

RURAL ELECTRIC

NEBRASKAN

June 2018



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 1-800-808-6379** 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.

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On the cover

Spring brings a colorful splash to rural Nebraska. Photograph by Wayne Price



by Wayne Price

Riding lawnmowers are no place for children

Each spring, as the the grass begins to grow, it happens. I'll see someone out mowing their lawn on a riding mower, driving in a cross-cut pattern, with a small child perched on their lap. It makes me want to just scream.

Over 17,000 children are treated each year for lawnmower injuries in the U.S. 4,000 children require trips to the emergency room for their injury. 75 children die each year due to lawnmower injuries. Boys are injured more frequently than girls. Injuries are seen most often in young children (1-3 years) and teenagers.

It might seem like innocent fun to give a child or grandchild a ride on the mower, but accidents can happen in a split-second and these kinds of accidents are more common that people imagine. Children can easily fall off a riding mower and be injured. Or children who have been given a ride on a mower in the past, may run into the area unexpectedly and be run over by the mower.

The tendency to take kids for a ride on the mower is likely a careless old habit. It was probably learned by people who remember going for rides on lawn tractors when they were young, so they think that it's okay to ride with their kids too. But I would think that this generation should not just be older, it should be wiser. It shouldn't pass old, unsafe habits on to a younger generation. Riding with a child on a mower was an unsafe practice a generation ago, just as it is today.

Riding mowers are designed for just that — mowing while riding. Riding mowers provide many safety features for the operator, but they are not built for passengers. To put it bluntly, children should not be anywhere near the operation of lawnmowers or anywhere near the mowing area. This goes for all types of outdoor power equipment.

Sometimes the media unintentionally adds to the problem — occasionally a newspaper will picture someone riding happily on a mower with a child on their lap. It may be a cute picture but it sends the wrong message about mowing safely, and, hopefully, wise consumers will realize this.

Remember to “think safety with power in your hands”, and when operating any type of outdoor power equipment, practice these important safety tips.

- Read the manufacturers operator's manual before operating.

- Keep small children out of the mowing area, and preferably indoors under adult supervision.

- Be alert and turn the mower off if children enter the area.

- Before operating in reverse, look behind and down for children. With most riding mowers, it is easy to put the mower in reverse without looking around.

DANGER

Keep Hands and Feet Clear

Unfortunately, every year, children are backed over because the person mowing didn't know they were there and couldn't hear them over the noise of the mower.

- Don't carry children. Riding mowers are designed for one operator.

- Don't allow children to operate a riding mower.

- Use extra care when approaching corners, shrubs, and trees.

- Don't drive a riding mower like a race car — it's a mower, not a racer.

Remember, carelessness is the leading cause of accidents. Always “think safety” when operating any type of outdoor power equipment.

NREA board of directors suffers tragic loss

Greg Weidner, NREA vice president/secretary died Friday, May 4, 2018, near Battle Creek due to a farming accident.

Weidner served at the state level as Elkhorn's state director to the Nebraska Rural Electric Association (NREA) board. He was a member of the LEAD 24 program and a member of the Nebraska LEAD Alumni Association. He was a practicing CPA, a member of the Nebraska Society of Certified Public Accountants and the Knights of Columbus.



Greg Weidner

He served on the Elkhorn Rural Public Power District board of directors since 2007. He was president of the board since January 2017. He was dedicated to learning as much as he could and attended many conferences and educational opportunities to increase his knowledge and experience of the electric utility industry in order to better serve the customers and staff of Elkhorn. In pursuit of that education, he completed National Rural Electric Cooperative Association (NRECA) leadership training, which included credentialed cooperative director in 2008; NRECA board leadership certificate in 2011; and director gold certificate in 2016. All these programs required commitment and determination to complete, as well as a significant amount of personal

time, which exemplified the type of person Weidner strived to be.

Weidner was born Dec. 20, 1963, to his parents, James and Karen (Oberhauser) Weidner in Newman Grove. He graduated from Humphrey High School in 1982. Following graduation, he obtained his bachelor's degree in business administration/accounting from Kearney State College in 1986.

He married Karen Gillen at St. Francis Catholic Church in Humphrey on May 29, 1993. He had a passion for farming and received the Madison Area Chamber of Commerce Farm Family of the Year in 2013. He enjoyed family gatherings, reunions and the tug-of-war challenges.

He is survived by his wife, Karen.

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Ball turret gunner tracks flights in war to end all wars

by LaRayne Topp



It's a small book, the size of a pack of cigarettes given to soldiers in World War II, slightly worn around the edges from fitting into the front pocket of an Air Force uniform. The book's black color is tinged with Feldgrau green, the color of the field uniforms of the Germany Army.

It was after all, the Germany Army that the Allied Forces came to knock out of the skies when Johnnie Nosal began to fill the book's pages in 1943. He spent his 21st birthday in Scotland, on the way to the war to end all wars.

Although it's a tiny book, it's packed with hand-written information about missions flown, targets hit and the names of the bomber planes Nosal was only too well acquainted with: the Paper Doll, Nancy Mae and Honey, to name a few. Nosal was a man of small stature and because of that he drew a big job, that of ball turret gunner in the belly of those bombers.

Nosal passed away in 2008, living his last 60-plus years in the Northeast Nebraska town of Wisner. Recently his family emptied the home where Nosal and his wife Marie spent many happy years, as she has moved to a nursing home. Johnnie's small journal and other WWII memorabilia now have a new home too: the Heritage Museum at Wisner.

For those unfamiliar with a war which began in 1939, the war ushered in the atomic age, and

introduced sweeping changes in warfare. Bombers and ballistic missiles stormed destruction on soldiers, sailors and civilians alike, with airplanes, warships and ground forces working together in coordinated, split-second timing.

With Adolf Hitler at the helm, and later the rulers of Japan and Italy, the United States was plunged into

the war in 1941 following the attack of Hawaii's Pearl Harbor. That's a brief sketch of U.S. involvement. Nosal's journal, however, is intimate and invaluable, recording his own distinct view of the war. After all, the devil is in the details.



Top: Johnnie Nosal and crew. He is in the front row, second from the left. The three fingers of his right hand are counting down the missions.

Above: Nosal's dress uniform, medals and other memorabilia including his green notebook.

Nosal had worked for Boeing Aircraft Factory at Wichita, Kansas, building bombers until his country asked for soldiers. Although Nosal had several deferments, in 1942 he enlisted in the U. S. Army Air Corps to fly what he'd helped build. The country was in desperate need for aerial gunners so his basic training was hurried. He was one of the few soldiers going to battle who hadn't learned to march, he said in information left behind.

