetons and the Wahpekute. A woodlands tribe, they lived in semi-permanent villages, were engaged in some farming and conducted hunts throughout the year.

Very early in the 1800s, President Thomas Jefferson opened a giant tract of land to U.S. citizens. This Louisiana Purchase encompassed more than one-third of the continental United States. In 1805, explorer Zebulon Pike bargained with Native Americans in that area for land where the Mississippi and Minnesota rivers met. The resulting treaty ceded one-thousand acres of land in exchange for \$2,000. However, once Fort Snelling was built in 1819 near present day Minneapolis, white settlement was allowed



Above: Nebraska Indian Community College at Santee with its Dakota name on the bottom line.

Left: Language signs are posted throughout the rooms and halls of the Nebraska Indian Community College at Santee.

Opposite: Tribal Extension Educator Jim Hallum explains Dakota words to students Anjanette Redowl, left, and Victoria Hallum.



in the area contrary to treaty specifications.

Similarly, treaty after treaty were agreed upon, including the Treaty of 1837, the Treaty of Mendota and the Treaty of Traverse des Sioux, both written in 1851. One contained an article describing land to be granted to the tribes in perpetuity, an article which was eliminated during the ratification process. The treaties pushed the Santee out of promised territory and onto reservations, opening up millions of acres to white colonization. Settlers moved to the region en masse and begin farming, hunting, logging and trading.

Preoccupied with the Civil War, Congress failed to appropriate money for annuity payments due to the tribe, and the government didn’t provide the agricultural supplies and implements it had promised. In addition, traders often kept inappropriate sums of money for themselves. With the lack of annuity

payments to purchase food and supplies from agency traders, coupled with the absence of game and sufficient means to raise adequate crops, tribes faced starvation. Although the storehouses were full of food, agents refused to distribute it, ignoring the Dakotas’ pleas for help.

Tension grew.

Increasing hunger and hardship among the Dakota led up to what’s commonly referred to as the Dakota War of 1862, in which Dakota warriors marched down the Minnesota River from settlement to settlement, attacking immigrant settlers. The war is reported to have been triggered by an event in which four young and starving Dakota boys stole a farmer’s eggs and killed five white settlers.

This event is blamed for the war, Hallum said, but that’s not true. In actuality, the

More on Page 8

Native Languages From page 6

cause of the war was starvation.

The Dakota had been placed on a small strip of land in Minnesota. “It was not very big,” Hallum said, “and the farmers were taking what we had. People started starving.”

Andrew Myrick, a post trader at the Lower Sioux Agency in southwest Minnesota, met with Dakota leaders and a Bureau of Indian Affairs agent. Myrick is quoted as saying, “So far as I am concerned, if they are hungry let them eat grass or their own dung.”

In August, Myrick was found dead with his mouth stuffed full of grass following the Battle of the Lower Sioux Agency, the first organized battle of the Dakota War of 1862.

It was a short-lived uprising, and the Santee were forced to surrender under the overpowering attack of U.S. troops. Some fled west and others north, back to Canada. In total, more than 300 Dakota warriors were captured and brought to Mankato, Minnesota, to face a military tribunal. Two chiefs were brought back from Canada. In a reported atmosphere of racist hostility expressed by the citizenry, state officials, and men conducting the trials, the warriors were tried and convicted of rape and murder. Some of the trials lasted less than five minutes, with all sentenced to death for killings committed in warfare.

President Abraham Lincoln, under the watchful eye of other countries who knew the Native Americans were fighting for freedom, Hallum said, commuted many of the sentences.

In the largest public execution in American history, 38 Dakota men were hung at Mankato that day—the day after Christmas. The remaining men were interned at Fort Snelling through the winter, and then imprisoned for almost four years at Ft. McClellan at Davenport, Iowa, as Minnesota reservations were abolished.

The remainder of the tribe, more than 1,600 Dakota women, children and older men, were held first in an internment camp on Pike Island, near Fort Snelling. Infectious diseases struck the camp, further aggravated by poor sanitation and living conditions, killing more than 300.

In May of 1863, those remaining—around

1,300—were forced onto steamboats and relocated to the Crow Creek Reservation in southeastern Dakota Territory. People covered both decks of the steamboats, kept in chains, Hallum said. Some women escaped and jumped overboard.

They disembarked at Crow Creek where hunger and sickness overwhelmed them. No clothing was provided, only burlap. The place was stricken by drought, Hallum explained, and more than 300 children died of starvation in the first year.

“It was like leaving dogs in the country,” Hallum said.

If you were to speak the phrase *Déd yahi čha iyómakiphi ye/do*, a simple pronunciation is ded yahee cha ee-yoh-ma-kee-pee yay/doh, and you’d be saying, I’m happy you are here.

The Dakota were woodlands people, unaccustomed to the hot summers and drought of Crow Creek. Two weeks later, as the government eliminated Natives from Minnesota, members of the Winnebago Nation, were also relocated to Crow Creek, sharing their food or blankets. This little bit of generosity saved many Dakotas from starvation.

“Here’s the hard part,” Hallum continued. Women made cottonwood soup, or picked through horse manure to find enough grain to make soup for their children. Starving mothers couldn’t nurse their babies. With no cemetery, babies were buried in the surrounding hills.

Crow Creek soldiers and men of the area were encouraged to dehumanize the Native American women, Hallum said. They were raped, regardless of age. Other women sold themselves, exchanging sex for food to feed their families.

“They did what they had to do to save their children,” Hallum said.

The Dakota remained at Crow Creek for three years and eventually relocated to the Santee reservation in Knox County in Northeast Nebraska. In 1866, the Dakota men were brought from the fort at Davenport. At the time of their release, one-third had died.

As the reservation became more settled,

in 1870 missionaries established the Santee Normal Training School, led by Congregational missionary, the Reverend Alfred L. Riggs.

Many students came to Santee from other reservations throughout the Great Plains area. At one time the institution held 18 buildings on its 480 acres of land, and enrollment exceeded 200.

As students were taken from familiar surroundings and placed in the boarding schools, hopeful parents camped outside on the lawn, anxious for a glimpse of their child. Upon entry, the children’s braids were shaved from their heads and their clothing was replaced with that of white boys and girls in an attempt to acculturate and assimilate them into the white culture.

Many Dakota words describe things happening there. Names of the week became Holy Day for Sunday, Second Day for Tuesday, and Floor Washing Day for Saturday, the day when the students scrubbed the floors. Four strikes meant the number of times the school clock chimed, or four o’clock.

At first the students were allowed to use their own languages; then, the government insisted that only English be taught. Finally, students were beaten for uttering any words of their native language.

Hallum’s grandmother attended the Santee Normal School in the 1930s. She refused to talk about her time spent at school.

“They don’t talk about the beatings there,” Hallum said.

In his book *From the Deep Woods to Civilization*, Lakota physician Charles Eastman, wrote about the humiliation he felt at the Santee School in Nebraska: “We youthful warriors were held up and harassed with... those little words—rat, cat, and so forth—until not a semblance of our native dignity and self respect was left.”

Since those days, through years of extreme effort, the Dakota and Omaha have regained their dignity and self-respect. They are recapturing their languages in the classrooms of the Nebraska Indian Community Colleges.

Once again they share words of their ancestors around the warming fires. Stories are handed down from elders to the young. And they sing a soothing lullaby: *Déd yahi čha iyómakiphi ye/do*. I am happy you are here.

**BUDGET-FRIENDLY
EFFICIENCY TIPS**



Lighting:

LED bulbs save 60 percent or more energy than incandescent bulbs and can now be purchased at box retailers for \$5 or less.

Appliances & Electronics:

Keep appliances and electronics free from lint and dust, and use a power strip to turn off electronics when not in use.

**A RIDE PRESERVED FOR GENERATIONS.
IN THE BUILDING MADE FOR GENERATIONS.**



Your dream garage begins with limited-time savings when you commit during Building Value Days. Now through February 29.

