

SEPTEMBER/OCTOBER 2026

CONNECTION



Brewtiful Partnership

CO-OP MONTH

On the Border Coffee

LEAF-PEEPING
TRIPS



By Mike Romano, CEO
NTCA-The Rural Broadband Association

America at 250: Building Connections That Last

Every community has a story to tell, and at NTCA, we're honored to help our members tell theirs.

As we celebrate America's 250th anniversary, it's worth remembering that much of our nation's story started in rural America, and the heartbeat of our great country can often be heard most loudly in the spaces between the biggest cities. You can see this spirit clearly in small towns and rural communities where generations of Americans have come together to build the infrastructure, roads, bridges and yes, communications networks, that provide a reliable foundation for civic engagement, commerce and connection.

For generations, local providers stepped forward to make sure rural America stayed connected with the rest of the country and the world when others wouldn't. They invested in the infrastructure their communities needed to grow and thrive. As technology evolved, so did those networks. Today, our nation's small, community-based broadband providers are delivering robust and reliable high-speed broadband that powers education, healthcare, agriculture, public safety, small businesses and countless opportunities.

Throughout that journey, NTCA has been proud to advocate for the policies that make those investments possible—and help them provide connections that last for generations.

As we think about what will help America thrive from coast to coast, far beyond the celebration of its 250th birthday, those will matter even more. Together, we'll continue building connections that will take us into the next 250 years. [🔗](#)



NATIONAL CYBER SECURITY AWARENESS MONTH OCTOBER

Protect the Keys, Not the House

When it comes to cybersecurity, do you become overwhelmed by the idea of protecting dozens of accounts? Online banking, shopping sites, streaming services, social media and more. It can seem daunting.

Try thinking about protecting the keys, not the whole house.

Just a handful of accounts unlocks nearly everything else in your digital life. If criminals gain access to one of these “master keys,” they may be able to reset passwords, impersonate you or access sensitive information.

The most important key is your email account. It's where password reset links are sent, making it the gateway to many of your other accounts. Your mobile phone number is another key, since it's often used to verify your identity. If you use a password manager, it deserves extra protection because it holds the credentials to many of your accounts. Finally, your financial accounts should always have the strongest safeguards available.

Start by creating a strong, unique password for each of these accounts and turning on multifactor authentication whenever it's offered. Then make sure your phone and computer stay updated with the latest security patches.

You don't have to secure every digital door at once. Protect the few keys that unlock everything else, and you've taken one of the biggest steps toward keeping your online life secure. [🔗](#)



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Sell More, Stress Less

Online alternatives to the Saturday yard sale

Story by LAURA MCGILL

Who looks forward to spending days planning a yard sale only to get up early on a Saturday morning to deal with the guy who arrives early to nose around the garage while you get everything set up or the lady determined to haggle over every price? All that hassle, and you'll still likely wind up with less money in your pocket than you hoped.

Step away from those headaches with convenient online options. You'll be in control, and you can spend your Saturday mornings sleeping in.

WHAT TO SELL

If you are trying to sell collectibles such as vintage records, trading cards and memorabilia, eBay and Etsy are good choices. To sell your grandmother's china, crystal and silverware, start with Replacements Ltd., where you can search by pattern. There are even sites specializing in items like coins and currency or specific brands.

To sell designer clothes and accessories, explore options like The RealReal, Poshmark and ThredUp. Seller beware, though, as these sites often charge high commission rates and have restrictions on which brands they will buy. For the option of shipping or local pickup, look to Facebook Marketplace, Craigslist or local buy/sell groups.

DETAILS MATTER

Think about all the possible questions someone could ask about

your item. Take photos from multiple angles using good lighting. Consider taking a video as well, especially if it helps show the item is in working order. Write a detailed description including all relevant information such as dimensions, weight, brand, color, size and condition.

State the terms in the listing, such as price, payment methods accepted and that it will be sold on a first-come, first-served basis. When considering what price to ask, research comparable items. Know what the item costs to buy new, and leave room for negotiation.