When they asked for volunteers to go overseas, Nosal's hand went up. Hitler had plans to take over the world, and Nosal wanted to be among those prepared to stop him.

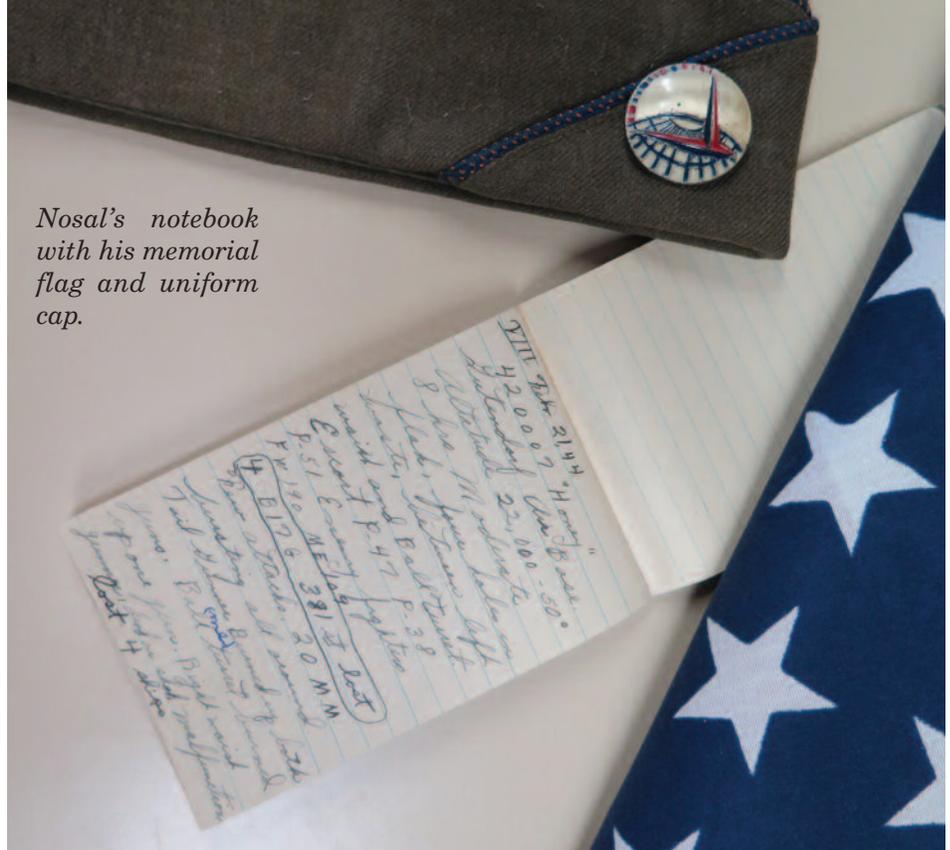
The list of Nosal's missions began on January 25, 1944, but lists only the first 24. Robert Marksmeier knows the reason why they stop there.

Marksmeier, a family friend from West Point, Nebraska, grew up hanging out with Nosal's sons, and with Nosal himself. Nosal told Marksmeier it was bad luck to track any more missions after the first 24. In fact, Nosal was surprised to have made it through 35 missions. On lots of flights, Nosal said, no one came back. Other soldiers became prisoners of war.

The first 24 flights list targets: numerous missions to Berlin, of course, along with Augsburg, Kiel, Leipzig, Cologne, all in Germany; and Boulogne, Cherbourg and Nancy in France, to name a few.

Beginning entries in Nosal's journal are light-hearted, as Nosal described what he called his big journey: his flight out of Kearney, Nebraska, in November of 1943. He wrote of ham and egg sandwiches, table tennis and games of pool. Marksmeier said they did practice runs to the bombing range south of Stanton, Nebraska, dropping sacks of flour to determine their accuracy. It was strange, Nosal told Marksmeier, to fly over towns he knew, but that were unfamiliar to the rest of the crew.

Home base for the 381st Bomb Group, 533 Squadron, would be



Nosal's notebook with his memorial flag and uniform cap.

Ridgewell, England.

Later entries are darker, and explain more fully the horrors of war. The bombing mission to Berlin, for example, when the enemy threw everything at them but the barbwire entanglement below, because Hitler was there. A bombing mission in which they lost 80 planes. A time when the crew was as nervous as hell, as bombers exploded in the air or circled into a death spiral leaving crew members with no chance of escape. When the 381st began a mission with 22 planes, and 11 didn't return.

Nosal wrote of the times they returned from a flight with 30 holes in the bomber's fuselage, and when the enemy left on undetonated flak canister in the plane's underbelly. Or left the right waist gunner, as Nosal wrote, dead on shot.

Nosal was quickly initiated into battle as he flew from mission to mission. World War II bombardiers found front seats on oval-shaped machine gun window openings on the sides, in the nose and atop the B-17 Flying fortress bombers and also in a single bathtub-shaped machine gun

gondola below the plane. That's where Johnnie Nosal perched for 35 missions, his hands on his machine gun, furiously making mental calculations as to the speed of his target while aligning his weapon and sights.

Bombers flew in large formations, surrounded by smaller, more maneuverable, escort planes: P-38s, P-47s which Nosal described as good fighters, and the fast Mustang P-51s. As bombers flew closer to their targets, escort planes, which didn't carry as much fuel, turned back.

It was 50 degrees below zero on some flights, so Nosal wore an electrified warming suit; although sometimes the suit went out. When they flew high enough—at 29,000 feet—they had to be on oxygen or they'd pass out.

The Plexiglas making up Nosal's ball turret did not provide much protection from the war storm around him. As poet Randall Jarrell described it, ball turret gunners were "engaged in violence yet helplessly captive." Even so, Nosal's son, Mark Nosal of Lincoln, Neb., said that Nosal felt safe there. Even when

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Ball turret gunner From page 7

surrounded by German Messerschmitts and Focke-Wolfs.

“Them babies were fast,” Nosal said. “They came out of the sun so we couldn’t see them.” Mark’s dad told of one of the planes flying within 50 yards at 300-400 miles per hour, so close Nosal could “see the whites of their eyes.”

However, as fearful as Luftwaffe aircraft were he was more afraid of flak, the exploding shells fired from anti-aircraft guns.

Following his first flight in the Paper Doll on January 30, en route to Braunschweig, Germany, Nosal added this entry: Several fighter attacks. Bullet hole in Plexiglas in nose few inches from Bombardier head. Leading edge and top of left wing damaged by flak. Flap mechanism shot away by enemy fighter.

