

RURAL ELECTRIC

# NEBRASKAN

March 2019



**Bakeries with  
Old World  
Flavor**

# Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

*Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health*



by David Waxman  
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

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

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

## FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swell-

ing and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

## EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

## THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune system,

which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

## REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

## One AloeCure Capsule Daily

- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

## HOW TO GET ALOECURE

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is 1-800-591-2964. Only a limited discounted supply of AloeCure is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-591-2964 today.

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

RURAL ELECTRIC  
**NEBRASKAN**

"The Rural Voice of Nebraska"

**Staff**

**Editor**

*Wayne Price*

**Editorial Assistant**

*Tina Schweitzer*

Published by the



**General Manager**

*Kim Christiansen*

**President**

*Butch Gray,*

*Cornhusker Public Power District*

**Vice President/Secretary**

*Bryan Monahan,*

*Panhandle Rural Electric*

*Membership Association*

**Treasurer**

*A.C. (Pat) Hecox,*

*Dawson Public Power District*

Published monthly by the Nebraska Rural Electric Association, 1244 K Street, Box 82048, Lincoln, Nebraska 68501, (402) 475-4988.

Advertising in the *Rural Electric Nebraskan* does not imply endorsement for products by the Nebraska Rural Electric Association. Correspondence should be sent to Wayne Price, Editor, *Rural Electric Nebraskan*, Box 82048, Lincoln, NE 68501.

The *Rural Electric Nebraskan* is printed by the Aradius Group, 4700 F Street, Omaha, NE 68117. Form 3579 should be sent to the Rural Electric Nebraskan, Box 82048, Lincoln, NE 68501.

Periodicals postage paid at Lincoln, Neb. POSTMASTER: send address changes to the Rural Electric Nebraskan, 1244 K Street, Box 82048, Lincoln, NE 68501. Publication numbers are USPS 071-630 and ISSN 0193-4937.

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

Volume 73, Number 3, March 2019

# Contents

## Features

### **Bakeries in Northeast Nebraska** 6

Freelance writer LaRayne Topp visits three bakeries in Northeast Nebraska and shares how they turn the basic ingredients: flour, water and salt, into a whole lot of flavor.

### **R-Project Equals Reliable Service** 14

Pat Pope, NPPD President and CEO, explains how a new transmission line project will enhance regional reliability and relieve congestion on existing lines. The project would construct a 345,000-volt transmission line from Gerald Gentleman Station near Sutherland to an existing substation east of Thedford.

## Departments

### **EDITORIAL PAGE** 4

### **SAFETY BRIEFS — Murphy** 24

### **CUT YOUR UTILITY BILLS by Pat Keegan** 26

### **RECIPES** 28

### **MARKETPLACE/CLASSIFIEDS** 30

## On the cover

Sisters, Elizabeth Geary, left, and Chelsea Hall, offer a wide variety of sweet rolls, cookies and muffins at White Mulberry Bakery in Norfolk, Nebraska. See the related article on Page 6. Photograph by LaRayne Topp



by Wayne Price

## Planting grassroots power across Nebraska

**E**very spring people start planning their vegetable garden. The timing must be perfect. You can't plant too early, because a late frost could wipe out seedlings. You can't plant too late since the buds may not have time to take root and produce a crop. Without the protection of water and a strong grassroots system, most vegetables can't survive a hot summer.

Oddly enough, great ideas are the same. If you share an idea too early without a community's support, it gets lost in the shuffle. If you lobby for an idea no one knows about—even something that would help everyone—lack of interest may cause the idea to wilt and die.

How do great ideas thrive? They need grassroots support.

Nebraska's public power districts and electric cooperatives are looking out for you, making sure you have affordable, reliable, and safe electricity. Sometimes state or federal laws and regulations threaten this, so we lobby hard on your behalf. But without your support, our ideas often don't reach the right ears.

No matter how loudly we speak out on how legislation or an agency rule may impact electric bills, our voice dims in comparison to one of the most untapped resources in our community—YOU. We're a statewide association—YOU are a voter. We're working hard on your behalf, but your support helps ideas take root and survive.

Nebraska's public power districts and electric cooperatives are facing growing uncertainty over the future of America's energy policy. As we focus our efforts to ensure Nebraska continues to provide affordable, reliable, and safe electric power, we are turning to the member-owners for help.

No one understands your electric bill better than you; and the NREA Grassroots Initiative provides direct communication between elected officials and those they are elected to represent.

All member-owners are encouraged to take an active role in the Grassroots Initiative and to take advantage of the opportunities presented. Rather than a single voice, the

Grassroots Initiative will mobilize a movement of Nebraskans concerned about energy issues and affordable electric rates. With your active involvement, we can be a powerful voice in Lincoln and Washington.

As Congress and the State Legislature continue to debate energy issues, we all have a responsibility to ensure the concerns of electric providers and consumers are heard by our representatives. Now is a historical time for Nebraska's electrical industry, and we must work together to ensure elected officials understand our issues and a balanced debate occurs. By increasing the dialog between representatives and constituents, the Grassroots Initiative will build strong relationships with policy makers, increase education of the issues, and raise awareness of the concerns of rural America.

Electric utilities can't go it alone. CEOs and utility boards are doing everything they can to keep electric costs affordable, and they do a great job of it. But there are things outside their control, like regulations that affect prices and electric service. By having a strong political action plan and an engaged membership, each utility can help drive these concerns home. And when lawmakers hear from the folks—voters—back home, they listen.

If you would like to be included in the NREA Grassroots Initiative and receive notice of important energy initiatives, you can sign up to receive email alerts at [www.nrea-action.org](http://www.nrea-action.org). By signing up to stay informed, you will join thousands of Nebraskans already involved in the NREA grassroots movement.

The Nebraska Rural Electric Association and our 33 electric distribution members across the state are committed to powering your community and empowering you to improve your quality of life. We work closely with political leaders and want to arm you with the tools needed to help us plant deeper grassroots. Learn more at [www.nrea.org](http://www.nrea.org).



Follow us  
@RENeditor



## Brighter together

We prepare for the future while you plan for theirs.

Together, Tri-State and our family of electric cooperatives and public power districts are working together to power your tomorrows.

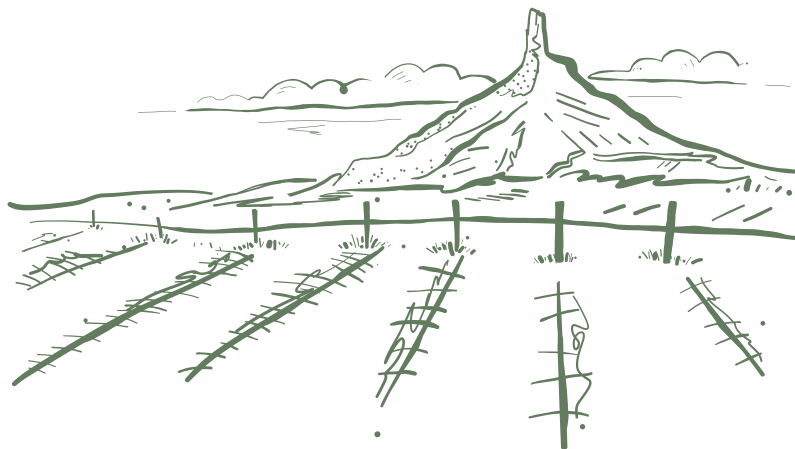
We are **brighter, stronger and better together.**

---

[www.tristate.coop/together](http://www.tristate.coop/together)



TRI-STATE





# Bakeries in Northeast Nebraska

with old world  
flavor baked  
right in

by LaRayne Topp



Only three ingredients are necessary: flour, water and salt. That's all it takes to craft a food that's been around for as many as 30,000 years. Whether it's mixed into flat cakes, spread out on a flat rock and baked over an open fire; or mixed with foam skimmed from beer to make a lighter bread; or leavened with a sourdough starter, bread is one of the oldest types of man-made food.

If you ask anyone who's smelled it baking, has cut off a slice when it's hot from the oven and slathered it with butter, bread is not only the oldest food but one of the best. Just ask Caleb Nihira.

### North Fork Bread Company

Nihira operates North Fork Bread Company in Norfolk, Nebraska. When Norfolk was founded in 1868, a misspelling by postal officials changed the name of the city Fork City or Nor'fork—named for the North Fork of the river—to Norfolk. Nihira has capitalized on this error, naming his bread company, the North Fork Bread Company, after this earlier spelling. His new business harkens back to the days of Norfolk's early history when bread was baked over a hearth fire by every pioneer family around.

Unlike large bread companies which rely on assembly-line processes, Nihira shapes every loaf he bakes by hand, in the style of artisans utilizing centuries old techniques. Using only flour, water, salt and a sourdough starter, Nihira's naturally-leavened bread goes through a three-day process as he prepares the mix and mixes the dough. The dough is then stretched and folded every half hour, six times over, and set to rise overnight in a cold fermentation process. After that, it's cut, shaped and baked in a brick oven.

