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NEBRASKAN

"The Rural Voice of Nebraska"

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Spring brings budding flowers and trees to Nebraska. The first day of spring is also called the vernal equinox. The day is one of only two days every year when the sun passes directly over the equator. Photograph by Wayne Price

The meaning of public power

As the General Manager of Custer Public Power District, a public power system in Nebraska, I sometimes catch myself thinking that everyone knows as much as they ought to about Nebraska's strong public power advantages and heritage; since public power is such a big part of my life.

Once in a while, someone says something or asks a question that reminds me to not take for granted the public knowledge about public power.

What does the term "public power" mean? It means electric utilities that are owned by the public, by the customers in the areas they serve, not by out of state or foreign investors who are in it strictly for profit.

Public Power Districts (PPDs) operate on a not-for-profit basis, at cost, as opposed to profit-making utility companies whose first loyalty is to shareholders who primarily live elsewhere.

There are public power districts, which cover all or part of a county or several counties, and are much like a school district in that the enterprise they operate is owned by the public and governed by a board of directors elected by the citizens in the area served during each general election.

Municipal utility systems are similar, except that they are creatures of city government and their operations are pretty much confined to city limits. Their boards of directors are either elected officials or appointed by the city council or mayor.

We also have a few cooperatives, primarily along western and northern edges of Nebraska. They, too, are not-for-profit but rather than being a quasi-governmental district, they are

private corporations that use the cooperative business model. They are 100 percent owned by the customers who elect the board at their annual meetings.



Rick Nelson
General Manager
Custer Public
Power District

In the early days of bringing electricity to Nebraska, private, shareholder-owned, for-profit electric companies served mainly towns and urban areas. The Nebraska Legislature -- and more specifically George Norris -- realized that the private companies were not going to service rural customers because they could not make a profit.

Norris developed state laws that gave people the ability to form public power districts and rural electric cooperatives. They also gave public power the right of eminent domain to ensure that Nebraska would be a completely public power state without private electric companies making a profit on electricity, since electricity had become a necessity for modern life rather than a luxury item.

Nebraska became and still is the only state in which 100 percent of the customers are served by electric utilities that they own. Not one penny of dividends is tacked onto electric bills and sent to out of state or foreign investors.

Where do Public Power Districts like Custer get their electricity? For the most part, the answer is this: from a larger PPD, the Nebraska Public Power District. NPPD was formed to provide wholesale electricity to municipal utilities and public power districts as well as some cooperatives.

How does electricity get from those power plants to the substations at Custer PPD? A sister PPD known as the Nebraska Generation and

Transmission (NEG&T) Cooperative fills that role. It purchases wholesale power from NPPD and delivers it us.

So, there are three Public Power Districts in the chain (NPPD, NEG&T, and Custer) that generate electricity, distribute it across the state, and bring it to your home. That's pretty much the model for the entire state, but there are some exceptions.

A few public power districts and cooperatives in western Nebraska receive their wholesale power from Tri-State Generation and Transmission Cooperative, a not-for-profit cooperative located in Colorado that performs essentially the same functions as NPPD and NEG&T. Tri-State is a separate entity that is 100 percent owned by the local systems that buy power from it, and it is those local systems who elect directors to the Tri-State board.

Custer PPD was formed in 1943 to serve the rural customers in central Nebraska, which later included all or part of 13 counties. Custer PPD was formed by the customers that we serve. We are governed by seven local directors who are elected locally. Every one of them receives their power from Custer PPD. They pay the same electric rates as every other consumer. They are customers who represent their fellow customers.

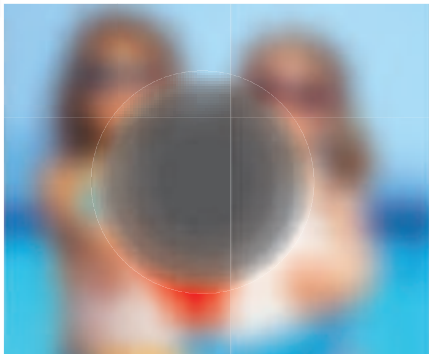
This unique distinction of being the only state which is 100 percent public power is one of the major reasons why Nebraska is ranked seventh in the nation for having the lowest electric rates. For the most part states whose rates are lower are the lucky few whose geographic good fortune put them near huge hydro-electric resources or coal fields.

There's one thing that I particularly like about all of this. It's a story that proves once again that here in rural Nebraska, we know how to take care of ourselves, take care of each other, and take care of business.

It's a story worth passing on to the next generation.

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:

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Deer Me!

What's Eating Your Landscape?

by Pamela A. Keene

The succulent plants you so carefully tend in your garden are like an oasis in a desert—a feast for the eyes and stomach, waiting to be harvested at just the right time.

Sometimes, though, the fruits of your labor are prematurely usurped by a garden intruder impressed by what it sees as a gourmet, all-you-can-eat buffet.

“Deer are looking for the highest-quality food, and our yards often offer the best smorgasbord,” said Dana Sanchez, a wildlife specialist for Oregon State University Extension Service. “When taking loving care of our plants—watering well and fertilizing—we’re producing a really superior plant compared to what’s in the natural environment. They are more tender and have more nutrition and water content.”

How do you keep deer from feasting on what you want to enjoy? According to nationally recognized gardening expert Joe Lamp’l, creator and host of the award-winning PBS television series, “Growing a Greener World,” there

are three primary strategies: exclusion through physical barriers, repellents and making appropriate plant choices.

“There’s no foolproof method for keeping deer from eating your landscape if they’re hungry enough, but there are some ways to minimize the damage,” said Lamp’l. “It takes persistence and a few tricks, but you can keep deer at bay.”

Fence Them Out

The most reliable way to address a deer issue is to create a physical barrier or a way to exclude deer from your landscape, Lamp’l said.

“Building a fence around your vegetable garden will do a great deal to reduce deer damage, but not just any fence will do,” he said.

Lamp’l suggests building a double, three-strand fence, like those used for livestock protection. Mount plastic insulators on 36-inch wooden, fiberglass or metal stakes.

