

Cooperative Connections



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How Smart
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Share Your Questions And Concerns With Us

Your Co-op Is Ready To Serve You



Ben Dunsmoor

bdunsmoor@northernelectric.coop

**We are a cooperative,
we are ready to serve
you, and we are ready
to assist you in the best
way we can because
we work for you.**

It's a new year and there are several changes that lie ahead for Northern Electric Cooperative and the membership in 2018. After analyzing rates in 2017 a rate change will be rolled out in the next few months. For the past several months, we've been using articles, editorials, and digital media posts to inform you about this rate change and some of the new rate components.

The new rates will take effect for most members on March 1, 2018. We would like all co-op members to keep a close eye on their mailbox for a letter that will directly communicate the impact of these new rates. This mailing will lay out the details of your new rate.

A rate change is never an easy thing to implement, however, it is necessary for the cooperative to meet its financial obligations every month. As a cooperative, and a not-for-profit organization, we have one goal; to deliver safe, reliable, and affordable electricity so you can power your homes, farms, and businesses. When you pay your electric bill you are paying for the costs to operate your cooperative. Each year, the co-op allocates year-end margins back to the membership as capital credits.

As a cooperative, the employees and staff work for the membership to deliver the reliable power you depend on every day. We are here to serve you – the members - in the best way we can. As this rate change is implemented we are ready to not only communicate the new rate structure with you but also help you understand the new components.

The new rate structure offers opportunities to control power costs and to use energy more efficiently. The employees of the cooperative are ready and willing to guide you along the best possible path as your energy advisor. We are here to serve the membership.

After reviewing the rate letter you will be receiving in the mail, we invite you to call our office at 605-225-0310 and share your questions with us about these rate changes. We are a cooperative, we are ready to serve you, and we are ready to assist you in the best way we can because we work for you.



(USPS 396-040)

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info@northernelectric.coop

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Ben Dunsmoor
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NORTHERN ELECTRIC COOPERATIVE CONNECTIONS is the monthly publication for the members of Northern Electric Cooperative, PO Box 457, Bath, SD 57427. Families subscribe to Cooperative Connections as part of their electric cooperative membership. The purpose of Northern Electric Cooperative Connections is to provide reliable, helpful information to electric cooperative members on electric cooperative matters and better rural living.

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Postmaster: Please send address changes to Northern Electric Cooperative Connections, PO Box 457, Bath, SD 57427; telephone (605) 225-0310; fax (605) 225-1684

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Northern Electric Cooperative's regular board meeting was held December 20, 2017, at the headquarters in Bath with all directors present. As the first order of business, the board approved the November 28, 2017, minutes and November expenditures. The board then reviewed and accepted monthly reports by management including details on financial, operations, member services, safety, communications and IT.

Directors viewed the East River Electric Power Cooperative video report. East River Director Mark Sumption reported on actions taken by the East River board at the December 7, 2017, meeting. South Dakota Rural Electric Association Director Nolan Wipf reported on the SDREA Board Meeting which he attended November 30-December 1, 2017, in Pierre. The next SDREA Board Meeting will be held January 10-11, 2018, during the SDREA Annual Meeting which will be held January 11-12, 2018, in Pierre. Directors Mark Sumption, Donna Sharp, Glen Larson and Francis Esser reported on the Mid-West Electric Consumers Assoc. Annual Meeting which was held December 11-14, 2017, in Denver, Colorado.

Manager's Report

General Manager Char Hager's report to the board included the following items:

- Update and discussion on development projects and activities taking place in the community and our service area.
- Brief update on Rural Electric Economic Development (REED) revolving loan fund activities.
- Legal and Legislative report included General Manager Char Hager reporting on legal issues.
- Reviewed attendance plans to the SDREA

Annual Meeting in Pierre, Jan. 11-12, 2018.

- Reviewed attendance plans to the East River Energize Forum in Sioux Falls, January 31- February 1, 2018.
- Informed the board that effective January 1, 2018, the IRS mileage reimbursement will increase from 53.5 cents to 54.5 cents.

Board Report

The board considered and/or acted upon the following:

1. Approved the date and time of the next regular board meeting for 10:00 A.M. on Tuesday, January 23, 2018.
2. Approved payment of legal fees for Harvey Oliver in the amount of \$1,837.66.
3. Approved Work Order Inventories #17-11 for \$309,773.75 and #17-11MC for \$81,857.32 to be submitted to RUS for reimbursement from loan funds for electric plant construction already completed.
4. Approved the fourth quarter estate requests for early capital credit retirements in the amount of \$25,843.17.
5. Authorized limited board attendance to the NRECA CCD Courses, March 6-9, 2018, in Pierre.
6. Authorized Board President to execute the 2018 Fee Schedule Amendment to the Engineering Services Contract with Dalager Engineering.
7. Approved the 2018 Capital Budget.
8. Authorized Eide Bailly to perform audit of employee benefit plans.

Questions or more details on any of these matters? Please ask your cooperative manager, staff member or director.

Financial Report	November 2017	November 2016
kWh Sales	30,613,267 kWh	26,840,761 kWh
Electric Revenues	\$2,712,780	\$2,341,127
Total Cost of Service	\$2,577,702	\$2,259,282
Operating Margins	\$135,078	\$81,845
Year To Date Margins	\$445,270	\$807,843

Residential Average Monthly Usage and Bill

November 2017	3,148 kWh	\$277.85	\$0.0882 per kWh
November 2016	2,585 kWh	\$229.69	\$0.0889 per kWh

Wholesale power cost, taxes, interest, and depreciation accounted for 85.7% of NEC's total cost of service.

Weathering a Winter Storm

When ice and heavy snow bring down limbs and power lines, safety is a consideration indoors and out. Make sure you know how to weather the storm.