This cold fermentation process results in a product with more flavor and nutritional properties, Nihira said.

Nihira began North Fork Bread Company as a home bakery, selling



*Opposite clockwise: Caleb Nihira of North Fork Bread Company holds up loaves of bread; Kim and Russell Scott are owners of the Clarkson Bakery, where traditional Czech clothing is part of the décor; Ethnic baked items, such as these kolaches, are mixed, baked and boxed up for delivery; Sisters, Chelsea Hall, left, and Elizabeth Geary operate White Mulberry Bakery at Norfolk.*

*Above: Nihira mixes the dough.*

*Left: Kim Scott shows a tray of kolaches.*

his loaves at farmers' markets. The flavor in his breads is instantly recognizable as being authentic. Soon his customers were searching out Nihira's rich tasting, preservative-free breads, leading the baker to open a commercial kitchen and place his breads at area supermarkets.

"Everyone says they love homemade bread and the reason is because of the flavor," Nihira said. "It's primal. It's one of—if not the oldest—form of food. Human beings have a natural desire for bread."

In addition, breads made through the sourdough process result in a product with less gluten, according to Nihira. Those with an intolerance to wheat may want to give Nihira's bread a try, he said.

In the future, Nihira plans to build relationships with area farmers to establish a supply of baking ingredients. In that way, customers would not only be purchasing Nihira's bread, but also supporting area farmers by buying the wheat, eggs, milk and butter utilized by the North Fork Bread Company.

### White Mulberry Bakery

"People used to go to the grocery store, to the butcher and the baker for real food. They were willing to make the effort," said Elizabeth Geary. She has found the same thing happening today. Just as shoppers search out Caleb Nihira's hand-crafted breads, they also stop by the White Mulberry Bakery.

**More on Page 8**

## Bakeries From page 7

Elizabeth Geary has been the mastermind behind the bakery, also located in Norfolk, Nebraska. Opening a bakery was always Geary's dream. In fact, it was posted on her bucket list for "sometime" in her future. When that "sometime" came near, she approached her sister, Chelsea Hall, and asked if she'd like to join Geary in the endeavor. Hall didn't have to think about it. They opened for business in June of 2017.

Geary had spent a number of years in restaurant management, while baking out of her home after hours, perfecting her recipes. Once Hall and Geary both moved back to their hometown, Geary's husband purchased a retail business downtown. One side of the building didn't have a tenant. It was a perfect spot for a bakery, with a little counter and a small kitchen. But the business hasn't stayed small for long.

The sisters began by baking cakes, muffins and cookies.

"Smells are free," they said to visitors. "No calories."

It's little wonder then that through word of mouth and the recommendations of satisfied customers, interest in their baked goods grew as quickly as their list of orders. As their business expanded, so has their menu. As a result, the sisters are looking ahead to a location with a bigger kitchen. In the meantime, they are busy.

"We're sticklers that all our food is from scratch," Geary said. "We make our own caramel, raspberry sauce and ice cream. It's real food. We're really picky about brands of ingredients; we're conscientious about that."

If you want a cake to taste amazing, with real butter, real vanilla and real chocolate, the sisters said, White Mulberry Bakery is the place to shop.

"We have lots of regulars," Geary said. "If you like to make people happy, this is the right business."

The bakery holds limited seating. Even so, customers stop by for a drink, such as hot chocolate or coffee, to enjoy with a sweet treat. They are tempted to buy a dozen more to take home: sweet rolls, pastries, muffins, cookies, bars, cupcakes, dinner rolls and a small bread line, all made from scratch.

Specialty baked items include decorated birthday and wedding cakes, desserts and such tasty treats as cherry streusel rolls; Babka, a Czech yeast cake; egg and butter rich brioches; or savory sesame and chive Challah, a braided bread.

Customers from both Cornhusker Public Power District based in Columbus, Nebraska, and Elkhorn Rural Public Power District based in Battle Creek, Nebraska, are able to take advantage of the tasty breads and sweets available at the two Norfolk bakeries. Elkhorn consumers residing in Madison, Antelope, Pierce, Boone, Stanton and Platte counties live near the Norfolk bakeries, while Cornhusker consumers residing in Colfax and Platte counties could be especially drawn to the Clarkson Bakery.

While the youngsters—North Fork Bakery and White Mulberry Bakery—are working to build a reputation, the Clarkson Bakery, in its adulthood, relies on years of tradition to retain its consumer base.

### Clarkson Bakery

Kim and Russell Scott purchased the well-known Clarkson Bakery eight years ago from her aunt and uncle Sharon and Bob Cerv. They were living in a suburb of Kansas City, Kansas, at the time. Kim was attracted to the area where she grew up because she wanted to live closer to her niece.

Russell was at first astounded his wife would want to buy a bakery in a town of only 600. A traveling businessman, he soon learned it was a wise choice. As he made stops on his routes, he sometimes mentioned that he and his wife were the new owners of the Clarkson Bakery. The response was always the same: "The



*Sisters, Elizabeth Geary, left, and Chelsea Hall, offer a wide variety of sweet rolls, cookies and muffins at White Mulberry Bakery.*



Clarkson Bakery! Did you bring me some kolaches?"

Now Russell understands that when they purchased the Clarkson Bakery they purchased its name and reputation, Kim said. Customers know that the breads they buy there are made at the bakery and contain no preservatives.

"That sets us apart," Kim Scott said. "There are hardly any breads that are homemade," especially not in supermarkets.

What also sets the Clarkson Bakery apart are its ethnic baked goods: kolaches (rounds of sweet dough with fruit-filled centers), horn rolls (similar to crescent rolls), rolicky (crescent-shaped sweets), koblihy (filled and fried doughnuts), and houska (a braided Christmas bread).

The bakers at Clarkson Bakery also make lots of rye bread, along with mountains of white bread, dinner rolls, muffins, coffee cakes and frosted sweet rolls: regular

doughnuts, long johns, bismarcks and apple fritters.

To get all this baking done, bakers arrive in shifts. Some work over night, arriving at 7 p.m. or midnight and work until the sun comes up. During the Thanksgiving holiday, employees will work 16 to 18 hours straight to get the orders filled. Some of the bakery's 20 employees are described by Scott as "older gals."

"They like coming to work," she said. "They're troopers. They're my rocks."

They're all well aware of the slogan written on the wall in Czech behind the front counter: Without work there is no kolache.

The bakery opens for business at 6 a.m., attracting the regular "coffee guys." In former days, the workers in the kitchen washed 80 coffee cups each day; today that number is closer to 25 as those who work out of town grab a cup of coffee and a sweet roll to go. The largest percentage of sales go out of town.

After the baked goods are mixed, formed, left to rise, baked, cooled, frosted, packaged, labeled and invoiced, drivers deliver them to more than 20 locations within a 50-mile radius of Clarkson, filling standing orders.

Among the deliveries are trays of rolls or cookies for monthly meetings, open houses, and parties, along with customer appreciation gifts and other gifts for all occasions.

Marketing is primarily word of mouth as the bakery's reputation has already been built.

It doesn't take long for customers of North Fork Bread Company, White Mulberry Bakery or Clarkson Bakery to learn of their reputations for fine, baked good. All originating with the basic ingredients: flour, water and salt, and ending up with a whole lot of flavor.

*LaRayne Topp is a freelance writer living in Northeast Nebraska.*

# 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/handiscrimination](http://northeast.edu/handiscrimination) for details.



Northeast  
community college

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

[northeast.edu](http://northeast.edu)

# Getting Into the Net Metering Weeds



**One of the most controversial and least understood energy issues today is net metering.**

**J**oe wants to save money. He has been approached by a salesman to buy a solar panel or a wind turbine. The salesman assures Joe he will “save money on his electric bill” and “make money selling extra electricity to the cooperative or public power district.” Should Joe invest?

The answer depends on how dedicated Joe is to the idea of renewable energy. There are several factors including: costs, energy prices, and how long it would take to pay-back Joe’s investment. Before Joe invests, he should talk to his electricity provider about his options.

Nebraska law provides a mechanism to allow customers to generate their own electricity and sell excess generation back to the utility. It is called net metering. Unfortunately, net metering is much more complicated than just buying and selling electricity.

Imagine an electric meter that rolls forward when Joe is buying electricity from the utility and then reverses

when Joe’s wind turbine produces more than he uses. So, if Joe uses 1,000-kilowatt hours (kW) of electricity and generates 1,000 kWh’s of electricity in a month, his net energy use at the end of the month would be zero. The energy charge on Joe’s bill would be zero for that month.

