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Cooperative Connections

AUGUST 2013 VOL. 65 NO. 8



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South Dakota Electric Cooperative Connections

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Editorial

Our Energy Future Needs “All-of-the-Above” Approach



Ed Anderson
General Manager, South Dakota
Rural Electric Association

in the rule making process. Forgive my cynicism, but based on our recent track record in dealing with the EPA and the Department of Energy on issues critical to our members, asking us to engage in meaningful dialogue on the carbon issue and actually listening to what we offer seems like a bit of a stretch to me.

We stand ready to work with the administration to formulate a legitimate and sustainable approach to addressing our environmental challenges. We also believe we can do it without destroying thousands of jobs and drastically raising electricity rates for little discernible benefit. Let me offer just a few facts, thoughts and suggestions.

Electric cooperatives were born during some of the most challenging times our country has faced. Because they had nothing, early electric co-op members cherished every kilowatt of electricity they purchased. It was their nature to conserve and be efficient, and we still are today. Electric cooperatives wrote the book on energy efficiency and conservation. Read the book, Mr. President. So much more can be done without needlessly turning our backs on such an abundant energy resource.

Everyone is frustrated with Congress these days, including the President, which prompted his decision to put the ball in the EPA's court to regulate rather than legislate the carbon issue. Let me suggest that if recent congressional initiatives to address climate change had focused more on actually dealing with the problem and not raising billions of dollars for the federal treasury the President's speech would not have been necessary.

Although in his speech the President called for “an end of public financing for new coal fired plants overseas – unless they deploy carbon-capture technologies,” the fact is that U.S. coal exports rose from 39.6 million short tons in 2002 to a record 125.7 million short tons last year and forecasts indicate that coal demand will increase in every region of the world except in the USA. Doesn't it make more sense to accelerate the development of additional technologies that will allow us to continue to use our vast coal deposits to generate electricity at home, rather than exporting it all to developing countries who have little incentive and have shown no inclination to halting the forward momentum of economies that are bringing new wealth, opportunity, freedom and health to their citizens? Affordable electricity drives economies. Shutting down every coal-based plant in the United States will drive ours in the wrong direction.

South Dakota's electric cooperatives have embraced renewable generation and will continue to embrace renewable generation. We also understand and accept its inherent limitations. We enjoy one of the most diverse electric power generation mixes in the country. An “all of the above” approach to power generation will continue to be responsible and affordable. An “all or nothing” approach is not responsible. It is only expedient.

The carbon/climate issue is clearly a legacy issue for the Obama administration. We stand ready to work with them to make it a positive legacy.

After the dust settled from the President's June 25 speech on carbon regulation, people on both sides of the issue took to the press in droves voicing strong opinions in support of and against the President's latest announcement of his intent to rid the United States of coal-based generation. OK, he did not use those exact words in his speech but a quick look at statements he has made and actions he has taken over the last several years supports the contention that he is determined to do exactly that.

The reaction from America's electric cooperatives was swift. Swift and blunt enough that the acting administrator of the Environmental Protection Agency (EPA) contacted NRECA CEO Jo Ann Emerson not long after the speech to assure her that electric cooperatives would be heard at the appropriate time

Safety Minded



Delbert Willert

A simple inquiry from a Lake Benton, Minn., teen is credited with saving a life.

In 2011, Delbert Willert asked his parents where he could get \$5,000. The amount of the request from the then 14-year-old caught the attention of his parents, Kevin and Laura. What did he want the money for?

The younger Willert wanted to buy a ResQ tube for the local fire department along with the training to properly use the device made for grain bin rescues.

A few events had led to Delbert's dinner-table inquiry. A neighbor had recently been trapped in a bin, but was ultimately safely rescued after rescuers built a makeshift device to extract the man. Delbert learned about the ResQ tubes during farm safety awareness events and in farm publications that fall. He had learned that kids ages 12 to 18 were the most likely to die in a grain bin accident and thought that the local fire department should have a tube.

The idea to buy the ResQ tubes caught hold and soon the Willerts were raising money for not one but five tubes – one for each of the fire departments in Lincoln County, Minnesota.

Willert started the effort as part of an individual 4-H safety project, but the endeavor quickly grew to involve the rest of the family as they sought to raise the needed money in just nine months.

After raising the needed \$17,000, the tubes were purchased and training conducted in 2012.

And, in June 2013, Delbert's efforts were credited with saving a life when the Hendricks, Minn., Fire Department used the device to rescue a man who had become trapped in a bin.

Willert, 16, will be a junior at Elkton-Lake Benton school this fall.

Tips for Traveling To and From School

General Safety

- Be sure that your child knows his/her phone number, address, your cell or work number, the number of another trusted adult and he/she knows how to call 911 for emergencies.
- Teach your children not to accept rides from anyone unless you have said it's okay.
- Teach them if anyone follows them in a vehicle, they should turn and walk/run in the other direction to find a trusted person to help them.
- Teach your child never to talk to strangers or accept gifts from strangers. A stranger is anyone you or your children don't know well or don't trust.

When Kids are Riding the School Bus

- Wait for the bus to stop before approaching it from the curb.
- Check to see that no other traffic is coming before crossing the street after getting off the bus.
- Other vehicles – make sure to always remain in clear view of the bus driver.
- Children should always stay in their seat while the bus is moving.

When Kids are Riding or Driving in a Car

- Obey the local school bus laws. It is illegal to pass a stopped school bus when its stop signal is extended.
- All children should wear a seat belt or use an age-appropriate car seat or booster seat.
- All children under 13 years of age should ride in the rear seat of all vehicles.
- Teen drivers should wear a seat belt at all times, limit the number of passengers and no cell phones or texting while driving.

