

South Dakota Electric

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Cooperative Connections

AUGUST 2016 VOL. 68 NO. 8



Berry Delicious
Stewart's Aronia Acres P8-9

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South Dakota Electric Cooperative Connections

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Southeastern Electric, Marion, S.D.
Traverse Electric, Wheaton, Minn.
Union County Electric, Elk Point, S.D.
West Central Electric, Murdo, S.D.
West River Electric, Wall, S.D.
Whetstone Valley Electric, Milbank, S.D.
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Editorial

Watch Out for Electrical Hazards on the Farm



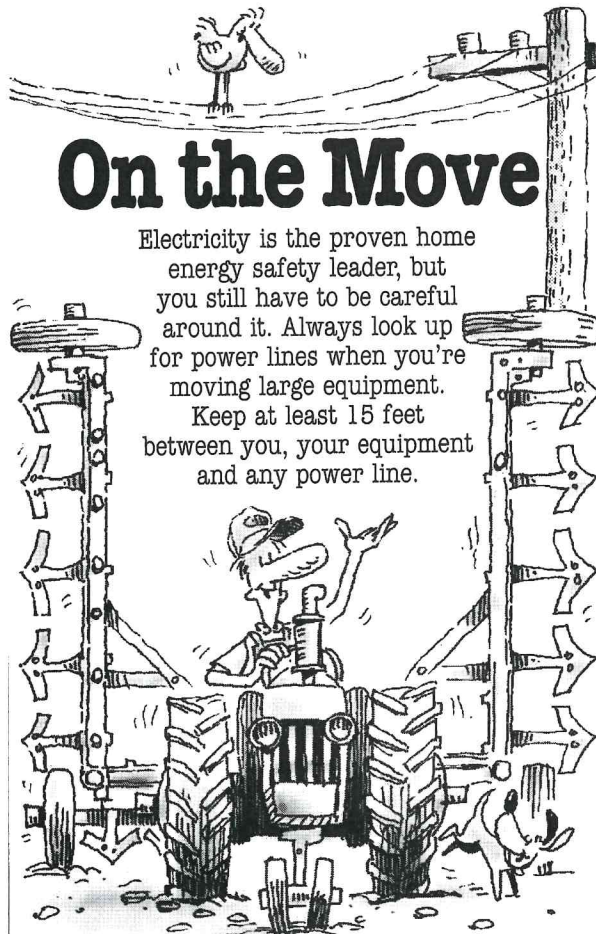
Ed Anderson
General Manager, South Dakota
Rural Electric Association

Those who live on a farm know that not only is it hard work, but it can be dangerous, too. Each year, farmers are electrocuted when large farm machinery comes into contact with overhead power lines.

Often, the situation occurs because a newer, bigger piece of equipment no longer clears a line the way a smaller one did. In addition, shifting soil may also affect whether or not machinery avoids power lines from year to year.

The following tips will help keep everyone on a farm safe:

- Look over work areas carefully for overhead power lines and utility poles.
- Make sure you have ample clearance when moving large machinery such as combines, grain augers, pickers, bailers, and front-end loaders. Do this every year as equipment sizes or soil conditions may change.
- Store large equipment properly if near or under power lines. When planning new construction, factor in existing power lines.
- Be extra careful when working around trees and brush; they often make it difficult to see power lines.
- Train all farm workers to keep an eye out for overhead power lines.



Safety During Harvest

Harvest season can yield higher numbers of electrocution, shock and burn injuries. Safe Electricity urges farm workers to avoid tragic accidents by using caution when completing farm activities that take place around power lines. Equipment contacting overhead power lines is the leading cause of farm electrocution accidents in the Midwest.

Many of these accidents occur near grain bins when augers make contact with power lines. Many types of farm equipment can come in contact with overhead power lines, creating a direct path for electricity. Tractors with front-end loaders, portable grain augers, fold-up cultivators and equipment with antennas can easily become electrical hazards and must be operated with care. Know the location of power lines and keep farm equipment at least 10 feet away from them.

Farm workers should remember the following safety tips:

- Always lower portable augers or elevators to their lowest possible level – under 14 feet – before moving or transporting; use care when raising them.
- Be aware of increased height when loading and transporting larger modern tractors with higher antennas.
- Use a spotter to make sure contact is not made with a line when moving large equipment or high loads.
- Be careful not to raise any equipment such as ladders, poles or rods into power lines.
- Use qualified electricians for work on drying equipment and other farm electrical systems.
- Inspect farm equipment for transport height and determine clearance with any power lines that the equipment must pass.
- Review the possibility of underground utility supplies for new or replacement power lines.
- If you have a standby power system, review its location, operation and importance with all workers.
- Never try to raise or move a power line to clear a path.

What do you do if farm equipment or vehicles come in contact with power lines:

- It's almost always best to stay in the cab and call the local electric utility. If the power line is energized and you step outside, your body becomes the path and electrocution is the result.
- Warn others who may be nearby to stay away and wait until the electric utility arrives to make sure power to the line is turned off.
- If the equipment or vehicle is on fire, the proper action would be to jump out with both feet hitting the ground at the same time. Continue to hop or shuffle to safety, keeping both feet together as you leave the area. Do not allow any part of your body to touch the equipment and the ground at the same time.
- Once away from the equipment or vehicle, do not go back until the electric utility gives permission to do so.

8/11 Day: Reminder to Call Before You Dig

Aug. 11 provides a natural reminder for people everywhere to call 811 prior to any digging project to have underground utility lines marked. Every six minutes an underground utility line is damaged because someone decided to dig without first calling 811.

