

NEW JOBS... Continued from page 1

Stephen French and his mother Margie French own Industrial Service & Electronics, a 17-year-old company that makes booster water pumps for the mining industry.



Kenergy members Stephen and Margie French own Industrial Service & Electronics, a Henderson County business that is expanding.

The company will build an 80,000-square-foot headquarters, production, warehouse and repair facility. The \$22.4 million expansion will add 20 new jobs.

Stephen French said Industrial Service & Electronics added on to its facility in 2005 and 2007. In 2009, the company leased another building. "We filled it up," he said.

"Their expansion is a sign of confidence in this community and its workforce," Beshear said.

The third company Beshear highlighted was Sunspring America Inc., a subsidiary of Sunspring Metal Corp. based in Taiwan. Sunspring will add 15 new jobs and invest \$1.15 million in an expansion.

During Jamie Hesitand's speech, he thanked local officials who helped him bring his tow-truck accessory to market. He thanked



Henderson businessman Jamie Heistand (center) stands on stage with his wife Jennifer; daughter, Madison; and Gov. Steve Beshear.

the governor. Last, but not least, he thanked his wife and 5-year-old daughter, Madison, who he said have sacrificed greatly for his dreams.

"(Starting American Innovative Metal

Solutions) has been one of the most demanding and rewarding experiences of my life," he said. "... If I can do it, anyone can."

mark **YOUR** calendar

- November 6** Daylight Saving Time Ends
- November 8** Election Day
- November 11** Veterans Day
- November 24 & 25** Office Closed -Thanksgiving Holiday

Keep Food Safe During a Power Outage

By Scott Gates

We've all been there: a summer storm rolls through, toppling trees and damaging power lines. The lights go out. And although it may only be a matter of minutes or hours before your electric co-op gets things up and running again, thawing food in the refrigerator and freezer can make that relatively short time seem like an eternity.

It's important to keep cold food safe during a power outage, and a little advanced preparation and know-how can keep your family safe from food-borne bacteria. First and foremost, keep your refrigerator and freezer doors closed as much as possible to maintain the cold temperature. If unopened, a refrigerator will keep food safely cold for about four hours; a full freezer will do so for about 48 hours (24 hours if it's half-full).

A sure-fire way to know if food is safe is to monitor its temperature. Meat, poultry, fish, and eggs should be refrigerated at or below 40 degrees Fahrenheit and frozen food at or below 0 degrees Fahrenheit. If the power goes out, a digital, dial, or instant-read food thermometer and appliance thermometers will help you know if the food remains at safe temperatures.



If the power stays out for a prolonged period, there are a few ways to aid your refrigerator and freezer in the fight to keep things cold. The simplest tip is to keep your freezer full. If it's not full, group items close together to preserve the cold.

Dry ice can help keep freezers chilly. Find it by scanning for "ice" or "carbon dioxide" in the phone book. It will take 25 pounds or so to keep a full, 10-cubic foot freezer safe for three to four days. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for two days. Wear heavy-duty gloves or use tongs when handling dry ice — the temperature of dry ice is -216 degrees Fahrenheit — and separate it from food with cardboard to prevent freezer burn.

During cold months, it may be tempting to store food outside. Although this may work for cold drinks, food can spoil in direct sunlight. Curious animals may also take advantage of an outside stash.

Rather than putting the food outside, consider taking advantage of the cold temperatures by making ice. Fill buckets, empty milk cartons, or cans with water and leave them outside to freeze. Then transfer the homemade ice to your refrigerator, freezer, or coolers.

Power back on? Make sure your food is still safe by either checking its temperature or looking for ice crystals. If frozen food is 40 degrees Fahrenheit or below or ice crystals are visible, it's safe to refreeze. Discard any perishable refrigerated food (meat, poultry, fish, eggs, and leftovers) that have been above 40 degrees for 2 hours.

Source: U.S. Department of Agriculture, U.S. Food Safety and Inspection Service



Monthly Newsletter for Kenergy Members

Kenergy members create new jobs

HENDERSON COUNTY, Ky. — When it comes to business, Kenergy members Jamie and Jennifer Heistand have nerves of steel. During the nation's recent recession, the couple put their family's financial future on the line to start two Henderson businesses — Heistand's Towing and Heistand's Locksmith, Surveillance and Alarm.

To come up with the money to pay a bill on the businesses, Jennifer sold her 2006 Nissan Pathfinder and bought a much-cheaper 2000 Pontiac Grand Prix that was missing an outside mirror and a working air conditioner. She drove it off the lot on a hot, summer day. Jennifer remembers that only one window in the car worked to let in a little breeze.