When Kids are Walking

- Map out a safe route to school and walk it with your child for a few days so they become familiar with the way.
- Make sure your child crosses at intersections where there is a crossing guard when possible.
- Have children wear bright clothing that can be seen by drivers.
- Start a neighborhood school walk by having a parent accompany a group of children to school.

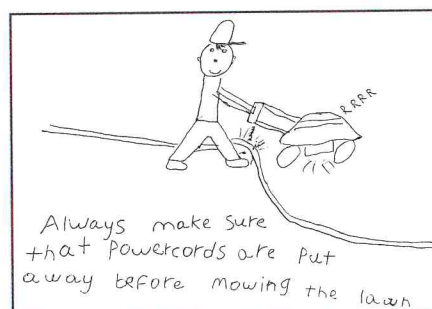
When Kids are Riding a Bicycle

- Always wear a bicycle helmet properly.
- Always ride in the same direction as auto traffic.
- Respect traffic lights and stop signs. Parents, explain the rules of the road – obey stop signs and traffic lights.
- Be visible, wear bright clothing and reflectors.

Source: cityofboston.gov

Kids' Corner Safety Poster

"Always make sure that power cords are put away before mowing the lawn!"



Jewel Nicole Waldner, 9 years old

Jewel is the daughter of Ryan and Sonya Waldner, Milbank, S.D. They are members of Whetstone Valley Electric Cooperative, Milbank, S.D.

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.

Succulent Salads



Rhubarb Salad

- | | |
|--|---|
| 2 cups diced rhubarb | 1 (15 oz.) can crushed pineapple with juice |
| 1/2 cup sugar | 1 cup diced celery |
| 1/2 cup water | 1 apple, chopped |
| 1 (3 oz.) box cherry or strawberry gelatin | |

Combine rhubarb, sugar and water; cook until tender. Add gelatin and pineapple with juice. Stir in celery and apple. Pour into a medium-sized bowl.

Mary Jessen, Holabird
Cooperative Connections

Cool, Crisp Salad

- | | |
|--------------------------------|-------------------------|
| 1 pkg. ring macaroni, cooked | 1 lg. tomato, diced |
| 1 cup diced celery | Green onions |
| 1 cup unpeeled, diced cucumber | 1 cup Miracle Whip |
| 1/2 green pepper, diced | 1/2 cup French dressing |
| 4 boiled eggs, diced | |

Combine all ingredients; chill. May add 1/4- to 1/2-cup sweet pickle relish.

Pam Hofer, Carpenter
Cooperative Connections

Five Bean Salad

- | | |
|---------------------------------|------------------------------|
| 1 (16 oz.) can green beans | 1/2 cup chopped green onions |
| 1 (16 oz.) can red kidney beans | 1/2 cup salad oil |
| 1 (16 oz.) can wax beans | 1/2 cup vinegar |
| 1 (15 oz.) can garbanzo beans | 3/4 cup sugar |
| 1 (15 oz.) can butter beans | 1 tsp. salt |
| 1/2 cup chopped green pepper | 1/2 tsp. pepper |

Drain beans. Mix oil, vinegar, sugar, salt and pepper until well blended. In large glass bowl, combine all ingredients. Best if made 2 days in advance.

Janet Ochsner, Sturgis
Cooperative Connections

Waldorf Salad

- | | |
|----------------------------|----------------------|
| 1/2 cup Miracle Whip Light | 1/4 cup walnuts |
| 1/4 cup orange juice | 1 cup chopped celery |
| 3 cups chopped apples | |

Combine all ingredients; chill.

Catherine Jungwirth, Ashton
Cooperative Connections

Apple-Infused Coleslaw in a Jar

Vinaigrette:

- 2 cups Apple NESTLÉ® Juicy Juice® All Natural 100% Juice
1/4 cup apple cider vinegar
1/2 tsp. fine sea salt
1/4 tsp. freshly ground black pepper
2 T. Dijon mustard
1 T. honey
1/4 cup canola oil

Coleslaw:

- 5 cups each thinly shredded purple and green cabbage, divided
2 cups shredded carrot and/or thinly sliced red bell pepper, divided
8 T. sliced green onions, chives or shredded fresh basil, divided

8 (pint-size) mason jars

For vinaigrette: Place Juicy Juice in medium saucepan and bring to a boil over medium heat. Boil for about 25 minutes or until reduced to 1/4 cup (reducing the juice will add more sweetness and deepen the apple flavor). Cool to room temperature. Whisk together reduced juice, vinegar, salt, pepper, mustard and honey. Gradually add oil in a slow, steady stream, whisking constantly until blended. Divide vinaigrette between each of eight mason jars.

For coleslaw: Layer about 1/3 cup purple cabbage, 1/3 cup green cabbage, 2 T. carrot and 1 T. sliced green onions in each mason jar. Add another layer (same quantities excluding green onions) of purple cabbage, green cabbage and carrots. You should have about an inch gap between coleslaw and lid so that it is easy to shake; seal closed. When ready to serve, simply shake to coat. Jars of unshaken coleslaw can be refrigerated for up to 3 days. Cook's Tip: In a hurry? Skip reducing the apple juice and just use 1/4 cup apple juice. Increase honey to 2 T. total. Yield: 8 servings.

