

October 2009

NOW Is The Time To Speak Up

By Rick Nelson, General Manager

During my recent trip to Husker Harvest Days, I spent some time in the Nebraska Power Association's booth talking to customers from all over the state of Nebraska. A number of visitors had questions, "What is Cap and Trade?"

In this magazine and also on the radio (95.3 FM/1280 AM) we devoted a large amount of time to describing carbon dioxide emissions and how that falls under cap and trade. I also described why cap and trade is under the energy policy.

Cap and trade is a system of regulating greenhouse gases, like carbon dioxide. Each source has a limit placed on the amount of gases it can release – the cap. Those who emit less than the cap can sell their extra allowances to those who are not able to make reductions as easily – the trade. Both the cap and the trade have a cost associated with them. The cap is the reductions in carbon and the trade are the allowances that are traded on Wall Street, just like any other commodity.

Carbon Dioxide has been listed by the Environmental Protection Agency (EPA) as a pollutant and thus could fall under the EPA for regulation. However, both the House of Representatives and the Senate are taking up the issue in order to provide regulation.

The House of Representatives has already passed "Climate Change" legislation. Through your efforts, and just under a half million other consumers who have contacted their representatives through the "Our Energy Our Future" campaign, we were able to secure more than \$3 billion in rate relief for the initial



House proposal.

But the legislation passed by the House in June still has major flaws. The debate has now moved to the US Senate, where another version of the bill is being drafted. Here we have another opportunity to fight for improvements and minimize the impact Congressional action may have. Here we all have an opportunity to shape the outcome.

Our Senators need to fight for a bill that is:

FAIR – Climate change legislation needs to recognize regional differences in how electricity is produced.

AFFORDABLE – Any climate change plan must keep electricity rates affordable for all Americans.

ACHIEVABLE – Climate change goals must be realistically achievable under currently available technology.

Many of you received a letter from me outlining a post card campaign we had in September. The post cards received are in a packet that I hand delivered to Senator Johannes and Senator Nelson during a coordinated fly-in to Washington DC. Our voices are being heard and we need to continue this effort as Congress takes up this crucial piece of legislation.

If you didn't get a letter from me, simply go to www.ourenergy.coop and send a message to your elected officials or stop by the office and sign up for the campaign. If you have any questions at all about this subject, please contact either myself or April Gross at our Broken Bow office.

WE NEED YOUR HELP.



Our Energy, Our Future™
A Dialogue With America

Senators are drafting climate change legislation NOW, and you can impact the outcome. Climate change legislation should be:

Fair.

Climate change legislation needs to recognize regional differences in how electricity is produced.

Affordable.

Any climate change plan must keep electricity affordable for all Americans.

Achievable.

Climate change goals must be realistic to ensure long-term success.

▶ **Go to www.ourenergy.coop to make your voice heard.**

We need your help. Congress is considering climate change legislation that could significantly increase your monthly electricity bill. This legislation will have a big impact on your electric bill if not done right.

You need to tell our representatives that climate change legislation must be done in a way that protects your monthly budget.

This legislation creates new government policy for energy use and production. It regulates greenhouse gases by charging you for the greenhouse gases emitted when electricity is produced.

Some want to force consumers to pay more than their fair share because of where they live—that's unfair! We can make sure climate change goals are achievable and affordable, if our elected officials work with us.

Responsible climate change legislation should provide incentives to increase efficiency and the use of renewable energy sources. Good legislation must balance the electric bills of consumers, the health of the economy and the needs of the environment.

Prevent Electrical Spooks This Halloween!

There is no trick or treat about it – electrical accidents happen when precautions are not taken to prevent tragedies. During this time of year, yards can be filled with ghosts and goblins – make sure all of your costumed critters as well as your home are kept safe. Custer Public Power urges everyone to follow simple safety guidelines.

Outdoor displays with spooky sounds, flashing lights and fog machines all add to the setting for your Halloween celebrations, but if set up improperly, they can also create danger of electrical shocks, fires and burns. Be sure to take a few precautions so that you don't have a real Halloween scare this year.