On February 3, on the way to Wilhelmshaven, Germany, the target was a submarine factory. They were flying five miles up, Nosal wrote, carrying 42 incendiary bombs. They got into heavy flak over Belgium. The sky was completely overcast, but smoke was coming through the clouds, a sign they’d hit their target.

On Nosal’s third mission on February 4, 1944, he wrote: Ship hit three times by flak. Flak was close. Shook the ship several times. Tail shot up badly. Hole in wing could put your arm through.

Nosal’s sixth mission, on February 11, 1944, was packed with information: 9 hrs. Frankfurt Germany. Target railroad yards. Altitude 25,000. 12 500 lb. bombs. Flak heavy over target. P-47 P-38 P-51 Escort shot down 32 of the 35 enemy fighters. Fighters stayed clear of bombers. One ME 109 broke through formation. Three P-47 dove him in the ground. Tail Gunner sprayed them all with lead. All gas gauges were empty when landed.

One of the last entries is June 3,



Above: Johnnie Nosal, left, and pilot Carl Clark were reunited in a memorial flight in 1995. The two served together during World War II.

1944. Taking off in the dark from Ridgewell at 1:30 a.m., they hit a bomb truck. They were airborne, about three feet in the air when the impact occurred, slicing off 18” from the propeller, and tearing off the landing gear on the right side. In addition, the crash demolished the right tail assembly and pulled off the hydraulic hose behind the co-pilot, covering the instrument panel with red hydraulic fluid.

“After engine was shut off & feathered & instrument panel wiped off,” Nosal wrote. “We gained some speed & altitude. Just missed tree tops & were on our way up. Flew for 11 hours to run out of gas and come in for a crash belly landing.”

The K Kyser flew on two engines, with two of them dead. Bombs on board were possibly dropped into the nearby English Channel to lighten the load, and also allow the bomber a belly-landing without blowing up the base.

Nosal also recalled the day—June 6, 1944—when they were on a mission to Cherbourg, France. He saw thousands of ships on the ocean, heading for one of the five beaches surrounding Normandy. Often referred to as D-Day, the allied invasion of Normandy was the



largest seaborne invasion to date.

With Germany’s surrender on May 8, 1945, followed by Japan’s on September 2 that same year, Nosal flew home from England for good. He was discharged on October 17th, 1945.

Nosal took his last bomber run 50 years later. On a July afternoon in 1995, with \$300 in his pocket, Nosal, his family and friends headed to Norfolk, Nebraska, where he purchased a ticket for a memorial flight on the Nine-O-Nine. With pilot Carl Clark at the controls, Johnnie Nosal took his place once more in the B-17 Flying Fortress, recalling a flight Clark and Nosal made together en route to Wilhelmshaven, Germany.

Brian VonSeggern of Wisner also flew on that anniversary flight. As the engines started up, Nosal looked at VonSeggern teary-eyed.

“Lots of memories,” Nosal said.

This flight would be different, however. There would be no bombs on board, and no Messerschmitts raining down flak. This time, there was no need to record the flight in a little green book kept in Nosal’s breast pocket, over a heart packed with love for and dedication to his country.

If you feel a **SHOCK**,
swim **AWAY** from the **DOCK!**



Did you know?

Electricity can enter water from energized boats and docks.



If you are in the water and feel electric current:

- 1 **SHOUT** to let others know. 
- 2 **TUCK** your legs up to make yourself smaller. 
- 3 Try to go out **AWAY** from anything that could be energized. 
- 4 Do **NOT** head to boat or dock ladders to get out. 



If you are on the dock or shore when a swimmer feels electrical current:

- 1 Do **NOT** jump in. 
- 2 **Throw** them a float. 
- 3 Eliminate or **turn off** the source of electricity as quickly as possible. 
- 4 Then **call** for help. 

Learn more at

**Safe
Electricity.org**

Stay safe from a hidden hazard called electric shock drowning (ESD)

Outdated wiring and a lack of proper safety equipment on boats and docks can cause situations where electricity “leaks” into the water. It’s a particularly dangerous hazard because it’s impossible to tell by sight if the water is energized. According to the Electric Shock Drowning Prevention Association, between 10 and 15 milliamps, which is just 1/50 the wattage of a 60 watt light bulb, can cause drowning. They also report that most ESD deaths have occurred in public and private marinas and docks.

Safe Electricity recommends that individuals do not swim around docks with electrical equipment or boats plugged into shore power. If you are in the water and feel electric current, shout to let others know, try to stay upright, tuck your legs up to make yourself smaller and swim away from anything that could be energized. Do not head to boat or dock ladders to get out.

If you see someone who you suspect is getting shocked, do not immediately jump in to save them. Throw them a float, turn off the shore power connection at the meter base, and/or unplug shore power cords. Try to eliminate the source of electricity as quickly as possible; then call for help.

Safe Electricity, along with the American Boat and Yacht Council (ABYC) and International Brotherhood of Electrical Workers/National Electrical Contractors Association, recommends adhering to these steps in order to enhance water recreation safety and accident prevention:

- All electrical installations and maintenance should be performed by a professional electrical contractor familiar with marine codes and standards and inspected at least once a year.
- Docks should have GFCI breakers on the circuits feeding electricity to the dock.
- The metal frame of docks should be bonded to connect all metal parts to the alternating current (AC) safety ground at the power source.
- Neighboring docks can also present a shock hazard. Make your neighbors aware of the need for safety inspections and maintenance. Marinas should comply with NFPA and NEC codes.
- Have your boat’s electrical system checked at least once a year. Boats should also be checked when something is added to or removed from their systems.
- Boats with AC systems should have isolation transformers or equipment leakage circuit interrupter (ELCI) protection, comply with ABYC standards, and be serviced by an ABYC Certified® Technician.

For more electrical safety information, visit SafeElectricity.org.



Getting to know Porcupines

by Mark Peyton

If you are a teacher or parent of a teenager you know the look. The huff, rolling of the eyes, tilt of the shoulder, the gestalt of “you are such an idiot!” As a former teacher and a parent of two used-to-be teenage boys, and now a grandfather of girls, trust me, I know the look.

I was getting that look one night, years ago, when I was still a teacher. The giver of the look was a 15-year-old sophomore in high school. We were on a three night, four day backpacking trip to the Wood Reserve west of Ft. Robinson. It was the night of the night hike. No flashlights allowed. An hour

trek up and down the ridge, through the pines, over and under fences, and through the wild plum thickets in the dark. It was always the highlight of the trip but, on this trip, we had an extra treat. We had a porcupine!