Nutritional information per serving: Calories: 140; Calories from Fat: 60; Fat: 7g; Saturated Fat: .5g; Cholesterol: 0mg; Sodium: 280mg; Carbohydrates: 19g; Protein: 2g; Fiber: 3g; Sugars: 13g

Pictured, Cooperative Connections

7-Up Salad

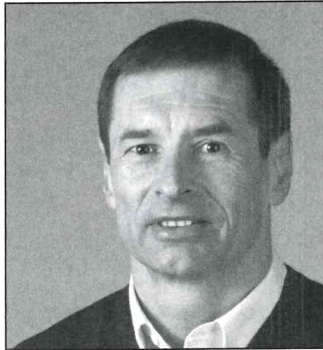
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|---|----------------------------------|
| 1 box lemon gelatin | Topping: |
| 1 cup boiling water | 3/4 cup reserved pineapple juice |
| 1 cup 7-Up | 1 egg, beaten |
| 1 pkg. Knox gelatine | 1/2 cup sugar |
| 1-1/2 cups pineapple tidbits, drained (reserve juice) | 2 T. flour |
| 1-1/2 cups small marshmallows | 2 T. butter |
| 3 bananas, cut up | 1/2 pint whipping cream |

Dissolve lemon gelatin in boiling water; cool slightly. Mix together 7-Up and Knox gelatine. Add to lemon gelatin; cool until partly set. Add pineapple, marshmallows and bananas. Pour into 9x11-inch pan. For topping, combine first 5 topping ingredients; cook over medium heat until thick. Set aside until cool. Whip cream until thick; fold into topping mixture. Spread on top of set gelatin. Cut into squares to serve.

Elfrieda Postma, Sioux Falls
Cooperative Connections

Please send your favorite garden produce and pasta 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 2013. All entries must include your name, mailing address, telephone number and cooperative name.

Landscape for Looks and Efficiency



Jim Dulley
www.dulley.com

Dear Jim: We are landscaping our new house. We like a wooded yard for shade and to enhance the energy efficiency of our home. Where should we plant trees and which are best? What materials are good alternatives to grass for ground cover? – Mark G.

Dear Mark: Wise landscaping can do more than just create an attractive yard. It can also lower your utility bills, summer and winter, and improve your family's comfort year-round. Trees, being one of the key components of any residential landscaping design, can have the greatest affect on your utility bills.

For one, the evaporation of moisture from the leaves on trees actually cools the air temperature around your home, akin to how perspiration cools your skin.

By taking advantage of passive solar heating during winter, with the proper placement and selection of trees, you can use less electricity to heat your home.

The primary goal of efficient landscaping with trees is to shade your home during summer, yet allow the sun to pass through during winter. Additional goals are, depending upon your climate, to allow cool evening breezes to flow around your house or to provide moisture for evaporative cooling of the air near your house.

Before you start, check with a local landscaper to determine your temperature zone, which refers to the minimum winter temperature range. For warm climates in Zone 10, the range is 30 degrees to 40 degrees Fahrenheit. For cold climates in Zone 1, the range is -30 degrees to -40 degrees F. If you select species of trees that thrive in a climate more than one or two zones outside your range, they may not do well and may require excessive care.

In an average temperate climate, a typical efficient tree landscaping plan has deciduous trees to the south, southeast and southwest. The leaves block the sun during summer, but when the leaves fall during winter, the sun shines through to heat your home. Leave a small gap to the southwest to allow cooler evening breezes to flow through.

Plant dense evergreens along the north, northeast and northwest sides, which block the cold winter winds. With shorter days and the sun lower in the sky during winter, not

much solar heat comes from these directions.

In hot, humid climates, shading during summer is most important. Taller trees should be planted closer to your home to block the sun, which is higher in the sky. Leaving a gap for breezes is not as important.

There are alternatives to grass, such as ground cover plants and gravel. Both have their advantages and disadvantages for landscaping a house. The benefits of either depend on your climate, house and yard. Even in the same neighborhood, what is good for one house may not be efficient for another.

Low-growing ground cover near your house can help to keep it cool during summer. The leaves block the sun's heat from absorbing into the ground, and they give off moisture for natural cooling. Ground cover has a lesser impact on efficiency during winter.

The cooling effect from ground cover is most effective in drier climates because there is more evaporation. In hot, humid climates, the additional moisture from plants near the house will further increase the relative humidity level. This is more of a problem if you rely on natural ventilation than when air-conditioning with the windows closed.

By taking advantage of passive solar heating during winter, with the proper placement and selection of trees, you can use less electricity to heat your home.

Landscaping with gravel eliminates the need to water grass, but it can increase the air temperature around your house, particularly in the evening. The thermal mass of the gravel stores the afternoon sun's heat, which helps in the winter. If you use gravel, make sure it's shaded by deciduous trees during the summer.

A good location for ground cover is between an asphalt or cement driveway or walkway and the sunny side of your house. Not only does the driveway get hot and hold the heat, but it re-radiates the heat up to your house. Planting taller ground cover between the driveway and your house walls can block some of this heat.

Editor's Note: Remember to call 811 before digging to have underground utilities located. Also, when planning landscaping, be sure not to plant around, near or under electric utilities.

Have a question for Jim? Send inquiries to: James Dulley, *Cooperative Connections*, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

Teachers Digging Coal

Nine South Dakota educators from six schools explored the world of lignite energy during the 2013 Lignite Education Seminar: Energy, Economics and Environment coordinated by the North Dakota-based Lignite Energy Council.

The seminar, held June 17-20 at Bismarck State College in Bismarck, N.D., brought together more than 100 elementary and secondary teachers from Minnesota, Montana, South Dakota and North Dakota.