Make two concentric circles around the area, 3 feet apart. String the stakes in each circle together with wire strands, placing the wire in the outside circle, 18 inches from the ground. Then put two strands on the inner stakes at 10 and 24 inches.

“A deer’s depth perception is not good, so they will sense the presence of the two fences, but will be very unlikely to attempt to jump both,” said Michael Mengak, wildlife specialist professor at the University of Georgia. “You’ve created a visual and physical barrier against them without putting up an unsightly, stockade-style fence. A deer may try to jump the fence, but it won’t be able to clear both circles. It will most likely jump back out than attempt to cross the inner fence’s 24-inch barrier.”

Electricity—either through solar power or a battery-operated source—can be added, but Lamp’l says that is not necessary in most cases.

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If a double fence is not practical from a space standpoint, he suggests building a standard fence from posts and chicken wire, woven field wire or welded mesh wire at least 8 feet tall. Make sure the fencing is tight against the ground. Deer will not burrow, but they will look for an easy way to go under it.

Individual plants or smaller plant groupings can be protected by draping them with lightweight netting. Loosely secure the netting around the base of the plant to prevent the deer from nibbling on the leaves.

Turn to Repellents

Frustrated gardeners have resorted to a variety of techniques to try to deter Bambi and friends from foraging and grazing on prized roses, vegetables and hydrangeas: human hair, Irish Spring soap shavings, aluminum pie pans suspended on string, motion-activated lights and water sprinklers.

Others have tried crushing garlic, concocting a mixture of fragrant herbs or spraying capsaicin oil onto plants to keep the deer away.

“Some of these methods may work for the short term, but deer are creatures of habit and they’ll adjust to these attempts to add a human scent to frighten them,” said Neil Soderstrom, author of “Deer-Resistant Landscaping: Proven Advice and Strategies for Outwitting Deer and 20



Above: Caught in the act: A young deer takes his pick of greens in a well-tended human garden. Photograph by Teddy Fisher.

Opposite: Deer often venture out of the woods into people’s yards, though they sometimes stick close to the forest. Photograph by Teddy Fisher

Other Pesky Mammals.”

“We’ve heard of people using powdered baby formula, homemade concoctions that contain rosemary or other herbs, hot sauce, and even human or animal urine,” he said.

Soderstrom said commercially available repellents have a higher success rate, but the key is to alternate their use.

“The odor will dissipate over time, so you must be diligent in applying them every 10 days or so, and after it rains,” he said.

Recognized brands are Liquid Fence, Deer Away, Deer Out, Deer Stopper and Hinder. They are applied directly to leaves and the stem to create smells and tastes offensive to deer.

Repellex offers two types of repellents: a liquid spray applied to the plants and leaves, and systemic tablets or granular forms put into the soil, then absorbed into the

The key
is making
sure we have a
way to live with
wildlife. It’s
important to
strike a balance
between the
needs of people
and the needs
of animals.

Deer Me! From page 7

plant, making it bitter to animals.

The process takes several weeks, so it is important to use a spray on the foliage the first few weeks.

Most box retailers and nurseries offer a choice of products in liquids, concentrates or powders. Completely read the labels, including cautions, before using to ensure the product is safe when used on fruits and vegetables.

For an organic deer-repellent that is marketed as fertilizer, try Milorganite—a wastewater treatment byproduct that has been produced by the Milwaukee Metropolitan Sewerage District for more than 90 years.

Milorganite is the result of recycling nutrients in the city's wastewater by using microbes that are then kiln-dried, bagged and sold. The organic nitrogen-based slow-release fertilizer produces an odor that is offensive to deer.

"I've seen it used as a fertilizer and deer repellent, and the deer don't seem to browse in areas treated with Milorganite," Lamp'l said. "I find it to be very effective."

Pick Native Plants

In the wild, plants develop defenses such as waxy leaves or prickles that make them more adapted to surviving grazing. Even when they do get nibbled, natives are more likely to survive than the succulent plants in our gardens.

The most reliable way to address a deer issue is to create a physical barrier or a way to exclude deer from your landscape.

"We're often selecting plants from other parts of the world that didn't get to learn through evolution about the herbivores in our ecosystem,"



Sanchez said. "They're naive. Even roses that have prickles don't have them around the beautiful blossoms, which the deer just snap off. They easily take what they want."

landscape.

"Native plants are among the best bets for your garden and landscape," Lamp'l said. "Native plants evolved at the same time as your area's wildlife and developed their own resistance to deer feeding to survive."

Some plants are more appealing to hungry deer than others.

Daylilies, hydrangeas, hosta, azaleas, rhododendron,

Choosing the right kinds of plants—those deer typically do not like—can reduce the likelihood of free-range foraging in your

roses, fruit trees, arborvitae and Leyland cypress are ready-made food sources. Garden experts recommend not planting these if you have a high-

traffic deer area.

Instead, look for plants and trees on the less-likely-to-be-eaten list, including boxwoods, hollies, ornamental grasses, hellebores/Lenten roses, ferns, butterfly bushes, cedar trees, redwoods and hemlocks. Consider planting them in the outer reaches of your landscape.

“Deer are determined and persistent when it comes to filling their tummies,” Sanchez noted.

Sometimes combining deer-desirable plants with those deer do not like can reduce the chance of having your colorful flower beds mowed to the ground. Mixing marigolds with pentas or lantana or Angelonia with impatiens tends to keep deer from grazing. Some gardeners intersperse pansies with spring onions to make deer work harder to sort out the plants they like to eat.

“Use ‘decoy plants’ around your

landscape to attract deer away from your valued plants,” Lamp’l said. “For instance, give up part of your property to deer-friendly plants in hopes that they will focus on this readily available food source.

However, if the deer are hungry enough, they will eat anything, so no method is completely effective.”

As creatures of habit, deer tend to feed in the same areas for generations—which can be problematic when invading their territory to create new neighborhoods, compromising their food and water sources.

“The key is making sure we have a way to live with wildlife,” Mengak said. “It may mean habitat modification, but it’s important to strike a balance between the needs of people and the needs of animals.”

Check your local county extension office website for plant recommendations specific to your area and hardiness zone.