I had experienced porcupines on multiple occasions, as had my dog. On one occasion, in the Wind River Range of Wyoming we bludgeoned one to death and cooked it (we were on “survival”) and my roommate and I had captured a live one on Dead Horse Road near Chadron. Why capture one? We were lab technicians for the mammalogist at Chadron State

College. He had us trapping, killing, skinning, and cataloging all kinds of mammals for the College teaching collection. We thought it would be fun to see the look on his face when we dumped a live porcupine on his lab floor. Oh, and yes, alcohol was involved!

The porcupine in Wyoming tasted terrible and the day after capturing a live one I spent hours pulling the quills out of my leather boots. But the porcupine on the night hike provided me with an instant natural history lesson and the undivided attention of 14 sophomores.

So, what are porcupines? If you go to the field books you will find information on the next to the last page of the section on rodents. The last page has information on the nutria, an introduced species from South America.

There are 29 different species of porcupines in the world, but only one species in North America. It is described as dog sized, 10-28 pounds, blackish with an overlay of yellow-tipped hairs. Gestation of its single "baby" is about seven months and the quills of the young harden within a few minutes of birth and hours later the young porcupine can climb trees and feed itself on the buds and inner bark of trees. The young leave mom in a few months and are sexually mature in three years. Fossils in South America of animals almost identical to our porcupines date back almost 34 million years. Here in North America fossil porcupines date back only three million years and it is believed they migrated north from South America once the land bridge we call the Isthmus of Panama was formed.

The range of the North American porcupine, also called the Canadian porcupine, extends all across Alaska, Canada, and the northern portion of the lower 48 States from the Atlantic to the Pacific. Their range extends down the Great Plains to northern Mexico and west to the coast. It is considered to be the second largest native rodent in North America, a bit smaller than the beaver. It is smaller than its African cousin and much smaller than the largest rodent in the world, the Capybara of South America.

Porcupine quills were common decorative items for Native Americans and porcupines are edible. I did see one reference that noted that if the porcupine was feeding on pine trees, they tended not to taste good. Given that in the Wind River Range we were surrounded by pine trees, that may explain the lousy meal we had that night.

The most obvious thing about porcupines, the one thing that sets them apart from other animals is

their quill. The quills are a kind of hair. Most of the hair of a porcupine is soft, but interspersed within the soft hair are longer stiff quills. A porcupine may have as many as 30,000 of them.

The shaft of the quill is hollow which gives the porcupines buoyancy enabling them to be excellent swimmers. The tip of the quill is covered with any number of microscopic barbs. Studies have shown that the barbs actually have two functions. Like the serrations on a knife makes cutting with it easier, the barbs on the quill allow the quill to penetrate skin with less force than a hypodermic needle of the same diameter. Then, when you try to pull the quill out, the barbs flare outward like the sides of an arrowhead making it harder to pull the darn thing out.

Porcupines DO NOT "SHOOT" their quills. If you come in contact with the sharp tip of a quill it penetrates the skin and the heat and moisture of your body causes the hollow quill to expand. Because the surrounding tissue doesn't want to "give" to the expanding quill, it tends to elongate. When it does so, the barbs of the quill dig in and it can only elongate deeper and deeper into flesh of the hapless dog or coyote that got too close for a sniff. When you pull away the barbs hold and the quill is detached from the porcupine. The quills are hair and like our own hair, they grow back.

There have also been cases of parts of the quills breaking off and moving into blood vessels and causing all kinds of medical problems. I was explaining that aspect of porcupine quills when I got "the look".

We were on our hike and had scampered up the hill to a sandstone outcropping that looked out over the valley. On the outcropping was a small, windblown, ancient ponderosa pine tree. Though it may have been there for decades it was only about ten feet tall and reminded me of a Japanese bonsai tree.

I was in the lead and I heard something climbing up the tree. I called to Jay, my night hike partner who always had a flashlight just in

case something did go wrong, and told him to shine the light into the tree. There, about eight feet up, was a large porcupine looking down.

What a great opportunity for a biology teacher! I told the kids to all sit in a semi-circle blocking off one side of the tree while the drop-off of the outcropping blocked escape in that direction.

I sat down and leaned against the tree knowing my presence would keep the scared animal in the tree. It was then I started to talk about porcupines.

Porcupines are not uncommon, but they are nocturnal and Gothenburg has more farm ground than forest, so none of the students had ever had a first hand experience with them.

The kids were enthralled...right up to the point where I talked about the potential danger of being stabbed with a porcupine quill. Tricia, the 15 year old, gave me the look and asked, "Then what are you sitting there for?" She didn't verbally say "you idiot". She didn't have to. Her body language screamed that message.

I tried to explain that while a lot of animals are dangerous, most of them will leave you alone if you leave them alone. Porcupines are herbivores that feed on tree bark and buds. They don't have to chase their food down and with the protection of their quills they don't have to run away from other animals. When threatened, they freeze, lift their tail to whip back and forth and wait for the other animal to come to them and impel their mouths and noses on a few quills. That is usually quite sufficient.

So, I told her, as long as I don't try to touch him, or grab him, he would just sit in that tree and wait for us to leave, which is exactly what he did. As we got up to leave, however, I received another "look" from Tricia basically saying that she still considered me to be an idiot, but, it wasn't the first time I'd received the "look", and as I said in the beginning, with kids and grandkids it didn't even come close to being the last.

Meet the Electric John Deere

Green and yellow are arguably the second-most American set of colors, behind red, white and blue of course. This rings true particularly for those who operate John Deere machinery on a daily basis, as the growth of our nation is supremely dependent on the country's agriculture industry, including the good folks who support it.

Technology in recent years has been the catalyst for the boom and bust of many industries. In the past decade or so, advancements in farming technology have primarily been focused on automation and precision, but with the automobile industry moving towards electric vehicles, the ag-industry is following suit.

John Deere showcased the first, fully battery-powered tractor in 2017 at SIMA, an international agribusiness tradeshow in Paris. This technological innovation was given a 'special mention' as it truly the first of its kind. Nicknamed SESAM, for

Sustainable Energy Supply for Agricultural Machinery, this all-electric tractor is modeled after John Deere's 6r series tractors.

In a press release by John Deere, SESAM is said to have all of the same "features and functionality of a 'conventional' tractor while offering the benefits of electric power." This emissions-free tractor runs at a lower noise level than other traditional tractors and is operated using two independent electric motors. The electrification of this tractor simplifies the moving parts and thus, greatly reduces the need for maintenance.