The seminar provided teachers with the information and educational materials they need to teach their students about how lignite is mined and used to

produce electricity for homes, farms and businesses in the Upper Midwest. In addition, the seminar covers lignite's economic impact on the region, as well as important environmental issues affecting the lignite industry.

Since 1986, more than 2,900 teachers have attended the Lignite Energy Council's teacher education seminar.

The seminar was totally revamped in 2009 and made into a two-credit class which lasts for four days. Participating teachers could receive credit from the University of North Dakota (Economics), North Dakota State University (Education) or Minot State University (Science), provided they attended all portions of the seminar and prepared lesson plans demonstrating how they will use the seminar information and materials in their classrooms.

South Dakota registrants were Joyce Swanson of Canton, Tea Area schools; Kathryn Ann Anderson of Aberdeen, Aberdeen Central High School; Bradley Peterson of Platte, Platte-Geddes School District; Barbara Ernster of Sioux Falls, Edison Middle School; Craig Wollman of Menno, Freeman Academy; and Selby Area Schools educators Marie Nash, Selby; Kimberly Biel, Java; Linda Schanzenbach, Mobridge; and Marnie Goehring, Mound City.

Ag Ambassador Award Presented

Michael Held was presented with the third annual South Dakota Governor's Ag Ambassador Award June 26 at the 2013 Governors' Ag Development Summit in Pierre.

"The Ag Ambassador Award is bestowed upon individuals with strong ties to agriculture and deep roots to this vital industry," said Gov. Dennis Daugaard. "This year's newest ag ambassador has exhibited these outstanding qualities over many years of service and we congratulate the worthy recipient of our third annual award, Mike Held."

Held was given the award based on his contributions to South Dakota's ag industry including a 36-year career at South Dakota Farm Bureau Federation as the group's chief executive officer.

Held retired from South Dakota Farm Bureau on Sept. 1, 2012, but plans to

continue as their lobbyist.

"This year, we recognize Mike Held as South Dakota's Ag Ambassador because he has led by example," said S.D. Secretary of Agriculture Lucas Lentsch.

"His leadership and dedication make him very worthy of this award. He has been an ambassador for agriculture but, moreover, he's been a friend to our state and to the future of South Dakota."

Agriculture is South Dakota's No. 1 industry, generating more than \$21 billion in annual economic activity and employing more than 122,000 South Dakotans.



Michael Held

Aug. 11 a Day for 811 Awareness

Did you know that every digging project requires a call to 811?

Since Aug. 11 is the 11th day of the eighth month (8/11 on the calendar), it is a natural reminder for people to call 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.

Every eight minutes an underground utility line is damaged because someone decided to dig without first calling 811.

This can be a dangerous and costly mistake. Hitting an underground utility line while digging can cause serious injuries, disrupt service to entire neighborhoods and potentially result in fines and repair costs.

How 811 works:

The number 811 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 and will send a professional locator to the digging site to identify and mark the approximate location of the underground lines.

(Note that the utilities mark only lines on their side of the meter. Individual homeowners need to make sure that relevant lines are marked as well.)

Once lines have been marked, you should respect the marks and dig carefully around them.



**Know what's below.
Call before you dig.**

Types of projects:

- Lines need to be marked for each separate project, such as installing a rural mailbox, putting up a fence, planting trees or building a deck.
- Call a few days prior to digging to allow time for professional locators to mark the utility lines.
- Even if you've hired a contractor, make sure the contractor calls 811 to have lines marked.

Snackin' with Style

Dakota Style Snacks Deliver Industrial-Strength Flavor

by Brenda Kleinjan

FOR NEARLY THREE DECADES, A POPULAR AMERICAN snack food has been getting some South Dakota flair.

Based in Clark, S.D., Dakota Style has been creating, selling and shipping a variety of their "Industrial Strength" potato chips since 1985.

And while the potato chip has been a mainstay for the company and provides a solid base, the company has been enjoying growth in its sunflower kernel and in-shell seed lines in recent years.

"The original business was started in 1985 by a farming couple – Betty and Bob Campbell, who started it as a side business to put their kids through college," said Riley Dandurand, a spokesman for Dakota Style.

The Dandurand family bought the company in September 1997.

"The Campbells had grown the company very nicely. When my dad, Kevin, bought it, he focused



Fun Fact:

One popular story credits the original potato chip recipe as being created in New York state in August 1853. Other stories list cookbooks from 1824 and 1845 as originating potato chips. The National Snack Foods Association used the 1853 date when celebrating 150 years of the potato chip in 2003.



on the kettle chips and spent the next eight or nine years pounding his head against the wall building the chips. On the side, the seeds and kernels were doing well," said Dandurand.

"We started finding more success with the seeds and the kernels," said Dandurand, noting that from 2006 to 2009, the company grew by 20 percent a year. In 2009, Riley, his two brothers and a fourth gentleman, came on board. Since then, while the company still has a focus on chips, its main growth has been the in-shell and kernel lines. Today, Dakota Style employs about 35 people.

"From 2011 to 2012, the company grew by more than 60 percent," said Dandurand.

That growth means that each week 60 to 75 semis leave with loads of chips, kernels and seeds from Clark's Industrial Park, heading for shelves nationwide or arrive with raw sunflowers and potatoes for processing.

The potato chips are packaged at the company's potato processing facility northeast of Clark while the corporate offices and all sunflower operations, including packaging and distribution, are done at the industrial park.

The sunflower kernels – there are several flavored varieties marketed as salad toppers as well as kernels simply for snacking on – have nationwide distribution. Dandurand said that Dakota Style is in the top three for kernel users in the country.

