

# NEBRASKA

Magazine

NREA.org

March 2023

## C IS FOR CHIMNEY ROCK

Visiting Nebraska  
is as easy as A, B, C!

### Inside:

• Nebraska, the Next Dairy Frontier • The Benefits of Electricity • Save with a Heat Pump Water Heater • Prevent Electrical Fires

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

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

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

Periodicals postage paid at Lincoln, Neb. POSTMASTER: send address changes to *Nebraska Magazine*, 1244 K Street, Box 82048, Lincoln, NE 68501.

Publication numbers are USPS 071-630 and ISSN 0193-4937.

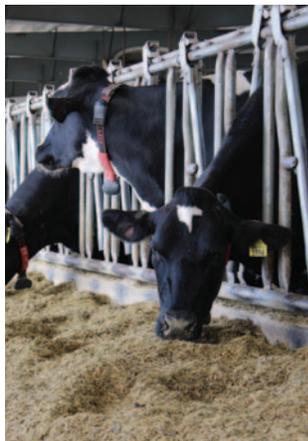
Subscriber Services: Cost of subscription for consumers of participating member-systems is \$2.14 per year (17.8 cents per month), plus periodicals postage paid from equity accruing to the consumer. For nonmembers, a subscription is \$10 per year or \$20 for three years, plus local and state tax. Single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

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*Chimney Rock, located near Gering, Neb., was used as a landmark for emigrants traveling along the Oregon, California, and Mormon Trails. See related article on Page 6. Photograph by Wayne Price*



Wayne Price

Visit our new website at  
[nebraskamagazine.org](http://nebraskamagazine.org)



## Celebrating Women in the Electric Industry

I recently posted a photo from the NREA Annual Meeting on Facebook. It received a comment about our industry being male-dominated. That's not a false statement so I wanted to take this opportunity to highlight some of the remarkable women in our industry.

Lucille Clema began her career in the rural electric utility industry when she was hired to serve as the home editor of the Nebraska *Electric Farmer* magazine in 1952. She was responsible for writing about the benefits of electricity for women. This included information about new products like electric dishwashers, clothes dryers, stoves, irons, and hair dryers.

In July 1955 she was named as the publication's managing editor, a position she held for 14 months before being named editor. She followed her husband, John, in the position of general manager after he resigned in 1956. She was replaced by Dick Wilkerson in 1969.

During her time at NREA, Clema also served as a chaperone and leader of the Nebraska Youth Tour delegation.

Lucille also served as the president and vice-president of the National Electric Cooperative Editorial Association in 1966 and 1965, respectively. This association is now known as the Statewide Editors Association (SEA) and I served as its president from 2012 to 2014.

There are currently four NREA member-systems being led by women general managers. These include Gwen Kautz at Dawson PPD, Barb Fowler at Polk County RPPD, Lacey Gulbranson at Wheat Belt PPD, and Shawna Glendy at Niobrara Electric. Twelve of our member-systems have a woman serving on their board of directors.



*Lucille Clema was elected vice-president of the National Electric Cooperative Editorial Association in 1965. The other newly elected officers were Roland Olson, left, of Washington, D.C., and Marion McGee of Missouri. She was elected president of the group in 1966.*



Chance Briscoe

Chance Briscoe is the General Manager of Northwest Rural Public Power District, headquartered in Hay Springs, Nebraska

## The Benefits of Electricity

What are some of the electric industry acronyms you are familiar with? If you have watched a football game in the past year you couldn't help but notice commercials for EV's or Electric Vehicles. Are you familiar with AMI or Automated Metering Infrastructure that reads your electric usage and provides valuable information to your utility? How about PPD or your local Public Power District?

A new acronym that you may become familiar with is BE or Beneficial Electrification. In very simple terms BE is the usage of electricity instead of alternative power sources that provide a benefit to either you or the community at large.

The Beneficial Electrification League identifies four fundamental principles to identify qualification for BE:

- Saves consumers money over time;
- Improves product quality or consumer quality of life;
- Benefits the environment;
- Fosters a more robust or resilient grid

To qualify as BE it must meet at least one of these four conditions. However, a key principle is that it must not adversely affect one of the others!

What does this mean or how does this work in practice? If a conversion to electric power benefits the environment and improves quality of life but comes at a higher consumer cost over time it fails to meet the standard for BE.

### SAVE MONEY AND IMPROVE QUALITY OF LIFE

Often conversion to electric power can provide a cost advantage and quality of life improvement. Electric lawn mowers with cords have been around for a long time but they were usually deemed as a nuisance potentially running over the cord or simply being out of reach from an outlet. The new battery powered electric lawn mowers remove those burdens and offer a much more pleasurable mowing experience with reduced noise, no pulling a starting cord, no filling up gas tanks, and virtually no maintenance. While these may come at a higher upfront cost, Consumer Reports indicates for an average cost electric mower, 30 minutes to mow a yard and gasoline at \$4.30 per gallon saves money after three years of operation. <sup>2</sup>



The Board of Directors at Northwest Rural PPD approved purchase of an electric vehicle in 2021. After one year the total cost of operation for 19,000 miles was \$996; including charging and all maintenance (tire check and window wiper fluid). A similar gas car getting 25 mpg at \$4.30 per gallon would have cost \$3,234 for a

