

# NEBRASKA

Magazine

June 2021

NREA.org



## Travel the Cowboy Trail across Nebraska

### Inside:

• Bargains can be found in Elgin • Discover the beauty of the Cowboy Trail

Brought to you by





**BOTTLING UP THE #1 SECRET BEHIND TODAY'S TOP DIET:** The hybrid ingredient in AloTRIM has been shown to reduce waist size, body fat and improve blood sugar levels. It combines two fruit extracts popular in the Mediterranean Diet which experts believe are the secret to its success.

# Scientific Breakthrough Nature's Most Powerful Compounds Are "Refined & Combined" For Real & True Weight Loss!

*"Super Concentrated" Apples, Olives and More Are A Key Component to A Beautiful Body & Real Heart Health!*

Forget crazy dieting, fasting, and counting calories ... scientists have just figured out a way to "refine and combine" nature's most powerful weight loss compounds (into a breakthrough new pill called AloTRIM®), whose ingredients have been Clinically studied by a group of the world's top scientists, to help accelerate weight loss – while simultaneously supporting your heart health!

## The Easy Way To Shed Pounds Quickly

According to Liza Leal M.D, of Meridian Health Institute and company spokesperson, AloTRIM® is "a modern game changer for men and women all across America who care about their health, and who want to quickly shed unwanted pounds.

## Nature Has The Power To Eliminate Your Unwanted Fat

Science has really made a breakthrough here, as researchers have literally scoured the world in order to natural find compounds (locked inside plants) that kick-start and maintain dramatic weight loss, while at the same time boosting cardio health. No frozen low-calorie meals. No bad tasting shakes. No feeling hungry. Just some healthy food, a bit of movement, and the POWER OF NATURE working with your body to help eliminate your fat and boost your heart health!

Dr. Leal continues, "The formula of AloTRIM® is quite remarkable, as it is made from 3 Super Ingredients that have been produced by nature and "unlocked" and refined by science. Researchers have actually "isolated and concentrated" the most powerful parts of Apple, Olive, Guarana Seed (from The Amazon Jungle Basin), and Aloe – and combined them in a specific order, and in perfect quantities – to produce an over-the-counter supplement with the ability to drastically change your weight, help with energy and focus, and your life, for the better."

This new over the counter pill can actually make you look better and feel better...

## The Ultimate Level of REAL WEIGHT LOSS SUPPORT!

**Forget an Apple A Day to Keep the Doctor Away...Let AloTRIM® Give You The Health Power of "Super Concentrated Apples"**

AloTRIM's® first powerful ingredient is 250mg of "Pure Apple & Olive" Fruit & Leaf Extract (Pyrus Malus L) called PolmOlive® imported from Spain. By extracting and concentrating nature's health

boosting compounds found in Apples and bioactive properties found in Olives, this single breakthrough ingredient was is better than "an apple a day" – because it was Clinically shown (in a peer reviewed, randomized, 60 day double-blind placebo controlled study over 8 weeks in conjunction with diet and exercise) to have amazing results from participants against the control group:

- Body Weight down 22%
- Decrease of BMI (Body Mass Index) by 17%
- Decrease of Belly Fat by 29%
- Decrease in Body Fat by 24%
- Healthy Muscle Mass Gain of 29%
- Support Healthy Blood Sugar Levels
- PLUS...Participants lost nearly 2 INCHES off their Waist Size!

But beyond eliminating fat without extreme dieting, AloTRIM's® "Pure Apple & Olive" Fruit & Leaf Extract" was also Clinical shown to boost heart health with its ability to:

- Support Healthy Systolic Blood Pressure (the pressure inside your heart's arteries)
- Support Healthy Blood Pressure (the resting pressure inside your heart's arteries)
- Support Healthy Cholesterol
- Support Healthy Glucose Metabolism (to boost your blood and liver health)
- Support Healthy Blood Circulation

This proprietary registered ingredient is powerful enough on its own to increase the body's ability to experience weight loss and enormously beneficial health changes – but when perfectly blended and combined with 76mg of Guarana Seed Extract (in every capsule of AloTRIM®) ... users can also tap that ingredient's fat burning and health boosting results.

## Ingredient #2: A Secret to Wellness Direct from The Amazon Jungle

Next, blended into every capsule of AloTRIM®, is 76mg of refined, purified Guarana Seed Extract. Stamped with the endorsement "Generally Recognized as Safe", from the FDA itself, the compounds in this clinically tested seed (sustainably and responsibly taken from the trees on the edge of the Amazon Jungle) have been shown to help speed

weight loss, increase energy and focus, and, once again, boost heart health.

Containing 100% natural caffeine, equivalent to about a ¼ cup of coffee, AloTRIM's® Guarana Seed Extract works by producing an even and long-lasting, healthy energy level... without "caffeine jitters".

But, of course, this is only the second of three powerful ingredients that will empower your body to lose weight by helping speed up one's metabolism. The third is a plant known by generations for its medicinal and healing properties – Aloe.

## Ingredient #3: A Special Species of Aloe Helps Transform Your Health

Scientifically studied Aloe found in every AloTRIM® capsule is called Aloprin® (Aloe Barbadensis 100x) – and is unlike any other Aloe on the planet.

Officially Certified Organic by ECOCERT® (the Gold Standard for Organic Certification), AloTRIM's® Aloe Barbadensis has been called "the plant of immortality" for its proven health properties. Packed with vitamins, minerals, healthy enzymes and amino acids, this "wonder of nature" can work safely to support and boost the powerful AloTRIM's health properties.

This ingredient is a gift from Nature that has been refined by science. It can help you quickly achieve your weight loss goals, and help your body continue to function the way it was meant to – safely and naturally. Satisfaction Guaranteed.

