

**SOUTH DAKOTA PUBLIC UTILITIES COMMISSION
LIFELINE/LINK UP ADVERTISING/OUTREACH
ANNUAL REPORT
JUNE 1, 2011**

Company: Hills Telephone Company, Inc.
dba Alliance Communications

Address: 612 3rd Street
PO Box 349
Garretson, SD 57030

Telephone number: (605)594-3411

Company contact: Shirley Flanagan or Amy Ahlers

Study Area Code: 391405

Lifeline/Link Up Advertising/Outreach Activities:

- X Advertise in media of general distribution.* (See attached advertisement(s).)
- X Letter to existing and new customers regarding the availability of Lifeline/Link Up.* (See attached letter.)
- ** Company's Lifeline/Link Up information in directory.
- X Company's Lifeline/Link Up information available on Company website. (www.alliancecom.net/images/PDFs/lifeline_app.pdf)
- X Company's information posted on USAC website.
- ** Other (describe): Alliance does not publish its own directory. The Information is published by DEX.
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*Required



Dear Alliance Communications customer:

Low-income assistance programs are available for telephone service to those who qualify. Lifeline, Link Up and Toll Limitation Service provide discounts to eligible low-income consumers to help them establish and maintain telephone service. Telecommunications carriers cannot charge a Lifeline customer federal USF fees on the local service portion of the telephone bill.

What type of discount is available?

Lifeline assistance lowers the cost of basic, monthly local telephone service. Eligible consumers can receive discounts of \$6.50 and \$1.75 each month.

Link Up reduces the cost of initiating new telephone service. Eligible consumers can receive a 50 percent discount off of the one-time costs associated with initiating telephone service, up to a maximum of \$30. Eligible consumers also qualify for a deferred payment schedule for remaining costs of up to \$200.

Toll Limitation Service (TLS) allows eligible consumers who wish to avoid incurring long distance fees to choose toll blocking or toll control at no cost.

How do I know whether I am eligible?

Eligibility for Lifeline, Link Up and TLS support varies by state. Individuals who reside in states that have their own discount programs qualify for federal Lifeline, Link Up and TLS support if they meet the eligibility criteria established by their state. In states that do not provide state support, an individual is eligible if he or she participates in one of the following programs:

- Low-Income Home Energy Assistance Program (LIHEAP)
- Federal Public Housing Assistance or Section 8
- Medicaid
- Food Stamps
- Supplemental Security Income (SSI)
- Temporary Assistance for Needy Families (TANF)
- National School Lunch Program's free lunch program

See reverse side for more information.

Speak and you'll be heard.

In addition, a consumer may be eligible if his or her household income is at or below 135 percent of the federal poverty guidelines:

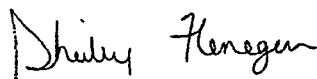
**2010 Lifeline Total Household Income Limits
(135% of the Federal Poverty
Guidelines)**

Including yourself, your household has:	Total Household income is at or below:
1 person	\$ 14,621
2 people	\$ 19,670
3 people	\$ 24,719
4 people	\$ 29,768
5 people	\$ 34,817
For each additional person, add	\$5,049

How do I apply to receive Lifeline, Link Up and TLS support discounts?

To receive an application for the Lifeline, Link Up and TLS discounts, please contact Alliance Communications by dialing 611 from any phone with Alliance service or call 1-800-701-4980. You can download the application at www.alliancecom.net/pdf/Lifeline_App.pdf.

Sincerely,



**Shirley Flanagan
Customer Service Manager**

...this is a small spot, and if we could make it a year, we would outgrow it. We also want to offer a few other things that we can't here."

Among the planned offerings are a doggie day care, an obedience-training program for children and their dogs, and pet rescue meet-and-greets. Christianson also plans to implement Wednesday evening "samplings."

"A lot of people are dropping their kids off at church, so this will give them something to do while they wait and can involve their pet, too," she said.

Owner Donald Wehrer said a room in the new location is being dedicated to the doggie day care.

"We built a room in the back with a large viewing window, and we're looking at getting into rescues where you do meet-and-greets," he said.