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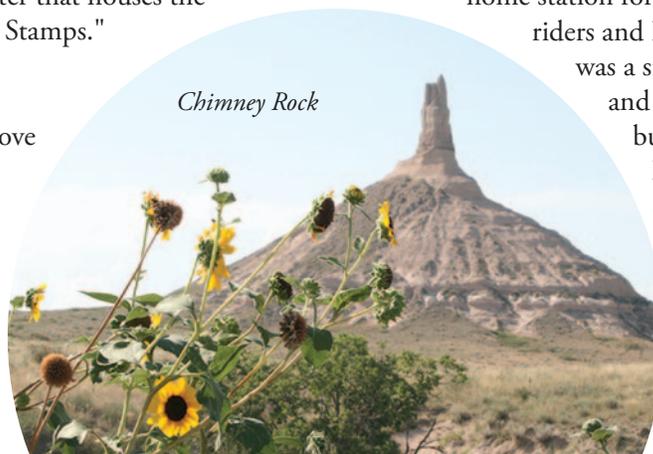
# Visiting Nebraska is as easy at A, B, C!

Where do you begin to talk about the wonder and beauty of Nebraska? The many attractions and historic sites? How about the alphabet? Here we look at some of the fantastic places to visit...A to Z.

**A** is for **Audubon Rowe Sanctuary** and its famous Sandhill Cranes. Although known for the Sandhill Cranes, Rowe Sanctuary supports hundreds of other bird species, including Whooping Cranes, Bobolink, Northern Harrier, and Dickcissel. Located in Gibbon, visitors flock here every March when more than a million Sandhill Cranes converge on the Platte River Valley in central Nebraska before continuing north to their nesting grounds. Trails offer a spectacular view of the Platte River and wind through the 1,447-acre sanctuary's prairies and woodlands.

**B** is for **Boy's Town**. Boys Town is the only National Historic Landmark District in Nebraska. Incorporated as a municipality, it has police and fire departments, schools, churches, and a post office. About 400 boys and girls live in the Village in single-family homes with a married Family-Teaching couple who cares for and nurtures them. Young people receive guidance for various behavioral, emotional, and academic issues. The Father Flanagan House Museum is the renovated home of Boys Town's founder and features a glimpse at early life at Boys Town. Other attractions include Father Flanagan's Tomb, a memorial chapel, the Garden of the Bible, the "Two Brothers" statue, and the Leon Myers Stamp Center that houses the "World's Largest Ball of Postage Stamps."

**C** is for **Chimney Rock**, which rises 470 feet above the North Platte River and measures 325 feet tip to base. The National Historic Site, located near Gering, was used as a landmark for emigrants traveling along the Oregon, California, and Mormon Trails. According to



*Chimney Rock*

the National Park Service, as the emigrants passed by this rock, most of them noted in their diaries or journals that they were glad to see that they were going in the right direction and that it spired to the heavens. Thousands climbed up the cone to carve their names on the tower. Due to erosion, no inscriptions survived. There is ample written testimony that thousands of names once adorned the rock.

**D** is for **Dobby's Frontier Town**. During his later years, Kenneth D. "Dobby" Lee's passion became the Town. His goal was to preserve a bit of what life was like in the early years of the area. Located in Alliance, the town buildings include Miller Furniture Store and Funeral Home, The Medical Building, Josiephine's ((spelled correctly)) Photo Studio, Rex's Hamburgers, The German Evangelical Lutheran Emmanuel Church, Soft Water, Cobblers Shop, Fisher Printing, The Jail, Blacksmith Shop, Lonesome Duck Saloon and Bordello, The Livery Stable, and others.

**E** is for **Edgerton Explorit Center** in Aurora, which features scientific discovery and exploration through hands-on learning experiences, and welcomes more than 200,000 visitors to the museum annually. Several areas of the museum encourage discovery through play, inquiry, and creativity. The recently renovated lower level adds more than 35 new exhibits to the popular attraction.

**F** is for **Fort Kearny State Historical Park**. The fort, located near Kearney, was built in 1848 to protect travelers on the Oregon-California Trail, serve as a home station for Pony Express riders and Pawnee scouts, was a stagecoach station, and used to shelter crews building the Union Pacific Railroad. The Interpretive Center houses exhibits on fort history, its uses, and the men and women who lived here. Recreated buildings include the stockade, powder magazine, and carpenter-blacksmith shop.



*Fort Kearny State Historical Park*

**G** is for Senator George Norris State Historic Site.

The U.S. Senator changed rural life. He fathered the Rural Electrification Act that brought electric power to farms across the nation. Norris believed that everyone should have access to electricity. The REA ran into resistance but passed, bringing electricity to farms across the country. Today visitors can tour his home in McCook, where he lived from 1902 to 1944. The house and all its furnishings were donated to History Nebraska by his wife, Ellie, in 1968.



**J** is for Johnny Carson.

Although born in Iowa, Johnny moved to Norfolk at age eight. He always considered it his hometown. Several city attractions honor the famous talk show host, including a mural with a series of paintings by artist Karl Reeder showing his career progression. Visitors can also visit The boyhood home of Johnny Carson and Elkhorn Valley Museum, which features an exhibit including his Emmy awards and Kennedy Center medallion.

