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Magazine

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May 2021

Nebraska's State Parks Celebrating 100 Years

Inside:

• May is Electrical Safety Month • Larry's Ranch in the Sandhills • The Royal Buffalo Hunt

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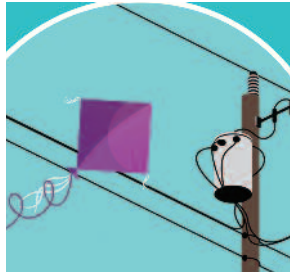
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Cover photograph by Nebraskaland Magazine/Nebraska Game and Parks Commission



Wayne Price

Honor our fallen veterans on Memorial Day

One thing I've noticed over the years is there is a lot of confusion between Memorial Day and Veterans Day. They both honor the men and women who served in the military but they differ in which ones.

Many people mistakenly believe that Veterans Day is the day set aside to honor American military personnel who died in battle or as a result of wounds sustained from combat. That's not quite correct. Memorial Day is the day set aside to honor America's war dead and is observed annually on the last Monday of May.

Veterans Day, on the other hand, honors ALL American veterans, both living and dead. In fact, Veterans Day is largely intended to thank LIVING veterans for their dedicated and loyal service to our country.

I am a veteran myself. I served in the U.S. Army for three years as a single-channel radio operator. I was stationed at a small air base in Germany while I was attached to the 3rd Infantry Division.

My time in the military was actually uneventful. My unit went on field training exercises to be prepared for an attack that never came. I was discharged prior to any of the conflicts in Iraq and returned home to begin my education on the G.I. Bill at the University of Nebraska-Lincoln.

To be honest, my service in the military wasn't really something I would call a sacrifice. It gave me the opportunity to go to Europe, something I had always wanted to do. I was able to visit France, England and Holland and I made it to two Oktoberfest celebrations in Munich, Germany. It also gave me the chance to save up some money for college.

That doesn't mean I am not proud of my service. I am thankful for the experiences and opportunities that were given to me in the U.S. Army.

I encourage you to attend a Memorial Day celebration in your community to honor Nebraska's fallen veterans for their patriotism, love of country, and willingness to serve and sacrifice.



A Note from the CEO



Dennis Houston
Age 5

Circle the wagons and support local businesses

Hello to our friends throughout rural Nebraska!

Our state is opening back up

It's time to get back out there and enjoy our great state of Nebraska. The state is opening back up and there is no better time to explore new areas of rural Nebraska for a family staycation or simply a day trip. Nebraska state parks are celebrating 100 years in 2021. Buy a state park pass and take in the beauty that has been preserved for us to enjoy.

Support local business

Many businesses throughout rural Nebraska have been hurting over the last year and a half. Be sure to support local cafes, steakhouses, hotels and lodges when you travel. Spend time on main street when you arrive at your destination to support our local mom and pop shops who are always there to support our churches and schools when they need help. It's time for us to return the favor to our rural small business owners.

Our local rural electric coops and public power districts

There are 1,000 plus men and women who work for the 34 member electric systems who make up the Nebraska Rural Electric Association. They are the ones who keep the lights on for you when you travel throughout rural Nebraska to enjoy our great state. Be sure to thank them for their service to their neighbors.

Discover the cowboy in you

Yes, that's me in the photo. What five-year-old kid does not want to be a cowboy when they grow up? I sure did. Take in the rural parts of the state that let you get out and enjoy the great outdoor spaces we have in Nebraska. Our family has stayed at Uncle Buck's Lodge, near Brewster, Neb., to be cowboys for a week in the Sandhills. Check out my story – "Larry's Ranch in the Sandhills" later in this issue of *Nebraska Magazine*.

Let us know what you think

I'd love to hear what you think of *Nebraska Magazine*. Drop me a note at dhouston@nrea.org to share your feedback. Do you know a photographer in your area who is a master at capturing absolutely amazing photos of rural Nebraska? Perhaps you know a gifted writer who can paint a picture in words to write a story for us. If so, let us know. We are also always looking for ideas that tell the story of rural Nebraska.

All our best from our family to yours!

Dennis Houston
dhouston@nrea.org

Celebrating 100 Years of Nebraska Beauty





by **Wayne Price**

In 1921 the Nebraska Legislature formed the State Park Board within the Department of Public Works. Nebraska's first state park was formed that same year on a section of property in the Pine Ridge in Dawes County, creating Chadron State Park.

Greg Galbraith, Superintendent III, has worked at Chadron State Park for seven years. Some park visitors can't believe that Nebraska has scenery like the park provides.

"We have the Ponderosa Pine trees and buttes," he said. "Those really make the park something special." The 974 acre park offers visitors a variety of recreational opportunities, Galbraith said. Visitors enjoy staying at the campground or in rustic cabins, hiking the trails, fishing in the well-stocked pond or Chadron Creek, enjoying a guided horseback ride, or swimming in the pool overlooking the pines. There is also a disc golf course and opportunities for mountain biking, as well as sledding and cross-country skiing in the winter.

"The park has some of the best views on hiking trails through the buttes," he said. "It is a great family oriented place in Nebraska."

A new indoor archery and pellet gun range and new playground equipment will greet visitors this summer.

Gov. Pete Ricketts has proclaimed 2021 the year of Nebraska's State Parks Centennial. It is a year that will see activity in the parks unlike any other, with various events scheduled around the state throughout 2021.

Nebraska is home to eight state parks which can be found in nearly every corner of the state. These include Chadron State Park, Eugene T. Mahoney State Park, Fort Robinson State Park, Indian Cave State Park, Niobrara State Park, Platte River State Park, Ponca State

Continued on Page 8

The sun rises over Chadron State Park. Photograph by Nebraskaland Magazine/Nebraska Game and Parks Commission



From Page 7

Park and Smith Falls State Park. There are also 58 state recreation areas and 10 state historical parks.

“Nebraska State Parks offer many opportunities for families to get in touch with nature, spend time together in the outdoors and create lasting memories,” said Jim Swenson, parks administrator. “State parks and recreation areas are so important to our quality of life in Nebraska.”

Victoria Springs became the first state recreation area and is located east of Anselmo, Neb. The park has been described as an oasis in the Sand Hills. The log cabins that Judge Matthews built, one as his home and the other as the first post office in Custer County, are still standing in the park.

Arbor Lodge in Nebraska City became the first state historical park in 1923. The estate in Nebraska City was home to J. Sterling Morton, founder of Arbor Day. The park also includes an arboretum, Italian terraced garden, log cabin, walking trails, more than 200 varieties of lilacs and a tree-themed playground.

Top left: Platte River State Park is located halfway between Nebraska’s two largest cities – Lincoln and Omaha, and has a picturesque waterfall, scenic hiking and biking trails and two observation towers.

Bottom left: Smith Falls State Park is a popular destination for campers, as well as canoers, kayakers, tubers and others who visit the area to experience the beautiful Niobrara River, a National Scenic River.

Below: Ponca State Park is the eastern gateway to the 59-mile section of the Missouri National Recreational River, one of two picturesque, unchannelized stretches of the river bordering Nebraska.