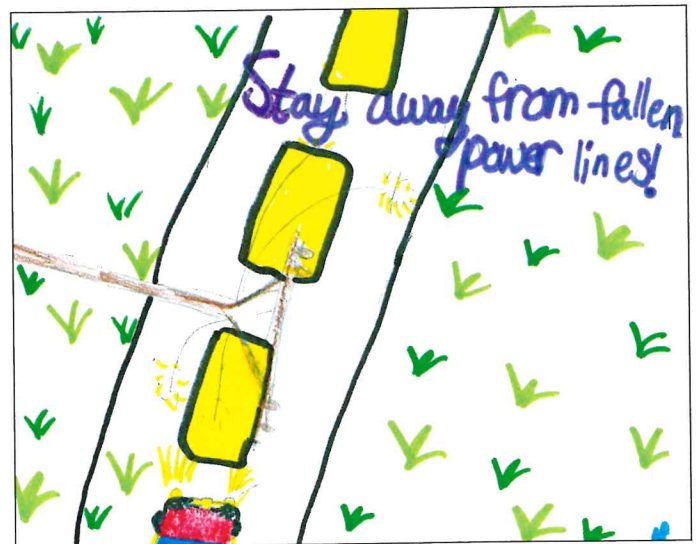
Things to know about making an 8-1-1 call:

- Every digging project requires a call to 811.
- Calling 811 a few days prior to digging notifies utility companies of the intent to dig and gives representatives time to mark the appropriate lines. The call can be called from anywhere in the country.
- A representative from your local one call center will answer the call to find out the location and description of the digging site.
- The affected utility companies will be notified of the intent to dig.
- The utility companies will each send a professional locator to the digging site to identify and mark the approximate location of the underground lines.
- Once lines have been marked, you should respect the marks and dig carefully around them.
- Hitting an underground utility line while digging can cause serious injuries, disrupt service to entire neighborhoods, and potentially result in fines and repair costs.



Kids' Corner Safety Poster

"Stay away from fallen power lines."



Ashley Placek, 11 years old

Ashley is the daughter of Perry and Laura Placek, Ipswich, S.D. They are members of FEM Electric Association, Ipswich.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents. Colored drawings are encouraged.

Succulent Salads



Layered Summertime Salad

- | | |
|-------------------------------------|-------------------------------------|
| 2 cups gemelli or spiral pasta | 4 cups torn romaine lettuce |
| 1 cup mayonnaise | 1 cup snow peas, trimmed and halved |
| 2 T. lemon juice | 1 cup cauliflower florets |
| 1 tsp. sugar | 1 cup broccoli florets |
| 1/2 tsp. garlic powder | 1 large sweet red pepper, chopped |
| 1/2 cup sliced green onion | 1/2 cup shredded Swiss cheese |
| 4 strips bacon, cooked and crumbled | |

Prepare pasta according to package directions. Meanwhile, in a small bowl, mix mayonnaise, lemon juice, sugar and garlic powder; set aside. Drain pasta and rinse in cold water. Toss with onions and half of bacon. In a large bowl, layer one-half of lettuce, pasta mixture, peas, cauliflower, broccoli, red pepper, mayonnaise mixture and cheese. Repeat layers; sprinkle with remaining bacon. Refrigerate until ready to serve.

Deloris Bachman, Rapid City

BLT Salad

- | | |
|--|--------------------------|
| 1-1/2 cups tubetti macaroni, cook until tender, drain and cool | 1 cup chopped celery |
| 1 lb. bacon, cooked and crumbled | 1 cup chopped tomato |
| 1 bunch green onions, sliced thin | Dressing: |
| | 1-1/2 cups mayonnaise |
| | 3 tsp. vinegar |
| | Salt and pepper to taste |

Combine first 5 ingredients. Mix mayonnaise, vinegar, salt and pepper. Add to pasta mixture.

Barbara Angerhofer, Hendricks, MN

Pineapple-Pretzel Salad

- | | |
|-------------------------------|---|
| 2 cups crushed pretzels | 1 (8 oz.) pkg. cream cheese, softened |
| 1 stick butter, melted | 1 (20 oz.) can crushed pineapple, drained |
| 1 cup sugar, divided | |
| 1 (8 oz.) container Cool Whip | |

Combine pretzels, butter and 1/2 cup sugar. Spread in a 9x13-inch pan. Bake at 400°F for 7 minutes. Cool. Break into pieces and set aside. In a large bowl, beat cream cheese and remaining sugar. Add Cool Whip and pineapple. Mix well and refrigerate overnight. Just before serving, add pretzel pieces.

Cindy Krakow, Strandburg

Texas New Potato Salad with Grilled Red Onions

- | | |
|---|---|
| 3 lbs. small red potatoes | 1 bunch fresh cilantro, thick stems discarded, coarsely chopped |
| 1 red onion, cut into thick slices | |
| 1 T. coriander seed | Dressing: |
| 1 pinch cumin seed | 1/4 cup olive oil |
| 1 T. oregano | 1 T. red wine vinegar |
| 2 serrano chiles or 2 jalapeño chiles, minced | 1 tsp. salt |
| 3 slices bacon, crisply cooked and coarsely chopped | 1/2 tsp. black pepper |

Cook potatoes in boiling water 20 to 25 minutes or until tender. Drain and cool to room temperature. Quarter the potatoes; set aside. Grill onion slices over high heat until lightly caramelized. Toast coriander and cumin seeds in small dry skillet on medium heat 1 minute or until fragrant. Add oregano; lightly toast about 20 seconds, watching for burning. Immediately remove spices from skillet. Mix oil, vinegar, toasted spices, salt and pepper in large bowl with wire whisk until well blended. Add potatoes, onions, chiles, bacon and cilantro; toss lightly. Yield: 8 servings

Nutritional Information Per Serving: Calories 212, Total Fat 8g, Saturated Fat 1g, Cholesterol 3mg, Sodium 381mg, Carbohydrates 30g, Dietary Fiber 4g, Protein 5g

Pictured, Cooperative Connections

RECIPE AND PHOTO COURTESY OF MCCORMICK GOURMET

Snicker Salad

- | | |
|--|--|
| 1 (3 oz.) pkg. instant vanilla pudding | 3 to 4 apples, peeled, cored and cut into small pieces |
| 1 cup milk | 6 Snickers bars, cut into small pieces |
| 1 (8 oz.) container Cool Whip | |

In a large bowl, mix together pudding, milk and Cool Whip. Chill for 1-1/2 hours. Add apples and candy bars; stir and serve.

