

RURAL ELECTRIC

NORRIS

October 2018



**Safety Gear
Through
the Years**

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-pharm 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

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

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL-FREE 1-800-748-5733** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

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

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

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You Have a Voice: The Benefits of Local Control 14

Customers have a voice in the activities of their electric systems in Nebraska. Public Power is after all, the public's business. Discover how you are an important owner of Nebraska's all-public power utility model and through local control, you have a strong voice on electricity-related issues.

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On the cover

Norris Public Power District Journeyman Lineman Trevor Murphy and Foreman Jeremy Russell show off some of the equipment that helps keep them safe on the job. See the related article on Page 6. Photograph by Vicky Jurgens



James Dukeshner
Assistant Director
of Government
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Grassroots
Coordinator

Rural votes really do count: Vote on November 6th

Twenty-four percent of Nebraska's registered voters turned out for this year's May 8th Primary Election. Twenty-four percent of our state's registered voters made the decision of who we get to vote for on the General Election ballot. More specifically, since not everyone is registered or of age to vote, twenty-four percent of registered voters truly only means that 15 percent of our state's total population made these decisions for us. Stated differently, if we go out at random and select 100 Nebraskans and ask them who they voted for, only 15 of the 100 will be able to say they even voted in the Primary. If the races they voted on were split between four or five candidates, it may be the case that only 5 or 10 percent of the population voted for the candidate that won the primary race. Are we all comfortable with this fact?

The Nebraska Rural Electric Association (NREA) exists to support our member public power districts and electric cooperatives as they provide safe, reliable and affordable electricity across rural Nebraska. Ensuring our state's electric utilities are able to provide reliable electricity at competitive prices requires more than stringing and maintaining power lines. At times, it requires political engagement. That may seem far removed from public power's core mission, but it is absolutely essential to serving you.

In the 2016 presidential election, rural America played a big part in the outcome of our national elections – 500,000 more rural voters went to the polls than in 2012. This is an incredible story, as voters in small towns and communities across our country went to the polls to ensure their voices were heard; they altered the outcome of the elections and elected officials have taken notice.

Participation in the political process by rural Nebraskans is vital. Rural issues matter, and rural votes truly do count. As population trends shift east to the metropolitan centers in our state, our rural voice is diminished. After the 2010 Census, rural Nebraskans lost one legislative seat and it is likely to happen again

in 2020. Currently, more than half of our state senators have districts which include parts of Omaha or Lincoln. Rural voters may occupy 90 percent of the state landmass, but our urban neighbors occupy a majority in the Unicameral. As this shift continues, and our rural voice becomes smaller, it is important that more of us speak out and participate in the political process.

Beyond voting there are many opportunities to engage in the political process. Many of Nebraska's elected leaders have spent their summer crossing our state meeting with constituents. Town hall meetings and listening sessions are a common occurrence among Nebraska's representatives. As these officials visit our communities, we should take time to hear from them and

offer our constructive insights. The NREA has been organizing rural electric ratepayers for years as part of our Grassroots Initiative Program. When issues impacting your electric rates come to the forefront, NREA has worked to educate the public and encouraged them to reach out to their elected officials on these matters... and it works! Grassroots communications with elected leaders is the best way to influence the decisions they make.

November 6th we, once again, have the opportunity to participate in our country's great democratic process. We can remind our elected officials that rural Nebraskans are engaged and paying attention to the issues that impact our state. By voting we send a message to representatives and candidates – at all levels – that they need to put rural America's concerns front and center. If we all participate, speaking out with one collective voice, we can have a major impact in making our issues part of the national conversation.

As Election Day approaches, please consider the ramifications of inaction. We must continue to engage or will be marginalized by our inaction. I encourage everyone, regardless of their political beliefs, to vote...and to take someone with you to the polls. Let's continue to stand up for the priorities of rural Nebraska – it's more important now than ever.



Don't make excuses for not voting

Tuesday, November 6th is a big day. I admit that I am kind of "GEEKY" about the subject of this month's column. There, I said it. Read on at your own risk!

Voting is fundamental to our government. More importantly, voting is a key to our way of life. Over the weekend, my minister talked about the genocides that have occurred in the world over the past few years. There are nations where one group will kill, maim and injure members of another group just because they can. The one group has power. They can do as they please.

Moreover, the average person has no control over the atrocities. There are nations where the government controls the press, and the only information most of the nation receives is dictated by the government. There are governments that dictate how many children one can have, what schooling is allowed and what job you will do. Many governments dictate prices of goods and what one can buy.

We in America don't have to worry about these kind of actions. Why? Because we live in a democracy where free speech is fundamental. We live in a democracy where everyone can vote.

We Americans get the chance, on a regular basis, to vote on the who, how, and why of our governments—local, state and federal. Yet, as James Dukesherer points out in his article in this magazine, less than one-half and often closer to one-fourth of Americans take advantage of the opportunity.

I've always wondered why that's true. Here are two of the most common excuses:

- I have heard "I don't have time." Well, I say BALDERDASH. When I

first started voting, there may have been "absentee" ballots for a limited number of reasons, but most of us had to wait for the actual election day to vote. I have never spent over 20 minutes at the polls, and that was WAY back in the 80s. (The workers had misplaced the ballots, so we waited.) Now, across the nation, states have made it easier to participate in an election: you can vote early, both in-person and by mail. In Nebraska, early voting by mail for elections start 35 days before an election, while early voting in person at Nebraska county election offices starts 30 days before the election. It's easy to vote. You have a month to cast your vote, starting if you take the time to do it.