For Joe’s electric utility this exchange is far more complicated. In reality, Joe’s renewable generation unit will not generate at a constant rate throughout the month. It is not likely to generate electricity to match actual electric usage needs, but rather, it will be generating when the sun is shining or the wind is blowing. Without a battery for storage, electricity needs to be used simultaneously from its moment of generation. The wind tends to blow more over the evening hours, and the sun shines during the daytime hours only, yet we all require some electricity around the clock. Conversely, it may be very windy at 3:00 a.m. and the generator may be

# HOW NET METERING WORKS

Net metering is a process by which customers with renewable generation facilities are able to generate energy for personal use to meet or off-set their own energy demand.



**1** A renewable energy system converts energy from the sun or wind into electricity.



**2** An inverter, which is connected to the electric grid, converts the electricity from direct current (DC) to alternating current (AC) to make it safe for use in homes.



**3** The electricity is used to power the home off-setting their electric bill at the retail rate. Any excess generation is placed on the electric grid.



**4** At the end of the billing cycle, if the customer generated more electricity than they used, they are compensated for excess electricity at the avoided cost rate.

To learn more about how net metering credits and policies work in your area, contact your local electric utility.

producing maximum electricity, but most people probably do not have a high energy demand at this time.

As Joe produces electricity, the meter theoretically runs in reverse. While this is occurring, the utility is compensating Joe at the retail value of that electricity when the utility could buy those kilowatts at wholesale rates. If Joe generates more than he uses in any given month, the utility will then compensate him at a wholesale rate for that excess energy.

This leads to a discussion of the subsidization of net metering customers by customers that do not net meter. At the end of the month, a net metering customer may not have an energy bill to pay, but they did use the utility infrastructure to both receive and deliver electricity. They generated electricity, and that electricity flowed over electric lines and power poles, the utility provided a continuous supply of electricity to the home when Joe was not able to generate electricity, and utility staff accounted for this transaction and

kept the lights on throughout the month. This all has a cost, and if the utility is not fully capturing these costs in their fixed customer charges on the utility bill, then a net metering customer may be avoiding their “fair share” of those fixed costs. Since your public power utility is not-for-profit, those costs have to be recovered through the rates paid by every other customer.

Nebraska’s law requires electric utilities to offer net metering to their customers. Enjoying the benefits of producing your own electricity while simultaneously calling on your electric utility to be prepared to immediately fill in the gaps, however has costs. As more customers look to generate their own electricity, the impact of the subsidization of net metering customers by those who do not participate will grow. Customers will be buying less kilowatt hours but still require reliable electricity around the clock. As this occurs, utilities may need to take a close look at their rates and will have to adjust the fixed

charges within their billing methods to ensure everyone pays their fair share and that customers who cannot afford, or chose not to install their own personal generation, are not footing the bill of net metered customers.

We encourage all those thinking about a renewable energy system to work with their local electric provider to make sure that the system they choose meets their expectations.

# The Next Heat Pump Generation

When has being in “hot water” ever been a good thing? If you have a heat pump water heater, it is a great thing!

According to the 2015 Customer Appliance Saturation Survey of Nebraska’s residential customers, more than half of Nebraska homes use electricity to heat domestic hot water. When it comes to energy use in homes, after space conditioning, water heating is the second biggest consumer of energy and accounts for about 13 to 18 percent of total energy used in homes. By using heat pump technology, energy for water heating can be cut by 50 to 80 percent. That is because heat pump water heaters use electricity to move heat into their storage tank instead of generating heat directly.

Heat pump water heaters come in a variety of configurations. Most often, they are a stand-alone unit that resides in a home’s utility room. However, other designs employ their own outdoor compressor/evaporator coil, integrate with an air-source or geothermal heat pump system or have their own geothermal system.

How do they work? The common stand-alone type operates like a refrigerator in reverse. While a refrigerator pulls heat from inside itself and dumps it into the surrounding room, a stand-alone air-source heat pump water heater pulls heat from the surrounding air and moves it into a storage tank to heat water.

Stand-alone heat pump water heaters require installation in locations that remain between 40 to 90 degrees Fahrenheit and provide at least 1,000 cubic feet of air space around the unit. Cool exhaust air can be exhausted to the room or outdoors. Installation in spaces with excess heat, such as furnace rooms, works best. Heat pump water heaters will not operate efficiently in a cold space, as they tend to cool areas they are in.



*Heat pump water heaters use roughly half the electricity of a conventional electric water heater. Photograph courtesy of NRECA.*

Heat pump water heater systems typically have higher initial costs than conventional storage water heaters. A stand-alone, 50-gallon heat pump water heater sells for more than \$1,000, with other configurations costing even more. By comparison, conventional electric hot water heaters start closer to \$400. However, according to the Energy Star website, a heat pump water heater can save a household of four people around \$330 a year on their electric bill. That adds up to a net savings of more than \$3,300 over the 13-year life of a typical heat pump water heater.

Keep in mind that a stand-alone heat pump water heater is going to remove heat and lower the temperature of the room where it is installed. While it may seem counter-intuitive to locate it in a space you already pay to heat, there are many other sources of heat in the home to include solar gain through windows as well as heat from cooking

equipment and other appliances. Often, a room with a clothes dryer or a utility room with a furnace is an ideal location. During the cooling season, heat pump water heaters help remove excess heat and humidity that an air-conditioning system would remove anyway. The cumulative effect is energy savings while heating and cooling your home, as well as creating hot water.

Another consideration is that heat pump water heaters have a slow recovery rate. This is why larger units and/or backup electric heating elements often make sense for homes with higher hot water consumption.

Finally, check with your local electric utility to see if you are eligible for an EnergyWise heat pump water heater incentive starting at \$200 per qualifying unit or a low-interest loan by upgrading. They also have additional ideas on other energy-saving improvements that make getting into hot water a great thing!

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 enroll - never go up again!
- » Call for your **FREE** all-by-mail enrollment packet!
- » Call TOLL-FREE **1-866-468-1593**

Or enroll online at  
[www.GetMutualDirect.com](http://www.GetMutualDirect.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 enrollment age\* ...

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

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

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

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

\*\*In FL policy is renewable until age 121.

# R-PROJECT = RELIABLE SERVICE



By   
**Patrick Pope**  
NPPD PRESIDENT & CEO

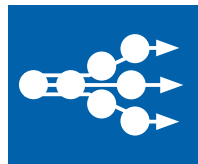
*I am often asked why the Nebraska Public Power District needs to build a high-voltage transmission line through the center of the state. I hope the information on these pages helps answer that question.*

## NEEDED TO SERVE NEBRASKA

The R-Project is an NPPD initiative which seeks to construct a 345,000-volt transmission line from Gerald Gentleman Station near Sutherland to an existing substation east of Thedford. This new line will proceed east and connect to a substation to be sited in Holt County. The project will benefit Nebraskans by:



**1** Enhancing reliability of Nebraska's electric transmission system



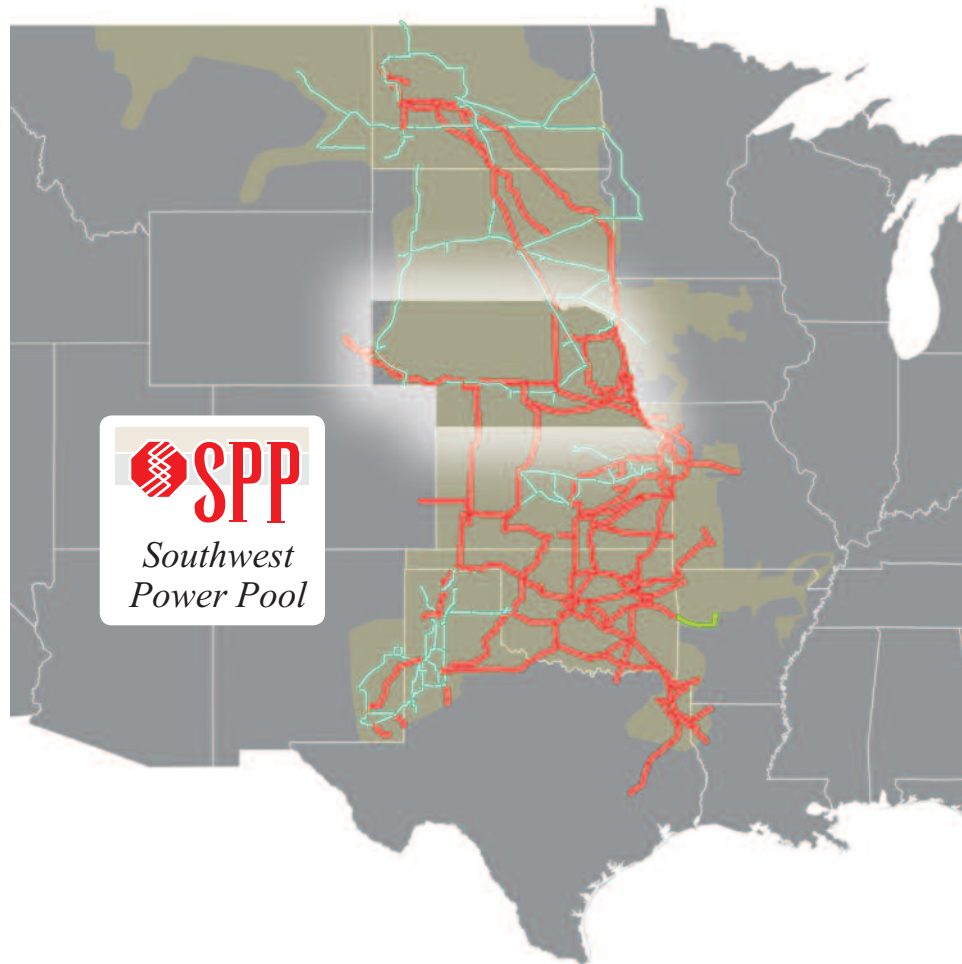
**2** Relieving congestion on existing lines within the transmission system



