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Magazine

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December 2023

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*Telling the story of
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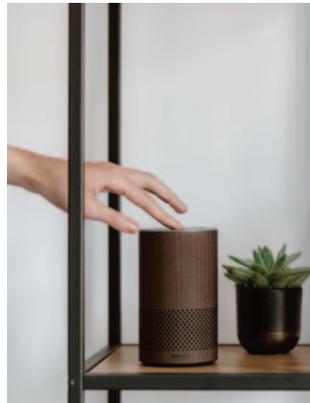
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Sandhills Images photographer Bob Rooney captures a windmill in a snowstorm.



Wayne Price

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Keep Lineworkers Safe on the Pole

What do yard sale signs, basketball hoops, deer stands, satellite dishes, and birdhouses have in common? They're often found illegally attached to utility poles. But this isn't only a crime of inconvenience. Safety issues caused by unapproved pole attachments place the lives of lineworkers and the public in peril.

It may seem innocent, but a small nail partially driven into a pole can have deadly results around high-voltage electricity.

Your local public power district or electric co-op line crews climb utility poles at all hours of the day and night, in the worst of conditions. Anything attached to utility poles can create serious hazards for our line personnel. Sharp objects like nails, tacks, staples, or barbed wire can puncture rubber gloves and other safety equipment, making linemen vulnerable to electrocution.

Lineworkers with Nebraska's public power districts and electric co-ops have reported poles used as community bulletin boards, satellite mounts, and even support legs for deer stands, lights, and carports. Not only do these attachments put line crews at risk, anyone illegally placing these items on poles comes dangerously close to energized power lines with thousands of volts of energy pulsing overhead. It's always wise to keep any structure at least 10 feet away from utility poles.

Unauthorized pole attachments violate the National Electrical Safety Code, the accepted manual containing guidelines for safe electrical engineering standards. Utilities strictly follow this code that includes a section that reads, "Signs, posters, notices, and other attachments shall not be placed on supporting structures without concurrence of the owner (the utility is the owner of the pole). Supporting structures should be kept free from other climbing hazards such as tacks, nails, vines, and through bolts not properly trimmed."

Everyone should also refrain from landscaping around the bottom of poles with flower boxes, paving stones or any other lawn ornaments. If a line worker should happen to fall on these, he could be injured more seriously.

Please help us keep our linemen—and our community—safe. Don't attach any of these unauthorized and dangerous items to utility poles. Fixtures not belonging to the cooperative or another utility will be removed by line personnel; the utility is not responsible for any losses if an item is damaged or destroyed during removal.





Clay Gibbs

Clay Gibbs is the General Manager of Cornhusker Public Power District, headquartered in Columbus, Nebraska

Charting the Path to a Sustainable and Affordable Energy Future

Recently, I attended the 2023 Nebraska Wind and Solar Conference in Lincoln. I have attended this conference for over 10 years and always find it to be informative and at the same time, a little bit frustrating. Let me explain. Discussions on renewable energy resources, at least as they exist today, often fail to acknowledge their limitations. Having made that statement, it's understandable that assumptions could be made that I am anti-renewable; however, that couldn't be further from the truth. I fully support renewable research and development, and applaud all those who are exploring options, as it is obvious the ways electricity is generated and delivered has and will continue to change.

My only request is that there continue to be honest conversations regarding the true attributes and/or limitations of all resources. I also believe it's fair to take a moment and acknowledge the value and enhanced quality of life made possible by all the hard-working men and women who have provided safe, reliable, and affordable electricity for decades. Moving forward is essential, and that means exploring and developing new technologies to provide clean, safe, reliable, and sustainable energy that remains affordable for all.

This year's conference had a bit of a different feel and it had to do with a good number of speakers that acknowledged renewable resources' actual performance characteristics. There was also more discussion about working together. Several speakers complimented public power and the job they have done and continue to do. Many also acknowledged the importance of energy "storage" to provide a more stable future regarding current renewable energy generation, due to its intermittent nature.

It seems fair to say that those of us in the industry, working on energy generation and delivery each day, understand the reality of different energy resources, the pros and cons, reliability, affordability, and sustainability as well as anyone. Without question, every resource past and future, has, or more than likely will have, some sort of negative quality or characteristic, even more reason to continue to work together, explore every option, and do so without agenda or political bias.