These two motors power an adapted DirectDrive transmission, producing 130 kilowatts of continuous power with a peak output of 400 horsepower, according to Farm-Equipment.com. The website also affirms that the tractor takes 3 hours to fully charge and can run up to 4 hours in the field with speeds

ranging from 2 to 30 mph. As a comparison, the Tesla model 3 may have a capacity of up to 75 kilowatt hours of battery storage (kWh), providing a range of about 310 miles. The SESAM has a capacity of 130 kWh with a range of about 34 miles, which means that this tractor uses a lot more electricity in a shorter period of time.

In order for the SESAM to take off, the battery capacity will need to expand to support the sun-up to sun-down longevity of farm work. In fact, the President and CEO of Autonomous Tractor Corporation, Kraig Schulz, purported that a 200 horsepower electric tractor would hypothetically need about 1,500 kWh of batteries to complete a full day's work. As energy storage technology continues to advance, it's only a matter of time before John Deere manufactures a tractor that can meet this need.

Although SESAM's battery technology may not yet be practical for a full day of farming, the all-electric tractor is a very exciting development for the agriculture industry. This is one of many future steps in the direction of electrifying agricultural machinery and integrating this equipment with renewables. As the press release stated, "The SESAM tractor is a major part of John Deere's vision of the energy-independent farm of the future."

This push towards electrification of farm machinery in lieu of using fossil fuels directly supports the beneficial electrification movement. This concept, known fully as "environmentally beneficial electrification," is gaining traction among a growing number of groups in the U.S. including local electric cooperatives. Frequently promoted as a means to reducing greenhouse gases and helping the environment, beneficial electrification also helps consumers by providing products that are cleaner, quieter and easier to maintain. John Deere's SESAM tractor does just that.

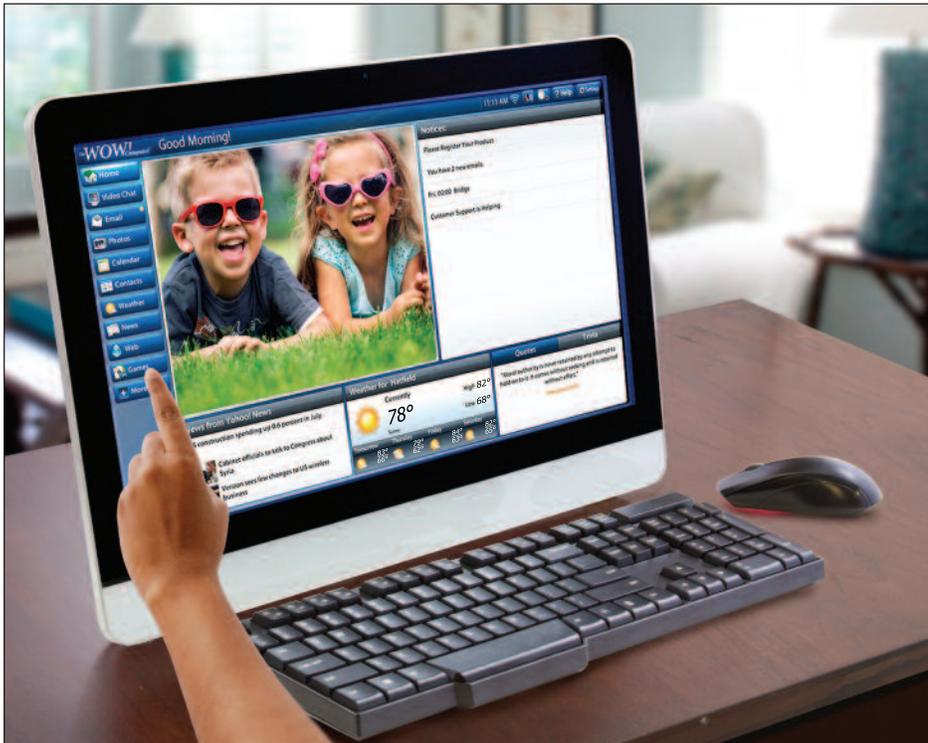


In 2017, John Deere showcased the first, fully battery-powered tractor. This technological innovation is truly the first of its kind.

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

– Janet F.

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

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

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STARTS WITH US



By 
Patrick Pope
NPPD PRESIDENT & CEO



The first iPhone was released in 2007 – a mere 11 years ago. It was just 14 years ago that Facebook, one of the first social media websites, was launched. And, just a year prior to that, NPPD’s security team began beefing up cyber and physical security, as well as educating employees on security awareness.

To say the last decade of technology growth was progressive is putting it mildly, and it’s nothing compared to growth in cyber-security intelligence. Cyber-crime damages are expected to cost the world \$6 trillion annually by 2021. As a result, there will be 3.5 million unfilled cyber-security jobs by 2021 - up from 1 million openings in 2016.

To compensate, NPPD has arduously grown its security team from a handful of individuals to a staff of 21 in both cyber and physical security. We have eight, full-time cyber-security specialists, and this team excludes our security compliance folks.

In a world where technology has become second-nature, all hackers need is an internet connection to do major damage to utilities half a world away. Because the electric grid offers them a way to cause cascading, far-reaching damage, it’s a common target, and even the smallest utility is not immune.

Take this March, when Russia was blamed for hacking U.S. energy facilities – something it’s been doing for years – in an attempt to gain complete access to the nation’s power grid while sitting pretty in Moscow.

While federal security standards are currently constrained to the bulk power grid, it’s only a matter of time before the distribution level is affected. That’s why, together with our wholesale partners, we take calculated steps to protect our infrastructure and stay up-to-date on security-related industry events.

In times like these, there’s no easy fix. We can’t buy an enormous patch to protect the grid, people or sensitive information. Strategy, though – that’s important. Here’s ours for guarding assets. We follow it to a “T” because we know you have a life to live, and when it comes to brightening a basement room for your little one during a tornado warning or charging your cell phone on a dime, you depend on electricity that won’t let you down.



1

We train our people.

Employees must be active participants in any business security plan. They are, at the same time, our biggest threat and best defense. Our cyber-security policy allows us to share and implement best practices. It includes procedures for keeping employee, vendor and customer information secure and contains protocols employees must follow in the event of a breach. Strong, unique passwords for each employee account and device are required, and two-factor authentication often adds another layer of security to our accounts. As we learn new things or set up new security processes, we also regularly send out security tips, whether by email or through formalized web training.

2

We defend our email.

Today, email is the number one security threat. The 2018 Verizon Data Breach Report shows there were 2,216 confirmed breaches in the U.S. last year. Of those, 93 percent started with a phishing email in which a hacker attempted to steal personal or sensitive information. To combat this, NPPD uses services that provide email filtering to remove not only spam, but also protect against known malware and phishing.

3

We keep business systems separate (and remove defaults).