**3** Supporting renewable energy projects – if approved at the local level

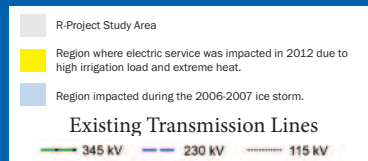
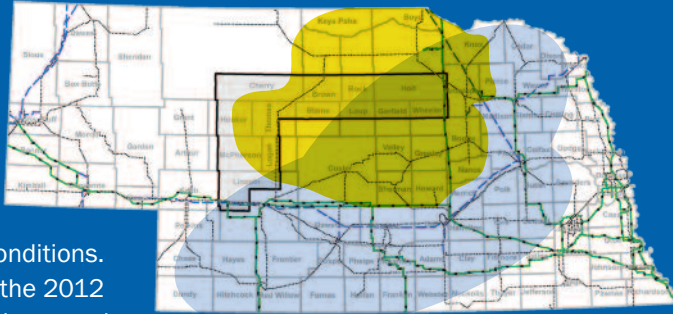
## NEEDED TO ENSURE REGIONAL RELIABILITY

NPPD is a member of the Southwest Power Pool (SPP), a non-profit regional transmission organization located in the central part of the United States. SPP is regulated by the Federal Energy Regulatory Commission and is charged with ensuring customers in the region receive reliable power, adequate transmission infrastructure and competitively priced electricity. Together with their members, like NPPD, SPP coordinates the flow of electricity across more than 65,000 miles of high-voltage lines spanning 14 states. The R-Project will complement and strengthen this system, while adding to the dependable delivery of power throughout Nebraska.



# PROVIDING POWER WHEN AND WHERE IT'S NEEDED MOST

Nebraska's weather is often unpredictable. The R-Project aims to provide power path redundancy that helps mitigate the effects of extreme conditions. For example, during the 2012 drought, electric loads caused by increased irrigation grew to the point where the transmission system was at full capacity and nearing failure. In order to protect the state's grid, NPPD was forced to take immediate action by interrupting some customers' service. Previously, an ice storm affecting some of the same areas destroyed or damaged nearly 1,400 transmission structures and left more than 42,000 Nebraskans without power for weeks. Although this occurred between Christmas 2006 and New Year's Day, the grid was not fully operational until May of 2007. It is these types of devastating weather events that call for a solution which will ensure greater reliability when and where it is needed most.



# PROTECTING THE ENVIRONMENT

The landscape of the Sandhills is truly unique. Over the years, NPPD has built and continues to operate approximately 500 miles of transmission lines in this region. Just as they've partnered with landowners, local agencies and restoration experts in the past, our engineering and environmental teams have identified low-impact methods to use as the R-Project is constructed. They've made it a goal to minimize impact and restore property to as close to the original state as possible. NPPD Environmental Restoration Specialist Emma Barnett explains why:

## Q. Why is restoration important?

**A.** Promptly stabilizing a site ultimately returns much of the ecological, social and economic function, whether that be for ranching, wildlife habitat or agriculture. Restoration is about doing the right thing for the communities – those of plants and wildlife and, most importantly, people.



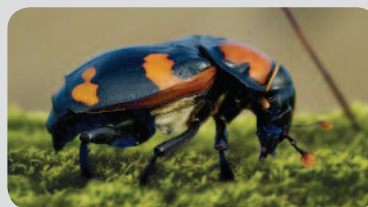
Emma Barnett

## Q. What is NPPD's restoration process?

**A.** First, NPPD undertakes a thorough public planning process for line routing and access selection that attempts to avoid negative effects to sensitive sites. However, it must be recognized that not all potential impacts can be avoided. Thus, we employ construction techniques that help minimize ground disturbance and the need for site restoration. When restoration needs are identified, NPPD works closely with landowners and other agencies to create a plan which includes potential restoration techniques that may be employed across the diverse landscape. We continue to work with each landowner to address site-specific plant communities, soils and other needs until our efforts are successful.

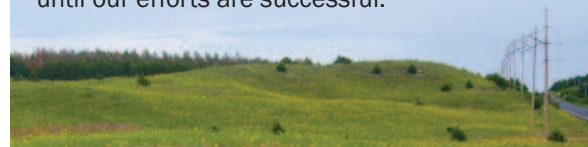
# PROTECTING SANDHILLS' SPECIES AND HABITATS

The American Burying Beetle is a federally listed endangered species that lives in the Nebraska Sandhills. R-Project construction and maintenance will affect the beetle; therefore, in order to comply with the Endangered Species Act, NPPD applied for an Incidental Take Permit (Permit) from the U.S. Fish and Wildlife Service.



American Burying Beetle

As part of the application process, NPPD prepared a Habitat Conservation Plan (Plan) outlining actions that would be taken to avoid, minimize and mitigate impacts on the beetle, as well as several other endangered or threatened species that the project may affect. Another species of high interest in Nebraska is the whooping crane. Included in the Plan is analysis that shows the likelihood of taking of a crane falls below the threshold that would merit applying for a take permit. However, since the possibility of a take is not zero, NPPD agreed to implement measures to protect the cranes. For example, NPPD will spend more than \$1 million on whooping crane conservation by installing bird flight diverters on portions of the R-Project line and NPPD's existing transmission system. The diverters help to make the line more visible to birds.



# ENERGY EFFICIENCY QUIZ



Are you an energy efficiency whiz?  
Test your knowledge by taking the quiz below.  
*Hint: Check your answers at the bottom of the page.*

**1. Taking a long bath saves more energy than taking a short shower.**

A) True    B) False

**2. LED bulbs typically use \_\_\_\_\_ less energy than incandescent light bulbs.**

A) 75%    B) 50%    C) 35%

**3. Which of the following is an energy vampire? (Hint: Energy vampires consume energy even when they aren't being used.)**

A) Dishwasher    B) Electric mixer    C) TV

**4. If you see this logo on a product, it has an excellent energy efficiency rating.**

A) ENERGY SMART    B) ENERGY STAR    C) ENERGY WISE

**5. Turning off the tap water while brushing your teeth can save up to four gallons of water per minute.**

A) True    B) False

## ANSWER KEY

ANSWERS: 1. B 2. A 3. C 4. B 5. A





# GEICO<sup>®</sup>

## COMBINE HOME & AUTO

insurance and you could save.



[geico.com](http://geico.com) | 1-800-947-AUTO | Local Office



Some discounts, coverages, payment plans and features are not available in all states, in all GEICO companies, or in all situations. Boat and PWC coverages are underwritten by GEICO Marine Insurance Company. Homeowners, renters and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2018 GEICO

# LANDSCAPING FOR ENERGY EFFICIENCY

by Derrill Holly

The approach of spring has many gardeners turning their attention to planting plans, but if your goal is energy efficiency, landscaping is an approach that can beautify your home and help you control future energy costs for years to come.

According to researchers at the Department of Energy's National Renewable Energy Laboratory, carefully positioned trees placed around a home can save as much as 25 percent of household energy consumption for heating and cooling. That's because research has shown that summer air temperatures in tree-shaded neighborhoods can be three to six degrees cooler than treeless areas.

## Meet Your Microclimate

For years, gardeners have used the U.S. Department of Agriculture's Hardiness Zones as guidelines for plant stock selection, seasonal cultivation and projected harvesting. Understanding the impact of nearby vegetation, topography and soil science will help you know your yard better, providing more flexibility for landscape planning and potentially more options for using plants to control energy costs.

Other factors influencing microclimate are the duration and intensity of sunlight over areas considered for planting, proximity to topographic or vegetative wind breaks or nearby wooded areas, which might regulate local temperatures by several degrees.

## Trees at the Top

No matter how much you love trees,

you will want to plant them at a distance. Too close to foundations, pavement, plumbing and root systems or maturing branches can damage foundations or roofs.

Planted in the right place, within five to 10 years, a fast-growing shade tree can reduce outside air temperatures near walls and roofs by as much as six degrees Fahrenheit on sunny days. Surface temperatures immediately under the canopy of a mature shade tree can be up to 25 degrees cooler than surrounding shingles or siding exposed to direct sunlight.