It's no secret that in the current arena for power supply, the options are limited. There won't be any new coal facilities built and natural gas is possible, but supply availability limits plant locations. Transmission lines are also very difficult to build today. Other future options gaining traction are small modular nuclear reactors or mini reactors, yet cost and timeframes, at least currently, appear to push any real opportunities several years down the road.

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Candace Burbach looks over some of her handiwork, painting the facial features on this window.





Crafting Beauty in the Heartland

by LaRayne Topp

With intricate strokes and a finely pointed brush, she adds the first outlines of hair and eyebrows, eyes and lips to a shape of clear glass. Carefully, she places what will eventually be the face of an apostle or another Biblical character into a kiln, firing it to 1,200 degrees such that the paint melts into the glass. So begins the process of crafting stained glass.

Nestled into an outbuilding of a farmplace is Kruse Stained Glass of Hartington, Nebraska. Surrounded by cornfields and alfalfa, and a crow's fly from the towering steeple of Saints Peter and Paul Catholic Church at nearby Bow Valley, the shop contains a craft not typically seen on such a large scale in rural America.

Today involving two generations, Kruse Stained Glass began in 1997 by Kenneth and Kristi Kruse. On January 1, 2023, they turned the business over to their children who have grown up surrounded with the pale yellows, deep reds, vibrant blues and green grass glass, all to use in the creation and repair of stained glass windows and other glass pieces.

Kenneth and Kristi began the business as a welcome change from milking cows. They had been dairy farming for 20 years, while yearning for weekends and holidays free from cows and milking machines, kickers and stanchions. Kenneth had been involved in a cabinet-making venture with his brother and transferred those skills to restoring windows that needed restoration in the nearby Bow Valley church. He found he enjoyed it.

He apprenticed for six months after that while Kristi began taking china-painting classes, and then learned to paint on glass. The couple didn't learn the craft overnight but taught themselves how to best perfect the craft. In the process, they transitioned dairy farming into raising stock cows and calves, and for a while the couple continued to farm.

In 2000 they took a giant leap of faith, sold the cows, and delved into stained glass as a business while remaining on the farm. As their children grew, they

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worked alongside Kristi and Kenneth.

“We love being creative,” Kenneth explained, adding that the Kruse kids have inherited “the disease” too.

When Kenneth and Kristi started out, they left displays of their handicraft at local churches and also the Yankton Mall so that folks could see what they do. They sent out brochures, but eventually had to rely only on word of mouth to find work. They’ve been busy ever since. Today, the Kruses’ work can be seen across the state, as well as the Dakotas and Iowa.

By 2015 two of their children, Jason Kruse of Hartington and Candace Burbach of Wynot began full-time employment at Kruse Stained Glass. Both trained in auto-body in college, Jason specializes in air brushing the glass while Candace completes faces and hands. The oldest sibling, Matt, does graphics for the business, designing its webpage and logo.

It felt good to hand the business over to them, Kenneth said, although he and Kristi still help with big projects.

The process goes like this: they travel to see projects requiring their expertise, and place a bid on the project. The Kruses can judge how long a window will last, if it can wait a year or so or if the windows need to be repaired as quickly as possible.

If a window’s been hanging 100 years, the faults can easily be seen, and if the structure itself is weak. Some windows display what is called a glacier effect: the panels buckle and sag after time, and require more bracing.

“If it’s been there 100 years, it won’t fall out tomorrow,” Kenneth said. Most have sun damage as a rule.

Once a price is agreed upon, the windows are removed and brought back to the shop where they’re soaked in cleaning solution for several weeks to remove what Kristi

calls “antique” dust and dirt.

“Some of it’s been around since the Dust Bowl,” she said with a smile.

Typically a window needs to be taken completely apart to repair one broken piece. Colors of glass are matched with glass on hand, if possible, or repainted to as close a shade as possible. Scores of plates of colored glass are kept on hand for that purpose, along with glass for faces and hands. Black is added for shading, with color fired last. Multiple firing in the kiln is called for until the shades match perfectly. Of all the techniques, this is the hardest to learn. They also try to duplicate the previous artist’s technique.