In the utility business, it's simply a bad idea to use the same computer we perform general business, surf the internet or read our email with to perform tasks like control system operations. That's why NPPD uses multiple computers that allow for easy separation of work. Anytime we install or work with new or existing equipment, we also change our default passwords and remove unnecessary accounts. The less information available to nefarious individuals, the better.

4

We update our computers.

NPPD ensures operating systems and web browsers on our desktops, laptops and mobile devices are up-to-date, and regularly checks for new versions of software, including security software. We update any software stored on our computers. Meanwhile, cloud software is automatically updated by our provider. For mobile devices, NPPD ensures apps are updated, including security apps.

5

We create backups.

With the increase in malware that either holds data hostage (ransomware) or erases it completely, having a backup to restore from is an important defense. NPPD regularly backs up important information. That way, if a security breach is attempted, we always have secure copies located elsewhere, like the cloud. NPPD also uses encryption and passwords to protect sensitive information.

6

We limit access.

Unauthorized people are never allowed access to NPPD computers and accounts. Even well-known, trusted people aren't allowed to access computers and information they are normally unauthorized to use. This means we won't even let a client borrow a company laptop to look something up. Because employees of different positions might also have different access to technology and information, we are careful of who information is divulged to, and we have individual logins whenever possible to limit privileges when needed.

Be aware of electrical hazards while boating this summer

Boating is one of many ways Nebraskans relax throughout the summer months. The Nebraska Game and Parks Commission has reminders for ways to safely enjoy a day on the water with friends and family.

No matter how much experience you have, it's always a good idea for everyone to review boating safety rules before departures. Boaters should not take safety for granted. The Boating Safety Section of Game and Parks suggests ways boaters may reduce the risk of incidents and help ensure a safe and enjoyable day on the water.

Wear a Life Jacket – Children under age 13 and anybody on a personal watercraft are required by law to wear a United States Coast Guard-approved personal flotation device. People being towed by a boat on skis, a tube, or other similar device also must wear a life jacket.

Avoid Alcohol – Boat operators can become impaired with less alcohol than motor vehicle drivers due to heat and dehydration. Boating Under the Influence is a criminal violation and is enforced



If you plan to go boating or fishing this summer, be aware of your surroundings and potential electrical hazards.

actively in Nebraska.

Have All Required Safety Equipment – This will help boaters be prepared if an emergency occurs. Life jackets, throw cushions, fire extinguishers and bailing devices are required on most boats. For a list of what is required on a boat, check out the 2017 Boating Guide at BoatSafeNebraska.org.

Be Wary of Surroundings – The best boat operators constantly are

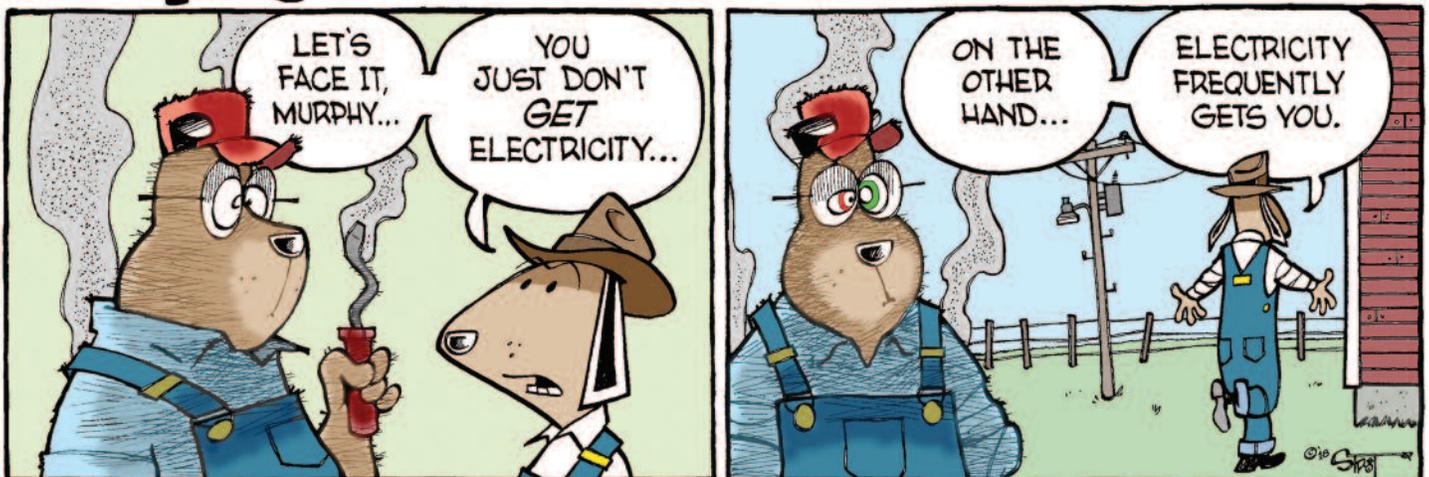
looking around for other boats, personal watercraft, swimmers, stumps and other hazards. Speeds in excess of 5 mph are prohibited if within 30 yards of any other vessel, swimming area or dock.

Take a Boating Safety Course – Anyone born after Dec. 31, 1985, who operates a motorboat or personal watercraft in Nebraska must have successfully completed the Nebraska boating safety course. Visit BoatSafeNebraska.org for a list of classes.

Be Weather-Wise – Always check local weather conditions before departure; TV and radio forecasts can be a good source of information. If you notice darkening clouds, volatile and rough changing winds or sudden drops in temperature, play it safe by getting off the water.

Learn to Swim – If you're going to be in and around the water, proper boating safety includes knowing how to swim. Local organizations, such as the American Red Cross and others, offer training for all ages and abilities. Check to see what classes are offered in your area.

Murphy





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Can solar work for my home?

by Pat Keegan

Q : I'm hearing a lot about solar power as an efficient option for homes today. Can you tell me some of the basics about solar energy and whether it's something I should pursue?

A : There are three ways solar can provide energy for your home:

1. Passive solar is a way to capture the sun's heat directly, often through south-facing windows and dark-colored stone floors that can store heat.

2. Solar water heating systems typically have panels on a roof that collect solar energy and a pump that circulates heated water for storage in a water tank.

3. Photovoltaic (PV) systems also collect solar energy through a panel, but the PV panels actually convert the energy into electricity.

I suspect you are referencing PV systems, which have skyrocketed in popularity in recent years. PV technology has improved, costs have dropped and financing offers are abundant.

PV panels are usually installed on a roof in an array. The panels generate direct current (DC) power, which is then channeled through an inverter that feeds electricity into the home, back to the electric grid or to a battery system where it is stored for future use.