According to the Department of Energy, deciduous trees—those that lose their leaves in autumn—are great options for seasonal summer shade. Tall varieties planted to the south of a home can help diffuse sunlight, providing roof shading.

Shorter varieties of deciduous

**SUMMER** | **WINTER**

**PLANT ENERGY SAVINGS** | Plant deciduous trees to block heat from the sun in the summer and let sunlight in during the winter.

## TYPES OF DECIDUOUS TREES



**PLANT  
ENERGY  
SAVINGS**

A six- to eight-foot deciduous tree planted near your home will start shading windows in the first year.

trees can be planted near exposed west-facing windows to help shade homes on sultry summer afternoons. Mass plantings of evergreens selected for their adaptability to regional growing conditions can be planted further away on a north or northwestern section of a yard to form a windbreak, shielding the home from frigid winter winds.

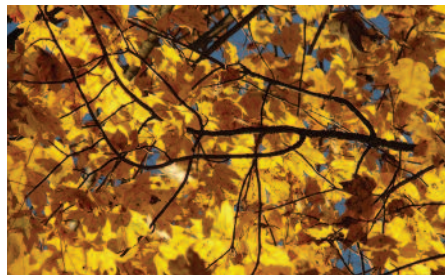
Deciduous trees with high, spreading crowns (i.e., leaves and branches) can be planted to the south of your home to provide maximum summertime roof shading. Trees with crowns lower to the ground are more appropriate to the west, where shade is needed from lower afternoon sun angles. Trees should not be planted on the southern sides of solar-heated homes in cold climates, because the branches of these deciduous trees will block some winter sun.

Using shade effectively requires you to know the size, shape and location of the moving shadow that your shading device casts. Also, homes in cool regions may never overheat and may not require shading. Therefore, you need to know what landscape shade strategies will work best in your regional climate

and your microclimate.

Trees are available in the appropriate sizes, densities and shapes for almost any shade application. To block solar heat in the summer but let much of it in during the winter, use deciduous trees. To provide continuous shade or to block heavy winds, use dense evergreen trees or shrubs.

Although a slow-growing tree may require many years of growth before it shades your roof, it will generally live longer than a fast-growing tree. Also, because slow-growing trees often have deeper roots and stronger



*Deciduous trees with high, spreading crowns (i.e., leaves and branches) can be planted to the south of your home to provide maximum summertime roof shading. Photograph provided by Pixabay.com*

branches, they are less prone to breakage by windstorms or heavy snow.

Trees, shrubs and groundcover plants can also shade the ground and pavement around the home. This reduces heat radiation and cools the air before it reaches your home's walls and windows. Use a large bush or row of shrubs to shade a patio or driveway. Plant a hedge to shade a sidewalk. Build a trellis for climbing vines to shade a patio area.

To ensure lasting performance of energy-saving landscaping, use plant species that are adapted to the local climate. Native species are best, as they require little maintenance once established and avoid the dangers of invasive species.

Properly selected, placed and maintained landscaping can provide excellent wind protection, or windbreaks, which will reduce heating costs considerably. Furthermore, the benefits from these windbreaks will increase as the trees and shrubs mature.

*Derrill Holly writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.*

by Brian Sloboda

# Understanding Programmable Lighting Options



In the past, the ability to easily control lights within the home has been fairly rudimentary. You flipped a switch on or off. Perhaps you had a dimmer switch. To turn lights on when you were on vacation, you plugged a lamp into a gadget with a dial and it turned the lamp on and off. But today, consumers have more options than ever before.

The growing use of LED bulbs and the proliferation of smartphones and Wi-Fi have brought lighting options to a new level. In addition to using less energy, many LEDs can be controlled from a smartphone app, making the LED more of a consumer electronic than a light bulb.

When shopping for new LEDs, you essentially have two options.

A less expensive LED still offers longer life, lower energy use and will work for most fixtures. However, consumers with older dimmer switches often find that they must replace switches to work with newer LEDs.

The second and more expensive

option is a “connected” LED. These LEDs offer features like controlling lights remotely from a smartphone app or via voice control through an in-home speaker. They can also be connected to a home security system or dimmed to enhance entertaining. Connected LEDs require a central controller or hub, like Amazon’s Alexa or Apple HomeKit. The hub can control other smart devices and become the center of a smart home system.

Consumers can choose from a variety of manufacturers when purchasing connected LEDs. Some



*Consumers have many options for smart lighting systems. Shown here is the Phillips Hue White Ambiance Starter Kit. Photographs provide by Signify.com*

bulbs are compatible with different hubs or systems, but if you’re planning a major overhaul to your home lighting, it’s best to buy one brand and stick with it.

Smart lighting options aren’t necessarily about saving energy, but if they can help you remember to turn the light off when you are not in a room, then a small amount of energy savings can be achieved.

As technology continues to advance, more smart home products will become available. Many of these products will include features that focus on home security and quality of life.

If you’re interested in smart technologies for your home, the key will be to research your options and understand how the system works with the other devices within your home.

*Brian Sloboda is a program manager specializing in energy efficiency for the National Rural Electric Cooperative Association.*



# WHERE DREAMS TAKE FLIGHT



## YOUR SOURCE OF POWER. AND INFORMATION.

We're not your typical electric company. People aren't just our number one priority, they're the reason we're here. We empower our communities and help our consumers soar.


To learn more about what makes us different, visit [TouchstoneEnergy.com](https://www.TouchstoneEnergy.com)




Touchstone Energy®  
Cooperatives of Nebraska

# ELECTRICITY:

*for the Smart Home*  
**OF THE FUTURE**



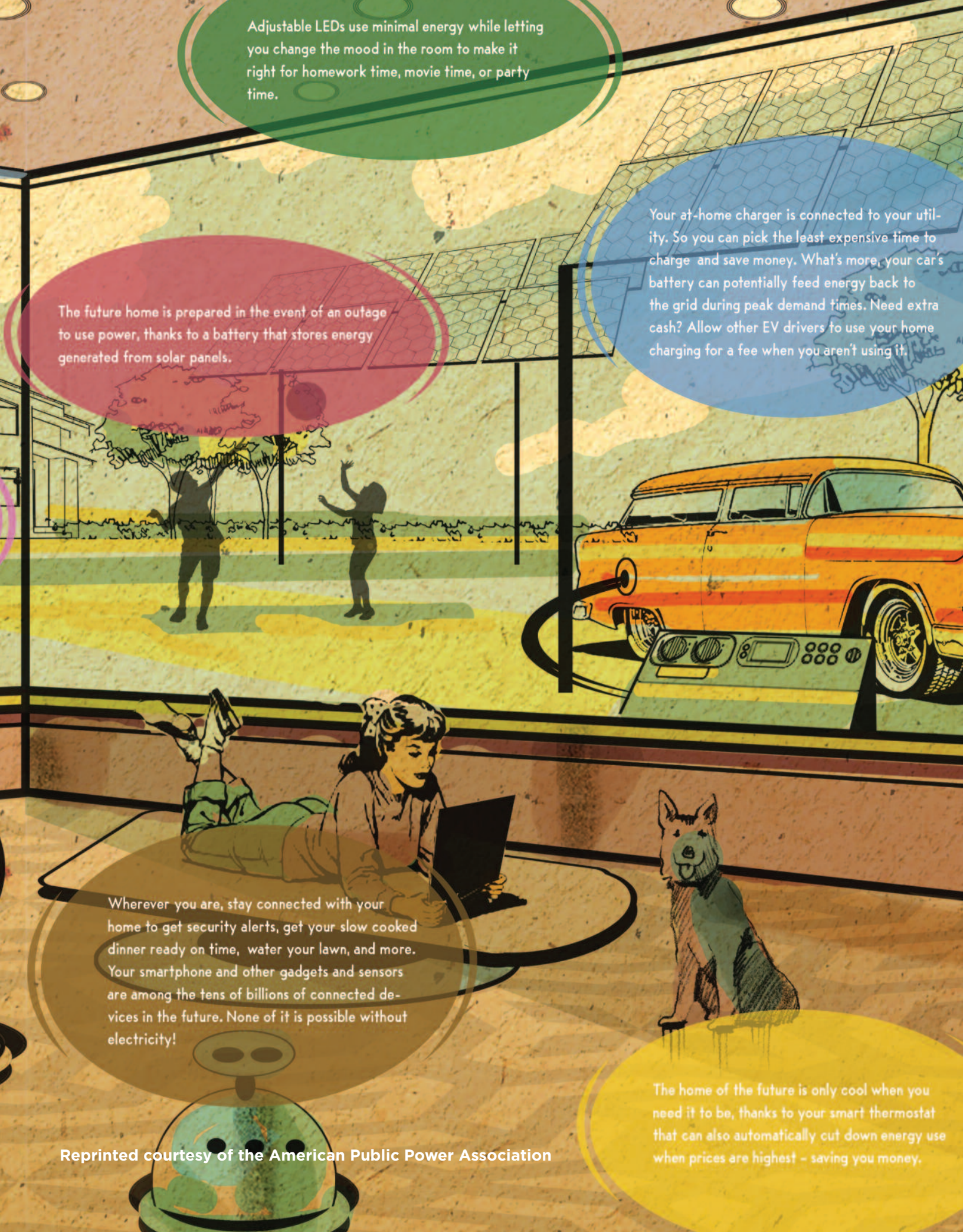
Your electrified heat pump water heater saves you money by using the heat in your home to boost efficiency in heating water. It can also help prevent system overload by using less energy during peak demand times, which it learns automatically from your utility.