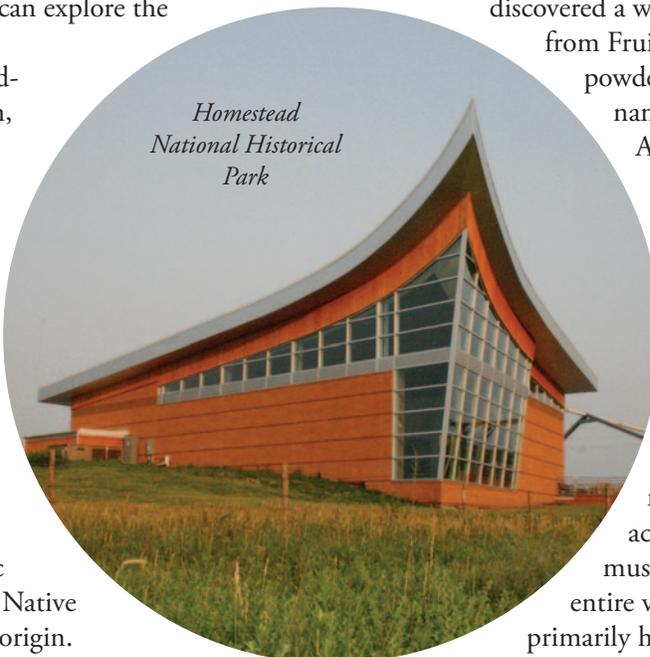
**H** is for Homestead National Historical Park.

The park, located near Beatrice, commemorates the lives and accomplishments of all pioneers and the changes brought on by the Homestead Act. Inside the Homestead Heritage Center, visitors can explore the interactive Museum of American Homesteading, watch the award-winning Land of Dreams film, and research their homesteading genealogy. The Palmer-Epard Cabin can also be visited outside the Heritage Center. The Education Center features changing exhibits on special topics.



**K** is for Kool-Aid.

Edwin Perkins invented Kool-Aid in Hastings. All of his experiments took place in his mother's kitchen. Its predecessor was a liquid concentrate, which he called Fruit Smack. In 1927, to reduce shipping costs, Perkins discovered a way to remove the fluid from Fruit Smack, leaving only a powder; this powder was named Kool-Aid. Kool-Aid: Discover the Dream is one of the featured exhibits at Hastings Museum.



**L** is for Lincoln County Historical Museum.

The North Platte museum is about eight acres, including the main museum building and an entire village made up of primarily historic structures from the Lincoln County area. The museum offers excellent information on the native culture and history of this region of the Great Plains. Museum staff collects, preserves, and exhibits historical artifacts from the area.

**I** is for Indian Cave State Park.

In Shubert. Indian Cave is the main geologic feature of the area and bears prehistoric Native American petroglyphs of unknown date and origin. Guests can view them from an ADA-accessible wooden boardwalk and viewing deck. There is also a restored schoolhouse and general store from the old river town of St. Deroin, 22 miles of hiking and biking trails, 16 miles of equestrian trails, and wildlife viewing, including deer, beavers, and turkeys.

**Continued on Page 8**

## From Page 7

**M** is for the **Museum of Nebraska Art** in Kearney and celebrates Nebraska's unique artistic heritage. It is the official collection of the state. From 30 art pieces in 1976, the museum has grown to include more than 5,000 pieces. It also houses temporary exhibits that rotate through the gallery. Artists include George Catlin, early 20th-century American master and Cozad native Robert Henri, Thomas Hart Benton's original illustrations for *The Oregon Trail*, and one of the nation's premier collections of wildlife art by John James Audubon.

**N** is for **Nebraska Prairie Museum**. With modest beginnings in 1966 to a nearly 20,000 square foot facility with several significant additions is located just north of Holdrege. The museum chronicles Holdrege and South-Central Nebraska's history with artifacts, archival documents, and memorabilia.



**O** is for **The Oregon National Historic Trail** stretching across Nebraska. After the Louisiana Purchase in 1803, the nation nearly doubled in size. Pioneers packed their belongings into wagons, and headed out across thousands of miles of unknown terrain. The Oregon, California, and Mormon Pioneer Trails carried 500,000 emigrants westward between the 1830s and 1860s. Today these and other designated National Historic Trails, with their landmarks and faint traces, tell the story of settling the West.

**P** is for **Pony Express Station** in Gothenburg. The Sam Macchette (correct spelling) Station was built in 1854 on the Oregon Trail. From 1860 to 1861, the building was a Pony Express Station. After the Pony Express ended, the station was an Overland Trail Stage Station, bunk house, storage house, and dwelling until 1931, when it was donated to the city and moved to Ehmen Park inside city limits. The Pony Express ceased to operate on October 24, 1861, when entrepreneurs completed telegraph lines to California.