Amy Schoenfelder, Cavour

Sunrise Salad

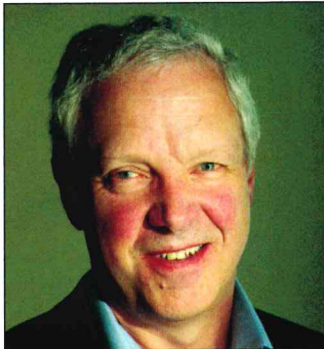
- | | |
|-------------------------------|-------------------------------|
| 1 large can crushed pineapple | 1 cup green grapes, sliced |
| 1 pkg. lemon jello | 1 cup miniature marshmallows |
| 1 (8 oz.) pkg. cream cheese | 1 (8 oz.) container Cool Whip |

In a saucepan, bring pineapple to a boil. Add jello; mix well. Add cream cheese, stirring until melted. Put in a bowl and refrigerate until thick. Add sliced grapes and miniature marshmallows. Stir in Cool Whip. Refrigerate until set.

Sally Hlavka, Howes

Please send your favorite garden produce, pasta and crockpot recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Is Your Ductwork Delivering?



Patrick Keegan
Collaborative Efficiency

Dear Pat: I recently moved from a home with wall-mounted heaters to one with central heat and air and a duct system. How can I ensure my ducts are working efficiently?
– Carla

Dear Carla: Homes with central forced-air heating and cooling systems, like furnaces,

central air conditioners and heat pumps, use air ducts to deliver the conditioned (heated or cooled) air through the home. Ducts are often concealed in walls or in areas of your home you don't go to often, like a crawlspace, so many people do not immediately think of them as an area to save energy.

You may have received flyers in the mail with offers for air-duct cleaning and claims that doing so will improve the air quality and efficiency of your home. However, duct cleaning may not always be necessary for air quality and there is no indication that just cleaning your air ducts will improve your system's efficiency.

Duct cleaning may be necessary if:

- There is visible mold in your duct system or there was a recent flood that caused mold or mildew in your home.
- There is something in the ductwork impeding airflow, like debris or an infestation. Major renovations or new construction can put construction debris into the duct system, so post-construction is an ideal time to consider duct cleaning.
- Your heating registers are releasing dust into the air.
- Home residents have allergies or asthma problems that have not been alleviated by other changes.

While duct cleaning may not always be necessary, regularly changing your air filters can help your heating and cooling system work more efficiently. How often you change them depends on how much your system runs, whether you have pets and whether you periodically vacuum your air filters. For the average home, air filters should be changed four to six times a year.

Though duct cleaning may not do much for the efficiency of your systems, duct sealing is important

for saving energy and lowering utility costs, particularly if your ducts are in unconditioned spaces, like a crawlspace or an uninsulated attic. In a typical home, 20 percent to 30 percent of heated or cooled air escapes through unsealed gaps and holes in the duct system, which can cost you money and make your home less comfortable. You wouldn't put up with a leaking water pipe, so why should you put up with a leaking air duct?

The best way to assess the condition of your home's ductwork is to have it tested by a professional home energy auditor who can conduct a Duct Blaster test. If you can easily access your ducts, you might get by with a visual inspection, which will identify the larger holes and disconnections. Where ducts meet or where they connect to a heating register are common places to find leaks. A professional trained in ductwork can help you identify and fix the gaps and leaks you may not be able to see. Talk to your local electric co-op to find the right person for the job.

A professional trained in ductwork can help you identify and fix the gaps and leaks you may not be able to see.

Once gaps and leaks have been identified, you can work to seal your ducts. Small duct leaks can be sealed with mastic, a type of caulk. Larger duct leaks and disconnections may require additional lengths of duct, mechanical fasteners or special heat-resistant tape. Do not use duct tape – ironically, it is not designed to adhere well to ducts.

If you have ducts in unconditioned areas, like an attic or crawlspace, your ducts could be wasting energy by heating or cooling the surrounding air, even if there are no leaks in the ductwork. Insulation around the ducts can help reduce this energy loss. Consider adding insulation to the unconditioned space, such as in the attic or basement, which can further increase the efficiency and comfort of your home.

This column was co-written by Pat Keegan and Amy Wheelless of Collaborative Efficiency. For more information on how to test and seal your ductwork, please visit: www.collaborativeefficiency.com/energytips.

Deadline Nears for S.D. 100- and 125-Year Farm, Ranch Recognition

The South Dakota Farm Bureau (SDFB) and the South Dakota Department of Agriculture (SDDA) will again recognize and honor long-standing South Dakota families at the 2016 South Dakota State Fair.

South Dakota families who have owned their farm or ranch for 100 or 125 years will be honored on Thursday, Sept. 1, during the South Dakota State Fair in Huron.

To qualify as a South Dakota Century Farm or Ranch, a family must have retained continuous ownership of at least 80 acres of original farmland for 100 years or more. If the family ownership of land has reached 125 years or more, they may apply to be recognized as a Quasiquintennial Farm or Ranch. Documentation of the original date of purchase must be included with the application. Application forms are available at www.sdfbf.org or calling the SDFB at 605-353-8052. The application deadline is Thursday, Aug. 11, 2016. Since recognition began in 1984, 2,837 century farms and ranches and 295 quasiquintennial operations have been acknowledged.