Ask your electric home assistant how much energy you're using. You can even pay your electric bill through this connected device.



Your high efficiency all-electric appliances offer every modern convenience and use less energy!



Adjustable LEDs use minimal energy while letting you change the mood in the room to make it right for homework time, movie time, or party time.

The future home is prepared in the event of an outage to use power, thanks to a battery that stores energy generated from solar panels.

Your at-home charger is connected to your utility. So you can pick the least expensive time to charge and save money. What's more, your car's battery can potentially feed energy back to the grid during peak demand times. Need extra cash? Allow other EV drivers to use your home charging for a fee when you aren't using it.

Wherever you are, stay connected with your home to get security alerts, get your slow cooked dinner ready on time, water your lawn, and more. Your smartphone and other gadgets and sensors are among the tens of billions of connected devices in the future. None of it is possible without electricity!

The home of the future is only cool when you need it to be, thanks to your smart thermostat that can also automatically cut down energy use when prices are highest – saving you money.

# Don't overload your electric circuits

Count how many things in your living room need power. It likely includes a TV, DVR, cable and/or satellite box, a game system, lamps, maybe a computer, speakers...so many things that there is probably at least one power strip being used to get power to everything. Older homes were not designed to handle all of the electrical needs that exist today, and overloaded outlets and power strips can result in fires, costly damage, and the loss of life.

Molly Hall, executive director of the Safe Electricity program explains, "Many older homes were just not built for all of the electrical needs that we have today. That is why it is so important to make sure electric outlets are not overloaded."

According to the U.S. Fire Administration, electrical fires in homes claim 280 lives every year, injure 1,000 more, and cause over one billion dollars in damage.

That is why the Safe Electricity program is reminding consumers to be careful not to overload their outlets. To help ensure the safety of your home and family, make sure that you:

- Do not plug more than one major



appliance into an outlet at a time.

- If an outlet is not working, have an electrician check it out. It may be an indicator of unsafe wiring.
- Have a professional install more outlets on the proper circuits where they are needed.
- Check for loose-fitting plugs. Replace missing or broken wall plates so wiring and components are not exposed.

- Make sure there is an escape plan and that all members of the household practice it often.

It can be very tempting to add another plug to an outlet or power strip, but fight the urge to find ways to plug additional devices into an outlet. As an alternative, unplug a device—or two—before plugging in a new one.

Source: *Safe Electricity.org*.

## Murphy





# FDA Listed Hearing Aid

ONLY **\$299** EACH!

**45-DAY  
RISK-FREE  
TRIAL**



- ✓ 100% Digital
- ✓ 100% Risk-FREE 45-day home trial
- ✓ FREE shipping
- ✓ Payment plans available
- ✓ FREE unlimited professional support

We trust you...  
**SEND  
NO MONEY  
NOW!**  
FOR QUALIFIED BUYERS

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

The Apollo™-6205 is the perfect FDA listed digital hearing aid if you want the BEST technology for the BEST price. American Made electronics give you advanced technology in a durable, easy to maintain hearing aid. Includes four channel compression for crisp, clear sound and feedback cancellation that virtually eliminates squeal. Discreet slim-tube design gives you the most natural sound with total comfort.

The typical hearing aid costs at least \$2,300 but your price is nowhere near that with this special offer! Try the Apollo™-6205 with **NO MONEY DOWN** completely Risk-FREE for 45 days in the comfort of your own home and see if it's everything we've promised. Call now: 1-866-224-6001 and mention promo code 33-120.



High-quality  
American Made  
electronics

**Doctor Designed • Audiologist Approved**

*"Improves my hearing tremendously. I find it easy to use and it is very comfortable to wear. I feel like I'm back to my old self now that I can hear."*  
M.N. - Twin Falls, ID



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

Facility and devices registered with the FDA.

**Try the Apollo™-6205 hearing aid  
risk-free for 45 days.**

**SEND NO MONEY NOW!**

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

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

Expires: 5/31/19



**1-866-224-6001**

**PROMO CODE  
33-120**

Visit us online and SAVE! (Deposit required for online orders.)



**www.HearingHelpExpress.com**



**A+ Rating**  
Better Business Bureau



## Weighing your lawncare options

by Pat Keegan

**Q** : I'm seeing a lot of ads lately for electric lawn mowers. I want to save money and help the environment, but from what I've heard, a lot of electric mowers can be underpowered, and the cordless ones lose their battery charge too quickly. Is it worth making the switch from a gas mower to an electric mower?

**A** : Until recently, corded and cordless electric mowers tended to be underpowered. For cordless mowers, this fact was made worse by their sub-par battery life.

But today, with those problems largely solved, the best electric mowers have the power and battery life to keep pace with a gas mower, depending on the size of your lawn.

A cordless, electric mower with a large 56-volt battery can run for about

one hour. Plug-in electric mowers don't have this limitation, but using a long electrical cord can be challenging.

Quality electric mowers, especially the cordless, rechargeable ones, tend to cost twice as much as a new equivalent gas model. But you can recoup some of the expense with cheaper operating costs, since electricity is a less expensive fuel than gas, and electric engines generally require less maintenance than gas engines.

Another important cost consideration is that rechargeable batteries typically need to be replaced after three to five years. The cost savings also depend on the size of your lot. A small lot uses less gas, so fuel cost savings are less significant.

You can save a significant amount of money on purchase price with a

corded mower, if you don't mind the hassle of navigating around the cord.

There are additional benefits of electric mowers besides lower fuel and maintenance costs. Electric mowers are much quieter than gas mowers, and they start instantly. Electric mowers produce less tailpipe emissions, but the overall environmental impact depends on how the electricity you're using (to charge the mower) is generated. The environmental benefits will be greater if the electricity is generated from renewable energy sources.

Given all these considerations, my advice is to weigh your priorities. If you are looking to buy new, have a small- to mid-size lot, prioritize environmental concerns and don't mind navigating a cord or recharging batteries, an electric mower could be the right choice for you.

If you don't mind the noise, maintenance and other hassles of a gas mower, have a large lot and prefer not to invest in the upfront purchase price, a gas mower may be a better option.

There's also a third choice. If your goals are to save money and hassle while protecting the environment, you can minimize your need for a mower, or get rid of the need completely.

If you're willing to keep your lawn mowed regularly and don't mind breaking a sweat, consider a manual reel mower. Some models are more effective than you might think, and they're far less expensive and require little maintenance or storage space.

The most dramatic step you could take is replacing your lawn completely, perhaps with water-efficient landscaping, a rock garden, a vegetable garden or even an artificial lawn. This could dramatically cut your water bill and the environmental impact of a lawn.

Any change you make, whether in mowing or landscaping, will require a little research. But it's great to know the option of an electric mower is more viable than ever!



*Unlike past models, many of today's electric mowers have the power and battery life to keep up with gas mowers. Photograph provided by Pixabay.com*

# HARBOR FREIGHT

QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

1,000+ Stores Nationwide • HarborFreight.com

## PREDATOR BEATS HONDA

**SUPER COUPON**  
BEST BUY WINNER  
As rated by a leading consumer product testing publication



### 3500 WATT SUPER QUIET INVERTER GENERATOR

3500	MAX. STARTING WATTS	3000
3000	RUNNING WATTS	2800
100 LBS.	WEIGHT	131 LBS.
2.6 GAL.	TANK SIZE	3.4 GAL.
4	OUTLETS	
YES	OVERLOAD PROTECTION	YES
212 cc	ENGINE SIZE	196 cc
YES	LOW OIL ALERT	YES
YES	PARALLEL CAPABLE	YES
YES	POWER SAVER	YES



HONDA EU3000iS1A

\*HONDA EU3000iS1A stated specs

**NOW \$699.99**  
Customer Rating ★★★★★  
**SAVE \$139**  
ITEM 63584  
5455589

**COMPARE TO RAYOVAC \$297**  
MODEL: BR5LED-B  
ITEM 63599/62522/63875  
63884/63886/63888/69111/69052 shown  
54552513

**PITTSBURGH #1 SELLING JACKS IN AMERICA**

**RAPID PUMP® 3 TON STEEL HEAVY DUTY FLOOR JACK**

- Lifts from 5" to 18-1/4"
- Weights 74 lbs.