Several factors go into calculating how cost-effective it would be to install a solar power system for your home. Once you've done your research, you can use the PVWatts Calculator to estimate how much production and value a PV system on your home could yield.

An easier path is to find a qualified

solar contractor to provide an estimate for a PV system. Look for contractors that are certified with the North American Board of Certified Energy Practitioners (NABCEP). Your local electric utility may also have a list of recommended solar contractors.

When you call contractors, they will typically ask several questions to determine if your home is a good candidate for solar. If it is, they will



Solar installers work high off the ground, on steep roofs and must drive fasteners through the roofing. This is a job that requires specialized training.

likely be able to provide an estimate. In order to complete an estimate, the contractor will need to determine the size of the system, which will depend on several factors, including:

- Your current and anticipated electricity needs
- Roof area, orientation and pitch (15 to 40 degrees is ideal)
- The amount of sunlight your home receives per year
- The amount of shade, dust, snow

and/or other factors that can block sunlight

If your roof will need replacing in the next few years, you'll want to do that before installing solar panels, so be sure to include that expense when calculating the overall cost.

There may be federal, state and utility tax credits and rebates available to offset the price of the equipment and installation. You can find links to these resources on my website at www.collaborativeefficiency.com.

If the estimate you receive includes all the factors we've mentioned in this article, it should give you a fairly accurate idea of your return on investment. It's also a good idea to get multiple estimates if you can, and to review the estimate with your public power district or electric co-op to ensure the electric rate and metering arrangements are correct.

Before you make a final decision, consider the following questions:

- How does the investment in a PV system compare to upgrading the energy efficiency of your home? Efficiency upgrades can sometimes yield more bang for your buck and make your home more comfortable. A home energy audit can help you answer this question.

- Is there a better way to invest in solar energy? Many rural electric utilities offer community solar programs, which can produce solar electricity at a lower cost than residential systems.

Investment in solar systems or energy efficiency upgrades to your home can help increase the resale value. Recent reports show that the presence of a PV system can raise a home's resale value to an average of \$15,000.

I hope these tips help you determine if a PV system is right for your home. Remember, your local electric utility can be a great resource, so reach out to them if you have any additional questions.

Get all the facts before upgrading your windows

Whether you are at a home show in the middle of winter or a county fair in the middle of summer, you are likely to encounter a residential window salesperson. These representatives will likely reinforce numerous reasons why their windows are superior to the competition in quality, durability, warranty and overall value.

Indeed, windows are a critical component in your home's construction, and there are many solid reasons why you might consider upgrading your existing windows. You may think energy savings might be one of the better reasons that influence your ultimate decision. However, if it is the primary or only reason, you probably need to know some more facts about energy efficiency and windows.

It is a common and often-exaggerated claim that new window replacements will significantly reduce heating costs and pay for themselves with energy savings in no time. In reality, several studies have indicated that approximately 10 percent of a home's heating loss is through windows. The remaining 90 percent is lost through ceilings, roofs, walls, floors, doors, foundations and chimneys. If you could stop 100

percent of your heat loss through windows, you would only reduce your heating costs by 10 percent.

Nonetheless, we still hear the claim, "Our windows will reduce your heating costs by at least 50 percent!" Following this model, reducing heat loss through windows by 50 percent will only result in a 5 percent decrease in your home's overall heat loss and, logically, a 5 percent decrease in your total heating bill.

The National Energy Assistance Directors' Association, a group of state energy aid officials, estimates that the average U.S. household will pay \$992 in heating costs this winter. So upgrading **MOST** or **ALL** the windows will save about \$50 in heating costs. Even without price quotes from sales reps, you can see it will be decades before the savings offset the cost of the new windows.

Even so, there are some excellent reasons to replace, repair or enhance existing windows. Windows do wear out over time. Panes can crack or become broken. Space between panes may no longer be airtight and allow moisture to become trapped. This is apparent when outdoor temperatures go down and the moisture condenses inside the window.

Seals in and around the window

may start to let uncomfortable drafts through. Perhaps their appearance has become undesirable. At this point, you have some very valid justifications for changes and a new window's energy efficiency can help differentiate between your options.

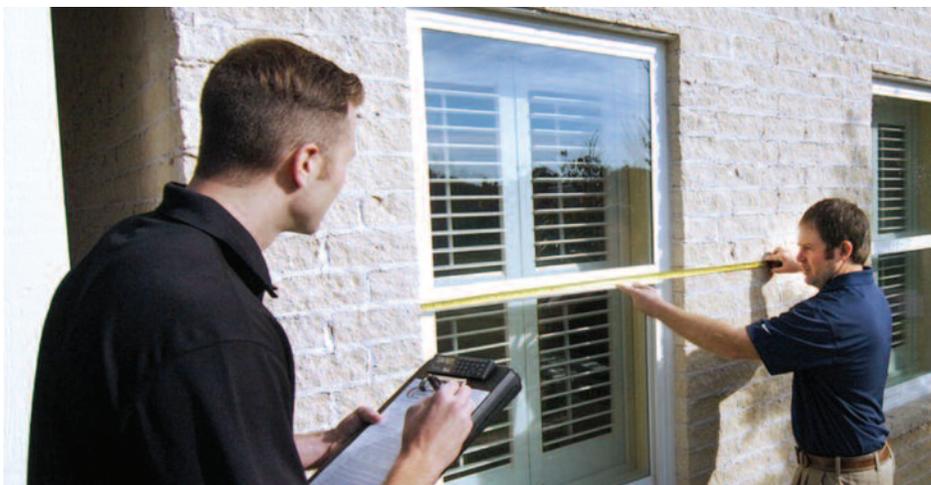
Also remember that proper installation is critical. If a high-efficiency window is poorly installed, a lot of energy waste could still be going on. Poor seals around the frame could result in more energy loss than any other part of the window. Ask your window provider about how experienced your installer is, and make sure they use low-expansion spray foam to close off any gaps between the window frame and your home.

A simple way to start shopping for windows is to look for Energy Star certified windows, doors and skylights. To receive the Energy Star label, products must undergo independent testing to assure minimum levels of quality, warranty and energy efficiency are achieved.

To further understand your choices, use the NFRC label. All major window manufacturers have their windows evaluated by the non-biased National Fenestration Rating Council, which issues an energy performance rating for each window. To understand more about these four ratings, visit the National Fenestration Rating Council's website at www.nfrc.org.

To find more ways to manage your energy costs, visit with your local electric utility or Nebraska Public Power District. They are committed to helping customers make the most from energy they use, which includes keeping your home warm in the winter and cool in the summer. They may also offer EnergyWise energy efficiency financial incentives to offset the cost of making your home more energy efficient. Contact your local utility or visit www.nppd.com to find more details.