"I almost cried," she said.

If that's not enough, the Heistands have lived in a garage four years. They siphoned money meant to restore their Victorian home on Larue Road and poured those funds into the businesses.

Well, the Heistands are at it again.

As the owner of a tow-truck business, Jamie developed an idea for a new product that enables flatbeds to recover wrecked vehicles from difficult positions and angles, such as over guardrails.

He says his new device can perform the task with one truck in 23 minutes, as compared to a job that ordinarily takes two trucks up to two hours.

A patent is pending on Jamie's device. To manufacture and market the product worldwide, the Heistands recently formed a new company, American Innovative Metal Solutions.

The fledgling company plans to move into a 20,000-square-foot facility in Henderson. American Innovative Metal Solutions represents a \$475,000 investment and is expected to create 12 new jobs.

"I want to congratulate Jamie Heistand and wish him success," Gov. Steve Beshear told an audience of about 100 in a hangar at Henderson City-County Airport in July. "The birth of a new company and jobs from an idea is a

great example of the Kentucky entrepreneurial spirit."

Beshear visited Henderson to tout three Henderson businesses, growing evidence that the state's economy is bouncing back. The Heistands are among two Kenergy members Beshear applauded that day. Continued on page 4... **NEW JOBS**




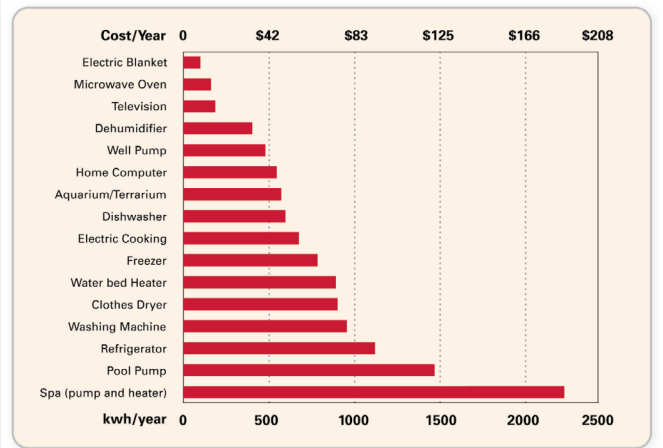
Brian Miller, right, a reporter for Local 7 in Evansville, interviews Jamie Heistand, a Kenergy member and Henderson businessman who invented a new device for tow-trucks.

NEW ENERGY STAR REBATES STARTING OCTOBER 1, 2011



- Clothes Washer
- Refrigerator
- Heating & Cooling
- New Home Construction

Visit www.kenergycorp.com and click on  for more information.




Argentine Adventure
Here's a bit about Patty Bertke's adventure. *Story inside...*



Patty Bertke

Argentine ADVENTURE



Recipe for Humita the regional food

(4 servings)

8 ears of corn, preferably yellow, as fresh as possible, husks removed.

- 2 T unsalted butter
- 1 T extra virgin olive oil
- 1 c chopped onion
- ½ c whole milk
- 1 c fresh basil leaves
- Coarse salt
- 1 t sugar (optional)
- Crushed red pepper



Using a box grater, grate the corn kernel into a large bowl. Then run the back of a knife down each cob to release all the milky liquid from the kernels.

Melt the butter with the olive oil in a caldero, or dutch oven, over a medium-low heat. Add the onion and sauté, stirring until it is translucent, 8 to 10 minutes; it should not brown. Stir in the corn with all its liquid, and sauté, stirring until the mixture has thickened. Stir in ¼ cup of the milk. Once the milk is absorbed, gradually stir in the rest of the milk. Reduce the heat and simmer, stirring until the corn is creamy, 4 to 5 minutes, depending on the size and freshness of the corn. Chop the basil and add it to the corn along with the red pepper flakes, salt and sugar, if desired.

When I had this, it was spooned into a corn husk and tied. There was only a small amount of red pepper flakes in it. While this recipe was given to me at the international school, each family makes it to their own liking.

HANCOCK COUNTY, Ky. — When opportunity knocks, Patty Bertke answers.

This summer, Bertke jumped at a chance to take a month-long trip to Argentina.

The Kentucky Institute for International Studies (KIIS), a nonprofit consortium of state colleges and universities, sponsored the trip, which was created to provide study-abroad opportunities. The agency welcomes students from any academic institution in the nation and Canada to participate in its study-abroad programs.