Ear Tag Donations Sought by S.D. Ag in the Classroom

South Dakota Ag in the Classroom (SDAITC) is looking for donations of animal ear tags from livestock producers for a hands-on activity for FFA chapters to use in elementary classrooms.

“The most requested teaching tools I get asked for are ready-to-use kits,” said Ann Price, SDAITC executive director. “I received a grant to put together kits that FFA advisors can use to train their chapter members. Those members then take the kits into elementary classrooms and educate younger students about livestock production.”

“I plan to reissue a teaching kit based on the book ‘Levi’s Lost Calf’ by Amanda Radke that used ear tags as a hands on piece for students. It was the most popular lesson I’ve ever had, by far. Last time I did this project, livestock producers really came through for me and donated about 10,000 tags that were used in more than 300 kits that went to schools all over South Dakota and surrounding states.”

The tags do not have to be new. They only need to be clean and in good condition. They can be blank or numbered. Cattle, sheep, goat or hog tags are all welcome. The more types, shapes, colors and sizes, the better, however fly tags cannot be used.

According to Price, “I want the youth to be able to touch the tags, see how they stay in the animal’s ear and see how different producers customize the information on the tags to fit their operation and then take the tags home and share the info they learned that day with their families.”

SDAITC is a 501(c)3 non-profit corporation. The value of the tags can be deducted from your income taxes as a donation. If you would like to donate ear tags, send them to South Dakota Ag in the Classroom, PO Box 402, Miller, SD 57362. Email Price at sdagclassroom@yahoo.com or call her at 605.853.6040 if you have questions or would like more information.

South Dakota Ag in the Classroom’s mission is to be the premier educational organization in preparing individuals with tools to teach our youth the value of agriculture.





OVERHEAD POWER LINE SAFETY




- 1

Locate all overhead power lines.


- 2

Keep self and equipment 10 feet away from all overhead power lines.


- 3

Do not touch anything that is in contact with the power line.


- 4

Beware of fencing near power lines.


- 5

Carry ladders and other equipment horizontally.


- 6

Lower equipment apparatus before driving.


- 7

Never spray near power lines with irrigation systems.


- 8

Stay at least 10 feet away from fallen power lines.



Stewart's Aronia Acres:

Spreading Berry Goodness

A SMALL PLOT OF LAND IN SOUTH CENTRAL SOUTH Dakota is packing an antioxidant wallop for Jeff and Jolene Stewart of Wagner, S.D.

Shortly after purchasing land near Wagner about a decade ago, the Stewarts planted field wind breaks and included a row of aronia berries to see how the fruit would fare.

It did well. Very well.

For Jeff, a forester by trade and Jolene, a nurse, pursuing the production of the berry made sense and they moved forward with planting 10.5 acres of the specialty crop in 2010 and 2011.

"Most people wouldn't consider them a first choice if picking berries to eat fresh," Jeff acknowledges. "The tannins in the skin leave a bit of an

astringent taste. That actually helps keep the antioxidant in the berry high."

Since most of the market for aronia berries is in the juice market, the Stewarts freeze much of the crop in two refrigeration units on site.

"Right now the biggest use for the aronia berry is juice. You get more juice after the berry is frozen, so they go straight to the freezer," Jeff said. "The freezing breaks down the fibers more."

But, before hitting the freezer, the thousands and thousands of pounds of berries must first be cleaned and destemmed, then bagged and boxed.

The berry is native to North America and was used by indigenous people to make pemmican and also to help keep meat from spoiling while traveling.

By
Brenda
Kleinjan





Left: Stewart's Aronia Acres near Wagner, S.D., includes 10.5 acres of aronia berry bushes. **Below:** Haskap bushes – also known as honeyberries – are a new addition to the Stewart's operation. They are experimenting with five varieties on a 1.5 acre plot and will add two more varieties next season as they work to determine which variety will fare best in the southern reaches of the berry's growing zone. **Opposite Page:** Jeff and Jolene Stewart stand among their Stewart's Aronia Acres operation. **Cover photo:** The aronia berry is high in antioxidants.

"Aronia has the highest antioxidants of any other cultivated berry in the world," said Jeff.

He added that antioxidants can lower cholesterol, lower blood pressure and stabilize blood glucose along with providing other health benefits.

While they have had good harvests up until now – they harvested 32,000 pounds of aronia in 2015 – the fruit is really hitting its stride as it enters its fifth growing season, which should have the bushes yielding their full potential.

An extreme drought in 2012 took its toll on the berries and the plants are finally recovering.

"Timely precipitation is important for growing berries," said Jeff noting that the 11 inches of rain received in May and June set a good foundation for a good harvest.

In addition to the aronia berries, the Stewarts also have an acre of black currants.

Like the aronia berries, the black currants have health benefits that appeal to the Stewarts and others.

"Black currants have four times the amount of Vitamin C than the same amount of an orange," Jeff said. "They are very, very nutritious as far as vitamins."

This season, the Stewarts added an experimental stand of honeyberries – also known as haskap – to the mix. The bush thrives in more northerly climes as a Zone 2 plant, so growing it on the Nebraska border is pushing its southern boundaries.

"We are at the southern edge of where we think we can grow them," Jeff noted.

The Stewarts are experimenting with five different varieties of honeyberries on 1.5 acres to see which will do best. They plan on adding an additional two varieties in the 2017 season to further their experiments, which was funded in part by a South Dakota Department of Agriculture Specialty Crop block grant.

The three berries each have slightly different, yet complimentary, harvest seasons.

"The honeyberry ripens before most others,

so they'll be ready to harvest before the black currants in mid-July.

The aronia berry is the last to ripen with their harvest in mid-August.

"It takes a full two weeks to harvest the berries," Jeff said.

The Stewarts have a berry harvesting machine – originally designed for currants, but has been modified to accommodate the aronia berries as well.

But before the harvest begins, the Stewarts embark on a cleaning and disinfecting process for their certified organic operation.