- 🎃 Use only lights that have been safety tested and approved by Underwriters Laboratory (UL). Look for the UL label on the box and on each string.
- 🎃 Make sure extension cords are in good condition. Use only UL-approved cords rated to carry the electrical load you will connect to them.
- 🎃 Before use, check each light for broken sockets, frayed cords, or faulty plugs. Replace damaged strings. Always unplug light strings while replacing bulbs.
- 🎃 Keep electric cords out of high-traffic areas – don't run them through doorways, or hide them under rugs or carpets.
- 🎃 Don't overload extension cords. Read the label on both the cord and the appliances that are plugged into it to make sure the cord can handle the load.
- 🎃 Do not staple or nail through light strings or electrical cords.
- 🎃 Avoid running cords around sidewalks and other walkways outdoors and indoors that could risk tripping or entangling trick-or-treaters.
- 🎃 Do not hide electrical cords under carpeting or rugs, or behind curtains or blinds.
- 🎃 Fasten outdoor lights securely to trees, house walls or other firm supports to protect the lights from wind damage. Use only insulated staples or plastic ties to hold light strings in place. Never nail or tack cords in place!
- 🎃 Do not attach cords or lights to metal objects.
- 🎃 Use only lights, cords, animated displays and decorations rated for outdoor use.
- 🎃 Cords should be plugged into outlets equipped with ground fault circuit interrupters (GFCIs). Use a portable GFCI if your outdoor outlets don't have them.
- 🎃 Be sure to stay far away from over head power lines and electric lines that connect to your home.
- 🎃 Always unplug lights before going to bed or leaving your home.
- 🎃 With caution, learn what breakers protect each section of your home and label them. Don't overload your circuit breakers/fuses.
- 🎃 Never work alone – always have someone else on hand in case of an emergency.

Make sure to keep electrical objects away from flammable objects, such as hay bales, cornstalks and fabric costumes. While adding to the ambience, the heat from lights and other electrical decorations could potentially cause a fire.

A safe celebration is the best celebration, and following basic electrical safety guidelines will help you avoid real scares and keep your memories of Halloween 2009 "boo-tiful" and enjoyable. For more information, and games and materials to teach children about electrical safety, visit the Web site www.SafeElectricity.org.



Farmhouse Chicken Dinner

What You Need!

1/4 cup flour
1/2 tsp. pepper
4 small bone-in chicken breast halves (1-1/2 lb.), skin removed
1/4 cup KRAFT Light Zesty Italian Dressing
2 cups baby carrots
1 onion, cut into wedges
1 can (14-1/2 oz.) fat-free reduced-sodium chicken broth, divided
2 cups instant brown rice, uncooked
4 oz. (1/2 of 8-oz. pkg.) Philadelphia Neufchatel Cheese, cubed
2 Tbsp. chopped fresh parsley

Prep Time: 15 min
Total Time: 50 min
Makes: 4 servings

Make It!

MIX flour and pepper in shallow dish. Add chicken; turn to coat both sides of each piece. Gently shake off excess flour. Heat dressing in large nonstick skillet on medium heat. Add chicken, meat-sides down; cook 5 to 6 min. or until golden brown. Turn chicken. Add carrots, onions and 1 cup broth; cover. Simmer on medium-low 20 min. or until chicken is done (165°F).



MEANWHILE, cook rice as directed on package; spoon onto platter. Use slotted spoon to remove chicken and vegetables from skillet; place over rice. Cover to keep warm.

ADD Neufchatel and remaining broth to skillet; cook on high heat until Neufchatel is melted and sauce is well blended, stirring constantly. Simmer on medium-low heat 3 to 5 min. or until slightly thickened, stirring occasionally. Spoon over chicken and vegetables; top with parsley.

Kraft Kitchens Tips

Makeover Savings

We've taken a family favorite and made a few changes that will save fat and calories. We browned the chicken in KRAFT Light Zesty Italian Dressing instead of oil; used Philadelphia Neufchatel Cheese instead of whipping cream; and didn't dip the chicken in eggs before coating in flour. All these changes will save you 50 calories and 19 g of fat per serving!

Substitute

Substitute 8 bone-in chicken thighs with skin removed for the chicken breasts. Prepare as directed, cooking until chicken is done (165°F). Source: kraftfoods.com

Nutrition Facts

One serving:
Calories 490
Total fat 12 g
Saturated fat 6 g
Cholesterol 100 mg
Sodium 730 mg
Carbohydrate 52 g
Dietary fiber 4 g
Sugars 8 g
Protein 41 g
Vitamin A 220 %DV
Vitamin C 10 %DV
Calcium 8 %DV
Iron 15 %DV

CUSTER CURRENTS

Newsletter of the CUSTER PUBLIC POWER DISTRICT

Broken Bow, NE - Phone 872-2451
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Board Meetings

The regular monthly meeting of the Custer Public Power District Board of Directors is on the last Thursday of each month, beginning at 10:00 a.m. in the main office in Broken Bow on Hwy. 2.

An agenda for each regular meeting of the board is available for public inspection during business hours.

In the event of matters of an emergency nature or conflicts with other meeting dates, the Board of Directors will set changes. Any change in the monthly meeting date will be posted in the legal notice at the main headquarters building at Broken Bow and at each of the District's area service centers located in Callaway, Sargent, Stapleton and Thedford, Nebraska.