- Far worse than those who do not vote are those who do not register to vote. I have heard "it's too hard to register." Another hearty BALDERDASH to that one too. One of the first things I did when I came to Nebraska was to register to vote. It was very easy, and I did it all by mail. You can also register online. (The first time I registered to vote I had to go to the county courthouse.) Now there are many options to get registered. Once you register, unless you move or do not vote, you stay registered. It's incredibly easy to register. October 26th is the last day to register in person.

So you say "I am registered and I vote, so isn't that enough?" No. Help everyone. It's simple. Take a minute and remind your friends, your spouse, your children and even your enemies that they should register and then vote. Print out the application and offer to give an elderly neighbor a ride to the polls.

However, most of all, go vote.

November 6 is a great day for America. Celebrate it.



by Kim Christiansen
NREA General Manager

SAFETY GEAR

THROUGH THE YEARS

Keeping electric utility linemen safe has been the focus for rural electric utilities throughout the years. The focus hasn't changed but the equipment and procedures sure have.

"There has been a number of improvements for lineman safety in our industry," said Brian Strong, technical services & safety director at Cornhusker Public Power District. "For starters, equipment has improved dramatically."

Strong pointed out that while pole climbing is still an

essential part of what linemen do, they have gone from climbing poles using handlines to hoist apparatus and materials on a daily basis, to material handling bucket trucks and digger derricks with much greater capacity and reach capabilities.

"What once was done with crescent wrenches, channel locks and brace and bit, are now done with hydraulic and battery powered tools," he said. "Climbing poles used to be all free climbing or climbing with a one strap belt, now everyone has fall restraint belts and harnesses to protect

1875-1900

Electrification begins

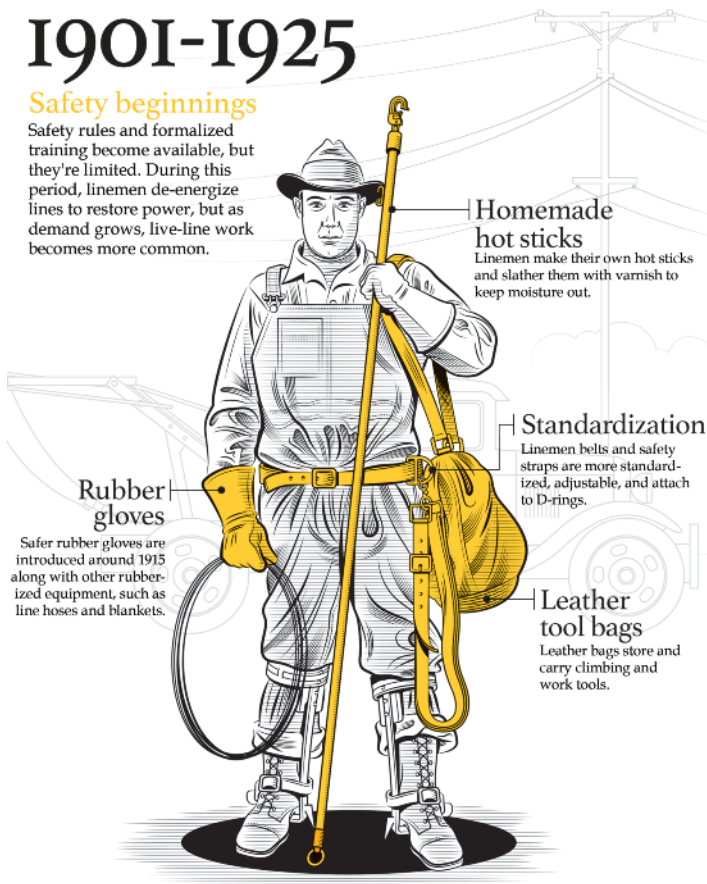
In the early years, linemen learn basic principles and hazards in realtime. Safety standards are non-existent, and most line equipment is handmade.



1901-1925

Safety beginnings

Safety rules and formalized training become available, but they're limited. During this period, linemen de-energize lines to restore power, but as demand grows, live-line work becomes more common.



against falls. Safety clothing has come a long way also, we now are required to wear arc flash clothing, and face shields when subject to flash potentials.”

Ron Hubbard, line foreman and safety director at Chimney Rock Public Power District, said that one of the best improvements has been bucket trucks.

“Linemen still climb poles, but bucket trucks not only eliminate falls, they also help to isolate workers from electrical contacts,” Hubbard said.

Other improvements that have been made to keep linemen safe on the job include better procedures, communications and job briefings. Most rural electric utilities conduct monthly safety meetings, which is a great way to include employees and show that everyone has a voice, responsibility and accountability for safety.

Larry Oetken, job training and safety coordinator at Nebraska Rural Electric Association, conducts unannounced field observations at the utilities to observe and document what he sees and what is taking place and then gives feedback to the crew after the observation.

“We let everyone know that if they see something or something doesn’t seem right at the work site or at any time, they need to speak up,” Oetken said. “It’s important to have good and open communications with the crews to see if they have the equipment that they need to do their jobs safely.”

Strong agreed and noted that Cornhusker Public Power District keeps up to date with industry regulations and guidelines.

“Our employees attend job training and safety seminars along with having monthly in house safety meetings and training,” he said. “Our equipment for working on energized lines gets dielectrically tested periodically to ensure proper equipment is being used. We also listen to our field personnel and ask for feedback during storm work to keep employees safe during severe weather conditions and power restoration.”

Hubbard said Chimney Rock PPD makes sure the employees are given the time and equipment needed to work safe.

Ongoing training is another important aspect to making sure linemen perform their duties safely. Linemen are sent to specialized safety trainings and seminars throughout the year. Some utilities, like Cornhusker PPD, send their linemen through an apprentice program which consists of written testing and on the job work hour training.