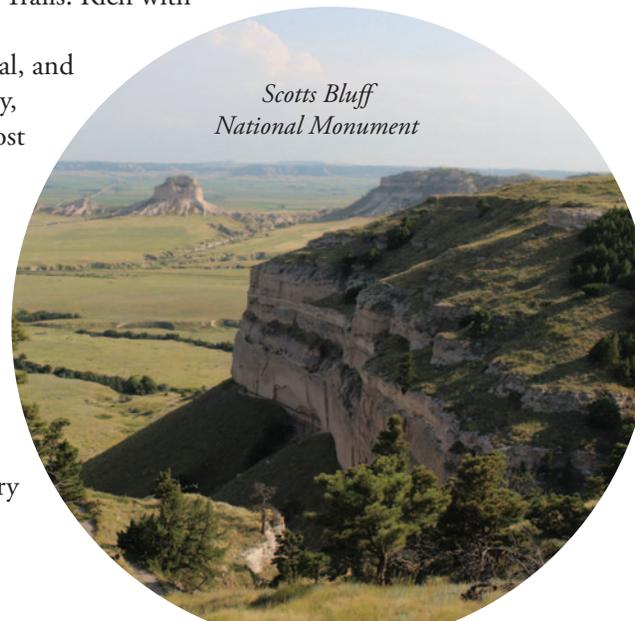
**Q** is for **International Quilt Museum**. The museum's mission is to build a global collection and audience that celebrate quilts' cultural and artistic significance. Located at the University of Nebraska East Campus in Lincoln, the museum showcases quilts and quilt making traditions from more than 50 countries, dating from the 1600s to the present day.

The facility houses the world's most extensive publicly held quilt collection. In addition to its permanent collection, the museum also features traveling exhibitions.



**R** is for **Rocky Hollow Buffalo Company**, located on the historic Monkey Ranch, 11 miles north of Kimball, in the western panhandle. The buffalo is 100 percent grass-fed, holistically, and naturally raised. Visitors can take tours to learn about buffalo and experience them up close. Allow at least an hour of interaction with the herd. Many will eat out of your hand.

**S** is for **Scotts Bluff National Monument**. Towering 800 feet above the North Platte River near Gering, the National Memorial has served as a landmark for Native Americans and emigrants on the Oregon, California, and Mormon Trails. Rich with geological, paleontological, and human history, there are almost four miles of hiking trails and a scenic drive. Scotts Bluff is also home to the world's most extensive collection of William Henry Jackson's artworks.





**T** is for **Toadstool Geologic Park**, a collection of badlands formations found in the Oglala National Grassland. Located near Chadron, there are two main trails. A one-mile loop trail leaving from the picnic area shows excellent examples of the hoodoos the park is known for and offers access to the three-mile Bison Trail, which ends at the Hudson-Meng Bonebed.

Durham Museum, located in Union Station, features exhibits celebrating the region's history. Its affiliation with the Smithsonian Institution and strong ties with the Library of Congress, and National Archives, allow traveling exhibitions to be presented as well.

**Y** is for **Yanney Heritage Park**. The Kearney city park began as an 80-acre cornfield and transformed into a beautiful city park with many unique features. Free to the public, it features an amphitheater, observation tower, lake, trails, playgrounds and splash grounds, gardens, sculptures, swans, and other wildlife, a labyrinth, and a water trail for kayaks. It is home to a senior activity center and many family and community events.

**U** is for the **University of Nebraska State Museum**. The

expansive museum's priceless exhibits featuring Native Americans, paleontology, minerals, and meteorites, to name a few. It now also features the recently opened fourth level celebrating Nebraska's natural heritage, including birds, plants, and animals. Visitors can "Come face-to-face with an ancient ambush predator that once roamed Nebraska, catch a show on the new five-foot globe, and experience science and natural history in entirely new ways."



*University of Nebraska State Museum*

**Z** is for **Henry Doorly Zoo**, the pride of Omaha. Its mission is conservation, research, recreation, and education, and it succeeds. The award-winning zoo has a fantastic collection of mammals, fish, insects, and reptiles, plus Lozier Giant Screen Theater, a train, a tram, a carousel, and Skyfari for unique viewing. Animal viewing areas take

**V** is for **Valentine National Wildlife Refuge**, located near Valentine in the north-central part of the state. The refuge offers pristine lakes, vast native prairie, and abundant fish and wildlife. Guests can bird watch, hike, hunt, and fish. The observation deck on the old fire tower west of Hackberry Lake has an excellent prairie view.

visitors everywhere from Africa to Asia; the desert, the jungle, and under the sea.

**W** is for **Wessels Living History Farm**, which brings farming history to life. Located near York, guests can learn about what it is like to live on a farm and travel through the past 100 years of farming history -- the 1920s through today. Guests might shell some corn, feed the animals, gather the eggs, learn about a Victory Garden, churn butter, or harvest oats. The farm offers history lessons by doing.

Article by Marilyn Jones.  
Photographs by Wayne Price

**X** is for **Exploring "The Old Market"** in Omaha. The area was the epicenter of the activity, with produce dealers, buyers, and transporters at the end of the 19th century. Today guests find restaurants, locally-owned antiques, jewelry, and gift shops, and art galleries. The





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## Reliability is on Top of Every Electric Utility's Priority List

This year the Legislature introduced 820 bills to be considered during the legislative session. Most of the 105 bills that NREA is closely watching will not receive any newspaper coverage. You won't hear about them on the 10 o'clock news, and usually, I would not write a column about them in *Nebraska Magazine*. This month, however, as I gave thought to what this column should highlight, I decided that although LB 567 would probably not be the topic of discussion at the local coffee shop, this bill provides a nice opportunity for us to discuss some important topics for public power.

LB 567 is made of three components. The first section of the bill deals with the ability of your local rural public power district manager or high-level employee to serve on the board of directors for **any** public power district.

