

NEBRASKA

Magazine

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NREA.org

NEWMAN GROVE'S COX BROTHERS — ANTIQUQUE'S ROYALTY

Inside:

- Tractor Relay Across Nebraska • Fentanyl Present in Overdose Deaths • Necessary Steps for Installing Solar

Today 11:12 a.m.



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Retired farmers and tractor enthusiasts who are members of the Nebraska Antique Farming Association are gearing up to travel the Nebraska countryside in June from the seat of their favorite antique tractor. This year's relay will take place June 3 - 7 beginning in Gothenburg and ending in Wauneta.

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Brad Cox, left, and Jim Cox have been running the antique and salvage business in Newman Grove for more than a decade. See the related article on Page 6. Photograph by Tim Trudell



Wayne Price

Visit our new website at
nebraskamagazine.org



Take the time to plug into safety

It probably won't come as much of a shock to most of you that safety is an important subject to all 34 member-systems of the Nebraska Rural Electric Association. May is Electrical Safety Month, and our member-systems will be sharing safety tips and reminders throughout the month to help raise awareness about the dangers of electricity.

Safety, when it comes to electricity, is important to the public and to the local rural electric utility employees. Teaching everyone about electric safety is critical to preventing a deadly incident from happening.

According to the Electrical Safety Foundation International, thousands of people in the U.S. are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in their own homes.

We care deeply about the safety of our readers, and this month, we encourage you to plug into safety. We all depend on electricity to power our lives, but accidents can happen when electricity is improperly used.

To promote safety education in the local communities throughout the state, many public power districts and electric cooperatives sponsor safety demonstrations at schools, with youth groups, and with volunteer fire departments. We frequently provide electrical safety content in the *Nebraska Magazine*, and we encourage the public to contact their local electric utility if they see a downed power line or any other type of dangerous electrical situation. We strive to provide our communities with safe, reliable and affordable electricity and to serve as your trusted energy advisor, now and well into the future.

Nebraska's rural electric utilities are committed to a culture of safety that is integral to our daily operations. In fact, many of our member-systems are part of the Rural Electric Safety Achievement Program (RESAP) that follows specific guidelines and protocols for electrical safety that are considered leading practices. Lineworkers are required to wear personal protective equipment at all times when on the job. This includes special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are worn in tandem to protect from electrical shock. Safety teams regularly discuss important safety issues pertaining to work within the building as well as out in the field.

Be sure to visit your local electric utility's website or Facebook page to find more information on how to keep your family safe around electricity. You can also visit www.esfi.org or www.SafeElectricity.org for more safety tips.



Craig Cox

Craig Cox is the General Manager of South Central Public Power District, headquartered in Nelson, Nebraska

The shifting costs of renewables

Many people believe that power companies are opposed to renewable energy, like wind and solar. I laugh when I see an advertisement that says, “Find out what the greedy power companies don’t want you to know.” Renewable energy is a good thing when applied in a reasonable manner, but when it threatens affordability, reliability, or fairness to all consumers, your public power districts have a responsibility to protect the customer base first and foremost.

One of the many challenges of renewable energy is how to deal with the cost shifts brought about by the subsidies and regulations intended to speed up its adoption. Too often, these policies lead to a few winners at the cost of everyone else.

In Nebraska, an all-public power state, each utility sets rates based on the cost of service, meaning the rate a customer pays for electricity is based on the cost of serving that class of customer. For example, residential customers pay a different rate than industrial customers because each has vastly different requirements. Included in each rate class is the customer’s fair share of the cost of transmission and distribution lines, substations, and the generating plants that produce reliable power.

Net metering law in Nebraska allows customers who install renewable generation to offset their energy needs from the power supplier. The customer receives retail value for the energy they produce, up to the amount they can consume, which often means they aren’t paying for a fair share of the electrical infrastructure needed to provide them with reliable service. Much of the burden of paying for that infrastructure is shifted to the customers who cannot afford to install their own generation, or to those who choose not to.

The ability of the electric utility to fairly allocate costs to the proper customers becomes increasingly harder with more customer generation. Billing based solely on energy usage is no longer suitable for electric rates. Customers are starting to see more line items on their bills to allow for fair recovery of not only energy but also infrastructure and customer service costs.

Cost shifts from renewable energy projects can also occur among electric utilities. Large-scale renewable energy projects, like wind and solar, are heavily subsidized through tax credits. This results in renewable energy prices that are competitive with or below what a traditional power plant can produce energy for. When some electric utilities go all-in with renewables, they shift the cost of maintaining our base power plants to other utilities. Those plants are still there to back up the intermittent renewable generation, but other utilities are paying more than their share for them.

Nebraska’s public power districts understand the need for reliable and affordable power. We all share the nuclear, coal, hydroelectric, and natural gas generation resources we have in the state that offer around-the-clock power to our consumers. As we continue to add more renewable power to the grid, those dispatchable generation resources must remain in place, and all of us that benefit from their reliability should pay our fair share to keep them there.