When outside, stay away from downed power lines:

- A power line does not need to be sparking or arcing to be energized. Equipment near power lines can also be energized and dangerous.
- Lines that appear to be "dead" can become energized as crews work to restore power, or sometimes from improper use of emergency generators. Assume all low and downed lines are energized and dangerous. If you see a downed or sagging line, contact your utility.
- Motorists should never drive over a downed line as snagging a line could pull down a pole or other equipment and cause other hazards.
- Be careful approaching intersections where traffic or crossing lights may be out.
- If you plan to use a generator, know how to operate it safely

Before a winter storm, you should have supplies on hand and know how to stay warm:

- Always keep a battery-powered radio or TV, flashlights and a supply of fresh batteries. You should also have water, blankets and non-perishable food.
- When power goes out, it often comes back in spikes. This can damage electronics. Keep your electronics safe by unplugging them when the power goes out. Leave one lamp or switch on as a signal for when your power returns.
- To prevent water pipes from freezing, keep faucets turned on slightly so that water drips from the tap. Know how to shut off water valves in case a pipe bursts.
- Never use a charcoal grill to cook or heat with inside the home. Burning charcoal gives off deadly carbon monoxide gas. Charcoal grills should only be used outdoors.
- If you live with a child or elderly person, you may need to take them somewhere with power so they can stay warm. If you are healthy enough to stay home safely, there are ways to stay warm: stay inside and dress warmly in layered clothing.
- Close off unneeded rooms.
- When using an alternate heat source, follow operating instructions, use fire safeguards and be sure to properly ventilate.

Source: safeelectricity.org

DESIGNER ELECTRICITY

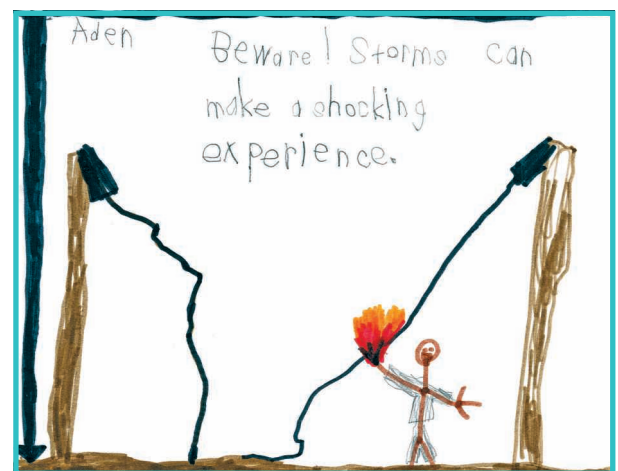
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

Energy Efficiency

Efficient lightbulbs and other appliances have actually reduced electricity sales, even as the population increases, the economy improves and we use more electronic devices.



KIDS CORNER SAFETY POSTER



"Beware! Storms can make a shocking experience."

Aden Schaeffer, 6 years old

Aden is the son of Travis and Jessica Schaeffer, Tabor, S.D. They are members of Bon Homme Yankton Electric Cooperative, Tabor.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents. Colored drawings are encouraged.

Bountiful Brunch

Butter Brickle Bread

1 box butter pecan cake mix 3/4 cup oil
 1 pkg. instant vanilla pudding 1 tsp. vanilla
 3/4 cup water 4 eggs

Beat together first 5 ingredients. Add eggs, one at a time, beating after each egg. Pour into 2 greased, medium loaf pans. Bake at 350°F. for 35 to 40 minutes. Glaze with powdered sugar frosting, if desired.

Linda Rauscher, Aberdeen

Cornmeal Waffles

1-3/4 cup flour 2 eggs, beaten
 1-1/4 cup cornmeal 2 cups milk
 1/2 tsp. salt 3 T. vegetable oil
 1 T. baking powder 1-1/2 tsp. vanilla

Whisk together dry ingredients. In separate bowl, beat eggs. Add milk, oil, and vanilla; whisk together. Pour wet mixture into dry mixture, whisking together. Bake on sprayed waffle iron.

Jane Ham, Rapid City

Quinoa Oatmeal

2 large eggs 1-1/4 cups whole milk
 1/2 cup brown sugar 1 cup quinoa, cooked and cooled
 1/3 cup butter, melted 2 cups old-fashioned rolled oats
 1-1/2 tsp. baking powder 1 T. ground flax meal
 1 tsp. cinnamon 1 tsp. vanilla
 1 tsp. vanilla 1/4 cup sliced almonds
 1 tsp. almond extract

Spray a 9x9-inch baking pan. Whisk together eggs and brown sugar, removing all lumps. Whisk in the remaining ingredients, except the quinoa, oats, flax and almonds – stir those in with a spoon. Cover and refrigerate at least 8 hours, preferably overnight. When ready to eat, remove dish from fridge and preheat oven to 350°F. Bake 40 to 45 minutes or until it is set and nicely browned. Let stand 5 minutes before slicing and serving. Serve with warmed milk.

Darcy Bracken-Marxen, Hermosa

Breakfast Tot Casserole

8 eggs 1 (32 oz.) bag frozen potato nuggets
 1/4 cup heavy cream 2 cups shredded Cheddar cheese
 1 package McCormick® Good Morning Ultimate Egg Casserole Slow Cooker Breakfast Seasoning Mix 8 oz. ground breakfast sausage, cooked and drained

Spray 6-quart slow cooker with no stick cooking spray. Mix eggs, cream and Seasoning Mix in large bowl with wire whisk until well blended. Place 1/2 of the potato nuggets in bottom of slow cooker. Pour in egg mixture. Sprinkle top with 1/2 cup of the cheese, then cooked sausage. Layer with remaining potato nuggets and cheese. Cover. Cook 2 -1/2 hours on HIGH or 5 hours on LOW. Makes 8 servings.