“Experience is essential in our industry to keep our lineman safe,” said Strong.

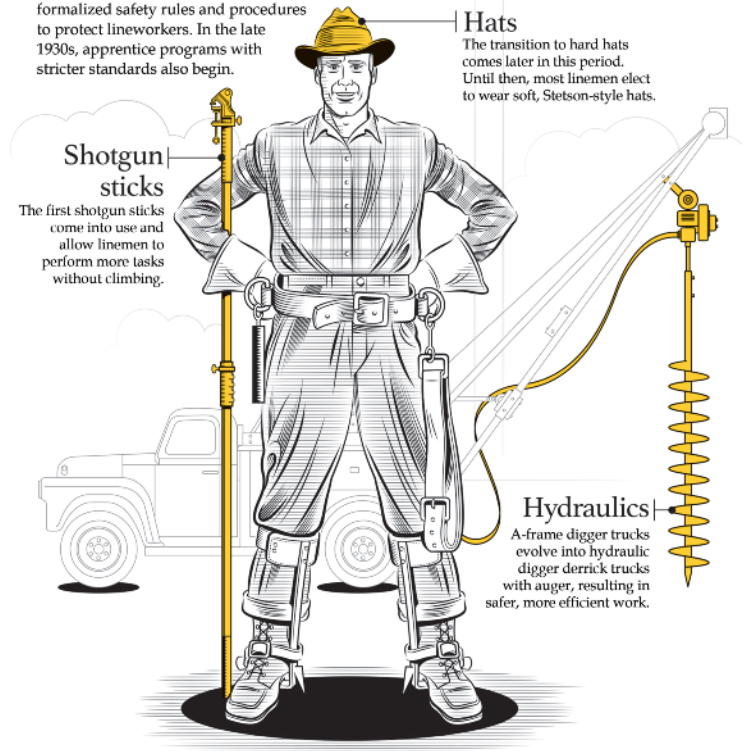
Oetken said it is also crucial to let all employees know that they are cared for and cared about each and every day. A caring attitude goes a long ways, he noted.

More on Page 8

1926-1950

Safety training improves

The electric industry develops more formalized safety rules and procedures to protect lineworkers. In the late 1930s, apprentice programs with stricter standards also begin.



1951-1970

New heights and faster communication

Fiberglass sticks evolve to “rubber gloving,” with more formalized rules and training. The advent of the bucket truck, utility undergrounding, and improved communications are major steps.



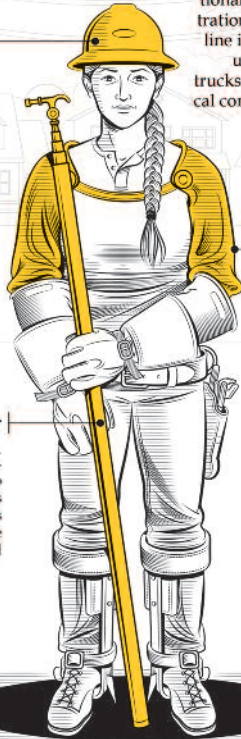
1971-1990

New law of the land

President Nixon signs the Occupational Safety and Health Administration (OSHA) law. Underground line installation gains widespread use. Material-handling bucket trucks and hydraulic and mechanical compression tools also improve work conditions.

Hard hats

Head protection made from thermoplastics gains widespread use.



Rubber sleeve improvements

New sleeves extend to the shoulders for extra protection.

Telescoping or extendo stick

Made of fiberglass, the extendo stick lets workers perform tasks like opening and closing switches or removing tree limbs while staying on or near the ground.

1991-present

Watching out for workers

OSHA begins requiring utilities to provide lineworker clothing to protect from arc flashes and "fall protection" devices like body harnesses and fall-arrest lanyards.

Insulated hard hats

Linemen now wear hard hats insulated with a special polyethylene that protects against blows to the head.

Harnesses

Linemen aren't climbing as much, so body harnesses and lanyards are valuable backup support.

Clothing

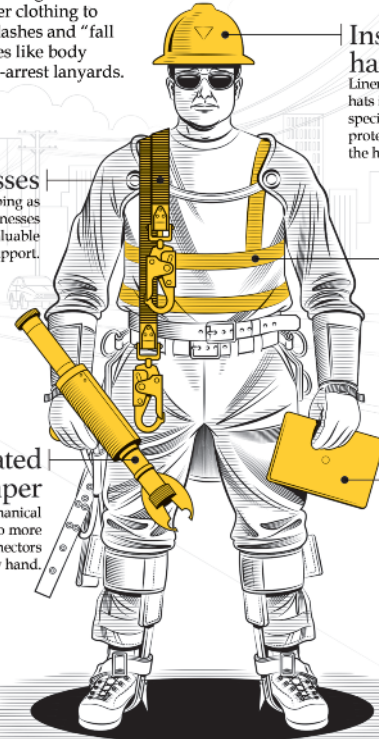
Arc-rated clothing is written into OSHA-required Personal Protective Equipment.

Battery-operated crimper

Lightweight mechanical crimpers mean no more squeezing connectors by hand.

Tablets

Mobile devices help linemen troubleshoot problems using SCADA and meter data instead of climbing a pole or going up in a bucket.



Geared up for safety

Can you imagine working a job that requires you to lift heavy equipment and perform detailed tasks near deadly high voltage? Now imagine doing this 40 feet in the air, and sometimes, in extreme weather. This is the life of a lineman.

These brave men answer when called – and they do so to ensure that you are provided with safe, reliable electric service. But how do they stay safe when working in these conditions? Nebraska's linemen are required to wear personal protective equipment (PPE) at all times when on the job to keep them safe.