"It's quite the process," Jeff notes as he lists the equipment which includes totes used in the harvester, the refrigeration units, bagging areas and other aspects.

"Everything has to be disinfected," he said.

And as the prep work for harvest takes place, the Stewarts will welcome others to learn from their operation as part of the South Dakota Specialty Producers Association's Berry and Vegetable Tour.

"It's a slow process to inform people about the berry," Stewart said.

The tour should help spread the word.

On July 30, the Stewarts, along with a nearby vegetable and melon grower, Pesicka's Farm, will open their doors – or rather gates – for those interested in learning more about South Dakota's growing speciality produce providers.



If You're Going...

The South Dakota Specialty Producers Association is hosting a Berry and Vegetable Tour on July 30 in the Wagner, S.D., area.

Participants will tour Stewart's Aronia Acres near Wagner and Pesicka's Farm, a vegetable and melon grower, near Lake Andes.

1 p.m. Tour: Stewart's Aronia Acres (29870 393rd Ave., Wagner)

2 p.m. Lecture: *Better Living Through Fruit* – Dr. Rhoda Burrows (SDSU Extension)

2:30 p.m. Depart for Pesicka's Farm

3 p.m. Tour: Pesicka's Farm (29139 389th Ave., Lake Andes)

4 p.m. Lecture: *Dakota Fresh Food Hub* – Kari O'Neill (SDSU Extension), Cornie Hofer and Tracy Pesicka

Pre-registration required by July 27.

Contact Cory Tomovick at ctomovick@hotmail.com

Chefs can earn 2.0 continuing education hours at each location through the American Culinary Federation.

Youth Tour:

Experience of a Lifetime for 43 Teens

By Jocelyn Romey

THE GOAL OF EDUCATION IS THE ADVANCEMENT OF knowledge and the dissemination of truth.” This quote by John F. Kennedy supports the goals and ambitions of the Rural Electric Youth Tour.

From June 9-16, more than 1,700 youth made their way to Washington, D.C., to tour the nation’s capitol. Codington-Clark Electric was one of the 25 South Dakota cooperatives sponsoring a student on the all-expenses-paid trip. The event has been sponsored by electric cooperatives since 1963.

Forty-three students sponsored by South Dakota’s electric cooperatives celebrated history, politics and cooperatives as they toured Washington, D.C. Each student representative experienced an opportunity-of-a-lifetime while learning about the rich history of our nation, exploring the stunning sights of our nation’s capital and experiencing our nation’s political process. These South Dakota electric cooperatives aspire to invest in rural communi-

ties and the youth who will become community leaders – the focus being to infuse pride, education, political involvement and community engagement in the lives of consumer-members. This investment is providing an opportunity for students to learn about their government and inspiring them to take action and become involved.

The tour kicked off by highlighting cooperatives as students listened to a presentation by Adam Schwartz titled, “A Place for Youth in the Co-op World.” The students were able to learn about the cooperative business model as well as the importance co-ops carry in rural America.

From there, the tour included visits to different memorials, the Supreme Court, the Library of Congress, National Archives, Smithsonian museums, Mount Vernon, Washington National Cathedral and the Capitol. The students were additionally given the opportunity to meet with Sens. John Thune





Above: Students pose with others in front of the South Dakota pillar at the World War II Memorial. **Left:** Meghan Brewer, left, and Jerica Zemlicka, right, pose for a photo with U.S. Paralympian Mike Schleppe after he delivered the keynote address "If you can't stand up, stand out," at Youth Day. **Opposite Page:** South Dakota's 43 Youth Tour participants take a photo at the White House.



and Mike Rounds and Rep. Kristi Noem. During these Q-&A meetings, the students learned about the responsibilities of South Dakota legislative members and important issues concerning their state and their nation.

A special meeting was also scheduled with the U.S. Department of Interior's Assistant Secretary-Indian Affairs Larry Roberts, who discussed his responsibilities in representing American Indian tribes as well as conducting a Q-&A with the students. Faith Begay, special assistant for Assistant Secretary-Indian Affairs Roberts, helped arrange the meeting. Begay, originally from South Dakota, represented West Central Electric Cooperative, Inc. in Murdo as a youth tour participant in 2008.

After the tour ended, Adeline Smidt, who represented Southeastern Electric Cooperative, Inc. in Marion, S.D., wrote: "The week was fantastic... Everything we saw was special in its own way." Her favorite activities throughout the week were visiting the National Archives to see the Declaration of Independence and seeing Thomas Jefferson's personal library at the Library of Congress.

Every year, one student is selected from each state to serve on the Youth Leadership Council. This tour year, Anneliese Taggart from Clay-Union Electric Corporation in Vermillion, S.D. was chosen as South Dakota's representative. She will return to Washington, D.C., in July for a leadership workshop focusing on the electric cooperative industry. Taggart will study leadership skills, enhance her public speaking abilities and develop an understanding on the energy and cooperative industry. The goal of YLC is to provide opportunities to these students by enhancing their leadership abilities and giving them the confidence and tools they need to become leaders in their communities.

Jenna Kari, who represented Grand Electric Cooperative Inc., in Bison, S.D., wrote: "I am beyond grateful to have been given the opportunity to travel to Washington, D.C., and tour our nation's capital. It was a great experience that I'll never forget."