800-447-7436 | MORTONBUILDINGS.COM



©2020 Morton Buildings, Inc. A listing of GC licenses available at mortonbuildings.com/licenses. Certain restrictions apply. Ref Code 610

**YOUR
EDUCATION
IN ACTION.**

At Northeast, you'll do more than learn your program of study, you'll live it. Through internships and hands-on experience, you'll graduate in two-years and be ready for action!

Northeast does not discriminate based upon any status protected by law or college policy. Please go to northeast.edu/nondiscrimination for details.



Northeast
community college

801 E. Benjamin Ave. | Norfolk, Nebraska
(402) 371-2020 | (800) 348-9033

northeast.edu

Cheap Electronic Chargers Spell TROUBLE

The chargers that came with our phone, digital camera or other electronics seem to disappear as often as a sock mate sometimes.

As a solution, many people reach for the low-cost, generic plug-in USB chargers and charging cables found in the sea of impulse items that flank the check-out line at your favorite drug, convenience or big-box store. They're also popular items on numerous online shopping sites and cheaper than dishing out money to replace them with their original maker's versions.

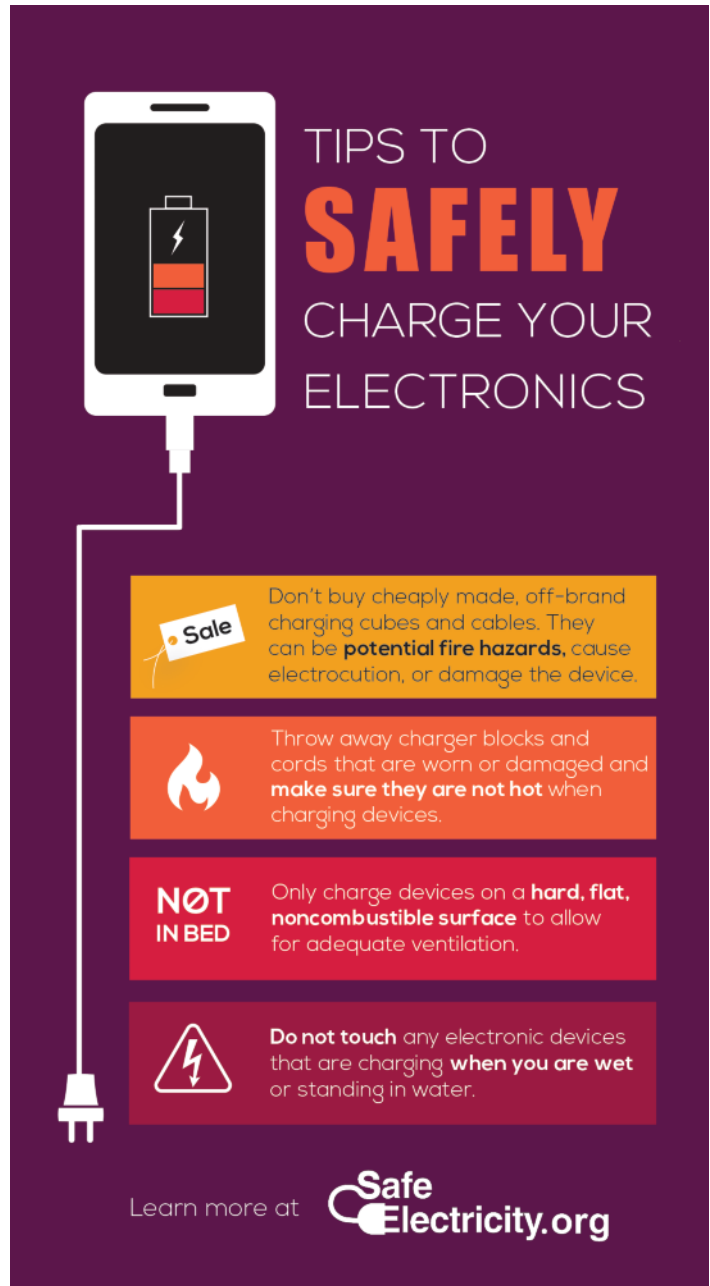
It can save money and it's so convenient, you rationalize. Without much more thought, in the virtual cart or on the counter it goes.

Inexpensive charging components may be one area you don't want to cut corners on, however, for a variety of reasons. Amazon recalled 26,000 AmazonBasics portable lithium-ion battery chargers and power banks after the massive online retailer learned the units can overheat and ignite, causing fire and burn hazards. According to the U.S. Consumer Safety Product Commission, the products were sold between December 2014 and July 2017.

Along with being a potential fire hazard, using cheaply made charging components and devices can also cause electrocution. Dangers aside, they may cost you more in the long run since they can cause damage to whatever's on the other end of the cable.


To keep safe around electrical devices and charging gear, Safe Electricity recommends the following:

- Do not leave items that are charging unattended.
- Always keep charging items away from flammable objects, especially bedding, and do not take them to bed with you. Tell kids and teens to NEVER place any charging device under their pillow. The heat generated cannot dissipate and the charger will become hotter and hotter, according to the Newton, N.H. Fire Department. This could lead to the pillow or bed catching fire.
- Do not touch charging electronic devices with wet hands or while standing in water.
- Make sure charging components are certified by a reputable third-party testing laboratory.




TIPS TO
SAFELY
CHARGE YOUR
ELECTRONICS

Sale Don't buy cheaply made, off-brand charging cubes and cables. They can be **potential fire hazards**, cause electrocution, or damage the device.

 Throw away charger blocks and cords that are worn or damaged and **make sure they are not hot** when charging devices.

NOT IN BED Only charge devices on a **hard, flat, noncombustible surface** to allow for adequate ventilation.

 **Do not touch** any electronic devices that are charging **when you are wet** or standing in water.

Learn more at [Safe Electricity.org](https://www.safeelectricity.org)

- Only buy product-approved chargers and cables (those made or certified by the manufacturer). Using cheaper devices can cause damage to the USB charge chip. Although it's tempting to save money, this can have a lasting impact on how quickly and effectively your device charges in the future.

The bottom line is this: Don't buy charging equipment with prices that seem too good to be true or from companies you've never heard of. And even if you've heard of the company, be leery of fakes. In 2016, Apple sued a company that sold counterfeit wall chargers with Apple's name on them for less than \$10 each.

Say yes to the Milky Way in the check-out line or to the online Kindle book and no to cheap chargers.

HETEROSIS HEADQUARTERS

BULL & BRED HEIFER SALE

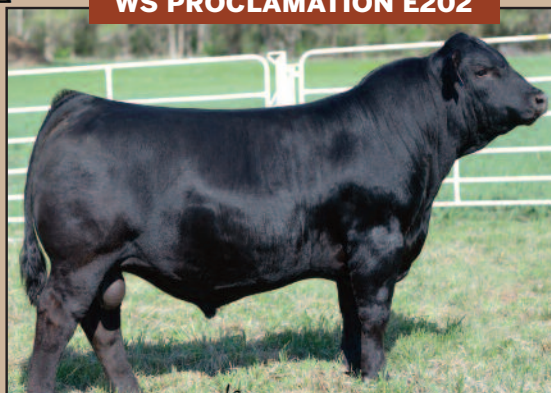
MONDAY - 1:00 PM
JANUARY 27, 2020



AT APEX CATTLE
DANNEBROG, NE

NEBRASKA'S LARGEST 'AGE-ADVANTAGED' SIMANGUS & ANGUS BULL SALE!

WS PROCLAMATION E202



Top 1% CE, WW, YW, MCE, MWW, DOC, CW, REA, API and TI...His first sons sell!

Selling 75 Powerful Two Year Olds, 30 Stout Fall Yearlings, 40 Elite, New Generation Yearling Bulls, Plus 50 Bred Heifers featuring the service of the great Bridle Bit Rembrandt D630 – a CE, BW, STAY and MARB EPD Trait Leader with a Top 1% API!

**Volume Discounts – Enhanced Genomic EPDs
Multiple Top 1% EPD Trait Leader Sires Represented!
'Age-Advantaged' bulls developed on all roughage ration!**



By Gold Strike, 20+ Brothers Sell



Rampage x Basin Payweight 1682



By Loaded Up, #1 API son in breed!