In 2015, the Legislature removed a power district high-level employee's ability to serve on a public power district board. The Legislature felt it was a conflict of interest for a manager of a retail supplier of electricity to serve on the board of its wholesale supplier. To summarize, the 2015 bill said that your rural power district manager can not serve on the board of directors of Nebraska Public Power District.

NREA has always maintained that this exclusion was a bad policy. Should a local business owner be allowed to serve on the public power district board to which he/she pays monthly rates? Should a farmer be able to serve on the Legislature's Agriculture Committee? Every electric official brings their own opinions and bias to their elected position. On one hand, these biases may result in an ethical conflict that necessitates recusing oneself from voting on an issue. On the other hand, it is an individual's experience that develops their expertise and results in better policy decisions. NREA believes our high-level employees are knowledgeable about public power and utility operations. We believe these individuals have a lot to offer and should not be precluded from serving on the boards of the state's largest electric utilities.

The second section of LB 567 provides a definition for

reliable or reliability in the statute. Although previously undefined in our state laws, reliability is on top of every electric utility's priority list, and it is proper to include this definition in our state laws. It is important to highlight to our readers that we live in a largely rural state that requires six thousand miles of transmission line and more than 100,000 miles of sub-transmission and distribution line to



reach our consumers. Our population is extremely rural with more than half of the population residing in three counties on the very easternmost edge of our state. In addition, our utility infrastructure is subject to extreme winter storms, ice, tornadoes, winds, and even the

occasional wild animal or car accident, yet Nebraska consistently ranks as one of the most reliable states in the nation—a real feather in the cap of our all-public power state.

The third section of LB 567 provides a small update to a little-known report that the utility industry files with the Power Review Board (PRB) each year. The Load and Capability Report is an annual report drafted by representatives of the Nebraska Power Association (NPA). The NPA represents all of Nebraska's 165 public power entities. Each year, the NPA brings together data from each of the large generating utilities to report to the PRB on the state of our industry. In effect, the report details exactly what its title suggests. It reports the state's electric needs (its projected loads) and outlines the industry's ability to meet those needs over the next several decades (its capabilities). Regulators and representatives that receive this report can easily keep an eye on public power's generating capacity and our plans to ensure Nebraska consumers will continue to have access to reliable electricity for decades to come.

LB 567 currently resides in the Legislature's Natural Resources Committee where it received a public hearing on February 2nd. As we look for this bill to advance out of the Committee onto the floor of the Legislature, the NREA will be watching and doing our part to ensure this bill becomes law.

# The Invention of the Year

The world's most fun-to-drive and portable mobility device  
Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . **The Zinger.**

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

*"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"*

*-Kent C., California*

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding - when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk.



Available in Black and Blue (shown)



The Zinger folds to a mere 10 inches.

With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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*The dairy industry in Nebraska no longer seems to be a thing of the past and there is exciting potential for growth.*



# Nebraska, the next dairy

The dairy industry in Nebraska has struggled for years because of a lack of processing opportunities for producers. The Alliance for the Future of Agriculture in Nebraska (AFAN), along with others on the Grow Nebraska Dairy team, have been working relentlessly to recruit processing to the state of Nebraska to help current producers but also to attract additional dairy producers from out of state.

This past year we have made great progress in increasing our dairy processing infrastructure. Milk Specialties Global recently invested \$45 million in their

Norfolk plant which will increase capacity to 2.5 million pounds of raw milk per day. Currently, Nebraska dairy farmers produce 4 million pounds of milk per day meaning that the expansion of Milk Specialties in Norfolk will demand over half of our existing production. On top of this, Nebraska is high on the list with several other milk processing companies.

It should come as no surprise that some states (think the west coast) have codified legislative policies that are crippling their ag producers, forcing them to look for new opportunities. Our group has received more calls



**AFAN  
was formed in  
2005 by the leading  
agricultural  
organizations in  
Nebraska to be a  
resource for  
Nebraska  
producers.**

**y frontier**

dairy industry has a direct impact on rural economic vibrancy throughout the state. The University of Nebraska at Lincoln found that one dairy cow would have a direct impact of \$12,000 on the local economy. Meaning that even a small-sized dairy would have a significant financial impact to main street and create a need for additional goods and services.

The benefits don't stop at main street, grain farmers have an opportunity to reap benefits from a dairy as well. Partnering with a local dairy could add an additional \$500 per acre to a grain farmer's bottom line! Both parties reap the most benefits when a grain farmer can sell their crops directly to a dairy producer and the grain farmer is able to use the manure on their fields.

One grain farmer near Shelby, Nebraska, gave this testament: "Working with a neighboring dairy has added tremendous value to my farm. The dairy uses the silage I produce for feed, which leads to an earlier harvest, an extremely local market, access to manure that reduces my input costs and improves the overall health of my soil. Through this partnership, my operation has become more efficient and more productive."

Moving forward, AFAN is hopeful that the dairy industry will continue to grow and thrive, providing opportunities for rural communities and local farmers. If you are interested in championing a dairy in your community, or want to learn more, please reach out. Let's work together to make Nebraska the next dairy frontier!

than ever before from dairy producers who are considering Nebraska as their next place of business. With our abundant water resources, grain availability, ag-friendly policies, and hardworking people, Nebraska should be top of mind for anyone looking to do business in the ag sector. Our group is excited that Nebraska's recent growth in dairy processing is not only attracting more farmers but is providing an opportunity for existing Nebraska dairy producers to grow.