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Stay safe around overhead power lines

It can be all too easy to overlook things that we see every day—such as overhead power lines. However, failure to notice high voltage power lines can be a deadly oversight.

Safe Electricity encourages everyone to look up and around you. Follow these guidelines as you prepare to work on outdoor projects this year:

- Always be aware of the location of power lines, particularly when using long tools like ladders, pool skimmers, and pruning poles. Be sure to lower your long equipment when you are moving it. Carry ladders and other long items horizontally whenever possible.

- Be careful when working on or around your roof—installing rooftop antennas and satellite dishes, installing or cleaning gutters, or doing repair work. Never go up on the roof in windy or bad weather.

- Be especially careful when working near power lines attached to your house. Keep equipment and yourself at least 10 feet from lines.

- Never trim trees near power lines—leave that to the professionals. Never use water or blower extensions to clean gutters near electric lines. Contact a professional maintenance contractor.

With tall equipment there is a tall order for safety

Maintaining safe distances from electrical equipment is important because accidents with electrical equipment are both dangerous and costly. Additional precautions need to be taken when using large equipment in the vicinity of electrical lines and equipment. Not doing so puts the operator at risk as well as the safety of those nearby.

Before beginning work, conduct a site survey and note the locations of overhead power lines, and take measures to prevent electrical accidents. Never attempt to move or raise a power line yourself. If any potential clearance issues are identified, contact the utility.

When operating equipment, maintain situational awareness, and keep yourself and the equipment safely away from overhead lines. Know the clearance rules for the machinery you are operating. Equipment like dump trucks, backhoes, and loaders require a minimum 10-foot clearance from overhead lines. Cranes and derricks

need to maintain an even greater distance for safe operation.

The Occupational Safety and Health Administration requires the clearance for cranes and derricks be a minimum of 20 feet from overhead power lines. The equipment's maximum working radius, 360 degrees around the equipment, must also be taken into account. A dedicated spotter is very helpful when working in close proximity to overhead lines to help the operator keep the required clearance.

Even if contact is not made with electrical lines, but a collision occurs with other related equipment such as electrical poles or guy wires, it should still be reported to the utility. Though the equipment may appear to have survived the collision, unexpected degradation of electrical equipment can lead to public safety hazards such as fallen power lines. Just because a power line has fallen does not mean that it is not carrying electricity. There is still the potential for the line and the nearby area to be energized.

If the equipment you are operating

does make contact with any overhead lines, it is best to stay in the cab. Immediately call 911, warn others to stay away, and wait for the utility crew to cut the power before exiting the machinery. If you see an operator's equipment make contact with a power line, resist the instinct to rush to that person to provide help. It is best to stay back and warn others to stay away.

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For many people, particularly seniors, climbing stairs can be a struggle and a health threat. Some have installed motorized stair lifts, but they block access to the stairs and are hardly an enhancement

to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet... falling.

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KEEPING an Edge!



By 
Patrick Pop
NPPD PRESIDENT & CEO

Why public power in Nebraska was the right choice then, and now.

As we consume, you are bombarded with more and more choices for the products and services you purchase. A bill introduced in this year's Nebraska Legislature proposes to offer electric consumers more choices related to where they buy power from.

With public power, it is our main responsibility to look at or the best way to serve Nebraskans. So, while we're always open to new ideas, we also believe it is important to take a cautious approach when such

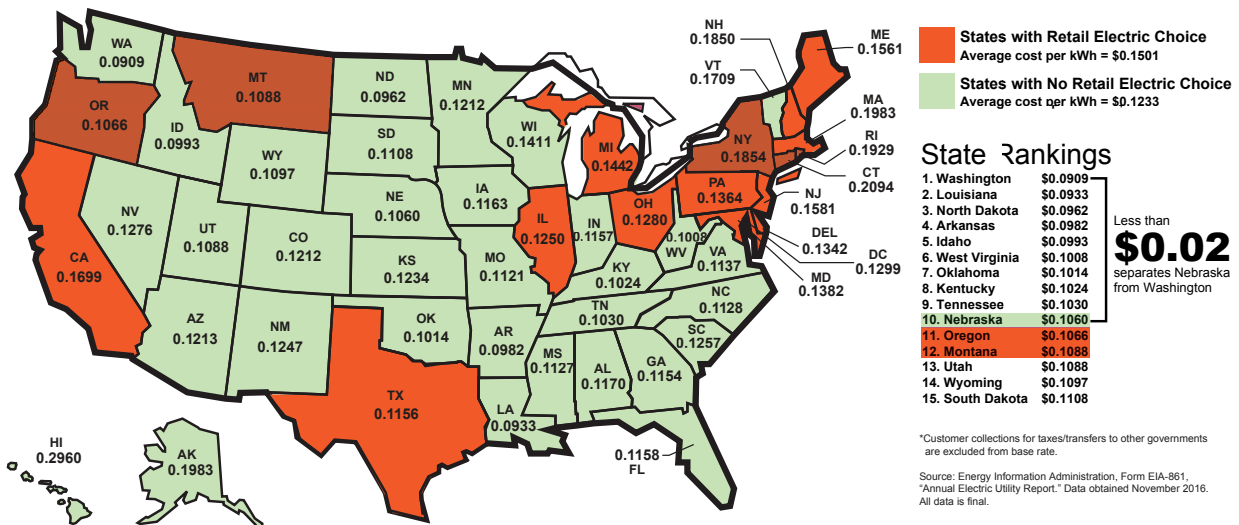
a dramatic change is proposed by a few groups who seem to have their own vested interests. For example, more than one-third of the 23 states that previously implemented this proposed choice model have already abandoned it because of its high costs to implement and administer, and a 2014 study* concludes that after two decades of existence, retail choice has yielded no significant benefits. Furthermore, states still offering this model today have electric rates averaging 31 percent higher than the states you pay in Nebraska.

Your public power utility does not make a profit.

The system was developed years ago to do what private utilities would not—serve rural customers in remote parts of the state at electricity prices similar to an urban area. And, today, we maintain the edge. Nebraska's residential rates continue to rank among the top 10 lowest-cost rates in the country, as noted below.