"We hope to be national with our in-shell product as well by next year," Dandurand said. Currently, the in-shell seeds can be found in many retail outlets in a core area in the central part of the United States bordered by Canada and Mexico and extending west to the Denver, Colo., area and east to Chicago, Ill.

Eventually, Dandurand says the plan is to have the seeds

be a field-to-shelf operation, but for that to happen they want to partner with a South Dakota farmer.

Currently, the raw sunflowers are bought through contracts with the seeds coming from North Dakota, South Dakota, Colorado and Kansas. It takes several thousands of acres of sunflowers to provide the needed in-shell seeds and kernels sold by Dakota Style.

The raw potatoes used in the chips side of the business also come from a variety of states.

"Initially, the Campbells grew their own potatoes. When we came in, we weren't farmers and we realized that. We go through a national broker and contract with farmers throughout the country," said Dandurand. Potatoes used in the operation come from as far as Texas to as close as Iowa and in the winter months they are pulled out of storage in

Minnesota and North Dakota.

Dakota Style processes 2 million pounds of potatoes annually.

"It's no record setter, but it's more than just a few," said Dandurand.

The potato chips come in 14 flavors from original to vinegar-inspired varieties to punchier jalapeño, mesquite, spicy ranch and ethnic-influenced flavors.

"We're always looking to expand our flavors," said Dandurand.

"From 2011 to 2012, the company grew by more than 60 percent."



Dakota Style has been involved with sending its snacks to deployed troops. Pallets of sunflower seeds were sent to troops in Afghanistan. Eric Luvaas poses with a box of Dakota Style potato chips in front of South Dakota National Guard sign in this undated photo. *Photos courtesy Dakota Style*

A Monumental Experience

By Brenda Kleinjan

THIRTY-NINE SOUTH DAKOTA TEENS GOT A FIRST-hand look at our nation's capital and the political process as the co-op's representative on the 2013 Rural Electric Youth Tour.

The students spent June 14 to June 20 in Washington, D.C. While plenty of time was spent exploring monuments, museums and historical sites that comprise the backdrop of the area, they were also able to learn more about electric cooperatives and the importance of community involvement during the National Youth Day which brought

together nearly 1,600 co-op youth from across the nation.

Also during the trip, the South Dakota delegation engaged in the Congressional Insight computer simulation game which saw the teens take on the role of a first-term congressman or woman seeking re-election. The game provided a good preparation for the students' job shadow day with Sens. Tim Johnson and John Thune and Rep. Kristi Noem on Tuesday, June 18.





Youth Tour Participants and Chaperones 2013

Bon Homme Yankton Electric: Calla Harper

Butte Electric: Alex Kiley

Central Electric: Miranda Goldammer, Brandon Jacobson, McKayla Moe, Lexi Olinger, Connor Pennings, Jessica Schmit and Lisa Smith

Charles Mix Electric: Brady Peterson and Andrew Soukup

Cherry-Todd Electric: Maddison Engel and Tomas Martinez

Clay Union Electric: Lexi Logue

Codington-Clark Electric: Brenna Hoium

Dakota Energy: Chelsey Langbehn

Douglas Electric: Seth Vander Ley

FEM Electric: George Lapka, Landon Morlock and Garrett Stafford

Grand Electric: Mari Wiechmann

H-D Electric: Brady Buck

Kingsbury Electric: Peter Schukking

Lacreek Electric: Tyler Bakley

Lake Region Electric: Katie LaMee

Northern Electric: Rachel Uhrich

Oahe Electric: Lane Brandenburg

Rosebud Electric: Sarah Sieh

Southeastern Electric: Cassidy Buse, Courtney Cowan and Samantha Smidt

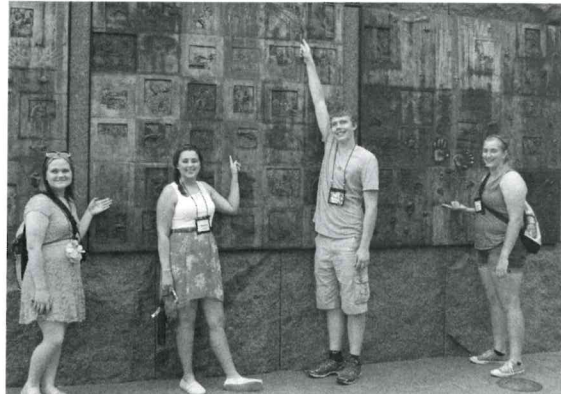
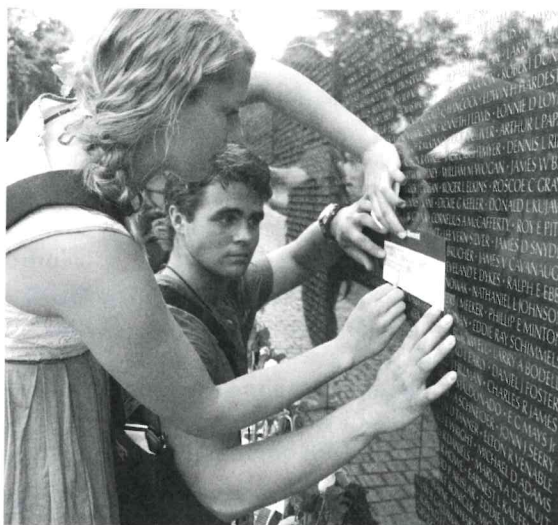
Union County Electric: Jenny Dailey

West Central Electric: Anna Flitner, Hailey Norman and Kaci Olivier

West River Electric: Ridge Sandal and Josie Weiland

Whetstone Valley Electric: Tracie Buttke

Chaperones: Bill and Suzi Showers (Bon Homme) and Garry and Sandy Wetzler (Rosebud)



Above: South Dakota's Youth Tour participants pose for a photo with the state's congressional delegation — Sen. John Thune, far left, Sen. Tim Johnson, center, and Rep. Kristi Noem, third from right. Left: Kaci Olivier and Ridge Sandal make a rubbing of a name at the Vietnam Veterans Memorial. Below left: Students exchanged state stickers with participants from other states. Below: Students point out four icons at the Franklin D. Roosevelt Memorial that deal with rural electrification. When the Rural Electrification Act was signed in the 1930s, only 11 percent of rural America had electricity.

