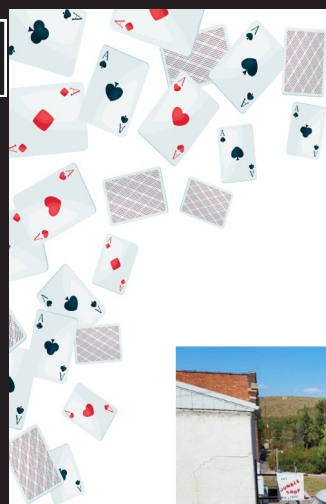


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PREMA



Casino Night, Bet On The Horns!



Hyannis Apprentice Lineman, Vonn Dubs, is pictured above driving PREMA's 2018 Freightliner Flatbed Truck hauling the senior class.

PREMA's two trucks were among the 23 entries, including the student body for the Hyannis 2022 homecoming Parade. PREMA not only takes pride in delivering safe reliable power to our consumers but we also love to show our community support.



Hyannis Journeyman Lineman, Nate Holcomb, pictured here driving a 2021 Digger Truck.

A look at general hunting safety

The U.S. Fish and Wildlife Service estimates that 101.6 million Americans participate in wildlife-related activities each year, such as hunting, fishing and wildlife-watching. It is estimated that there are 11.5 million hunters and nearly 36 million anglers.

Hunting is ranked as one of the safer activities when compared with other sports, including baseball, football, basketball and jogging. Over the past 20 years, the number of unintentional firearm fatalities has declined. From 1997 to 2017, the number dropped by 50%, according to the National Shooting Sports Foundation (NSSF.org).

Hunters should put safety first, as incidents and accidents do happen. Cardiac arrest, lacerations and tree-stand accidents are the most common reasons for hunters to visit the emergency room.

Be safe out there and follow these guidelines:

1. Write and share a hunting plan. Where will the hunt take place and for how long?
2. Wear blaze orange.
3. Know the hunting area. Check national forest boundaries and avoid private land. Survey the area for potential electrical hazards.
4. Do not lean tree stands against utility poles. Keep them far from overhead power lines.
5. Watch for power lines in wooded areas. Make sure they will not be in your line of sight when shooting.
6. Do not fire at power lines, insulators or conductor cans. They can drop to the ground and energize it or cause a fire.
7. Wear a full-body harness when in a tree stand to prevent falls that can cause serious injury.
8. Check tree stands regularly; they can deteriorate over time.
9. Watch for the warning signs of a heart attack or other life-threatening condition. Hunters can walk far distances when shooting and dragging an animal. Completing these activities (especially if the person is not otherwise active) can increase the heart rate and induce heart attacks.
10. Have a way to get in touch with the outside world. Keep your cell phone in a pocket rather than in a pack. Take a portable battery charger.
11. Always carry a first-aid kit.
12. Respect firearms: Have the safety on, handle the gun like it is always loaded, always point it away from others and know what and where the target is.

Keep holiday energy costs under control

Preparing a Thanksgiving feast means you'll be using more energy than usual. Here's how to keep it under control:

- Lower the heat a couple of degrees before company arrives. You'll be using the stove and oven all day, so the house will be warmer than usual anyway. Plus, people generate heat, so a cooler house will feel more comfortable.
- Keep an eye on the refrigerator and freezer so you'll know the doors are snugly closed. Doors that aren't tightly sealed will send cold air into the kitchen.
- Wait until the leftovers cool off a bit before placing them in the refrigerator. The appliance has to work harder to cool hot food than to keep cool food cold.
- Place lids on pots and pans as you use them for cooking. The lids keep heat in, so food cooks quicker.
- Heat up whatever you can in the microwave instead of on the stovetop or oven. Microwaves use about half the energy as your oven.
- Fill your oven with as many different dishes as you can fit and cook them all at once. As long as the recipes don't call for temperatures that vary by more than 25 degrees, everything should cook or bake evenly.

Spaghetti Corn

Ingredients

3 (14 3/4-ounce) cans cream-style corn
 3 (15 1/4-ounce) can whole kernel corn, I usually drain 1 out of the 2 cans
 1 cup (1 stick) butter, melted
 1/2 block of velveeta cheese cubed
 1 16oz pkg. spaghetti, broke into thirds & boiled

Crockpot Instructions

Combine all of the ingredients in the crockpot and cook on low for a couple hours or until cheese is melted.

Oven Instructions

Mix all together in a casserole dish.
 Bake @ 350 for a half hour covered.
 Remove cover and bake another half hour or until cheese is all melted...angel hair pasta doesn't work very good in this .



* Recipe can be cut in half if not needing such a large amount.



FALL INTO ENERGY SAVINGS

Contact us for more energy-saving tips!

- Check to see if your home insulation levels are up to par.
- Seal air leaks around doors, windows and electrical outlets.
- When heating your home, set the thermostat to 68 degrees to save energy.



Serving Arthur, Box Butte, Cherry, Dawes, Garden, Grant, Hooker, McPherson, Morrill, Sheridan and Sioux Counties

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