Nutritional Information Per Serving: Calories 502, Total Fat 34g, Saturated Fat 14g, Sodium 1,238mg, Cholesterol 234mg, Carbohydrates 31g, Protein 18g, Dietary Fiber 3g.

Pictured, Cooperative Connections

Brunch Baked French Toast

3 eggs, beaten 2/3 cup brown sugar
 1 cup milk 1 (16 oz.) loaf French bread, cut into 1-inch slices
 1/4 tsp. salt 2 tsp. ground cinnamon or to taste
 1/2 cup butter, softened

Preheat oven to 350°F. Whisk eggs, milk and salt together in a bowl; pour into a shallow dish. Soak bread slices in egg mixture until saturated. Spread softened butter over the bottom of a 10x15-inch jelly roll pan. Sprinkle brown sugar over the butter. Arrange bread slices onto sugar in a single layer; sprinkle with cinnamon. Bake in preheated oven until beginning to firm, 25 to 30 minutes.

Cortney Reedy, Tea

Please send your favorite seafood, appetizer and beverage recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2018. All entries must include your name, mailing address, telephone number and cooperative name.

HAPI Offers Rehab Grants For Home Improvements

Tackling a major home repair project is something that can be expensive. However, replacing doors and windows or upgrading the heating and cooling system can also improve the energy efficiency of a home and cut monthly energy bills. It is the reason Homes Are Possible Inc. in Aberdeen has a rehab grant program to give income-eligible homeowners money to improve their residences.

“The whole program is designed to do some minor things to their house so they can continue to live there,” Pat Mertens an inspector for HAPI said.

The grant is \$5,000 and can be used to make roof repairs or replace shingles, put new siding on a home, replace windows and doors, make repairs to plumbing and electrical equipment, replace a water heater, or put more insulation in a home. The rehab grant program is aimed at making improvements that will extend the life of the home.

“It doesn’t do any cosmetic items,” Mertens said.

Applicants must meet income guidelines to receive the grant which are laid out on the HAPI website at www.homesarepossible.org. All of the improvements must be performed by a licensed contractor and the applicant must own the home where the improvements are being made.

“The whole program is designed to do some minor things to their house so they can continue to live there.”

The grants are funded through the South Dakota Housing Development Authority. HAPI estimates more than 50 rehab grants are distributed every year throughout the more than 20 counties HAPI serves including Brown, Spink, Marshall, Day, Clark, Beadle, Hand, Faulk, Edmunds, and



McPherson counties in northeast South Dakota.

For an application and more information on income guidelines visit www.homesarepossible.org or call the HAPI office at 605-225-4274.

Heating Help Is Available

The Low -Income Energy Assistance Program (LIEAP)

helps eligible South Dakotans pay for home heating costs. Energy assistance may not pay for all your home heating costs but it will help ease the strain of the heating season. Energy assistance is available from October 1 - May 15.

Eligibility for the program is based on:

- Number of people in household
- Gross income of everyone in household
- Type of heating for the home
- Geographic area you live in

Applications can be obtained by calling **1-800-233-8503**, online at <http://dss.sd.gov/economicassistance/energyassistance/lowincome.aspx> , at the **local Department of Social Services office** or from the **Northern Electric office in Bath, SD.**

Co-op Employees Collect Christmas Donations



Rene Waldman (left) and Aaron Nuhsbaumer (right) hold toys that were donated to the 2017 Toys for Tots drive.



Alyssa Buchele (left) and Ben Dunsmoor (right) stand next to the dozens of hats and mittens that were donated for the Aberdeen Area Chamber of Commerce drive.



Redfield Customer Service Representative Diann Brenner shows off the donations that were collected for the Tri-County Good Samaritan Center in Redfield.



Doris Scheuffele (left) and Nick Nielsen (right) stand by the non-perishable food that was donated to the Aberdeen Salvation Army.

The generosity of Northern Electric Cooperative employees was on full display during the holiday season. Employees collected hundreds of items for four different local charities from mid-November until the middle of December.

More than 50 toys for children in the local community were dropped off at the Northern Electric office in Bath for the annual Toys for Tots drive. Employees brought numerous unwrapped toys for children in the area. Some Northern Electric members also dropped off toys for the annual holiday drive when they stopped in the office in Bath.