Left: South Dakota participants take a break from the Youth Tour All States Dinner and Dance to pose for a photo in the hotel lobby.

Opposite page: Prior to heading to the state's congressional offices for their Job Shadow Day, South Dakota's Youth Tour delegation posed for a photo with the U.S. Capitol as a back drop. South Dakota electric cooperatives have sent nearly 1,200 students to Washington, D.C., for the Youth Tour since 1963.

Frozen Quandry:

Refrigerated, Frozen Foods and Power Outages

**By Sharon
Guthmiller
SDSU Extension
Food Safety Field
Specialist**

IF YOU'VE EXPERIENCED A POWER OUTAGE, ONE OF the things that may come to mind is your refrigerated and frozen food.

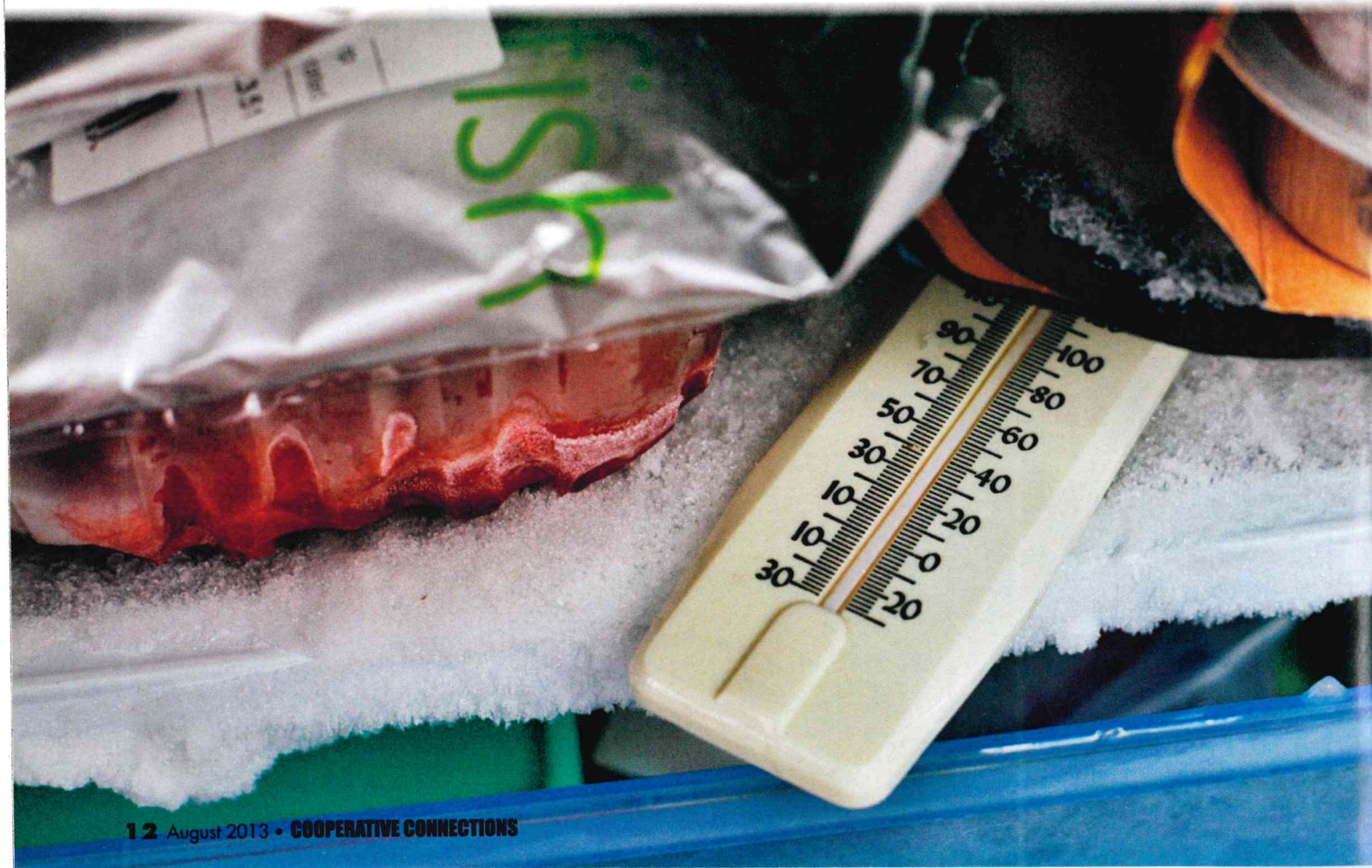
Check any freezer occasionally to be sure it works properly, particularly if the freezer is not in an area that you walk by daily. Purchase a refrigerator/freezer thermometer and keep it in the freezer. If your freezer goes out for any reason and is off for some time, you can see how warm the freezer has become. Knowing the highest temperature that food has reached is the most important factor to determine whether or not the thawed food in your freezer is safe. A freezer thermometer also gives you more control over the quality of your frozen food. Keep the freezer temperature at 0°F or lower to

retain best food quality.

