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PREMA



BUILDING HEALTHY HABITS

Making the time to stretch on a daily basis can benefit you in the long run.

PHYSICAL THERAPIST-TIM DEVLIN

Tim, from Box Butte General Hospital, joined us for our monthly employee/safety meeting to go over some helpful stretches and lifting techniques. Something as simple as 5-10min everyday can keep us from having to go to the doctor. Some of the benefits of daily stretching are increased range of motion, better posture and injury prevention. It can also enhance brain health, promote heart health, and alleviate back pain.

Thank You



Notice of Unclaimed Capital Credits

PREMA has lost touch with the following past members. A capital credit check was returned to us for lack of a current address. If you know someone on this list, please have them contact our office.

If someone on this list has passed away, please have their Personal Representative contact our office.

Elaine Allen	Douglas Garner	Claude D Powell
Max Allen	Mark Garrett	Dale Rasmusen
William Alloway	Joy Giles	Chris Raymond
Larry Amaya	Elizabeth Goldstedt	Dana Reece
Martin E Anderson	Graves Ranch	William H Ritchie
Kenneth Andrews	Kenneth Green	Clayton Robb
Bonnie J Applegarth	Pamela J Green	Phillip Rusk
Velma Beeken	Regan Gruszka	S Bar Ranch
Daniel Belk	Hall Cattle Co	Gary L Sager
James Beyer	Dennis Hartley	Jim Schaffer
Ora Bissell	Robin Hartung	Carl Schwarz
Jan Bloyd	Hergert Milling Co	William Seidl
Tom Boasen	ME Holly	Leroy P Shanklin
C A Boots	Themla Howell	Don Simms
Will Brenneman	Carl I Huckle	Phillip Slycord
Bob Bruce	Doug Hulinski	Eldon E Smith
Michael Buchanan	William Humphrey	Leslie Smith
Brock Buckmeier	Rex A Hunziger	Ted Smith
Bucktail Ranch	H D Jacobsen	Debra Snipes
Catherine Cole	Daniel T Janecek	W D Staats
Freida Collins	Dave Janis	Roth Stotts
Kenneth Culbertson	Wayne A Jense	Rose M Swanson
Dee Deaver	A H Jessen	Paul Sweeney
Ben M Dempsey	W A Johnson	Larry Sydow
Double Hook Ranch	Sharon L Keller	Wayne Taylor
Tim Dovel	Gary L Kidwell	Leo Thomas
Bradley Doyle	Victor J Klundt	Gary Thompson
Earl D Drake	Roy W Lilley	Mildred Timmens
George Dubry	Long Branch- c/o Donald Stapelman	Brad Tyree
Ben F Duckwiler	Long Branch - c/o Bonnie Bushnell	John Vogel
Dorothy Dunn	E C Mather	Walt Kime Ranch
Roland Edmonds	Inez J McLean	Myron O Weidemon
Tammy Elder	Gregory Miller	Charles Wilcox
Charles Ellis	Stanley Mitchell	Anna R Willey
Willard Emerson	Bill Mosman	Charles Willey
Laurie Evans	James P Murray	Roy Willey
Robert Evans	Curtis Nelson	Parker Williams
Dale Faust	Melvin Newlin	Geo Winters
Faron Fish	Lyle Newman	C W Wright
Mike Gade	Mike L O'Connor	Bob Zenz
Gale McCarthy	J W Osborn	

HEAT UP THE GRILL

TO SAVE ENERGY THIS SUMMER

Nothing screams summer more than firing up the grill.

The good news is that using your grill in the great outdoors helps lower your energy bill. If you cook outside, less energy is needed to cool your kitchen.

- Nearly 70% of Americans own a grill.
- The Fourth of July is the most popular holiday for outdoor cooking.
- The hamburger is the favorite item to grill.
- The all-American hot dog gets the most votes from kids.
- More men grill than women.
- Grilling and barbecuing are not the same thing.
- Grilling means cooking over a fire, hot and fast.
- Barbecuing means cooking slowly over indirect heat.



Source: Breo Box

Safe
Electricity.org®

Attention Smarthub Users

Paperless billing is an option on Smarthub. If you are a landowner and you choose to do this, please keep in mind that this turns the paperless billing on for your renters as well - they do not have access to your online account.

Unfortunately, when an account is turned on for paperless billing, PREMA does not get a notification. If this is a feature you would like to utilize, please let Allison know so that we can make sure that a copy of the bill still gets mailed to the renter. Call Allison at 308-762-1311 or email billing@prema.coop.

We offer 24/7 pay by phone, (855)965-3667 using Visa, Mastercard, Discover, Checking, or Savings.



HAPPY FATHER'S Day

Notes From Load Management

With irrigation season in full swing, so is Load Management. Participants of Load Management wanting to receive a text message when load control is active can call the office at 762-1311 or email Nick Paradeis at nickp@prema.coop. Participants can also check which groups are in active control by logging on to (<http://www.prema.coop>) and go to the irrigation tab and click on Load Control Status. Control status can also be checked by calling the office at 762-1311, after hour calls will be forwarded to PREMA's dispatch call center.



**Serving Arthur, Box Butte, Cherry, Dawes, Garden, Grant, Hooker,
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