After the pieces are cut, they are laid in place on a paper pattern. The pieces are then held in place beside each other with the use of H-shaped channels of lead called cames. The joints of the lead strips are soldered together, the tiny spaces between the lead and the glass are filled with putty to make the window waterproof, and the excess putty is cleaned from the glass.

Once the windows are rebuilt in the Kruse shop and the outside trim has been fashioned, the Kruses return to the job site, open up the windows space and put the window in place, all in one day.

When the window is fully restored and back in place, and Kruse family sees the sunlight shining through, “that’s pretty rewarding,” Kenneth said.

It might take them a year to complete a large project, with smaller ventures squeezed in-between. Because they have several projects going at once, it’s impossible to track the number of hours required to finish a piece. When Kenneth is asked, as he often is, how long it has taken to complete a certain project, his response is always the same: “A long time.”

One of the most extensive projects the family has tackled has been hidden away in a Carmelite monastery in



For more information call Kruse Stained Glass at (402) 357-2107 or visit online at www.krusestainedglass.com or facebook.com/krusestainedglass.

Alexandria, South Dakota. The members of the cloistered community originated in Buffalo, New York, and were searching for stained glass windows similar to those they remembered from there. They discovered what they were searching for in an abandoned Chicago cathedral: a series of brilliant window scenes which fitted together scanned a height of 18 feet and a width of eight. Originally crafted in Munich, Germany, the spectacular windows had miraculously survived, plastered with soot from a Chicago fire and tortured with bullet holes from gang members. The Sisters from Alexandria sent eight black and white photographs of the windows to the Kruses, asking them to consider traveling to Chicago to retrieve them.

The Kruses had no idea of the damage they would find, but did what the Sisters asked, bringing home 16 crates of windows, 105 panels in all. The Kruses have been gradually restoring the windows all the while the Sisters from Alexandria have been raising funds for their restoration. They hope to raise enough to build a new chapel to utilize them.

Page 7, left: Justin Kruse and Candace Burbach show how the pieces of a stained glass window are meticulously put together.

Page 7, right: Visitors are greeted with this garden display at the farm lane of the Kruse family's business, located on what was once a dairy farm between Bow Valley and Hartington, Nebraska.

Opposite: Kenneth and Kristi Kruse, left, are the originators of Kruse Stained Glass. In January 2023, they turned the business over to their children, Candace Burbach and Jason Kruse.

Photographs by LaRayne Topp

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I truly believe that the generation and delivery of an electron will change more in the next 10 years than it has in the past 100. Micro-grids for residential and small businesses seem very likely, especially given the difficulty with building any new, large scale generation facilities, transmission lines, or pipelines.

Over the past seven years we have experienced more and more interest from customers wanting to install and manage behind-the-meter systems, and I don't see that trend falling off. If you factor in the interest in storage and advanced storage, it seems likely that storage options will continue

to make their way into the mix, with a price tag that is attractive. If we factor in the possibility of continued government incentives, things could change pretty quickly.

Balance will continue to be the key as we transition from today's energy generation portfolio to the future portfolio. Entities that understand the value of balance, combined with the further understanding that the transition needs to happen when the technology can match the needs and demands of energy consumers - will prevail. Regardless of what that looks like, the greatest thing about public power will continue to be that each day we are afforded an opportunity to provide one of the most essential products in the world!

Larry's Safety Lesson

Use a Portable Generator Safely

By Larry Oetken



Firing up one fuel-powered portable generator produces as much carbon monoxide (CO) as hundreds of

combustion-engine cars, according to the Consumer Product Safety Commission.

Using a portable generator in a home, garage or too close to an enclosed area is like starting a parking lot full of cars and letting the CO poison seep into that area. The devastating result is almost immediate: The CO from one generator can kill in minutes.

Besides portable generators, there are also standby generators. The standby versions are attached directly to the house and are typically powered by natural gas or propane. These generators start automatically when the power goes out.

To prevent feeding power back into the power grid and endangering electric line crews and others, standby generators should have a transfer safety switch installed by a professional. Never plug a portable generator directly into a home outlet or electrical system for the same reason.