Newman Grove's Cox Brothers

• Antique's Royalty •



They say one person's junk is another person's treasure. For the Cox brothers in Newman Grove, they're kings, sitting atop a mountain of gold. From door handles to old newspapers – and everything in between – the treasures at B&M Antiques and Architectural Salvage can fill a house, or a few hundred.

And, to think it all started with their dad farming. Bob Cox and his wife operated a small farm north of Newman Grove. It wasn't uncommon for him to find items dumped in farm fields. Junk to most people – treasures to him – the items found their way to the farmhouse or outbuildings. The elder Cox would help tear down old buildings as a side job, salvaging woodwork, windows, doors, and ceiling tin. Anything that could be saved or repurposed. He'd sell what he saved. Then, salvaging became his passion.

"He'd go to estate sales and buy boxes of books," said Brad Cox, one of the two brothers now running the company. "Each sale would have boxes of books and he'd buy them all. He had them in the basement of the farmhouse. Rows and rows and rows of books."

One day, their mom announced she wanted to move into town, Brad Cox said.

“They moved to town in a hurry. He moved to town under protest,” Cox said. “Mom was moving to town with or without him, so he followed suit. He packed up the books and brought them to town.”

In the end, their dad had collected about 30,000 books, from antique school textbooks to classic novels, said Jim Cox, the other half of the Cox brother team running the business today.

Needing to do something with all the antiques and vintage wares he

had collected and sold for more than three decades, their father opened B&M Antiques and Architectural Salvage in 1996 in a former drug store on Newman Grove’s main street. He ran the business until passing away in 2012 at the age of 90.

“He may not have done the daily tasks of running everything at that point, but he stayed involved,” said Jim Cox.

“He’d gone at a subdued pace,” Brad Cox said. “His memory wasn’t

that good anymore, but the store is what kept him going. Then, one day, he said, ‘Here it is boys. Handle it.’”

Brad and Jim Cox each had their own careers before joining forces to take over B&M Antiques and Architectural Salvage. Brad worked at the Bank of Newman Grove, while Jim ran his own antique store in West Point. He owned Elkhorn Valley Antiques for about 35 years before closing it.

“I got interested in the business

The store is a maze of impressive collectibles, with dishware, stain-glass windows, signs, furniture and more.

By Tim Trudell



Left: Brad and Jim Cox have been running the antique and salvage business in Newman Grove for more than a decade.

Opposite top: A vintage stage curtain recovered from a nearby school is on display at the Newman Grove antique store.

Opposite: Thousands of vintage wares can be found in five warehouses at the Newman Grove antique business.

Photographs by Tim Trudell

by osmosis,” said Jim Cox. “We grew up around old stuff. And salvaging old stuff. Dad had us pulling nails as little kids.”

The brothers have combined to grow B&M into an internationally known business. They’ve sold items that find their way to places, such as Japan, said Brad Cox. People come from all over the Midwest to the small town of about 700 so they can scavenge through five large buildings – up to 50,000 square feet, each – for treasures.

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Customers search for the classics, just as their dad did – ceiling tins, woodwork, trim, flooring, and windows. Even doorknobs.

“Most things don’t need refurbishing before we sell them,” Brad Cox said. “Some things may need a little polishing. If something needs more work than others, we may sell it as is.”

Covering a 100-mile radius, the brothers seek out houses that are more than 100 years old.

“We like to find stuff in buildings from the 1800s to the late 1920s,” Brad Cox said. “During the ‘30s, not many houses were built because of the Depression. After that, they’re too new.”

Unlike their father, they don’t tear down houses anymore.

“We just take the cool stuff out of them,” Jim Cox said.

Jim and his wife Esther often spend Sundays driving the backroads, checking out old farmsteads, estate sales, and antique markets, searching for opportunities. The store is closed Thursday and Sunday.

The Coxes have a large vintage book and periodical collection.

“It’s kind of sad,” Brad Cox said. “There are a few people who will do some collecting, but books aren’t a real good seller.”

But to Frank Marsh, B&M Antiques and Architectural Salvage is heaven for a book lover. The co-owner of the



Antique door knobs can be found at the Newman Grove salvage store.

Historic Argo Hotel Bed and Breakfast in Crofton, Neb., has been known to spend a week in the shed housing books, meticulously going through stacks and stacks of vintage books.

“I’ve found some first editions among the collections,” Marsh said. “They have a great collection.”

B&M’s storefront has been home to several businesses in the past. Originally a pharmacy, it was later a Gambles hardware store.

Today, you’ll find an array of antiques, including early 20th-century drug bottles and other containers which add to the feel of a one-time pharmacy.

The store is a maze of impressive collectibles, with dishware, stain-glass windows, signs, furniture, and more. But, the main attractions include a giant stage curtain from the 1940s, rescued from an old schoolhouse. The curtain is about 40 feet long and wide, listing businesses from the era, some of which are still operating but in different locations, Brad Cox said.

“That and a Newman Grove town sign are for display only,” he said. “Everything else is for sale.”

The Coxes encounter all types of shoppers, they said. Newcomers meander through collections of barn doors, cabinets, and other household items, measuring items and pricing them, with plans to return. Veteran shoppers often bring trucks or trailers along with them, ready to load up with a bevy of goods for their home projects.