Let's take a look at a lineman's PPE.

Fire resistant (FR) clothing. While our linemen do everything possible to prevent them, unexpected fires can happen. Fires typically occur with an arc flash – an explosion that results from a low-impedance connection to a ground phase in an electrical system. FR clothing will self-extinguish, thus limiting injury due to burn.

Insulated gloves. Linemen must wear insulated rubber gloves when working on any type of electrical line. These gloves provide protection against electrical shock and burn, and are tested at 30,000 volts. Protective gloves, usually made of leather, are worn over the

insulated gloves to protect the rubber from punctures and cuts.

Hard hat. No matter how tough or "hardheaded" our linemen are, they still need protection. Insulated hard hats are worn at all times to protect them from blows and falling objects.

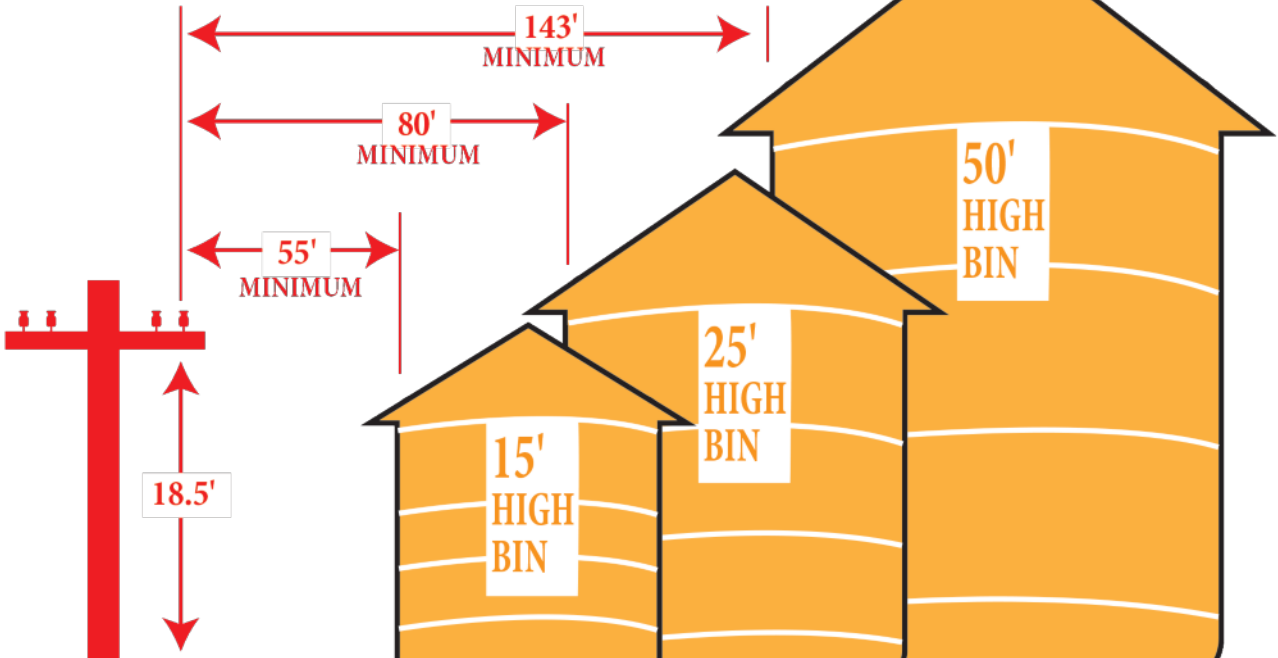
Steel toe boots. These heavy-duty boots are typically 16 inches tall and designed with extra support in mind. The height of the boot shields linemen from gouges, and serrated heels provide a better grip when climbing poles. The steel toe provides sturdier support and protects from objects that could potentially pierce the feet. .

Safety goggles. Linemen must wear protective goggles or glasses, whether working on electrical lines or clearing rights-of-way. This protects them from loose debris and other hazards.

These items make up a lineman's basic PPE. While working on electrical lines, they also may be required to wear equipment belts, tool pouches, safety straps and other types of equipment. A lineman's gear usually weighs about 50 pounds – that's a lot of extra weight when working in hazardous conditions.

So, the next time you see a lineman – be sure to thank him for keeping the lights on. But more importantly, thank them for the hard – and often times dangerous – work they do, day in and day out.

GRAIN BIN SAFETY



*The actual listed guide bar length can vary from the effective cutting length based upon which powerhead it is installed. Prices are CDC-SRP. At participating dealers while supplies last. © 2018 CDC STIHL 18CDC-ELNE522-139178-5



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2018

UNITED STATES

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■ **TRYING TO KEEP UP:** Rapid shipments of packages containing Vault Bricks loaded with valuable .999 solid U.S. State Silver Bars are flowing around the clock from the private vaults of the Federated Mint to U.S. State residents who call 1-888-282-6742 Ext.FMS2483 to beat the 7-day deadline.

U.S. State Silver Bars go to residents in 7 states

U.S. residents who find their state listed below in bold get first dibs at just the \$59 minimum set for state residents while all non state residents must pay \$134

AL	AK	AZ	AR	CA	COLORADO	CT	DE	FL
GA	HI	ID	IL	IN	IOWA	KANSAS	KY	LA
ME	MD	MA	MI	MN	MS	MISSOURI	MT	NEBRASKA
NV	NH	NJ	NM	NY	NC	ND	OH	OK
OR	PA	RI	SC	SOUTH DAKOTA	TN	TX	UT	VT
VA	WA	WV	WI	WYOMING				

NATIONWIDE - The phone lines are ringing off the hook.