Larry Oetken is the Job Training & Safety Coordinator for the Nebraska Rural Electric Association.



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5 WAYS TO SAFEGUARD YOUR HOME THIS WINTER

As the temperatures drop and the days grow shorter, there's a natural inclination to create a warm and cozy haven at home. Unfortunately, as we see increased use of heating equipment, candles and electrical items, the number of home fires tends to increase during winter months.

Here are five ways you can safeguard your home for the winter season.

1

ENSURE CARBON MONOXIDE AND SMOKE DETECTORS ARE WORKING

If your detectors are battery-operated, replace the batteries annually. Test the detectors once a month and give them a good dusting to ensure the sensors are clear of dirt and debris.

2

INSPECT ELECTRICAL CORDS

We depend on more cords during winter, whether for holiday lighting, extension cords or portable heaters. Before using any corded items, double check to make sure cords aren't frayed or cracked. If you use portable space heaters, remember to keep them at least 3 feet away from flammable items. Use models that include an auto shut-off feature and overheat protection. Space heaters can take a toll on your energy bills. Use them efficiently (to heat smaller spaces) and safely. Never plug a space heater into a power strip.



3

AVOID OVERLOADING ELECTRICAL OUTLETS AND POWER STRIPS

When overloaded with electrical items, outlets and power strips can overheat and catch fire. If you use power strips for multiple devices, make sure the strip can handle the electrical load. For a safer bet, look for power strips that include surge protection.

4

CLEAN THE FIREPLACE

There's nothing better than a warm fire on a chilly night, but it's important to maintain your fireplace for safety. As wood burns, a sticky substance known as creosote builds up in the chimney. When creosote buildup becomes too thick, a chimney fire can ignite. The chimney should be cleaned at least once a year to reduce fire risks. Regular cleaning also improves air flow and limits the amount of carbon monoxide that seeps indoors.



5

PRACTICE SAFETY IN THE KITCHEN

As we spend more time in the kitchen during the holiday season, be mindful of potential fire hazards. Never leave food that's cooking on the stovetop unattended. Clean and remove spilled foods from cooking surfaces and be mindful of where you place flammable items like dish towels.



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By Michael Leitman

Three Tips for Integrating Smart Home Tech

Once something pursued by only the most tech savvy of consumers, smart home technologies are becoming increasingly common to enhance home convenience, comfort, and safety.

Smart technologies have proliferated as the “internet of things” have grown to include home security and safety systems, lighting, entertainment, HVAC systems and even appliances.

Consumers are interested in a variety of technology combinations and uses for their homes, but regardless of the applications, here are three key tips to keep in mind when integrating smart technologies into your home.

1. Ensure that various devices can talk to each other.

This might seem like a no-brainer, but ensuring compatibility is vital to ensuring that convenience is not overcome by annoyance. One way of ensuring compatibility is choosing a single brand for as many applications as possible. Those pursuing several smart technologies might also look into investing in a central hub to coordinate and control various devices. Many of the hubs available today offer additional features of their own, doubling as speakers, routers or displays. One major consideration for all these technologies is a fast and reliable internet and Wi-Fi connection.

2. Enable all security measures to prevent hacking.

Adding smart devices to your home can increase the surface area that bad actors can use to hack equipment, increasing the importance of common-sense cybersecurity measures. Choosing smart devices with built in security features and ensuring that these features are all turned on is an important step to reduce these risks. It is also important to replace default usernames and passwords with strong unique versions, enabling



dual and/or biometric authentication and keeping your device software up to date through patches. Finally, if you are controlling your home devices from your phone, tablet or laptop, do not do so while using unsecured public Wi-Fi networks.

3. Look for technologies to help control and manage home energy use.

Smart home technologies can be a great way to control and manage home energy use. If you are looking into home automation, devices like smart thermostats, grid controllable water heaters and schedulable or motion-controlled indoor and outdoor lighting can be smart ways to save money on your electric bill.

When used wisely and efficiently, smart home technologies can add great convenience to everyday life. Keep these tips in mind as you integrate smart devices into your home.



