




AUGUST 2011



Cass County Electric Cooperative

Your Touchstone Energy® Partner 



Kay Hilde, Artist

Community is an integral part of what it is to be a cooperative. The communities served by Cass County Electric Cooperative are made up of many inspirational people doing great things. This year, CCEC will feature a local artist in each issue of *North Dakota LIVING*.



color, words creativity

Colorful, energetic, optimistic. These words describe Kay Hilde's art, her home and, well, her. She's a local woman with a cheerful, worldly outlook. Her laugh is genuine and if it is possible for someone to pour themselves into their work, she does it. Kay's personality shines through in the lively colors that swirl through her canvases. Upbeat words complement her pieces.

ALWAYS AN ARTIST

Kay grew up on a farm south of Moorhead. She is the youngest of four children and spent a lot of time on her own – wandering, exploring, imagining. "My brain had plenty of room to be creative," she said of her childhood, "Dad would give me a piece of wood and a paint brush and I thought it was great."

She remembers writing poetry at a young age and making her own greeting cards. Art was always a part of her life whether it was with paint or with words. After graduating from Moorhead High School, she went on to major in art at Minnesota State University Moorhead, but by the time she graduated, Kay had changed her major to marketing and advertising. She just wasn't at a point yet where she could commit completely to art, besides, words are a form of art and she excels in using them. Look at her current greeting cards and you will see creativity in the textual style.

Her career throughout the next years would take her to different areas of media and marketing. Around 1988, when she had the first of her two children, she decided to go a different route. She and a friend started Whimsy Wear, making specialty T-shirts. This business lasted 10 years, evolving into a screen printing business and then it ran its course and Kay moved on. Now, she's an artist who also works at Candlewood Suites in Fargo.

In the last five years, she focused on art again, combining her love of words into canvas paintings. The paintings were first displayed in a local coffee shop. Kay has now expanded her signature art to purses, wallets, and even furniture. She also does custom painting and design. She is the 2010 recipient of the YWCA Woman of the Year in the arts and communication category.

EVERYONE IS CREATIVE

Kay truly believes everyone is creative and dislikes hearing people say they are not. She pays special attention to children – especially her great-nieces and nephews. She's witnessed how children that color inside the lines are rewarded for following the rules and standards, while children that color outside the lines are told to try and stay inside of them. She recently challenged a young nephew, who likes to stay in the lines, to close his eyes and pick a crayon out of the box and use it to color the leaves on the tree. He picked purple and although it was hard for him to break the color "rule" he was amazed by how "funky" it turned out.

These observations have led Kay to do research on right brain/left brain tendencies and she will soon teach a Moorhead Community Education course on her findings.

BACK TO HER ROOTS

When Kay was a child, her father called her Binnie the Pooh, which evolved into a lifelong family

nickname of Binnie. On her farm, she spent countless hours roaming and imagining and she dreams of a return. Her brothers still farm and live on the farmstead and she fantasizes of turning one of the grain bins into an art studio. It would be a unique sanctuary in a place that is so dear to her. Until then, she'll continue to turn her kitchen into an art studio and use color, words and creativity.



FREEZERS, FOOD & ENERGY USE

When the local grocery store is having a sale on meat and poultry, many people tend to stock up on items and put them in the freezer. While it may seem to be a money-saving experience upfront, after considering the following, it may prove to increase energy costs. The saying “buy what you eat and eat what you buy” may be tough, but it may be worth paying attention to.

There are government guidelines for how long certain items should be frozen. With more lengthy times in the freezer, the quality of the food suffers. According to Foodsafety.gov, under the United States Department of Agriculture (USDA), there are suggested guidelines for the quality of the food and there is nothing recommended to be frozen for more than a year. There are many food categories listed on this website and you might be surprised at some of the suggestions.

There are many factors that can affect the quality of the frozen food, including packaging, the freshness of the food at the time of freezing, and the temperature of the freezer. It is also important to understand that the “quality of the food” can be somewhat subjective and will vary from person to person. Thawing food safely will also determine the quality.

