

NEBRASKA

Magazine

NREA.org

September 2021



Arbor Lodge

State Historical Park

Inside:

- **Arbor Lodge • Efficient & Safe Farming Technologies**
- **Electric Trucks and SUVs Are Coming**

Brought to you by



This harvest season, don't put your

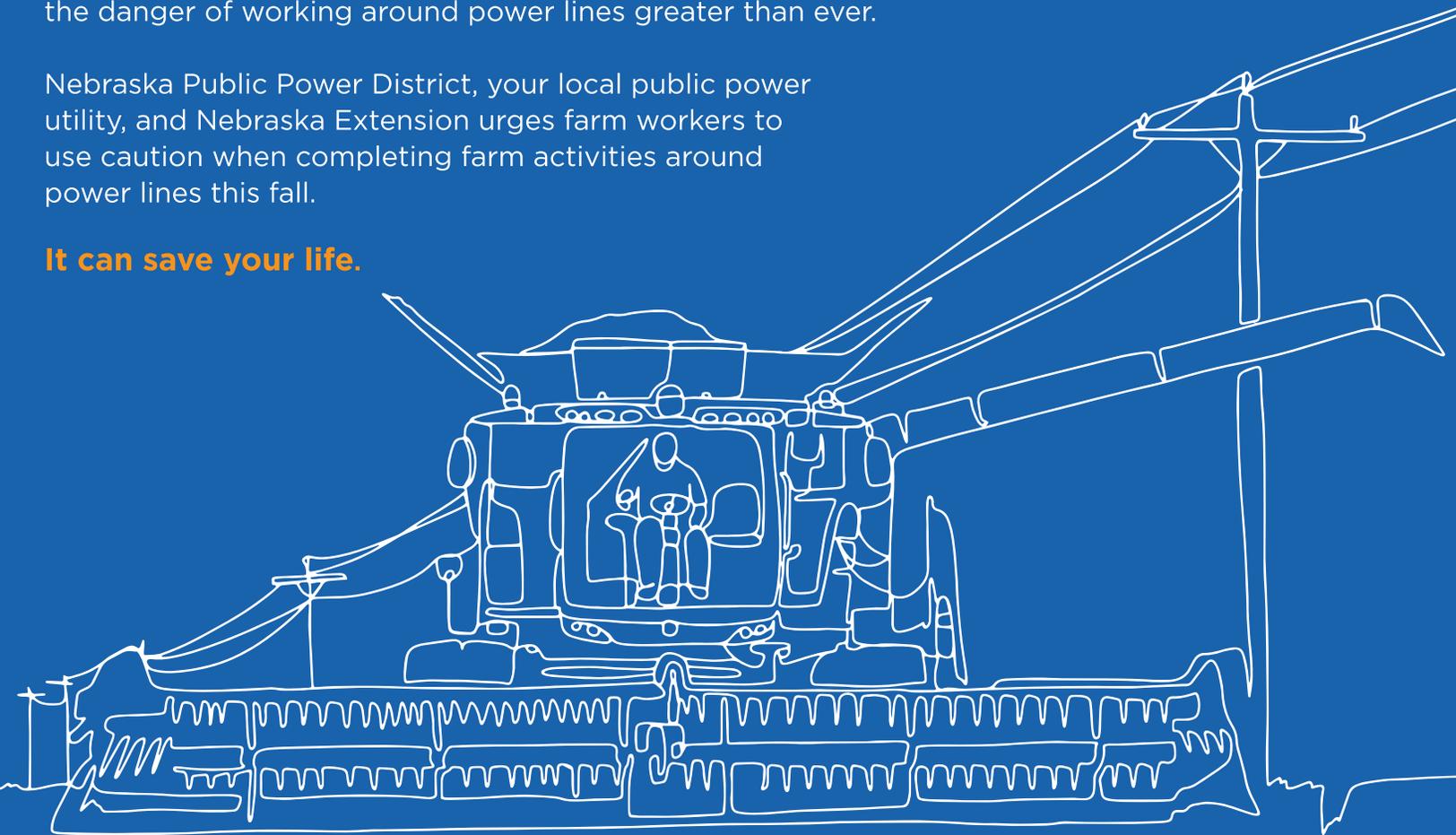
LIFE ON THE LINE.