SELL SAFELY

Selling online isn't completely free of hassles. Be prepared for lowball offers and messages from people who never respond to your reply. Don't be surprised if someone says they want the item but never shows up or cancels at the last minute.

Be aware of fake payment emails or overpayment scams. Ignore suspicious messages. Choose a safe, public location to meet. Your town may even have designated areas such as police station parking lots.

If the buyer is coming to your house, be cautious. Choose a safe time of day. Do not allow someone into your home. Instead, have the item sitting on your front porch or in the driveway. If you are alone, tell a neighbor what you are doing, and ask them to keep an eye on you when the buyer is there. 📞

Co-ops Are the Perfect Blend

Each October, we pause to highlight the benefits of cooperative membership, and this year we're thinking about the warm, inviting nature of co-ops, just like a good cup of coffee. Our shared values, our principles, our commitment and our members all make Farmers Mutual and Federated Telephone the perfect blend.



KEVIN BEYER
Chief Executive Officer

Community is at the heart of everything co-ops do. We believe in democracy, people over profits and high-quality service for you and your neighbors. We believe in the people who live and work here and believe they should have the power to make the decisions that affect them. We believe in cooperation among other co-ops to help each other get through the hard times and cheer each other on during the good times. Our principles are what make us strong and help our community flourish.

Belonging to a co-op is like choosing to invest in a local roaster instead of a national chain. Both are great, but they're different—and supporting local is the most direct way to

reinvest into our own community.

Go ahead, grab a fresh cup of your favorite brew and read about the perks of belonging to a co-op.

Open Membership: Everyone is welcome. All you need is a desire to join, and you're in.

Democratic Control: You have a direct say in the decision-making process.

Member Participation: When you invest in us, the rewards return to the community by improving service, backing local charities and returning excess funds to you.

Autonomy: Co-ops are strong, independent and self-reliant.

Education: Co-ops empower members with knowledge and understanding.

Cooperation: Different strengths and flavors come together to make something greater than the sum of its parts.

Community Concern: Co-ops are grounded in doing good and supporting the neighborhood.

Farmers Mutual and Federated Telephone strive to live these principles every day, not just in October. Together with our members, we make the perfect blend.

Thanks for your continued trust and partnership. ☕

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On the Cover:



Tia Roggenbuck, left, and Katy Gorr started On the Border Coffee Co. last year, selling caffeinated concoctions from a converted bus. See story Page 8.

Photo courtesy of
Carissa Timmerman

Defend Against Cybersecurity Threats

In 2004, the U.S. Department of Homeland Security and the National Cybersecurity Alliance began recognizing October as Cybersecurity Awareness Month. Much has changed since the infancy of the internet, and everyone should remain vigilant when using a connected device.

As the number of cybersecurity threats increases, strong defenses become even more important.

Here are some easy-to-follow steps you can take to keep your personal information—and your financial future—safe.

NEVER CLICK SUSPICIOUS LINKS

If you receive a message purporting to be from a company you do business with containing a link urging you to go to the website to update or confirm your account, do not click that link. It may take you to a phishing site built to steal your information. If you're unsure if the message is legitimate, contact the company directly by phone or through an official website or email address.

CHECK THE SENDER

Scammers count on people quickly skimming through their inboxes. Check the email address or phone number carefully. A small typo, extra character or slightly off domain name are common red flags.

USE STRONG PASSWORDS

Using the same password across multiple accounts makes it easier for scammers if one account is compromised. Instead, use a password manager app, which encourages the use of long, unique passwords that provide a greater defense. Device operating systems typically offer free options.

STRENGTHEN SECURITY FEATURES

Use spam filters, enable multifactor authentication where available and keep your devices updated with the latest software and security patches.

ENABLE FRAUD ALERTS

Credit cards alert you to fraudulent charges as they occur. To take it a step further, consider placing fraud alerts with the three credit reporting agencies, Equifax, Experian and TransUnion.



Statement of Nondiscrimination

Farmers Mutual Telephone and Federated Telephone are the recipients of federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and are subject to the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975. In accordance with federal law and the U.S. Department of Agriculture's policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, religion, age or disability. (Not all prohibited bases apply to all programs).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, or call 202-720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. The person responsible for coordinating this organization's nondiscrimination compliance efforts is Kevin Beyer, chief executive officer. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination, may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization.