Above: When adding new smart devices to your home, replace the default usernames and passwords with strong unique versions, and keep software up to date. Photograph by Dan Nelson, Unsplash

Left: Smart technologies have proliferated as the “internet of things” have grown to include home security and safety systems, lighting, entertainment, HVAC systems and even appliances. Photograph by James Yarema, Unsplash



The winter holiday season is a busy time of year for many of us. Along with putting out decorations and baking cookies, we often spend more time in our cars than usual: shopping for presents, traveling to family gatherings or attending holiday events. However, all that time in the car can also mean facing extreme weather conditions that can make safe driving difficult.

According to the U.S. Department of Transportation, winter weather conditions such as snow, sleet and slush cause more than 550,000 traffic accidents each year, leading to approximately 138,000 injuries and 1,700 fatalities.

Along with risk of injury, possible damage to your vehicle, and plain inconvenience, collisions may also involve downed power lines or other electrical hazards. Unfortunately, when this happens, it adds another very significant danger to the mix that can cause severe shock, burns or electrocution. Knowing what to do in this situation can save lives.

If you are in an accident involving a downed power line:

- Call 9-1-1, and tell the dispatcher a downed power line or other electrical equipment is involved in a collision. Power company personnel will be dispatched to the scene to deenergize the power.
- Put your window down and alert others not to

approach the scene. They could be shocked or electrocuted if they walk or run over the energized area or touch anything that is energized.

- Never attempt to drive over a power line or through water, snow or other debris that could be hiding one. There is no way to tell if a power line is energized, even if it is not sparking or buzzing.

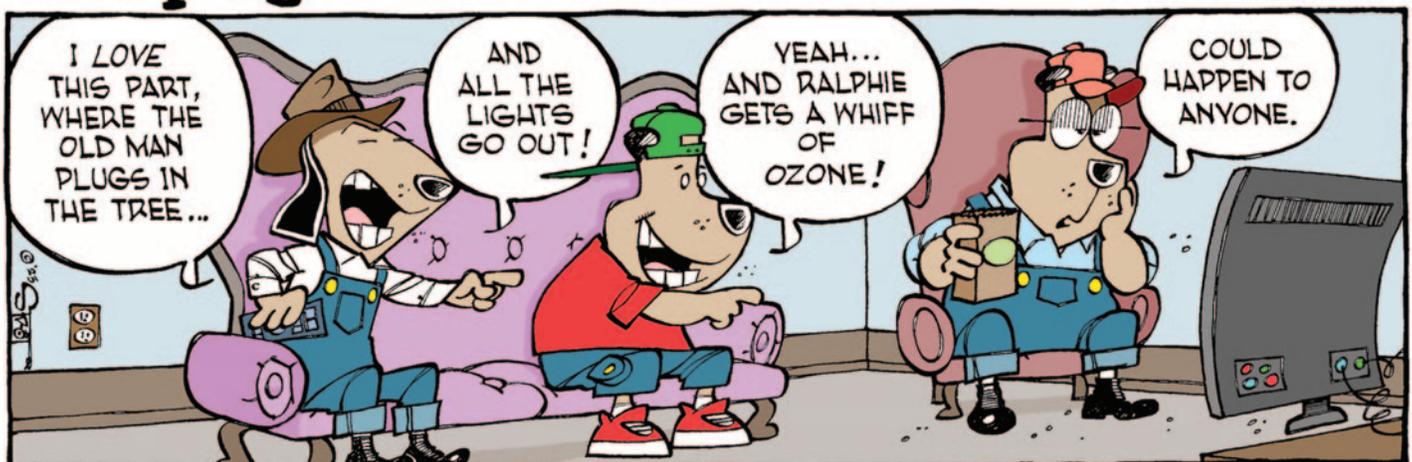
- Do not exit the vehicle UNLESS the vehicle is on fire or you see smoke. The vehicle acts as an insulator that keeps you safe from stray electricity.

- If you MUST exit the vehicle, cross your arms across your chest, put your feet together, and make a clean jump from the vehicle. Then hop with feet together as far as you can— at least 50 feet away. Once a power line is in contact with a car or truck, the ground or other objects, it energizes the area. The electrical current spreads to the vehicle and ground, and it ripples out. Each “ring” of the ripple represents a different voltage. Stepping from one voltage to the next can cause your body to become a path for electricity and electrocute you.