## HOW TO CLAIM A FREE SUPPLY TODAY

This is an exclusive offer for our readers. And so, AloTRIM® is offering up to 3 FREE bottles and FREE S&H with their order. While supplies last you may also receive a FREE book on Aloe Vera health benefits.

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Important: Due to a surge in sales supplies are not guaranteed beyond the next 48 hours. Call now to not lose out on this offer.

Telling the story of  
Rural Nebraska

Volume 75  
Number 6  
June 2021

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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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Cover photograph by Nebraskaland Magazine/Nebraska Game and Parks Commission



Wayne Price

## Changing energy market results in more scams

I have worked in the electric industry for over 20 years and during that time there have been a lot of changes. Technology is paving the way for innovation in the way energy is used, produced, stored and shared. Topics such as smart homes and green energy are among those. People are interested in more green energy alternatives while smart homes and apps make managing energy use and paying your electric bill more convenient than ever.

While the changing energy market has created more options for consumers, it has also resulted in more utility scams. That's because of two factors.

Utility scams are common because of the vast number of utilities that exist, and consumers are understandably anxious with the threat of disruption to their electric, heating or water service. Second, new products and services in the energy industry provide an opening for scammers and pop-up companies to provide misleading information or shoddy products and services.

This isn't the first time I've talked about utility scams and, unfortunately, it probably won't be the last. It is important to stay informed and involved to avoid falling for one of these tricks.

A common phone scam typically begins with a phone number that appears to be from a valid utility company. The scammer will claim you have a past due account and threaten to disconnect service or take legal action. The scammer will typically demand that you use a prepaid debit card or money order, often within a very short, urgent time frame to pay the "past due" amount.

You can combat this scam by being aware of the status of your account. Never give your banking or personal information over the phone to someone you did not call. If you have a question or concern about your energy bill, call your electric utility directly. Do not use the phone number given by the scammer.

Another scam is connected to rooftop solar. Homeowners with rooftop solar may receive a sales call offering an accessory, upgrade or extended warranty to their solar array. The calls could be from crooks claiming to represent a solar company, promising to replace faulty or broken parts or improve efficiency. Again, if you are not expecting the call, don't be fooled. These calls offering misleading information are likely a scam.

Nebraska's public power districts and electric cooperatives can offer a candid assessment to determine whether rooftop solar is right for you. After all, they have a different "bottom line" that is not directly tied to the sale of a product or service. They take a more holistic, objective view of how to achieve energy and cost savings for our members, and that may or may not include rooftop solar.

In this ever-changing environment, it's important to remember you have a trusted energy advisor – your local rural electric utility.

# A Note from the CEO



Dennis Houston

## We're on YOUR team!

*We have you covered at home.*

The NCAA College World Series is coming to Nebraska once again for the last 10 days of June. It's baseball season and you can smell the hot dogs and pretzels in the air. Your friends at the local electric system are on YOUR home team.

You may just know us as one of the 1,000 plus men and women across Nebraska who work each day to make the lights come on when you simply flip the switch at home, in the barn or in the local businesses. We are much more than that.

You may know us as one of the many dedicated line workers who put our lives on the line each and every day working with high voltage power lines so that we can supply energy to your home and business. We are much more than that.

Our local electric system IS our community. We are engaged in our local communities that we serve in many ways. Many of our local team members serve on the school board or at the chamber of commerce to promote your community. We coach little league baseball and many other sports. Many of us are even volunteer firefighters to help keep you safe during our evening hours.

We bring our bucket trucks over to the football field to put up those new lights for that "Friday Night Lights" football game against our biggest high school rival. We say "YES" to bringing our truck over to Main Street to help hang the town's Christmas lights. We send local kids to NREA's Youth Energy Leadership Camp and our Youth Tour in Washington, D.C. each year.

We are much more than someone who works at the local electric system. We are your family, your friends and your neighbors!

A handwritten signature in black ink that reads "Dennis". The signature is written in a cursive, flowing style.

Dennis Houston  
dhouston@nrea.org



# Bargains can be found in Elgin, Nebraska

by **LaRayne Topp**

The thrift store in Elgin, Nebraska, began its life as a consignment shop. Today, some call the business a secondhand store. Others, like Marianne Psotta from Stanton, Neb., have named it a “peaceful heaven.” Its official name is the Elgin Bargain Box, but any way around it, its originator Linda Kerkman describes the store as a miracle.

“Never did we imagine it would grow so much,” she said. “It is quite the operation now.”

Run entirely by volunteers, with everything for sale in it donated by folks from the area, the shop is able to give back to the community tenfold. The business’s profits are generously shared with a wide variety of local organizations: food banks, libraries, homeless shelters, and EMT and fire departments, to name a few. Other recipients include senior scholarships and post prom events, special church projects and youth group mission trips. Since the Bargain Box opened in 2014, more than \$326,000 has been donated to these grant requests.

Today, Linda Kerkman serves as the chairman of the Bargain Box Board of Directors, making day-to-day decisions to keep the Bargain Box in operation. Other directors include Margaret Hensley, Sandy Kerkman, Tammy Starman and Judy Hestikind. Directors and volunteers work regularly scheduled days, with three or four volunteers on hand whenever the store is open.

Besides lending a hand so the store can run smoothly, many volunteers offered assistance when the Bargain Box was originally established. They designed staging areas, painted walls, located and erected shelving, and brainstormed about how to keep the Bargain Box growing and thriving. In doing so, according to Kerkman, they have formed a common sense of community, while serving Elgin and numerous charities locally and abroad.

Some volunteers drive a distance to do so. When she plans a workday at the Bargain Box, Marianne Psotta brings along Kathy Becker and Ann Louise Brockman, both of Pilger, about 60 miles away. The three women join with other volunteers to pack boxes of clothing for

Orphan Grain Train, bringing along casseroles and crockpots filled with steaming soup. On the days the three women arrive, a number of volunteers gather together in the Bargain Box’s work area, and at noon share a potluck lunch.