2016 South Dakota Youth Tour Participants

Kaitlyn Asmus , Mitchell	Central Electric Cooperative, Mitchell
Damian Bartels , Philip	West Central Electric Cooperative, Murdo
Jill Bertus , Avon	Bon Homme Yankton Electric Assn., Tabor
Wyatt Beyer , Timber Lake	Moreau-Grand Electric Cooperative, Timber Lake
Haley Bialas , Dimock	Southeastern Electric Cooperative, Marion
Caden Billings , Valentine, Neb.	Cherry-Todd Electric Cooperative, Mission
Meghan Brewer , Elk Point	Union County Electric Cooperative, Elk Point
Haley Carbajal , Belle Fourche	Butte Electric Cooperative, Newell
Kaci Clement , Faulkton	FEM Electric Association, Ipswich
Dax Diede , St. Lawrence	Dakota Energy Cooperative, Huron
Danni Dobberpuhl , Ipswich	FEM Electric Association, Ipswich
Stephanie Faulhaber , Wessington Springs	Central Electric Cooperative, Mitchell
Ethan Geraets , Humboldt	Sioux Valley Energy, Colman
Tristan Grablander , Mission	Cherry-Todd Electric Cooperative, Mission
Abby Hanson , Alexandria	Central Electric Cooperative, Mitchell
Maddie Hattervig , Carthage	Central Electric Cooperative, Mitchell
Riley Hoffman , Platte	Charles Mix Electric Association, Lake Andes
Jayden Janssen , De Smet	Kingsbury Electric Cooperative, De Smet
Joslyn Jessop , Presho	West Central Electric Cooperative, Murdo
Jenna Kari , Bison	Grand Electric Cooperative, Bison
Darby Knoll , Platte	Charles Mix Electric Assn., Lake Andes
Kolton Kribell , Beresford	Southeastern Electric Cooperative, Marion
Peyton Kuchenbecker , Philip	West Central Electric Cooperative, Murdo
Aaron Kukla , Piedmont	West River Electric Association, Wall
Fred Lapka , Leola	FEM Electric Association, Ipswich
Jenny Luczak , Letcher	Central Electric Cooperative, Mitchell
Dalton Lund , Hermosa	Black Hills Electric Cooperative, Custer
Luke Mairose , Kimball	Central Electric Cooperative, Mitchell
Zach McQuiston , Fort Pierre	West Central Electric Cooperative, Murdo
Corbin Olson , Rapid City	West River Electric Association, Wall
Trevor Parmely , Miller	Dakota Energy Cooperative, Huron
Brandy Peterson , Bristol	Lake Region Electric Association, Webster
Jeremy Ring , Norris	Lacreek Electric Association, Martin
Carter Schmidt , Colman	Sioux Valley Energy, Colman
Sye Skjefte , Mina	Northern Electric Cooperative, Bath
Adeline Smidt , Parker	Southeastern Electric Cooperative, Marion
Brittney Sween , Gary	H-D Electric Cooperative, Clear Lake
Anneliese Taggart , Vermillion	Clay-Union Electric Corporation, Vermillion
Bobby Timmons , White Owl	Grand Electric Cooperative, Bison
Mallory Trapp , Milbank	Whetstone Valley Electric Cooperative, Milbank
Cade Venhuizen , Owanka	West River Electric Association, Wall
Josh Weinheimer , Onida	Oahe Electric Cooperative, Blunt
Jerica Zemlicka , Watertown	Codington-Clark Electric Cooperative, Watertown
Chaperones	
Amanda Adams	Union County Electric Cooperative
Mike Kjose	Clay-Union Electric Corporation
Gail and Doug Barlund	Whetstone Valley Electric Co-op
Jocelyn Romey	South Dakota Rural Electric Association
Brenda Kleinjan	South Dakota Rural Electric Association

Aberdeen Water Ski Troupe is Making a Splash

By
Brenda Kleinjan

FOR THE PAST 20 YEARS, THE ABERDEEN AQUA ADDICTS water skiing team has been wowing summer audiences near the Hub City.

One of two water skiing clubs in South Dakota (Catfish Bay Water Ski Team near Sioux Falls was formed in 1990), the Aqua Addicts formed in 1995 and began their public shows the following summer.

The team has competed at regional and national water skiing competitions and performs shows throughout the summer at their home lake – Dahme Lake south of Aberdeen, S.D., – and in various communities. (The team signed an 85-year lease on the private lake about six years ago.)

But, before the Addicts take a bow on their 2016 season with their anniversary show celebrating the team's 20th year of performance on Aug. 20, team members will spend the day in the water making sure people who may not otherwise have the chance to water ski can experience the thrill of skimming

along the water behind the boats' powerful engines.

From 10 a.m. to 4 p.m., the Aqua Addicts will host their second "Escape to the Lake" Adaptive Ski Event. In 2015, 30-plus skiers attended the event that was hampered a bit by weather. There, individuals of various physical abilities were able to shed their wheelchairs or other devices and ski using various adaptive equipment provided by the team.

Already this summer, 44 individuals have skied with the Aqua Addicts through the YMCA Dream-Makers program.

"We're hoping for more than 60 skiers this year," said Todd Thorson, who serves on the Aqua Addicts board of directors and is the primary contact for the adaptive ski event.

Half of the proceeds from the evening's 20th anniversary show are being donated to the ASPIRE program in Aberdeen. ASPIRE, Inc., is a nonprofit agency that provides services to people with devel-





Above: The Aberdeen Aqua Addicts Water Ski Team will host an “Escape to the Lake” Adaptive Ski Event from 10 a.m. to 4 p.m. on Aug. 20 at Dahme Lake south of Aberdeen, S.D., on U.S. Highway 281. Organizers hope to have 60 people register for the event. **Inset:** Female skiers perform during a July 2016 show. **Opposite page:** Skiing in a pyramid formation is one of the more iconic portions of the Aqua Addicts’ show.

opmental disabilities.

For 18 years prior to establishing the Aberdeen adaptive ski event, the team had been taking Hub City residents to North Dakota to participate in a similar event. Two years ago, they decided to bring the experience to northeast South Dakota.

For Thorson, the show and the adaptive event are about promoting the sport he has been involved with nearly his entire life.

The son of three-event skiers who competed in tournaments, Thorson started skiing at age 2. He’s spent the past 43 summers in the water and notes that his dad still performs in the show at age 72 doing a turn around on a trick ski.