- If a power line is inside the vehicle due to damage or an open window, stay in the vehicle. DO NOT touch or try to move the wire. DO NOT attempt to use other objects to move it.

Keep your family safe while on the road this holiday season!

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“Beat the peak” has become a unified message among Nebraska’s public power districts and electric cooperatives as the demand for electricity grows year after year. Your electric utility must deliver around-the-clock electricity to power your life. To understand why it is so important for everyone to use less energy when there is high demand for electricity, known as peak times, let’s start with the complex system that delivers electricity to your home.

The U.S. power grid is often considered one of the largest machines in the world. Some could argue it is our country’s greatest achievement because reliable electricity has become essential to our daily lives and our economy.

The U.S. has three main interconnected power grids: the Eastern Interconnection, the Western Interconnection and the Electric Reliability Council of Texas. Each interconnection has regional balancing authorities, which are organizations that ensure electricity supply constantly matches electricity demand.

The interconnections are powered by electric generation in various sources, including hydropower, nuclear, coal, gas, wind, solar and more. Some of these generation sources can supply power constantly or be ramped up or down depending on demand, while others supply intermittent power. The energy produced by these sources connects to the grid and moves along transmission lines that allow power to travel long distances.

Your electric utility is known as a distribution utility, which operates the power infrastructure connecting transmission lines to the distribution power lines that bring electricity to your home.

This whole system and the more than 2 million people who operate it are continually working behind the scenes so we can take advantage of a 24/7 supply of electricity at the flip of a switch.

Throughout the day, demand for power supply fluctuates. If supply and demand fall out of balance, local or widespread blackouts can occur. To maintain reliable power, especially during peak times, there must

be enough power supply to equal demand.

Due to supply and demand, the cost to buy power is higher during peak times. Peak times vary across the country but are typically in the morning as we start our day and, in the evening, when we return home.

The demand for power increases every year. The U.S. Energy Information Administration projects residential consumption of purchased electricity will increase between about 14% and 22% from 2022 to 2050. Industrial, transportation and commercial consumption is also projected to experience increased demand.

As generation, transmission and distribution utilities work to increase production and maintain and protect our grid, it’s important for all of us to take steps to use less energy every day. In turn, it will help you save on

your monthly electric bill.

To beat the peak, think about how you can use less energy in the morning and evening. Start with the area that uses the most energy by adjusting your thermostat during peak hours, either up or down a few degrees depending on the season. A smart thermostat can do this for you automatically.

Are there certain appliances or devices you can wait to run until after peak hours? For example, start the dishwasher or dryer before you go to bed. If you have an electric vehicle, program it to charge overnight instead of right when you return home in the evening. Smart power strips ensure your devices are not pulling power when they are turned off. These devices work well for TVs and gaming devices.

If you have appliances that are 10+ years old, consider replacing them with new, efficient EnergyStar-rated appliances. Your public power district or electric cooperative may have rebates to help lower the initial cost.

By embracing energy conservation, we can all make small changes that have a big impact on our community and the intricate system that powers our lives. To learn more about your local peak times and how you can use less energy, contact your electric utility.



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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 foot 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 foot 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 foot 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
- Painful Legs & Feet
- Swollen, Achy 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 Nebraska Magazine readers. 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 1-888-250-8541 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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A Table Full of Festive Holiday Flavor

Cooking up a successful holiday gathering calls for everyone's favorite recipes. From the centerpiece main dish to fresh salads and appetizers, roasted sides and baked sweets, you can take seasonal get-togethers up a notch by mixing traditional classics with newfound favorites.

A decadent holiday meal isn't complete without a sweet dessert to cap off the evening. When in doubt, go with a traditional treat that's perfect for sharing: cookies.

These Ornament Cookies can be shaped any way you like to celebrate the holidays. The royal icing adorning these festive favorites is made with powdered sugar and meringue powder; just use food coloring to add a personal touch.

Make putting dinner on the table a breeze with a solution like little potatoes from The Little Potato Company, which can help bring holiday happiness to mealtime. Ready in as little as 5 minutes, they come pre-washed and require no peeling or cutting, making them the perfect time-saving solution for the holiday season.