Today's farm machinery is bigger, taller, and more automated, making the danger of working around power lines greater than ever.

Nebraska Public Power District, your local public power utility, and Nebraska Extension urges farm workers to use caution when completing farm activities around power lines this fall.

It can save your life.



Scan with your smartphone to watch our power line safety video.



Nebraska Public Power District
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Together with your local public power utility.

*Telling the story of
Rural Nebraska*

**Volume 75
Number 9
September 2021**



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As farming technology advances, farmers are finding new ways to reduce costs, improve efficiency and increase crop yields. With a whole suite of benefits it's no surprise that technologies and strategies for precision agriculture are becoming more commonplace.

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Cover photograph by Wayne Price



Wayne Price

Leave the power pole alone

Placing a sign on a utility pole could endanger a life

What do yard sale signs, basketball hoops, deer stands, satellite dishes, and birdhouses have in common? Believe it or not, 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 danger.

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

Your local electric utility line crews climb these 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."

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



Photograph by Kathy Chase

Arbor Lodge State Historical Park



Arbor Lodge State Historical Park is the original home of the Morton family. The mansion features Victorian and Empire furnishings, many of which were owned by the Mortons, and handcarved wood trim.

The 52-room neo-colonial mansion once owned by J. Sterling Morton sits on a high hill on the western edge of Nebraska City, Neb. He served as president of the Nebraska Board of Agriculture and was Secretary of Agriculture on President Grover Cleveland's cabinet.

His greatest accomplishment was drafting the resolution that founded the celebration of trees that is now known around the world as Arbor Day.

The original home of J. Sterling and his wife, Caroline, was a simple log cabin. The Morton's transformed the cabin into the first framed house between Nebraska City and the Rocky Mountains. There were four major renovations during J. Sterling's lifetime and another after he died. The four room home where the Mortons raised their four sons expanded over time into a mansion. The original structure of the home was never demolished. Outer walls simply became inner walls, separating the old rooms from new ones.

The home offers visitors a glimpse into the history of

the Morton family and their accomplishments.

In one of the oldest sections of the mansion, J. Sterling established his private office. This office afforded him a comfortable space in which to do his important work. The handcrafted oak bookshelves in J. Sterling's office were incised at their corners with the letter M, using the primitive method of mallet and chisel. When he was home at Arbor Lodge, J. Sterling often worked in his private office.

Before dining the Morton's entertained their guests in the dining room parlor. In this beautiful room with its hardwood floors and custom wall paper, they enjoyed the very best of modern technology. There was a stereopticon for viewing stereo photographs in three dimensions. And an Edison amberola, for playing music recorded on amber cylinders.

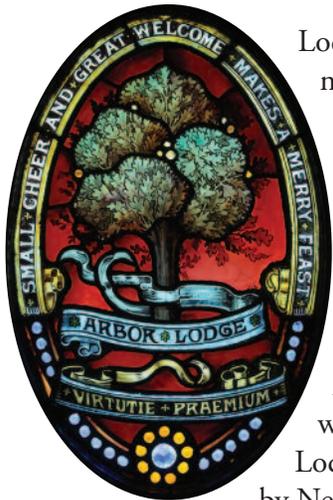
In the dining room at Arbor Lodge, J. Sterling and Caroline Morton were joined by Grover Cleveland, William Jennings Bryan, and countless others significant in the shaping of America in the 19th Century.

In 1923 the Morton's eldest son, Joy, donated the home and grounds to the State of Nebraska.

Joy Morton grew up in Arbor Lodge and went on to found the most successful salt company in the world, Morton Salt. Before the Morton Salt process the stifling humidity of the Midwest caused the grains to congeal into rock. Morton Salt changed that forever.

J. Sterling Morton's legacy, Arbor Day, was a lasting gift to all who came after him. Today, Arbor Lodge State Historical Park is owned by Nebraska Game and Parks

Commission, but is managed by the Arbor Day Foundation. The park also includes an arboretum, Italian terraced garden, log cabin, carriage house, trails, and more than 200 varieties of lilacs.