“It’s awesome that they drive all this way,” said fellow volunteer JoAnn Baum of Elgin. But she understands why. Baum describes spending time in the workrooms of the Bargain Box as her therapy. Doing good and sharing her time is heartwarming and rewarding, she said.

Those from the Elgin community also check in. Kerkman has found that if a project is underway and the board members purchase materials, volunteers just seem to appear. They were especially on hand when the building underwent major renovation upon its purchase. For example, when the remodeling crew put up ceiling fans, they had only to buy the switches; community volunteers did the rest. Major renovations have included a new roof, windows and flooring.

“Elgin is a wonderful town,” Kerkman explained. “It seems to me that we have grown in generosity and concern for others by becoming part of the Bargain Box mission: donating, selling and volunteering.”

Mitzi Fisher is a prime example. “It’s my day off,” she said, “and the only thing I plan to do is come here.”

Part of the reason she looks forward to time spent at the Bargain Box is the good feeling she gets helping out the community, but a major determining factor is the atmosphere of the store itself, where volunteers are as cheerful as the shoppers.

“That’s who we are,” Kerkman said, “and not just when customers are here.”

However, volunteers aren’t just sitting around visiting; they’re busy. As donated items arrive, trendy and easily-sellable clothing are sorted and placed into one of a half-dozen display rooms featuring baby items, women’s clothing, kitchen goods, and men’s and boy’s clothing.

A general store in the back room of the Bargain Box is divided into separate section which include toys, medical and fitness items, wall décor, books and bedding, to name a few. Another building nearby showcases used furniture.

Clothing which doesn’t sell within a month or two is sorted by gender and season, boxed up and forwarded to



*Linda Kerkman poses with items for sale in the Bargain Box's General Store. Photograph by LaRayne Topp*

the Orphan Grain Train, centered in nearby Norfolk. From there it's dispensed to the needy at both domestic and international distribution points. To date, the Bargain Box volunteers have boxed up more than 5,500 boxes of clothing and bedding for Orphan Grain Train to disperse.

In some cases, volunteers take donated clothing home to wash or mend. If clothing is too worn to wear, it's given to the Salvation Army which, in turn, sells it to a Canadian manufacturer to turn into insulation. Denim clothing which can't be utilized is collected and offered free to quilters.

"Nothing goes to waste here," JoAnn Baum noted. At least not if Linda Kerkman has anything to do with it, she said.

Kerkman believes that everything has a purpose, including every person's allotted time on earth. Kerkman has used 40 years of hers working as a nurse. She and her husband, the late LeRoy Kerkman, raised a family of four while farming near Elgin. When Linda retired from nursing in 2012, she searched for a mission where she could spend her retirement days. She read about a new secondhand store in Pender, an article she believes God intended for her to read. After discussing possibilities with friends, plans were soon made to start a thrift store on Elgin's Main Street.

Today, that thrift store offers a place for shoppers to locate a good buy, for volunteers to spend their time in service, and an opportunity for the thrift store to benefit the community.

Any way you look at it, as Linda Kerkman says, Elgin's Bargain Box is "quite the operation."

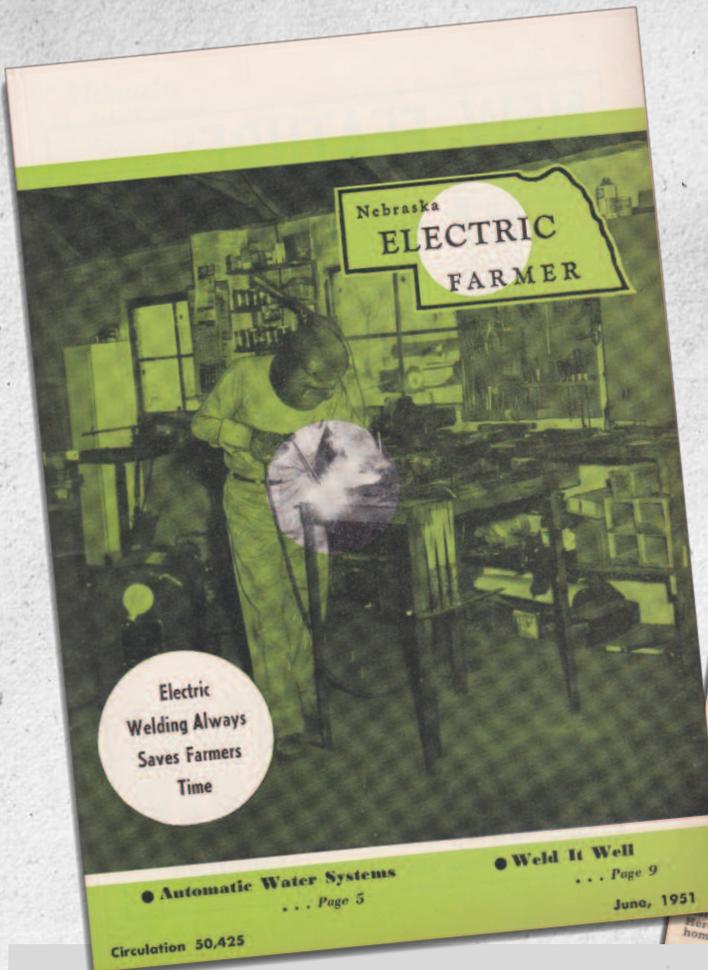
# 70 YEARS AGO

The Nebraska Rural Electric Association has published a statewide magazine for the past 75 years, keeping readers informed about their public power utilities, promoting the time-saving benefits of electric power and telling the story of rural Nebraska.

