

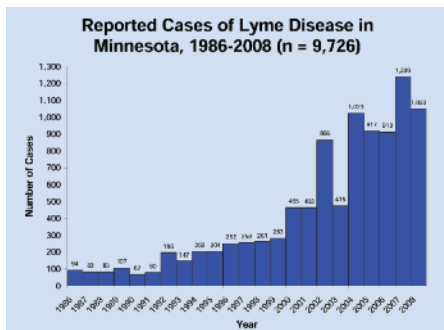
CURRENT CONNECTION

Lyme Disease - an Epidemic? >>>

Editorial by Char Kinzer

Is Lyme disease becoming an epidemic? Or, does it just seem like it because most of us know of someone that's had it and also know of people with disabling side-effects of chronic Lyme disease.

From 1986 to 2008, more than 11,000 cases of tick-borne diseases were reported in Minnesota, of which the majority (more than 9,700 cases) were Lyme disease, as reported by the Minnesota Department of Health. In the U.S. a total of approximately 30,000 cases were confirmed in 2009.



The number of Lyme disease cases has been increasing dramatically since the 1990s. A variety of factors, including increasing physician awareness, increasing infection rates in ticks, and expanding tick distribution may have led to this trend.

According to the Minnesota Department of Health, roughly 33% of the deer ticks are infected with *B burgoferi*, the bacterium that causes Lyme disease. (Deer tick bites may also transmit human granulocytic anaplasmosis (hga), another bacterial infection that can complicate the clinical picture). Where we live, in north central Minnesota, the rate of infected ticks climbs to 66%.

Diagnosis of the disease is difficult because not everyone bitten by an infected tick gets a rash or 'bull's eye' around the bite. The disease can cause mild to severe aches and pains, headaches and neurological complications and even death.

Lee Simonson, who owns a cabin on Washburn Lake near Outing and is a Crow Wing Power member, is one Lyme disease victim. In Lee's case, he was experiencing muscle aches and pains, which grew into twitching muscles and periodic shocks affecting his muscles and what he calls brain fog (where he could not think and function). His eyes were affected and he could barely walk and was very ill.

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Lee saw many doctors – his general practitioner, a Rheumatologist twice, and several visits to Neurologists. He was tested for many kinds of autoimmune diseases including Amyotrophic Lateral Sclerosis (ALS), Multiple Sclerosis, Chronic Fatigue Syndrome and others. One doctor suggested Lee may want to seek the help of a psychologist.

Editorial note: Interestingly, in doing research I found several articles that referenced the fact that chronic Lyme disease has symptoms similar to Multiple Sclerosis, Fibromyalgia, Chronic Fatigue Syndrome and even some cases where there was some questioning whether an infected tick could cause those diseases.

Lee underwent a total of five tests for Lyme disease. Four of them tested negative. It was three years after he first started feeling sick he was diagnosed with Lyme disease by a neurologist who had experienced the disease first hand. That doctor recommended the fifth test from IGeneX, Inc., a specialty immunology laboratory and research facility in California.

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Join us for an Energy Tour >>>



Again this year, Crow Wing Power members have an opportunity to tour the Basin Electric facilities near Bismarck, North Dakota. The trip is scheduled for September 27 – 29. The cost is \$100 per person and includes two nights lodging in Bismarck, 4 meals and an excellent time. Seating is limited to 90 people.

Basin Electric Power, one of our wholesale power providers, is one of the largest electric generation and transmission cooperatives in the United States. Acct. #34255201

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A WORD FROM YOUR CEO

Reducing Electric Demand During Hot Weather >>>

During the July heat wave, electric demand was at or near an all time high, challenging electric utilities. Local stores ran out of window air conditioners as people scrambled for relief from the extreme heat and humidity.

We purchase electricity from two power suppliers, Great River Energy and Basin Electric. The formulas for when and how much we can buy from either are quite complicated, but the bottom line is we utilize a number of tools to keep our costs down, because electric costs can double, triple or even quadruple during high demand.

In the early 1980's we began to implement demand-side management programs. We offer incentives for dual fuel, off-peak and energy efficient heating and cooling equipment. Those programs allow us to control load during high-demand times. For instance during the heat wave, we were able to control 2,283 central air conditioners by cycling participating members' A/C systems on and off every 15 minutes. Those members houses stay cool and we have the potential for saving our peak load by approximately 2 megawatts (MW). Typically that control is done at GRE. Additionally, we have the ability to control locally because of our sophisticated metering system and substation capabilities.

On June 30, the extreme hot weather caused a billing peak for Crow Wing Power of 98.6 MW - 14 MW higher than the previous high peak for June, resulting in a 'one day' increase of wholesale power cost of approximately \$180,000. Had we not been able to control air conditioning, irrigation services and operate generators that day, it would have cost the cooperative an additional \$100,000.

Higher than normal wholesale power costs would normally be passed along to our members. Careful management decisions and operational revisions have allowed us to absorb additional power costs and rate increases we've received from our power suppliers. Members do have a standard power cost adjustment (PCA) on their electric bills, however we've not increased the

PCA this year, nor the prior two years. This is the third year we've been able to hold the line on rates, even though our costs have increased approximately 14% during that time.