“People can spend half a day here or a full day,” Brad Cox said. “People do like to haggle. It’s expected. We’re fine with that. There are some things we can negotiate and some things we can’t. It depends on what we had to pay for it.

“People really just like to discover something.”



B&M’s antique store includes vintage drug bottles to pay tribute to the store’s history as a pharmacy.

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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5 TIPS TO MAKE YOUR HOME MORE SECURE

These days, soaking in daily (or hourly) news can make the world feel like a scary place. We have home security systems, smart doorbells and smart locks, which are good things. At the other end of the spectrum, our close-knit communities can feel safe, which can lead to complacency. Many of us can recall growing up in a home where the doors were never locked, and it felt like everybody knew everybody.

In either case, assessing your home's overall security (or lack thereof) is a good idea.

1 ASSESS ENTRY POINTS

Take a tour of the outside of your home and think like a burglar. Consider which windows and doors would be easy to break or climb through. Then, look through the windows and see if expensive items are on display. Make sure each window and door can lock and draw curtains or close blinds when you are not home.

2 LOCK SECOND-FLOOR WINDOWS & DOORS

“Second-story men” are burglars who prefer to break into a home on an upper story because they know that most homeowners do not tend to lock upstairs windows and doors (e.g., the door off a deck). Be sure to lock them before you leave. In addition, lock up any ladders you keep outside.



3 LOCK THE DOOR TO THE GARAGE

Although it is easy to lock when you are inside your house but more of a pain to unlock when returning home, always lock the door between your garage and your home. Many people do not lock this door when they are away since the garage door is shut. However, a garage door is relatively easy to open. Home invaders can simply pry it open or use a factory-setting opener.

4 UPDATE YOUR GARAGE CODE

Change your garage code at random intervals instead of on a predictable schedule, such as when the clock changes due to daylight saving time. (Moving the clock up or back an hour is a great time to check the batteries in smoke detectors and carbon monoxide alarms, however.)



5 DO NOT FORGET SLIDING DOORS

A bar inserted at the base of a sliding door is an inexpensive safeguard. This ensures that sliding glass windows cannot be opened or jimmied without breaking the glass. This will frustrate invaders and the sound of breaking glass can buy you time to call for help.

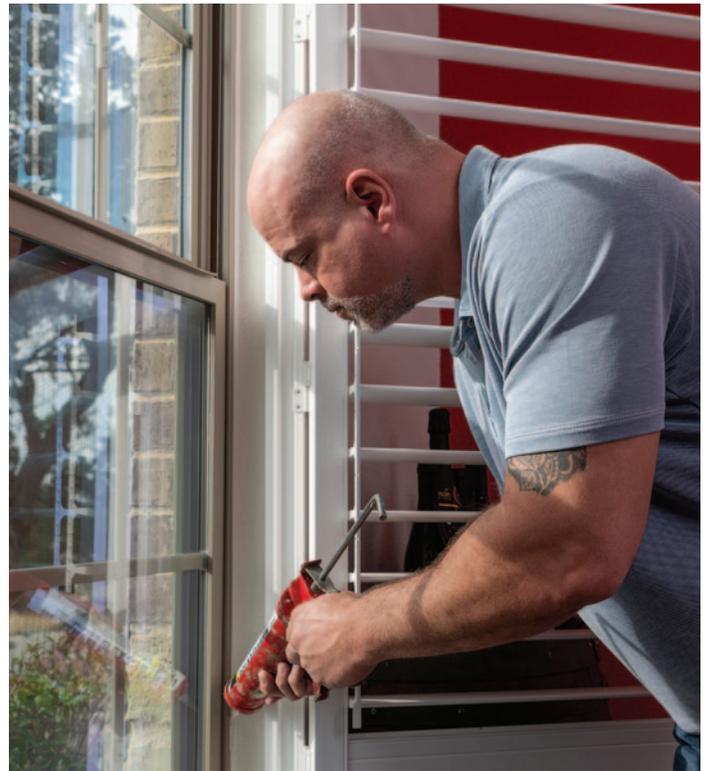
Spring and summer are opportune times for home upgrades and DIY projects. If you're planning to make improvements to your home, consider upgrades that promote better efficiency.

Here are a few projects that can help you save energy and money—and increase the comfort of your home. Installing a smart thermostat is one of the simplest ways to manage home energy use and keep summer bills in check. Smart thermostats are easy to install and allow you to control your heating and cooling system from your phone. You can purchase an EnergyStar-certified smart thermostat for as low as \$100, which can save you 8% on annual heating and cooling costs, about \$50 per year. This upgrade will quickly pay for itself, and you'll gain insight into better ways to heat and cool your home.

Speaking of smart, additional devices like smart LED bulbs also offer convenient control and help boost energy savings at home. With smart lighting, you can set a schedule for when and how your lights should be turned on or off. And the next time you head out to run errands and realize you left the lights on, all you have to do is turn them off through your phone. Smart lights come in a variety of shapes, colors and brightness levels—and you can purchase bulbs for indoor or outdoor use. Schedule outdoor smart lights to illuminate your home at night and when you're out of town for better security.