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In observance of the holiday, our offices will be closed **Monday, Sept. 7.**

Autumn Advent

Hit the road for fabulous fall foliage

Maple, aspen, birch, oak, hickory, dogwood and gum trees are known for vivid fall colors, ranging from bright reds and oranges to golden yellows and browns. Those vibrant colors are always present. They just need a little seasonal help getting to the surface.

As temperatures drop and sunny days begin to shorten, trees stop producing chlorophyll, the substance that makes leaves

green. As it fades, the brilliant red, orange and yellow pigments obscured by the green begin to shine through.

Cool, crisp days and frost-free nights produce the sharpest fall colors. Drought conditions in early fall can trigger a premature chlorophyll shutdown, causing leaves to wither and fall without reaching their full color potential. And too much rain or an early frost can dull the leaves' colors. 🍂

Know Your Colors

YELLOW—Aspen, beech, birch, cottonwood, elm, hickory, tulip poplar, sassafras, sycamore

ORANGE—Bigtooth maple, Rocky Mountain maple, sugar maple, sweetgum

RED—Black gum, cypress, dogwood, oak, red maple, sourwood, sumac



Where to Look

Beginning as early as mid-September, our region starts to see color, especially along Lake Superior's dramatic cliffside shoreline. Chances are you can find plenty of fall color right in your own backyard. For fall excursions farther afield, consider these options:

- **Lake Bemidji State Park, Minnesota:** An 11-mile hike through aspen, pine and hardwoods includes a special program that loans glasses so visitors with colorblindness can view the colors.
- **Superior National Forest, Minnesota:** Paddle through the Boundary Waters Canoe Area Wilderness or drive the Gunflint Trail, where birch, aspen and tamarack, a needle-dropping evergreen, turn golden alongside deep-green conifers.
- **Lake of the Clouds Overlook, Michigan:** This boardwalk offers a phenomenal view of yellow birch, eastern hemlock and sugar maple, as well as rarer stands of white pine, red oak, white cedar and green ash.
- **Huron-Manistee National Forests, Michigan:** Near Lake Michigan, explore the M-22 Scenic Drive and Nordhouse Dunes, where maples, oaks and poplars create a vivid shoreline contrast.

Adventures Await

Don't Leaf Home Without a Plan

No matter the season's conditions, finding fall colors by car, boat or on foot is an autumn joy. Planning a leaf-peeping excursion has never been easier.

Founded in 1875, American Forests is the nation's oldest non-profit conservation organization. Its fall foliage map offers a clear look at where leaves are peaking throughout the United States with tips and suggestions. Visit americanforests.org/fall-foliage-map.

With the tried-and-true The Old Farmer's Almanac, both the yellow-bound classic booklet and the online version, arboreal enthusiasts can easily find the best spots near and far. The website features an animated map showing the progression and historical presence of fall colors. The print version includes tables of expected peak dates, regional weather trends and travel features. Visit almanac.com.

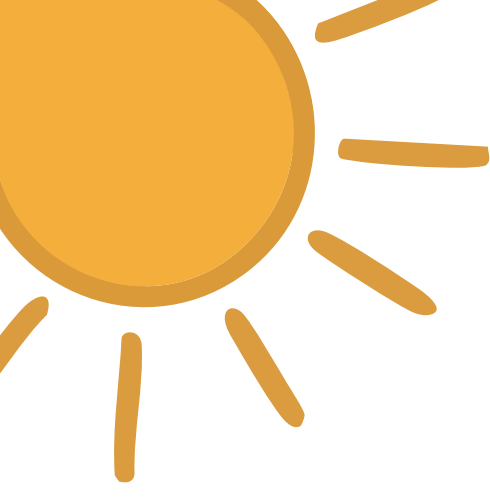
Get tips from the folks at Find Fall, "the best place for fall foliage information, destinations, adventures and activities for an autumn you'll never forget." Visit findfall.com.