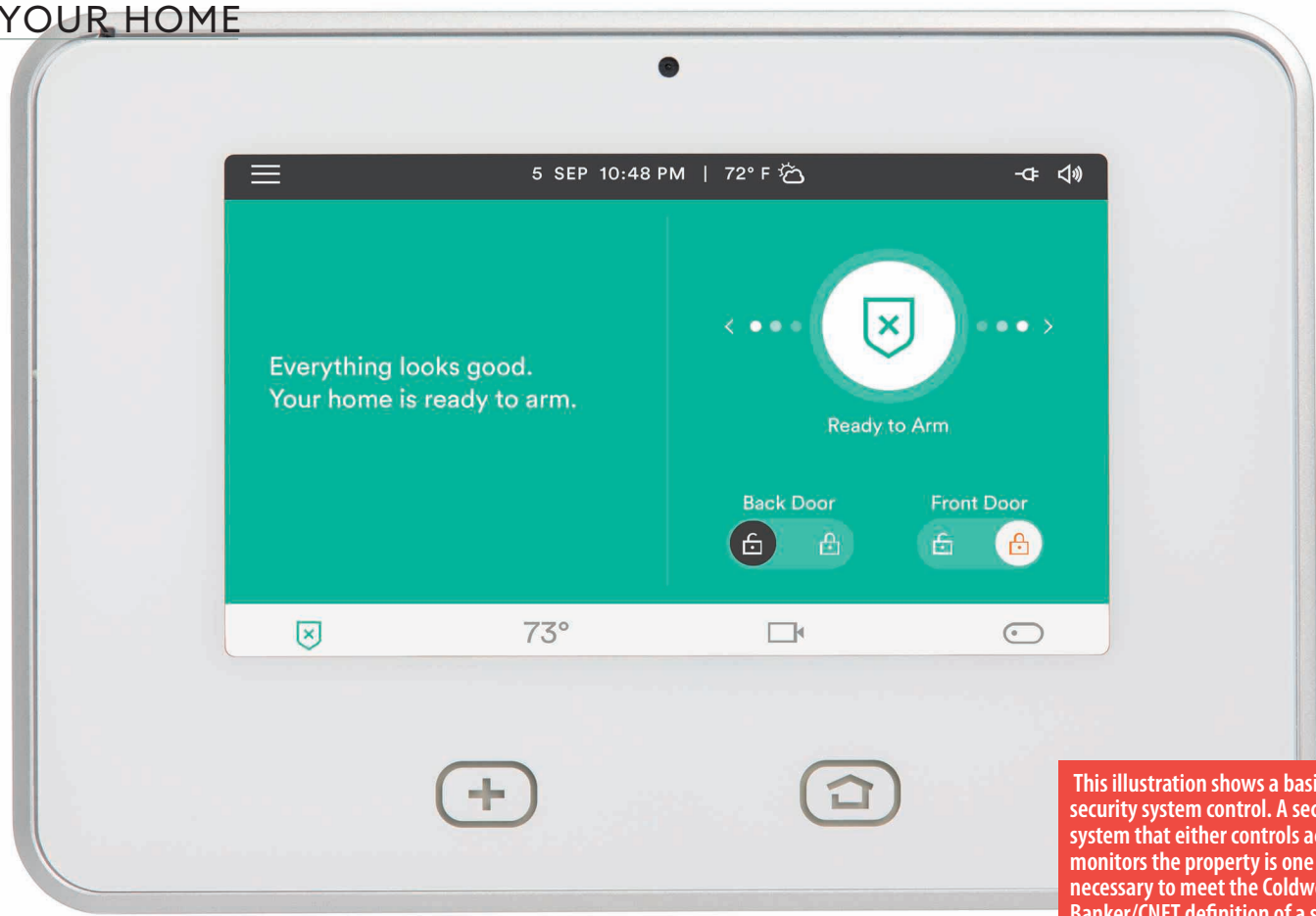
Dozens of hats and mittens for children were also collected by Northern Electric employees for the annual Aberdeen Chamber of Commerce hats and mittens drive. The cold-weather gear was distributed to Aberdeen-area elementary school students who were in need on December 19.

The employees at the Northern Electric office in Redfield collected toys, hats, mittens, and non-perishable food items for the Tri-County Good Samaritan Center in Redfield. The center serves residents in Spink, Hand, and Faulk counties.

“One of the co-op principles is ‘concern for community’ and in the weeks leading up to Christmas our employees truly showed their concern for the area through their generous donations,” Northern Electric Cooperative CEO/General Manager Char Hager said.

Numerous cans and boxes of non-perishable food items and personal hygiene products were also collected by co-op employees and donated to the Salvation Army in Aberdeen just a few days before Christmas.

“In the weeks leading up to Christmas our employees truly showed their concern for the area through their generous donations.”



This illustration shows a basic security system control. A security system that either controls access or monitors the property is one feature necessary to meet the Coldwell Banker/CNET definition of a smart home. (Vivint Smart Homes)

WHAT MAKES A SMART HOME?

Terry Woster

Freelance Writer

Everyone has an idea about what the phrase “smart home” means, but experts recently defined and identified the basic features and systems that make a home fit the phrase.

A dependable Internet connection is an essential piece, necessary for the connections that make the features of the home interact with each other and with the homeowner to get the most from each feature, whether it’s the doorbell camera, the thermostat or the sound system.

“You can’t have a smart home if it can’t connect to smart appliances,” says David Sirot, vice president of North American Communications



An illustration of the Smart Home Staging Kit available from the Worthington Group to sellers who list with Coldwell Banker. The kit includes a Nest Learning Thermostat, Nest Protect smoke and carbon monoxide alarm, Nest Cam Indoor security camera, August Smart Lock, August Connect, and Lutron-Caseta Wireless Lighting Starter Kit. More information is available at SmartHomeStaging.com. (Illustration courtesy of Coldwell Banker)

You can't have a smart home if it can't connect to smart appliances.

for Coldwell Banker Real Estate. He also said more and more people are interested in smart-home features in the homes they buy and in the renovation projects they undertake.

To come up with a definition of a smart home, Coldwell Banker Real Estate LLC in 2016 collaborated with CNET, a media website that produces news and reviews of consumer technology.

“For a time, we were stumped,” Sirotky said. “There simply was no definition of what it was. It needed to be broad enough and simple enough to be understandable. If you have certain specific and basic features or systems, if I can call your property a smart home, I can market your home very differently. That’s significant.”

A commonly accepted definition of the term is important because it provides “a clear and unified designation to keep up with rapidly evolving technology in the home,” he said.