Residential Electric Rates in Cents per kWh Based on Average Monthly Bills - 2015 Final

U.S. average cost per kWh = \$0.1265
NPPD cost per kWh = \$0.1067*



Competitive Edge

Right now, Nebraskans pay, on average, 10.6 cents per kilowatt-hour for residential electric service. At NPPD, customers who use 1,000 kilowatt-hours a month pay an average of \$3.56 per day for electricity. The 14 existing retail choice states, by comparison, pay an average of 15 cents per kilowatt-hour. Of these states, every single one has residential rates higher than those in Nebraska. As your power supplier, NPPD competes every second of every day with both in-state and out-of-state power generators in a wholesale energy market that encompasses a 14-state region. SPP decides which power plants in this region get dispatched based on price and availability, and I'm pleased to say your Nebraska-based power plants consistently perform extremely well.

Those who promote retail choice like to compare the cost of Nebraska's generators to prices in the energy market, but they are telling only part of the story. In reality, this market is designed to reflect only a portion of the costs it takes to produce electricity. If you own a car, then you know it takes a lot more than gas alone to

Public power keeps dollars local

ANNUALLY, MORE THAN
\$100,000,000
 IS GIVEN BACK TO NEBRASKA COMMUNITIES



*\$44.8 million was contributed by NPPD in 2015.

Nebraska's public power utilities deliver affordable, reliable electricity and returns revenues back into the communities served.

operate it. The same is true when it comes to pricing power generation. The utility pays for more than just fuel expenses to operate a power plant.

Community Edge

Public power routinely involves the public and its customers in decisions involving local electric utilities. From finding ways to enable community-based renewable energy development to helping recruit new

business and industry to the state because of low energy costs, choices about your electric system are made by Nebraskans, for Nebraskans. With public power, you have a vote by electing representatives to your power district's board of directors. You also get the benefit of this little known fact: More than \$100 million is returned by public power to Nebraska communities each year. You see, even though we are not-for-profit, we still return dollars, including taxes, to the communities we serve.

Like a car, electricity requires more than just fuel



Fuel Costs



Fuel Costs*

*SPP buys and sells electricity based on the fuel and variable operation and maintenance costs.

Collaboration Edge

In Nebraska, who you buy electricity from really doesn't need to be that complicated. You are getting a good deal with public power, a deal made by our forefathers more than 80 years ago when private utilities chose not to serve customers in rural areas. Public power understands the benefit of working together. In fact, public power's ONLY goal is to provide Nebraskans with low-cost, reliable energy. We want our friends, neighbors and families to keep enjoying the good life because we live here, too. And that's what public power is truly all about.

Digital devices impact energy use

by Tom Tate

Ah, the Digital Age. We have gadgets galore, the ability to manage our homes in new and innovative ways, brilliant images and captivating sounds of modern entertainment options and of course, the internet. Clearly, digital devices reign supreme. Yet these cool new capabilities come with a couple of pitfalls; vampire loads and the issue of “technology reincarnation.”

Over the course of the Digital Age, electricity use has continued to increase. Families have multiple televisions. Computer prices have plummeted, meaning many homes now have multiple computers. Everyone in the family needs a cell phone. Gaming consoles and set top cable/satellite boxes satisfy our desire for entertainment.

Major appliances aside, most digital devices do not use 120-volt power, which is the standard voltage of a home outlet. They actually use a lot less. So, trying to plug your brand new smartphone directly into an outlet is going to lead to a fried device and lots of tears from someone. This is why low-voltage devices come with a power adapter. These “wall warts” as some term them, take the 120-volt electricity supplied by your local rural electric utility and convert it to say, five volts. Unfortunately, most folks leave their adapters plugged in to make



recharging easier. The problem with this approach is that the seemingly innocuous wall wart uses power even when it isn't charging a device.

This invisible energy consumption is often called “vampire load.” Studies show that 5 to 10 percent of the average home's energy use is from vampire loads. The only way to stop this is to unplug the power adapter when it is not in use or employ smart power strips. These look like the typical power strip but with a twist—only one socket gets power all the time. When the device or appliance connected to it turns on and starts using power, the remaining sockets receive power too. This is perfect for entertainment systems, computer set ups and a variety of other situations.

Technological advances have steadily increased energy efficiency and reduced purchase prices. On its

face, this seems like a good thing. Unfortunately, when replacing a product at the end of its life, the tendency is to go bigger, or continue to use the old tech. This is the second issue I noted—technology reincarnation.

For example, flat screen television prices have plummeted as technology has evolved—and so has the amount of electricity they use. Consumers wander into the big box store and are dazzled by walls of giant, brilliant televisions. What they used to pay for the paltry 32” model now might net them a 50” giant. And who doesn't want to see their favorite show or sports event in near life size? But if you spring for the bigger TV, you won't benefit from the increased energy efficiency of the newer technology. The bigger model uses as much juice as the older, smaller TV, which likely ends up in another room

(reincarnated in another setting) still using power.

Or refrigerators. These are the showpieces of the evolution of smart appliances. Many new models include touchscreens and cameras; they communicate over the internet and probably even keep food cold and make ice. Yet what often happens is the old refrigerator ends up in the basement or garage, reincarnated as a dedicated beverage unit or overflow.

I'll offer a couple words of advice to help you avoid—or at least reduce—the effects of vampire loads and technology reincarnation. Invest in smart power strips or make a point to use outlets where you can conveniently unplug power adapters when not in use. Don't oversize your replacement appliances and entertainment gear unless family needs dictate the larger capacities. And recycle the replaced appliances and equipment to stem technology reincarnation. You will enjoy the Digital Age for a lot less.

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MKT-P0057



Using portable electricity to power your life

As smartphones and other electronics take on a more prominent role in our lives, it's important to ensure these devices don't run out of power. While finding an outlet in a building is easy, what do you do without access to one? Whether it's a weekend camping trip, sporting event or travel to a foreign country, you'll need a way to recharge your devices from wherever you are.

First, you need to decide if this is going to be an energy source you carry with you, or one that stays stationary, probably in your car.