Photographs by Wayne Price



Hundreds of events are planned at state parks across Nebraska, including three signature events, at Chadron State Park on June 11-12, Victoria Springs State Recreation Area on July 10, and Arbor Lodge State Historical Park on Oct. 2.

Events to celebrate the centennial include:

- Game and Parks partnered with Nebraska Educational Television to produce a one-hour documentary that will tell the unique history of our state historical parks.

- The Nebraska Lottery has a state parks-themed celebratory scratch ticket. A \$5 ticket can win one of three \$40,000 grand prizes or any of several other amounts from the lottery. The tickets will be available for about three months beginning in late April 2021.

- Nebraska Tourism is featuring several state park areas in the state's official passport program.

- A new challenge, Your Parks Adventure, will encourage travel and adventure in Nebraska's parks. It will invite participants to visit selfie stations at scenic sites in the state park system May 22 through Nov. 30 and submit their photos and stories to enter prize drawings, including a grand prize camper provided by A.C. Nelson RV World.

To learn more about Nebraska's state parks' centennial, visit YourNebraskaParks100.org.

Source: Nebraska Game and Parks Commission



Larry's Safety Lesson

Make safe choices on a bicycle

By Larry Oetken



Americans are increasingly bicycling to commute, for exercise, or just for fun. By law, bicycles on the roadway are

vehicles with the same rights and responsibilities as motorized vehicles.

- Ride a bike that fits you—if it's too big, it's harder to control the bike.
- Ride a bike that works—it really doesn't matter how well you ride if the brakes don't work.
- Wear equipment to protect you

and make you more visible to others, like a bike helmet, bright clothing (during the day), reflective gear, and a white front light and red rear light and reflectors on your bike (at night, or when visibility is poor).

- Carry all items in a backpack or strapped to the back of the bike.
- Tuck and tie your shoe laces and pant legs so they don't get caught in your bike chain.
- Plan your route. Your safest route may be away from traffic altogether, in a bike lane or on a bike path.

Source: National Highway Traffic Safety Administration

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



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May is Electrical Safety Month

As Spring arrives and the temperatures start warming up most of us turn our attention to taking care of projects both inside and outside the house. And with May being National Electrical Safety Month, it is a good time to focus on how to keep safe when working with electric equipment.

Stay away from puddles of water in contact with downed lines. Encountering these objects can be as hazardous as coming into contact with the downed power line itself.

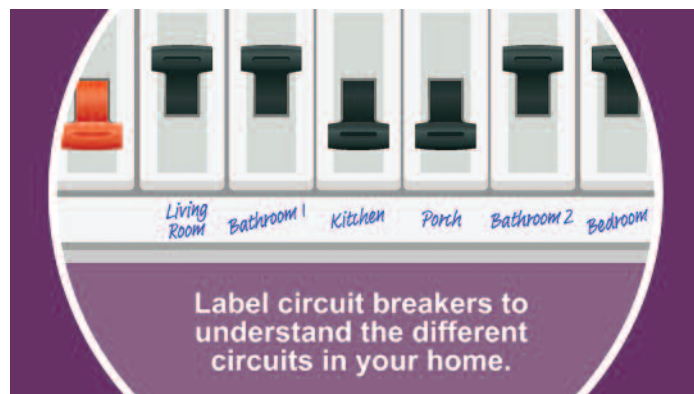
If using electric yard tools in clean-up efforts, do not operate them if it's raining or the ground is wet, or while you are wet or standing in water. Water and electricity are a potentially deadly combination. Avoid using power tools outdoors in wet grass or other wet or damp areas. Keep all electric tools and equipment at least ten feet away from wet surfaces.

It's not hard to understand why safety remains a top priority for Nebraska's public power districts and electric cooperatives — working around electricity is a life-or-death situation every day for many of our employees. As a result, we work hard to instill a culture of safety that our folks can take home with them and live 24/7.

May is also the perfect time to make sure your home not only looks great, but is safe from any hazardous electrical problems.

The dangers are more real than you may think. According to the U.S. Consumer Product Safety Commission's (CPSC) latest figures, there was an estimated average of 48 electrocution fatalities associated with consumer products per year over the 4-year period from 2010 through 2013, with an estimated 70 consumer product-related electrocutions in 2010, 40 in 2011, 40 in 2012, and 40 in 2013.





To keep yourself and your family safe from these dangers, you should have a professional electrical safety inspection of your home and grounds every ten years. It is also wise to undertake an annual electrical safety inspection yourself. Here are some things to keep in mind:

Keep appliances like hair dryers and radios away from the sink, tub, or pool, and make sure all outlets near a water source are equipped with a Ground Fault Circuit Interrupter (GFCI). That includes outlets in bathrooms, kitchens, unfinished basements, and garages, and near swimming pools and hot tubs. Make sure your outdoor receptacles are GFCI protected and that they are housed in weatherproof covers.

Don't overload an outlet. Simply put, each household outlet is rated for a safe amount of current, typically 15-20 amps. Plugging too many household appliances into the same outlet can start a fire or create a shock hazard.

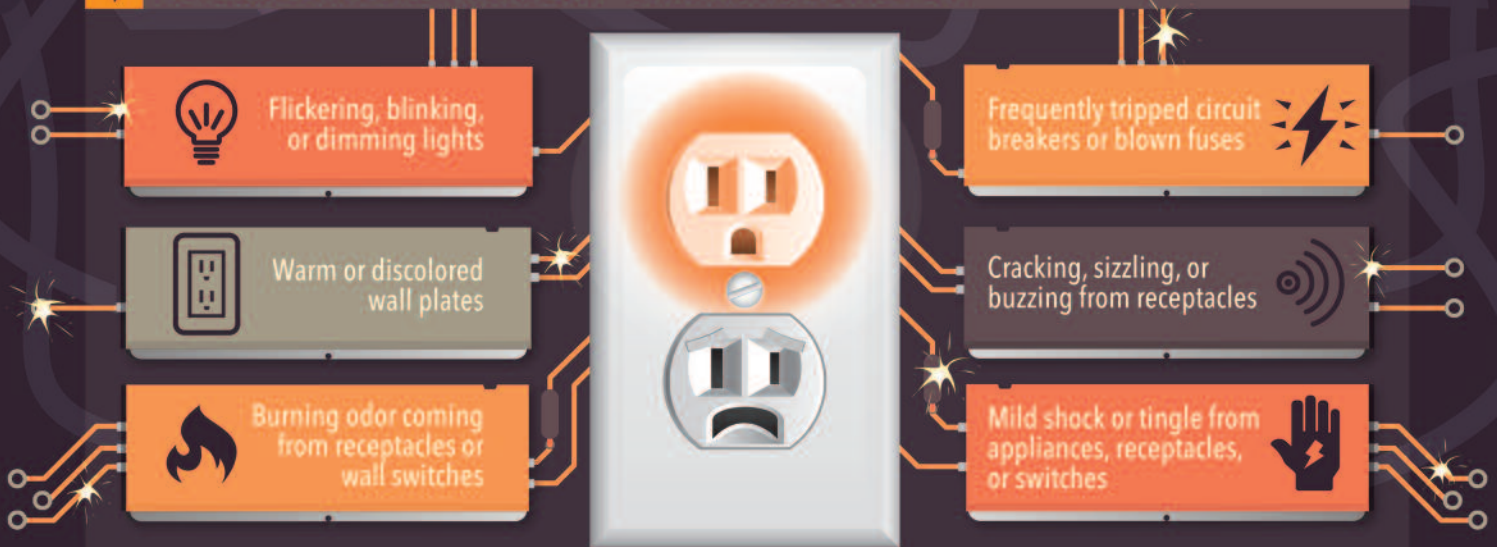
Check all power and extension cords for cracks or fraying. Those that are showing wear, and those that have been taped over in the past, should be replaced immediately. Never, under any circumstance, run extensions under carpets, rugs, or furniture, where you are unable to see their condition. When using an extension cord outdoors, be sure it is rated for outdoor use.