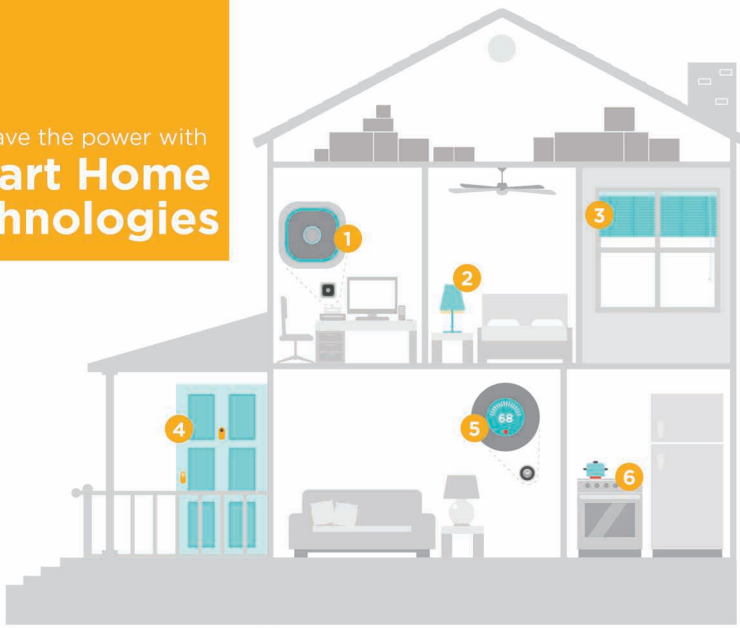
In a prepared release on May 10, 2016, Coldwell Banker and CNET outlined the definition they wrote:

Smart Home: A home that is equipped with network-connected products (that is “smart products,” connected through Wi-Fi, Bluetooth or similar protocols) for controlling, automating and optimizing functions such as temperature, lighting, security, safety or entertainment, either remotely by a phone, tablet, computer or through a separate system within the home itself.

To be considered a smart home, the property must have a smart security feature that either controls access or monitors the property or a smart temperature feature, in addition to a reliable Internet connection. The property also must have at least two additional features from the following list:

- Appliances (smart refrigerators and

You have the power with
Smart Home Technologies



- 1 Smart Hub/Bridge**
If you are looking to make your home smart without having to hire a company to install an interconnected system, then an internet-connected smart hub is the first thing you’ll need. A smart hub will allow you to control all your smart devices from one app by acting as a middle man that facilitates communications between all your smart home devices.
- 2 Smart Lighting**
Like most items in a smart home, smart lighting can be controlled with a few swipes of a smart phone app. But smart lighting is more than just convenient. Smart light bulbs are more energy efficient than standard incandescent bulbs. Some bulbs use GPS on your phone to determine your location, and can turn on or off depending on where you are located. Some bulbs are even voice controlled!
- 3 Smart Blinds**
Smart blinds can be useful for those who have tall, hard-to-reach windows; for those who have difficulty moving around the house; or for those who simply want

to smarten their home. Smart blinds allow you to schedule your blinds to open and close during certain times of day – a bonus if you are trying to be energy efficient – or control them via an app.

- 4 Smart Locks**
Smart locks allow you and anyone else you wish to enter your home with ease. Some smart locks let you open your doors with your cell phone. Some let you see who is coming and going while you are out of the house. Some even allow you to assign security privileges to certain people.
- 5 Smart Thermostat**
A smart thermostat is a great way to keep your home smart and energy efficient. Many smart thermostats can learn your heating and cooling behavior and will auto-schedule based on your preferences.
- 6 Smart Cooking Appliances**
Smart cooking appliances, like smokers, allow you to cook a perfect meal away from home, without burning the house down! Wi-Fi technology makes these cooking appliances smart!

smart washer / dryers)

- Entertainment (smart TVs and TV streaming services)
- Heating/Cooling (smart HVAC system, smart fans or vents)
- Lighting (smart light bulbs and lighting systems)
- Outdoors (smart plant sensors and watering systems)
- Safety (smart fire/carbon monoxide detectors and nightlights)

- Security (smart locks, smart alarm systems or cameras)

- Temperature (smart thermostats)

- The term “smart home” can be intimidating and overwhelming,” Lindsey Turrentine, editor-in-chief of CNET.com, said in the prepared statement. “We want to make it easy for everyone to better understand what a smart home is, in order to simplify the process in helping them choose the right devices for their homes.”



Students Can Apply For \$1,000 and \$500 Scholarships

2018 Scholarship Applications Being Accepted

Northern Electric Cooperative and North Dakota-based power supplier Basin Electric Power Cooperative are offering two scholarships in 2018 to help co-op families with the cost of college.

“Supporting students who are part of the cooperative family is an important component of our culture,” Northern Electric CEO and General Manager Char Hager said. “We are pleased to present two scholarships to students in our service territory every year.”

In 2017, Brigham Young University Sophomore Roman Orr was awarded the \$1,000 scholarship from Basin Electric and South Dakota School of Mines and Technology Sophomore Lily Cutler was awarded the \$500 scholarship from Northern Electric. The parents of both students are members of Northern Electric Cooperative and live within the service territory.

“Having the scholarship will help me focus more on academics and on my grades instead of being stretched too thin,” Orr

said about receiving the \$1,000 scholarship that was applied toward his tuition at BYU this fall.

To be eligible for the scholarships parents of the students must be current consumers of Northern Electric Cooperative. The scholarship application process includes a short essay and documentation of academic and extracurricular activities. Applications and instructions on how to apply have been sent to high school counselors throughout Brown and Spink counties and the Northern Electric service territory. Information about the scholarship and an application can also be found at www.northernelectric.coop/scholarships.

Students should fill out the Basin Electric scholarship application and mail or hand deliver the application to one of the Northern Electric offices in Bath or Redfield by February 16, 2018. Two students will be selected from the pool of applicants for the scholarships. One student will receive the \$1,000 scholarship and the other student will receive \$500.