The cover story of the June 1951 issue highlighted how electric welding saves time, labor and money by doing it at home. Readers also learned about automatic water systems and found

advertisements for sewing machines, refrigerators and electric fences.

Even though the fashions, appliances and recipes might have changed since 1951, our mission to inform, entertain and educate our readers has not.



## Electric Farmer Grows; Adds Another Insert

The Electric Farmer Office was a busy place last month. About 50,850 copies of the May Magazine were printed and were sent to 50,300 farm homes in Nebraska all served by REA. Of this number about 1,800 all members of Wheatbelt Electric Membership Ass'n. of Sidney, then became members of the big family. They will now receive the publication every month.

Wheatbelt also started out by including their own insert called the "Wheatbelt Electric News". Harold Herman is editor of the insert. This insert like three others is edited and laid-out in the Electric Farmer office and printed by those who print the magazine.

## STATE REA NEWS

### Seward Energizes New Substation

April 19, Seward County Rural Public Power District energized a new substation southwest of Tahoma. It replaces another substation located two miles north of Utica and is twice the size and capacity of the Utica station.

At the time of the energizing of the original station in Dec. 1939, it was thought that it would be large enough to supply power for both the Seward and York REA's. It served this duty until May of 1948. At that time the York REA energized their own station.

E. C. Bentzinger, Seward Manager, stated that this new substation will make considerable improvement in the electric service which is being rendered the customers; but at the rate of increase in power demands it is questionable as to just how long before it will be necessary to make still further changes.

### Managers Hold Meeting

The Nebraska REA Managers Association held their meeting recently in Grand Island. Howard Slonecker, manager of the York County Rural Public Power District, York, was elected president and Wesley Schulz, Cornhusker Rural Public Power District, was elected secretary. They succeed Arnold Erickson, Grand Island, and Roy Miller, Palisade.

### Southwest Hold Fifth Annual District Meeting

Southwest Electric Membership Corp., Palisade held its fifth annual meeting recently with a large attendance. Robert Crosby, North Platte, former Lt. Governor of the state, was the principle speaker.

Five board members were re-elected for a two year term. They are: Norval Diehl, Stratton; Fay McKillip, Hayes Center; Lloyd Pilum, Enders; John J. Kitt, Wauweta; Axel Olson, McCook.

Several attendance awards were made at the meeting.

### Cuming Tops All-Time Record

Cuming County Rural Public Power District at West Point made a record in March. At that time its customers used an averaged all-time high of 468 kwh. This was 26 percent over one year ago, according to A. H. Chantry, manager.

The district has opened its kitchen and demonstration rooms for district 4-H club leaders, county agent meetings and others.

Mr. Chantry reports that many requests for pasture pumps in Cuming's heavy beef producing area are being received.

Also news to the district is that two of its apprentice linemen are now in the ...



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cluded are funds for acquisition of distributing and general facilities in the town of Wood, Ark.

## Larry's Safety Lesson

# Be Alert to Avoid Lightning Strikes

By Larry Oetken



Did you know lightning can strike even if it's not raining? Lightning strikes kill 55 to 60 people every year, according to the

National Oceanic and Atmospheric Administration (NOAA). More than 400 people are hit by a bolt each year.

If you prepare before an outdoor event and know how to protect yourself, you can stay safe from lightning.

• **Check the weather.** A simple forecast can tell you whether you should delay outdoor activities to avoid a dangerous situation. Dark skies, winds, and lightning flashes are all signs that

you should seek shelter.

• **Seek shelter.** As soon as you hear a rumble of thunder, head for a safe place—an enclosed structure, one with plumbing and wiring is best, or a car. Open-air shelters and covered porches are often not safe places. Avoid tall trees that stand alone, towers, and poles, as well as metal fences and other conductors of electricity. And keep out of open areas, so that you're not the tallest object in a field.

• **Wait it out.** Leaving safe shelter too quickly makes you vulnerable to lightning strikes. Wait at least 30 minutes after the last rumble of thunder before you head back outdoors.

Source: NOAA

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



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# YOUR HOME, ELECTRIFIED

## HEATING & COOLING WITH HEAT PUMPS

According to the U.S. Department of Energy, when paired with proper insulation, an electric heat pump can save over 30 percent on your heating and cooling bills compared to conventional HVAC systems. Here are some advantages of a heat pump:

- One system to heat your home (even in sub-zero temperatures) and cool during warmer months
- Eliminate potential carbon monoxide exposure from combustion byproducts
- Costs substantially less to heat your home than propane or electric baseboard heat

## POWER UP YOUR GARDENING TOOLS

Electric garden tools can last longer and are emissions-free, meaning you'll smell the scents of summer, not the smell of exhaust. Plus, with modern technology, they are just as effective as gas-powered alternatives. Just charge the battery and go!

- Low maintenance – no oil changes or need to treat fuel, change spark plugs or filters.
- No need to purchase and store gasoline
- Electric models are lightweight and easy to handle

## SAVE WITH AN ELECTRIC VEHICLE (EV)

Sales of light-duty electric vehicles rose by 43% in 2020. On average, EVs have a lower cost of operation over their lifespan, and buyers are taking notice.

- Less maintenance
- Increased savings compared to gasoline
- Fun to drive because of torque

## REBATES FOR YOUR HOME

Contact your local electric co-op or public power district to find out more on available rebates and incentives

# Discover the beauty of the Cowboy Trail



Nebraska is home to a number of scenic recreational trails converted from railroad lines. Perhaps the most well known of these trails is the Cowboy Trail in northern Nebraska. The 194-mile long trail was part of the Chicago & Northwestern Railways stretching across the Sandhills from Valentine to Norfolk, Neb.

Alex Duryea, Recreational Trails Manager at the Nebraska Game and Parks Commission, said the trail has been developed in sections since beginning in 1996. The Nebraska Game and Parks Commission is responsible for the development and maintenance of the trail.