Stationary generators include traditional gas-powered generators and a newer generation of heavy-duty lithium ion batteries. Both types are able to keep larger electronics, including mini-fridges and laptops running all weekend. The difference between the two comes down to cost and operation. The gas generator is cheaper up front, but noisy to operate and requires fuel. The lithium-ion battery is more costly up front, but quieter to operate and cheaper to recharge. The battery generator is also much lighter—typically around half the weight of a comparable gas generator—but since you won't be

carrying either with you in a backpack, it's a largely irrelevant point.

Your choice for portable energy broadly boils down to two options, external battery packs and portable renewable generators.

External battery packs come in a variety of shapes and sizes, but their carrying capacity is measured in mAh (milliamp hours). How much is 1 mAh? By definition, it's enough energy to provide 1 milliamp of electricity for an hour. In practical terms, 10,000 mAh is enough to charge an iPhone 6s three and half times, a Galaxy S6 three times or run a 5W LED to light your tent for 10 hours. The benefits of these battery packs are cost, reliability and weight. A 10,000 mAh battery retails on Amazon.com for about \$25, weighs the same as a baseball and can easily fit in your pocket. The downside is once the battery is drained, it's also useless until you find an outlet again.

Portable generators offer a very different experience than battery packs. These gizmos are able to take some other form of energy and convert it into electricity for your

devices. The most common are solar panels, but other types include water (river) and thermal (campfire) generators. The advantage of these generators is they won't run out of power while being off-grid for extended periods of time. The downside is these generators are heavier, condition-dependent and more expensive than their battery counterparts. Estream's portable water generator that launched this year, for example, is capable of generating electricity from any flowing water – seemingly a good fit for any trips near a river. However, it weighs 2 pounds, takes over 4 hours to charge to its 6,400 mAh capacity and costs \$250. Portable solar panels offer similar economics. A Guide 10 Plus Solar Kit from Goal Zero retails for \$130, weighs 1.4 pounds and will take 3 to 6 hours to charge a 2,300 mAh battery in full sunlight (no clouds, panels facing the sun).

While portable generators have a much better wow factor, unless you're planning to embrace "van life" and go off the grid on a semi-permanent basis, consider a battery pack. Or, if you're really bold, try turning off the electronics while you're outside.

Drug Companies Fear Release of the New AloeCure

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

by David Waxman
Seattle Washington:

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

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

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

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

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

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

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

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



HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

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

RAPID ACID AND HEARTBURN NEUTRALIZER

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

SIDE-STEP HEART CONCERNS

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

UNLEASH YOUR MEMORY

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

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

SLEEP LIKE A BABY

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

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your

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

SAVE YOUR KIDNEY

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

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

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

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

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

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

HOW TO GET ALOECURE

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

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **800-808-3195** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

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

Batteries of the future

by Paul Wesslund

Batteries will soon be part of a huge change in how you will receive electricity from your local rural electric utility.

Utilities are currently running into electricity supply challenges, and batteries are stepping up with solutions.

Here's what electric utilities are currently facing:

- Hi-tech equipment can fail during a power interruption of even a few milliseconds.

- Interest in renewable energy is increasing, but solar power won't work when the sun doesn't shine, and wind turbines won't spin when the wind doesn't blow.

- Consumers want electric service to be restored more effectively after outages. Even if a storm leaves a large number of homes and businesses without power for several days, consumers want plans in place to quickly restore power to essential services, like gas stations and pharmacies.

A solution for these dilemmas lies in the emerging technology of battery storage, which could provide additional power when the demand for electricity is high. Currently, these large batteries are expensive.

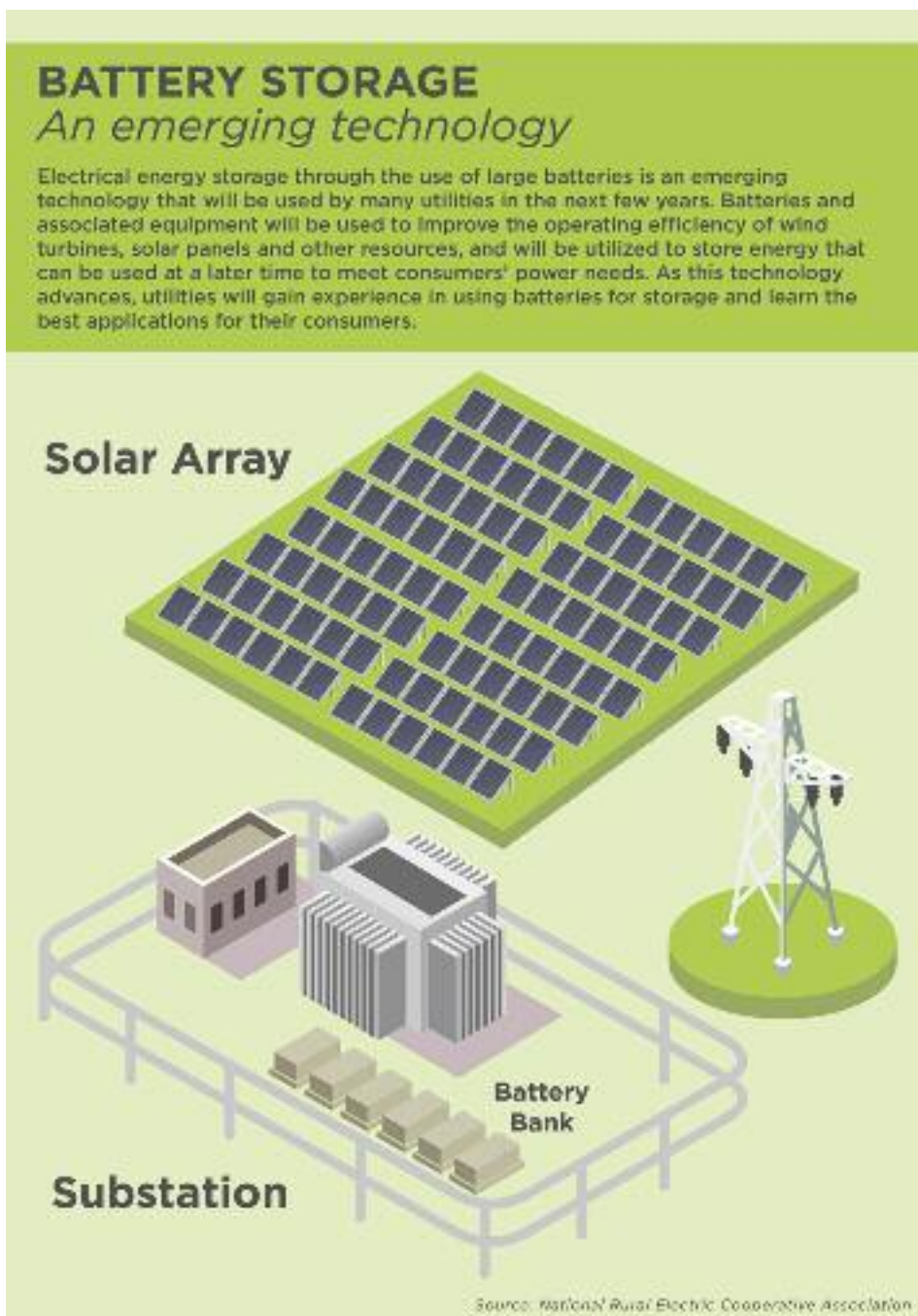
But the demand for better smart phones, laptop computers and electric cars has fueled a frantic race for batteries that are lighter, smaller, longer-lasting and less expensive. These demands are being met through research into technical improvements and by the economics of mass production.