It is best to plug the freezer into a dedicated outlet that is not connected to a circuit protected by a GFI (Ground Fault Interrupter) device. GFIs are easily tripped by power surges, shutting off power to the freezer.

It is important to take a few precautions to ensure against loss in case of a power or mechanical failure or other possible problem. If an extended power failure is anticipated, reduce freezer temperature to -10°F or -20°F. The colder the food, the longer it takes to thaw.

If possible, wait until power is restored before opening the freezer door. Each time the door is opened, the interior temperature increases and



decreases time foods will hold safely without power. In most cases, food in a full freezer will stay frozen about two days. Food in a freezer that is only half full may stay frozen up to one day. A freezer full of meat will not warm up as fast as a freezer full of baked food.

If food is safe to eat, it is safe to refreeze. When you find that the freezer is off, check the temperature in two or three locations. Then, take a look at the packages of food. If foods still contain ice crystals and/or if the freezer is 40°F or lower and has been at that temperature no longer than one to two days, food that was safe when it was originally frozen should still be safe. It can be refrozen or cooked and eaten. If food has been held at 40°F or higher and has been at that temperature for some time, examine it more closely.

If the color or odor of thawed beef, pork, lamb or poultry is poor or questionable, discard the meat. If questionable food is consumed, the result may be food borne illness.

It is difficult to tell by the odor whether vegetables, shellfish and cooked foods are spoiled. Bacteria multiply rapidly in these foods so do not eat or refreeze any that have thawed completely.

As a general rule, completely thawed foods should not be refrozen. If ice crystals remain in foods, it's usually safe to refreeze them. However, the texture will be mushier, the nutritional value may be lower and the flavor and color will not be top quality. For best quality, refreeze food quickly.

See more at: <http://igrow.org/healthy-families/food-safety/power-outages-food-in-your-freezer/#sthash.fRVlrdWs.dpuf>

FROZEN FOOD AND POWER OUTAGES:

When to Save and When to Throw Out

Adapted from Keeping Food Safe During an Emergency (USDA).

Thawed or partially thawed food in the freezer may be safely refrozen if it still contains ice crystals or is at 40°F or below. Partial thawing and refreezing may affect the quality of some food, but the food will be safe to eat.

If you keep an appliance thermometer in your freezer, it's easy to tell whether food is safe. When the power comes back on, check the thermometer. If it reads 40 °F or below, the food is safe and can be refrozen.

Never taste food to determine its safety! You can't rely on appearance or odor to determine whether food is safe.

Note: Always discard any items in the freezer that have come into contact with raw meat juices.

You will have to evaluate each item separately. Use this chart as a guide.

<i>Food Categories Specific Foods</i>	<i>Still contains ice crystals and feels as cold as if refrigerated</i>	<i>Thawed and held above 40° F for over 2 hours</i>
MEAT, POULTRY, SEAFOOD		
Beef, veal, lamb, pork and ground meats	Refreeze	Discard
Poultry and ground poultry	Refreeze	Discard
Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Discard
Casseroles, stews, soups	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze. <i>However, there will be some texture and flavor loss.</i>	Discard
DAIRY		
Milk	Refreeze. <i>May lose some texture.</i>	Discard
Eggs (out of shell) and egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Cheese (soft and semi-soft)	Refreeze. <i>May lose some texture.</i>	Discard
Hard cheeses	Refreeze	Refreeze
Shredded cheeses	Refreeze	Discard
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
FRUITS		
Juices	Refreeze	Refreeze. <i>Discard if mold, yeasty smell or sliminess develops.</i>
Home or commercially packaged	Refreeze <i>Will change texture and flavor.</i>	Refreeze. <i>Discard if mold, yeasty smell or sliminess develops.</i>
VEGETABLES		
Juices	Refreeze	Discard <i>after held above 40 °F for 6 hours.</i>
Home or commercially packaged or blanched	Refreeze. <i>May suffer texture and flavor loss.</i>	Discard <i>after held above 40 °F for 6 hours.</i>
BREADS, PASTRIES		
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie crusts, commercial and homemade bread dough	Refreeze <i>Some quality loss may occur.</i>	Refreeze <i>Quality loss is considerable.</i>
OTHER		
Casseroles — pasta, rice based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items — waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Discard

Source: http://www.foodsafety.gov/keep/charts/frozen_food.html

Safety in the Zone

By Brenda
Kleinjan

IF SUMMER IS SYNONYMOUS WITH ROAD CONSTRUCTION, then a two-week period in August can be especially tricky when the region sees an influx of motorcycles and other vehicles Sturgis-bound.

In western South Dakota, when possible, road construction projects in the Sturgis and Rapid City area are put on hiatus during the annual Sturgis Motorcycle Rally.

"We try to shut them down when possible for safety and the volume of traffic," said Gary Engel, Rapid City area engineer for the South Dakota Department of Transportation.

Engel didn't have exact figures but estimated that traffic during the annual motorcycle pilgrimage can be four or five times as much as on a typical sum-

mer day.

But, regardless of if it's rally time or not, safety in road construction zones and other work zones near roadways is important.

"People don't realize how dangerous road construction areas can be and how quickly something can go wrong," says Wayne Cramer, Huron area engineer for the SD-DOT, said in a release earlier this year about projects in the Huron area. "In many cases, orange cones and barrels are the only buffers separating highway workers from traffic. We want motorists who are tempted to speed through work zones to think about the workers, themselves and their passengers so everyone will arrive home safely."