But why is growth in the dairy industry important and why is it so important to Nebraska? Growing the

Take steps to help prevent electrical fires by identifying possible issues before they occur.

When assessing your home, the first step is to hire a qualified electrician to check all wiring to ensure it is up to code and that the electrical system can handle the demands of your electronics, appliances, lights and other electrical needs. Beyond that, watch for possible issues as they arise.

Symptoms of issues include flickering lights, discolored outlets and switch plates, damaged cords, frequently tripped circuit breakers or blown fuses.

Check these electrically related items in your home:

- **Electrical outlets:** Check for loose-fitting plugs and loose wall receptacles. Replace missing or broken wall plates. If you have

young children, install tamper-resistant outlets if your home does not have them. Avoid overloading outlets with adapters and too many appliance plugs.

- **Ground fault circuit interrupters (GFCIs):** Make sure GFCIs are installed in your kitchen, bathrooms, laundry room, workshop, basement, garage and outdoor outlets. GFCIs help protect against electrical shock. Use the Test and Reset buttons monthly to ensure that they are working properly.

- **Cords:** Check cords to ensure they are not frayed or cracked, placed under rugs, tightly wrapped around an object or located in high traffic areas. Do not nail or staple them to walls, floors or other objects.

- **Extension cords:** These are not intended to be permanent solutions, so use them temporarily. If you find that you need more electrical outlets, consult your electrician.

- **Light bulbs:** Verify that your light bulbs are the intended wattage for the lamp or fixture they are in.

- **Appliances and electronics:** If an appliance repeatedly blows a fuse, trips a circuit breaker or gives you an electrical shock, it is time to discard it and replace it with a new version. Use surge protectors to protect expensive electronics. Make sure your

**WARNING SIGNS of electrical issues:**

- Damaged cords and flickering lights
- Discolored outlets and switch plates
- Frequently tripped circuit breakers or blown fuses

Hire a licensed contractor to ensure that your home's wiring is **installed to code** and functioning properly.

## Murphy



appliances and electronics are placed in dry locations.

- Circuit breakers/fuses: Check that circuit breakers are working properly. Fuses should be properly rated for the circuits they protect.
- Electrical wiring: If an outlet is not working, it may be an indicator of unsafe wiring. Also, check for loose wires and lighting fixtures. Listen for popping or sizzling sounds behind walls. If light switches are hot to the touch or lights spark and flicker, immediately shut them off at the circuit breaker and contact a qualified electrician to make repairs.
- Service capacity: If fuses blow or trip frequently, you may need to increase the capacity of your electrical service or add new branch circuits.

Source: [SafeElectricity.org](https://www.safeelectricity.org).



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## From Page 5

savings result of \$2,237 in the first year.

### **BENEFIT THE ENVIRONMENT**

There are no polluting emissions directly from an electricity powered item but there are emissions at the power plants generating the electricity. Depending on the generation mix in your power supply the results may vary. According to the U.S. Department Energy calculator 3, for Chadron the greenhouse gas emissions to power an electric vehicle are 120 CO2 grams per mile compared to a gas vehicle at 410 grams per mile. Transition to less emitting sources will only improve the impact in the future.

### **MORE ROBUST AND RESILIENT GRID**

Electrification can also improve the use of the electric grid, especially when coupled with devices to control usage at the most opportune times. Using an electric clothing drier or water heater at night can help to offset the need for generating units to ramp down production when usage would be lower. An electric school bus can be used to support the grid by discharging its stored electricity during the summer heat when air conditioning is at its peak but the buses are not being used.



### **INFORMATION AND REBATES**

For more information or to find out if rebates might exist for an electric appliance, outdoor power equipment, electric vehicles or charging stations, contact your local electric utility provider.

Beneficial Electrification is meant to improve your experience, make the electric grid more efficient or help the environment but it might also just help you save a few dollars too!

1. <https://be-league.org/>
2. <https://www.consumerreports.org/battery-mower/can-a-battery-mower-save-money-over-a-gas-mower-a2312089191/>
3. <https://www.fueleconomy.gov/feg/Find.do?year=2021&vehicleId=43401&zipCode=69337&action=bt3>

Heat pump water heaters—also called hybrid water heaters—use heat pump technology to heat water more efficiently than a standard electric storage water heater.

Think of them as a standard water heater with a heat pump on top. The heat pump heats the water two to three times more efficiently than the electric elements, but the unit still has the electric elements as backup, if needed.

Here are some details about their efficiency, how the units operate, installation considerations and when you should replace your old water heater.

### Efficiency and Operation

By moving heat instead of creating it, a heat pump water heater uses 60% less energy than electric storage water heaters. That can add up to hundreds of dollars a year and thousands during the life of the water heater.

Improved controls make it easy to set the desired temperature and programming, including vacation mode, which saves energy when you are out of town.

Some models offer Wi-Fi connectivity to be controlled by a smartphone from anywhere. Other helpful features include leak detection and automatic shutoff.