By Proclamation, 15 Brothers Sell!

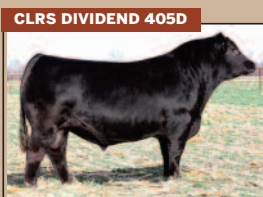


By Dividend, 30+ Brothers Sell!



Bankroll x OCC Legend 616L, ET

Selling progeny by these EPD pacesetter SimAngus and Simmental sires PLUS Holy Smoke 060C, Bridle Bit Rembrandt D630 and THR Testament 5451C, LRCC THR Mtn Pass 6219D and W/C Bankroll 811D.



Angus sires include HA Cowboy Up 5405, Quaker Hill Rampage 0A36, Musgrave Aviator and Bruns Top Cut 373.



Dan Leo — 308-750-0200 — sales@apexcattle.com — 1146 7th Avenue, Dannebrog, NE 68831

Catalogs Mailed Upon Request, Call or Email Today! **APEXCATTLE.COM**

HETEROSIS...DON'T BE IN BUSINESS WITHOUT IT!



Don't let old electrical wiring pose a problem

People who love older homes usually get drawn in by their grandeur. They see a Victorian home in the historic district and fall in love with its stately staircase and intricate architectural features. Once they sign on the dotted line, they painstakingly restore woodwork, make sure windows are in working order and tend to other repairs. One of the top priorities on their “To Do” list should be to get the electrical system inspected by a qualified electrician.

Just because the wiring in a home is old doesn't automatically mean there's a problem, but there could be. According to the U.S. Consumer Product Safety Commission (CPSC), many older homes that still have outdated wiring can't handle the electrical load of today's modern appliances. That's not good because old, outdated wiring could pose a fire hazard.

As electrical components age or become overloaded, the system can overheat and wear out insulation. This can lead to arcs (electrical discharge) and short circuits — the



Knob-and-tube wiring in a 1930 home. Photograph by Laura Scudder

two main causes of home electrical wiring fires, according to the CPSC. In addition, old rubber wire insulation can become brittle and easily flake, leaving wires exposed.

Older wiring called knob and tube can be found in homes build around 1950 or earlier. If your electrical system was not thoroughly inspected when you bought it, or if it was inspected but it has been several years, have it inspected by an electrician to make sure it is safe and that it adequately meets the electrical needs of your home.

If your house was built between 1965 and 1973, it could be dangerous for another reason. Aluminum is great for cans, but not for wiring since it can overheat. Unfortunately, it was used in 2 million homes that were built during that time period.

Regardless of the age of your home, be sure to get any potentially dangerous wiring issues checked out by a professional, especially if:

- Your circuit breaker keeps tripping or fuses blow often
- You notice unusual power draws or dimming or flickering lights
- You see discolored (dark colored) outlets or switch plates or they are warm to the touch
- You notice unusual odors like a burning smell but can't find a source
- Your outlets only allow you to plug in a two-pronged plug (and not a three-pronged plug), which means they are not grounded
- You don't have ground-fault circuit interrupters near faucets or other sources of water in your home
- Your house was built more than 40 years ago

Source: SafeElectricity.org

Murphy



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!

- » Choose from 4 benefit levels - up to \$25,000!
 - » Rates “lock-in” at the age you apply - never go up again!
 - » Call for your FREE all-by-mail application packet!
 - » Call TOLL-FREE **1-866-468-1593**
- Or apply online at www.MutualGuaranteedLife.com



NO medical exam!



NO health questions!

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 application 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 individual insurance. A licensed insurance agent/producer may contact you by telephone. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** In NY, during the first two years, 110% of premiums will be paid. Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, 3300 Mutual of Omaha Plaza, 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. Not available in all states. Benefit amounts vary by state. Policy Form ICC11L059P or state equivalent (7780L-0505 in FL, 828Y-0505 in NY).

*Ages 50 to 75 in NY.

**In FL policy is renewable until age 121.

***All benefits paid would be less any outstanding loan.

by Victoria A. Rocha

More Than Climbing Poles

Nebraska lineworkers build apps to improve jobs



Cornhusker Public Power District IT/Communications Supervisor Brett Olson, seated, and Engineering Technician Neal Olmer view a map of the territory. Photograph by Karen Schlautman

When Mother Nature packs a wallop, rural electric utility line crews not only fix broken poles and downed wires—they also help document damage for federal reimbursements.

That second task is a tedious but necessary part of the job that crews from Cornhusker Public Power District know all too well, following devastating floods this past spring and treacherous ice storms two years before that.

But enterprising lineworkers at the PPD headquartered in Columbus, Nebraska, have found a way to tackle the cumbersome documentation process—as in-house app developers. Their app streamlines damage assessments required by the Federal Emergency Management Agency.

It has “made it simple for us and them,” said Jim Baumert, a crew foreman at the PPD.

“FEMA requires a lot of additional documentation...before-and-after photos, GPS locations,



Cornhusker PPD's Jim Baumert uses an app, designed by staff, to study data on padmount inspections. (Photo Courtesy of Cornhusker PPD)

documentations of what happened,” he said. “So now we can easily send it to them in no time and not have to pick apart data from here, conceptualize it again and put it back together. With an app, a lot fewer processes have to happen.”

Baumert is one of several PPD line professionals who builds apps to enhance job performance when not out in the field. Over the past five years, he and other utility staff have built about 30 apps to track and streamline vegetation management, transformer change-outs, line patrol, inspections and more.

“We’re at an age where those fresh out of line school expect some of this technology to be at their fingertips. They’re expecting a digital experience,” said Brett Olson, Cornhusker’s communications supervisor.

Olson gave workers the green light to build an app for meter changes after a contractor-built version fell short of expectations.

“The idea was to develop our very own meter change applications and develop something that could easily pass data between us and our contractor while maintaining data integrity and security,” he said. “The result was an application used by our contractor that was much easier and, in the end, delivered what we needed to get the job done.”

For the most part, employees learn on the job, using geographic information system (GIS) data already collected by the PPD. Some apps are built from scratch and others use “out-of-the-box” templates, such as Fulcrum or Canvas. Olson provides guidance and ensures quality control.

“It’s pretty typical to go through 20 different versions before we get it just right...whether we need to add a field here or grab some data there,” said Olson. “It’s a continuous and collaborative approach that, as we grow, so does the application.”

About 75 percent of the PPD’s line

crews use the apps. Pen and paper are still available for those who opt out. “I got on board when I saw how much it helped us,” said Baumert, adding that the process was “fairly simple” to pick up. Especially valuable, he said, is the ability to incorporate GIS coordinates into FEMA assessments to pinpoint damage in the field, providing a quick location for those unfamiliar with the area.

The employees’ expanded skill set underscores the changing nature of line work over the years. Olson marvels at their ingenuity, especially after they are given some autonomy.

“If the applications are built by the people who need to use them, you find a much better outcome,” he said.

“These guys are more than just someone who changes transformers or goes out in bad weather and turns the lights on. They really do enjoy taking that data and processing it to make their jobs better.”

Winter weather is just around the corner

NPPD advises public to stay away from downed lines

Nebraska has felt a touch of winter weather this fall and more is expected during Thanksgiving week – and the official start of winter is not until mid-December. With winter months still ahead, there is more risk of freezing temperatures, high winds and snowfall ahead.

And with those conditions brings the possibility of power outages – including having no power for homes and businesses for a period of time and downed power lines. Being aware of the dangers of downed power lines remains important according to Nebraska Public Power District.

High winds, heavy snow and ice build-up can cause power lines to break or falter. “The snow looks light coming down and accumulates and gets heavier. It brings the branches down and they droop down on the

lines,” said NPPD Distribution Supervisor Ray Boston. “That’s when a line can go down and cause an outage.” Boston noted that NPPD does annual patrols of lines in retail communities and determines what trees need to be trimmed back to avoid having an outage and hopefully eliminate any outages during the winter months.

But it is also important, according to Boston, that anytime someone sees a power line down on the ground they should stay clear of the area and notify their local public power provider immediately, who have trained personnel and will be able to remove the lines safely.