Wehrer said the doggie day care would be just that. No animals will be boarded

Submitted photo

Winners of the Oct. 29 Halloween dance costume contest at Brandon Valley High School are (from left) Ridge Grimmus and Amanda Nelson as the cop and robber in the best couple or group costume category; Maggie Grapevine as Alice in Wonderland for best female costume; and Zach VandenHoek as Mario for best male costume. The dance and contest were sponsored by the Junior-Senior Parent Committee.

MEDICAL MEMO

'Fab five' foods can help lower cholesterol

You've been told to lower your cholesterol, a form of fat made by the liver and present in some foods. What's your first thought? If you're like many people, you may think first about what you need to stop eating. But did you know that adding certain foods to your diet might do as much to improve your cholesterol as medication? These foods are so effective that the Food and Drug Administration says they can carry a health claim for managing cholesterol.



Tom Wullstein
Brandon Health Mart Pharmacy

Following are the fabulous five foods:

- Soluble fiber. Sometimes called roughage, soluble fiber reduces low-density lipoprotein, or LDL, the "bad" cholesterol. Soluble fiber is the portion of plant products that pushes food through the digestive system. It seems to lower cholesterol levels by reducing its absorption in the intestines. Aim for

- 10 grams or more a day. Examples of soluble fiber include oatmeal, fruits, kidney beans, psyllium and barley.
- Nuts. Rich in polyunsaturated fatty acids, many kinds of nuts reduce cholesterol and help keep blood vessels healthy and elastic. Aim for a handful each day or about 1.5 ounces. Remember that nuts are high in calories, so more isn't better. Being overweight increases your risk of heart disease. To keep fats to a minimum, make substitutions. For example, add nuts to salads instead of cheese or meat. Examples of nuts to include in your diet are walnuts, almonds, peanuts, pecans, pine nuts, pistachios and hazelnuts.
- Fish. Fatty fish is high in omega-3 fatty acids, which helps lower cholesterol and reduce blood pressure and the risk of blood clots. Aim for two servings of fish each week. You also can take an omega-3 or fish oil supplement or eat ground flaxseed or canola oil. Examples of fish high in omega-3 fatty acids are mackerel, lake trout, salmon, albacore tuna, sardines and herring.
- Olive oil. Many people think all oil is bad. But it's not quite that simple. Olive oil packs a powerful punch that

lowers bad cholesterol but doesn't touch the good kind, high-density lipoprotein, or HDL, cholesterol. Extra virgin olive oil may have the best effects. Aim for 2 tablespoons of olive oil each day. You can use olive oil to sauté foods, baste meat or as a salad dressing when mixed with vinegar.

- Fortified foods. Some foods are fortified with plant sterols or stanols. These substances block the absorption of cholesterol. Aim for 2 grams a day of plant sterols. That's equal to two 8-ounce servings of juice or 15 grams of enriched spreads a day. Examples of fortified foods are margarines, low-fat spreads, orange juice and yogurt drinks.

Of course, it's important to add this advice to the old standard: Eat less of saturated fats, including meats and some oils, and try to eliminate trans fats. Trans fats still show up in some baked goods such as cakes, cookies and crackers. They raise LDL and lower HDL. And remember - exercise and weight control are two other pieces of the cholesterol-control puzzle.

If you want to learn more or to find out if you are at risk, talk to your pharmacist or doctor.

Sudoku No. 258

Here's how to play Sudoku: Fill in the grid so that all nine rows across, all nine columns down, and all nine 3x3 boxes contain the numbers 1 through 9, each used only once. There is no math involved. You solve the puzzle with reasoning and logic. The solution to today's puzzle will be published in next week's page.

	1							7
	7	5	2			8	3	
				1	2			
				4	8	5		2
2								3
3	4	9	7					
		9	8					
	2	3			7	9	8	
5								7

Last week's solution:

6	2	9	7	4	5	3	8	1
5	1	3	8	2	9	4	7	6
4	7	1	2	3	9	7	5	8
7	9	4	5	8	1	3	6	2
4	5	1	9	6	3	8	7	2
3	4	5	2	1	7	9	6	8
2	4	5	1	9	6	3	8	7
1	3	7	8	2	4	9	6	5
9	8	7	6	5	4	3	2	1

Covers
Volley Springs

COUNCIL: Increases were equal

Continued from page 1.