In addition to off-peak and dual fuel programs, we are able to switch some commercial and industrial members' generators on and reduce our demand substantially when we need to during high demand times.

Irrigators contribute to our summer peak as well and we have the ability to shed 4 MW of demand by controlling irrigation services.

We have 8,981 members on our off-peak water heating program, so during high demand times, we are able to control 41 MW of demand by heating water during the night when demand is low, particularly during the summertime. Those members' water heaters store the hot water for use during the day.

I'd like to invite you to join our e-notification system for energy conservation. This online procedure is being used to warn members when electric demand and costs are high. As the number of people enrolled in this notification process grows, we feel it will help the cooperative as a whole if households make an effort to voluntarily control their electric use during high demand (typically from 4:00 to 10:00 p.m. on hot days). To enroll and be notified when prices are high and voluntarily reduce your electric use, go to cwpower.com and click on 'Conservation alerts' on the quick links. We'll send you an e-mail when demand is high and ask you to voluntarily help us out, reducing the amount of wholesale power we purchase.

I'd also like to thank members that are visiting www.TogetherWeSave.com, a nationwide cooperative program, to teach families how to conserve energy and save money.

I'll keep you informed,

Bruce L. Kramer

CEO

Member Appreciation Day Well Attended >>>

Approximately 2,200 people attended the 74th annual Crow Wing Power Member Appreciation Day and Annual Meeting on June 11. Children and adults of all ages enjoyed a fun-filled morning with free breakfast, games, prizes and horse rides from the Sheriff's Mounted Patrol.

After a brief annual meeting, board election results were announced. The total number of ballots cast in this year's board election was 6,486. Three incumbents were re-elected to the board; Bette Mezzenga with 3,506 votes over Bryan McCulloch's 1,672 votes and John Palmer with 1,229 votes; Gert Roggenkamp with 5,981 votes; and Dwight Thiess had 4,308 votes against David Saatoff who received 2,058 votes.

After the annual meeting the board held their re-organizational meeting where Gordon Martin was re-elected as president; Ken Miller is vice-president; Kay Blais, secretary; and Lois Hansen as treasurer.



Lyme Disease - an Epidemic? >>> *Continued from Page 1*

The tests cost Lee \$1100 and gave him the beginning of a new life.

Antibiotics appear to be the key to prevention and treatment. And, according to Lee, that's immediately after you get a deer tick bite, not after you start seeing some signs of infection.

Lee has now been on heavy doses of several kinds of antibiotics for seven months and is just now starting to get his strength back. His wife, Patti says it's wonderful to see him begin to get his strength back. Acct. #402702

The subject of treating chronic Lyme disease with long-term antibiotics is very controversial. There have been lawsuits filed by some members of the medical community against doctors that treat Lyme's patients with long-term heavy doses of antibiotics. In Minnesota, that stopped in March of 2010, when the Minnesota Medical Board of Medical Practices ruled that doctors cannot be disciplined for heavy antibiotic treatment for Lyme disease. Now, there is a five year moratorium until more research on treatment is conducted.

Lee strongly recommends seeing a Lyme disease specialist if you have chronic symptoms and he said they are hard to find. Lee is being treated by Dr. Helen Odland in St. Paul. She specializes in Lyme disease.

Dr. Odland said, "Lyme disease remains a diagnosis based on clinical factors including patient history, signs, symptoms, clinical course and any other unique characteristics of each individual case. Laboratory testing, due to inherent possible inaccuracy, at best can be only supportive."

Dr. Odland is treating Lee with heavy doses of antibiotics over long periods of time. According to Dr. Odland, the bacteria can continue to grow and affect multiple body systems without aggressive treatment.

Not all physicians and organizations agree on the amount and length of time antibiotics should be given.

Keep the tick that bit you or not?

There are labs that can test to see if a dead or alive tick is infected. However, many times you don't even know you were bitten.

Diseases that can be transmitted by ticks

According to the MN Dept of Health, the three top tick-borne diseases of concern in Minnesota include:

- **Lyme disease** is a potentially serious bacterial infection affecting both humans and animals.
- **Human anaplasmosis**, formerly known as human granulocytic ehrlichiosis (HGE) is a bacterial disease that was first recognized in Minnesota in the early 1990s. It is transmitted to people by deer ticks, the same ticks that transmit Lyme disease. HA is less common than Lyme disease, however.
- **Babesiosis** is a protozoan infection that occurs infrequently in Minnesota. Approximately 20% of patients diagnosed with Babesiosis also have Lyme disease from the same deer tick bite. There are more types but they are not as common.

Is there a vaccine for Lyme disease?

The American Lyme Disease Foundation says this: A Lyme disease vaccine was developed during the early 1990s, and after getting FDA approval in 1998, it was marketed by GlaxoSmithKline under the name LYMERix. The vaccine, however, was pulled from the market in 2002 citing low demand and is no longer available. The last few people vaccinated in 2002 are no longer protected against Lyme disease, as protection was not long lasting. Although there is no human vaccine currently available, there are three Lyme

Lyme disease was first recognized in 1975 after researchers investigated why unusually large numbers of children were being diagnosed with juvenile rheumatoid arthritis in Lyme, Connecticut, and two neighboring towns.

disease vaccines available for dogs, LymeVax, Galaxy Lyme, and Canine Recombinant Lyme. There is no vaccine available for cats.