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Sunshine in Every Cup

On the Border Coffee Co. brings energy, joy to the community

Story by BRANDI DIXON

A busy day, a big life change or a long-awaited vacation all deserve a good cup of coffee to start them off.

For residents in Minnesota and South Dakota, On the Border Coffee Co. brings that all-important brew with heart and purpose. Founder Katy Gorr opened the business with her best friend, Tia Roggenbuck, in November 2025.

"The community support has just blown my mind," Katy says. "Every single order,

every customer keeps coming back and helping us grow. It's so much more than I could ever have imagined."

Katy's dream of owning a coffee shop began not long after her son started kindergarten. She knew she wanted a business that would allow her to make a difference and bring joy to those around her. "I just asked God where I should go and what I could do, and God showed me this," she says.

When the search for a location began, Katy considered the brick-and-mortar

route, looking at several spots and even pondering building from the ground up. "When I saw the bus, everything that I had been working on clicked," she says. "A coffee shop that drives to town!"

BREWING UP DREAMS

The next step in bringing On the Border to life was finding the right coffee roasting partner.

"When I started, I had been into coffee shops but didn't know anything about the business



Katy Gorr, left, and Tia Roggenbuck decided to take their dream of owning a coffee shop on the road by running their business out of a converted bus.



Photos courtesy of Carissa Timmerman



With a variety of espresso-based drinks, sweet treats like macarons and an infectious upbeat attitude, the On the Border Coffee Co. crew aims to brighten customers' days.

side," Katy notes. "I received a package from True Stone Coffee Roasters and contacted them. They've been with us ever since."

True Stone trained Katy and her team, and the company also roasts and delivers custom blends to the bus. Their most popular is the Sunshine Blend. "It's absolutely incredible," Katy says of the partnership.

Beyond coffee, the menu at On the Border Coffee Co. offers something for everyone, even those who prefer other sources for their caffeine fix.

Among the more unique offerings are the Dirty Alanis and infused Red Bulls that feature 32 ounces of color, caffeine and even a huge stack of cotton candy to top them off. "These specialty drinks really bring the most magic," Katy says. "They turned us from a happy bus that brings you coffee into 'the bus.'"

On the Border Coffee Co. is mindful that some customers have specific dietary needs and restrictions. The menu includes milk varieties, like oat and whole milk, and a mix of sugar-free syrup flavors so customers can create their favorite lattes.

"My favorite drink we make is the lavender honey oat milk latte," Katy says. "The oat milk brings out the beans so much better, giving it an extra nutty flavor



that's so good. Our cookie butter brownie mocha is also a great choice."

Katy finds fulfillment not only in sharing her love of coffee with the communities in Minnesota and South Dakota but also in working side by side with Tia.

"It's been the best thing," she says. "We work so well together, and our families are so supportive. Even when things break and make for a difficult day, being there side by side makes it all a dream come true."

Katy and Tia are both moms to three children, and the support of their families keeps them going. "I love that they can actually see what we do and that if you work hard, you can reach your goals," Katy says. "You can be your own boss."

At the end of the day, Katy hopes that On the Border inspires her customers the same way it inspired her family and friends.

"Our tagline is 'sunshine in every cup,' and that's the heart of the brand," she says. "Whether someone is having a good day or the worst day, we want them to leave with a smile. If I can brighten someone's day a little, I've done my job." ☺

HOW TO CATCH THE BUS

Where the On the Border Coffee Co. bus will be serving java is determined by demand. Customers can find the schedule pinned to the top of the business's Facebook page.

"We post and ask where we should go each week," co-owner Katy Gorr says, adding the bus sets up shop in Milbank every Wednesday by popular demand.

The schedule runs from 6:30 a.m. to 1 p.m., and customers can check social media every Sunday to see the locations for the following week.

"Being in a small town is so fun," Katy says. "The people are truly angels on earth. Every person that comes to my window is so awesome. They make my day as much as they are happy to be here."



**ON THE BORDER
COFFEE CO.**

onthebordercoffeeco.com

On Facebook, follow On the Border Coffee Co. and @katygorr on TikTok.