What's behind these developments is the 40-year-old lithium-ion battery technology, named for the lightweight metal lithium it's made of, and ions, which are pieces of atoms that move back and forth inside the battery to produce and store electricity.

"One of the breakthroughs has been the adoption of the lithium-ion battery for vehicles as well as consumer products," says Andrew Cotter, a program manager for the National Rural Electric Cooperative

Association's (NRECA) Business and Technology Strategies group. "A lot more lithium-ion batteries are being produced so there are a lot of companies able to package them much more cheaply. And that has spurred more companies to start investigating and investing in research."

In a 2016 report titled "Welcome to the Lithium Age," the Germany-based international financing giant Deutsche Bank wrote, "Lithium-ion battery costs are falling rapidly as global battery producers expand



manufacturing facilities, unlocking economies of scale.”

The next step for the battery industry, says Tom Lovas, a technical liaison and consultant with NRECA, “is scaling up for applications in the electric utility industry.”

Right now only a handful of utilities are making significant use of batteries, but one industry research group predicts that number will grow eight times by 2020, for a market value of \$2.5 billion. That kind of potential leads to some bold claims as battery companies compete for their share.

“There’s a lot of hype out there,” says Lovas, as marketers tout batteries as “the linchpin of putting together the smart grid” to modernize the flow of electricity.

Cotter says, “The technology is available, people are interested, but no one knows the flaws yet.”

He continues, “As utilities gain experience using batteries in routine operations, they will learn the

imperfections and start figuring out what are the most conventional uses. Vendors, in turn, will start developing batteries for those specific applications.”

For example, one of the most likely of those applications will be to resolve the problem of intermittent power flows created by renewable energy. Since solar and wind power can be generated during times when people don’t need it, batteries could store the excess energy for future use. While beneficial in theory, in practice it is not clear whether there is a broad economic case for this. Each utility will have unique factors that will play into this decision.

Another use of batteries could be to smooth out power fluctuations from renewable energy. Solar and wind energy can come from a variety of sources—independent vendors and even homeowners selling power back to the utility from their relatively small sets of solar panels or wind

turbines in ways that are hard for the utility to predict. The result can affect the quality of power and even damage equipment as transmission and distribution lines are used in ways they weren’t designed for. But again, the economics of such an application are unique to each utility.

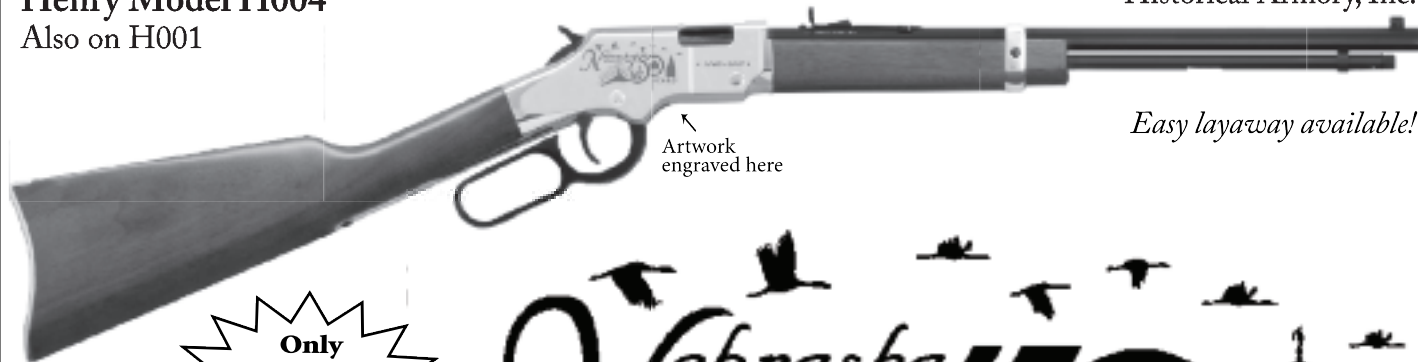
In time, utilities will become familiar with the best uses of the technology. Storage applications will become commonplace, and vendors will sell optimized products for them. Until then, NRECA’s Business Technology and Strategies group is using cases that provide methodologies for a storage assessment.

Like all things in the energy industry, it is not all economics. Some state governments are even getting into the act, passing laws requiring utilities to use batteries in their operations to encourage renewable energy and provide immediate power to essential businesses after outages.

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Keep yourself from having to dig out of trouble

If you had a new fence to install at home, you would likely research property lines, ordinances, and fence types. Then you would get to the point of purchasing, prepping, and assembling materials to get work started. However, you would still not be ready to dig. There is a very important step missing—calling 811.