### Installation Considerations

A heat pump water heater uses heat from a room to heat water. It tends to make the space about 2 degrees cooler, which is something to consider before installation. Ideal placement is an unconditioned space, such as a garage or unheated basement. A heat pump water heater requires enough space around the unit to supply the air needed for efficient operation—about 750 cubic feet.

Heat pump water heaters tend to be slightly taller than storage water heaters and require additional clearance above the unit to access the filter for cleaning. If your water heater is in a conditioned space or a room smaller

than the unit requires, venting might be a solution for your installation.

Another consideration is noise. A heat pump water heater generates about as much noise as a modern dishwasher, so it may not be a good solution if the water heater is located where sound could be a nuisance.

Installing a heat pump water heater is much like

installing a standard electric water heater, except for the location of the cold-water inlet, which is located at the bottom of the unit.

Because moisture in the air condenses when it is drawn through the heat pump, it also requires a condensate drain that must be routed to a drain or pumped outside of the home.

Heat pump water heaters can replace electric, gas or propane water heaters. They typically require a 240-volt

circuit, which might necessitate an electrical upgrade by a licensed electrician.

### When to Replace an Old Water Heater

The life expectancy of a standard water heater is about 10 years. If your water heater is older than that or showing signs of failing, you may want to consider replacing it with a heat pump water heater before it fails.

It's easier to find the product you want when it is not an emergency replacement. It also can be more expensive to replace it during an emergency. While heat pump water heaters are sold at a higher price than standard water heaters, the cost savings over time can offset the purchase and installation cost—and will result in a more energy efficient home.

You also are likely to save by taking advantage of sales, rebates or tax credits. Check with your electric utility, state department of energy and federal tax information before purchasing a new water heater.



*By moving heat instead of creating it, a heat pump water heater uses 60% less energy than electric storage water heaters. Photo Credit: Hot Water Solutions*

*If your tired, achy legs and feet are preventing you from moving easily...*

*Now, a prickly herb has been discovered to....*

# BOOST BLOOD FLOW TO YOUR LEGS, FEET, AND HANDS WITH A 95% SUCCESS RATE VERIFIED BY CLINICAL STUDY

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness - with no side effects - at low cost - and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb - it was almost like magic how quickly their problems got much better. They called it the "horse herb". Then somehow with Europe's ongoing wars, this herbal secret got lost in time.

"It works for people who've tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement" says Dr. Ryan Shelton, M.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

## WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

## 95% Reduction in LEG SWELLING, Verified in Clinical Study

*Says Dove Medical Press & Development and Therapy*

... meaning, discomfort, water retention, leg swelling, tiredness and circulation improved in 95% of test subjects



Swollen legs are a warning sign. They mean blood and fluid is forced out of the blood vessels into the surrounding tissue. This causes non-stop pain. This is where Neuroflo's active ingredient is such a big help.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems - millions have these but are undiagnosed.

Today's treatments don't work for a high percentage of people - and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

## HOW IT WORKS

Here's why you have pain now: Your arteries have weakened. Your arteries can't carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.



The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Katerina King from Murrieta, California says, "I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn't even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away."

## WHAT DOCTORS ARE SAYING

"Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I'm delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects" says Dr. Eric Wood, N.D.

**Dr. Ryan Shelton, M.D. says "This is new and different.** It works for people who've tried many other things before. It is natural with no side effects. Don't give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it"

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief," said Dr. Wood, a Harvard trained



**WORKS IN AMAZING WAY:** A prickly plant was used in Europe in the 1600s to revitalize ailing legs. Lost over the centuries, it is now making a comeback as US doctors rediscover its impressive results - sending relief to thousands of users with:

- Burning, Tingling, Numbness
- Swollen, Achy Feet
- Painful Legs & Feet
- Varicose Veins

doctor who has appeared on award winning TV shows.

Now you can get a good night's sleep - peaceful, restful sleep - with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects - safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don't risk irreversible damage to your feet and hands. Don't get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work for you - or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

## 50% OFF FOR THE NEXT 10 DAYS

This is the official release of NeuroFlo for readers of Nebraska Magazine. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL FREE 1-877-657-0217 and provide the operator with the special 50% OFF discount approval code: NEF158.

Important: Due to Neuroflo's popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

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## Entertain in Style with Savory Appetizers

Welcoming friends, family and neighbors for celebrations of all kinds demands delicious hors d'oeuvres for making guests feel right at home. Next time you invite loved ones for a special get-together, you can beef up the menu with a tasty appetizer that's as easy to make as it is to enjoy.

Loaded with savory flavor and perfect for feeding a crowd, these Beef and Blue Cheese-Stuffed Mushrooms from Beef Loving Texans offer a simple yet mouthwatering way to entertain in style. Just prepare button mushrooms by removing the stems then fill the caps with a ground beef-based mixture of minced mushroom stems, blue cheese, breadcrumbs, green onions and steak seasoning for a party-worthy platter.

Visit [BeefLovingTexans.com](http://BeefLovingTexans.com) to find more recipes for home entertaining and beyond.



### Beef and Blue Cheese Stuffed Mushrooms

- 2 packages (8 ounces each) button mushrooms**
- 1/4 teaspoon salt**
- 1/2 pound ground beef**
- 1/3 cup blue cheese**
- 1/4 cup whole-wheat breadcrumbs**
- 3 tablespoons green onions**
- 1/2 teaspoon steak seasoning blend**
- chives (optional)**

Preheat oven to 375 F. Remove stems from mushrooms; reserve. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.