Quality aside, take it a step further and also consider how much energy it takes to keep that food frozen, especially if the plan is to keep it frozen for long periods of time. The amount of energy used depends on the type of freezer you have and the temperature setting. For example, referring to the energy for the freezer portion: top freezer models use a little less energy than a side by side model, but the bottom freezer models will use less than the top freezer models. These types of freezers should be used on a short-term basis. Consider using a deep freezer for longer storing time. The temperature it is set at is also important; the recommendations are to keep the deep freeze at 0°F and freezer at 5°F. How much food is stored in the freezer is another important consideration. If a frozen turkey is the only thing in the freezer, it may make more sense to unplug the freezer until it is stocked more. If the food is not used and must be thrown, that energy was wasted. The point is that there is a relationship between price, how long food is stored, and the energy that was used to store it.

When stocking up on a food from your butcher or wholesale food store, it is a good idea to be realistic about how much you can actually use within the guidelines of the suggested freezer life time.

Category	Food	Refrigerator (40 °F or below)	Freezer (0 °F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	opened package	1 week	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Luncheon meat	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Bacon & Sausage	Bacon	7 days	1 month
	Sausage, raw	1 to 2 days	1 to 2 months
Hamburger & Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
	Chops	3 to 5 days	4 to 6 months
	Roasts	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months

LOOK UP DURING HECTIC HARVEST



Harvest season is one of the busiest times of year for farmers – and among the most dangerous. Before taking to the fields, farmers should be aware of overhead power lines and to keep equipment and extensions far away from them.

Electrical equipment around the fields, such as power lines in the end row areas, may get overlooked during such a hectic time of year. However, failure to notice overhead power lines can be a deadly oversight.

Safe Electricity urges farm workers to heed these safety measures:

- Review all farm activities and work practices that will take place around power lines and remind all workers to take precautions.
- Know the location of power lines and keep farm equipment at least 10 feet away from them.
- Use care when raising augers or the bed of a grain truck. It can be difficult to estimate distance and sometimes a power line is closer than it looks. When moving large equipment or high loads near a power line, always use a spotter, or someone to help make certain that contact is not made with a line.
- Always lower portable augers or elevators to their lowest possible level – under 14 feet – before moving or transporting them. Variables like wind, uneven ground, shifting weight or other conditions can combine to create an unexpected result.
- Be aware of increased height when loading and transporting larger modern tractors with higher antennas.
- Never attempt to raise or move a power line to clear a path!
- As in any outdoor work, be careful not to raise any

equipment such as ladders, poles or rods into power lines. Remember, nonmetallic materials such as lumber, tree limbs, tires, ropes and hay will conduct electricity depending on dampness and dust and dirt contamination.

- Use qualified electricians for work on drying equipment and other farm electrical systems.

If danger looms...

Even the best plans often go awry and your electric cooperative wants farm workers to be prepared if their equipment does come in contact with power lines.

“It’s almost always best to stay in the cab and call for help,” says Molly Hall of Safe Electricity, a program of the Energy Education Council. “If the power line is energized and you step outside, your body becomes the path to the ground and electrocution is the result. Even if a line has landed on the ground, there is still potential for the area to be energized. Warn others who may be nearby to stay away and wait until the electric utility arrives to make sure power to the line is cut off.”

There are solutions for leaving the cab if necessary, as in the case of fire or electrical fire.

“In that scenario, the proper action is to jump – not step – with both feet hitting the ground at the same time,” Hall said. “Do not allow any part of your body to touch the equipment and the ground at the same time. Hop to safety, keeping both feet together as you leave the area.”

Once you get away from the equipment, never attempt to get back on or even touch the equipment. Many electrocutions occur when operators try to return to the equipment before the power has been shut off.

Insulation Truths

There is a knock at the door. You open to find someone offering to measure your insulation and they offer you services to increase your insulation and help you to take advantage of the state utility rebate program. A certain level of insulation is recommended when it comes to energy efficiency and proper insulation can indeed save you money on your heating bills. There is rebate money available until the end of 2011 for proper insulation. It is important that you understand the facts and requirements before agreeing to have insulation installed. Here they are:

What is recommended insulation? Many homes - particularly those that are more than 20 years old - lose lots of heat because of poor insulation, according to the DOE. And because heat rises, the No. 1 problem area is your attic. (Other areas that could need more insulation are your foundation walls, slab floors, above grade walls, rim or band joist, and crawl space.)

Insulation is measured in something called an "R-value." The higher the R-value, the greater the insulation. If you have R-19 or less insulation in your attic, consider bring it up to R-49 in colder climates, like North Dakota.

