the Wheat Belt Connection

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Happy Valentines

HAPPY VALENTINE'S DAY

FEBRUARY 2020

2020 Energy Efficiency Program

As part of our commitment to our customers, Wheat Belt Public Power District and Tri-State Generation & Transmission offer an Energy Efficiency Products Program. Our program is designed to promote efficient electric products, the wise use of electricity and new electric technologies. Rebates are available for purchasing and installing energy efficient products.

PROGRAM HIGHLIGHTS

RESIDENTIAL

- LED lamps (Ends 12/31/2020)
- Energy Star[®] appliances and recycling

RESIDENTIAL & COMMERCIAL

- Electric water heaters and heat pump water heaters
- Energy Star[®] air conditioners
- Electric thermal storage and thermal slab
- Electric heat pump: air source and central ground source **COMMERCIAL**
- LED lighting
- Refrigerated case/walk-in cooler fan motor retrofit
- Irrigation motor program
- Variable speed drive (VSD) retrofit

REBATES ARE SUBJECT TO CHANGE WITHOUT NOTICE AND ADDITIONAL QUALIFIERS MAY APPLY



FOR DETAILS: WWW.WHEATBELT.COM/ENERGY EFFICIENT MENU



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Wheat Belt

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All customers who pay before the delinquent date (printed on your statement) are automatically entered in the monthly drawing, January through November. The winner receives a \$50 credit on their account and is featured in the Drawing Winner spotlight.

For your convenience we offer several payment options. Visit our website @ www.wheatbelt.com/ Customer Services menu or call 308.254.5871/800.261.7114.

- Automatic Bank Draft
- Automatic Credit Card
- Pay Your Bill Online, using our secure Auto-Pay system
- Payments over the phone, onetime drafts
- Mail to PO Box 177, Sidney NE 69162
- Drop box located at 11306 Road 32 in Sidney, checks only
- Pay at the office using cash, checks or credit card

Icons: No un Project by Adrien Coquet & Mark Jayvee Pabilonia



Wheat Belt Public Power District

Rural Electric Nebraskan

Earl Reilly Operations Manager

Reilly's Reflections

Many Thanks & Double Throws







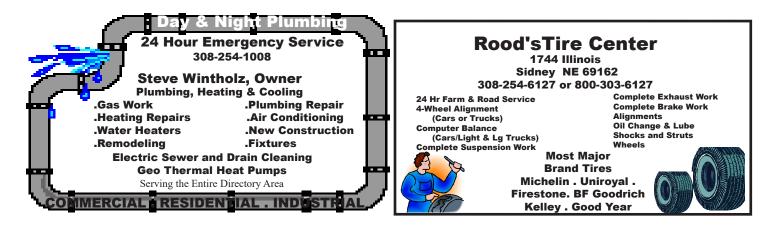
Thank you to everyone for your patience during the winter storms that impacted our service territory November 29 & 30, 2019, and December 28 & 29, 2019. Thank you to the Wheat Belt employees that worked the extra hours to get power restored as quickly as possible. Without the help from our neighbors Midwest Electric in Grant and Dawson PPD in Lexington, it would have taken us much longer to get power restored after the Thanksgiving storm. Power has

been restored to all the residential services affected. We still have some broken poles and downed wires that serve some stock wells and irrigation wells. These lines have been disconnected until we are able to make repairs. At last count, there are 215 broken poles from the Thanksgiving storm. We had no broken poles during the Christmas storm.

Numerous requests for double throws to be installed have been received by our office, and crews will be working on these as time allows. If you currently have a generator in place, have you taken the time to check your generator since the last storm? Does it need an oil change, new spark plugs, additive added to the gas, air filter need changed or cleaned? Is the cord that hooks between the generator and the meter breakers in good shape? If you have not checked your generator since the last time you used it, take some time to check it over. If you recently purchased a new generator hook it up to your service and make sure everything is working correctly. It is better to be prepared before the next storm hits, then to wait until it is too late.

Thank you to those who brought us cinnamon rolls, doughnuts, McDonalds, pizza, cakes and other items during the storms, and the farmers who gave up their time to pull us out of the snow with their tractors.

Earl Reilly Operations Manager



February is American Heart Month

One of the most important heart healthy choices you can make is to never use any kind of tobacco. Smoking or using any product that contains tobacco causes significant risk factors for developing heart disease. Unfortunately, many young teens and adults have started to "pick-up" the habit. Talk to your children at a very young age. Once they are addicted, it is very difficult to stop. The good news is, if you stop, you significantly reduce the risk of heart disease. You will reap the rewards as soon as you QUIT! There are many organizations that have information to help you quit.

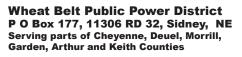
Exercise regularly to improve your heart health. Aim for 30 to 60 minutes a day, and it does not have to be a strenuous workout at the gym. Walk or hike to make exercising fun.

A healthy diet can help protect your heart, improve your blood pressure and cholesterol, and reduce the risk of Type Two Diabetes. Fruits and vegetables, whole grains, lean meats, and using healthy fats, such as olive oil is a good start. Reducing the intake of salt, sugar, processed carbs, and alcohol is very beneficial as well.

Controlling your weight, especially around the middle, helps to reduce the risk of heart disease and diabetes.

Sleep and managing stress are important to your over-all health. Because these two areas are closely related, it is important to make managing them a priority whether it be by seeing a doctor or self-help remedies of relaxation exercises and sleep schedules. Don't stress! Easier said than done, but remember the priority is the life in front of you.





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