While it's not as trendy as incorporating smart technologies, sealing air leaks around your home is a simple, effective way to save energy and lower your bills. Applying new (or replacing old) weather stripping around doors and windows can instantly make your home more comfortable and reduce energy waste. Applying caulk to fill gaps can also improve the seal of your home. Caulk can be applied to a variety of areas, including windows, doors, bathtubs and sinks.

If your home feels too warm during summer (and too chilly during winter) even after you've sealed with weather stripping and caulk, your home may need additional insulation. Insulation is considered a more expensive efficiency upgrade; however, if your home is under-insulated, additional insulation can make a big impact on reducing energy use and costs. The cost of



Sealing air leaks around your home is a simple, effective way to save energy and lower your bills. Photograph by Scott Van Osdol

new insulation depends on a variety of factors like materials, size of the home and whether you use a contractor. Typically, the project costs can be recouped in a few years and your home will immediately feel more comfortable.

Of course, there are additional efficiency upgrades that can make a big impact on energy use, like replacing old appliances with EnergyStar models or replacing old, leaky windows with new, energy efficient windows. But these upgrades can be a bit pricey.

If you're wanting to make your home more energy efficient but you're not sure where to start, your best bet is to enlist the help of an expert to conduct an energy audit of your home. Contact your local electric utility to find out if they offer free energy audits. An energy audit can easily identify areas to boost efficiency, and then you can determine the projects you want to tackle first based on your budget and needs.

An Attempted Explanation of This Year's Legislative Session

As I write this month's article, the Legislature has convened their 60th day of a 90-day legislative session and they have not yet passed a single bill on to the governor for his signature. The slow pace of this year's session has garnered quite a few questions from citizens interested in what is going on with the Legislature. Members want to know why a few senators can have such a large impact on the pace of the agenda and what can be done to move the process forward.

First, the root of all of this delay resides in the issue of LB574. The measure would ban puberty blockers, hormone therapy and gender-affirming surgeries for people under the age of 19. Senator Michaela Cavanaugh is strongly opposed to this bill and has pledged to filibuster the bill to attempt to block its passage. As you may know, filibustering a bill extends debate up to eight hours on General File, four hours on Select File, and another two hours on Final Reading. In total, filibustering a bill requires a single bill to be debated for 14 hours before it can be passed. Debate on a filibustered bill can't be stopped without the support of 33 senators to end debate (cloture). Regularly, a bill only requires 25 votes to advance. Use of the filibuster to block the passage of legislation is not new, we see multiple bills filibustered each session. What is new is that Senator Cavanaugh has pledged to filibuster every bill unless LB574 fails to advance.

Requiring every bill to receive 14 hours of debate before it can be sent signed by the governor means the Legislature will likely only see about 20 bills pass this year. Ultimately, there are a number of options senators could use to speed the legislative process. They could change the rules of debate. Senators are weary to use their power to stifle the voice of the minority which could set a precedent for future years. Most do not want the Legislature to be a body where the majority exerts its will on the minority.



James Dukesherer

Senators see the Unicameral as a deliberative body of equals where open debate is welcome and encouraged. With that said, the Body did pass a rule change to only allow one of each of the priority motions to be offered on each bill each day. This rule change did limit the tools available to a senator filibustering a bill but it did not limit their ability to hold a bill hostage for eight hours by offering unlimited amendments, for example.

The Speaker of the Legislature has extended the length of debate each day to include shortened lunches and late-night debate. He could also choose to limit "full and fair" debate on each bill. Without any rule changes or legislative process, the Speaker could deem that full and fair debate on a bill on General File has occurred after 2 hours or 4 hours. Different Speakers in recent years have determined that full debate has occurred at four hours, so a precedent does exist. Although this would speed up the process, it would also make it easier to filibuster any particular bill. Amendments to a bill and adequate time for each senator to voice their opinion on a bill could be limited if debate time is reduced. Likewise, in an average year, if the time required to filibuster is reduced, we would be more likely to see an increase in the number of filibusters used.

With a hesitancy to limit debate on a bill, it appears the most likely option available to senators to speed up the process of passing legislation will be to combine multiple bills within each committee priority bill and allow eight hours of debate on an omnibus package, of perhaps 20 bills. Rather than debating each bill for eight hours, the package of many bills would only receive one vote. As we see large packages of bills come together, it can be more difficult to gain the necessary support to pass the bill. For this reason, we are seeing the omnibus packages come together with bills that are mostly non-controversial.

Will the filibuster of every bill continue until the end of session? Will the Speaker change the debate process? Will the Legislature change the rules of debate? All of these options are on the table as the legislative session continues. Given the limited time left, the Legislature may not be able to pass all of the bills it would like this year, but we are confident that the State will pass its budget and many of the pressing issues facing our state will receive an opportunity for passage before they adjourn in June.

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Tractor Relay Across Nebraska

Several retired farmers and tractor enthusiasts who are members of the Nebraska Antique Farming Association are gearing up to travel the Nebraska countryside in June from the seat of their favorite antique tractor.