Winter storms can bring a few different threats to power lines including galloping, downed, and floating wires. Galloping wire, seen mainly around transmission lines, occur when high winds force two

adjacent power lines to hit each other, which may cause an outage. Floating wires consist of power lines that have been broken and are blowing in the wind or are not long enough to contact the ground.

If a powerline falls on a roadway, motorists should not try to drive over the line or move it from the roadway. This could result in serious injury. If a power line were to fall on top of a driver’s vehicle, the occupants should remain inside, call for help, and wait for a trained professional lineman to remove the downed line.

NPPD encourages the public to be aware in storm conditions this winter and review numerous safety tips on its website at <https://www.nppd.com/outages-safety/electrical-safety#storm>. NPPD customers can call 1-877-ASK-NPPD or go to NPPD.com to report an outage or damaged power line.

RESOLVE TO SAVE ENERGY

Make a home energy resolution
and reap the benefits all year long!

Three easy ways to save energy:

1

Install a
programmable
thermostat.

You could save an
estimated \$180 annually!



2

Ditch incandescents.

Did you know incandescent bulbs
release 90% of their energy as heat?
Use LEDs instead.



3

Reduce energy used
for water heating.

Lower your water heater’s
temp and consider installing
low-flow showerheads.



Source: energy.gov

Enjoy the ease of **Showering Safely**

So you can stay in the home you love!

Upgrade your bathroom, upgrade your life. With a new walk-in shower, you can make sure your bathroom ages as gracefully as you do. This shower was designed by experts, with you in mind, focusing on safety and convenience when it matters most. Discover how a walk-in shower can help reduce the risk of falling, giving you the freedom to enjoy your bathroom again.

- ✓ Commercial Grade Non-Slip Floor
- ✓ Easy-to-reach Shower Wand
- ✓ Professionally Installed in 1 day
- ✓ *Optional* Built-in Seat or Fold Down Safety Seat
- ✓ Tru Temp Anti Scald Shower Valve
- ✓ Ergo L Shaped Grab Bar
- ✓ Lifetime Warranty
- ✓ *Optional* Barrier Free Wheelchair Accessible

**Introducing the
ALL NEW
Walk-In
Shower!**



**Call today and receive
exclusive savings of up to**

\$750 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-888-505-4803

**SAFE STEP
WALK-IN SHOWER**
www.SafeStepShower.com

With purchase of a new Safe Step Walk-In Shower.
Not applicable with any previous walk-in shower purchase.
No cash value. Must present offer at time of purchase.

Call Now Toll-Free 1-888-505-4803

for more information and ask about our Senior Discounts

**FINANCING
AVAILABLE
WITH APPROVED
CREDIT**



CSLB 983603 F13000002885 13HV08744300

4 Winter Home Safety Tips



Photo courtesy of Getty Images

When you see frost on the windows in the morning, feel the crunch of leaves underfoot and hear the roar of fire in the fireplace, old man winter has returned.

While you often hear about cold-weather fashion and beauty essentials, there is some maintenance your home needs too. Give your sanctuary some love with these five steps from the home safety experts at Kidde.

Clean Your Oven

Ranges and cooktops are involved in 62 percent of home fires, according to the National Fire Protection Association. Stovetops and ranges, in particular, caused 87 percent of home fire deaths. Particularly in the winter when comfort foods are prominent, it's necessary to clean your oven and stovetop to remove grease and fat, which can ignite. Always keep towels and oven mitts away from hot appliances.

Keep a Kitchen Fire Extinguisher Ready

Research from the National Fire Protection Association shows about half of all home fires start in the kitchen, so it's important to have a fire extinguisher handy. Look for one specifically designed for kitchen applications, and keep the extinguisher behind you when cooking. In the event of a fire, there's risk of burning yourself if you must reach over the fire to grab the extinguisher.

Check Your Smoke Alarms

Check your smoke alarms to ensure they are less than 10 years old. Winter and the holiday season are peak times

for home fires, but according to industry experts, few realize smoke alarms need to be replaced at least every 10 years. In fact, common misconceptions about smoke alarm maintenance, such as hardwired alarms don't need to be changed, can leave you more vulnerable. Smoke alarms are just like every other appliance; they need replaced periodically. This includes units that are hardwired into your home, even if you have changed the batteries. If you've forgotten when the alarms were installed, check the date on the back of the smoke alarm. If you're interested in a long-term fix, alarms are available with a built-in 10-year battery. When times comes to replace the unit, the alarm will signal.

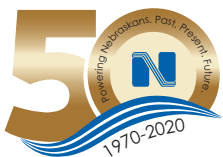
Install Carbon Monoxide Alarms

On average, one person dies each day from carbon monoxide (CO) poisoning in the United States. CO is known as the silent killer because you can't see, smell or taste this poisonous gas. During winter months, CO incidents spike but symptoms can easily be mistaken for the flu. Natural gas furnaces, water heaters, ranges, gasoline-powered tools, cars, wood-burning stoves, fireplaces and more produce CO. Because CO doesn't rise like smoke, it mixes with the air and can go through drywall. From plug-in to battery-operated and LED display, CO alarms are available in a range of options. Install alarms throughout the home, particularly outside of sleeping areas.

Find more holiday safety tips and information at Kidde.com.

Powering your everyday,
every day.

Being a new parent is no nine to five. Before the sun is even up, it's breakfast time. And more often than not, you're awake long after the sun has set. For those times, and everything in between, we're there for you. Keeping the lights on when they need you the most.



Nebraska Public Power District

Always there when you need us

Together with your local public power utility.

by Paul Wesslund

HOW ELECTRIC VEHICLES WILL SHAPE THE FUTURE OF DRIVING



Photo courtesy of NPPD

Predictors of future auto and energy forecasts say that by the end of this new decade, some versions of electric vehicles (EVs) could account for half of auto sales in the world. The trends that could lead to those projections include better battery technology and a rising interest in energy efficiency for buses, rideshare vehicles and even electric scooters.

EV sales jumped an incredible 75 percent from 2017 to 2018, according to the Alliance of Auto Manufacturers, but by the end of 2018, EVs still only accounted for less than 2 percent of the overall vehicle market.

But auto companies see those small numbers as an opportunity for growth. Around the world, they are investing \$225 billion over the next three years to develop more EVs. Industry groups report that manufacturers are now offering more

than 40 different models of EVs, a number expected to grow to more than 200 over the next two years. An analysis by the J.P. Morgan investment firm sees traditional internal combustion engine vehicles falling from a 70 percent share of the market in 2025 to just 40 percent by 2030.

The efficiency of electricity

What's powering those predictions is the worldwide interest in the related desires for less pollution, higher efficiency and greater economy. A study by the American Council for an Energy Efficient Economy (ACEEE) concludes that electricity produces less greenhouse gases than other forms of energy, especially with the increasing use of renewable power sources to generate electricity. The ACEEE study cites transportation as a sector of the economy that could produce the

biggest gains in energy efficiency, mainly due to a shift toward EVs. The study says, "Electric vehicles are generally more efficient and have lower emissions than gasoline or diesel internal combustion engine vehicles. Thus, operating costs are typically lower for electric vehicles."

While environmental concerns and efficiency provide reasons for EV growth, it also helps that they're getting cheaper. A lot cheaper. One of the biggest costs of an EV is the battery, and fierce competition is driving down prices. The incentives for researchers and manufacturers to lower costs have reduced battery prices about 15 percent a year for the past 20 years. As a result, the cost of the battery has dropped from more than half the cost of an EV four years ago, to one-third today, and is expected to be down to about one-fifth the cost by 2025, according to the research firm BloombergNEF.

Electric buses, scooters and ridesharing

As battery prices drop, they get better. In the case of a battery, better means they last longer, which addresses one of the biggest roadblocks to more people buying EVs. There's a term for the concern that an EV battery will run out before you're done driving for the day—*range anxiety*.

But batteries can now provide a range of 200 miles before needing a recharge, well above the 40 miles a day that most people drive, even in rural areas.