How long do deer ticks live and how do they infect?

Blacklegged ticks (deer ticks) live two to three years and have three blood meals during their life. The life cycle begins when the female lays eggs. As the eggs mature, they develop into larvae, then nymphs and finally adults.

Eggs hatch from May through September into larvae which initially do not carry diseases, but may pick up the disease from their first blood meal, usually from small mice or other small mammals. After this feeding, the larvae molt into nymphs and become dormant until the following spring.

From May through July of the tick's second year, the nymph takes a second feeding from a mammal. If the nymph is carrying disease agents from its first feeding in the larval stage, it can transmit them during this second feeding to humans or wild or domestic mammals. If the nymph was not already infected, it can become infected if the second meal host is carrying the disease.

As adult ticks, females take their last blood feeding in the fall of the second year or in the spring of the third year. If they were infected in prior feedings they can transmit diseases. Male ticks attach, but do not feed. Because adult males do not take a blood meal, they do not transmit the diseases.

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Lee & Patti Simonson

Control Your Security System from Anywhere >>>

In these days of increasing technology, almost everyone is 'connected', with 96% of the U.S. population having cell phones. You can peep, tweet and use facebook to stay connected to friends. You can download an app that will locate your car in a parking lot and you can get an app for just about anything.

The home security industry is following suit and People's Security is able to offer a new Honeywell web-based application (app) for home security systems. The app allows homeowners the ability to control a variety of devices in their homes via cell phones, computers or any web-enabled device.

The new service can control lights, door locks, appliances, thermostats and security system features through interactive websites and phone apps from virtually anywhere. This platform works wirelessly and can also send alerts via email and text messaging to warn homeowners when their security system's sensors have been activated. An example would be a text or email sent to your cell phone when a child comes home from school. The possibilities are endless. For energy conscientious homeowners, lights can be programmed to turn on and off at set times, and thermostats can be easily programmed.

Video cameras really enhance the application, allowing homeowners to view various areas of their home via cell phone or computer. Act. #396605

The app works with a new Honeywell Vista 21 security system and if you have an existing system from People's Security you can upgrade and the service will work for you.



Check out the **NEW** Member Discount Listing >>>

The Co-op Connection Card program is growing. This exciting program offers special discounts and benefits exclusively to Crow Wing Power members. Clip and save the list as new businesses come on periodically and the list changes. Simply show your Co-op Connections card or key fob at these businesses to receive your discount. For more information, log on to our website at www.cwpower.com and click on the members section. If you've lost your card or need more information, call us at 218-829-2827 or 1-800-648-9401.



RESORTS

Get specific member benefit discounts online at www.cwpower.com or call resort/hotels

All Season's Resort, Longville.....	1-800-279-1128
Rate card prices in summer; plus additional 10% discount in spring & fall. Open May through October.	
AmericInn Lodge & Suites, Pequot Lakes	1-888-568-8400
Get any One-Room Fireplace or Jacuzzi Suite for just \$79 Sunday thru Thursday, valid Oct. 1- May 1. Discount card must be mentioned at time of reservation. Some restrictions and blackout dates apply.	
Breezy Point Resort, Breezy Point	1-800-432-3777
Receive 10% discount on lodging from August 19 - May 31. 10% discount Sunday - Thursday, June 1 - August 18. Some restrictions may apply. Not valid July 4th or race week in August.. Open year round	
Clamshell Beach-Cottages on Whitefish, Pequot Lakes	1-800-543-4731
Receive 10% discount on rentals from Labor Day to Memorial Day. Open year round	
Edgewild Resort, Fifty Lakes	218-763-6000
June-August: Fishing boat, motor and gas included with cabin rental. January - May and September - December: Stay three consecutive nights and the 3rd night is free. Not valid with other promotional offers.	
Evergreen Lodge, Longville.....	218-682-2467
Show your Co-op Connections card for 5% off summer rates and 10% off season in May, Sept. and October. Open May through October.	
Girl Lake Resort, Longville.....	218-363-2371
Receive 10% discount on lodging Sept. 1 to May 1 plus 10% discount on pontoon rental any time. Open year round	
Holiday Inn Express Hotel & Suites, Brainerd/Baxter	218-824-3232
Receive \$20.00 OFF regular rate of our Two Queen Bed guestroom. Not valid holidays or race week in August.	
Little Boy Resort, Longville	218-363-2188
30% off cabin stays of 2 days or more (excludes summer June, July, August and holidays.) Open year round	
Little Ponderosa Resort, Longville	218-363-2600
15% off cabin rates before May 20 & after Labor Day. (Open May 10/Close Oct 10)	
Longville Inn, Longville (open year round)	218-363-2400
Receive a 10% discount off your stay (Open year round)	
Mielke's Fun at the Lakes Resort, Emily.....	952-440-1803
Show your Co-op Connections Card and receive a 15% discount	
Pinedale Resort, Longville.....	877-218-1102
Receive a 10% discount off published lodging rates.	
Pine Peaks Lodge, Crosslake	1-888-488-7829
10% off any room. Based on availability. Some restrictions apply. Must mention Connections Card Discount when making a reservation.	
Pines Motel, Longville	218-363-1100
10% discount off room rates. (Open year round)	
Rodeway Inn, Pine River/Pequot Lakes	218-587-4499
Get 2 Queen Beds; 2 person max fo \$49.99, extra person \$10; card must be mentioned at time of reservation. Valid Oct 1 - May 1	
The Lodge at Brainerd Lakes.....	218-822-5634
Receive 10% off regular room rates; not valid during holidays and special events; other restrictions may apply.	
Thunder Lake Lodge, Remer	1-800-336-8163
receive 10% off published rates from September to May. (excludes holidays, fishing opener and deer opener) (Open year round)	
Towering Pines Resort, Pequot Lakes	1-800-950-0267
"first time guests" can take \$50 off your stay! (Minimum 2-night reservation) Cannot be combined with other discounts, packages or hot deals. Must show CW Power discount card when settling your cabin account in order to receive discount.	
Trails End Lodge, Canada	1-888-376-7669
15% discount on lodging (off season) and 10% summer discount	
Train Bell Resort, Merrifield	218-829-4941
Receive a 10% discount on lodging with a 3-day or more reservation and 5% discount on any gift item in our gift shop. (Open year round)	
Whitefish Properties, Crosslake	218-692-2246
Receive a 10% discount on lodging at Whitefish Lodge and Suites, Manhattan Beach Lodge and Sundance Ridge Townhomes. Not valid with other offers, excluded special events or holidays. (Open year round)	
Woman Lake Lodge, Hackensack	218-682-2426
15% off Spring/Fall rates. 25% off 'last minute reservations' made within 7 days of stay .Open May to October.	