What qualifies for the state rebate? The current level of insulation in the home needs to be less than R-20. After installation, the level must be R-49. The rebate is 50% of cost up to \$400 if installed by a contractor and 50% of cost up to \$200 if self-installed.

How does a CCEC member receive the state rebate? A CCEC member should contact a contractor to do the installation. (Member can also call CCEC for advice.) The contractor will complete work and fill out the state rebate form and then submit form to CCEC. CCEC will verify installation. The member will then receive a check for the appropriate rebate amount.

Remember to make sure your attic is well-sealed before adding insulation! If you choose to add attic insulation, be sure to seal air leaks between your home and attic. Heat will travel through your attic by two different means. The first way is by heat transmission. Whenever the attic is colder than the house, heat will flow from the house to the attic through the drywall, plaster or paneling that covers the ceiling.

There is also air leakage to think about. Air can leak around your chimney, plumbing pipes, wires and other penetrations in your ceiling. Air leakage can account for a large portion of your heating bill.

Insulation reduces heat transmission and air sealing reduces air leakage. These two tasks should be done at the same time. Most insulation slows heat transmission but doesn't do much for sealing air leaks because it is a loose material and air passes right through it. If you insulate without air sealing, you may not be able to seal the air leaks once you cover them with insulation. Before you insulate your attic, locate each and every penetration in the ceiling of your home.

TYPES OF INSULATION

Although insulation can be made from a variety of materials, it usually comes in four types. Each type has different characteristics.

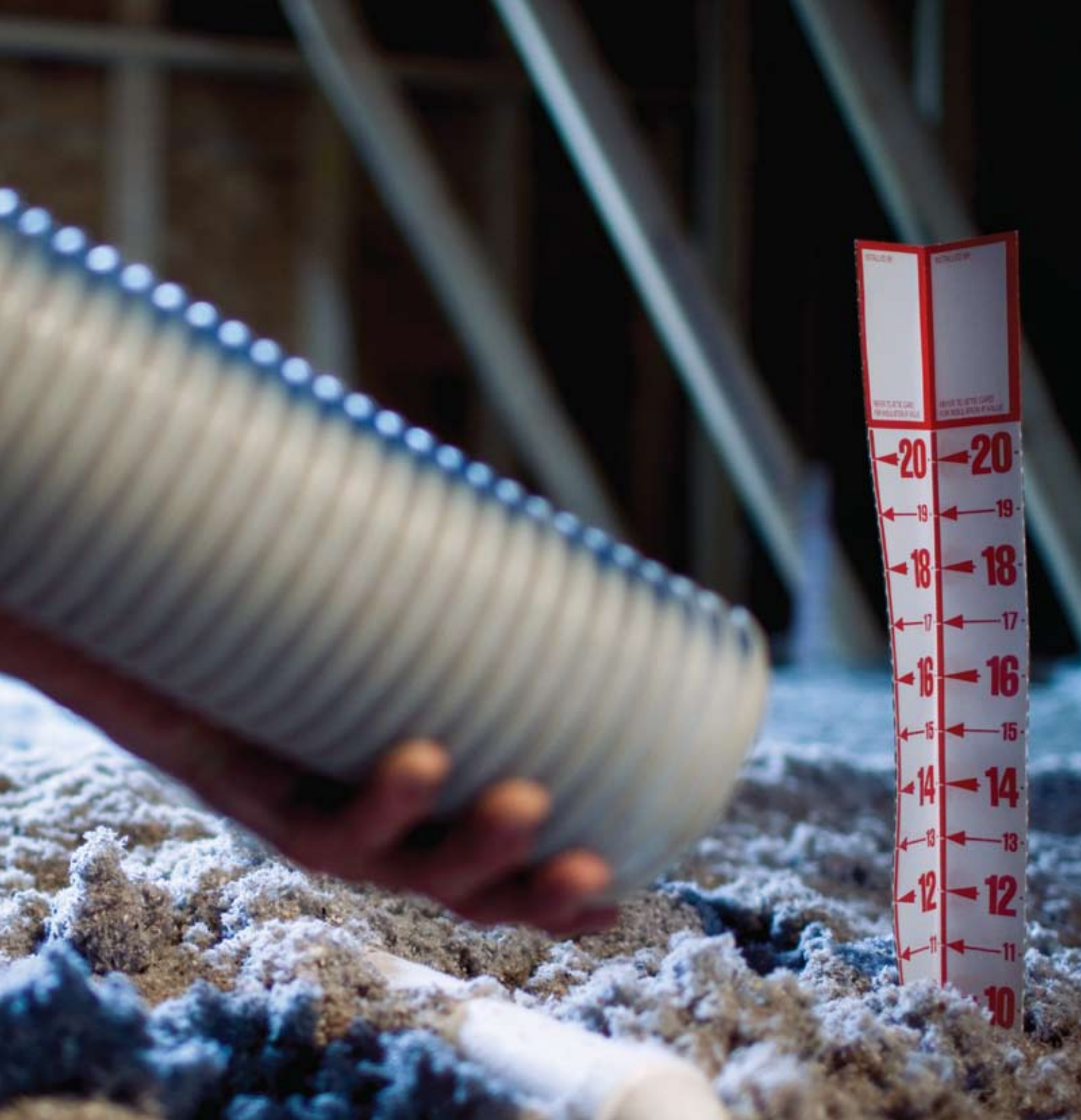
- Rolls and batts – or blankets – are flexible products made from mineral fibers, such as fiberglass and rock wool. They are available in widths suited to standard spacings of wall studs and attic or floor joists.
- Loose-fill insulation is usually made of fiberglass, rock wool or cellulose in the form of loose fibers or fiber pellets. It should be blown into spaces using special equipment. The blown-in material conforms readily to building cavities and attics. Therefore, loose-