Be extremely careful when using a ladder near overhead power lines; even a wooden ladder contacting a power line can have potentially deadly results.

DON'T OVERLOAD YOUR HOME!

i According to the National Fire Protection Association, 47,700 home fires in the U.S. are caused by electrical failure or malfunction each year. These fires result in 418 deaths, 1,570 injuries, and \$1.4 billion in property damage. Overloaded electrical circuits are a major cause of residential fires. Help lower your risk of electrical fires by not overloading your electrical system.

OVERLOADED CIRCUIT WARNING SIGNS

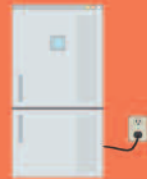


HOW TO PREVENT ELECTRICAL OVERLOADS

Never use extension cords or multi-outlet converters for appliances.



All major appliances should be plugged directly into a wall receptacle outlet. Only plug one heat-producing appliance into a receptacle outlet at a time.



A heavy reliance on extension cords is an indication that you have too few outlets to address your needs. Have a qualified electrician inspect your home and add new outlets.



Power strips only add additional outlets; they do not change the amount of power being received from the outlet.



50%

The CPSC estimates more than 50% of electrical fires that occur every year can be prevented by Arc Fault Circuit Interrupters (AFCIs).

To learn more about AFCIs, visit ESFI.org.



Only use the appropriate watt bulb for any lighting fixture. Using a larger watt light bulb may cause a fire.



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www.youtube.com/ESFI.org

MAY IS NATIONAL ELECTRICAL SAFETY MONTH

LOVE THE OUTDOORS? BE SAFE OUT THERE

2/3 of lightning fatalities are associated with outdoor recreational activities.

Pay attention to weather forecasts **before you go canoeing or boating**. Get off the open water as soon as you **hear thunder**.

Do not use generators in enclosed areas. The same goes for grills, camping stoves or other small appliances that produce carbon monoxide.

Look up for power lines while fishing or sailing.
FACT: Fishing is the most common outdoor activity associated with lightning-related deaths.

Going for a hike? If you hear thunder or see lightning, **do not seek shelter under a tree.**

Tent camping? Plan ahead, seek shelter in a hard-top vehicle or four-sided building during a storm or at the first sight of lightning.

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Pole Attachment Bill Held in Committee...For Now

Sometimes the measures that do not pass in the Legislature can be just as, or more important, than the measures that do get the votes and are signed by the governor.

LB 455 - the Adopt the Broadband Pole Attachment Act was introduced in this year's session and had a hearing in the Legislature's Transportation and Telecommunications Committee. As is often the case, the name of the bill can be misleading. The crux of the bill was to allow telecommunication companies to attach their infrastructure to electric utility poles and not pay the full costs of doing so. As not-for-profit entities, public power districts and electric cooperatives must then transfer these costs to electric ratepayers.

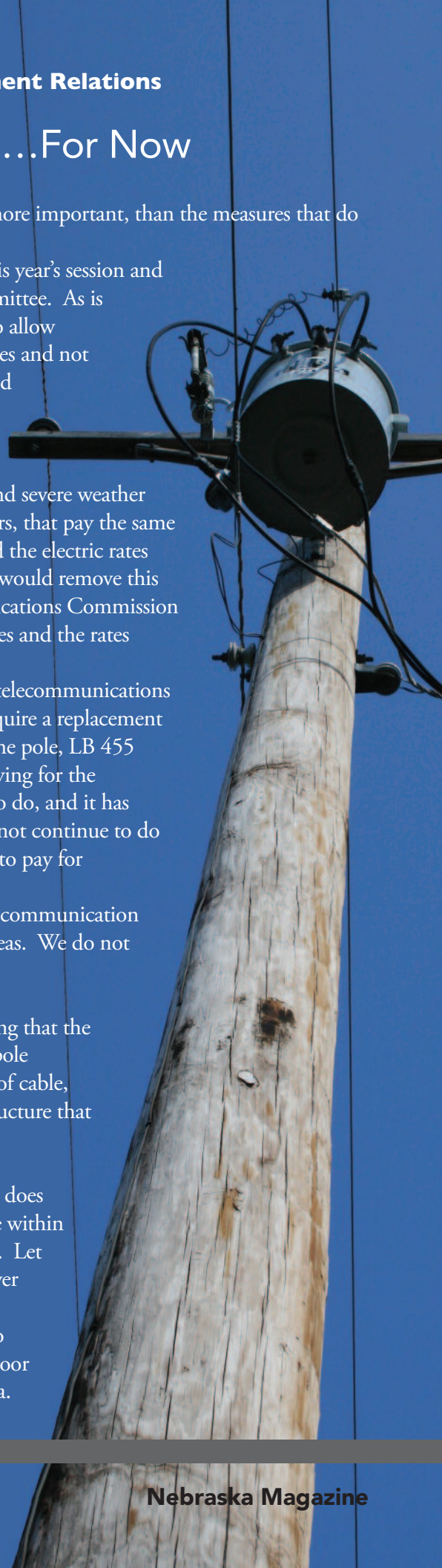
LB 455 contains many components which we should all find objectionable. At its foundation, Nebraska's public power model has been successful at delivering affordable and reliable electric service in a state with low population and severe weather because of the local control of our power districts. Locally elected board members, that pay the same electric bill that you and I pay, make decisions about how the utility operates and the electric rates they charge. This model promotes frugal spending and reliable service. LB 455 would remove this local control over utility infrastructure and would defer to the Federal Communications Commission and the Public Service Commission to decide what can be attached to utility poles and the rates telecommunication companies should pay the electric utility.

A major concern with the bill centers on the replacement of utility poles. If a telecommunications company decides to hang infrastructure on a utility pole, and doing so would require a replacement of the pole to compensate for the additional weight or to increase the height of the pole, LB 455 would allow the telecom company to attach their infrastructure without fully paying for the necessary upgrade. The utility pole is fine. It is doing the job it was engineered to do, and it has been paid for by utility consumers. There is no reason to expect the pole would not continue to do its job for decades into the future. Yet, LB 455 would require electric ratepayers to pay for upgrades or for a new pole just because it is deemed to be an old pole.