Which brings up another roadblock to EVs—how you charge them. One easy place to charge an EV would be in your garage overnight, and your local electric utility can help you with advice on how to do that. There are different ways to charge your car, from a standard outlet, which takes longer, to higher-voltage techniques that might require an upgrade your utility can help with.

Public power districts and electric

EV Market Growth

Electric vehicles (EVs) accounted for just 2% of the 2018 vehicle market, but EV sales increased by 75% from 2017 to 2018—a significant jump.

Source: Alliance of Auto Manufacturers

co-ops around the country are also helping to install charging stations around the country—another factor people will want available before buying an EV. That number is growing as well. The Department of Energy reports that in the past two years, the number of EV charging stations in the U.S. has increased from 16,000 to 22,000.

Experts expect some of the strongest growth of electric transportation to come in specialized

uses that could expand to wider acceptance. Bloomberg expects that by 2040, 81 percent of municipal bus sales will be electric. Ridesharing services like Lyft and Uber are another expected market. More than a billion people around the world use ridesharing services and the stop-and-go nature of rideshare driving could make the greater efficiency of EVs attractive to those drivers. New technology also brings unexpected uses. One industry writer says a new electric scooter with a range of 75 miles and a top speed of 15 miles per hour could change what we think of as a vehicle.

As the Bloomberg study concludes, “Electrification will still take time because the global fleet changes over slowly, but once it gets rolling in the 2020s, it starts to spread to many other areas of road transport. We see a real possibility that global sales of conventional passenger cars have already passed their peak.”

What Nebraskans are saying about Public Power

thank you.

I KNOW THE BOARD MEMBERS.

Bottom line, I trust you.

Thank you for helping me save energy.

THANK YOU FOR KEEPING OUR LIGHTS ON.

you are amazing!

You are bringing jobs to Nebraska.

YOU WORK HARD FOR MY FAMILY.

I don't want some private company.

They provide great jobs in my hometown.

You are great!

good job.

You work hard for my town.

My neighbor is on your board of directors.

You got my lights back on fast after the storm.

THANKS

You have kept rates low.

YOU REALLY ARE GREAT.

You keep it simple. One less thing I have to worry about.

KEEP UP THE GREAT WORK.

Way to go.

Thank you.

You are reliable.

RURAL ELECTRIC UTILITIES WORK FOR NEBRASKA.

For more information, visit www.workingfornebraska.org

 Working for Nebraska



WIND ENERGY WORD SEARCH

Did you know wind can be used to generate electricity?

The wind blows, turning the blades on the wind turbine, which turns the generator inside the turbine - this produces electricity.

Circle the words associated with wind energy in the puzzle below.

E A H Q Z A T A J J R R D B G
 Z J C B X U Q K K T Y E I F W
 P T D H R S P I N G Y W M E I
 U H F B S D J T Y T G O W X N
 A G I X P X Q H I Y J P S A D
 Y N E I C I C M L X O P W F
 E G T N Y D I Q P D I V U R A
 U Q R F E R E N E W A B L E R
 A C X E T R S E D A L B D Z M
 F E V C N A A W J B Z N C G W
 Q E E F S E C T Y S I B S U Q
 G L U W Q X C I O W F J C D R
 E P S T O Y H O Y R P U X S C
 F B F A K W V B W C N F B Q O
 K X H S E G N M S C R V D R N

Word Bank

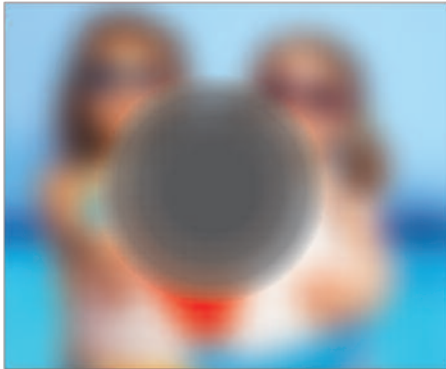
TURBINE
 WIND
 ELECTRICITY
 BLADES
 POWER
 WIND FARM
 SPIN
 RENEWABLE
 GENERATOR
 ENERGY

Fun Fact

Wind farms are built in flat, open areas where the wind blows at least 14 miles per hour.

Advanced Technology Allows Macular Degeneration Patients To See Again

And Allows Many Low Vision Patients To Drive Again



*A scene as it might be viewed
by a person with age-related
macular degeneration*



*Same scene of Grandchildren
as viewed through telescope
glasses.*

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence - driving. Nebraska optometrist, Dr. Robert Stamm is using miniaturized telescopes which are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

“Some of my patients consider me their last chance or people who have vision loss” said Dr. Stamm, one of only a few doctors in the world who specializes in fitting bioptic

telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that will give you back your independence. Patients with vision in the 20/200 range can many times be improved to 20/50.

Bioptic telescopes treat both dry and wet forms of macular degeneration as well as other vision limiting conditions.

While there is currently no cure, promising research is being done on many fronts. “My job is to figure out everything and anything possible to keep a person functioning” says Dr. Stamm “Even if it’s driving”. “The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Stamm. “It’s like a self-focusing camera, but much more precise.”

For more information and to schedule an appointment today, call:

Robert Stamm, O.D.
Low Vision Optometrist
Member IALVS

Toll Free:
(877) 393-0025

 **IALVS**
**International Academy
of Low Vision Specialists**

Start the New Year right with energy savings

by Pat Keegan

Q : My neighbor claims they were able to cut their energy bills nearly in half. Is that even possible? What would I have to do to get there? It sounds like it would take a lot of time and money.

A : The story you heard is not far-fetched. We've been involved with energy efficiency programs that have achieved those kinds of results. Let's talk about some energy-saving measures you can do right away and how you plan for greater savings down the road.

Dial in savings

Now: The first place to start is your home thermostat. In most homes, the largest portion of the energy bill goes toward heating and cooling. Setting back your thermostat by 7 to 10 degrees for eight hours a day can save you up to 10 percent a year on heating and cooling. In the winter, you could aim for 56 F at night and when no one is at home, and 68 F when you're up and around. If you're used to a warmer house, it may mean throwing on a sweater or pair of slippers. It should be noted this tactic is not as effective for some homes with radiant heat systems.

Later: Make sure to adjust your air conditioning settings next summer. If you have a manual thermostat and don't always remember to adjust it, consider purchasing a smart thermostat, or at least one that's programmable.

Set refrigerator and freezer temps for efficiency

Now: Make sure your refrigerator and freezer aren't set to a colder temperature than needed. The fridge should be at 38 F to 40 F and the

freezer compartment should be 5 F. If you have a separate chest freezer, set it to 0 F. Also check your water heater setting. You should aim for a setting of 120 F.

Later: Old refrigerators and freezers can use a lot of electricity. If yours was made before 1993, you can save upwards of \$65 a year with a new EnergyStar model. If you eliminate a second refrigerator or freezer, you can save even more, especially if they are stored in your garage.



For maximum efficiency, don't set your refrigerator and freezer colder than needed. Photograph provided by Marcela Gara, Resource Media

Make bright moves with your lights

Now: The obvious first step is to make sure lights are turned off when they're not in use. You can do this manually or employ one of many automated strategies. If you're still using incandescent bulbs, you could switch the five most-used bulbs to LEDs and save about \$75 per year. LEDs last much longer and use about one-fourth as much energy. Prices on LED bulbs have decreased in the past few years, and you can save more if you buy them in packs.

Later: Over time, plan to replace all your old incandescent bulbs, and

consider smart lighting options that can be programmed to turn off when a room is not in use.

Maximize the heat you've got

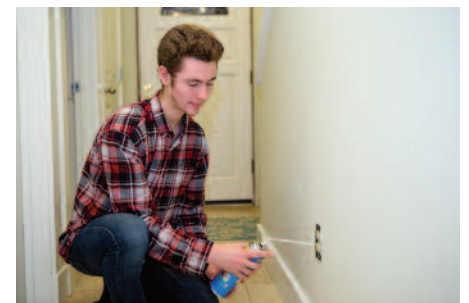
Now: Look around each room and make sure the vents and radiators aren't blocked by furniture or other objects. If the floors feel cold even when the room is warm, put down area rugs for additional warmth. Open curtains and blinds to let the sunshine in, and close them at night. **Later:** Enlist the help of an energy auditor or HVAC specialist to test for duct leakage and ensure your whole system is balanced and running efficiently.