RETAIL

Action Graphics, Baxter	218-829-7958
15% off retail pricing on site signs, banners and commercial vehicle graphics	
Artistic Images, (luxury limousine, etc) Brainerd.....	218-829-9400
20% off all regular priced limousine services, photography, videography & framing	
B & C Enterprises, Longville.....	218-536-0922
5% off all services - home maintenance/repair or account services for businesses	
Bear Trax Store and Hardware, Hillman.....	320-277-3232
10% discount on bait.	
Becker Crosslake Flooring, Crosslake	218-692-4157
free bottle of cleaner with a floorcovering purchase	
Birgit's Jewelers, Brainerd	218-828-1126
20% off regular priced items or special orders; 10% off repair, exclusions apply	
Black Pine Beach Resort, Pequot Lakes 10% off gift shop	218-543-4714
Boyd Lodge, Crosslake 10% off gift shop, exclusions apply	218-543-4125
Broken Rod Bait & Tackle, Fifty Lakes.....	218763-4444
10% discount with card (live bait, tackle and dog boarding)	
Cashwise Liquor, Baxter & Brainerd.....	218-829-9286
15% discount on 3 or more bottles or boxes of wine (excluding other discounts)	
Cedarwood Floral and Formalwear, Pillager	218-746-3970
10% discount off everyday purchases; any specials do not qualify	
Christina Johnson Photography, Little Falls.....	320-630-1361
Free \$30 print credit with paid session	
Common Goods, Brainerd	218-824-0923
Thrift store on Hwy 371; 10% off regular priced items	
Country Fabrics and Quilting, Brainerd	218-829-7273
10% off regular priced fabric	
Crystal Cleaners & Tailors, Brainerd.....	218-828-0337
10% off dry cleaning (not valid on leather, sewing, laundry or other discounts)	
EJ Specialties, Cushing.....	218-575-2925
10% discount on all items (gifts, jewelry, clothing and books)	

RETAIL CONTINUED

Fuller Brush Company, Baxter	218-825-7825
5% discount.	
Garage Sale Antiques, Motley	218-575-2765
Free greeting card with purchase of \$20.00 or more	
Highway 25 Liquor, Brainerd	218-829-2287
10% discount on wine	
Judy's House of Gifts, Crosslake	218-692-3123
10% discount on regular priced items	
Karen's Antiques & Things, Merrifield	218-825-7355
10% discount on regular priced merchandise	
Mattie and Me, Brainerd (consignment store)	218-829-2426
15% off clothing only	
Memories for the Making Scrapbook & Stamp Store, Baxter	218-824-0606
25% discount on any one item (some exclusions apply)	
Moe's Hardware, Docks & Lifts, Merrifield	218-765-3888
\$100 in dock accessories with new dock order over \$3,500	
Northland Off-sale Liquor, Jenkins	218-568-4723
10% discount on wine	
Party World, Baxter	218-828-2127
5% discount on all sales/rentals	
People's Security, Brainerd	218-828-4828
3 months free monitoring with system purchase (in addition to any other special)	
Rustic River Trading, Emily	877-763-5144
10% discount on regular priced items; 50 cents off coffee drinks	
Shamp's Meat Market, Pine River	\$5.00 off meat bundles 218-587-2228
Slumberland, Baxter	218-829-8733
20% off all lamps (Baxter location only)	
Spirits of Nisswa	218-963-7488
15% discount on 3 or more bottles or boxes of wine (excluding sale items and discounts)	
Jackie Churack - Kitchen Products	218-828-8017
20% off one regular price item (no additional discounts apply)	
T-Mobile Dealer at Crow Wing Power	218-829-2827
Free car cord with all new T-Mobile activations. (not valid with other offers)	
Valerie's Photography, Baxter	218-828-3391
Free 8 x 10 with sitting.	
Von Hanson's Meat Market, Baxter	\$3.00 off 10# ground beef. 218-822-2888
Watkins Products, Baxter	10% discount on all items. 218-825-7825
Watkins Products, Glen Weitgenant, Royaltown	320-584-8178
10% discount on all items. MENTION ID #113955N	
WestSide Liquor, Baxter	218-822-4190
20% off all wine (excluding sale items & Wine Tuesday prices) and 10% off import beer excluding sale items & Beer Wednesday prices)	