Founded in 2011, the Nebraska Antique Farming Association is a group that unites fellow Nebraskans who are interested in collecting, preserving, and using older farm machinery. The group's first official meeting was held in Lexington at Dawson Public Power District in November of 2011. The group strives to raise awareness of Nebraska's Agriculture heritage through the promotion of demonstrations, exhibits, and tractor drives. Their first "Tractor Relay Across Nebraska" occurred in June of 2012. This year's relay will take place June 3 - 7 beginning in Gothenburg, Nebraska, and ending in Wauneta. The group follows a different route in Nebraska every year and has visited 88 of the 93 counties across the great state of Nebraska.

Organizing an event such as this takes considerable planning and is no easy task. Ron and Donelle Moormeier, Norris Public Power District customers of rural Cortland, have been participating in the relay for years. Donelle is the relay coordinator for the group.

Almost every community visit includes a stop at the American Legion if the town has one, for meals and fellowship. The group also gets to enjoy visiting historical sites and often local farmers who have collections of tractors will host the group for tours along the way. According to Moormeier, she and other group members will reach out to local Chamber of Commerce groups or American Legions for suggestions on places to tour along the routes, which makes for interesting stops along the way.

This year's tractor drive will include stops at the Heartland Museum, a winery in Lexington, the original Pony Express in Gothenburg, a Sunday church service, and several museums in Cozad and Fort McPherson National Cemetery. A highlight of the drive will be a tour of Nebraska Public Power District's Gerald Gentleman Station at Sutherland. Gerald Gentleman Station is Nebraska's largest electric generating facility,



Left: Antique Farming Association members display their tractors at the Dakota City Fairgrounds.

Opposite: Gene Penner of rural Beatrice rode his John Deere 4020 during the Tractor Relay Across Nebraska and has participated in the event, along with his wife Pat, for several years.

supplying enough electricity to serve 600,000 Nebraskans.

Gene and Pat Penner of rural Beatrice, also Norris Public Power customers, have been participating in the tractor drives since 2015. The couple enjoys loading up one of their John Deere 4020 tractors each summer to not only travel to new parts of Nebraska but to



Rural power lines dot the countryside along the route near Homer, Neb.

reconnect with others that they have formed lifelong friendships as a result of the tractor drives. The Penners both agree that the landscapes of Nebraska that they have seen while participating in the tractor drives are simply amazing.

“You definitely miss the beauty of the landscape when you are just traveling the interstate by car,” said Pat. Another favorite activity that Gene and Pat enjoy on the tractor drives is “tractor church” on Sundays, led by two members of the group, Steven Fisher and Scotty Andreasen. “They always have a good message and it’s a way for all of us to unite for fellowship,” said Pat.

The group’s mission is not just to drive around the countryside, they also have been proud to raise thousands of dollars each year since 2014 for Operation Comfort Warriors (OCW) and Gifts for Yanks. Operation Comfort Warriors is a program dedicated to meeting the needs of wounded, injured, or ill military personnel by providing them with comfort items not usually supplied by the government. U. S. military

patients receive items such as sweat suits, puzzles, electronic devices, DVDs, books, calling cards, and more. OCW also provides larger items such as ping pong tables, computers, entertainment centers, etc. for use by wounded warriors in common areas of military hospitals or warrior transition units.

Gifts for Yanks is a program that was started by the Nebraska American Legion back in the 1930s. Its purpose was to ensure every veteran and/or spouse, residing in either a Nebraska VA medical facility or State Veteran’s Home was provided a monetary gift during the holiday season. Nebraska American Legion members travel to the Nebraska facilities in Bellevue, Norfolk, Kearney, Grand Island, Omaha, and Scottsbluff to deliver monetary gifts each year. The group raised \$6,080 on last year’s drive which was divided equally between OCW and Gifts for Yanks.

The tractor relays are essentially a rolling tractor show, enjoyed by both participants and the public along the routes. The group has driven through parking lots of many nursing homes and assisted living facilities in towns across Nebraska.

To learn more about the Nebraska Antique Farming Association, visit them at www.antiquefarming.org. They are always looking for new members and welcome anyone who would like to participate in a future tractor relay.



Fentanyl is a word that many Americans are all too aware of these days but for all the wrong reasons.

Once upon a time, the highly potent opioid was primarily used as a pharmaceutical to treat patients with severe pain, usually after surgery. Now made and used illegally, the synthetic drug is 50 to 100 times stronger than morphine and is involved in more deaths of Americans aged 50 or younger than any other cause, including heart disease, cancer and all other accidents.

Synthetic opioids, including fentanyl, are now the most common drugs involved in drug overdose deaths in the U.S., according to the National Institute on Drug Abuse (NIDA).

The illegally used fentanyl most often involved with recent overdoses is made in labs. It then hits the streets and is sold in several forms: as a powder, dropped onto blotter paper, put in eye droppers and nasal sprays or made into pills that look like other prescription opioids, according to NIDA.