The Nebraska Rural Electric Association has long supported access to rural telecommunication services and opposed any efforts to limit the availability of technology to rural areas. We do not believe, however, that electric ratepayers should subsidize the costs of for-profit telecommunications companies.

Electric cooperative and public power district boards are responsible for ensuring that the integrity of the distribution lines and poles are maintained. Local regulation of pole attachments ensures that boards and management can facilitate the deployment of cable, telecommunications and broadband services while protecting the critical infrastructure that brings essential power to our homes and businesses.

As I write this article, LB 455 has not advanced out of the Transportation and Telecommunications Committee and has not been prioritized by a senator. This does not mean that we can let our guard down. There is always a chance the language within this bill could be attached to another bill and, of course, there is always next year. Let us all hope that before a bill like this places a mandate on electric ratepayers, power districts and telecommunication companies can sit down together and come to reasonable agreements on how best to bring better telecommunications service to rural customers. The rural power districts of the state will always have an open door when it comes to promoting better telecommunication services in rural Nebraska.



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

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

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding— when

folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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Larry's Ranch in the Sandhills

The Sandhills is a region of mixed-grass prairie on grass-stabilized sand dunes in north-central Nebraska, covering just over one quarter of the state. The dunes were designated a National Natural Landmark in 1984. If you have not yet spent time in the Sandhills, you must visit this summer!

Larry's Ranch in the Sandhills

My sister Trish and her husband, Larry Trofholz, a Columbus, Neb. native, bought a ranch in the Sandhills about twenty-five years ago. The land was near Brewster, Neb. Larry's ranch was small by Sandhills standards but it was a piece of paradise at 640 acres or one section. Family and friends including Zimmer and Egger would often load up in Larry's Dodge Ram and visit the ranch with Larry for several days at a time to work the land.

The Houston family visits

Sheryl and I along with our two boys, Ryan and Jack, visited the ranch and had a great time spending time in the wide open spaces. Tanking down the Loup River, riding 4-wheelers across the ranch, taking in amazing Nebraska summer sunsets, riding horses, watching the stars at night and hanging out at Uncle Buck's Lodge were just a few of the highlights.



Uncle Buck's Lodge is located on the Rhoades family ranch near Brewster, Neb.

Uncle Buck's Lodge

We always stayed at Uncle Buck's Lodge when visiting the Sandhills. The lodge is on the Rhoades family ranch near Brewster, Nebraska. The 10,000 acre working cattle ranch has been family owned and operated since 1881 and continues much as it did in the days of the Old West. As they say at Uncle Buck's, "step away from the crowd and roam free on the land to discover the cowboy in you."

I encourage you to kick back and enjoy the peace and quiet of the pristine Nebraska Sandhills, or go hunting, fishing, tanking or canoeing while staying at Uncle Buck's Lodge. You can even saddle up and join the ranch hands in the work of the old-time cattle ranch. The Rhoades family will welcome your family and friends to the ranching life with a heart as big as the Nebraska sky.

Head Chef for a Day

On one of our visits to the ranch when we stayed at Uncle Buck's Lodge, my sister Trish and I became the Head Chefs for the day. The Rhoades had a family emergency one Sunday morning and asked Larry (who was a frequent guest at the lodge) if he would "watch the place for a bit" while they ran to the hospital. So Trish and I went into the kitchen to make breakfast for our family.

Soon other guests came down from their rooms and were ready to enjoy a hot, homemade breakfast. Larry explained the situation and before you know it, he was taking breakfast orders on a notepad from several other guests. In the meantime, Trish and I were clinking and clanging pans in the kitchen and slinging hash as we made breakfast for a few dozen people. Everyone had a great time that day and everything turned out great for the Rhoades family too.

Thanks for the memories Larry!

Our family has made memories of a lifetime in the Sandhills. One of my fondest memories of the Sandhills is seeing two young cowboys, ages five and six, sitting at the bar in Uncle Buck's Lodge enjoying an ice cold Coke on a hot summer afternoon. Years later, those two



boys are now both proudly serving as United States Marines. We owe those great memories to my brother-in-law, Larry. He greatly enjoyed the Nebraska outdoors and spending time on his Sandhills ranch for many years. This article is dedicated to Larry Trofholz (1947-2015) and his passion for Nebraska and the land he called his beloved Sandhills.

Above: A Spring fog covers the Sandhills of Nebraska. Photograph by Marek Uliasz/123RF.com

Right: The bar is a focal point of interest at Uncle Buck's Lodge.



The Royal Buffalo Hunt

By Jason Shonerd

On November 21, 1871, the frigate *Svetlana*, leading a squadron of ships, arrived in New York harbor 93 days after setting sail from Imperial Russia. Heading the flotilla of what was expected to be the finest naval squadron of Europe at the time was a 14-year veteran Lieutenant of the Imperial Russian Navy. The broad shouldered, six foot tall, mutton chopped young man was the 21-year-old Grand Duke Alexis Alexandrovich Romanov, fifth child and second son of Tsar Alexander II of Russia. The Duke would attend a formal reception at the White House, hunt on the Nebraska plains with General George Custer, Spotted Tail, and Buffalo Bill Cody, and would even attend Mardi Gras before his departure.

The Grand Duke Alexis was sent to the young republic four years after his father Tsar Alexander II had sold Alaska to the United States for \$7.2 million, or \$0.02 an acre. The trip was promoted as a goodwill mission to shore up diplomatic relations, but also provided the Duke's separation from a pregnant lover back home. Two days prior Alexis's departure Tsar Alexander II wrote in his journal that he had, "A disagreeable surprise from Alexis," who revealed his infidelities, "With a girl who's now pregnant and he asked my consent to marry her." The Tsar considered the girl below his royal status and would never recognize their marriage or son.

The following day Alexis boarded a train destined for



Washington D.C. to meet President Ulysses S. Grant. The Duke met with President Grant at an informal "formal" gathering on November 23, 1871, with most of Grant's high ranking cabinet members present. During his visit with Grant, Alexandrovich discussed the possibility of visiting the untamed western frontier and hunting the mythic buffalo of the prairie. Grant agreed and coordinated with fellow Civil War hero, and close associate General Phillip Sheridan to lead the hunt along with Lt. Colonel George Armstrong Custer. Following this meeting with the head of state, the Duke returned to New York City to spend the rest of the year touring the east coast.