811 is a free service that will have buried public utilities marked on your property so that you can safely dig around them. Just call 811, or submit an online request at call811.com at least a few business days before you plan to dig.

Digging without having utility lines marked can result in damage to gas, electric, communications, water, and sewer systems. Checking the safety of a location before you begin digging is important for both professionals and homeowners. It helps prevent accidents on projects of all sizes and scopes.

When contacting 811, make sure that you have clearly identified your planned digging area and outline it in white paint if possible. The service



uses ground-penetrating radar to search for and locate the buried public utility lines that are on your property. Lines will be marked with flags or paint. The color indicates the type of utility located. After the area has been marked, the CGA reports that you have less than 1 percent chance of causing damage if you respect the markings.

If you have any private utilities, you will need to hire a private utility locator. Some examples of private utilities include: underground sprinkler system, invisible fences, data communication systems, private water systems, or gas piping to a garage.

If you do not know what facilities are on the property, look for clues to tell you what might be under ground, like a propane storage tank, gas meters, a detached garage or outbuilding with lights, a grill or pool on the property, manhole lids, storm drains, and pavement patches.

Even if you have had an area marked before, call to have the area checked again. Natural changes to the soil, such as erosion or root growth, can alter the depth and location of buried lines. Once all buried lines have been marked, respect the boundaries, and dig carefully.

Keep yourself from having to dig out of trouble, and call 811 before your digging project begins. For more safety information, visit SafeElectricity.org.

Murphy



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“My cell phone company wants to lock me in a two-year contract!” Not with the Jitterbug Flip. There are no contracts to sign and no cancellation fees.



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“Many phones have features that are rarely needed and hard to use!”

The Jitterbug Flip contains easy-to-use features that are meaningful to you. A built-in camera makes it easy and fun for you to capture and share your favorite memories. And a flashlight with a built-in magnifier helps you see in dimly lit areas, the Jitterbug Flip has all the features you need.

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How landscaping can help you save energy

by Pat Keegan

Q : This year, I am planning to redesign my yard. Are there landscaping features I can incorporate that will help my home be more comfortable indoors?

A : Late winter and early spring are great times to think about changes you want to make to your home's landscape. While the goal of most lawn and garden projects is to bring beauty to your outdoor space, a well-designed project can also improve your energy bill, increase the overall value of your home and provide additional benefits, such as reduced noise pollution, optimized water use and cleaner air around your home.

The two best strategies for improving the energy efficiency of your home with landscaping are to incorporate shading in the summer and wind blocking in the winter.

Summer shading

According to the U.S. Department of Energy, shading your home is the most cost-effective way to reduce heat gain from the sun and reduce your air conditioning costs in the summer. Having more plants and trees in your yard can reduce the air temperature by up to 6 degrees Fahrenheit.

Planting deciduous trees on the south, southwest and west sides of your home can cut heating during hot summer months, while allowing sunlight through during the fall and winter, when the trees have lost their leaves. When planting trees, consider the expected shape and height of the

mature trees and where they will shade your home. A tree with a high mature height planted on the south side of a home, for example, will provide all-day roof shading in the summer, while a lower tree on the west side of your home can protect your home from the lower afternoon sun.



Your home's climate zone will dictate the best energy efficiency landscaping strategy. Illustration provided by U.S. Department of Energy

Plant trees an appropriate distance away from your home so they do not disrupt your foundation or your roof as they grow. While it will be five to 10 years before a newly planted tree will begin providing shade to your roof, it can start shading windows immediately. Incorporate other plants to provide near-term shade. Shrubs, bushes and vines can quickly shade windows and walls.

Also consider any paved areas around your home and how you can shade them during the summer. Think about walking across your driveway barefoot on a hot July

afternoon—if your driveway or patio is unshaded, it is probably quite difficult. That absorbed heat is also reflecting onto your home, causing your air conditioner to work even harder. You can use trees, hedges and other landscaping structures such as arbors to shade these paved areas.

Wind-blocking techniques

If your home is in an open area without many structures around it, cold winter winds may be increasing your heating bills. A windbreak on your property can help deflect these winds over your home. The most common type of windbreak uses a combination of conifer (evergreen) trees and shrubs to block wind from the ground to the top of your home. For the best windbreak effect, plant these features on the north and northwest sides of your home at a distance of between two and five times the height of the mature trees. Incorporating a wall or fence can further assist with the wind break.

Another insulating technique is to plant shrubs and bushes closer to your home, but at least one foot away. The space between these plants and your home is “dead air space,” which helps insulate your home during winter and summer months.

The particular landscaping strategies you should focus on will depend on your climate zone. If you live in a hot, arid climate, you should focus on maximizing shading to your roof and windows for much of the year, while a home in a hot, humid climate will want to maximize summer shade.

Regardless of where you are located, if you live near powerlines, talk with your local electric utility about how far away newly planted trees should be from these lines before making any final design decisions to your yard.

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Recipes to entertain without missing the party

Whether you're hosting a small weekend get-together, a large gathering or anything in between, entertaining friends and family will always provide an opportunity to create memories that last a lifetime. However, no host wants to miss out on the highlights because of an endless to-do list in the kitchen. With the right recipes and refreshments, it's easy to throw a successful, enjoyable dinner party for both you and your guests.

One way to take the guesswork out of meal planning is by starting with the wine you're planning to serve and working backwards. Chardonnay is a favorite varietal of many wine lovers, and Edna Valley Vineyard has crafted award-winning, food-friendly Chardonnay from California's central coast for more than 35 years. Featuring bright layers of white peach and apricot alongside notes of pineapple and brown spice, this white wine is a sure bet to complement a range of dishes and elevate any meal.

For a bright, decadent option that holds up well at room temperature, try a side of Orzo with Lemon, Brie and Toasted Pine Nuts. Or you can whip up this simple Chicken Thighs and Tomatoes recipe for a hearty entree to round out the meal and complement your wine selection.

For more easy entertaining recipes, visit EdnaValleyVineyard.com.