Often unbeknownst to unsuspecting users, drug dealers are mixing fentanyl with other drugs, including heroin, cocaine, methamphetamine and MDMA (known as ecstasy or molly). This is because fentanyl is a cheap but dangerous additive that takes very little to produce a high. Users may not be accustomed to such a strong opioid or their bodies are not used to such high levels and, as a result, are more likely to overdose.

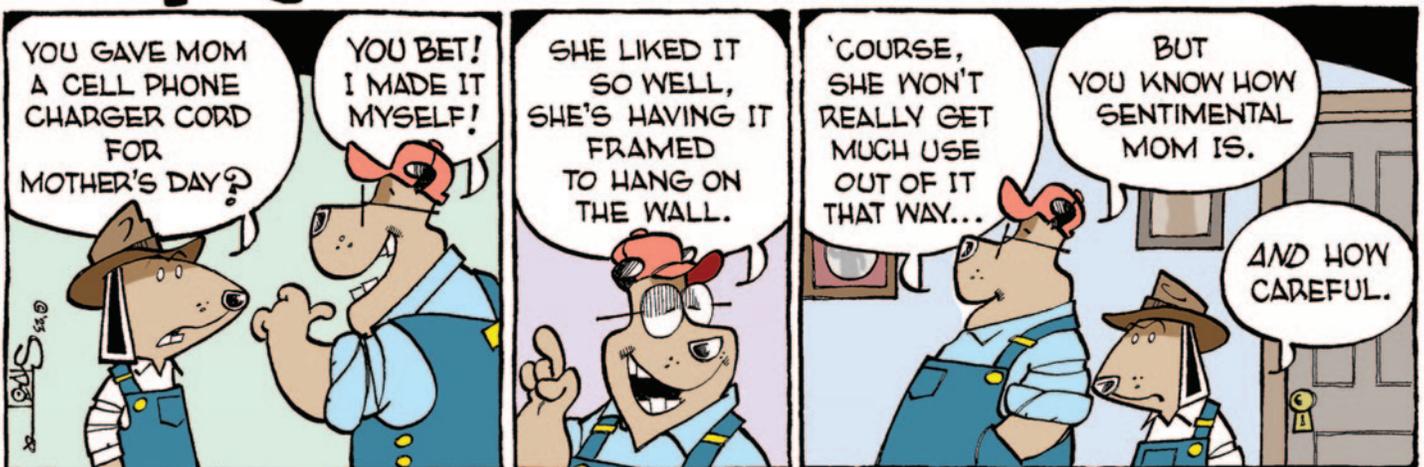
SYMPTOMS OF FENTANYL OVERDOSE

- 1 SMALL, CONSTRICTED "PINPOINT" PUPILS
- 2 CHOKING OR GURGLING SOUNDS
- 3 COLD OR CLAMMY SKIN
- 4 FALLING ASLEEP OR LOSING CONSCIOUSNESS
- 5 SLOW, WEAK OR NO BREATHING
- 6 DISCOLORED SKIN, ESPECIALLY IN THE LIPS AND NAILS

IF YOU SUSPECT SOMEONE HAS OVERDOSED, CALL 9-1-1 IMMEDIATELY AND THEN ADMINISTER NALOXONE.
STAY WITH THE PERSON UNTIL EMERGENCY PERSONNEL ARRIVES.

Source: Centers for Disease Control and Prevention

Murphy



At just 26 pounds, only one folding mobility chair has the power to change your life.

The Journey Air Elite features the latest carbon fiber technology for the ultimate in portability and performance

Mobility issues affect over 1 in 5 Americans. These individuals, and their loved ones, know how decreased mobility can result in loss of independence, pain and falling hazards. They are often stuck at home, missing out on a variety of activities, in a vicious cycle that diminishes their quality of life. In the past, mobility devices like scooters and power chairs were too heavy and bulky to transport easily. Now, carbon fiber material invented for the aerospace program has been used to create the ultimate mobility device. It's called the Journey Air Elite ... and there's nothing else like it on earth.

At only 26 pounds, the Journey Air Elite combines lightweight portability with world class performance. It's simple to use joystick and powerful dual-motor drive system enables you to zip around quickly and safely. It's easy to maneuver, never tips, fits easily through doorways, and can go right up to a table or desk.

Once you are done, just one pull on the seat handle folds it up. There's a fold-down back to make it even easier to stow and store. It features flat-free tires and rear anti-tippers for added convenience and safety.

Just imagine how this chair can improve your life and make it



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Getting a solar photovoltaic system installed and operational on your house or property involves working with several parties to ensure a safe and functional system. You need to work with your electric utility, local building department and a solar contractor.

Here are the solar commissioning steps you need to take.

Do Your Research

If you are considering a solar PV installation, I recommend starting with research. The cost of a residential solar photovoltaic system varies based on your location, the type of components used and the size of the system. With average costs ranging from \$16,000 to \$36,000, installing a solar system is a significant investment for most homeowners.

In my experience, people decide to install solar panels for financial benefit, environmental impact or a combination of the two.

The financial benefit of generating your own electricity is dependent on your energy use, the cost of the system, electric rates, and the specific rules and regulations for your state and electric utility.

Your electric utility can help you understand electric bill rate structures.