Eliminate drafts

Now: Look carefully around your home for signs of air leaks. If you have a gap under an exterior door, you can block it with a towel or better yet, install some weather stripping. Make sure windows are sealed with caulk, and you can also seal areas around plumbing and wiring penetrations.

Later: Have an energy auditor do a blower door test, which is the best to identify all air leaks.

Taking some of these easy steps now should provide some quick energy savings. To save even more, you'll need a plan that includes the "later" steps we've shared above.



Carefully insulating around outlets on exterior-facing walls is a simple way to eliminate drafts. Photograph provided by Marcela Gara, Resource Media

Fireplaces: For extra value, add extra safety

A fire in the hearth is a warm and welcoming part of winter for many Americans, but open flames inside the home should always be tended safely. Before you light your fireplace, we're hoping you consider safety first.

"Carbon monoxide exposure, burns and fire risks are the major hazards associated with fireplaces, but all of these can be addressed with a little planning and preparation," said Patty Davis, deputy director of communications for the Consumer Product Safety Commission (CPSC). The federal agency, which monitors risks to consumers and makes recommendations for reducing potential hazards, cites home fireplaces, chimneys and chimney connectors as the leading cause of residential fires attributed to heating equipment.

During a two-year period ending in 2016, fireplaces were associated with 19,800 of the more than 44,000 fires caused by heating and cooling equipment, nationwide. Those fires

were blamed for 30 deaths and 50 injuries each year, causing more than \$127 million in property damage annually.

According to the CPSC, an open and properly maintained flue ensures that fireplace gases can be vented to the outside through the chimney and closed to help keep heat inside the home when the fireplace is not in use.

"Make sure that you have a protective barrier in front of your fireplace to prevent a child or grandchild from coming into direct contact with the glass front of the fire screen," said Davis. "The surface temperature of the glass front can heat up to 500 degrees Fahrenheit, which can cause very serious burns to a child."

According to Davis, many new fireplace screen sets include protective barriers or external screens designed to add that extra layer of protection to reduce burn risks.

"If you use your fireplace for

supplemental heating, you should include a full inspection with your system checkups," said Davis. "You should also make sure you have at least one carbon monoxide detector on each floor of your home to reduce the risks of CO exposure."

Odorless and colorless, carbon monoxide can quickly build up in the closed interior spaces of a home, leaving all occupants incapacitated so hindering escape. "When a CO alarm is activated, people can get out and then contact firefighters to deal with the carbon monoxide buildup that prompted to alarm."

While carbon monoxide detectors are now required under many building codes for new construction in homes that include fireplaces, they can be installed in older homes or on floors where they are needed.

"It's important that people install them on every level of their homes, outside of sleeping areas," said Davis. According to the CPSC, fireplaces should be considered fuel-burning appliances, subject to the same

safety precautions, inspections and maintenance standards recommended for other items in that category.

"Get a regular inspection, just as you would for a furnace or heating system," said Davis. "The inspection should be done by a qualified professional, so that means you need to call a chimney company to do it."

That inspection not only helps to ensure the system is tuned up for efficient operation, but it also gives the homeowner warning of wear or damage that could potentially cause fires or other problems once the season is underway.

FIREPLACE SAFETY TIPS

Every year, nearly 20,000 residential fires are linked to fireplaces. The Consumer Product Safety Commission offers these tips to help you keep your family safe:

1. Consider scheduling a fireplace inspection and cleaning by a certified professional.
2. Install a carbon monoxide detector on every floor of your home. These devices offer low-cost protection and provide early warnings of potential problems.
3. Keep flues, dampers, firestops, flashing and chimney caps in good condition.
4. If you have small children and/or pets, consider a secondary screen. A glass screen can reach temperatures of 500 degrees Fahrenheit, so an extra barrier can protect them from serious burns.



Calendar of Events

JANUARY

■ SOUTHEAST

January 18 & 25, Cardinal Virtues, Arbor Day Farm Tree Adventure, Nebraska City, Neb., 1 - 3 p.m. Discover a little more about this beloved bird — a bright spot in our Midwestern winters. Find out about their amazing repertoire of songs, learn how to attract them to your yard, and make a cardinal craft.

January 31, Mystery at the Mansion, Arbor Day Farm Tree Adventure, Nebraska City, Neb., 6:30 - 8:00 p.m. Join us for an evening of murder and mayhem in the Wild West as Arbor Lodge Mansion transforms into the Deadwood Saloon. It's an old-fashioned whodunnit in a magnificent setting! Solve clues, look for evidence, and break the case while mingling with new friends. Event tickets are \$25/person (adults only). Reservations required at 402-873-7222.

■ NORTHWEST

January 15, Farm and Ranch Day, Oshkosh, Neb. Vendors and merchants set up booths, tables and displays of all sorts. Food companies, utilities, seed companies, equipment sales and repair, stoves, insurance, real estate, community groups, all tout their wares.

■ NORTHEAST

January 15-16, 33rd Annual Northeast Nebraska Farm & Equipment Show, Chuck Pohlman Ag Complex, Northeast Community College, Norfolk, Neb. This conference will cover areas like nursery, garden plants, horticulture, green houses, gardening, soil, fertilizer, garden equipments and tools.

January 26, 11th Annual Soup R Art, Lifelong Learning Center, Northeast Community College, Norfolk, Neb. View works by local artists and food from local chefs. Over 800 Northeast Nebraskans attend.

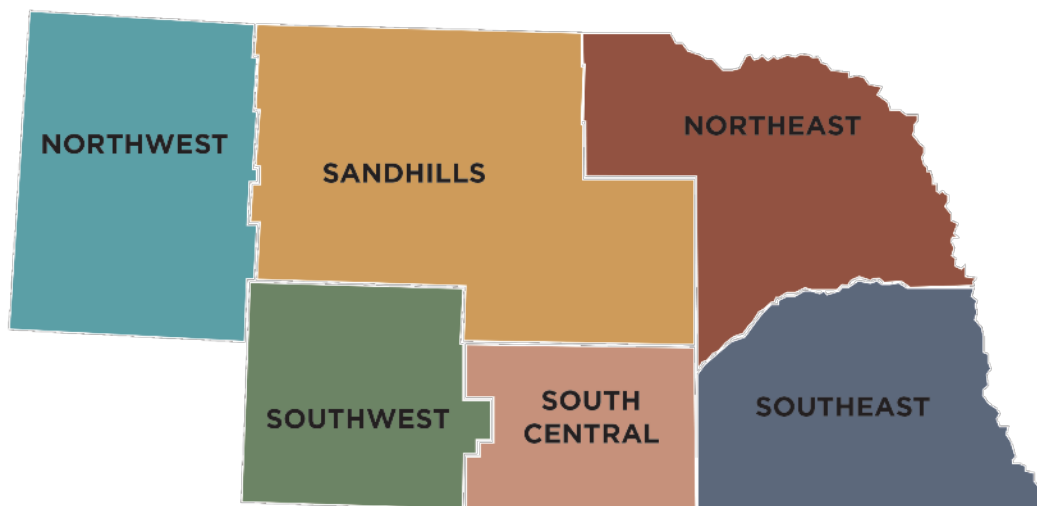
■ SOUTH CENTRAL

January 4-5, March 1, Eagle viewing at Central Nebraska Public Power & Irrigation District's J-2 Hydroplant, Lexington, Neb., Saturdays and Sundays from 8 a.m. – 2 p.m. <https://www.cnppid.com/eagles/>

January 10, Skate Night, 6:30 – 9:30 p.m., Maranatha Camp & Retreat Center, Maxwell, Neb., \$6 admission, www.maranathacamp.org/events

January 25, Rowe Adventures: Snug as a Bug, 1:00 – 4:00 p.m., Rowe Sanctuary, Gibbon, Neb. Outdoor hike to explore habitats <https://rowe.audubon.org/events/rowe-adventures-snug-bug-1>

February 5 & 6, Buffalo Bill Farm & Ranch Expo, D & N Event Center, North Platte, Neb. More than 100 vendors showing off what's new in agriculture. <http://www.nparea.com/buffalo-bill-farm-ranch-expo>



To add events to Calendar, please email info to wprice@nrea.org or mail your info to: Calendar, Rural Electric Nebraskan, PO Box 82048, Lincoln NE 68501. Please submit info two months before the date of the event.