There are more than 100 USA water skiers affiliated with the Aqua Addicts and each week 60 people are needed to put on the show which consists not only of the skiers, boat drivers and spotters, but also dock help, music and comedy performers.

The Aqua Addicts use six boats and will utilize more than 10,000 feet (nearly 1.9 miles) of rope in the course of the show. The final act alone uses 2,400 feet of rope (nearly a half mile) as 24 skiers enter the water at one time for the finale.

The 2016 theme for the show is “Camp Aqua Addicts” and includes not only the expected skiing, but also a skit and music.

Thorson notes that while skiers navigating the lake in the shape of a pyramid is one of the biggest icons of the show, the ballet swivel portions are crowd pleasers.

“We have the reigning national free-style jump skier on the team, won the last two years in a row, plus the winner from the year before that,” Thorson added, noting the talent of team members, some who have skied professionally.

The Aqua Addicts perform most Thursday nights June through August at Dahme Lake. For their complete schedule, visit <http://aquaaddicts.org/2016-show-schedule>



Water Ski Show Basics

Show skiing has been called the most entertaining discipline in the sport of water skiing. It is fast-moving, exciting, graceful and most of all, fun to watch. Water ski shows feature several water ski acts choreographed to music and built around a theme that tells a story. Shows involve amateur performers with usually 30 or more members. Some shows even have more than 200 members! Age is not a factor since ski club performers can range from children to grandparents.

The show incorporates numerous types of water skiing, however they generally focus on five major areas which include:

1. Team Jumping – For spectators, this is the most thrilling event. Usually three to five skiers will perform spins and flips over the 5-1/2-foot ski jump. Distances can exceed 100 feet and frequently spectacular falls occur during this act. Fortunately, the skiers wear protective clothing and know how to handle the falls safely.

2. Ballet and Swivel – Generally performed by young women, this act features a line of skiers choreographed to music. Some skiers may be using swivel bindings which allows them to make 180-degree turns or 360-degree spins.

3. Barefooting – Just as the name implies, this act involves skiers skimming across the surface of the water on nothing but the bare soles of their feet. Boat speeds are usually in excess of 35 mph. Watch for multi-skier barefoot lines and barefoot pyramids.

4. Doubles – Features a man and woman team performing various lifts (similar to ice skating) while being pulled by the boat. The male skier either holds onto a handle or is pulled along by a harness, thus freeing his arms to perform the overhead lifts.

5. Pyramid – Is the ultimate in team work. Using hundreds of feet of rope, skiers actually build a human pyramid on water. Look for pyramids up to five levels high where the top skier often is 25 feet above the water – a spectacular display of teamwork.

Source: Aberdeen Aqua Addicts Water Ski Team
<http://aquaaddicts.org/about-show-skiing/>

Making Your Energy Dollar **STRETCH**

WHAT DOES THE HOME OF THE FUTURE LOOK LIKE to you? Perhaps the home of George and Jane Jetson comes to mind, where dinner and laundry are taken care of with the mere press of a button.

Today, the average home may not quite be “Jetsons-esque,” but household appliances are becoming smarter and more energy efficient than ever before. A growing number of appliances now connect to the internet and offer new capabilities. In many cases, purchasing a new television, refrigerator or other large appliance will result in lower energy use, assuming you properly dispose of the

old appliance. Many of these smart appliances offer features aimed at comfort, convenience and sometimes, energy savings.

Manufacturers are adding communication modules inside many appliances, which often use Wi-Fi to communicate simple messages to a home’s wireless network. The messages vary from device to device, but typically include energy usage information, power control and thermostat settings. Efficiency-savvy consumers can potentially save energy and money using one of these systems.

The bulk of the savings will come from the ability

By Brian Sloboda



to remotely control your air conditioning system's thermostat. Studies have shown that consumers generally do not program their programmable thermostat, but smart phone apps associated with internet-enabled thermostats are often easier to use. These thermostats can also learn your daily routine by sensing when you are away from home and adjusting your thermostat to save energy and money.

There are many devices you can install in your home's electric panel that can educate you on the energy consumption of various appliances. These in-home monitoring devices provide more information to consumers about their household energy costs and have been shown to help people reduce their energy consumption. One study of 36 energy feedback programs concluded that when presented with information on energy consumption, consumers reduce their home energy use by an average of 4 percent to 12 percent. Consumers should note that in-home monitoring devices should be installed by a licensed and qualified electrician.

Technology by itself will not save a significant amount of energy, but other activities, such as weather sealing and turning off lights when not in use, will save significant amounts of energy and money. Technology has an important role to play, but the key will be finding the right mix of technologies that fit your lifestyle and budget.

Improving energy performance of new homes

Purchasing a newly constructed home is an exciting process and a major milestone. Whether you are building a custom home or buying a spec home, you will be making dozens of important decisions before moving in – from purchasing the perfect kitchen countertops to selecting a home financing package.

The decisions you make about the energy efficiency of your new home will have lasting consequences. These energy-related decisions, such as how you heat, cool, light and insulate your home, are often overlooked.

The first step to maximizing energy efficiency is to select a properly sized home that meets your family's needs. America is known for its sizeable homes, but after hitting a peak of 2,268 square feet in 2006, the median size of new single-family homes started to trend down.

According to a recent report by the U.S. Energy

Information Administration, "as square footage increases, the burden on heating and cooling equipment rises, lighting requirements increase and the likelihood that the household uses more than one refrigerator increases. Square footage typically stays fixed over the life of a home, and it is a characteristic that is expensive, even impractical to alter to reduce energy consumption."