The Duke enjoyed nothing short of luxury while touring the east coast. The train that carried Alexis between Washington and New York included three specialty train cars, courtesy of the New Jersey Railroad

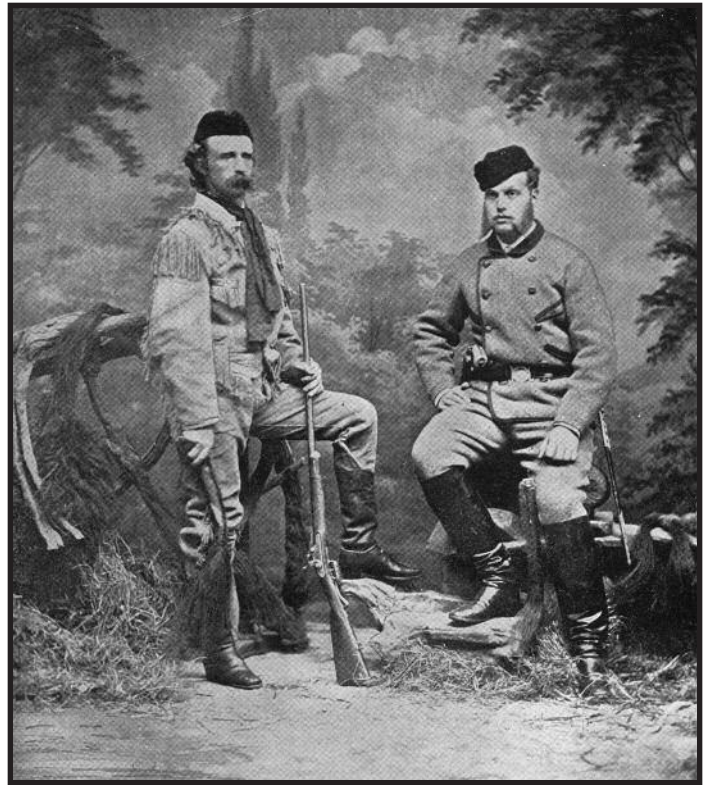
Left: The mounted head of a buffalo killed on the Grand Duke's hunt. Photograph provided by Nebraska State Historical Society - RG2947-05a

Right: General Custer and Grand Duke Alexis pose for a studio photo. Photograph provided by Nebraska State Historical Society - RG3126-02-43

Below: The tent of the Grand Duke at "Camp Alexis" in Nebraska. Photograph provided by Nebraska State Historical Society - RG4267-09a

Company. The first car contained all the "modern improvements of a hotel, comprising storerooms and pantries," and a dining car that could host 28 people, painted a rich color within with gold scroll-work, featured a lavish kitchen with all the modern appliances of ice boxes, silver dish racks, cooking range, and "some sort of wine cellar." He attended multiple balls in his honor, attended the opera, went shopping at Tiffany's for jewelry and bronze statues, and even found time to tame his wild sideburns and pose for a photograph by famed Civil War photographer Matthew Brady. On December 6, Alexandrovich visited the Smith and Wesson factory in Springfield, Massachusetts. He was presented with a new Model 3 single action revolver complete with engraved pearl grips which the Duke proudly displayed on his trip to the frontier.

On January 12, 1872, the Grand Duke and his party arrived in North Platte, Nebraska by special train, courtesy of the Pennsylvania Railroad Company, to meet William "Buffalo Bill" Cody. They rode in wagons southwest bound to meet with Spotted Tail, chief of the Brule



Lakota, and one hundred of his braves requested by Cody to entertain the party and show European royalty what life on the plains was like for the Native Americans. The following day the hunting party of around 125 men arrived at Camp Alexis, situated off of Red Willow Creek in southwestern Nebraska, just before dark.

On January 14, Alexis's 22nd birthday, the hunt began. In the brisk Nebraska winter, the hunting party set out from camp, risking snow that was up to 18 inches deep in some areas. Accounts differ as to how the first kill took place, but all agreed that the first kill should be the honor of the Grand Duke. Buffalo Bill Cody's account of the hunt included little factoids that he loaned the prince his trusty steed, Buckskin Joe, for the first kill and also brandished him with the rifle used for the kill. According to several reports, Alexis rode up to a great bull, and emptied the revolver that was gifted to him in Springfield. After this failed to bring down the buffalo, a rifle was used to finish the job. The Grand Duke allegedly removed the tail from the beast as a trophy, and an impromptu celebration with champagne took place.

The following day a significantly larger party set out for the hunt. Sheridan guided the party to a herd of buffalo,

Continued on Page 21

Summer is in full swing, and that means it is time for fun in the sun! As you find yourself spending more time outdoors, remember to stay safe.

Planning a home improvement project? When working outdoors, you may be using tools, such as ladders, power tools, shovels – or even paintbrushes with extendable arms. These items help you get the job done but have the potential to be dangerous if used improperly.

Pay attention to where you place metal ladders or dig for fence posts. Before you start any project, always look up and avoid overhead power lines. Keep a minimum of 10 feet between you and overhead lines.

If you are planning a project that requires digging, remember to dial “811” first to find out if the area you will be working in is clear of underground power lines. Power tools should be kept away from wet surfaces, and outlets should not be overloaded.

Exploring the great outdoors is a great way to spend



time with the family, but keep these safety tips in mind.

Children should never climb trees near power lines – always assume a wire is live. Fly kites and drones in large open areas like a park or a field, safely away from trees and overhead power lines.

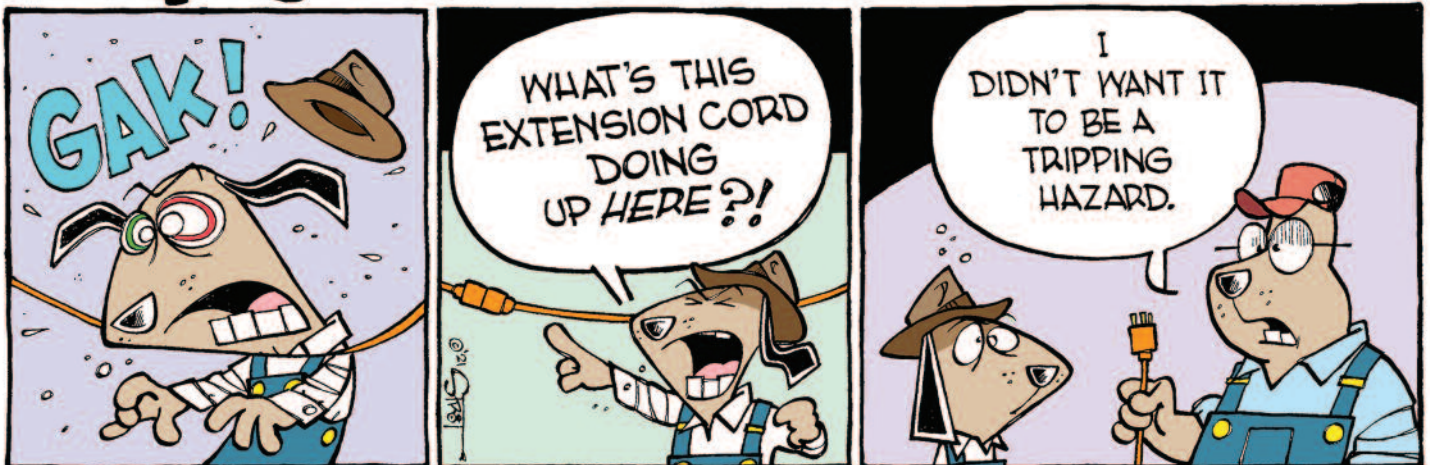
Planning to take a dip in the pool? Electrical devices, such as stereos, should be kept at least 10 feet away from water sources, and outdoor electrical outlets should always be covered. If

you hear a rumble of thunder, exit the pool right away.