The house is surrounded by 270 varieties of trees and shrubs, including gardens, apple orchards, and acres of oaks, maples, chestnuts, and pines. The state park has been managed by the Arbor Day Foundation since 2014. Photographs by Wayne Price



Dukesherer Named Director of Government Relations

The Nebraska Rural Electric Association (NREA) has named James Dukesherer as their new Director of Government Relations. Dukesherer has served as the Interim Director of Government Relations in recent months.

James Dukesherer has been a member of the Nebraska Rural Electric Association team for the last thirteen years. He has served in the role of Grassroots Coordinator and Assistant Director of Government Relations. Prior to joining NREA, Dukesherer worked on Capitol Hill in Washington, D.C. for U.S. Congressman Adrian Smith who represents Nebraska's 3rd congressional district. Dukesherer



James Dukesherer

is a Nebraska native from Bayard. Dukesherer said "As a rural Nebraska native, I want to continue to bring my federal and state legislative experience and

NREA government relations skills to greater Nebraska to make a difference." Dukesherer went on to say, "I look forward to working hard for affordable and reliable public power on behalf of Nebraskans."

The NREA is the statewide association for 34 rural electric systems that provide electric service to consumers in most of the rural areas and many small towns in the great state of Nebraska. Together, the more than 1,100 dedicated employees of NREA member systems serve 240,000 meters across more than 87,000 miles of line to impact the lives of rural Nebraskans and improve the state's economy.

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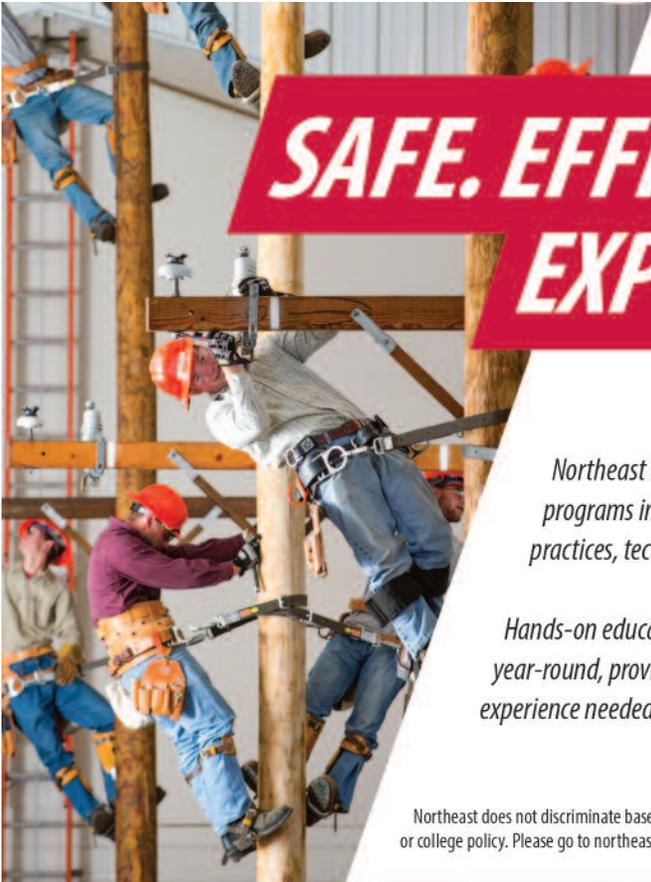
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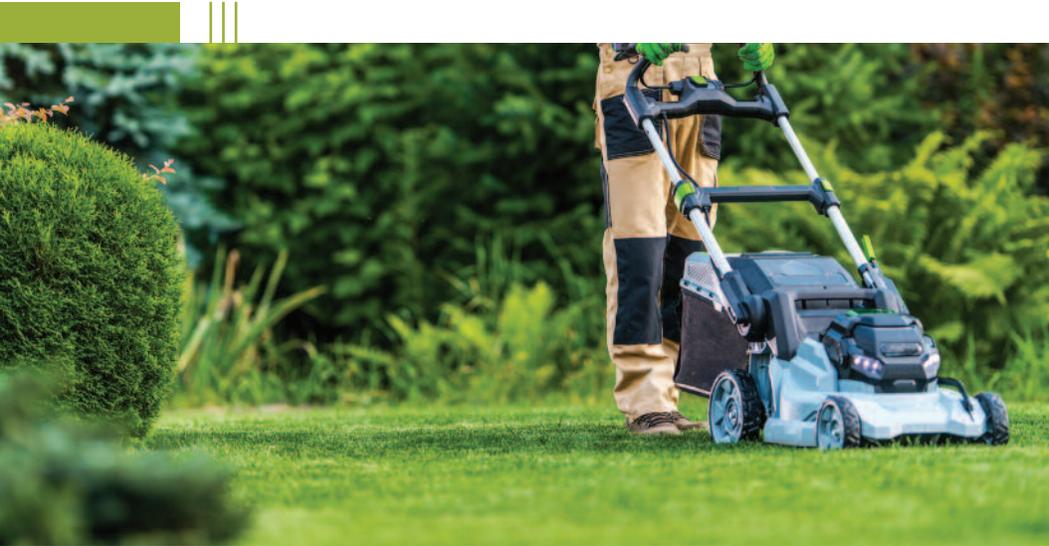
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According to the U.S. Department of Energy, when paired with proper insulation, an electric heat pump can save over 30 percent on your heating and cooling bills compared to conventional HVAC systems. Here are some advantages of a heat pump:

- 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

Before incorporating precision agriculture technology into any farm, planning and preparation will be crucial to make the best use of the technology.

Efficient and Safe Farming Technologies



As farming technology advances, farmers are finding new ways to reduce costs, improve efficiency and increase crop yields. The newest trend of technological advancements for farming is precision agriculture, a strategy where farmers use advanced technologies to control the growth of crops and raising of livestock more accurately and efficiently.

As precision agriculture has grown in recent years, the technologies have become even more technical and precise by using data analytics and machine learning. With a whole suite of benefits, like reduced costs, standardized data and metrics and minimizing resource waste, it's no surprise that technologies and strategies for precision agriculture are becoming more commonplace.

The initial wave of precision agriculture in the 1980s was made possible by GPS (global positioning system) devices, which were first placed on tractors. GPS-

connected devices could control a tractor and automatically steer the tractor based on the field's GPS coordinates. This helped reduce any overlap while driving, making farming practices more efficient.

Beyond autonomous tractors, there have been many innovations in farming technologies that are part of precision agriculture. One technology is the crop-monitoring drone, which can take aerial views of fields and help give the farmer a bird's-eye view of their land. Connecting the drone to special software and GPS can also allow the drone to automatically take photos, making it even easier to use. When combined with GIS (geographic information system), the drone can help analyze the geospatial field data in real-time.

Using robotics for precision agriculture can be applied to many kinds of machines. For example, robotic milking machines can be used to automate the cow milking



Photograph by Lance Cheung, USDA

process. These machines help farmers reduce their labor demands while also increasing efficiency, freeing up time for farmers to work on other parts of their farm. Since the machines are optimized to work efficiently, they can also help to remove more milk per cow and provide more rest for the cows.

If farmers want to optimize their crop production, then variable rate technology (VRT) can help. VRT allows the farmer to use a variable rate schedule for application of fertilizer or for irrigation. Although there are several different options for using VRT, the basics consist of a computer, software, GPS and a controller. Farmers can choose to use VRT in either a map-based or sensor-based way, depending on need of the farm. Using VRT helps farmers accurately measure water and fertilizer, save time and maximize irrigation and fertilization efficiency.

To properly use these new technologies, there are some

important safety tips to consider. When learning to use any new technology, be sure to fully read the manual and understand the instructions before beginning any work. This can help farmers avoid preventable accidents. Different types of farm equipment will also require different safety precautions. For example, when working with grain bins, farmers should be especially careful to follow training procedures when it is necessary to work inside the grain bin.