How to Apply

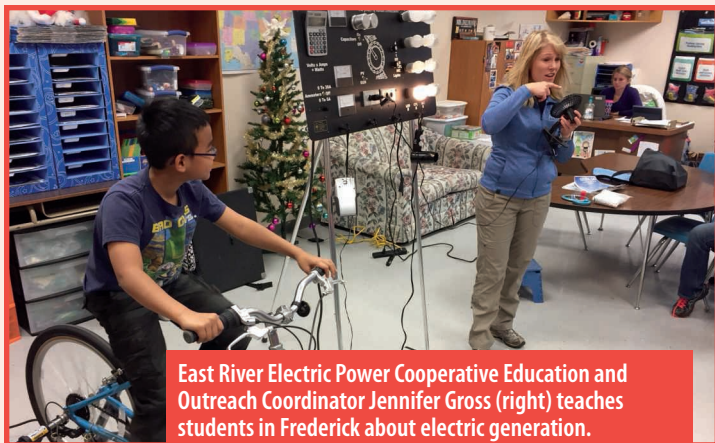
- **Scholarship Eligibility**
Applicants must be U.S. citizens, under the age of 25, and natural or adopted children of Northern Electric Cooperative consumers/members. Any applicant must be a student who is enrolled, or planning to enroll in, a full-time graduate or undergraduate course of study at an accredited two-year or four-year college, university, or vocational/technical school.
- **How the Selection Process Works**
All applications are critically evaluated using a combination of several criteria including: SAT/ACT scores, grade-point average, work experience, participation in school and community activities, a statement by the student explaining his/her educational and career goals, financial need, and a written recommendation by a third party.
A committee of cooperative employees will evaluate the applications and submit the entry to Basin Electric for scholarship distribution and select the winning entry for the Northern Electric scholarship.
- **Application**
Applications are available from local high school guidance counselors, on the Northern Electric Cooperative website at www.northernelectric.coop/scholarships, or directly from the Northern Electric offices in Bath or Redfield.

Completed applications MUST BE RETURNED BY FEBRUARY 16, 2018 to:

Northern Electric Cooperative
ATTN: Kay Albrecht
PO Box 457
Bath, SD 57427

For more information contact Kay Albrecht at: **605-225-0310**

Co-ops In The Classroom Visits Local Schools



East River Electric Power Cooperative Education and Outreach Coordinator Jennifer Gross (right) teaches students in Frederick about electric generation.



A fifth-grade student in Redfield gets a hair-raising experience while she learns about static electricity.

Students in four different schools learned about electricity, safety, and cooperatives on December 12-13 when the Co-ops in the Classroom program stopped at their schools.

Co-ops in the Classroom is a program that is supported by Northern Electric and its wholesale power supplier East River Electric Power Cooperative. East River Education and Outreach Coordinator Jennifer Gross visits each school with Northern Electric Communications Director Ben Dunsmoor to teach fifth-grade students about electric generation and how to use electricity safely and efficiently.

In December, students at Hitchcock-Tulare, Redfield, Frederick, and Northwestern had the opportunity to participate in the interactive presentations. The Co-ops in the Classroom program will be conducting the same presentation at other schools later in the school year.

If you would like to schedule a presentation contact Ben Dunsmoor at 605-225-0310 or bdunsmoor@northernelectric.coop.

EMPOWER YOUTH GROWING COOPERATIVE LEADERS

- ✦ Build on individual strengths
- ✦ Help recognize leadership potential
- ✦ Improve scholarship/college/job applications

The **Empower Youth Leadership Program**, for students in grades 9-12, is based on Cooperative Principles that promote ideals such as community service and teamwork.

FOR MORE INFORMATION:

Kristie Ching, program director

☎ 605-542-7416 **f** Empower Youth Leadership Program

✉ empoweryouth@becp.com 🌐 www.empoweryouth.coop

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Adding exercise to the daily routine is good for the heart.

HEART HEALTH

The Undeniable Truths of Heart Health: Diet and Exercise Remain Keys

Debra Gibson Isaacs

Always consult your doctor for any matters relating to your health. This information is not intended to diagnose any medical condition or to replace your healthcare professional.

How to Sneak More Exercise into Your Day

Sonya Angelone, a registered dietitian nutritionist (RDN) who holds a masters of science degree, is on the other end of the phone, explaining ways to sneak exercise into already-crowded days.

Although most of us wish it weren't true and wish there were a magic pill to keep our hearts healthy, diet and exercise remain the undeniable keys to a healthy heart. We know that but ... we're too busy for one more thing, can't afford a gym membership, are too tired after work, want to spend



Adding fruits and vegetables to one's diet is also a good tip for improving heart health.

The key is to avoid just being sedentary.

what little time we have with our children.

“Incorporate subtle exercises into things you already do,” Angelone suggests, rejecting the notion that we have to have chunks of time or money to improve our heart health.

“For example,” she says, “do a wall chair when on the phone or while brushing your teeth.”

What I don’t know at the time is that she is practicing what she teaches as we talk. “I’m doing a wall chair as we speak, she tells me a bit later. “I just put my back against the wall, my feet on the floor, and slid down the wall until you could set a book on my knees or a child could sit on my lap. This is engaging my quadriceps, lowering my blood sugar from just eating lunch, burning extra calories and strengthening my legs so I am less likely to fall.”

Angelone, a spokesperson for the Academy of Nutrition and Dietetics and a practicing nutritionist in the San Francisco Bay area, has more examples – all simple and cost-free or very low cost.

“Lunge down the hall,” she suggests. “It only takes a few lunges a day to make a difference. Or alternately stand on your tiptoes and flat on your feet. This strengthens your lower legs.”

Another idea is to hold both arms out to your side with a book in one arm. Your body will look like a “T.” Hold that position until your arms shake. Stop and repeat.

How many can you do? It doesn’t matter, according to Angelone. The idea is to go from where you are to an ability to do more.