Speaking of thunder, summer storms can be dangerous if you’re caught in the wrong place at the wrong time. If you find yourself outdoors during a storm, move toward suitable shelter with covered sides, and stick to low-lying ground if possible.

These are just a few tips to remember when you are spending time outdoors this summer with your family. Have some fun out there, and always keep safety in mind!

Murphy



From Page 19

and like the party previously, insisted that the honor of the first kill should go to the Grand Duke. It is said Alexis pursued a bull calf and its mother, efficiently taking them both down despite the rugged terrain. After the first kill, Alexis and his entourage were delighted to witness what few white men had viewed before. Spotted Tail and his band of hunters advanced towards the herd, most shooting with bows and arrows, leaving behind large numbers of carcasses across the plateau. Alexis was incredibly fascinated by the native peoples and their hunting methods and became very curious about the power of the bow and arrow. While Alexis was examining a slain buffalo, a young warrior noted that the arrow he had shot had pierced the animal and gone all the way through. Later, when the warrior located the arrow he had shot, he asked Custer to present it to the Grand Duke, which became another trophy from the prairie. The band of hunters celebrated their victory over the wild buffalo with another champagne celebration.

After returning back to camp and feasting, Spotted Tail's Brule warriors performed a "war dance" for the camp. Draped in buffalo robes and blankets, with faces painted yellow and red, the warriors proudly displayed their show for the American and European visitors. After the dance, Spotted Tail, along with his wife, daughter, and a few sub chiefs, were invited to the Imperial tent to partake in European luxuries, including their favorite celebratory drink, champagne. At the end of the two-day hunt, just prior to the men disbanding, the Grand Duke



A time card for the special UP train service for the Grand Duke. Photograph provided by Nebraska State Historical Society - RG2947-02

furnished Spotted Tail and some of his people with gifts, blankets and a large bag of silver dollars.

The Imperial Highness and his entourage returned to North Platte,

boarded their train and headed west for Denver, thus continuing to meet with various government officials along the way. After a short hunt in Kit Carson, Colorado, the Grand Duke returned to St. Louis with his champagne and caviar supplies depleted. He would make stops in several southern cities before appearing in New Orleans for Mardi Gras, where he was guest of honor at the inaugural Rex parade and having a brief encounter with a famous actress of the time, before leaving the United States.

The Duke returned to Russia and became Admiral of the Russian Imperial Fleet before ending his career in defeat during the Russo-Japanese War in 1905. He retired to Paris in disgrace afterwards and would remember his trip to the U.S. fondly, particularly his hunting trip in Nebraska. The Duke and General Custer even kept correspondence up until the latter's infamous death at Little Bighorn in 1876. Alexis passed away from pneumonia in his Paris home in 1908 at the age of 58.

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The Fun of Food Gardening

by Pamela A. Keene

Whether you have a multiple-acre plot or a patio, you can grow your own vegetables. With a little bit of know-how and a sunny place, enjoying the bounty of your own labors can be fun, rewarding and tasty.

“There are so many reasons to grow your own vegetables and the flavors are ever so much better than store-bought,” says Joe Lamp’l, founder of joegardener.com and host of the nationally syndicated “Growing a Greener World,” which airs on public television in all 50 states. “Money can’t buy the kind of taste you get fresh from the garden or the satisfaction of knowing you’re eating what you’ve grown.”

Sunlight, soil and water

Three components are vital to successful vegetable gardening: sunlight, soil and water.

“Choose your spot carefully to have plenty of sunlight, at least 6 hours a day,” Lamp’l says. “Look for a place that’s not obstructed by trees or other buildings. Sunlight is one of the three basic components to successful gardening. The other two are good soil and having access to a reliable water source.”

Many gardeners build raised beds. By elevating the growing area off the ground it’s easier to plant, tend and harvest with less bending or squatting.

“Most people choose wood to construct raised beds, but be sure to consider the size,” Lamp’l says. “Use 2- by 12-inch boards to build a bed that your space can accommodate. Be sure to make it about 3 feet wide to give good access from all sides. This will make weeding and harvesting easier and you can more closely inspect your plants for signs of disease or insects as they grow.”

Leave enough space between beds for a wheelbarrow to pass to bring soil and mulch into the garden area.

The soil in your garden is crucial for good production and with raised beds you have more control over the composition of the soil, the nutrients and the quality.

“Packaged garden soil is a good choice because it’s



disease and weed free, but be mindful of the quality. Cheaper is not better,” Lamp’l says. “The soil provides the main support for your plants, so it needs to have the right nutrients and the right texture. If the soil compacts too easily, it will be difficult for plant roots to thrive. Amend it with organic matter, also available at your box retailer or local nursery, to promote good growth.”

Make sure a good water source is nearby to avoid constantly moving hoses back and forth throughout the growing season. “In an ideal world, drip irrigation is best, but it can be costly to install into each bed,” he says. “Consider hand watering if you have a smaller garden plot. Apply the water directly to the base of the plant to prevent wetting the foliage. Prolonged periods of wet foliage can increase the potential for plant disease.”

Watering can be tricky. “Don’t water just because it’s a certain day of the week, because you run the risk of overwatering,” he says. “Check the moisture level of the soil, and water accordingly, allowing enough flow to soak the ground. Then wait until the top inch or so of the soil feels dry before watering again. Your plants will be healthier and produce better results.”



Photos by joegardener.com

application instructions for best results.”

Top-dressing vegetables with compost during the growing season provides additional nutrients and improves the soil.

Patio and deck

Some vegetables are well suited for planting in containers, as long as they have ample sunlight. Again, at least six hours a day applies.

Tomatoes are available in patio and bush forms that are more compact and better suited for containers. Growers have also introduced a wide variety of peppers, from sweet to hot, plus colorful bell peppers, that grow nicely on a patio.

“The key is to provide a container that’s large enough for the roots to grow and support production,” he says. “Containers also tend to dry out more often, so it’s important to keep them properly watered. Feeding regularly is important as well.”

Lamp’l suggests avoiding clay or terra cotta pots that lose moisture more quickly.

“Lighter-colored plastic pots work better, but make sure they have drainage holes in the bottom,” he says. “Adding a layer of mulch will help retain moisture and keep the roots a little cooler.”

Patience pays off

Gardening is a lifelong learning experience and Lamp’l says that no-one gets it 100 percent right all the time.

“Don’t get frustrated if you’re not successful in your first year of growing vegetables,” Lamp’l says. “Much of gardening is trial and error.”

The number of resources – YouTube, online, websites, blogs and more – is infinite and can be overwhelming, so learn to filter the sound advice from the not-so-good.

“You also have an excellent local resource just a phone call or web click away, with your local extension office,” he says. “They can help solve pest and disease issues, answer your gardening questions and connect you with other gardeners. And best of all it’s free.”

Seeds or seedlings

Summer vegetables, such as tomatoes, eggplant and peppers are generally easier to grow from seedlings, which can be purchased at a local nursery or box retailer. Look for healthy plants with several sets of leaves. They can be planted in the garden after the date of the last frost in your area.