Customer Rating ★★★★★

**NOW \$74.99**  
~~\$99.99~~

COMPARE TO POWERBUILT \$135.27  
MODEL: 647593

SAVE \$60  
ITEM 64260/64261/64265/64875  
69227/62116/68048 shown  
54556115

**PREDATOR**

**3100 PSI, 2.8 GPM 6.5 HP (212 CC) GAS PRESSURE WASHER**

Customer Rating ★★★★★

**NOW \$349.99**  
~~\$369.99~~

COMPARE TO HONDA \$599  
MODEL: GX200

SAVE \$249  
ITEM 62200 shown  
ITEM 62214 CALIFORNIA ONLY shown  
54563270

**HARDY**

**MECHANIC'S GLOVES**

Customer Rating ★★★★★

**NOW \$4.99**  
~~\$5.99~~

COMPARE TO VALEO \$14.99  
MODEL: 25521

SAVE 66%  
ITEM 62434, 62426, 62433, 62432, 62429, 64178, 64179, 62428 shown  
54566247

**CENTRAL PNEUMATIC**

**3 GALLON, 100 PSI OIL-FREE AIR COMPRESSORS**

A. HOT DOG  
ITEM 69269/97080 shown

B. PANCAKE  
ITEM 61615/60637  
95275 shown

Customer Rating ★★★★★

**YOUR CHOICE \$39.99**  
~~\$50.99~~

Air delivery:  
0.6 CFM @ 90 PSI  
1 CFM @ 40 PSI

COMPARE TO PORTER-CABLE \$98.82  
MODEL: PCFP2003  
54566415

**PORTLAND**

**7 AMP ELECTRIC POLE SAW 9.5" BAR**

6 ft. to 8 ft. 10"

Customer Rating ★★★★★

**NOW \$59.99**  
~~\$79.99~~

COMPARE TO WORX \$99.98  
MODEL: WG309

SAVE \$39  
ITEM 68862/63190/62896 shown  
54567562

**WARRIOR**

**29 PIECE TITANIUM DRILL BIT SET**

Customer Rating ★★★★★

**NOW \$9.99**  
~~\$17.99~~

COMPARE TO DEWALT \$68.14  
MODEL: DW1369

SAVE 85%  
ITEM 62281/61637 shown  
54588261

**U.S. GENERAL**

**30" 5 DRAWER MECHANIC'S CARTS**

Customer Rating ★★★★★

**NOW \$189.99**  
~~\$219.99~~

COMPARE TO Snap-on BLUE-POINT \$830  
MODEL: KBBC10T8PES

NEW 6 FANTASTIC COLORS  
YOUR CHOICE OF COLOR  
15,000 cu. in. of storage  
700 lb. capacity  
Weights 139 lbs.  
55711425

**HEAVY DUTY FOLDABLE ALUMINUM SPORTS CHAIR**

**NOW \$19.99**  
~~\$29.99~~

COMPARE TO COLEMAN \$39.99  
MODEL: 2000020293

SAVE 50%  
ITEM 62314/63066/66383 shown  
55713223

**SUPER COUPON**

**7 FT. 4" x 9 FT. 6" ALL PURPOSE/WEATHER RESISTANT TARP**

Customer Rating ★★★★★

**NOW \$2.99**  
~~\$4.99~~

COMPARE TO BLUE HAWK \$8.78  
MODEL: BRX10-Y

SAVE 65%  
ITEM 69115/69121/69129/69137/69249/877 shown  
55724343

**KRAUSE & BECKER**

**AIRLESS PAINT SPRAYER KIT**

Customer Rating ★★★★★

**NOW \$169.99**  
~~\$214.99~~

COMPARE TO GRACO \$299  
MODEL: BE2800

SAVE \$129  
ITEM 68001/62915/60600 shown  
55730499

**luminar OUTDOOR**

**24 FT., 18 BULB, 12 SOCKET OUTDOOR STRING LIGHTS**

Customer Rating ★★★★★

**NOW \$19.99**  
~~\$20.99~~

COMPARE TO PORTFOLIO \$39.98  
MODEL: SL128K

SAVE 50%  
ITEM 64486/63483 shown  
55732386

**FRANKLIN**

**17 FT. TYPE IA MULTI-TASK LADDER**

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

Customer Rating ★★★★★

**NOW \$109.99**  
~~\$139.99~~

COMPARE TO LITTLE GIANT \$298.99  
MODEL: YE M17

SAVE \$189  
ITEM 67646/63418/63419/63417 shown  
55737017

**COVERPRO**

**10 FT. x 10 FT. POPUP CANOPY**

- 64 sq. ft. of shade
- Sets up fast and easy
- No tools required
- UV treated to prevent fading

Customer Rating ★★★★★

**NOW \$54.99**  
~~\$64.99~~

COMPARE TO SHADE TECH \$99.98  
MODEL: 157467

SAVE \$44  
ITEM 69456/62898/62897/62899 shown  
55738092

**drillmaster**

**4-1/2" ANGLE GRINDER**

Customer Rating ★★★★★

**NOW \$9.99**  
~~\$14.99~~

COMPARE TO PERFORMAX \$17.99  
MODEL: 2411-1

SAVE 44%  
ITEM 69645/95578/60623 shown  
55738198

**VIKING**

**JUMP STARTER AND POWER PACK**

Customer Rating ★★★★★

**NOW \$69.99**  
~~\$79.99~~

COMPARE TO SCHUMACHER ELECTRIC \$139.99  
MODEL: SL1

SAVE \$70  
ITEM 64412/62749 shown  
55743469

**GREENWOOD**

**1-1/4 GALLON HOME AND GARDEN SPRAYER**

Customer Rating ★★★★★

**NOW \$8.99**  
~~\$12.99~~

COMPARE TO ROUNDUP \$13.88  
MODEL: 190315

SAVE 33%  
ITEM 95692/63124/63145 shown  
55757548

**SUPER COUPON**

**FREE**  
WITH ANY PURCHASE

**3-1/2" SUPER BRIGHT ALUMINUM FLASHLIGHT**

- 9 LED
- Compact, Lightweight

COMPARE TO RAYOVAC \$2.97  
MODEL: BR5LED-B  
ITEM 63599/62522/63875  
63884/63886/63888/69111/69052 shown  
54552513

Limit 1 coupon per customer per day. Cannot be used with other discount coupons or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, rollers, saw mills, storage cabinets, chests or carts, trailers, trencher/shovel welders, Admiral, Ames, Bauer, Cobra, CoverPro, Dayton, Diamondback, Earthquake, Fisher, Hario, Icom, Inforce, Lyncx, Phoenix, Predator, Ridgid, Vango, Vortex, Zwickl. Not valid on prior purchases, Non-transferable. Original coupon must be presented. Valid through 7/5/19.

**SUPER COUPON**

**20% OFF**  
ANY SINGLE ITEM\*

54551718

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. \*Cannot be used with other discount coupons or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, rollers, saw mills, storage cabinets, chests or carts, trailers, trencher/shovel welders, Admiral, Ames, Bauer, Cobra, CoverPro, Dayton, Diamondback, Earthquake, Fisher, Hario, Icom, Inforce, Lyncx, Phoenix, Predator, Ridgid, Vango, Vortex, Zwickl. Not valid on prior purchases, Non-transferable. Original coupon must be presented. Valid through 7/5/19.

\*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 7/5/19.

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

# Boost heart-smart recipes with pecans

Sometimes making small changes can have a positive impact on your health – including heart health – like drinking more water, taking the stairs instead of the escalator and adding nutritious ingredients to your snacks and meals.

Incorporating nutritious ingredients is an easy way to step up your mealtime – for example, American Pecans can super-ify nearly any recipe by adding flavor and nutrition.

It's always a good thing to include heart-healthy ingredients on your shopping list. Certified by the American Heart Association's Heart-Check, American Pecans and their unique mix of unsaturated fats, plant sterols, fiber and flavonoids add up to help promote a healthy heart.

Boosting the heart-smart punch of your favorite recipes can be easy with pecans. Whether topping a salad, sprinkling into bread batter or using them as the foundation of a portable snack, there are few things America's native nut can't do.

Start the day right with a bowl of Banana Pecan Cherry Oatmeal – a comforting and hearty combination that can keep you full for hours. For a wholesome, on-the-go option perfect for school snacks, desk drawers or an afternoon pick-me-up, try Cherry Pecan Energy Bites. Dried cherries, dates and crunchy pecans combine for an all-natural burst of heart-smart nutrition to help you power through the day.

Discover more ways to create heart-healthy meals with pecans at [AmericanPecan.com](http://AmericanPecan.com).



## Banana Pecan Cherry Oatmeal

- 1 cup old-fashioned oats
- 2 cups water
- 1/2 cup pecan milk
- 1 banana, sliced
- 1/4 cup pecan halves
- 1/4 cup dried tart cherries
- 2 Tbsp honey

In large, microwave-safe bowl, combine oats and water. Microwave

on high 3-4 minutes, or until oats are cooked through. Watch carefully to avoid boiling over.