This calendar is published as a service to readers and the communities served by Nebraska's public power districts and electric cooperatives. Rural Electric Nebraskan publishes events free of charge as space allows, giving preference to free community festival and events in and around areas served by subscribing member-systems. We strive for accuracy, but please note that events, dates and times may change without notice.

Shopping for an electric vehicle or rooftop solar?

Public Powered calculators will help in that search

Public interest in electric vehicles (EVs) continues to grow, with the number of EVs registered in Nebraska doubling since July 2018.

“Along with that growth comes an increased need for education,” said Nebraska Public Power District’s Marketing Manager Chad Podolak. “There are differences in comparing EVs with traditional gasoline/diesel powered vehicles, such as mileage by charge versus miles per gallon, cost of fuel, available incentives, and purchase price.”

That’s where the Public Powered EV calculator comes in handy. This calculator can compare a wide variety of EV and conventional vehicle models, determine costs and savings, and even estimate carbon reduction projections. It is now available at <https://publicpowered.wattplan.com/ev/>.

“Using the calculator is easy, takes just minutes to do, and you only need a minimal amount of information to initiate vehicle comparisons,” Podolak added.

By adding in personal information on the amount of mileage for round trips, the cost of your current monthly electric bill, and other items based primarily on charging the vehicle at home, a comparison is developed. Using this data, the calculator can estimate your breakeven point during which time you will begin achieving cost savings. It will also project how far your selected EV could travel on a single charge, mapping that range visually. Also available is detailed information on current NPPD and federal EV incentives, charging station locations and benefits of using an EV, and the tool includes an EV 101 guide.

“The calculator is a good resource for

the public to determine whether an EV is right for them based on their individual transportation needs,” Podolak stressed.

For those interested in installing customer-owned solar, there is also a new calculator available at <https://publicpowered.wattplan.com/pv/>, which will help a homeowner or business make informed decisions relating to the purchase of solar panels. The tool estimates the cost of installing rooftop solar by taking into consideration the direction the rooftop faces, its slope, and the amount of shade it receives. Within this tool, a homeowner will obtain much of the same information as above, while also gaining additional resources relating to the benefits of participating in community solar projects, should rooftop not be an economical choice for rooftop solar.



SAFETY ZONE™

C A L F C A T C H E R S

A Cowman's Best Friend at Calving Time!



Protected Processing!



Safe Release!



Easy & Safe Catching!

ONE PERSON can now SAFELY and EASILY process calves without concern of the protective mother cow!

Watch Action Video at
SafetyZoneCalfCatchers.com
For local dealers or to order,
call 877-505-0914 today!

FACTORY DIRECT PRICING

Nathan Cole, NE “Has made working with the babies much safer for us. It also gives confidence to anyone that has been roughed up before or has not been around the mother cows. I wish we would have purchased the Safety Zone Calf Catcher years ago.”

MADE IN NEBRASKA

A Chef's Advice for Stress-Free Cooking

How many times have you heard someone say they've slaved away in the kitchen all day? Stress in the kitchen can easily arise for a variety of reasons, especially when you're strapped for time and have a never-ending to-do list.

As a survivor of Gordon Ramsay's MasterChef competition, Caitlin Meade – a top 4 finalist on season 8 – understands the pressure all too well. To decrease the stress and make your hosting experience more enjoyable, consider putting these tips from Chef Meade into practice.

Prep Before You Begin

Practice the "mise en place" method – a French term alluding to having everything in place before cooking. Measure ingredients, chop vegetables and prepare utensils to create a steady workflow.

Plan in Advance – Like a Chef

Prep the main dish the night before, have easy appetizers assembled ahead of guests' arrival and outsource sides to family and friends.

Save Money by Getting Spicy

Before it's time to cook, pre-make spices. Since many store-bought blends can be overpriced, this is a way to save both time and money while personalizing your own flavors.

Use Cooking Wine

A secret ingredient and important pantry staple for Chef Meade, cooking wine is perfect for when she needs to make a pan sauce or add flavor. It's even saved her from having to open a nice bottle of table wine, as most recipes call for less than a cup. An option like Holland House Cooking Wines delivers consistent, bold flavor while standing up to high temperatures. Available in Sherry, Marsala, Red and White, there are plenty of flavor-boosting options that will have your friends and family wondering what your secret ingredient is.

For more stress-free holiday recipes, visit hollandhouseflavors.com.



Spinach Feta & Artichoke Dip

- Nonstick cooking spray
- 3 cloves garlic, minced
- 1 package (12 ounces) frozen spinach, thawed and excess liquid drained
- 2 cans (14 ounces each) whole artichokes, drained and chopped
- 1 can (8 ounces) sliced water chestnuts, drained and chopped
- 1 1/4 cups low-fat mozzarella cheese
- 3/4 cup feta cheese, crumbled, plus additional for garnish
- 1 1/4 cups low-fat Greek yogurt
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 cup Holland House White Cooking Wine
- 1 package (8 ounces) reduced-fat cream cheese
- Salt and pepper, to taste

Garnishes (optional): feta cheese, roasted red peppers

Grease 6-8-quart slow cooker with nonstick cooking spray.

In slow cooker, mix garlic, spinach, artichokes, water chestnuts, mozzarella, feta, yogurt and red pepper flakes.

In a small saucepan over medium heat, simmer cooking wine 3 minutes. Stir in cream cheese and turn off heat.

Transfer cream cheese and wine mixture to slow cooker; add salt and pepper, to taste, and stir to combine ingredients.

Cook on low for two hours. Transfer to a serving bowl and garnish with feta and roasted red peppers, if desired.



White Hominy Chicken Chili

- 2 tablespoons olive or avocado oil
- 2 medium yellow onions, diced
- 1 1/4 pounds boneless, skinless chicken breast
- 1 packet of white chili seasoning
- 1 cup Holland House White Cooking Wine
- 1 jar (16 oz) chunky salsa verde
- 4 cups unsalted vegetable stock
- 1 can (16 oz) cannellini beans, drained and rinsed
- 1 large poblano or green pepper, diced
- 1 bag (10 oz) frozen fire-roasted corn
- 1 can (29 oz) white hominy, drained and rinsed
- 3 tablespoons cornmeal (optional)

Toppings recommendations: Lime wedges, avocado, cilantro, sour cream, cheese, tortilla chips, jalapenos

Turn slow cooker on low; add oil, onions and chicken. Distribute chili seasoning evenly over chicken and onions.

Add cooking wine, salsa verde and chicken stock. Cover and cook 3 hours. Remove chicken and allow to rest, covered, for 15 minutes before shredding.

Add beans, peppers, corn and hominy to slow cooker. For thicker consistency, add cornmeal, if desired. Cook on high 1 hour, stirring occasionally.

Add shredded chicken back to slow cooker and serve with lime wedges, avocado, cilantro, sour cream, cheese, tortilla chips and jalapenos, if desired.

Tex-Mex Cheesy Chicken Chowder

- | | |
|--|--------------------------------------|
| 3 cans canned white chicken (or 1 1/2 lbs. cooked chicken breast cut up) | 2 cups milk |
| 2 14 oz cans chicken broth | 1 16 oz Velveeta cheese, cubed |
| 1 32 oz pkg diced hash browns | 1 16 oz jar salsa |
| 1 pkg country gravy mix | 1 can (4 1/2 oz) diced green chilies |
| 2 cloves garlic - minced | 1 cup onion diced (optional) |
| 1 Tbsp oil | 1 cup sliced celery (optional) |

Mix all ingredients in 5-quart pot and heat until cheese is melted. Serve with corn chips.