fill insulation is well-suited for places where it is difficult to install other types of insulation.

- Rigid foam insulation is typically more expensive than fiber insulation. But it's effective in buildings with space limitations and where higher R-values are needed. Foam insulation R-values range from R-4 to R-6.5 per inch of thickness, which is up to two times greater than most other insulating materials of the same thickness.
- Foam-in-place insulation can be blown into walls and reduces air leakage, if blown into cracks, such as around window and door frames.

INSULATION TIPS

- Consider factors such as climate, building design and budget when selecting insulation R-values for your home.
- Use higher-density insulation, such as rigid foam boards, on exterior walls and in cathedral ceilings.
- Ventilation helps with moisture control and reducing summer cooling bills. Attic vents can be installed along the entire ceiling cavity to help ensure proper air flow to make a home more comfortable and energy efficient. Do not ventilate your attic if you have insulation on the underside of the roof. Check with a qualified contractor.
- Recessed light fixtures can be a major source of heat loss, but you need to be careful how close you place insulation next to a fixture unless it is designed for direct insulation contact.
- As specified on the product packaging, follow the product instructions on installation and wear the proper protective gear when installing insulation.



Take advantage of the state utility rebate program, but hurry! The program ends in December or when funds run out.

NEWS COOPERATIVE

Steve Gregerson and Neil Stenshoel retired June 1. Gregerson had worked at CCEC since 1974, most recently as a design/construction supervisor. Stenshoel had worked at CCEC since 1980, most recently as a line crew foreman.

Steve Peterson transferred to the Fargo East Service Center from Arthur – he is a journeyman lineworker.

Luke Nefzger has been hired as a full-time lineworker at the Arthur Service Center. He previously worked at CCEC as a seasonal apprentice lineworker.

Daren Wawrzyniak has been hired as a power control technician at the Fargo Service Center. Daren has worked as a journeyman electrician since 1996 in Fargo.

CCEC's Trudy Wanner and Jeremy Mahowald hosted a power plant tour on June 14 and 15. A total of 46 members and eight employees of Border States Electric attended. In addition to touring the Milton R. Young station, the group also toured the Ashtabula Wind Energy Center.

Mike Mead and Jocelyn Lura presented at the Casselton Farm Safety Just For Kids – presenting on electrical safety, energy conservation and renewable energy.



ENERGY EFFICIENCY REBATES STILL AVAILABLE

Does your heating system need replacing? Do you want to add insulation? Are you building a new home? Rebate money is still available through the North Dakota Utility Rebate Program. The program ends when the money runs out or at the end of the year, so act now! Rebates are available on ENERGY STAR qualified heating, central air conditioners, water heaters, insulation, commercial lighting, air-source

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heat pumps, geothermal heat pumps, and renewables. Residential consumers have a \$5,000 cap and commercial consumers, a \$15,000 cap. CCEC has processed over \$466,460 in rebates! Call today for more information at 701.356.4400 or visit www.kwh.com. The rebates are now available to contractors, too!



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