That's because U.S. State Silver Bars sealed away in State Vault Bricks are being handed over to NE, SD, IA, MO, KS, CO and WY residents at just the state minimum set by the Federated Mint for the next 7 days.

This is not a misprint. For the next 7 days residents who find their state on the Distribution List above in bold are getting individual State Silver Bars at just the state minimum of \$59 set by the Federated Mint. That's why everyone should be taking full Vault Bricks loaded with five U.S. State Silver Bars before the deadline ends.

And here's the best part. Every NE, SD, IA, MO, KS, CO and WY resident who gets at least two Vault Bricks is also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred

WEIGHTS AND MEASURES
FULL TROY OUNCE SOLID
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DATE IN WHICH THE
STATE RATIFIED THE
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ADMITTED INTO UNION



CERTIFIED SOLID
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METAL

COURTESY: FEDERATED MINT
PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL

DOUBLE FORGED STATE
PROCLAMATION

(Continued on next page)

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dollars for each State Vault Brick.

Not long ago, nobody knew that the only U.S. State Silver Bars locked away in the private vaults of the Federated Mint would be allocated for a limited release to residents in 7 states. Every single one of the 50 U.S. State Silver Bars are date numbered in the order they ratified the Constitution and were admitted into the Union beginning in the late 1700s.

“As Executive Advisor to the Federated Mint I get paid to deliver breaking news. So, for anyone who hasn’t heard yet, highly collectable U.S. State Silver Bars are now being handed over at just the state minimum set by the Federated Mint to residents in 7 states who beat the offer deadline, which is why I pushed for this announcement to be widely advertised,” said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

“These bars are solid .999 pure fine silver and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they’re all gone,” Withrow said.

There’s one thing Withrow wants to make very clear. State residents only have seven days to call the Toll Free Order Hotlines to get the U.S. State Silver Bars.

“These valuable U.S. State

Silver Bars are impossible to get at banks, credit unions or the U.S. Mint. In fact, they’re only being handed over at state minimum set by the Federated Mint to NE, SD, IA, MO, KS, CO and WY residents who call the Toll Free Hotline before the deadline ends seven days from today’s publication date”, said Timothy J. Shissler, Executive Director of Vault Operations at the private Federated Mint.

To make it fair, special Toll Free Overflow Hotlines have been set up to ensure all residents have an equal chance to get them.

Rapid shipments to state residents are scheduled to begin with the first calls being accepted at precisely 8:30am today.

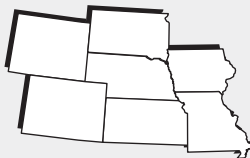
“We’re bracing for all the calls and doing everything we can to make sure no one gets left out, but the U.S. State Silver Bars are only being handed over at just the state resident minimum set by the Federated Mint for the next seven days. For now, residents can get the U.S. State Silver Bars at just the state minimum set by the Federated Mint as long as they call before the order deadline ends,” confirmed Shissler.

“With so many state residents trying to get these U.S. State Silver Bars, lines are busy so keep trying. All calls will be answered,” Shissler said. ■

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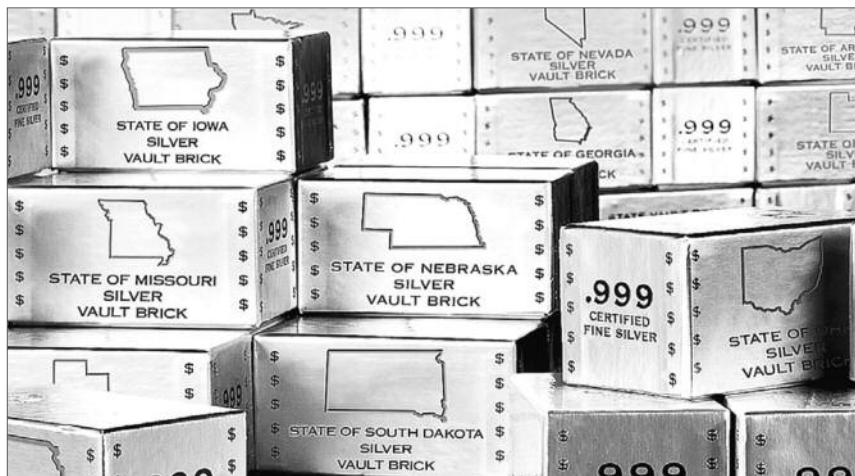
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Over the last few years, public power districts and electric cooperatives have spearheaded efforts into developing pumping systems that operate more efficiently and can save farmers money.

Improving the efficiency of irrigation

There's no denying that irrigation benefits agricultural producers. Rural electric utilities are committed to helping their consumers use energy more efficiently – and that includes many farmers across the U.S. that are served by public power districts and electric co-ops.

Most farms receive electricity through single-phase power lines, but because these lines cannot support the large electric motors needed to pump water for irrigation, many farmers use diesel motors to run their pumps.

Over the last few years, public power districts and electric cooperatives have spearheaded efforts into developing pumping systems that operate more efficiently and can save farmers money. Delaware Electric Cooperative, based in Greenwood, Delaware, has

developed a system that allows the farmer to operate an electric motor from a single-phase power line. The co-op worked with Eaton, a power management company, to create a package that includes a variable frequency drive (VFD). VFDs are common and have been around for many years, but this was the first application in an irrigation system.

A VFD is an electronic phase converter, allowing an irrigation motor designed for three-phase power to run on a single-phase line. A VFD varies the frequency and voltage supplied to the motor, thus varying the motor's speed. VFDs are useful for a number of situations faced by public power districts and electric cooperatives and their consumers.

Among the features of a VFD irrigation system is its ability to pump at different speeds, which provides an additional source of

energy savings. Irrigation systems are not required to run at full speed at all times; actually, it's inefficient to do so.