HOME IMPROVEMENT

Ace Hardware, Brainerd	218-829-5476
10% off regular priced paint and paint accessories	
Acorn Landscaping, Brainerd	218-829-7866
10% discount on regular priced cement or resin lawn ornaments and bagged decorative mulches. Plus FREE bag of Acorn's Best black dirt with every \$20.00 purchase.	
All Pro Pools & Midnight Sun Spas, Brainerd	218-833-1000
\$100 disc. on new spa purchase; 10% disc. on purchase of \$50 or more chemicals.	
Brother's Tree Care, Hillman	320-277-3470
20% discount (Full line of tree service, firewood also available)	
Calligan Water, Baxter	218-829-5137
4 free bags of salt with 12 month delivery contract. (new service only)	
Electrical Systems, Inc., Brainerd	218-825-0549
(Security and fire alarm) 6 months free monitoring of security or fire alarm system. New or existing systems	
Everything in its Place, Baxter (organizer)	218-828-5132
Buy 4 hrs with a professional organizer, get 1 hour free	
Floor to Ceiling, Baxter	218-829-4738
10% off regular priced in stock carpet, ceramic tile or area rugs	
Gull Lake Glass, Brainerd	218-829-2881
10% discount - does not include labor, auto glass & commercial projects.	
Hirschfeld's, Baxter	218-824-0926
10% discount on regular priced items (excluding Cabot & Silikens products)	
Home Interior Supply, Crosslake, (flooring materials)	866-690-5565
FREE inhome consultation for flooring needs	
H & H Builders and Supply, LLC (windows, siding, roofing)	866-400-9276
Free Upgrade (ex. color enhancement, armor glass, wraps, etc) *not avail with other promos; must present card at appointment	
Huddrik Carpet, Aitkin, Baxter & Crosby	218-828-5009
15% off in-stock carpet and vinyl	
Lakes Area Plumbing	218-821-6450
15% discount on installation of new replacement electric water heater purchased from Crow Wing Power	
Lakes Area Sew N' Vac (service and repair)	218-568-5639
10% discount on labor	
Lakes Plumbing, Heating & Air LLC	218-831-0249
15% discount on installation of new replacement electric water heaters; 10% labor discount on other plumbing projects (excluding contractors)	
Lonesome Cottage, Pequot Lakes	218-568-8223
10% off home decor & accessories (no other discounts apply. Does not include log furnishings.)	
Mid-State Refrigeration	218-828-4337
15% discount of residential heating/cooling service call "parts only"; 5% discount off major heating/cooling units (minimum purchase \$1,000)	
Minnesota Water & Air, Inc	218-824-6460
5% off new product purchase (not valid/w other specials) (water condit, softener, drinking)	
Northern Skies Air Duct Cleaning, Breezy Point	218-562-4082
10% off residential cleaning (furnace & air ducts, dryer vents, refrigerator coils)	
North Pines Interiors, Longville	218-363-2848
10% off rug pad with purchase of carpet and 10% off decorative items.	
Ritter & Ritter Sewer Service, Inc	218-927-3138
10% off Septic Pumping, 10% off line cleaning	
Seal Tech Seal Coating (BLACKTOP RESURFACING)	218-828-4665
5% off Sealcoating and Patching blacktop paving	
ServiceMaster Clean, Baxter	218-829-4076
10% off residential cleaning - does not include commercial or disaster restoration.	
Stettlers Major Appliance Repair Service, Brainerd	218-828-7712
20% discount off labor only (not good with other discounts)	
Stonehenge Property Care, Brainerd (lawn, home, handyman, etc)	218-839-7296
10% off any service (must show card to receive discount)	
Tender Care Home Management, Baxter	218-825-8536
professional organizing services for home or Business; 1 hr free with 1 hr paid per client	
The Light Depot, Baxter	218-829-0770
10% discount on table & floor lamps, home accents & mirrors	
The Log Shop, Breezy Point	218-562-4208
10% off storewide on furniture, accessories and gifts	

HEALTH/FITNESS/BEAUTY

Fitquest, Baxter (the area's total health and racquetball club)	218-829-6453
\$20.00 off the enrollment fee.	
Laurie Hoening Massage, Crosslake	218-820-9045
10% off any massage	
Pure Energy, Grizzly Center Baxter	218-454-3234
10% off nutritional products/Supplements (excludes membership)	
Sheer Bella Hair Salon, Brainerd	218-330-3364
10% off any service and 15% off all regular priced retail products (15 yr professional)	
Spirit Spas & Cabana Hair Salon, Brainerd	218-824-7727
20% off any one service per month, per one person. Void with other discounts/ specials	
Wit Fitness, Brainerd (personal safety)	218-764-2711
10% off the 'self defense crash course' dvd, private and group seminars (witfitness.com)	