The Cowboy Trail is used for biking, hiking, walking, equestrian, snowshoeing, cross country skiing, and dog sledding.

There are trailheads located in Norfolk and Valentine, which has a bike share station where visitors can rent

bicycles for a quick ride on the trail. Most of the trail is an eight-foot wide strip of crushed limestone rock with some smaller sections of concrete pavement. It passes through tall grass prairies and includes 221 bridges which have been converted for recreational use.

The quarter-mile long bridge across the Niobrara River just east of Valentine is one of the most scenic spots on the trail. The historic railroad bridge is 148 feet high and offers wonderful views of the river valley. Another bridge at Long Pine stretches 595 feet long and stands 145 feet high over Long Pine Creek.

Other features to note:

- The trail is constructed of crushed limestone and compacted to make a smooth surface.
- Pack your own snacks and water for your trip.
- Generally mountain or hybrid bikes are best for riding, or anything with a wider tire.



- Footwear for hikers is whatever one finds comfortable on hard surfaces.
- All horseback riders are required to ride on the right-of-way and to stay off the prepared surface.
- At times Texas sandbur seeds (puncture vine) are carried by wind or wildlife onto the trail and are very hard to see. These are unavoidable and cyclists should consider bringing several tire tubes for their ride.
- Some communities along the trail provide camping and all welcome and enjoy travelers to use their amenities. Most are located 10 to 15 miles apart.
- Trail users should know the rules of trail etiquette and yield to other users so that everyone on the trail stays safe and enjoys their time.

Source: Nebraska Game and Parks Commission



*Opposite: Aerial view of the Chicago Northwest Railroad bridge which spans the Niobrara River a mile east of Valentine in Cherry County.  
The O'Neill Depot in Holt County in one of the few depots that remain along the trail.*

*Rick Reeves of Gordon rides a bicycle on the Cowboy Recreation and Nature Trail east of Rushville.*

*Photographs courtesy of Nebraskaland Magazine/Nebraska Game and Parks Commission*

*A railroad bridge crosses the Elkhorn River west of Norfolk.*

These days many of us are spending more time at home and finding new, creative ways to enhance our living space. Tackling do-it-yourself (DIY) projects for the home can be fun and cost-effective, so why not roll up those sleeves and get started! Whether you're painting the front door with a fresh hue or finally upgrading those patio lights, successfully completing a DIY home project is incredibly satisfying. But



*Keep safety in mind as you take on any home improvements. Photograph by Roselyn Tirado*

many of these projects do not come without risks. Here are a few safety tips to keep in mind as you get to work.

- Start by selecting a designated work area. The amount of space you'll need will depend on the size and scope of your project, but make sure you have adequate lighting and ventilation (if necessary). Required tools and equipment should be located in your workspace and organized for easy access.
- Personal protective equipment (PPE) is your friend. We know you're a pro but investing a few bucks in PPE is essential for most home projects. Stock up on safety goggles, dust masks, ear plugs (or noise reduction ear

protectors), gloves and any other kind of protection you'll need for your project. Remember to wear appropriate clothing and shoes. (Ditch the sandals for this!)

- Work slowly and clean as you go. When you rush through a DIY project, you'll likely end up with less desirable results than you intended, or worse, you could make a costly or dangerous mistake. Take your time and

remember that you are in control of the project. You should also clean as you go to ensure a safer workspace. Pick up any scrap materials, tools that aren't in use and any tripping hazards.

- Be cautious with power tools. Annually, 8% of electrocutions in the U.S. are attributed to improper use of power tools. Remember, you should only tackle DIY home projects within your skill and comfort level. For projects that require extensive electrical work, we strongly recommend you hire a licensed, qualified electrician for assistance.

## Murphy



# PLAN WHEN YOU PLANT

## WHERE TO PLANT



Trees growing too close to power lines can cause service outages or dangerous situations for you and your neighbors.

Before you grow, get the facts.

- Know the height your tree will reach at maturity:
  - If the mature height is less than 20 feet, the tree will likely fit under power lines and is unlikely to need trimming to protect public safety and service.
  - If the mature height is 30 to 40 feet, plant your tree 15 to 20 feet from the outside line of a power pole.
  - If the mature height is greater than 40 feet, plant your tree at least 35 feet from your home and remain clear of power lines.

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# Doctor urges seniors to carry medical alert device

## Seniors snap up new medical alert device that comes with no monthly bills

People don't always do what their doctor says, but when seasoned veteran emergency room physician, Dr. Philip B. Howren says every senior should have a medical alert device, you better listen up.

"Seniors are just one fall away from being put in a nursing home," Dr. Howren said. "With a medical alert device, seniors are never alone. So it keeps them living independently in their own home. That's why seniors and their family members are snapping up a sleek new medical alert device that comes with no monthly bills ever," he said.

Many seniors refuse to wear old style help buttons because they make them look old. But even worse, those medical alert systems come

with monthly bills.

To solve these problems Universal Physicians, a U.S. company went to work to develop a new, modern, state-of-the-art medical alert device. It's called "FastHelp™" and it instantly connects you to free unlimited nationwide help everywhere cell service is available with no contracts, no deposits and no monthly bills ever.

"This slick new little device is designed to look like the pagers doctors wear every day. Seniors love them, because it actually makes them look important, not old," Dr. Howren said.

FastHelp is expected to hit store shelves later this year. But special newspaper promotional giveaways are slated for seniors in select areas. ■



■ **NO MONTHLY BILLS:** "My wife had an old style help button that came with hefty bills every month and she was embarrassed to wear it because it made her look old," said Frank McDonald, Canton, Ohio. "Now, we both have FastHelp™, the sleek new medical alert device that our grandkids say makes us look 'cool' not old," he said. With FastHelp, seniors never have to worry about being alone and the best part is there are no monthly bills ever.