Holiday Ornament Cookies

Cookies:

- 1 1/2 cups (3 sticks) unsalted butter, at room temperature**
- 1 cup Domino Golden Sugar**
- 1 teaspoon pure vanilla extract**
- 1 large egg**
- 3 1/2 cups all-purpose flour**
- 1/4 teaspoon salt**

Royal Icing:

- 4 cups Domino Powdered Sugar**
- 3 tablespoons meringue powder**
- 1/3 cup, plus 2-3 tablespoons, warm water, divided**
- desired food coloring**

To prepare cookies: In large bowl, beat butter and sugar until light and fluffy. Add vanilla and egg; beat until well combined. Scrape sides of bowl as needed. Add flour

and salt; beat until just combined.

Dump mixture onto lightly floured surface and divide in half. Shape each half into disks and wrap with plastic wrap. Refrigerate 30 minutes.

Preheat oven to 350 F. Line two baking sheets with parchment paper.

Working on lightly floured surface, roll dough to 1/2-inch thick. Cut cookies using ornament-shaped cookie cutter. Place cookies on prepared pans and bake 18-20 minutes, or until golden brown. Remove from oven and cool at room temperature.

To make royal icing: In large mixing bowl, combine powdered sugar, meringue powder and 1/3 cup water. Beat on low speed until combined. Increase speed to medium-high and beat 8-10 minutes, adding 2-3 tablespoons warm water, as necessary. Icing should be stiff enough to hold peak when tested.

Color royal icing with food coloring and decorate cookies.



Perfect Roasted Little Potatoes

- 1 1/2 pounds The Little Potato Company Little Potatoes
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-2 tablespoons fresh parsley, chopped

Preheat oven to 400 F.

In large bowl, toss little potatoes with oil, salt and pepper until coated.

Spread potatoes in single layer on rimmed baking sheet lined with parchment paper. Bake 30 minutes, or until tender.

Sprinkle with parsley and serve.

Tip: For extra holiday flavor, add paprika, garlic and fresh herbs.

Goombahs

- 50 caramels
- 1/2 cup evaporated milk
- 3/4 cup butter
- 6 12 oz semi-sweet chocolate chips
- 1 package German chocolate cake mix
- 1 cup chopped nuts or pecans

Melt caramels with 1/3 cup evaporated milk, set aside. Combine cake mix, butter, evaporated milk and nuts, batter will be stiff. Press 1/2 of the dough in pan. Bake at 350 degrees for 6 minutes. Remove from oven and sprinkle on the chocolate chips, then spread on the caramel mixture. Pat the rest of the dough in pieces over the caramel layer. Bake at 350 degrees for 15 – 18 minutes. Cool before cutting.

Robyn Pawoll, Herman, Nebraska

Chocolate Crackle Cookies

- 1 cup semi-sweet chocolate chips
- 1 cup brown sugar, packed
- 1/3 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup chopped walnuts (optional)
- About 1/2 cup powdered sugar

Melt chocolate, combine with brown sugar and oil. Add eggs one at a time, beating well. Add vanilla. Combine flour, baking powder and salt then add to the chocolate mixture. Stir in nuts if using, chilled dough. Drop teaspoons of dough in powdered sugar. Roll into balls to coat. Place on greased cookie sheet. Bake at 350 degrees for about 10 – 12 minutes. Cool on rack.

Jenny Bergt, Amherst, Nebraska

Ribbon Cookies

- 1 cup butter
- 1 1/2 cups white granulated sugar
- 1 egg
- 1 teaspoon vanilla
- 2 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoon salt
- 1/4 cup candied cherries, cut into small pieces
- 1 square unsweetened chocolate, melted
- 1/4 cup finely chopped nuts
- 2 teaspoons poppy seed

Cream butter; add sugar, egg and vanilla, beating after each addition. Stir together flour, baking powder and salt; beat into butter mixture. Divide dough into 3 parts. Add candied cherries to one part, chocolate and nuts to the second, and poppy seed to the third. Layer in that order by patting it into a bread pan. Refrigerate (overnight works best). Cut lengthwise down the pan and then cut into 1/8-inch slices. Bake on ungreased pan at 400 degrees for 10 – 12 minutes.

Ellen Teter, Bartley, Nebraska

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