MEDICAL

Revised July 2011. Some restrictions may apply

Associates in Eyecare, Baxter/Nisswa/ Pine River	218-829-1789
10% off a complete pair of eyewear. No other discounts apply	
Crosby Eye Clinic Baxter/Crosby/Remer Location	1-800-952-3766
40% off frames with purchase of prescription lenses or take 10% off prescription lenses, including lens coatings. Offer not valid if covered by insurance. 20% discount on non-prescription eyewear, not including contacts or contact safety eyewear. No other discounts apply.	
Crosslake Eyecare, Crosslake & Pequot (same offer)	218-692-4700
Pequot Eyecare, Pequot Lakes	218-568-5555
15% off cost of lenses, does not apply to frames or coatings, no other discounts apply	
Lakes Area Eyecare, Baxter	1-888-540-0202
10% off a complete pair of eyewear or sunglasses (No other discounts apply)	
Pearle Vision, Baxter	1-218-828-4024
30% off a complete pair of glasses (No other discounts apply)	
The Smile Center, (dental clinic) Deerwood	1-218-534-3141
15% discount with payment at the time of service	

RESTAURANTS

371 Diner, Baxter	218-829-3356
10% discount on menu items. (Not valid with other special offers or coupons)	
Antler's Restaurant, Breezy Point	218-562-7162
10% dining discount up to 8 people. (not valid with alcohol, early bird or other offers)	
Black Bear Lodge and Saloon, Baxter	218-828-8400
10% dining discount for up to six people in a party (not valid with other coupon or promo)	
Bonanza Family Steakhouse, Baxter	218-828-1415
Free beverage with the purchase of an entrée. *not including alcoholic bevs	
Cheeks Grill & Spirits, Merrifield	218-765-3344
10% off menu items (excludes alcohol, tobacco, not valid with other discounts)	
Dairy Queen, Crosslake	218-692-4443
Free small cone or small sundae with purchase of a value meal.	
Harding Sportsman Bar & Grill, Harding	320-277-9511
10% discount on food menu items (dine in only)	
Kentucky Fried Chicken, Baxter	218-829-1345
10% discount on menu items - not valid with any other specials	
Manhattan's Restaurant, Breezy Point	218-692-2246
10% discount on menu items (excluding alcohol). Not valid with other offer, excludes special events or holidays.	
Marina Restaurant, Breezy Point	218-562-7161
10% discount on food up to 8 people	
Northwind Grille, Brainerd	218-829-1551
10% discount	
Oak Lawn Tavern, Brainerd	218-829-7656
\$1.00 off purchase of combination appetizer basket	
Prairie Bay Restaurant, Baxter	218-824-6444
10% discount on menu items (excluding alcohol) Not valid with other offer, excludes special events or holidays.	
The Legacy Grille, Cragun's, Brainerd	800-272-4867
One free non-alcoholic beverage with menu purchase.	
Zorbas Mexican and Pizza Joint, Crosslake	218-692-4567
\$2.99 off purchase of large pizza and 2 soft drinks	

FINANCE

Cygnature Title & Abstract, Inc. Brainerd/Baxter, Little Falls, Longville	
\$100 off closing fee for any real estate transaction (no other discounts apply)	218-828-0122
Lakes State Bank, Pequot Lakes & Crosslake	218-568-4473
15% off closing costs on second mortgages, mortgage broker	
Liberty Tax Service, Brainerd	218-824-9600
25% discount on tax preparation (not valid with other offers)	

AUTOMOTIVE

AOK Engines, Motley	218-575-2755
10% discount on labor only. Not valid with other offers.	
Brand Motors, Little Falls	320-632-2908, 866-332-6689
only \$1 over original factory invoice, plus get All customer rebates. Buy one oil change for \$39.95 & get next three free.	
Crosslake Auto Body & Detail	10% off detail package; \$5 off towing 218-692-5000
Houston Ford, Pine River	1-800-782-0056
Only \$49 over invoice on all new cars and trucks; 5% discount on parts and service of \$100 or more (excludes specialty items); not valid with other discounts	
Lehmann Motorsports, Merrifield	218-829-7774
10% discount on parts and accessories	
Mobile Marine and Car Audio, Brainerd	218-829-5529
10% off remote starters installed; 10% off marine and car audio	