# Seniors born before 1956 get new medical alert device with no monthly bills ever

*It's just what seniors have been waiting for; a sleek new medical alert device with no contracts, no deposits and no monthly bills that instantly connects you to free unlimited nationwide help with just the push of a button for a one-time \$149 price tag that's a real steal after today's instant rebate*

The phone lines are ringing off the hook.

That's because for seniors born before 1956, it's a deal too good to pass up.

Starting at precisely 8:30am this morning the Pre-Store Release begins for the sleek new medical alert device that comes with the exclusive FastHelp™ One-Touch E 911 Button that instantly connects you to unlimited nationwide help everywhere cell service is available with no contracts, no deposits and no monthly bills ever.

"It's not like old style monitored help buttons that make you talk to a call center and only work when you're at home and come with hefty bills every month. FastHelp comes with state-of-the-art cellular embedded technology. That means it works at home or anywhere, any-

*(Continued on next page)*



■ **FLYING OUT THE DOOR:** Trucks are being loaded with the new medical alert devices called FastHelp. They are now being delivered to lucky seniors who call the National Rebate Center Hotline at 1-866-964-2952 Ext. HELP2761 today. Everyone is calling to get FastHelp, the sleek new medical alert device because it instantly connects you to unlimited nationwide help everywhere cell service is available with no contracts, no deposits and no monthly bills ever.

(Continued from previous page)

time cell service is available whether you're out watering the garden, driving in a car, at church or even hundreds of miles away on a tour or at a casino. You are never alone. With just a single push of the One-Touch E Button you instantly get connected to free unlimited help nationwide with no monthly bills ever," said Jack Lawrence, Executive Director of Product Development for U.S. based Universal Physicians.

"We've never seen anything like it. Consumers absolutely love the sleek new modern design and most of all, the instant rebate that practically pays for it and no monthly bills ever," Lawrence said.

FastHelp is the sleek new medical alert device with the best of combinations: a quality, high-tech engineered device that's also an extremely great value because there are no monthly bills ever.

Better still, it comes with no contracts, no deposits and no monthly bills ever - which makes FastHelp a great choice for seniors, students and professionals because it connects to one of the largest nationwide networks everywhere cell service is available for free.

And here's the best part. All those who already have an old style monitored medical alert button can immediately eliminate those monthly bills, which is why Universal Physicians is widely advertising this announcement nationwide.

"So if you've ever felt a medical alert device was too complicated or expensive, you'll want to get FastHelp, the sleek new medical alert device with no monthly bills," said Lawrence.

The medical alert device slugfest was dominated by two main combatants who both offer old style monitored help buttons that come with a hefty bill every month. But now Universal Physicians, the U.S. based heavyweight, just delivered a knockout blow sending the top rated contenders to the mat with the unveil-

ing of FastHelp. It's the sleek new cellular embedded medical alert device that cuts out the middleman by instantly connecting you directly to highly trained 911 operators all across the U.S. There's absolutely nothing to hook-up or install. You don't need a land line and you don't need a cell phone. Everything is done for you.

"FastHelp is a state of the art medical alert device

designed to make you look important, not old. Old style monitored help buttons you wear around your neck, or require expensive base station equipment or a landline are the equivalent of a horse and buggy," Lawrence says. "It's just outdated."

Millions of seniors fall every year and spend hours lying on the floor helpless and all alone with no help.

But seniors who fall and

get immediate help are much more likely to avoid getting sent to a nursing home and get to STAY living in their own home independently.

Yet millions of seniors are still risking their safety by not having a medical alert device. That's because seniors just can't afford to pay the monthly bills that come with old style medical alert devices.

That's why seniors born before 1956 are rushing to

cash in the whopping \$150 instant rebate before the 7 day deadline ends.

So there's no need to wait for FastHelp to hit store shelves later this year because seniors born before 1956 can get it now just by using the \$150 instant rebate coupon printed in today's newspaper before the 7-day deadline ends. If lines are busy keep trying, all calls will be answered. ■

## HOW TO GET IT:

► **IF BORN BEFORE 1956:** Use the rebate coupon below and call this Toll-Free Hotline: 1-866-964-2952 EXT. HELP2761

► **IF BORN AFTER 1956:** You cannot use the rebate coupon below and must pay \$299 Call: 1-866-964-2955 EXT. HELP2761

**THE BOTTOM LINE:** You don't need to shop around. We've done all the leg work, this deal is too good to pass up. FastHelp with the instant rebate is a real steal at just \$149 and shipping and there are no monthly bills ever.

**PROS:** It's the sleek new medical alert device that comes with the exclusive FastHelp One-Touch E 911 Button that instantly connects you to free unlimited nationwide help everywhere cell service is available with no contracts or deposits. It connects you to the vast available network of cellular towers for free and saves seniors a ton of money because there are no monthly bills ever making this deal irresistible. Plus it's the only medical alert device that makes seniors look important, not old.

**CONS:** Consumers can't get FastHelp in stores until later this year. That's why it's so important for seniors born before 1956 to call the National Rebate Center Hotline within the next 7 days. For those who miss that deadline, the sleek little medical alert device will set you back over \$300 bucks.



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**Q** : With Father's Day approaching, the kids and I are thinking of getting my husband some rechargeable power tools. Do you have any recommendations? When is the extra cost of cordless worth the investment?

**A** : Great idea! If your husband enjoys tackling home projects, rechargeable tools are an excellent gift idea.

Rechargeable cordless tools are worth the investment when the corded version is the least convenient option. For example, a power drill is something you usually move around with and often use outside, so a cordless drill is much more convenient and a worthy investment. On the other hand, a table saw is usually not the first choice of cordless tools because it doesn't need to be moved repeatedly during a home project.