The environmental benefit of installing a solar system is based on the reduction of greenhouse gas emissions. This benefit is dependent on the type of electricity generation that powers your home. You can check with your utility to learn about its energy sources. This information provides you a better understanding of the type of power your PV system will offset.

You should also reach out to your local building department to learn about the permitting and inspection process.

Solar Proposals

To find out potential costs and estimated energy production, you need a proposal from a solar contractor. I recommend getting two or three proposals from different contractors to compare system design and cost. You can also request a reference from a previous customer in your area.



Solar contractors work in multiple utility service territories and may not be familiar with the requirements in your state or at your electric utility. I always recommend reaching out to your electric utility before signing a solar installation contract. You want to understand your monthly electric bill costs, as well as the monthly solar system costs, after installing solar.

Interconnection Agreement

If you commit to a home solar installation, you will sign an interconnection agreement with your electric utility. This contract between you and your utility stipulates the terms of connecting a distributed generation system, such as a solar PV system.

Permits and Inspections

You or your contractor will work with the local building department for the necessary permitting prior to installation. Once the system is installed, you likely will need final inspections from the building department and the electric utility. Your utility will grant permission to operate prior to energizing your system. Don't assume your local building department will communicate with your electric utility. In my experience, this doesn't always happen.

Because the solar installation process involves multiple parties, preapproval and post inspections, it is important to check with your local utility and building department before committing to a solar PV installation.

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

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

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

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

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

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

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

WHY ALL THIS EXCITEMENT?

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

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

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



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

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

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

HOW IT WORKS

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



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

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

WHAT DOCTORS ARE SAYING

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

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

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



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

- **Burning, Tingling, Numbness**
- **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 **1-877-804-1327** 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.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Results based upon averages. Models are used in all photos to protect privacy.

Add Sweetness to a Special Family Meal

Many families crave those memorable moments together at the dinner table, and in spite of frenetic schedules and seemingly never-ending to-do lists, there are easy ways to make those meals a reality. Take the challenge out of bringing everyone together with a simple yet special recipe made for sharing.

This flavorful French Onion Baked Chicken can become a family favorite and weekly menu staple, and with 6-8 servings, it's perfect for seconds or saving to reheat for weekday lunches. Sweet, jammy, caramelized onions are placed atop juicy chicken breasts and baked to tender deliciousness for an aroma that brings loved ones running to grab a plate.

With childhood favorites like crackers, marshmallows and vanilla yogurt covered raisins, Gimme S'mores Trail Mix offers a perfect way to get young minds thinking in the kitchen. A little guidance is all it takes to teach them each step of the recipe to make a crafty, delicious treat.

For a healthier version of a snack time superstar, Apple Nachos combine sweet apples like Honeycrisp, peanut butter and versatile, whole-fruit Sun-Maid Raisins.

Source: South Texas Onions & Sun-Maid Raisins



French Onion Baked Chicken

- 1 **tablespoon olive oil**
- 4 **boneless, skinless chicken breasts**

Caramelized Onions:

- 2 **tablespoons butter**
- 1 **tablespoon olive oil**
- 3 **medium sweet onions, sliced**
- 1/2 **teaspoon salt**
- 2 **sprigs fresh thyme**
- 3 **garlic cloves, minced**
- 1 **tablespoon balsamic vinegar**
- 1 **tablespoon Worcestershire**
- 2/3 **cup beef broth**
- 2 **teaspoons Dijon mustard**
- 1 **cup shredded mozzarella, gruyere or fontina cheese**

Preheat oven to 400 F. In large pan over medium-high heat, heat oil. Sear chicken breasts 2-3 minutes on each side. Remove from pan.

To make caramelized onions: In

separate pan over medium-high heat, heat butter and olive oil. Once butter is melted and bubbling, add onions. Let sit 5 minutes.

Turn heat to low and cover onions. Cook 20 minutes, stirring halfway through.

Stir in salt, fresh thyme and garlic; cover onions. Cook 10 minutes.

Stir in balsamic vinegar, Worcestershire, beef broth and Dijon mustard. Cover and cook 10-15 minutes, or until onions are brown and jammy. Stir onions every 10 minutes.

Place chicken breasts in greased baking dish. Top with onions then cheese. Place any additional onions in bottom of dish.

Bake 30-35 minutes, or until chicken reaches internal temperature of 165 F.



Gimme S'mores Trail Mix

- 1/2 cup Sun-Maid vanilla yogurt covered raisins**
- 3 cups graham crackers, assorted flavors**
- 1 1/2 cups colored mini marshmallows**
- 2 cups slivered almonds**
- 1 cup chocolate chips**

In large bowl, mix raisins, graham crackers, marshmallows, almonds and chocolate chips.

Serve immediately, or store in airtight container up to 1 week.

Apple Nachos

- 5 sweet apples, such as Honeycrisp lemon juice (optional)**
- 2 tablespoons peanut butter**
- 1/2 cup Sun-Maid California sun-dried raisins**

Wash and slice apples.

Arrange one layer of sliced apples on serving plate. To keep apples from browning quickly, squeeze lemon juice on top, if desired.