“I had been looking for a study-abroad opportunity and happened upon KIIS ...,” said Bertke, who works at the School of Teacher Education at Western Kentucky University’s Owensboro campus. “I have traveled to many European countries if only for a day or two, but other than border towns in Mexico, I had never been in the heart of a Latin American country.”

The trip gave her the chance to practice her Spanish-speaking skills and learn a bit about the geography of Argentina. She traveled with a group of 10 — two college instructors and eight students.

Up to six hours of college credit is available to students who take KIIS-sponsored trips. “All the programs are four to five weeks in length and are very reasonable in price,” Bertke said.

Scholarships are available to help defray costs. For more information, go to www.kiis.org.

When no excursion was planned, the group attended class every afternoon. Bertke enrolled in geography and Spanish. Her language

assignments took her to the streets every day to interact with locals.

Here’s a bit about Bertke’s adventure:

Her trip started in Buenos Aires, Argentina’s capital city, which has about 13 million people. Later, Bertke traveled to Argentina’s northern region to Salta, a city of 250,000. Two weeks later, she returned to Buenos Aires.

While in Salta, she visited the Franklin Institute, a school where students of all ages study English as a second language. Students shared their country’s cultural heritage. For example, Sunday is family day. Many businesses close to promote family time.

Bertke fell in love with empanadas, a hot pocket-style meal, and chocolate. She usually swears by vanilla and caramel, but Argentina’s chocolate converted her, Bertke says.

“While on a search for pastry and espresso, I decided to try a hot chocolate of sorts,” she says. “The waiter brought a little pot of melted dark chocolate and a little pot of steamed milk. We do not have cocoa like this in the United States. It was delicious, and I even brought home the melting chocolate used to make it.”

Bertke traveled to several locations in the lower and mid-Andes, visiting a vineyard and ancient fort along the way. “While climbing around the ruins (of the fort), I had the feeling of being at the top of the world,” she says.

Bertke hopes this is the first of many study-abroad trips through KIIS. She plans to write a proposal to lead a student group, perhaps as early as 2013. “I am looking forward to it.”

Milenesa

(2 servings)

2 Chicken breasts or cut of beef (like round steak), pounded about ¼ inch flat. It could be as big as a plate.

Italian seasoned bread crumbs

One egg

Olive oil for frying

Lemon slice for serving



Dip meat in egg then coat with bread crumbs. In a hot pan, using a small amount of oil brown meat on both sides until cooked through. It will cook fast because it is thin. In Argentina this is served in many ways. One way is in a sandwich roll with lettuce, tomato, a slice of cheese, and a slice of ham. The other is by itself on a plate with a salad of shredded lettuce, shredded carrots and shredded raw beets (no dressing needed). The lemon is squeezed onto the meat at serving.



Labor Day tribute to Kenergy linemen

Years ago, the United States Post Office used a phrase that went something like “neither sleet, nor hail, nor rain or snow will stop the mail.”

The same — and more — could be said about Kenergy linemen.

While many of us work indoors protected from the elements, linemen often deal with extreme heat and cold. They eat lunch in the front seats of their trucks, and they don’t have a place to rest when they become ill on the job.

While many of us work daytime hours, Kenergy linemen are on call 24/7. They work nights, weekends and holidays, most often when the weather is nasty. Windstorms, thunderstorms and ice storms cause many outages each year. Our guys are out in it, working to turn on your lights.

None of that mentions the extremely dangerous environment in which linemen work.

In September, the nation celebrates Labor Day. We take this opportunity to thank our linemen — your linemen. We think they are the best of the best.

Paul Duncan, Logan Francis, Jacob Courtney, Kyle Dickey, Tony Leonard, David Crabtree, Dennis Phelps, Noel Bidwell, George Brown, Jr, Jerry Phillips, Kevin Hamilton, Randy Crabtree, Terry Frederick, Mike Midkiff, Allen Singer, Joshua Blanford, Billy Joe Parker, Mark Maddox, Jr., Jerry Maglinger, Glen Boteler, Todd Leisure, George Bozarth, Darmon Bidwell, Jr., David Coleman,

Randy Dukate, Wesley Renfrow, Mike Hagan, Mike Barnes, Wayne Wheeler, David Rudd, Jr., William Hancock, Tony Bunch, Gary Murphy, Fred Reinhard, Randy Risley, Lawrence Thompson, Keith Conrad, Vince Sheridan, Donald Stevens, William Towery, Jr., Chris Bennett, Chris Horn, Kevin Board, Michael Castlen, Cody Palmer, Trent Bullock, Charles Thomas, Steve Collins, David Timmons, Dustin Lanham and Larry Pendergraft.