According to the Department of Energy, appliances account for about 13 percent of the average household's energy use. Clothes dryers, refrigerators/freezers, computers, microwaves, dishwashers

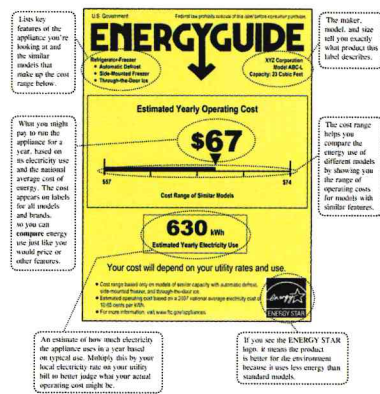
and washing machines tend to use the most energy in a typical American home. Every appliance you purchase has an operating cost (i.e., the cost of the energy needed to power that appliance). To facilitate more informed shopping, the federal government requires many appliances to include an EnergyGuide label stating the approximate energy consumption and operating cost of the appliance. Appliances with an ENERGY STAR label use 10 to

50 percent less energy than standard appliances.

Another efficient option is a residential geothermal system. While they do not generate electricity, geothermal systems save energy by using heat from the earth to replace conventional heating and cooling systems. Throughout the year, the earth remains a constant, moderate temperature (i.e., 50 degrees Fahrenheit) just below the ground. Geothermal heating and cooling systems, also known as ground source systems, make use of this constant underground temperature by circulating water in a loop to exchange heat between your home, the ground source heat pump and the earth – providing highly efficient heating, cooling and hot water.

Installing an easy-to-use programmable thermostat is also a great way to efficiently operate your home. ENERGY STAR estimates a typical household can annually save \$180 by properly using a programmable thermostat.

Regardless of the number of energy efficiency features in your home, occupant behavior is still a major factor in how much energy your household consumes. From unplugging appliances you rarely use, like a mostly empty second refrigerator, to making sure you run full loads in the washing machine, dryer and dishwasher, to turning out the lights – it all adds up in energy savings.



Brian Sloboda is a program manger specializing in energy efficiency for the Business Technology Strategies (BTS), a service of the Arlington, Va.-based National Rural Electric Cooperative Association.

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 ABERDEEN, SD

Regional Dateline

July 24-September 4
 Sunday Services at Oahe
 Chapel, 8 a.m. CDT, Pierre, SD
 605-773-3458

July 22-23
 South Dakota Senior Games
 Brookings, SD, Traci Saugstad
 at 605-692-4492

July 22-23
 2016 Rock-N-Rumble
 Motorcycle Rally, Yankton, SD
 605-665-3636

July 22-23
 Storybook Land Festival
 Aberdeen, SD, 605-626-7015

July 22-24
 Laura Ingalls Wilder Pageant
 De Smet, SD, 800-776-3594 or
 800-880-3383

July 29
 Thunder on the Prairie
 featuring American Country
 Huron, SD, 605-352-0000

July 29-31
 25th Annual Honey Days
 Bruce, SD, 605-627-5671

July 30
 RSVP Outdoor Vendor and Craft
 Show, 9 a.m. to 5 p.m.
 In conjunction with Crazy Days
 Mitchell, SD, 605-995-8440

July 30
 Black Hills Music & Food
 Festival, Rapid City, SD
 605-645-1880

July 30
 Local Folk Off & Rib Challenge
 Renner, SD, 605-543-5071

PHOTO COURTESY OF SOUTHEASTERN ELECTRIC COOPERATIVE



To have your event listed on this page, send complete information, including date, event, place and contact to your local electric cooperative. Include your name, address and daytime telephone number. Information must be submitted at least eight weeks prior to your event. Please call ahead to confirm date, time and location of event.

Events of Special Note

August 12-14
 26th Annual Old Fashioned
 Threshing Show, Bahnsen
 Farm, Humboldt, SD
 605-526-3495 or 605-251-9974

August 27
 McCrossan Boys Ranch Xtreme
 Event Rodeo, McCrossan Boys
 Ranch Campus, Sioux Falls, SD
 605-339-1203

August 4-7
 Oglala Lakota Nation Wacipi
 Rodeo Fair, Pow Wow Grounds
 Pine Ridge, SD, 605-867-8416
 or 605-867-8427

August 5-6
 South Dakota Senior Games
 Yankton, SD, Kristi Hauer at
 605-665-4685 or Tracy
 Grotenhuis at 605-668-5238

August 5-7
 37th Annual Sioux River
 Folk Festival, Canton, SD
 605-261-7414

August 5-14
 Sioux Empire Fair
 Sioux Falls, SD, 605-367-7178

August 12-October 23
 Heartland Country Corn Maze
 Harrisburg, SD, 605-743-5984

August 13
 South Dakota Senior Games
 Huron, SD, LaRon Klock at
 605-353-8533

August 15-21
 Brown County Fair
 Aberdeen, SD, 605-626-7116

August 18-20
 South Dakota Senior Games
 Watertown, Jeremy Herrbold
 at 605-882-6260

August 19-21
 Frontier Days Rodeo
 White River, SD, 605-669-3310

August 19-21
 Riverboat Days, Yankton, SD
 605-665-1657

August 20
 Wing & Brew Festival
 Brookings, SD, 605-692-7539

August 20-21
 28th Annual Threshing Bee
 Rosholt, SD, 605-537-4426
 www.rosholtthreshingbee.com

August 24-28
 Corn Palace Festival
 Mitchell, SD, 605-995-8430

August 25-28
 Hugh Glass Rendezvous
 Lemmon, SD, 605-393-5832

August 25-28
 Prairie Village 54th Annual
 Steam Threshing Jamboree
 Madison, SD, 605-256-3644

August 25-28
 State South Dakota Senior
 Games, Aberdeen, SD
 Howard Bich at 605-275-6891
 habich@sio.midco.net
 southdakotaseniorgames.org

August 26-27
 Southern Hills Music and Arts
 Festival, Custer, SD
 605-440-0640

September 10-11
 Harvest Festival, Downtown
 and 1/4-mile west
 Delmont, SD, 605-933-0393
 www.twinriversoldiron.org