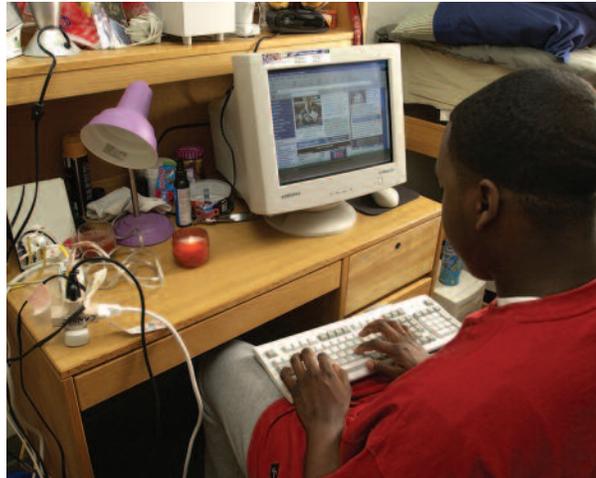
Being aware of the best safety practices when working with a specific technology is the best way to avoid accidents. Additionally, since these technologies are digital, the threat of cybersecurity comes into play. Appropriate use of any USB thumb drives and being aware of spear-phishing cyberattacks will help prevent malicious entities from gaining access to the farmer's confidential data.

Before heading to college, students need equipped with supplies for their dorm rooms and important knowledge for living on their own—including electrical safety knowledge.

Many colleges across the U.S. ban cooking appliances from on-campus housing including: hot plates, coffee makers, and microwaves; and many of these places may already have a designated area for the use of the products.

Safe Electricity offers tips for students to help prevent and reduce the risk of electrical fires in student housing:

- Only purchase and use electrical products tested for safety. Some common approved safety labels include UL, CSA, and MET.
- Avoid overloading extension cords, power strips, or outlets.
- Use power strips with an over-current protector that will shut off power automatically if there is too much current being drawn.
- Never tack or nail an electrical cord to any surface or



Emphasize to students that smoke detectors should never be disabled, nor should fire alarms ever be ignored or taken casually as a drill.

run cords across traffic paths or under rugs where they can be trampled or damaged.

- Use the correct wattage light bulbs for lamps and fixtures. If no indication is on the product, do not use a bulb with more than 60 watts. Use cooler, compact fluorescent lamps (CFLs).

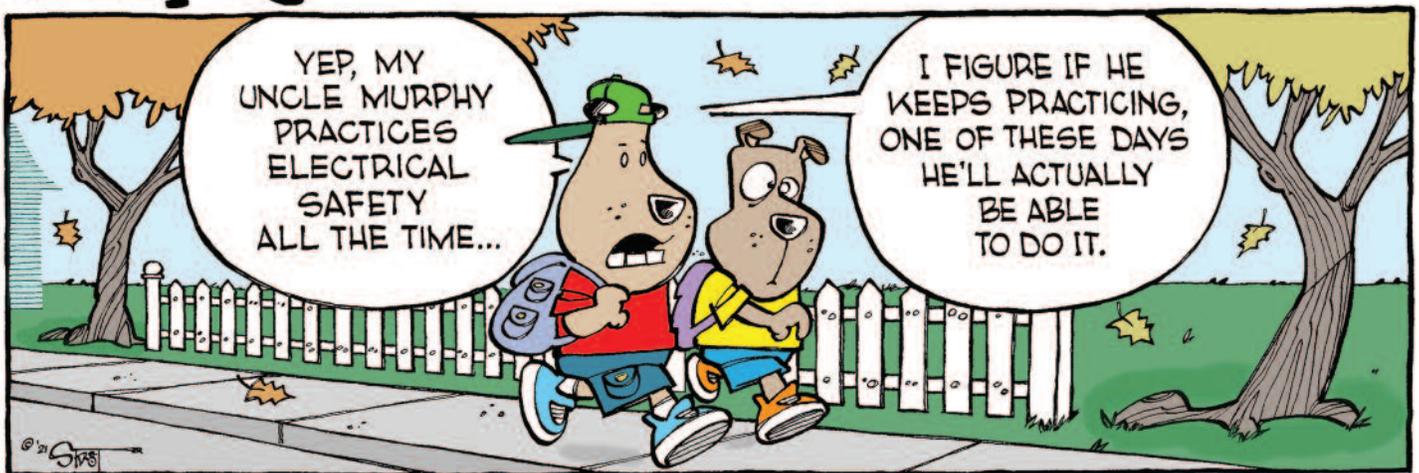
- Keep all electrical appliances and cords safely away from bedding, curtains, papers, and other flammable material.

- Make sure outlets around sinks are equipped with ground fault circuit interrupters (GFCIs) before use.

If they are not, contact the resident assistant, camping housing staff, or landlord.