Orzo with Lemon, Brie and Toasted Pine Nuts

- 1 pound orzo pasta**
- 1/4 cup extra-virgin olive oil, plus 1 tablespoon, divided**
- 1 tablespoon lemon zest**
- 3 tablespoons lemon juice**
- 1/2 teaspoon minced garlic**
- 1 wheel (10 ounces) Brie cheese, cut into 1/2-inch cubes**
- 3/4 cup golden raisins**
- 1/2 cup toasted pine nuts**
- 1/4 cup fresh basil, chiffonade**
- salt, to taste**
- freshly ground black pepper, to taste**

Prepare pasta according to package instructions until al dente. Toss with 1 tablespoon olive oil to prevent sticking and allow to cool.

In large bowl, toss pasta with remaining olive oil, lemon zest, lemon juice, garlic, Brie cubes, raisins, pine nuts and basil. Season with salt and freshly ground black pepper, to taste. Garnish with additional basil, if desired.



Chicken Thighs and Tomatoes

- 1 pint cherry tomatoes
- pepper
- kosher salt
- olive oil
- 4 chicken thighs (skin-on, bone-in)
- 1 cup white wine
- 1 clove garlic
- 1 lemon, juice only

Heat oven to 400 F.

In cast iron skillet, toss tomatoes with pinch of pepper, kosher salt and light drizzle of olive oil and place in oven. Roast tomatoes for 20 minutes. Set aside.

Heat skillet on stovetop. Once hot, sear chicken thighs. Flip chicken and sear bottom side for about 1 minute. Remove chicken from pan and set aside.

With pan still hot, pour in white wine. Once wine has settled, add minced garlic. Add juice of one lemon. Return chicken thighs and tomatoes to skillet.

Bake for 35-40 minutes.

St. Pat's Salad

- 2 cups American cheese, grated
- 24 Marshmallows, cut in quarters
- 1/4 cup green Maraschino cherries, finely cut
- 1 small can crushed, drained pineapple
- 1 cup mayonnaise
- 2 cups cool whip

Combine all ingredients in bowl, toss lightly until blended. Spread in pan or mold, chill overnight. Cut in squares and serve on lettuce leaf. Serves 8.

Martha Kluthe, Scotia, Nebraska

White Chili

- | | |
|---|--|
| <ul style="list-style-type: none"> 1 1/2 lbs. chicken breast, roasted & torn into chunks 1 teaspoon olive oil 1 teaspoon minced garlic 1 cup chopped onion 1 15 oz. can cannelloni beans, undrained 1 15 oz. Great Northern beans, undrained 2 4 oz. cans diced green chilies, undrained | <ul style="list-style-type: none"> 2 tablespoons snipped cilantro 2 teaspoons ground cumin 1/4 teaspoon cloves 1 1/2 teaspoons oregano 1/4 teaspoon salt 1/4 teaspoon cayenne pepper 6 cups chicken broth Shredded Colby or Monterey Jack cheese Tortilla chips |
|---|--|

Heat oil in Dutch oven and sauté garlic and onion. Stir in chicken and remaining ingredients. Heat through. Ladle into soup bowls and sprinkle with cheese and crushed tortilla chips.

Marie Belsky, Dodge, Nebraska

Tony's Shrimp and Corn Chowder

- | | |
|---|---|
| <ul style="list-style-type: none"> 2 sticks margarine 2 chopped onions 4 chopped celery stalks 1 chopped bell pepper 3 cans potato soup 1 teaspoon cayenne pepper, more if you like it spicy 3 cups milk | <ul style="list-style-type: none"> 2 8 oz. bricks of cream cheese, softened 2 cans corn (including juice) 2 pounds of baby shrimp (run under hot water till pink) Dash of salt and pepper |
|---|---|

Put margarine, onions, celery and green pepper in skillet and sauté until veggies are soft. In a large pot or slow cooker, start mixing rest of ingredients. Stir until chunks of cream cheese are melted, being very careful not to burn. I put the cream cheese in first on low heat, till melted then add potato soup, then rest of ingredients, leaving it on low heat until ready to eat.

Marian Smith, Nebraska

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As part of its efforts to support electricity and energy education, Tri-State Generation and Transmission Association with the National Energy Education Development (NEED) Project is hosting its sixth annual Energy Conference for Teachers.

Conference tuition, lodging and meals are provided at no cost to attendees, as well as mileage reimbursement up to \$300.

About the conference

Tri-State G&T will accept up to 50 teachers (grade 4-12) from schools in our 43 member service territories to this conference. Educators will learn about electricity, fuel resources and energy over three engaging days. In addition to a look into the energy industry, participants will receive a hands-on Science of Energy kit for the classroom, valued at \$300.

Event details

June 27-29, 2017, at Tri-State G&T headquarters in Westminster, Colorado.

How to apply

Determine your eligibility. If you live in, teach at a school in or teach students who live in one of the following member territories, you are eligible to apply:

Chimney Rock Public Power District
The Midwest Electric Cooperative Corporation
Northwest Rural Public Power District
Panhandle Rural Electric Membership Association
Roosevelt Public Power District, Scottsbluff
Wheat Belt Public Power District

Apply online, hurry space is limited:

www.regonline.com/needtristate2017. If you have questions, please contact Michelle Pastor, 303-254-3187 or mpastor@tristategt.org



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Beautiful plumes!

Dozens of large stalks grow to about 3' topped with silky, soft plumes soaring above them. Outstanding as a background or as an accent plant. Grows to a height of 6-10' tall with plumes. Plumes start mid-

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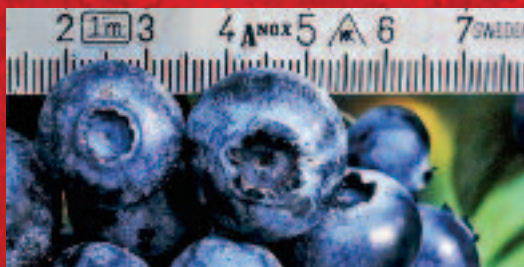
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	N5247	SCREEN HYBRID POPLAR	
	N5324	WHITE PAMPAS GRASS	
	N7427	HANDFUL OF HOSTA	
	N5922	LEYLAND CYPRESS	
	N3272	PATRIOT BLUEBERRY	

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