Quality cordless tools are usually less expensive if you buy them as part of a set instead of one tool at a time. And since each line of tools uses a unique battery, you can't mix and match between brands. So, it may cost less in the long run to buy a cordless starter kit with a few helpful tools and a battery, then add tools to the set as needed. Here are a few cordless tools that the father in your family should love!

### 1. Power drill

As one of the most-used power tools, a drill should be everyone's first cordless tool. Using a corded drill can mean constantly moving the cord around furniture, other tools or your own feet, which can be dangerous. Cordless drills are so easy to use, and the technology has improved so they have more power and hold a charge longer. Light-duty drills are smaller and less powerful but easy to use for smaller projects.

### 2. String trimmer

A string trimmer is a quick way to trim weeds and grass

near walls, bricks and rocks. If your family uses an old gas trimmer around the yard, it's time for a change. Two-stroke engines pollute the air and require regular maintenance. Electric trimmers are more energy efficient and quieter. You can find a variety of models between \$50 and \$150, and it's worth paying a little more to get a highly rated model that will last longer.



*A cordless drill is one of the handiest tools for home projects. Photograph provided by Charles & Hudson*

### 3. Leaf blower

If the father in your family uses a gas-powered leaf blower, you can do him (and your neighbors!) a favor by giving him a cordless leaf blower, which is more energy efficient, much quieter and less polluting.

### 4. Flashlight

LED technology is amazing—today's LED flashlights can produce 20 times as much light as the old incandescent ones. And they come in a variety of options, from tiny key chain lights to

headlamps to waterproof spotlights. A flashlight can usually give better light than a cell phone, especially if you're working in a tight space like under a sink. A flashlight often comes as part of a cordless tool set, or you can buy a single unit that recharges using a USB port on a charger, a USB wall socket or a mobile phone battery.

Batteries make cordless tools possible. Lithium-ion batteries are more expensive, but they're gaining popularity because they hold a charge longer. They also have a longer life, but they still degrade over time and may need to be replaced in about three years.

It's worth buying a reputable brand of cordless tools so you can be confident you will be able to find a replacement battery. Lithium-ion batteries should not be disposed with trash because they are a fire hazard and contain toxic chemicals. Your local waste disposal service can provide information on how to dispose of these batteries properly.

It goes without saying, but these cordless tool gift ideas aren't just for dads. All DIY enthusiasts would enjoy any of these gifts and hopefully put them to good use!

## LIHEAP Program targets payment of utility bills

The Low-Income Home Energy Assistance Program (LIHEAP) is a federal program that helps low-income households by providing them with financial assistance to offset the costs of heating and cooling. From the perspective of the Nebraska Rural Electric Association and our membership, the LIHEAP program is a valuable program that can provide direct support to those most in need of assistance with their utility payments.

Although LIHEAP is a federal program, implementation of the program falls to Nebraska's Health and Human Service Department. As such, the Legislature can have a say in the details of how this program is carried out.

LB 306, introduced in the Unicameral by Senator Tom Brandt of Plymouth, would make two important changes to the LIHEAP program. First, individuals can currently qualify for LIHEAP support if they earn less than 130 percent of the federal poverty level. For a family of four, this amounts to about \$34,000 per year. LB 306 would increase this threshold to 150 percent of the federal poverty level. Increasing the threshold and allowing more individuals to qualify for support would not cost the state additional funds but would ensure more Nebraskans are better able to utilize the federal assistance that already exists.

Many households across the state cannot afford their utility bills, put food on the table, pay their rent or mortgage, childcare, and medical expenses. The LIHEAP program is a success because it directly targets the payment of utility bills and helps those most in need with this essential payment. LIHEAP payments are sent directly to the local utility and applied directly to the utility bill. The LIHEAP program can help to alleviate the burden of an unpaid utility bill and can help to avoid a utility shut-off and the fees that come with reestablishing service.

Secondly, 15 percent of funds available through the LIHEAP program can be used for weatherization projects. Often, high utility bills are the result of an inefficient home. Low-income residents may lack the funds needed to provide weatherization upgrades that can directly impact their heating and cooling bills. LB

306 would focus the LIHEAP program on weatherization by requiring that not less than 10 percent of LIHEAP funds be allocated to weatherization. Weatherization assistance gets to the root of this issue by working to permanently reduce energy bills through more energy efficient households and making it easier for customers to pay their monthly bills.



*Caulking seals air leaks around existing windows as well as new windows. Photograph provided by rareformproperties.com*

At the time I am wringing this update, LB 306 has passed two rounds of debate and will soon be considered on Final Reading. If the Legislature chooses to advance the bill, a signature by the Governor would still be required before the bill can become law. Since the bill contains the emergency clause, if it passes with 30 votes, it will become law immediately after it receives the signature of the Governor. With the current success of the bill advancing through the process, we are hopeful this bill can cross the finish line this year. Hopefully, by the time you read this article, LB 306 will be in effect.

Nebraska residents can apply by filling out an application via the ACCESSNebraska website: or by calling ACCESSNebraska at (800) 383-4278.

# A Fresh, Sweet Way to Celebrate Spring

Enjoying a meal outside is one of the many benefits of warmer weather, which makes spring a favorite season for those who relish the opportunity to dine outdoors. When the weather cooperates, a light dish focused around fresh ingredients is a perfect way to savor the moment.

Center your next al fresco dining occasion around a recipe like this Flatbread with Caramelized Onions, Bacon and Arugula. Whether you choose to bake this spring delight in the oven or lay it flat on the grill, it's an easy way to enjoy fresh flavors in the sunlight.

It starts with sweet caramelized Texas 1015 onions, a versatile veggie that can be grilled, roasted or eaten fresh on salads and sandwiches. Straight from more than 100 Texas farm fields to grocery stores, the low sulfur content makes them a “no tear” onion, meaning there's no hot or burning sensation when you cut or eat them.