Source: NPPD EnergyWise



Be sure to inspect energy improvements such as replacement windows to make sure they are installed properly before making a final payment.

Shake up your dinner routine with pork

If you find yourself stuck in a rut with the same recipes, remember a little change can add a lot of flavor. By simply using fresh pork in dishes that usually consist of chicken or beef, there are countless ways to switch up your dinner routine.

Whether grilled, roasted, slow-cooked or sautéed, Smithfield Fresh Pork is available in a wide variety of cuts as well as pre-marinated flavors, making it versatile and convenient for any night of the week.

Find more recipe ideas at Smithfield.com/ShakeItUp.



Pork 101

Fresh Pork: When Is It Done Cooking?

Knowing when pork is at its tender best is easier than you think. All you need is a meat thermometer. Because for most pork cuts, an internal temperature of 150°F ensures that you'll have perfectly cooked pork that is tender and juicy, and not dry.

Meat Thermometer Tip:

There are many types of meat thermometers to choose from. Make things really easy with a digital thermometer with an alarm. Insert the probe into the thickest part of the meat, not touching bone. Set the end temperature alarm to 150°F and it will beep when it's time to remove the meat from the oven.

Make sure to clean the thermometer between uses to prevent cross contamination.

Grilled Pork Loin Fajitas

- 1 Smithfield Prime Boneless Fresh Pork Loin, cut into 1-inch thick steaks
- 1 1/2 cups water, divided
- 1 cup soy sauce
- 1 can (6 ounces) pineapple juice
- 6 cloves garlic
- 1/4 cup white wine
- 1 teaspoon salt
- 1 cup unsalted butter, at room temp.
- 2 large onions, cut into 1/2-inch wide strips
- 1 tablespoon corn oil
- salt, to taste
- pepper, to taste
- 12 tortillas
- guacamole (optional)
- sour cream (optional)
- pico de gallo (optional)
- shredded cheese (optional)

Using meat mallet, pound pork steaks until 1/2-inch thick; place in 1-gallon resealable plastic bag. Pour 1 cup water, soy sauce and pineapple juice over pork; seal bag and lay flat in refrigerator 30 minutes, turning occasionally.

In blender, pulse garlic, white wine and salt until thoroughly blended. Whisk butter and slowly incorporate garlic and wine mixture. Reserve at room temperature.

In large skillet over high heat, sauté onions in corn oil 2 minutes until they turn deep brown. Add remaining water to skillet and lower heat to medium-low. Cook and stir, scraping bits from bottom of pan, 15 minutes until water has evaporated and onions are caramelized. Season with salt and pepper.

Heat grill to 300 F for indirect cooking. Lightly grease grates.

Remove pork from marinade and place on grill over indirect heat 4-6 minutes per side, until internal temperature reaches 145 F. Remove pork and brush garlic butter on both sides. Let stand 5 minutes; slice into 3-inch long, thin strips.

While grill is hot, grill tortillas individually. Wrap four tortillas at a time in aluminum foil with a little garlic butter.

In skillet, reheat caramelized onions and serve with fajitas. Top with guacamole, sour cream, pico de gallo and shredded cheese, if desired.



Smoked Bacon Pork Alfredo Pasta

- 1 **Smithfield Applewood Smoked Bacon Marinated Fresh Pork Loin Filet**
- 3 **tablespoons olive oil, divided**
- 1 **pound penne pasta**
- 1 **package (8 ounces) sliced mushrooms**
- salt, to taste**
- 2 **jars (15 ounces each) Alfredo sauce**
- pepper, to taste**
- 1/4 **cup finely chopped green onion (optional)**
- grated Parmesan cheese (optional)**

Cut pork loin into 1/2-inch thick slices then into 1/4-inch wide strips. In large skillet over medium-high heat, heat 1 tablespoon oil. Stir-fry half the pork loin 7-8 minutes until well browned. Set aside on separate plate and repeat with 1 tablespoon oil and remaining pork.

Cook pasta according to package directions.

In skillet over medium-high heat, heat remaining oil; add mushrooms and sprinkle with salt, to taste. Cook 3 minutes, or until tender, stirring occasionally.

Drain pasta and return to pot; stir in pork, mushrooms and Alfredo sauce. Stir over medium heat about 4 minutes until heated through. Season with salt and pepper.

Sprinkle with green onions and Parmesan cheese, if desired.

Zucchini Patties

- 2 **cups grated zucchini**
- 2 **eggs, beaten**
- 1/4 **cup chopped onion**
- 1/2 **cup all-purpose flour**
- 1/2 **cup grated Parmesan cheese**
- 1/2 **cup shredded mozzarella cheese**
- Salt to taste**
- 2 **Tablespoons vegetable oil**

In a medium bowl, combine the zucchini, eggs, onion, flour, parmesan cheese, mozzarella cheese and salt. Stir well enough to distribute ingredients evenly. Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping Tablespoon and cook for a few minutes on each side until golden.

Darlus McWilliams, Norfolk Nebraska

Tabooli (Mediterranean Salad)

- 1 **cup cracked wheat or Bulger**
- 1/2 **cup chopped onion or 6 green onions, chopped**
- 3/4 **cup cucumber, chopped**
- 5 **Roma tomatoes, chopped**
- 1/4 **cup salad oil or olive oil**
- 1 **Tablespoon dried mint, crushed or 1 cup fresh mint leaves, chopped**
- 1 **bunch parsley leaves, chopped**
- Salt and pepper to taste**

Soak Bulger in cold water for 15 minutes, rinse and drain and put in a bowl. Mix in all other ingredients together and refrigerate. Tastes better after it sets awhile. Can add or cut down on ingredients to suit your taste.

Jenny Bergt, Amherst, Nebraska

Peanut Butter Ice Cream Pie

- Mix:**
- 1/2 **cup creamy peanut butter**
 - 1/2 **cup light corn syrup**
- Add:**
- 2 **cups of Rice Krispies cereal**

Stir until evenly coated. Press firmly into lightly greased pie plate (bottom and sides). Chill well. Soften 1 quart of vanilla ice cream and spread evenly in chilled crust. Freeze. Garnish with whipped cream and any desired fruit or topping.

Debra Gaedke, North Platte, Nebraska

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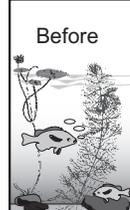
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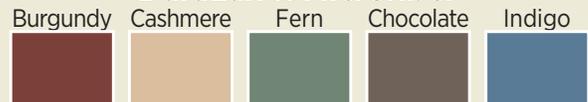
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