“If you want to start from seeds, back up your indoor starting time to have nice-sized seedlings by the ideal planting time for your region,” Lamp’l says. “I’m a big proponent of starting vegetable seeds indoors about six to eight weeks before planting, but you will need the proper light set-up and the commitment to manage the process from seeds to moving the seedlings into the garden.”

Once the soil warms up, beans, squash and cucumbers are easy to plant directly in the garden. Their germination time is fairly quick. Be sure to purchase seeds packaged for the current year by finding the date stamp on the package and follow planting instructions.

“Vegetable plants are heavy feeders,” he says. “It’s important to fertilize them as they start to produce. A slow-release organic fertilizer is a nice way to deliver the nutrients on a continuous basis. Be sure to follow the

Three Cutting-Edge Technologies



What's the next best thing to help reduce your energy needs? Many energy efficient technologies for the home are constantly changing and improving. As homeowners are looking for new ways to save energy at home, there are many cutting-edge technologies currently being developed to improve the efficiency of your home.

Refrigerators are essential for any modern home, and they typically use a good deal of energy to properly cool your food. Reducing the amount of energy your refrigerator uses can help lower your home energy

consumption. One emerging technology that can save energy is the magnetic refrigerator. Most refrigerators use a traditional compressor to cool perishables, but magnetic refrigerators use a magnetic field as an innovative way to cool food. This is possible through a phenomenon called the "magnetocaloric effect" which causes certain materials to cool down when a magnetic field is removed. This creates a more energy-efficient refrigerator, using approximately 30% less energy than traditional refrigerators. Magnetic refrigerators also remove the need



When it's time for a new roof, consider a "cool roof" for maximum energy savings. Photo Credit: McElroy Metal

for harmful chemicals used in traditional refrigerants, making them more environmentally friendly. There are a few magnetic refrigerators commercially available, however the market is still extremely limited. Researchers and universities are currently working to improve this technology, with the goal to make the commercial market for magnetic refrigerators more widespread.

Air conditioners use a lot of energy to keep your home cool, particularly during summer months. When temperatures are highest, choosing the right roofing material can make a huge impact on how much heat your home absorbs. Certain types of roofing can reflect more sunlight than others, which can help to keep your home cooler, therefore reducing your need for air conditioning. These "cool roofs" are specifically designed to absorb less heat and reflect more sunrays than traditional roofs. Cool roofs are lighter in color and can use reflective paint, highly reflective tiles or a reflective sheet covering. There are several types of cool roofs commercially available, and choosing the right type partially depends on the steepness of your roof's slope. Low-sloped roofs are better suited for reflective sheet membranes, while high-sloped roofs work better with reflective shingles and tiles. Although cool roofs can reduce heat, the overall heat savings you can achieve from roofing depends on home insulation, climate and a few additional factors.

If you're looking to save energy in the laundry room, a **Heat pump clothes dryer** can help reduce energy use by at least 28% compared to standard dryers. Instead of releasing warm and humid air through a vent outside the home, heat pump clothes dryers work by sending humid air through an evaporator that removes moisture without losing too much heat. Heat pump dryers do not require outside ventilation like standard dryers, which is a major efficiency benefit. Additionally, since these dryers use lower temperatures, they are gentler on clothes. Several commercial brands like Whirlpool and Samsung sell EnergyStar-certified heat pump dryers, and the cost typically ranges from \$900 to \$1,500 depending on additional features.

These emerging technologies are among the newest available to reduce your energy use at home, but because they are new, they will come with higher sticker prices than their conventional counterparts. As with any new technology, prices will become more affordable as these efficiency options become more mainstream.

When considering new technologies, make sure you fully know the costs and benefits over time to get the best value.

Q : During summertime, the deck becomes our kitchen, and my wife and I spend most of our free time in the backyard. We've invested a lot of time and effort making the interior of our home more energy efficient, but we're wondering if there are ways we can save energy outdoors as well.

A : The most common way to save energy during summer months is lowering your cooling costs indoors. Since you and your wife are spending a lot of time outdoors, you can certainly save energy and money by reducing your air conditioning use inside. Setting the thermostat just a few degrees higher can make quite a difference. But to answer your main question, yes—there are ways to save energy outdoors. Here are three:

Pumps and Maintenance

Many of us have one or more pumps that service our yard or reside on our property. Pumps can supply water for a swimming pool, your lawn and garden, or your septic system or well. It's easy to let maintenance slip, which cuts the pump's efficiency and shortens its life.

Maintaining pumps involves cleaning the filters or checking oil and belts. If you have multiple pumps and need to hire a professional for assistance, try to do all the maintenance at once to reduce the overall cost. You may also want to consider replacing older pumps with energy efficient EnergyStar-rated ones before they break down. While you're at it, check for leaks in the water lines, which make your pumps work harder and longer.

Outdoor Lighting

If you have security lighting, there's a good chance you can save a little energy. Some security lights can be 500 to 1000 watts. That's the equivalent of 40 to 80 indoor LED bulbs—quite a lot of energy! Adding timers, motion sensors and light sensors can reduce your bulb energy use. Plus, when you use your lights less often, your neighbors may appreciate a little less light pollution!

Switching to LEDs is another great strategy. Solar lights are also a good way to light walkways, a water feature or your deck—without having to buy any electricity at all.



Cooking all the courses on the grill eliminates the need to turn on the kitchen stove. Photograph by Scott Van Osdol

Grilling

Using your oven can raise your kitchen's temperature up to 10 degrees, increasing the need for running your air conditioner, so grilling outdoors is a great way to save energy. If you like to barbecue or grill most of your meals, you may want to consider the fuel you use. If natural gas is available, it's usually much less expensive than propane. Natural gas is also convenient because you don't have to refill any tanks like you would with propane. On the downside, if you don't already have gas lines running to your patio or deck, the cost of installing them can be prohibitive.

Other fuel types like charcoal briquettes or wood take more preparation and can be fussy to work with, and charcoal grills emit three times as much carbon as gas grills.

Whichever fuel type you choose for your grill, you can save energy by barbecuing (keeping the lid closed during cooking) rather than grilling (cooking with the lid off at higher heat).

Hopefully these ideas will help you enjoy your outdoor living space this summer—and help you save energy!

Advanced Technology Allows Macular Degeneration Patients To See Again

And Allows Many Low Vision Patients To Drive Again



*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:

Robert Stamm, O.D.
Low Vision Optometrist
Member IALVS

Toll Free:
(877) 393-0025



A Beautifully Baked Beef Dinner

Many families crave savory and delicious weeknight meals. After a long day of work and school, it's time to gather around the table to share a mouthwatering meal and memories together.

For something truly wholesome, try this Beef Tenderloin with Roasted Cauliflower and Spinach Salad. It's a full meal the whole family can enjoy, and you'll be surprised at how easy it makes it to feed all the smiling faces.

This meal has layers of flavor and sneaks in a few vegetables like spinach and cauliflower, but even picky eaters can't resist trying it.

This meal is satisfying and only requires some mixing bowls and a large sheet pan to make cleanup a breeze so you can focus on what really matters most: time with your loved ones.