Join the Circle

Bluegrass music grows far beyond its Appalachian roots

Story by DREW WOOLLEY

For many bluegrass musicians, the genre is steeped in tradition. Born with an instrument in their hand, they come of age listening to Bill Monroe, the Osborne Brothers and Jim and Jesse, learning the patterns of old-time folk music before eventually adding their own voices to the mix.

The members of The Last Revel took a different path. Hailing from Minnesota and Wisconsin, far north of bluegrass music's Appalachian roots, banjo player Ryan Acker, fiddler Vinnie Donatelle, guitarist Lee Henke and bass player Ryan Krauss came to the genre a bit later in life.

"My first introduction to bluegrass was probably in college," Ryan Acker says. "I was really drawn to it as the energetic side of the folk singer-songwriter music that I was already pretty fond of. It just seemed like a really great outlet for reckless-abandon youth."

Formed in Minneapolis in 2011, the band started out playing music based more in blues-rock style, but quickly found the people they met in that space were not as welcoming as they hoped. Around that time, Lee remembers seeing bluegrass-influenced bands like Trampled by Turtles and Pert Near Sandstone and thinking they looked like they were having a pretty good time.

"That was the moment when we were like, 'Instead of trying to turn an acoustic song into something else, what if we just kept it acoustic?'" he says. "If it weren't for all those bands in Minnesota kind of showing us the ropes, I don't know if I would have ever gotten this steeped in it. But the genre itself has just been so heartwarming and embracing."

TIME TO SHOW OUT

As someone who grew up in Kentucky's bluegrass tradition,



Alabama-based band Mountain Grass Unit performs at the World of Bluegrass.



Sierra Hull joins The Wood Brothers, from left, Chris Wood, Oliver Wood and Jano Rix, on the Bluegrass Live! stage.

Ken White finds the community to be as defining a feature as the music itself. A multi-instrumentalist who has played in several bands, Ken now serves as the executive director for the International Bluegrass Music Association. This October, he'll be welcoming musicians from across the globe to the World of Bluegrass in Chattanooga, Tennessee.

"The thing I love about bluegrass is that you don't have to know anybody in the jam circle to walk up and start making music," he says. "From beginners all the way up to the best professionals, people are welcoming. And that's something that transcends language."

The same is true for the music itself. Ken compares being part of a traditional bluegrass band to a jazz ensemble, where each musician has mastery of his or her instrument. They all make an essential contribution to the group's sound but also have moments to shine individually.

"In a lot of old-time folk traditions, the instrumentalist will just play the melody or an accompaniment. They don't really show out," he says. "Part of what makes bluegrass unique is the emphasis on virtuosity. I think that resonates with a lot of people around the globe and is a big part of why bluegrass takes root in other cultures."

Here in the United States, musicians in different parts of the country have found ways to take that sound and make it their own. Texas bluegrass often incorporates elements of Western swing and contest fiddling that are popular in folk music throughout the Lone Star State. For the members of The Last Revel, the earnestness that comes through in their songwriting follows the tradition of other Midwestern bluegrass musicians.

"It's all very songwriter based. That's kind of the main focus and the bluegrass aspect around it is almost secondary," Ryan Acker says. "The music aspect is more like the vehicle for the song. And I think that is different from other subgenres around the country."

BRIDGING THE GAP

That distinction has, at times, left bands like The Last Revel on the fringes of the traditional bluegrass scene. Early in the band's run, as the members incorporated their blues and indie rock influences alongside traditional bluegrass instrumentation, figuring out where they fit into the genre could be a source of frustration.

"It used to be something we were worried about, and now we kind of pride ourselves on being a little different," Lee says.

"I have so much respect for traditional bluegrass. But I also like that we can lean into our own thing. There are so many variations on bluegrass and roots music. Maybe we can show a different side of it."

As the band tours in support of its 2025 album "Gone for Good," those moments have become some of Ryan's favorites. Whether it's working the merch booth or meeting people at shows, fans regularly tell him they had never listened to bluegrass music until they discovered The Last Revel.