Combine ground beef, minced stems, blue cheese, breadcrumbs, green onions and steak seasoning. Spoon beef mixture evenly into mushrooms.

Place stuffed mushrooms on rack in broiler pan. Bake 15-20 minutes. Sprinkle with chives, if desired.

*Source: Beef Loving Texans*

#### Wanted: Garden Fresh Fruits & Vegetables Recipes

Submit a recipe that comes from Cupid's recipe book. Be sure to include a mailing address for payment purposes and a phone number in case we need to contact you. Recipes will not be returned and not all recipes will be used.

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



## Healthy 7-Layer Taco Dip

- 1 can (15 ounces) fat-free, refried beans
- 1 cup salsa
- 2 cups plain Greek yogurt
- 1 tablespoon cumin
- 1 tablespoon smoked paprika
- 1 teaspoon salt, divided
- 1/4 teaspoon cayenne (optional)
- 2 avocados
- 1/2 cup cilantro, minced, divided
- 1 teaspoon garlic powder
- 1 lime, juice only
- 1/2 cup scallions, minced
- 2 Roma tomatoes, seeded and diced
- 1/4 cup black olives, sliced tortilla chips

In small bowl, mix refried beans and salsa. Spread mixture in thin layer on bottom of large platter.

In separate small bowl, whisk yogurt, cumin, smoked paprika, 1/2 teaspoon salt and cayenne, if desired. Spread mixture on top of bean layer.

In third bowl, mash avocados with 1/4 cup cilantro, garlic powder, lime juice and remaining salt. Spread guacamole on top of yogurt layer.

Sprinkle dip with minced scallions, diced tomatoes, black olives and remaining cilantro. Serve with tortilla chips.

Source: United Dairy Industry of Michigan

## Dublin Stew

- |                               |                            |
|-------------------------------|----------------------------|
| 1 lb. pork cut in cubes       | 1 pkg. frozen vegetables   |
| 1/2 cup chopped onion         |                            |
| 1/2 cup chopped celery        | <b>Caraway Dumplings:</b>  |
| 1 clove garlic                | 1 1/2 cups flour           |
| 1 teaspoon salt               | 1 tablespoon sugar         |
| 3 beef bouillon cubes         | 2 teaspoons baking powder  |
| 3 cups hot water              | 1/2 teaspoon salt          |
| 2 cups carrots cut into strip | 1/4 teaspoon dry mustard   |
| 1/4 cup flour                 | 1/2 teaspoon caraway seeds |
| 1/2 cup water                 | 1 beaten egg               |

Brown meat in Dutch Oven. Add onion, celery, and garlic and brown lightly. Dissolve bouillon cubes in 3 cups hot water and add to meat mixture. Add carrots and simmer for 45 minutes or until meat is tender. Combine 1/4 cup flour and 1/2 cup water then add to meat mixture. Add mixed vegetables and top with dumplings. Cover tightly and steam 25 minutes.

Marge Fellingner, Grand Island, Nebraska

## Bohemian Rye Bread

- |                    |  |
|--------------------|--|
| 4 cups warm water  | 2 tablespoons salt                     |
| 2 pkgs. Yeast      | 8 cups white flour                     |
| 1/4 cup shortening | 2 tablespoons caraway seeds (optional) |
| 2 cups rye flour   |  |
| 1/2 cup sugar      |  |

Dissolve yeast in warm water, melt shortening, sugar, and salt to yeast water. Stir until dissolved. Add 2 cups rye flour and mix well. Add caraway seed. Gradually add your 8 cups white flour. Dough will be stiff. Mix well (knead). Let it rise until double in size. Divide into two round loaves. Put on a greased pan and let rise until double in size again. Take sharp knife and cut slits on top. Bake at 375 degrees for 45 minutes. Brush with butter when it comes out of the oven.

Cheryl Thrumer, Ewing, Nebraska

## Pineapple Cake

- |   |   |
|---|---|
| 1 box yellow cake mix                     | 1 6 oz. pkg. instant vanilla pudding mix  |
| 1 20 oz. can crushed pineapple with juice | 1 8 oz. carton Cool Whip coconut and nuts |
| 1/2 cup sugar                             |   |

Prepare cake mix as box directs. Bake at 350 for 30-35 minutes. Boil pineapple, juice and sugar for 5 minutes before cake is done. Remove cake from oven and immediately pour pineapple mixture over cake. Cool. Pour pudding made as directed on box (let setup a little bit) over pineapple and the cake. Spread Cool Whip over pudding. Sprinkle coconut and nuts on top.

Diane Cerny, Shelby, Nebraska

# Marketplace

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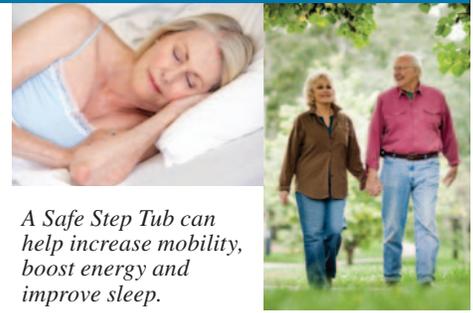
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