- Unplug small appliances when not in use and all electronics when away for extended periods.
- Always use microwave-safe containers. Glass, ceramic containers, and plastics labeled “microwave-safe” should always be used. Metal and aluminum foil can damage the microwave or start a fire. If the microwave is damaged in any way, do not use it.

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— J. Fitzgerald, VA

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Seniors born before 1956 get big boost

SLEEK NEW MEDICAL ALERT DEVICE IS FLYING OUT THE DOOR COMES WITH NO CONTRACTS, NO DEPOSITS AND NO MONTHLY BILLS



Seniors get new medical alert device that instantly connects to free unlimited nationwide help with just the push of a button

Seniors born before 1956 get new medical alert device

Special Report: Demand for new Medical Alert Device soars

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 8:30 am 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, 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, anytime

Instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever

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. ■

Comes with new cellular embedded technology that works at home or anywhere you go so you are never alone

All seniors born before 1956 are getting an instant \$150 rebate making this deal just too good to pass up

Nothing to hook up. You don't need a land line or cell phone. It's ready to use right out of the box

Sleek new modern design makes you look important not old

Doctor urges seniors to get new 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



ical 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 that call 1-800-275-0444 Ext. HELP3226. ■

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 med-

(Continued on next page)

(Continued from previous page)

No contracts, no deposits and no monthly bills ever

FastHelp is the only Medical Alert device that won't break the bank. That's because 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.

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 knock-out blow sending the top rated contenders to the mat with the unveiling 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. ■

The only device that makes you look important, not old

The problem with medical alert devices is, nobody wants to wear them because it makes them look old. Well, that's not the case with FastHelp. That's because it's the first 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, 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. ■

Five Star Customer Reviews

See what actual customers are saying about FastHelp

VERY IMPRESSED

"When I pressed the alert button, I got straight through to help and they answered me immediately. I live out in the country and my cell phone doesn't always get reception... that was not a problem with my FastHelp device."

- Walter, TN

LIFESAVER

"When I got my FastHelp I never thought I'd have to use it, but when I fell and broke my hip it saved my life."

- Harold, OH

Very appreciative of having FastHelp

"I did have an emergency. Help RESPONDED quickly and came in a few minutes."

- Irving, PA

WE LOVE THE PRODUCT

"We bought it outright with no bills ever."

- Rosemary, NY

Safe anywhere

"This little FastHelp device is my guardian angel. I'm so glad my daughter-in-law got it for me."

- Pete, FL

Everyone should have it

"I've been telling everyone to get one. Thanks to the folks at FastHelp for taking good care of people when they need it."

- Mark, IA

Love my unit and feel much safer

"I am a 68 year old recent widow. Standing on a chair to put my tree topper on this Christmas I thought 'What if I fell?' Saw your ad and ordered my FastHelp unit."

- Megan, CA

Unsolicited consumer feedback from satisfied customers as reported to Universal Physicians. Universal Physicians rated these customer reviews 5 stars

HOW TO GET IT

► BORN BEFORE 1956:

Use the rebate coupon to the right and call this Toll-Free Hotline:

1-800-275-0444

EXT. HELP3226

► BORN AFTER 1956:

You cannot use the rebate coupon to the right and must pay \$299 Call:

1-800-281-0344

EXT. HELP3226

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.

REBATE COUPON

VALID FOR USE



7 DAYS ONLY

Amount of Rebate (AOR)

1P

\$150.00 OFF



2Y

RE: HELP3226

DLVY: ML2077R-1

1 OF 1

Q : I was an electric vehicle skeptic, but I just saw an announcement of the all-electric Ford F150 Lightning. I didn't realize electric pickups could be this compelling or competitive. Are there other electric pickups or SUVs coming out soon?

A : The Ford F150 Lightning is changing minds across America about what an electric vehicle can do. In fact, Ford declared this is their best truck to date—not best electric vehicle, but best truck, period.

Electric SUVs are available now and pickups will be soon. This development has been anticipated for years. Electric vehicle (EV) sales are about 24 times higher than they were 10 years ago, with several factors driving demand:

- The instant torque from electric motors boosts acceleration.
- The low center of gravity improves handling and reduces rollover risk.
- The superior traction control of electric motors can increase off-road capability and safety in winter.
- The upfront cost of an EV purchase is now more competitive with similar internal combustion models, and most EVs qualify for a federal tax credit of up to \$7,500.
- The cheaper operating fuel cost per mile (for electricity) compared to gasoline or diesel is another attractive feature for drivers.