"We're like the gateway to this whole other genre of music that people maybe didn't think they would like," he says. "And I think that's great. With Spotify and other streaming services, it's easy for genres to blend together. If we can be a tiny little bridge for somebody's musical tastes, I really get a kick out of that." 🗨️



The members of The Last Revel came to bluegrass in a nontraditional way and enjoy sharing the genre with new audiences.

Photo courtesy of The Last Revel

Cooperatives Power Communities

By members, for members is formula for success



Photo courtesy of Minnesota Valley Cooperative Light & Power Association

A Minnesota Valley Cooperative Light & Power Association transformer helps bring power to the community.

Story by MELANIE JONES

Ninety years ago, rural households depended on gas and wood stoves for cooking and heating. At night, residents read and worked by the light of kerosene lamps. Farm work had to be completed for the day by the time the sun went down.

The big utility companies thought it wasn't worth the cost to electrify rural areas because there would be so few customers along the miles of power lines.

The Rural Electrification Administration, initiated by President Franklin Roosevelt in 1935, gave power to cooperatives to light the 90% of rural households that were struggling without modern necessities.

The Rural Electrification Act in 1936 extended loans to groups of farmers and other residents in rural areas to establish cooperatives, jointly owned by their members, so they could pay to bring power to their communities when the investor-owned utilities refused. That act laid the groundwork for electric co-ops like Agralite Electric Cooperative and Minnesota Valley Cooperative Light & Power Association to bring in the power.

"The investor-owned utilities were bringing electricity to all the cities, but everyone was forgetting about rural America," Agralite Member Services Manager Jonathan Messner says.

Later, customers with electricity wanted telephone services, too. Farmers Mutual and Federated Telephone came from that movement and now offer their members more than one way to communicate, adding internet and other services as the technology evolved.

Owned and governed by the people they serve, cooperatives put the interests of their members first. Co-ops are community based, so when members call for information or to set up an appointment, they talk to a neighbor, not someone in a far-off office. Neighbors install homeowners' meters. Local men and women work the lines. Community

members not only work at the co-ops. They own them.

CONTINUED GROWTH

Since its founding more than 85 years ago, Agralite Electric Cooperative has grown to about 3,500 members and 5,500 meters.

Minnesota Valley REC has grown to 5,300 members since its founding in 1938, but member history goes back even further. Farmers in Stony Round Township started the nation's first organized electric co-op in 1914, and it operated until 1947, when it joined Minnesota Valley REC.

While all cooperative principles are vital, Jonathan and Minnesota Valley REC Member Services Manager Scott Kubesh can name a few that have been especially important to them.

COLLABORATION

Scott says Collaboration Among Cooperatives has been a key to success. "That plays a big part, especially when there are storms," he says. "We work together to bring in other co-ops to easily restore power."

Jonathan agrees. "I work in a network of co-ops just like ours across the state on a very regular basis. Weekly, daily, I'm talking to my counterparts throughout the state and nationally, same thing," he says. "We're very, very entwined in Cooperation Among Cooperatives. We cross-share ideas. We're doing a pilot project here.

I share that with others so they can learn from it. Likewise in reverse direction."

COMMUNITY SERVICE

Both also stress the importance of the Concern for Community principle.

"We're always thinking of the community, and essentially that's what made us who we are. And so, we're standing behind that and making sure we're taking care of who we are," Jonathan says.

Both co-ops offer participation in Operation Round Up, a program that allows members to round up their bills to the nearest dollar. The co-ops then disburse that money to charities that serve their communities.

"We donate to fire departments, different entities that are looking for some extra money, such as fair boards," Scott says. Minnesota Valley REC also sponsors ads in fire-safety books given to school children.

Agralite has a trust board that meets a few times a year and decides where Operation Round Up money should go. "For us, it's largely backpack programs, food shelf programs and individual benefits like house fires, cancer benefits, those sorts of things," Jonathan says.

Bottom line: Cooperatives are owned by their members. "They are the people we work for," Scott says. ☎

Editor's note: Farmers Mutual and Federated Telephone are proud to shine the light on the great work of the other co-ops that serve our communities.