In microwave, melt peanut butter about 30 seconds until smooth.

Drizzle 1 tablespoon peanut butter over first layer of apples. Sprinkle with 1/4 cup raisins.

Repeat with remaining apples, peanut butter and raisins.

Fresh Tomato Basil Tart

- | | |
|---|--|
| 2/3 cup whole wheat flour | 1/2 cup fresh basil leaves, thinly sliced |
| 1/3 cup all-purpose flour | 1 tablespoon olive oil |
| 1/2 cup cold butter | 1/4 teaspoon salt |
| 5 tablespoons cold water | 1/8 teaspoon pepper |
| 4 plum tomatoes | |
| 3 cups shredded part-skim mozzarella cheese, divided | |

In a large bowl, combine the flours; cut in butter until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Cover and refrigerate for 30 minutes or until easy to handle. On a lightly floured surface, roll out pastry to fit a 9-in. fluted tart pan with a removable bottom. Transfer pastry to pan, trim even with edge. Bake at 350° for 13-15 minutes or until lightly browned. Meanwhile, thinly slice the tomatoes; place on paper towels to drain. Sprinkle 2 cups cheese into the crust; top with basil. Set three tomato slices aside; arrange remaining slices in a slightly overlapping pattern around edge of tart. Drizzle with oil; sprinkle with salt and pepper. Sprinkle remaining cheese in center of tart; top with reserved tomato slices. Bake for 25-30 minutes or until crust is crispy and cheese is melted. Let stand for 15 minutes before serving.

Vickie Hammon, Spencer, Nebraska

Rhubarb Dump Cake

- | | |
|---|------------------------------------|
| 4 cups chopped rhubarb | 1 box yellow cake mix |
| 1/2 cup sugar | 1 cup cold water |
| 1 teaspoon cinnamon | 5 tablespoons melted butter |
| 1 3 oz. package strawberry Jello | |

Preheat oven 350 degrees. Place rhubarb in 9" X 13" pan. Mix sugar and cinnamon, sprinkle over rhubarb. Sprinkle dry Jello over top. Add dry cake mix. Add water and finally add melted butter. **DO NOT MIX TOGETHER.** Bake for 35 to 40 minutes. This is great served with ice cream!

Meribeth Kelsey, North Platte, Nebraska

**Wanted: Favorite apple recipes for fall!
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Apples are a favorite fruit of the fall season. Whether you use them in desserts, in salads, or as a complement to a pork dish, the possibilities are endless. Be sure to include a mailing address for payment purposes and a phone number in case we need to contact you. Recipes will not be returned and not all recipes will be used.



Mail: Nebraska Rural Electric Association, *Nebraska Magazine* Recipes, P.O. Box 82048, Lincoln, NE 68501 • **E-mail:** Tina Schweitzer at ttschweitzer@nrea.org.

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How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

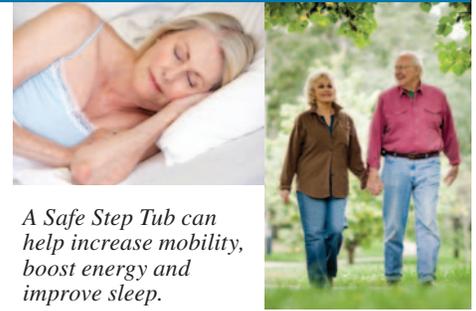
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ENERGY EFFICIENCY FOR BETTER BUILDINGS

Whether your home or business, the buildings you enter daily consist of several layers that create one building envelope, or shell. The envelope begins with the foundation in the ground and ends with the roof, and includes everything in between such as walls, windows and doors. To save energy and maintain comfort, an envelope should limit the transfer of heat in or out of the building. Improve your building envelope by applying weatherization best practices.

+ AIR SEAL CRACKS AND HOLES

Caulking and weatherstripping are cost-efficient air-sealing techniques that help maintain a comfortable temperature in your space. Air-seal gaps around windows, doors, electrical outlets, and other wall or ceiling penetrations to reduce drafts. Weatherstripping around the interior of door frames and window sashes will also limit drafts in these areas and improve the energy efficiency of your home.

+ ENSURE ADEQUATE INSULATION

One of the best ways to reduce your energy bills and increase the comfort of your home is by ensuring adequate and effective insulation in your home. The Department of Energy recommends that a home have 12 to 16 inches of attic insulation. However, not all insulation has the same effectiveness for energy efficiency, and as insulation ages that effectiveness declines. There are also several methods for insulation depending on where you live and the part of your home you are insulating (walls, crawlspace, attic, etc.) so it's best to contact a local certified contractor. Check your local building codes for requirements.

+ RESEARCH INCOME-QUALIFIED PROGRAMS

Some income-qualified programs provide air sealing and insulation, along with making sure your home is safe, if you have combustion appliances like a gas furnace or water heater. Certain programs even cover up to 80% of the median area income and provide these improvements at no cost to the homeowner and in many cases renters as well.

To learn more about income-qualified programs, rebates, and incentives for energy-efficient upgrades, contact your local co-op or public power district.

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