The VFD system is between 96 and 98 percent efficient, while the efficiency of a diesel motor ranges from 30 to 40 percent. With an electric system, farmers can avoid the maintenance required of a diesel motor. An additional benefit of the VFD is that it's quiet and non-polluting.

Technologies such as the new VFD system are a new trend in agriculture, as well as residential, commercial and industrial areas. Advancements in electric technologies continue to create new opportunities to use electricity as a substitute for on-site fossil fuels, like natural gas, propane, gasoline and fuel oil, with increased energy efficiency and control.

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★★★★	YES 30-1/2" WIDTH	YES
★★★★	YES 20-1/2" DEPTH	YES
★★★★	41-3/8" HEIGHT	41-1/4"
★★★★	5 DRAWER COUNT	4
★★★★	YES DRAWER LATCHES	NO
★★★★	YES PRE-CUT DRAWER LINERS	YES
★★★★	YES LOCKING SWIVEL CASTERS	YES
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Customer Rating ★★★★★

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Customer Rating ★★★★★

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40 PIECE, 3/8" DRIVE SAE AND METRIC SOCKET SET

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You have a voice

The benefit of local control is a cornerstone of public power

There is a movement across the country to buy food locally. Folks are rediscovering the benefits of buying locally grown food from farmers markets. It is fresher, tastier and is good for the local economy.

Just like you want your food from a source you know, Nebraskans can be reassured in the fact that their public power electric utility is governed by a board of directors they know and trust.

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

With local control also comes

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

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

In 1936, President Franklin Delano Roosevelt, sitting beside Nebraska's own Senator George Norris, signed into law the Rural Electrification Act. At that time, only seven percent of Nebraska's farms

had access to electrical service due primarily to the fact that investor-owned utilities (IOUs) saw no profit in bringing electricity to rural areas. The leadership that it took to establish Nebraska's rural electric utilities still exists today. The decisions governing your not-for-profit public power district or electric cooperative are made just as they were more than 75 years ago; by member-owners and locally elected board members.

With local control also comes access for you; where you have a voice on electric related issues that are important to you. In Nebraska, whether your power is delivered by a public power district or electric cooperative, you have the right to decide who represents you on your utility's board of directors. If you have a question or concern, as a cooperative member or PPD customer, you have the ability to attend a regularly-scheduled board meeting and speak with your utility's decision-makers. No issue is too big or too small. If it's important to you, your local board takes your issue seriously.



Try doing that at an investor-owned utility. As a customer of an IOU, there is no convenient or regular access to the decision makers of that utility. Unlike Nebraska's public power utilities and cooperatives, investor-owned utilities are driven primarily by profitability for the utility. An IOU Board of Directors convenes privately and behind closed doors. They are elected by the company's shareholders, not its customers or member-owners. Business decisions are based on what is best for the IOU's bottom line and what will maximize profits and dividends to shareholders, and not necessarily what is best for that utility's customers. In short, investor-owned utilities operate and are governed very differently than how the public power district and rural electric cooperatives that delivers reliable and affordable electricity to your home and business is governed.

Local control of your Nebraska PPD or electric cooperative also means that they know you well, have your needs and best interest in mind, and they have deep roots in your

community. It is members of your family, or your friends, and most certainly your neighbors that work for and operate your electric utility. NREA's rural electric member-systems deliver service to over 230,000 meters over 87,000 plus miles of distribution lines and employ more than eleven-hundred individuals across some of our state's most rural areas. Members of your utility's board of directors are customers just like you. They have a stake in every decision that your utility makes and they take a sincere interest in the local economy and welfare of the community they serve.

The bottom line is this: In Nebraska you are an important owner of Nebraska's all-public power utility model and through local control, you have a strong voice on electricity-related issues. The same cannot be said if your power did not come from a public power district or

rural electric cooperative.

Voicing Your Opinion

Do you have a concern you would like to bring to the attention of your electric utility? Nebraska's rural electric public power districts and electric cooperatives invite you to attend a board meeting. At these meetings you can voice your opinion or share a concern directly with the

In Nebraska, whether your power is delivered by a public power district or electric cooperative, you have the right to decide who represents you on your utility's board of directors.

board of directors. Every resident of Nebraska can provide input into how his or her local electric system is operated.

Even if you've never attended a board meeting at your local electric utility, you can have the confidence that your board member is working hard to keep rates low and is looking out for your interests. That's because board members are your neighbors.


Beware of electrical dangers when decorating for Halloween

Christmas is no longer the only holiday that we bring out lights and yard decorations to show our festive spirit. Halloween has become a time to string up lights, plug in fog machines, light up those electric powered decorations and create a yard that is scare-worthy to any trick-or-treater that may stop by. But beware of the hidden electrical dangers that could spoil your holiday.

“Many times we store our annual decorations away in the garage, basement, or storage shed and cords can become frayed or damaged in storage from extreme weather or by a mouse that may have found its way into the storage space,” says Molly Hall, Energy Education Council executive director.

Safe Electricity offers these tips to make your Halloween safe and fun:

- Carefully inspect each electrical decoration. Check for cracking, fraying or bare wires; they may cause a serious shock or start a fire.
- Replace any damaged decorations.
- Follow the care and instructions that accompany your electrical decorations.



Make sure any lights, animated displays, or other electrical outdoor products are Underwriters Laboratory (UL) approved and marked for outdoor use.