Rules to Work By

Cooperatives operate under seven principles:

Voluntary and Open Membership:

Co-ops are open to anyone qualifying for services.

Democratic Member Control:

Members participate in making decisions and setting policy.

Members' Economic Participation:

Members contribute to and control the capital of their cooperative. As a nonprofit, cooperative surpluses are allocated toward developing the co-op, supporting reserves or benefiting members in proportion to their transactions.

Autonomy and Independence: Co-ops are not obliged to a corporation. They are free-standing, self-help enterprises.

Education, Training and Information: Co-ops provide education and training for their members, elected representatives, managers and employees.

Cooperation Among Cooperatives:

Co-ops work together in the best interests of their members and communities.

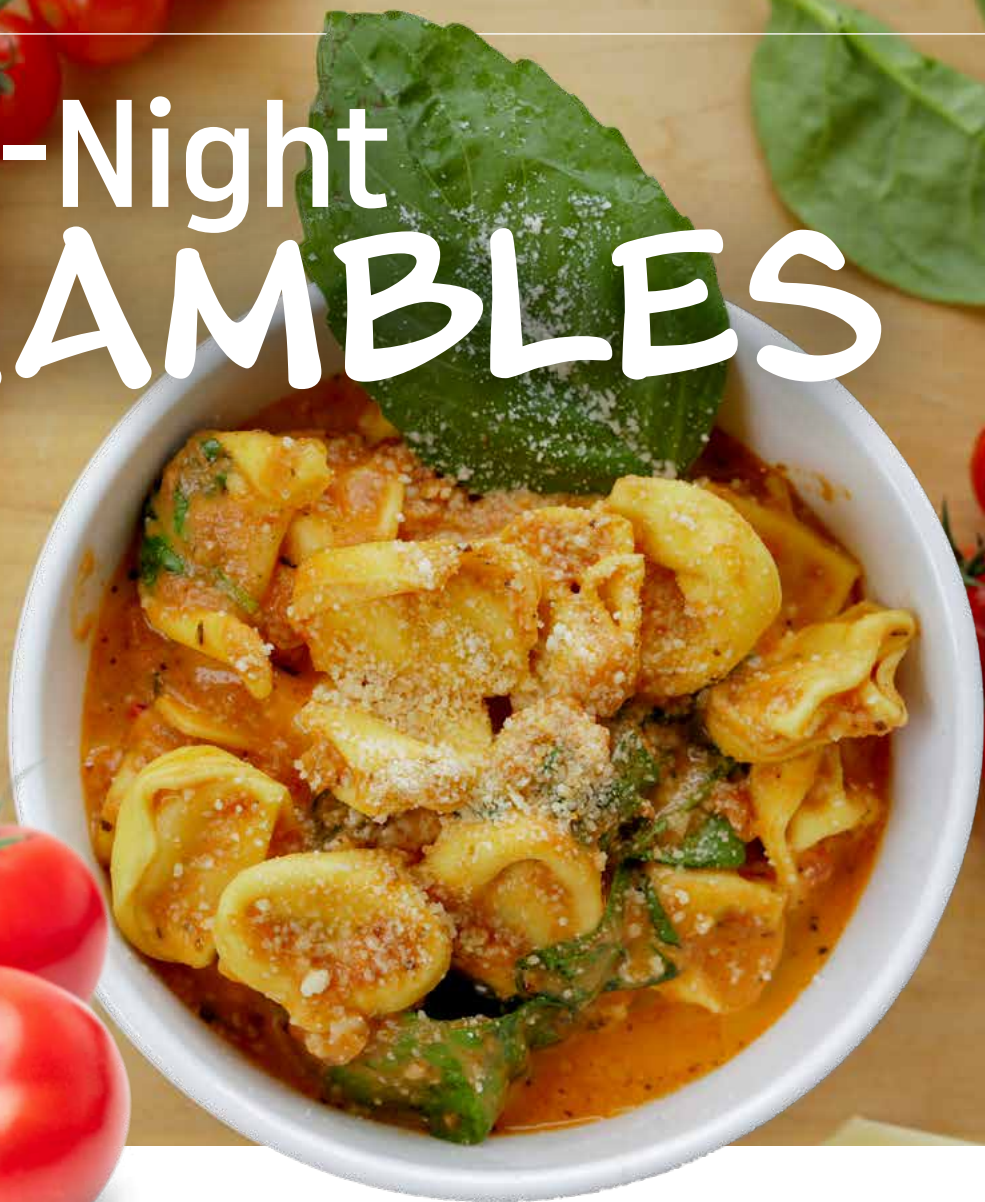
Concern for Community: Cooperatives work for the sustainable development of their communities.