Another few examples:

- While sitting in a chair or watching television, contract your abdominal muscles 20 times.
- While sitting in a chair, lift your toes, put them back on the floor, and repeat. This strengthens your shins.
- While sitting at the table, pedal a foot cycle.

“The key is to avoid just being sedentary,” the nutritionist says. “If you have a sedentary job, get up every half hour. Do something. Go outside and walk around the building, go up and down a flight of steps. Engage your muscles.

Important Note: *The only caveat is to make sure you have no limitations or injuries. If you do, check with your physician before trying any of these ideas.*

How to Sneak More Nutrition Into Your Diet

Eggs are packed with protein; they are good for you. Egg yolks have cholesterol; eggs are not good for you.

Butter is better than margarine or is it that margarine is better than butter?

What is the difference between monosaturated, saturated, partially hydrogenated and trans fats?

Confusion abounds about nutrition. Sometimes it is hard to keep up with the latest science, sometimes the science changes and sometimes we just can’t remember what the science says.

Sonya Angelone, a registered dietitian nutritionist (RDN), spends her days counseling people in the San Francisco area about nutrition. Before she reveals the answers to some of the biggest nutritional conundrums, Angelone says there is one important point to remember about nutrition: There is no one-size-fits all. Each of us is different and can process food differently. Age and activity level make a difference. Medical conditions can also alter nutritional recommendations.

Now, drumroll please, here are Angelone’s answers to two of the most common and perplexing questions about nutrition:

Eggs

Although the newest dietary guidelines remove the limit of eggs and dietary cholesterol, they still recommend avoiding excess. Eggs are a nutritious food, but whether they are good or bad depends on the person. Genes help determine how someone metabolizes nutrients, including cholesterol. Some people absorb excess dietary cholesterol and should limit eggs (one of the richest source in our diets). But, most people can consume eggs regularly. They just need to be sure it isn’t cooked in excess oil and doesn’t come with bacon, hash browns, white toast and butter!

Also, the recommendations are different for a healthy person wanting to eat a healthy diet versus someone with heart disease who is trying to reverse their disease. For the latter, I limit dietary cholesterol, including eggs. The American Heart Association is a good site for great information.

On Balance: Neutral.

Suggestion: Ask your physician to run a cholesterol balance test. This will tell you whether your high cholesterol is because your liver makes too much cholesterol or because you absorb too much cholesterol.

Butter or Margarine

I do not like margarine ever. It has trans fats. That simply means that something has been artificially added to make the margarine harden into a stick or tub. The producer transformed liquid oil into a solid fat by adding hydrogen atoms – thus the term hydrogenated. This process changes the fat into an unhealthy fat.

Now there has been so much pressure from the government that producers are going back to using transformed fats. While they are not using palm oil, which is not healthy, coconut oil is not healthy either. The liver uses saturated fats to make cholesterol.

Some people believe that coconut oil is not bad because of a study. There were two groups, one which substituted sugar for fat and another group which substituted coconut oil for fat. It wasn’t that the coconut oil was better. It was that the sugar is so bad.

On Balance: Butter is always the best choice.

Suggestion: Try nut butter instead.

Youth Entrepreneurship Is Alive and Well

BIG Idea Celebrates 10th Anniversary

Kelly Weaver

www.BIGideaSD.com

South Dakota student entrepreneurs compete for scholarships with their big plans.

The 10th Anniversary BIG Idea Competition was a BIG success with 243 entries involving 357 students from 37 schools. The event wrapped up Thursday, Dec. 7, at Northern State University.

Christian Westhoff of McCook Central High School took first place with Dakota Cubs, customized and handmade teddy bears. Second place went to Soap Opera Laundromat & Dry Cleaning by Julia Neuharth of Eureka High School, offering laundry services not currently available in a 75-mile radius. Third place was awarded to Taylor Evans of Pierre T. F. Riggs High School for Hot Look, an app that suggests an outfit from your wardrobe to wear based on the weather. The Marketing Design winner was Learning 101 by Meadow Smith from West Central High School, Hartford, and the Wellness Award went to Personal Plate by Conlan Rendell of Pierre T. F. Riggs High School. The winners were awarded more than \$5,000 in cash and scholarships.

Other finalists included Pribyl Pool by Morgan Selchert, Lexi Pinkert and Reed Hartman from Milbank High School; Anti-social-Eats by Michael Crawford, Angelica Jones and Kaelin O'Leary from Lead-Deadwood High School; Safe Haven Shelters by Jasmine Gengerke of Groton High School; Hire a Ranch-Hand by Colt Brink of Pierre T.F. Riggs High School; Know-How by Danielle Eliason and Bess Seaman of Warner High School; and Kharel's Colors by Dhvani Kharel from Brookings High School.

In celebration of the 10th anniversary, Michael Grabham with



Christian Westhoff of McCook Central High School in Salem, S.D., delivers her "elevator pitch" for her "Dakota Cubs" business plan. Westhoff took home the first-place \$1,000 scholarship in the competition.

The Package Guard from Seattle was the featured keynote speaker along with local business owners Heath Johnson with Dakota Plains Companies and past BIG Idea winner Ellen Schlechter, creator of the Calving Book app. Grabham advised the students to 'celebrate your weirdness' and build your network and emphasized that conviction and compassion are critical for a successful business launch.

Students from the following high schools participated: Aberdeen Central, Belle Fourche, Bowdle, Brookings, Canistota, Chester, Custer, Deuel, Doland, Eagle Butte, Edmunds Central, Ethan, Eureka, Faulkton, Gregory, Groton, Hamlin, Ipswich, Madison Central, McCook Central, Milbank, James Valley Christian, Lead-Deadwood, Leola, Mobridge-Pollock, Montrose, Northwestern, Pierre T.F. Riggs, Sully Buttes, Sunshine Bible Academy, Vermillion, Wagner, Warner, Watertown, Waverly/South Shore, West Central and Yankton.