Vander Esch did say that after receiving the escalated bill some small leaks were found and repaired within his building.

The last time the city increased its water and sewer rates was in 2006.

Jon Brown, city engineer, said that when the council established the new rates, he said they were consistently adjusted across the board.

"It came down to looking at infrastructure costs and needs," Brown said. "We had to come to some increase in rates to accommodate those expenses we're anticipating over the next five years."

Some council members said the increased bills shouldn't have come as a surprise. The topic was a public issue, they said.

The council initiated discussion on increasing water rates in January and began talks at its Feb. 1 meeting. Both of those discussions were documented in *Brandon Valley Challenger* articles, as well as all of the council's followup discussions. The council also scheduled a public meeting May 24, but only three residents attended.

"This isn't something that we surprised the public with," said Alderman Blaine Jones. "I would've encour-

Low-Income Telephone Assistance

Link-Up: Link-Up assists qualified low-income residents in obtaining basic telephone service by providing reduced connection charges for basic phone service by 50% or \$30, whichever is less.

Lifeline: Lifeline assists qualified low-income residents by providing a monthly credit on their telephone bill in an amount up to \$8.25.

To be eligible, an application must meet income-based criterion currently defined as at or below 135% of the Federal Poverty Guidelines OR participate in at least one of the following:

- Medicaid
- Supplemental Security Income
- Food Stamps
- Federal Public Housing Assistance
- National School Lunch Program
- Temporary Assistance to Needy Families

The Telephone Assistance Program: The TAP is available for Minnesota residents and is designed to make telephone service accessible to qualifying low-income residential households. Through this program, eligible households will receive a monthly discount on their telephone service.

How do I apply? Federal law requires Alliance Communications to verify that you are eligible to receive the Lifeline, Link-Up or TAP credits on your telephone bill. To apply, Alliance needs you to do the following:

1. Fill out an application form. Call 1-800-701-4980 to receive an application, or go to www.alliancecom.net/images/PDFs/lifeline_app.pdf.
2. Provide proof that you are eligible for the Lifeline, Link-Up or TAP programs. You will need to photocopy any cards or other documentation that proves you are eligible to receive the credits. You also may stop by our Baltic, Brandon or Garretson office with your complete form and proof of eligibility, and we will make a photocopy of your proof of eligibility for you.

IMPORTANT: Participating in Medicare does NOT qualify you for the Lifeline, Link-Up or TAP credits.

3. Return the form and your proof of eligibility to Alliance Communications, P.O. Box 349, Garretson, SD 57030. Or you can stop by our Baltic, Brandon or Garretson office if that is more convenient.

Could I become ineligible? When you no longer participate in any of the qualifying public assistance programs, you are no longer eligible for Lifeline, Link-Up or TAP. You are obligated by law to advise Alliance Communications that you are ineligible.

For more information if you have questions contact Alliance Communications by dialing 611 from any phone with Alliance service or call 1-800-701-7980.

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C.H.I.C. Chat
Celebrating this incredible City!

All women are invited to join us for
C.H.I.C. Chat
Saturday, Nov. 13th
10:00-11:30 a.m.
Living Springs Church
901 S. Splitrock Blvd., Brandon, SD

We will continue to develop the theme "Patterns for Life" using the tools of sewing to make practical applications to our spiritual lives.

Jean Melton
will be sharing
"What's in your apron pocket?"
(as you're preparing for the holidays)

Wear your favorite apron!
Refreshments will be served. Childcare is available.
Make your reservations now! Call 582-7420

6th Annual • Over 100 booths

Strolling
Sioux Empire
Arts & Crafts Show

Friday, Nov. 12th • 3 - 8 pm
Saturday, Nov. 13th • 9 am - 5 pm
W.H. Lyon Fairgrounds • Expo Building • Sioux Falls

Only \$3 Admission
(Kids 12 & under FREE)

Shop on Friday and receive a FREE admission pass for Saturday!
Come shop for your holiday gifts!
All items are 100% crafted and original!

For more info, visit www.BlackInEvents.com

ALLIANCE COMMUNICATIONS

www.alliancecom.net
Dial 611 or 1-800-701-4980