Michelle Koch, York, Nebraska

Reuben Dip

- 8 oz. cream cheese
- 1/2 lb. corned beef or dried beef chopped
- 8 oz. package Swiss cheese
- 1/2 cup Thousand Island dressing
- 1 cup sauerkraut

Put all ingredients in crockpot on high for 1 hour. Stir occasionally. Turn crockpot on low for 1 hour. As soon as all the ingredients are melted and hot, serve with rye crackers, rye cocktail bread or tortilla chips.

Marilyn Schmit, Bellwood, Nebraska

Sweet & Salty Peanut Butter Bites

- | | |
|-----------------------------------|------------------------|
| 1/2 cup semisweet chocolate chips | 1 cup sugar |
| 4 peanut butter cups, chopped | 1 cup light corn syrup |
| 1-1/3 cup creamy peanut butter | 1/8 tsp. salt |
| | 4 cup Rice Krispies |
| | 1 cup broken pretzels |

Freeze chocolate chips and peanut butter cups until partially frozen, about 15 minutes. Meanwhile, in a 6-qt. stockpot, combine peanut butter, sugar, corn syrup and salt. Cook and stir over low heat until blended. Remove from heat; stir in Rice Krispies and pretzels until coated. Let stand 5 minutes; gently fold in chocolate chips and peanut butter cups until just combined. Drop by tablespoonfuls onto waxed paper; let stand until set. Yield about 5 dozen.

Chris Hilkemann, Pierce, Nebraska

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

Want to work from home?

Legitimate work from home company.
 Call/text Karen Hippe 913-244-8929,
 Karen@fpc-1.com.
 No sales, no risk, no inventory.
 Your life, your dreams, your business.
<http://www.livetotalwellness.com/karenhippe>



HELP STOP COPPER THEFT
 Have you seen something unusual at an electrical facility?
 • An open substation gate? • Hanging wires?
Contact your electric utility immediately.



**Know what's below.
 Call before you dig.**

Advertise in *Rural Electric
 Nebraskan Classifieds*
Call 402/475-4988

Winter Rebate Save \$6,000 to \$9,000 Based On Size

Design your home this winter and we will build for early spring delivery.
 You save \$6,000 to \$9,000 plus get 2019 pricing!
Don't Delay - Save Today!



BOOK YOUR VACATION NOW



FROM
~~\$1,749~~
\$1,499*

FREE ONBOARD CREDIT

**GRAND ALASKAN
 CRUISE & TOUR**

Seattle • Vancouver • Ketchikan •
 Juneau • Skagway • Glacier Bay •
 Anchorage • Denali • and more

12 days, departs May - September 2020

Enjoy a 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 sea lane teeming with marine wildlife, where you'll pass glaciers, 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.



FROM
~~\$2,249~~
\$1,999*

**BEST OF HAWAII
 FOUR-ISLAND TOUR**

Oahu • Kauai • Maui •
 Hawaii "Big Island"

13 days, departs year-round

Enjoy a fully guided 4-island Hawaiian vacation with beachfront lodging on Kauai, Maui, and the "Big Island" of Hawaii, and in Waikiki on Oahu. Includes a Pearl Harbor experience where you will see the USS *Arizona* Memorial. Visit historic Lahaina, enjoy a boat cruise on the Wailua River, and authentic Hawaiian entertainment and food at our Farewell Feast. Guided throughout by our friendly Tour Directors—your local experts. Price includes 3 inter-island flights.

GUIDED TOUR EXPERTS – CALL FOR YOUR FREE BROCHURE



Promo code **N7017**

CALL 1-844-324-3933

*Prices are per person based on double occupancy plus \$299 in taxes & fees. Cruise pricing based on lowest cabin category after Instant Rebate; upgrades available. Single supplement and seasonal surcharges may apply. Add-on airfare available. Onboard Credit requires purchase of Ocean View or Balcony Cabin. For full Set Sail terms and conditions see www.ymtvacations.com/setsailoffers. Offers apply to new bookings only, made by 3/31/20. Other terms & conditions may apply. Ask your Travel Consultant for details.

At Tri-State

Our cooperative approach to a clean grid starts now.

Learn how we're transforming with our Responsible Energy Plan.

www.tristate.coop/responsibleenergyplan

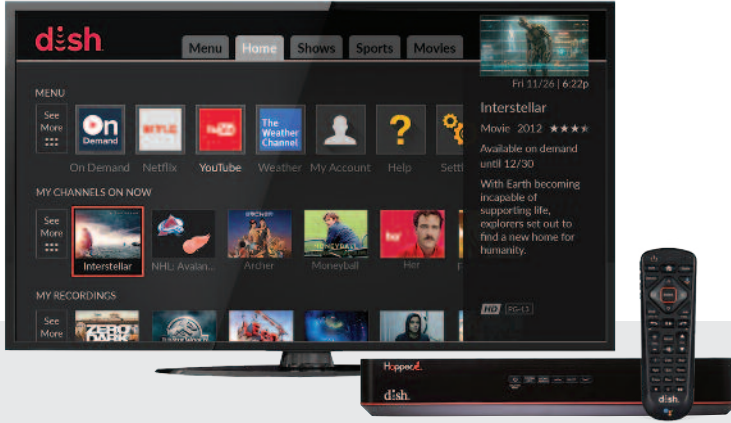


TRI-STATE

A Touchstone Energy® Cooperative 



TV Packages Built For You



FREE Voice Remote with the Google Assistant



Voice Remote requires internet-connected Hopper, Joey, or Wally device. Customer must press Voice Remote button to activate feature. Google and YouTube are trademarks of Google LLC.

AMERICA'S TOP 120

190 Channels
\$59.99/mo.

HGTV **nickelodeon** **ESPN**

Local channels included!

AMERICA'S TOP 120 PLUS

190+ Channels
\$74.99/mo.

NFL NETWORK **NBA NETWORK** **MLB ESPN NETWORK**

Even more sports and entertainment!

AMERICA'S TOP 200

240+ Channels
\$84.99/mo.

Hallmark CHANNEL **Disney JUNIOR** **diy network**

The best of America's Top 120 Plus and more!

Smart HD DVR Included | 2-Year TV Price Guarantee

All offers require credit qualification, 2-year commitment with early termination fee, and eAutoPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/Sling, or Hopper 3 \$5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper \$15/mo., Joey \$5/mo., Super Joey \$10/mo.



DISH Puts You and Your Family First

Ranked **#1 in Customer Satisfaction** by J.D. Power and our customers for the second year in a row.

DISH Network received the highest score in the Nation in the J.D. Power 2018-2019 U.S. Residential Television Service Provider Satisfaction Studies of customers' satisfaction with their current television provider. Visit jdpower.com/awards

- **FREE** HD for Life®
- **FREE** Standard Professional Installation

CALL TODAY

You could be watching DISH tomorrow!

866-722-8320

or visit your local Authorized Retailer

Offer for new and qualifying former customers only.

Important Terms and Conditions: Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. **Offer ends 7/15/20. 2-year commitment:** Early termination fee of \$20/mo. remaining applies if you cancel early. **Included in 2-year price guarantee at \$59.99 advertised price:** America's Top 120 programming package, local channels, HD service fees, and Hopper Duo for 1 TV. **Available with 2-year price guarantee for additional cost:** Programming package upgrades (\$74.99 for AT120+, \$84.99 for AT200, \$94.99 for AT250), monthly fees for upgraded or additional receivers (\$5-\$7 per additional TV, receivers with additional functionality may be \$10-\$15). **NOT included in 2-year price guarantee or advertised price (and subject to change):** Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. **Regional Sports:** RSN Surcharge of up to \$3/mo. applies to AT120+ and higher packages and varies based on location. **Other:** All packages, programming, features, and functionality and all prices and fees not included in price guarantee are subject to change without notice. After 6 mos., if selected you will be billed \$9.99/mo. for DISH Protect Silver unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. © 2019 DISH Network L.L.C. All rights reserved. #1 in Customer Service, Performance and Reliability, Cost of Service, Features and Functionality, Billing and Payment Experience, and Communications and Promotions. For J.D. Power 2019 award information, visit jdpower.com/awards.

MX_25145