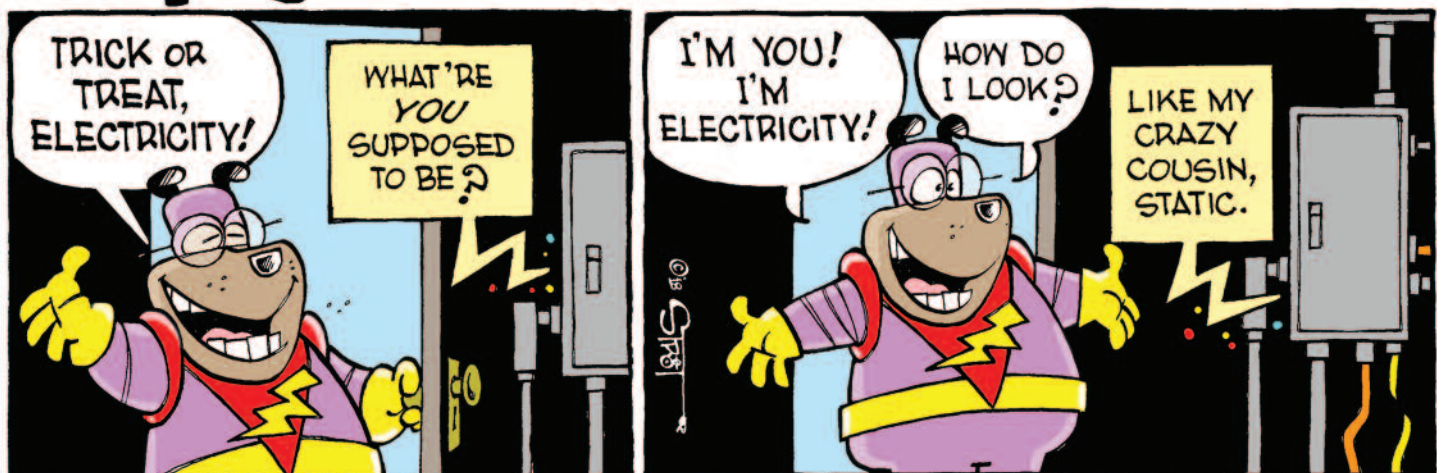
- Don't overload extension cords or allow them to run through water on the ground.
- Plug outdoor electric lights and decorations into outlets protected by ground fault circuit interrupters (GFCIs). If your outlets don't have them, either contact a qualified electrician to install them or use portable GFCIs instead.
- Keep electrical cords out of walkways to avoid tripping hazards.

- Turn off all electrical decorations and lights before leaving home or going to sleep. Consider using a timer.

- When decorating outside, always make sure to look up and check that you and any equipment, such as ladders, are at least 10 feet away from overhead power lines.

Avoid any dangerous tricks this Halloween by enjoying your treats and decorating safely. Get more safety tips at SafeElectricity.org.

Murphy



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Tips to stay comfortable this winter

by Pat Keegan

Q : Last year, we spent our first winter in our new place, which is actually an older home. Even with the heat turned up, it always felt chilly indoors. This year, we added insulation, but we're wondering if there are additional steps we can take to make the house more comfortable this winter. Can you offer any advice?

A : When we talk about comfort in our homes, we usually think about where the thermostat is set. But, as you're finding, there's more to the picture than just the indoor temperature.

An important piece of the comfort puzzle is radiant heat, which transfers heat from a warm surface to a colder one. A person sitting in a room that's 70 degrees can still feel chilly if there's a cold surface nearby, like a single-pane window, a hardwood floor or an exterior wall. Covering these cold surfaces can help. Try using area rugs, wall quilts or tapestries, bookcases and heavy curtains to help prevent heat loss and make your home feel more comfortable. Keep in mind, radiant heat can really work in your favor. A dark-colored tile floor that receives several hours of direct sun can retain heat during the day and radiate it into the room during the evening.

Another possible cause of discomfort during the winter is air movement. We recognize this when weather forecasts report chill factor, which is a calculation of air temperature and wind speed.

Moving air makes us feel colder, which is why we use fans in the summer. But during the winter, cold, outdoor air can infiltrate our homes.

On average, a typical home loses about half its air every hour, and that

amount can increase when outdoor temperatures are extremely cold and the wind is blowing. In this case, the best way to keep your home toasty is to minimize air leaks. You can easily locate air leaks in your home with a blower door test, which is typically conducted by an energy auditor. These are some of the most common spots air leaks occur:

- Penetrations and cracks around windows and doors
- Exterior cracks in brickwork and siding
- Plumbing and wiring openings from the exterior to the interior
- Mail slots or pet doors

A variety of products like caulk, weather stripping, outlet cover gaskets and dryer vent covers can be used to seal these leaks.

A fireplace can also be a major source of air leakage. If you don't use the fireplace, you can seal the opening or install an inflatable chimney balloon. Before using the fireplace, consider this: unless you have a high-efficiency insert, your fireplace will suck heated air from the room out

through the chimney. Always close the fireplace flue when it's not in use.

Your pursuit of comfort should also include a careful look at your home's heating system. Is it distributing heat evenly and efficiently? Forced-air systems distribute air through supply ducts and registers. Small rooms may only have one register, but large rooms could have several. You may find some supply registers are blowing copious amounts of warm air and others little at all.

Ideally, every room should have return air registers. If you see possible shortcomings with your forced-air system, enlist the help of a certified contractor that really knows how to improve ductwork.

Ensure your furnace is running at peak efficiency by scheduling an annual inspection. Check your filter monthly and replace or clean it as necessary. If you heat your home with radiators, bleed them at the beginning of the season so they flow more efficiently.

Beyond that, you can always warm yourself by wearing heavier clothing, doing some light exercise throughout the day, and snuggling with a pet or under a blanket.

By taking some of these small steps, I hope you will enjoy a more comfortable winter in your new (older) home!