Remove from microwave, stir and divide between two bowls. Pour 1/4 cup pecan milk over each bowl.

Divide sliced banana, pecan halves and dried tart cherries between each bowl and drizzle with 2 tablespoons honey. Serve immediately.

### Wanted: Favorite Crock-pot recipes

### The Reward: \$25 for every one we publish!

We will pay \$25 to any reader who submits a recipe selected for publication in the magazine. Be sure to include a mailing address for payment purposes and a phone number in case we need to contact you. Recipes will not be returned and not all recipes will be used.

**Mail:** Nebraska Rural Electric Association, *Rural Electric Nebraskan* Recipes, P.O. Box 82048, Lincoln, NE 68501.

**E-mail:** Tina Schweitzer at [ttschweitzer@nrea.org](mailto:ttschweitzer@nrea.org).



### Cherry Pecan Energy Bites

- 1 cup toasted pecan halves or pieces
- 1 cup dried cherries
- 4 medjool dates, pitted
- 1/4 cup old-fashioned oats
- 1 tablespoon cacao powder, plus additional, for coating (optional)
- 1 teaspoon vanilla extract

In bowl of food processor, combine toasted pecans, dried cherries, dates, oats, cacao powder and vanilla extract.

Pulse until ingredients begin to bind and form loose, dough-like ball.

Roll into 1-inch balls. Roll balls in additional cacao powder, if desired, and transfer to airtight container. Refrigerate until ready to serve, up to seven days.

### Katie's Cabbage Rolls

- 1 lb. hamburger
- 1 large head of cabbage (chopped) or (use one package of coleslaw)
- 2 large onions (chopped)
- 1 Box Pillsbury hot roll mix

Add a little bit of vegetable oil to the bottom of the pan, plus a little bit of water. Cook cabbage and onions on low heat until it looks a little bit brownish. Brown hamburger with salt and pepper to taste, drain off excess fat. When cabbage and onions are well cooked add hamburger and stir together. Mix dough as directed on package of hot roll mix. Then half the dough; roll out and cut into squares. Put about a tablespoon of the mixture on dough, fold over and pinch together. Continue same with remaining dough. Put on cookie sheet and bake at 350 degrees oven until golden brown. Brush with butter while still warm. (I line the cookie sheet with foil.)

**Carol Zimmerman, Bushnell, Nebraska**

### Crockpot Cauliflower, Potato & Ham Soup

- |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>1 1/2 head of cauliflower, trimmed and cut into 1" pieces</li> <li>4 medium potatoes, peeled and cut into 1" pieces</li> <li>1 tablespoon olive oil</li> <li>4 cloves garlic, minced</li> <li>1 onion, diced</li> <li>6 cups chicken broth</li> </ul> | <ul style="list-style-type: none"> <li>1 cup water</li> <li>1 cup milk</li> <li>1/2 cup sour cream, light</li> <li>1 lb. diced ham</li> <li>Salt &amp; Pepper to taste</li> <li>1 cup low fat shredded mozzarella</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Cook cauliflower, potatoes, onion, oil, broth, water, salt, pepper and garlic in slow cooker on low approximately 6 hours or until vegetables are soft. Blend (in batches if need be) until smooth. Transfer back into crockpot. Add ham and mozzarella. Cook on low for 45 minutes to 1 hour until ham is warm and cheese is melted.

**Kristen Grimes, North Platte, Nebraska**

### Pistachio Royale

- |                                                                                                             |                                                                                                                             |                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>1 cup flour</li> <li>1 stick butter</li> <li>1/2 cup nuts</li> </ul> | <ul style="list-style-type: none"> <li>8 oz. cream cheese</li> <li>1 cup powdered sugar</li> <li>1 cup Cool Whip</li> </ul> | <ul style="list-style-type: none"> <li>2 pkgs. instant pistachio pudding</li> <li>3 cups milk</li> <li>Cool Whip</li> </ul> |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|

Melt butter, mix with flour and nuts, then press into 9" X 13" pan. Bake at 350 degrees for 15 minutes. Cool. Mix the cream cheese, powdered sugar and 1 cup Cool Whip. Spread on crust very carefully. Mix pistachio pudding and milk then pour over cheese mixture. Top dessert with layer of Cool Whip.

**Bev Young, Dannebrog, Nebraska**

Check out our new 3D designer on our website!



protect what matters

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

**CALL NOW FOR CURRENT SPECIALS 800-825-0316**



Visit [WorldwideSteelBuildings.com](http://WorldwideSteelBuildings.com) for more information.



**A Better Way to Build**  
Build better, faster and for less money.

Tour our 2019 Models on display or watch our Virtual Factory Tour Online.



**HERITAGE HOMES**  
1-800-759-2782 | Call for a Plan Book  
[www.heritagehomesofne.com](http://www.heritagehomesofne.com)



**KILL LAKE WEEDS**

Proven **AQUACIDE PELLETS**  
Marble size pellets. Works at any depth.

Before	After	<b>10 lb. bag</b> treats up to 4,000 sq.ft. <b>\$91.00.</b>
		<b>50 lb. bag</b> treats up to 20,000 sq.ft. <b>\$344.00.</b>

**FREE SHIPPING!** Certified and approved for use by state agencies. State permit may be required. Registered with the Federal E. P. A.

**800-328-9350**

**KillLakeWeeds.com**

Order online today, or request free information.

Our 64th year **AQUACIDE CO.** PO Box 10748, DEPT 33C White Bear Lake, MN 55110-0748

**GROW MOREL MUSHROOMS**



CREATE A PERENNIAL MOREL GARDEN IN YOUR OWN BACKYARD  
We provide the spawn and easy to use instructions for preparing an outdoor Morel Habitat. You just sow the seed, maintain the Morel Habitat, and pick & enjoy fresh Morel Mushrooms.

\$32.95 + \$8.65 S/H  
ORDER (800) 789-9121

**GOURMET MUSHROOMS**  
P.O. BOX 515 NC8 \* GRATON, CA 95444  
[www.gmushrooms.org](http://www.gmushrooms.org)

**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](mailto:thebiblesaystruth@yahoo.com)  
**1-888-211-1715**

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

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

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



**HELP STOP COPPER THEFT**

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



**Stuttering hurts.**  
**We can help.**

THE **STUTTERING FOUNDATION®**  
[www.stutteringhelp.org](http://www.stutteringhelp.org)  
800-992-9392

# LET'S TALK PUBLIC POWER

Affordability is only one of the benefits of being a cost-of-service-based, public power utility. Nebraskans pay only what it costs to produce and deliver electricity. Every dollar is invested in the operation of power plants, transmission lines and facilities to ensure the state's electric utilities meet your energy needs at the most affordable cost.

Nebraska's  
public power system  
delivers electricity as a

**NONPROFIT  
SERVICE**

\*American Public Power Association,  
Energy Information Administration (EIA)  
Form 826, 2016 Data.

The average Nebraska  
homeowner pays about  
**\$361 PER DAY\***  
for electricity

(Based on 1,000 kWh usage per month)

A drive-thru meal  
**COSTS MORE**

Than a day's worth  
of electricity for an  
average Nebraska  
homeowner



In the U.S., homeowners served  
electrically by public power pay about

**15% LESS**

than those  
served by  
investor-owned  
utilities



[nppd.com](http://nppd.com)

1.877.275.6773 (ASK-NPPD)



DOWNLOAD  
OUR FREE APP



**Nebraska Public Power District**

*Always there when you need us*

Together with your local public power utility.

15 NEW PLANS!  
SUPERIOR QUALITY,  
MORE CHOICES.

**BUILD  
YOUR  
DREAM  
HOME  
NOW!**

WITH  
**WARDCRAFT  
HOMES**  
THE BETTER  
WAY TO BUILD



# OPEN HOUSE

**Sat March 30 from 10-3:00**

Superior building techniques for an energy efficient home that saves \$. We build our own trusses, have computerized saws for precision cuts (ensuring a tight building envelope) and use blown insulation to fill all gaps and voids in your walls. Trust a quality builder with 5,700 homes built since 1971.

Custom build, choose or modify a plan, 15 NEW ones!

**FREE 116 Page Catalog!**



Brighton (modified) House 5510 ask for the plan  
3 BR 2.5 Baths & Office 2,436 sq ft all photos shown here



Want to see more of the home featured?  
Go to our Facebook page for a video.



### What's Behind the Walls:

Remember when choosing a builder, the one thing you can not go back and change is what is BEHIND your walls. Pages 6-11 in our catalog will SHOW you what Wardcraft builds in to each home and why our homes are quiet and energy efficient.

### Wardcraft vs other Modular

Simple, other than experience and more homes built, we can build up to 1,934 sq ft in one-piece, others can't.



# WARDCRAFT HOMES

614 Maple Clay Center, KS • 1230 E 9th Minden, NE

**1-888-927-3272 • wardcraft.com**

**#1 Rural Builder in Kansas & Nebraska!**