These Baked Lemon Donuts are a unique dessert that can double as a sweet, fruity breakfast. Delicious and packed with lemon zest, they are coated in a lemon-sugar topping for a burst of lemon in every bite.

The end result is fluffy little donuts that are filled with light and scrumptious lemon flavor and covered with lemon sugar for a hard-to-resist lemony treat.

Late night or early morning, these donuts can leave you – as well as anyone you choose to share them with – craving “just one more.”

Find more recipes and savory main dishes at Culinary.net.



Beef Tenderloin with Roasted Cauliflower and Spinach Salad

- 1 **beef tenderloin (4 pounds), wrapped with butcher's twine**
- 9 **tablespoons olive oil, divided**
- 4 **teaspoons pepper, divided**
- 1 **head cauliflower**
- 5 **shallots, quartered**
- 2 **teaspoons salt, divided**
- 3 **tablespoons lemon juice**
- 2 **teaspoons Dijon mustard**
- 1 **package (5 1/2 ounces) baby spinach**
- dried cranberries, for garnish**

Heat oven to 475 F. Place beef on baking sheet. Rub 4 tablespoons olive oil and 2 teaspoons pepper into beef. Bake 12 minutes.

In large bowl, toss cauliflower, shallots, 1 teaspoon salt and 1

teaspoon pepper to combine. Scatter vegetables around beef and bake 18-25 minutes, or until desired doneness is reached. Allow meat to rest 15 minutes covered in aluminum foil.

In medium bowl, whisk 3 tablespoons olive oil, lemon juice, mustard and remaining salt and pepper until combined. Add spinach; stir until combined.

Serve by layering spinach topped with cauliflower and shallots then sliced tenderloin. Garnish with dried cranberries.



Baked Lemon Donuts

- 2 cups flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup buttermilk
- 2 eggs
- 2 tablespoons butter, melted
- 2 teaspoons lemon juice
- 1/2 teaspoon vanilla extract
- 1 teaspoon lemon zest

Lemon Sugar Topping:

- 1/2 cup sugar
- 1 teaspoon lemon zest
- 1/2 cup butter, melted

Heat oven to 350 F.

In large bowl, whisk flour, sugar, baking powder and salt. Add buttermilk, eggs, butter, lemon juice, vanilla extract and lemon zest. Stir until combined.

Pipe batter into donut pan. Bake 9 minutes. Cool on wire rack.

To make topping: In bowl, combine sugar with lemon zest. In separate bowl, place melted butter.

Place donut face down in melted butter then face down in lemon sugar topping. Repeat with all donuts.

Crusty Beef & Noodle Casserole

- | | |
|---|---|
| <ul style="list-style-type: none"> 8 oz. Kluski noodles 1 lb. ground beef 1/2 onion, finely chopped 1 tablespoon Worcestershire sauce 1 tablespoon soy sauce 2 cans cream of chicken soup 3/4 cup milk 1 cup shredded cheddar cheese 1 3 oz. can French-fried onions | <p>“Cream of” Soup ingredients</p> <ul style="list-style-type: none"> 3 tablespoons flour 3 tablespoons butter 1 cup milk <p>Flavoring of your choice (chicken bouillon, mushroom base or pieces, celery salt or flakes)</p> |
|---|---|

Cook noodles and drain. Brown beef with onion and drain. Place noodles in greased 9 X 13 inch pan. Top with beef mixture. Mix sauces, soup and milk in a bowl and pour over beef and noodles. Top with cheese. Bake at 350 degrees for 45 minutes. Sprinkle French-fried onions over the top and bake an additional 5 minutes.

No cream of soup in your pantry?? Here is a FABULOUS recipe for making your own “cream of” soup. Mix flour and flavoring into milk. Melt the butter in a small saucepan. Add the flour/milk mixture and cook and stir until it boils. Boil 1 minute, stirring constantly. Season with salt and pepper. VOILA! One can cream of ...soup for your recipes.

Sheree Slagle, Berwyn, Nebraska

Pear Rhubarb Dessert

- | | |
|--|---|
| <ul style="list-style-type: none"> 1 large can of pears 3 cups diced rhubarb 2 3 oz. boxes lemon Jell-O (dry) | <ul style="list-style-type: none"> 2 cups water 1/2 cup butter or margarine 1 box yellow or white cake mix |
|--|---|

Drain and slice pears. Mix rhubarb and pears together and spread on 9 X 13 inch pan. Save pear liquid. Sprinkle Jell-o over fruit, and pour pear juice over all. Cut butter or margarine into cake mix till crumbly. Sprinkle evenly over fruit in pan. Bake in 350 degree oven for 35 to 40 minutes.

Beverly Stava, Bruno, Nebraska

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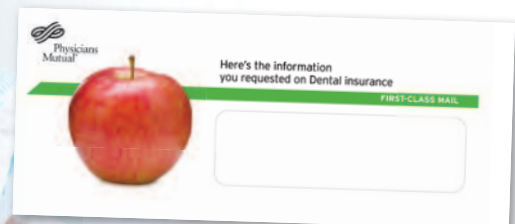
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Offer for new and qualifying former customers only. Important Terms and Conditions: Qualification: Advertised price requires credit qualification and 24-month commitment. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 7/14/21. 2-Year Commitment: Early termination fee of \$20/mo. remaining applies if you cancel early. Included in 2-year price guarantee at \$59.99 advertised price: America's Top 120 programming package, local channels, HD service fees, and Hopper Duo Smart DVR for 1 TV. Included in 2-year price guarantee for additional cost: Programming package upgrades (\$79.99 for AT120+, \$89.99 for AT200, \$99.99 for AT250), monthly fees for upgraded or additional receivers (\$5-\$7 per additional TV, receivers with additional functionality may be \$10-\$15). Regional Sports: RSN Surcharge up to \$3/mo. applies to AT120+ and higher packages and varies based on location. NOT included in 2-year price guarantee or advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. Premium Channels: 3 Mos. Free: After 3 mos., you will be billed \$30/mo. for Showtime, Starz, and DISH Movie Pack unless you call or go online to cancel. Remote: The DISH Voice Remote with the Google Assistant requires internet-connected Hopper, Joey, or Wally device. Customer must press Voice Remote button to activate feature. The Google Assistant Smart Home features require Google account and compatible devices. Google is a trademark of Google LLC. Other: Netflix streaming membership required. All packages, programming, features, and functionality and all prices and fees not included in price lock are subject to change without notice. After 6 mos., if selected, you will be billed \$9.99/mo. for DISH Protect Silver unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. Free standard professional installation only. Indiana C.P.D Reg. No. - 19-08615. ©2021 GoDISH.com. All rights reserved. Internet speeds, prices, and providers vary by customer address. \$40 price refers to widely available plan from multiple providers. Restrictions apply. Nationwide availability of 25 Mbps plan is subject to change without notice. The application of "Unlimited Data with no Hard Data Limits" varies by provider, but commonly mean that your access to the internet will not be stopped by going over a data limit, but that speeds may be lowered. Call for details. Internet not provided by DISH and will be billed separately.