To make sure your home is being warmed effectively and efficiently, start each season off with a furnace inspection conducted by a professional. Photograph provided by NREL.gov

Harvest Safety Tips

- Keep all equipment at least 10 feet away from power lines.
- Never try to raise or move a power line to clear a path.
- Power line sagging? Don't move it. Call us immediately.



For more information on harvest safety, visit SafeElectricity.org



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Pop up some sweet treats for the family

When the weather is turning cooler and it's time for a sweet treat, look for seasonal goodies that complement a little bit of fun. For example, reach for an option like whole-grain, fluffy and crisp popcorn which can be an easy, DIY snack.

Combine sweet and salty flavors to create something delicious to devour like delightful Down Home Apple Pie Popcorn.

To better serve a crowd, try these Perfect Picnic Popcorn Squares or Popcorn S'mores at your next family get-together or barbecue with friends.

For more creative, DIY popcorn recipe ideas, visit popcorn.org.



Popcorn S'mores

- 1 cup firmly packed light brown sugar
- 1/2 cup (1 stick) butter or margarine
- 1/2 cup corn syrup
- 1/2 teaspoon baking soda
- 10 cups freshly popped popcorn
- 1 package (10 1/2 ounces) miniature marshmallows
- 2 cups mini graham cookies
- 1 cup chocolate chips

In medium saucepan, combine brown sugar, butter and corn syrup. Cook over high heat 5 minutes; remove from heat and stir in baking soda. In large bowl, combine popcorn and marshmallows. Pour sugar mixture over popcorn to coat. Gently stir in graham cookies and chocolate chips. Spread mixture evenly into greased 15-by-10-inch pan. Let cool completely. Break into pieces.

Down Home Apple Pie Popcorn

- 3 tablespoons melted butter
- 1 teaspoon vanilla extract
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 8 cups popped popcorn
- 1 cup dried apple chips, broken into large pieces
- 1/4 cup toffee bits

Heat oven to 300 F. Whisk melted butter with vanilla. Toss brown sugar with cinnamon, allspice and nutmeg.

Toss popcorn with butter mixture. Sprinkle evenly with brown sugar mixture. Stir. Transfer to baking sheet lined with parchment paper.

Sprinkle apple chips and toffee bits over top. Bake 15 minutes, or until toffee bits start to melt. Cool before serving.

Tip: Add chopped pecans for extra crunch.





Perfect Picnic Popcorn Squares

- 1 cup light corn syrup
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 cup reduced-fat peanut butter
- 3/4 cup raisins
- 8 cups air-popped popcorn
- nonstick cooking spray

In large saucepan, combine corn syrup, sugar, brown sugar and peanut butter.

Bring to boil over low heat, stirring constantly; boil 2-3 minutes. Remove saucepan from heat.

In large bowl, combine raisins and popcorn; pour hot mixture over popcorn and toss carefully with wooden spoons until well-coated.

Spray 9-by-13-inch baking dish with cooking spray; press popcorn mixture into pan and cool completely.

Cut into squares and serve.

Apple Dumplings

- | | |
|--|-----------------------------|
| 2 Granny Smith apples, cut into quarters | 2 sticks of butter |
| 2 tubes of crescent rolls (16) | 1 teaspoon cinnamon |
| 1 1/2 cups sugar | 1 12 oz can of Mountain Dew |

Wrap each apple quarter in a crescent roll and place in 9" X 13" pan. Melt butter, then mix in sugar and cinnamon. Pour over rolls in pan. Then very slowly pour Mountain Dew over all the rolls. Bake for 45 minutes at 350 degrees. Let cool in pan and then serve.

Lucille Schliep, Glenvil, Nebraska

Dill Pickle Soup

- | | |
|----------------------------|-----------------------------------|
| 5 1/2 cups chicken broth | 1/2 cup water |
| 1 3/4 lbs. of potatoes | 2 cups dill pickle juice |
| 2 cups carrots | 1 1/2 teaspoons Old Bay seasoning |
| 1 cup chopped dill pickles | 1/2 teaspoon salt |
| 1/2 cup unsalted butter | 1/2 teaspoon pepper |
| 1 cup flour | 1/4 teaspoon cayenne pepper |
| 1 cup sour cream | |

In a large pot, combine broth, potatoes, carrots and butter. Bring to a boil, cooking until potatoes are tender. Add pickles and continue to simmer. In a medium bowl, stir together flour, sour cream and water making a paste. Whisk in sour cream mixture. Add pickle juice, Old Bay seasoning, salt, pepper and cayenne pepper. Cook five minutes and serve. I put in a crockpot to keep hot. It's different, but good!

Jo Munderloh, Pender, Nebraska

Honey-Coconut Sticky Buns

- | | |
|---------------------------------------|---|
| 1 loaf frozen bread dough, thawed | 3 tablespoons frozen orange juice concentrate, thawed |
| 4 oz (1/2 cup) cream cheese, softened | 1/2 cup butter |
| 1/2 cup flaked coconut | 1/2 cup honey |

Grease two 8-inch round baking pans. Cut thawed bread dough in half, roll each half into a 10" X 8" rectangle. Combine cream cheese, coconut and orange juice concentrate, spread mixture on dough. Roll up dough jelly-roll style, starting with long side. Cut each rolled up dough crosswise into eight slices, place in prepared pans. Cover with plastic wrap and let rise until almost doubled.

Preheat oven to 350 degrees. In microwave melt butter and honey. Spoon one teaspoon of honey-butter mixture onto each bun. Bake until tops are golden brown, about 30 minutes. Immediately invert onto a serving plate.

Cindy Brandner, Norfolk, Nebraska

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