According to the Centers for Disease Control,





An electric cooperative employee erects a sign alerting motorists on a rural country road that utility work will be taking place along a stretch of the road.

roadway work zones are hazardous both for motorists who drive through the complex array of signs, barrels, and lane changes and for workers who build, repair and maintain the nation's streets, bridges and highways. The Federal Highway Administration reports fatal crashes in construction and maintenance work zones dropped from 716 in 2008 to 576 in 2010.

While road construction zones are the first to come to mind, utilities, like your local electric cooperative, also have crews working in road rights of way, especially after storms when road conditions are less than ideal.

Utility crews mark the areas with signs alerting motorists that utility crews are

in the area and also with traffic cones. Many times during emergency outages, the plea from co-ops and their crews is for passersby to slow down, especially since road conditions are often poor.

In many cases, orange cones and barrels are the only buffers separating highway workers from traffic.

And, following DOT's lead in western South Dakota, some electric cooperative utilities try to limit construction projects along busy roads during the rally as well. However, some work needs to take place along roadways when responding to outages.

But regardless of whether its road construction, utility repairs or keeping an eye out for those who are Sturgis-bound, awareness and staying alert are vital for everyone's safety.

DEFINING WORK ZONES

The Minnesota Department of Transportation defines work zones with the following:

- Work zones are wherever you see workers, flaggers and surveyors in bright yellow-green or orange vests.
- Work zones are also marked with orange cones or barrels, concrete barriers, traffic control devices or moving vehicles with flashers.
- Work zones operate day and night, anywhere you travel.

Source: www.dot.state.mn.us/workzone/

Tips for Driving in Construction and Work Zones

The SDDOT encourages motorists to practice the following safety tips when traveling through work zones:

Be Patient – Remember, road crews are working to improve your future ride.

Don't Speed – Reduce speed before entering a work zone. If other motorists are speeding, don't follow the bad example. Remember, fines can be double in work zones.

Stay Alert – Dedicate full attention to the road. Remember, somebody's loved one is working in that area.

Pay Attention – Avoid distracting activities like adjusting the radio and talking or texting on a cell phone.

Expect the Unexpected – Watch out not only for road workers in the area, but also for construction equipment.

Be Prepared to Stop – Signs and work-zone flaggers save lives.

Don't Tailgate – Maintain adequate and safe distances from workers and other vehicles.

To obtain the most recent road construction information in South Dakota, please visit <http://www.safetravelusa.com/sd> or dial 511.

Regional Dateline

August 2-11

74th Annual Sioux Empire Fair
Sioux Falls, SD
605-367-7178
www.siouxempirefair.org

August 2-4

Sioux River Folk Festival
Canton, SD, 605-987-2263
www.gfp.sd.gov

August 3

Annual Foothills Classic
Car and Tractor Show
Wessington Springs, SD
605-350-1687

August 3

Classics Car and
Motorcycle Show
Clark, SD, 605-532-3973

August 3

Brandon Valley Car Show
Brandon, SD, 605-670-8669
www.brandonvalleycarshow.com

August 3

Northwest Ranch Rodeo
Selby, SD, 605-649-1288

August 3

Demolition Derby
Mobridge, SD, 605-845-2387

August 7-11

Day County Fair
Webster, SD, 605-345-9504
www.webstersd.com

August 8-10

Clay County Fair
Vermillion, SD
605-677-7111



PHOTO COURTESY OF S.D. TOURISM

August 8-11

Custer County Fair
Hermosa, SD, 605-673-2244
www.custersd.com

August 9-10

Stock Show and Rodeo
Faith, SD, 605-739-3621
www.faithsd.com

August 9-11

Community Pow Wow
Parmelee, SD, 605-319-8485

August 10

Threshing Show
Twin Brooks, SD, 605-432-9487

August 10

Street Masters Car Show and
Ice Cream Social
Fort Pierre, SD, 605-223-7722
www.gfp.sd.gov

August 10-11

Scottie Stampede Rodeo Days
and Scotland Kuchen Feier
Scotland, SD, 605-583-4419

August 10-11

Bennett County Fair
and Rodeo
Martin, SD, 605-685-6972

August 11-18

Brown County Fair
Aberdeen, SD
605-626-7116
www.thebrowncountyfair.com

August 16-18

Riverboat Days and
Summer Arts Festival
Yankton, SD
605-665-1657
www.riverboatdays.com

August 16-18

Frontier Days Wacipi and
Rodeo White River, SD
605-828-2561

August 16-18

Crow Creek Sioux Tribe
Annual Pow Wow
Fort Thompson, SD
605-245-2221

Events of Special Note

August 5-11

Motorcycle Rally
Sturgis, SD
605-720-0800
www.sturgismotorcyclerrally.com

August 24

Ride Pink Poker Run
Sioux Falls, SD
605-334-2721

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.

August 17

Bull-a-Rama, Redfield, SD
605-472-0965

August 17

Riverboat Days Extreme
Bull Riding Tour
Rodeo Arena, Yankton, SD
605-760-2153

August 17

South Dakota Bat Festival
Custer, SD, 605-255-4515
www.gfp.sd.gov

August 18

Demolition Derby
Aberdeen, SD, 800-272-3247
www.thebrowncountyfair.com

August 20-23

Dakotafest
Mitchell, SD
www.farmshows.com

August 21-25

Corn Palace Festival
Mitchell, SD, 605-995-8430