Ford's electric F150 Lightning is scheduled to arrive in spring 2022, starting under \$40,000 for the commercial trim package (230-mile range model). A 300+ mile battery is an option, and all models are 4X4 with respectable towing and payload capacities. The



Left: Ford's all-electric F150 Lightning, arriving spring 2022, can provide portable power to a jobsite. Photograph by Ford
Right: Rivian's R1T all electric pickup is available now. Photograph by Rivian

Lightning is also equipped to provide 9.6kW of home backup power or portable power for a jobsite. Tesla has more than a million preorders for their new Cybertruck, which will likely arrive in 2022. The 250-mile range 2WD model starts under \$40,000 and steps up to \$50,000 for the 300-mile range 4WD model. Tesla plans to offer a 500+ mile range version for \$70,000 that can tow more than 14,000 pounds.

GMC has announced a late 2021 release of an electric Hummer with 1,000 horsepower and additional features for off-road performance.

Rivian, a startup backed by billions of dollars from Ford and Amazon, is planning to unveil their R1T electric pickup later this year.

Crossover SUVs (CUVs) are one of the most popular types of vehicles, and a number of manufacturers say they'll have electric models available soon. Ford's Mustang Mach-E is actually available now with a range up to 305 miles, starting at \$45,000. Volkswagen's ID4 CUV starts at \$40,000 and is available with AWD options. More electric SUVs are coming, including Rivian's R1S, Nissan's Ariya and Volkswagen's six-passenger ID6.

And it's not just vehicles that are shifting to electric. Electric snow machines and jet skis are arriving soon. Even large construction equipment like excavators, backhoes and heavy-duty trucks will have electrically fueled models.

One remaining hurdle for increased EV adoption in rural areas is fast, sufficient charging for longer trips. Most EV owners charge at home, but more fast-charge stations on rural highways will be helpful.

If you're interested in an EV, talk to your rural electric utility. They may offer special EV rates or rebates.



Deliver Flavor Despite Busy Schedules

As kids and parents return to busy schedules full of sports, homework and weeknight activities, building a plan for nutritious and easy meals can be challenging. Piecing together a menu that fuels active minds without spending hours in the kitchen is a common goal for many families.

These recipes require minimal prep and call for on-hand ingredients like dairy food favorites that provide nutrients people of all ages need to grow and maintain strong bodies and minds.

For a customizable kid-pleaser, turn to Chopped Chicken Taco Salad and garnish with your family's favorite toppings. Make supper a cinch with Slow Cooker Macaroni and Cheese, which lets you put the work in the hands of your slow cooker for a versatile dish that can be served when homework is finished.

Visit milkmeansmore.org to find more recipes perfect for bringing loved ones together.



Chopped Chicken Taco Salad

Dressing:

- 1 cup plain Greek yogurt
- 1/3 cup buttermilk, plus additional (optional)
- 1 tablespoon fresh-squeezed lime juice, plus additional (optional)
- 3 tablespoons chopped cilantro
- 2 tablespoons taco seasoning

- 1 cup shredded cheese (Monterey Jack or Mexican)
- tortilla strips or crushed tortilla chips, for topping

To make dressing: In small bowl, stir yogurt, buttermilk, lime juice, cilantro and taco seasoning until combined. Taste and adjust lime juice and cilantro as needed. If dressing is too thick, add buttermilk 1 teaspoon at a time until desired consistency is reached. Refrigerate until ready to serve.

To make salad: Season chicken on both sides with taco seasoning. Heat large skillet over medium-high heat and add olive oil. Add chicken to pan and cook on both sides until outside is golden brown and chicken is cooked through. Remove to cutting board and slice into strips.

On large platter, heap chopped lettuce. Sprinkle chicken over top. Add avocado, beans, corn, tomatoes and shredded cheese. Drizzle dressing on top and sprinkle with tortilla strips or crushed tortilla chips.