GOLF COURSES

Breezy Point Traditional Course, Breezy Point	1-800-950-4960
10% off green fees and cart rental - Sunday noon & all day Monday - Thursday. (not valid with other discounts or promotions)	
Crosswoods, Crosslake	218-692-4653
10% discount on regular green fees.	
Emily Greens Golf Course	218-763-2169
\$2.00 off regular rates, not valid holiday weekends	
Ridgewood Golf & Country Club, Longville	218-363-2444
10% discount off regular priced green fees Mon-Thurs, excludes holidays, not valid for twilight rates or other discounts or promotions.	
The Legacy, Cragun's, Brainerd	800-272-4867
20% off green fees (May 1 - Sept. 30) not valid for early bird or twilight rates.	
Whitebirch, Breezy Point	218-562-7177
10% off green fees and cart rental - Sunday noon & all day Monday - Thursday. Reservations accepted 48 hours in advance.	
Whitefish Golf Club, Pequot Lakes	218-543-4900
10% off regular priced green fees - Sunday- Thursday (excludes Holidays, not valid with other discounts or promotions).	
Wildwedge Family Golf Park, Pequot Lakes	218-568-6995
Unlimited Golf \$10 (9-hole short golf course)	
Wildwedge Mini-Golf, Pequot Lakes	218-568-6995
\$1.00 off per person on Mini-Golf	

COMPUTER

Brainerd Computers, Nisswa (at Sportland Bait)	218-892-0408
Free Computer Diagnostic Plus 15% Discount on labor charges	
Computer One Plus, Baxter	218-828-4650
Free activations on Sprint or Nextel Wireless Service	
NBC Computer Solutions, Baxter	218-851-0426
20% off labor. (discounts taken from published rates and do not apply to minimum service calls, emergency service or repair estimates)	

ENTERTAINMENT/RECREATION

Paul Bunyan Land, Brainerd	218-764-2524
\$1.00 off regular admission. One discount card admits up to four people	
Comfort Suites/Rapid River Lodge & Water Park, Baxter	218-825-7234
\$5.00 water park admission to water park; one discount card can admit up to 4 people; sorry not valid for groups or party rooms.	
Ski Gull, Nisswa	218-963-4353
Two for One Lift ticket - purchase one at reg price, get second free. (valid same day only)	
The Lodge at Brainerd Lakes (waterpark)	218-822-5634
Bring your discount card: \$3.00 OFF Waterpark admission. (valid for 4 admissions)	
Three Bear Lodge Water & Theme Park, Baxter	218-824-3232
\$2.00 OFF regular admission to the Water & Theme park. One discount card admits up to four people.	

Credit Union Works For Members – Not for Profit >>>

Crow Wing Power Credit Union (CWPCU) should be one of your first choices for financing. As a not for profit credit union, they offer very competitive rates and terms with local, fast and super-friendly service.

Vehicles, Boats, RVs – Rates as low as 2.70%

Whether you are purchasing or refinancing a vehicle, boat or recreational vehicle, CWPCU should be able to save you money. Acct. #522204

- Great rates and terms
- No down payment – 100% financing includes tax, title & license
- Your rate never changes – fixed rates-no teaser rates
- Pre-approval before you buy.
- Refinance other institution loans to lower your rate or change your terms.

Go to www.cwpcu.org or contact Jan, Jennifer or Heather for more information or to complete an application.

Home Loans - Rates as low as 3.70% NMLS# 408088

Rates are at historic lows so now is a great time to refinance. We offer in-house options that include home equity loans and home equity lines of credit. In addition to these options, we can assist you with a 15, 20 or 30 year fixed rate mortgage. Joan NMLS# 515547 or Jessica NMLS# 515549 will help you decide which program is best for your financial situation.

The Credit Union was established 12 years ago, as a money-saving financial institution for Crow Wing Power members. If you haven't joined Crow Wing Power Credit Union, you're missing out on an opportunity to save money and receive great local service.

September Board Meeting Date Changed >>>

Normally the Crow Wing Power Board of Directors meets the third Thursday of every month at 9:30 a.m. The September meeting however has been changed to the fourth Thursday, September 22, to accommodate a conflict with other industry-related meetings.

Order your Copy of Co-op Cookin' Recipe Club's New Recipe Book >>>

This beautiful padded hardcover 3-ring binder cookbook has approximately 280 pages and 500 recipes that were sent to us from Crow Wing Power members. The cost is just \$10.00. If you're a member of Crow Wing Power, we can send you one and charge your electric account the \$10.00.

Send this form into Crow Wing Power, PO Box 507, Brainerd, MN 56401 or go online to <http://www.cwpower.com/recipeclub.shtml> to order. *(required fields)

*Name _____

*Address _____

*Electric Account # _____

*City, State, Zip _____

E-mail address _____

*Phone # _____

*How Many Books? _____

2011 Rebates & Incentives

Energy Star Air Conditioners:

.....\$30-\$330

Off-Peak Water Heating:

.....up to \$300.00

Off-Peak Heating:

(underfloor cable, brick storage room units and furnaces)

.....\$25 per KW

Dual Fuel:

(Plenum Heater / Boiler)

.....\$200.00

Energy Star Refrigerator or Freezer

.....\$100.00

Geothermal Heat Pumps

.....\$100.00/ton

Energy Star Clothes Washers

.....\$50

Air Conditioning tune up

.....\$50 residential

.....\$75 commercial

Rebates are limited in number and may change.



Let's Start Cookin' >>>

Send your favorite **BREAD** recipe to Crow Wing Power, PO Box 507, Brainerd, MN 56401. If your entry is drawn and printed in the October Current Connection, you'll receive a \$25 credit on your electric bill. If you want to receive a recipe card each month in the

mail, fill in the form below. Recipes will also be posted on our website at www.cwpower.com. Recipes, puzzles and cookin' club forms can be sent in one envelope.