For more information about the BIG Idea competition, visit www.BIGideaSD.com; on Facebook at @BIGIdeaSD or on YouTube at <https://www.youtube.com/user/BIGIdeaSD/playlists>



BIG idea winners and sponsors pose for a photo. Pictured are: (standing from left) Kelly Weaver, BIG Idea Committee; Andrew Miller, Presentation College; Christian Westhoff, 1st Place; Troy McQuillen, McQuillen Design; Julia Neuharth, 2nd Place; Brian Carda, Sanford Health; Taylor Evans, 3rd Place; Kila Legrand, Sanford Health and Dr. Tim Mantz, Northern State University and (seated) Meadow Smith, Marketing Design Winner and Conlan Rendell, Wellness Award.

What is the BIG Idea Competition?

To promote entrepreneurship, spur creative thinking and encourage students to start a business.

- A business idea competition for high school students
- A 1,075-word description of a business idea
- An optional Marketing Design competition which includes an ad for their idea
- An opportunity to learn about business concepts and entrepreneurship
- A chance to win cash and scholarships

This competition, launched in 2007, was created through the collaborative efforts of many organizations in South Dakota. This competition is about exposing youth to new ideas and innovation in the hopes that you will view entrepreneurship as an option for your future. Rather than leaving the region to look for a job, you can have the confidence to create your own opportunities close to home and know that there is support for you should you choose to do so. Homegrown businesses are key to the success of our rural communities.

Contest Timeline:

Completed online business ideas are due in October. Students who are selected as finalists will be invited to present their ideas to entrepreneurs and the awards ceremony will take place that same day. The final competition is in early December.

What is in it for Students?

- Learn about business development and planning
- Meet with other students and future business

mentors

- Be a part of the cutting edge – young future entrepreneurs
- Be recognized for your business smarts
- Attend a wrap-up event with other participants
- Win great prizes

What is in it for Teachers and Schools?

- Specially developed resources to enhance entrepreneurship or business studies
- Recognition for your school team's efforts
- A networking and learning opportunity for like-minded educational professionals
- A chance to help area youth explore their options!



December 15-March 31

South Dakota snowmobile trails season, Lead, SD, 605-584-3896

January 17-25

Winter Art Show, Spearfish, SD, 605-642-7973

January 19

Portland Cello Project Concert, Spearfish, SD, 605-642-7973

January 19-20

Media One Funski, Sioux Falls, SD, 605-339-0000

January 19-20

ISOC Deadwood SnoCross Showdown, Deadwood, SD, 605-578-1876

January 20

Bark Beetle Blues, Custer, SD, 605-440-1405

January 21

REO Speedwagon, Deadwood, SD, 605-559-0386

January 26-February 4

Annual Black Hills Stock Show and Rodeo, Rapid City, SD, 605-355-3861

January 27

Sioux Empire on Tap, Sioux Falls, SD, 605-367-7288

January 27

Lakota Games on Ice, Mitchell, SD, 605-996-5473

February 3

Don McLean, Deadwood, SD, 605-559-0386

February 3

Tomahawk Snow Jam, Deadwood, SD, 605-569-2871

February 6-10

Winter Farm Show, Watertown, SD, 605-886-5814



February 2-4

10th Annual Winterfest of Wheels, Convention Center, Sioux Falls, SD, 605-231-3100, www.winterfestofwheels.com

February 9-11

Black Hills Sport Show and Outdoor Expo, Rushmore Plaza Civic Center, Rapid City, SD, 605-394-4111

February 15-17

Sno Jam Comedy Festival, Sioux Falls, SD, siouxfallssnojamcomedyfest@gmail.com

February 16-18

2018 National Pheasant Fest and Quail Classic, Sioux Falls, SD, 651-209-4933

February 16-18

Annual Frost Fest, Brookings, SD, 605-692-6125

February 24

Snow Jam, Lead, SD, 605-569-2871

February 24

Farm and Home Show, 10 a.m. to 3 p.m., Presho, SD, 605-895-9445

February 24

Annual Outhouse Races and Chili Cook-off Contest, Nemo, SD, 605-578-2708

March 3-6

2018 Summit League Basketball Championship, Sioux Falls, SD, 605-367-7288

March 10-11

2018 Gun Show, American Legion Hall, Saturday 9 a.m. to 5 p.m., Sunday 9 a.m. to 3 p.m. MST, Philip, SD, 605-859-2280 or 605-441-8466

March 16-17

28 Below Fatbike Race, Lead, SD, 605-584-3435

March 16-17, 23-24

60th Annual Schmeckfest, Freeman, SD, 605-925-4237

March 17

Annual Ag Day at the Washington Pavilion, Sioux Falls, SD, 605-367-6000

March 27

Socks in the Frying Pan Concert, Spearfish, SD, 605-642-7973

March 31

Eggstravaganza, Rapid City, SD, 605-716-7979

April 5

McCrossan's Wildest Banquet Auction in the Midwest featuring A Night Out with the PBR, 5:30 p.m., Arena, Sioux Falls, SD, Tickets: \$75 each, 605-339-1203, www.mccrossan.org

April 6-8

Professional Bull Riders Built Ford Tough Series, Sioux Falls, SD, 605-367-7288

April 20-21

Craft Beer Fest, Deadwood, SD, 605-578-1876

To have your event listed on this page, send complete information, including date, event, place and contact to your local electric cooperative. Include your name, address and daytime telephone number. Information must be submitted at least eight weeks prior to your event. Please call ahead to confirm date, time and location of event.