From left: Agralite Electric Cooperative often shares information with local classrooms. Cooperatives work together in the best interests of their members. A lineworker's day doesn't end when the sun goes down.

School-Night SCRAMBLES

Quick and satisfying recipes for family dinner time



For many families, September means fresh school supplies, the morning rush to get everyone to class on time and, of course, the dreaded question—what's for dinner?

Between carving out time to cook and navigating pantry options, finding the right answer isn't always easy. These quick and easy recipes will keep everyone at the table happy, even on a busy school night. 🗨️

Photography by
Mark Gilliland

Food Styling by
Rhonda Gilliland

CREAMY TOMATO TORTELLINI WITH SPINACH

- 1 20-ounce package refrigerated cheese tortellini
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 24-ounce jar marinara sauce
- ½ cup heavy cream
- 4 cups fresh spinach
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste

Cook the tortellini according to the package directions. Meanwhile, heat the olive oil in a large skillet over medium heat and cook the garlic for about 30 seconds until fragrant. Stir in the marinara sauce and heavy cream and bring to a gentle simmer. Add the spinach and cook until wilted. Drain the tortellini and add it to the skillet, tossing until coated in the sauce. Stir in the Parmesan cheese, season with salt and pepper to taste. Serve immediately.

This recipe offers a nice contrast to the other dishes in the lineup—it's meatless, family-friendly and has a rich, comforting flavor while still taking less than 30 minutes from start to finish.

TERIYAKI MEATBALL BOWLS

- 1 24- to 26-ounce package frozen fully cooked meatballs
- 1 cup teriyaki sauce
- 3 cups broccoli florets
- 2 cups cooked white or brown rice
- 2 green onions, sliced
- 1 tablespoon sesame seeds (optional)

Prepare the rice according to package directions if it is not already cooked. Meanwhile, place the frozen meatballs in a large skillet over medium heat with $\frac{1}{4}$ cup water. Cover and cook for 8 to 10 minutes, stirring occasionally, until heated through.

Add the teriyaki sauce and simmer for 3 to 5 minutes, stirring until the meatballs are evenly coated and the sauce has thickened slightly. Steam the broccoli until tender. Divide the rice among serving bowls and top with the teriyaki meatballs and broccoli. Garnish with sliced green onions and sesame seeds, if desired. Serve immediately.



HONEY MUSTARD CHICKEN WITH ROASTED POTATOES AND CARROTS

- 4 boneless chicken thighs
- 1 pound baby potatoes, halved
- 4 medium carrots, sliced
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- Salt and pepper to taste

Preheat the oven to 425 F.
In a small bowl, whisk together

the Dijon mustard and honey. Toss the potatoes and carrots with olive oil, garlic powder, salt and pepper on a sheet pan. Arrange the chicken thighs among the vegetables and brush them with the honey mustard mixture. Roast for about 30 minutes or until the chicken reaches 165 F and the vegetables are tender. Serve immediately.



CHEESY BLACK BEAN AND RICE SKILLET

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 bell pepper, diced
- 2 cans black beans, drained and rinsed
- 2 cups cooked rice
- 1 cup salsa
- 1 cup shredded cheddar cheese
- 1 teaspoon chili powder
- Salt and pepper to taste

Heat the olive oil in a large skillet over medium heat and cook the onion and bell pepper until softened, about 5 minutes. Stir in the black beans, rice, salsa, chili powder, salt and pepper. Cook for several minutes until heated through. Sprinkle the cheese over the top, cover the skillet and cook until the cheese is melted. Serve on its own or with tortilla chips.

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