Last Issue's Winner

Strawberry Rhubarb Spritzer
Suzanne Seeley, Centerville

2 c. Chopped Rhubarb
2 c. Sliced strawberries
2-3 Sprigs fresh mint
Honey to taste (optional)
1/4 c. Water

Place all ingredients in a saucepan over medium heat. Stir until mixture is a thin sauce. Remove mint. Set aside to cool. Mix equal amounts of sauce with 7up or Sprite or iced tea. Serve over ice and enjoy!

CO-OP COOKIN' www.cwpower.com
218-829-2827 • 1-800-648-9401

Yes, I'd like to join the Co-op Cookin' Club and receive a new recipe each month in the mail. I understand there is no charge.

Name: _____

Account # _____

Address: _____

Phone: _____
(____) _____

Deceased Policy >>>

When a member is deceased, a legal representative needs to sign a request for payment of capital credits to the estate. The legal representative has the option of letting the capital credit account remain with the Cooperative to be paid to the estate on its normal retirement date, thereby receiving 100% of the account; or, accepting a one-time discounted value as an early settlement. The discounted rate is 1% over the published prime rate. Acct. #2117701

Join us for an Energy Tour >>> Continued from Pg. 1

While there, we will tour the following:

- Coteau Properties (Freedom Mine) – This mine delivers more than 16 million tons of coal per year, making it the largest lignite mine in the United States in deliveries.
- Dakota Gasification Company – This plant produces natural gas from coal and byproducts of the coal gasification process.

- Antelope Valley Station – A coal-fired electric generating station with a capacity of 900,000 kilowatts.
- Wilton Wind Farm – An 8,000 acre wind farm which produces enough power for 30,000 homes.

BASIN ADULT TOUR REGISTRATION

Sign me up for the Basin Electric Adult Tour, September 27 – 29. Send your check (\$100 per person) with this registration form to:
Crow Wing Power, PO Box 507, Brainerd MN 56401. No phone reservations – mail only please.
Exclusively for Crow Wing Power members

Name: _____ Additional person: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ No. of persons attending: _____

Account # _____

CURRENT CONNECTION

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The power of human connections

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Directors. Here to Help!

Following is a list of directors and their telephone numbers:

Kay Blais	(218) 363-2800
Lois Hansen	(218) 833-0364
Bob Kangas	(218) 587-4453
Gordon Martin	(218) 746-3971
Bette Mezzenga	(218) 692-3265
Kenneth Miller	(320) 632-5842
Don O'Brien	(218) 829-6336
Gert Roggenkamp	(218) 562-4566
Dwight Thiesse	(218) 829-7805

 50% RECYCLED
15% POST-CONSUMER WASTE

Lyme Disease - an Epidemic? >>> Continued from Page 3

How do you avoid getting Lyme disease?

Avoiding bites from deer ticks remains the best way to prevent Lyme disease. Crow Wing Power linemen and brushers that spend many hours in the woods, use insect spray with 29 Deet on their pant legs three times a day.

Editorial Summary Notes

Lee's personal story prompted me to write this editorial. It left me with a lot of unanswered questions. It's obvious more research and study needs to be conducted on tick-bourne illnesses and their treatment. The increase in reports of severe Lyme cases is so alarming that I even began to wonder if Lyme disease patients could transmit the

bacteria to other humans, or whether pets with it could transmit to humans. And, I wondered whether a pregnant woman could transmit it to her unborn baby. I found no consistent information on humans transmitting the disease. I did note there are varying rules in the U.S. about donating blood if you have or have had Lyme disease.

Char Kinzer
Manager Public Relations
Crow Wing Power

Sources of information: Minnesota Department of Health, American Lyme Disease Foundation, Centers for Disease Control and Prevention, Minnesota Lyme Association, "UnderOurSkin" documentary video.

Game: Find Your Account Number >>>

Inside each newsletter we hide five different account numbers in the text. If you find yours, you'll receive a \$25 credit on your electric bill. Simply call or e-mail us to let us know you found it at 829-2827 or 1-800-648-9401 or info@cwpower.com. Your account number can be found on your address label.

Example:

1111111

(your account number to find elsewhere in the newsletter)

John Doe

222 West Main

Anywhere, State, Zip

Official Capital Credit Allocation Notice >>>

Allocations for the years 2009 and 2010 have been made. The 2009 allocation of capital credits totalled \$4,463,136 and the 2010 allocation totalled \$3,822,495. As a co-owner of this cooperative, your shares in the cooperative's margins are allocated to you in the form of capital credits, depending upon the amount of electricity you've used. The amount varies each year depending on the cooperative's margins. For example, in 2009, if you paid \$1,000 for your electric energy during the year, you would have \$79.00 allocated to your capital credit account. For 2010, \$68.00 would be allocated to your capital credit account. Allocations are returned to members in the form of capital credit checks when the financial position of the cooperative allows. Capital credit checks were sent to members in May of last year for electric use and margins allocated for the first half of 1986 and checks were sent in May of this year for the remainder of 1986. If you are or have been a member or patron of this cooperative, upon request Crow Wing Power will notify you of the amount credited to your capital credits account.