Salad:

- 2 pounds boneless, skinless chicken breasts
- 2 tablespoons taco seasoning
- 2 tablespoons olive oil
- 1 head leaf lettuce, chopped
- 1 avocado, chopped into bite-sized pieces
- 1 cup black beans, drained and rinsed
- 1 cup corn
- 1 pint grape or cherry tomatoes, chopped



Slow Cooker Macaroni & Cheese

- 16 ounces elbow pasta
- 4 tablespoons butter
- 3 ounces reduced-fat cream cheese
- 2 cups whole milk
- 12 ounces evaporated milk
- 1/2 cup light sour cream
- 2 large eggs, beaten
- 3/4 teaspoon ground mustard pepper, to taste
- 8 ounces shredded sharp cheddar cheese
- 8 ounces grated provolone cheese

Cook pasta al dente according to package directions. Drain and pour into large slow cooker.

In small saucepan over medium heat, whisk butter and cream cheese until melted. Stir in milk, evaporated milk and sour cream; whisk until combined. Remove from heat; whisk in eggs, ground mustard and pepper, to taste. Stir in cheeses. Pour mixture over cooked macaroni and stir to combine cheese and pasta.

Cover and cook 2 hours on low. Switch to warm until ready to serve.

Summer Squash Casserole

6 to 8 cups summer squash, cut up, parboiled with chopped onion, and drained

Mix:

- 1 cup sour cream
- 1 can cream of chicken soup
- 1 cup grated carrots
- 1 8 oz package stuffing mix
- 1 cube oleo

Layer a greased 9" X 13" pan with half of dressing mixture. Add squash and cover with remaining dressing mix. Bake 30 to 40 minutes at 350 degrees.

Deanne Cooper, Oshkosh, Nebraska

Fresh Apple Tart

- | | |
|--------------------|---------------------------|
| 1 1/2 cups sugar | 1/2 teaspoon salt |
| 1 teaspoon vanilla | 1 teaspoon cinnamon |
| 2 eggs | 2 teaspoons baking powder |
| 1 1/2 cups flour | 2 cups chopped apples |

Mix sugar, eggs, and vanilla well. Add flour, salt, cinnamon, and baking powder. Mix well. Dough will be stiff. Add finely chopped apples, stirring in the dough until well mixed. Put in greased 9" X 13" pan. Bake at 350 degrees for 25 – 30 minutes. Serve plain or with whipped cream. I sometimes add 1/3 cup oatmeal and 1/2 cup chopped nuts. Bake as usual, drizzle with light frosting while warm. Then cut and serve as bars.

Ramona Bentzen, Naper, Nebraska

Hawaii Soy Steak

- | | |
|--------------------------------|------------------------|
| 2 lbs. sirloin or sirloin tips | 3 tablespoons sugar |
| 1 teaspoon ground ginger | 1 clove crushed garlic |
| 1/3 cup soy sauce | 6 tomatoes |
| 2/3 cup water | 3 green peppers |

Pound meat and score by slashing against the grain. Then cut in thin strips 1/2 inch thick X 4 inches X 3 inches. Mix ginger, soy sauce, water, sugar, and garlic. Add steak strips and chill for 1 hour. At mealtime, slice tomatoes and green peppers into broiler pan. Broil 5 minutes, then put meat above them on rack and cook 4 inches from heat until meat browns on both sides. About 5 minutes.

Virginia Srader, Blue Hill, Nebraska

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*A scene as it might be viewed
by a person with age-related
macular degeneration*



*Same scene of Grandchildren
as viewed through telescope
glasses.*

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence - driving. Nebraska optometrist, Dr. Robert Stamm is using miniaturized telescopes which are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

“Some of my patients consider me their last chance or people who have vision loss” said Dr. Stamm, one of only a few doctors in the world who specializes in fitting bioptic

telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that will give you back your independence. Patients with vision in the 20/200 range can many times be improved to 20/50.

Bioptic telescopes treat both dry and wet forms of macular degeneration as well as other vision limiting conditions.

While there is currently no cure, promising research is being done on many fronts. “My job is to figure out everything and anything possible to keep a person functioning” says Dr. Stamm “Even if it’s driving”.

“The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Stamm. “It’s like a self-focusing camera, but much more precise.”

For more information and to schedule an appointment today, call:

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