Once the onions are caramelized, simply layer them along with cheese and bacon on a flatbread before baking or grilling less than 15 minutes. Top with arugula tossed with olive oil and lemon juice for a sweet eat.

Recipe courtesy of South Texas Onions.



## Flatbread with Caramelized Onions, Bacon and Arugula

- 1 **tablespoon butter**
- 1/2 **tablespoon olive oil**
- 1 **large sweet onion, sliced**
- 1/2 **teaspoon balsamic vinegar**
- 1 **naan flatbread (rectangular shape)**
- 1 **cup cheddar cheese, shredded**
- 1 **cup fontina cheese, shredded**
- 4 **slices bacon**
- arugula**
- olive oil (optional)**
- lemon juice (optional)**

10-15 minutes. With 10 minutes left, stir in balsamic vinegar.

To make flatbread: Preheat oven to 425 F. On flatbread, layer cheese, bacon and caramelized onions. Bake 13-15 minutes, or until cheese is bubbly and edges are golden brown. Toss arugula with olive oil and lemon juice, if desired, before placing on flatbread.

To make caramelized onions: In pan over medium-high heat, heat butter and olive oil. Add onions and let sit about 5 minutes. Once onions start sweating, turn heat to low and cover pan. Cook onions to deep golden brown, stirring every



### **Horseradish Mashed Potatoes**

- 2 quarts water**
- 1 1/4 teaspoons salt, divided**
- 3 pounds Yukon Gold potatoes, halved**
- 1 stick of unsalted butter, cut into 8 slices, divided**
- 16 ounces sour cream**
- 1/4 cup horseradish, prepared and squeezed of moisture**
- 1/2 teaspoon pepper**
- 1/4 cup chopped chives, plus additional for topping**

In saucepan, bring water and 1 teaspoon salt to boil. Add potatoes and boil 15-20 minutes. Reserve 1/2 cup liquid.

Drain potatoes and place in bowl. Add six slices of butter and mash potatoes coarsely.

In medium bowl, whisk together sour cream, horseradish, remaining salt, pepper and chives. Add mixture to mashed potatoes. Add reserved water. Mash to combine.

Transfer to serving bowl and top with remaining butter pieces and additional chives.

Recipe courtesy of Culinary.net.

### **Hot Pepper Jelly**

- 2 1/2 cups finely chopped red bell peppers**
- 1 1/4 cups finely chopped green bell peppers**
- 1/4 cup finely chopped jalapeno peppers**
- 1 cup apple cider vinegar**
- 1 (1.75 oz.) package powdered pectin**
- 5 cups white sugar**

Either chop all the peppers or run thru a blender. Add vinegar and pectin. Bring mixture to a full rolling boil, stirring constantly. Quickly stir in sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat and skim off any foam. Ladle jelly into sterile jars, filling to within 1/4 inch from the tops. Cover with flat lids and screw on bands tightly. Place jars in hot water bath. The water should cover the jars completely. Bring water to a boil and process for 5 minutes. Remove jars and cool.

**Deanne Cooper, Oshkosh, Nebraska**

### **Mostaccioli Noodle Salad**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><b>1 package mostaccioli noodles, cooked and cooled</b></li> <li><b>1 1/2 cups vinegar</b></li> <li><b>1 1/2 cups sugar</b></li> <li><b>1 teaspoon salt</b></li> <li><b>2 teaspoons mustard</b></li> <li><b>1 teaspoon pepper</b></li> </ul> | <ul style="list-style-type: none"> <li><b>1 teaspoon Lawry's season salt</b></li> <li><b>1 teaspoon garlic</b></li> <li><b>2 cucumber sliced</b></li> <li><b>1 onion, sliced</b></li> <li><b>2 peppers, sliced and can use different colors to make pretty</b></li> </ul> |
|---|---|

You can add any other vegetables you like. Mix together, refrigerate and let set overnight.

**Judy Mullen, Kearney, Nebraska**

### **Cucumber Salsa**

- 6 cucumbers, peeled and diced**
- 1 can Rotel tomatoes (can use fresh tomatoes if you prefer)**
- 1/4 cup apple cider vinegar**
- 1 package dry ranch seasoning (you can add your own seasoning if you prefer)**
- 1 medium red onion**

Refrigerate and serve cold with scoop chips! It's so refreshing and is a great way to use cucumbers. This is one of my favorites!

**Crystal Hood, Brady, Nebraska**

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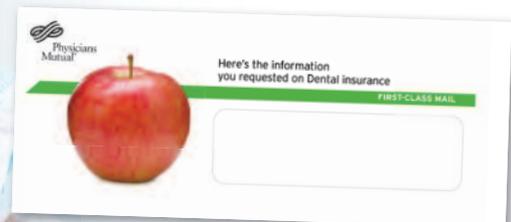
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Traditional rollators and walkers simply aren't designed well. They require you to hunch over and shuffle your feet when you walk. This puts pressure on your back, neck, wrists and hands. Over time, this makes walking uncomfortable and can result in a variety of health issues. That's all changed with the Perfect Walker. Its upright design and



padded elbow rests enable you to distribute your weight across your arms and shoulders, not your hands and wrists, which helps reduce back, neck and wrist pain and discomfort. Its unique frame gives you plenty of room to step, and the oversized wheels help you glide across the floor. The height can be easily adjusted with the push of a button to fit anyone from 4'9" to over 6'2". Once you've reached your destination you can use the hand brakes to gently slow down, and there's even a handy seat with a storage compartment. Plus the Perfect Walker includes Stand Assist handles which make standing from a sitting position simple and easy. Its sleek, lightweight design makes it easy to use indoors and out and it folds up for portability and storage.

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