



Cooperative Connections



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Love**

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A New Year!



Brad Schardin

brad@southeastern.coop

Over the past 79 years of existence, we have returned a combined total of more than \$30 million.

Welcome to 2018 and along with ringing in the New Year, we have ushered in some much colder winter weather with it!! We had a very nice fall to finish off the year of 2017 and looking back, we had more heating degree days in 2017 than we did in the fall of 2016. With those heating degree days comes additional electrical use due to your heating systems operating for longer periods of time, lights on due to the darkness earlier in the day and of course, all that large equipment plugged in to keep it warm for operating in this extremely cold weather. I encourage you to visit southeasternelectric.com and join the SmartHub for information on your daily electrical use. It will help you understand what drives your electric bill from day-to-day and allows you the option to pay your bill right from your smart phone.

Our line crews will be back at their annual line patrol to weed out those nuisance-type outages that can occur almost any time with our 4,300-plus miles of line serving you. We have had a few of those types of nuisance outages over the past month from our power suppliers on the high voltage transmission lines affecting four of our substations in the Centerville, Hurley, Irene and Viborg areas. After a vigorous pole by pole inspection process, they were able to find a bad insulator and lightning arrestor that was flashing over on the 69,000-volt transmission line. These outages are extremely annoying for all of us and we are happy that they found the item causing the problem. We work very hard tracking down outages and there are times when it is extremely frustrating combing miles and miles of line to find one small piece of equipment malfunctioning. If something on our lines doesn't look quite right to you, please give us a call so we can check things out. Thanks to all of you for your patience and we will work hard this winter scanning our lines and changing out that equipment that don't test out properly in our winter line patrol process. If you see one of our line vehicles in or around your yard, we are doing our annual line inspection to help us provide that dependable and reliable electric power that we need each day.

With a new year comes a whole new batch of items on our to-do list. We have finished out our 2018 budget utilizing our existing rates for the year barring any major or unforeseen cost increases. Our crews have a ton of work planned for 2018 and who knows what Mother Nature will throw our way that we will have to deal with.

Please keep us informed on any changes that you are planning at your home, farm or business so that we can be prepared for the work that you need to have done ahead of time. We will continue to utilize new technology to improve our services to you and we will monitor a host of legislative issues on a local, state and national basis to minimize their impact on the cost of electric service to you, our members.

As always, with each new year comes a whole list of new challenges and opportunities to serve you and I look forward to working with you for another successful year for you and your electric cooperative.

Southeastern Electric Cooperative Connections

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Design assistance by SDREA

Attention Members:

Chapman Metering will be on Southeastern's project testing and installing three-phase meters.

The technician's names are Todd Devore and Jay Bradley – they will be driving white Chevy vans with Chapman Metering logos and Southeastern Electric Cooperative door decals.

They will be working on irrigation accounts and three-phase accounts in SEC's service territory.

Again, if you should see a white van in your area, it should have Chapman Metering or Southeastern logos on it.

If you have any questions or concerns, please call Southeastern Electric at 800-333-2859 anytime.



Above is a photo of a Chapman Metering van which will be testing and installing three-phase meters for Southeastern Electric within our service territory. At left is one of the two technicians who will be working on the project.

Opportunities for Teens Scholarship Program

Southeastern Electric will award five \$1,000 scholarships and five \$500 scholarships to the dependent child of member/consumers.

To apply, you must complete the required criteria along with the scholarship application, which can be obtained from local high school guidance counselors, at any one of Southeastern Electric's business offices or online at southeasternelectric.com

Applications must be returned to Southeastern Electric, PO Box 250, Salem, SD 57058 by Friday, Feb. 2, to be eligible. Please include a picture of yourself.

Youth Tour to Washington, D.C.

Three area teens will travel to Washington, D.C., June 7-14 for the 2018 Rural Electric Youth Tour. The applicants must be a high school sophomore or junior whose parents or guardians are Southeastern members.

Applicants must complete a personal information sheet and take a test on the history and organization of the rural electrification program. The test must be completed and returned to Southeastern Electric Cooperative by March 16.

For More information:

For more information on these opportunities, contact Brett Snyders, Mark Neu or Caralee Miller at 1-800-333-2859 or visit www.southeasternelectric.com.

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

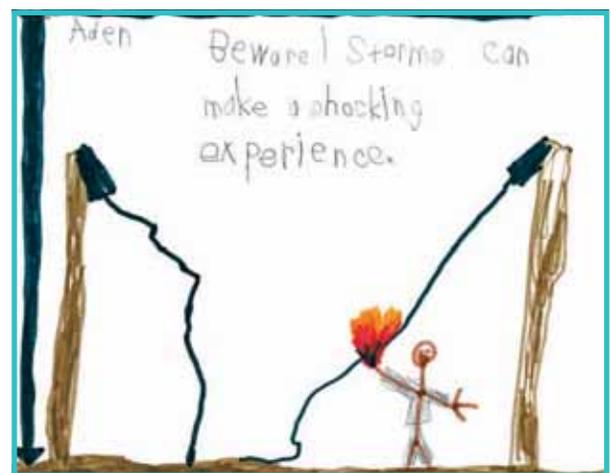
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

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.

Hiring the Right Contractor



Pat Keegan

Collaborative Efficiency

Your electric co-op may be able to provide a list of approved contractors in your area.

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on thermostats, please visit: www.collaborativeefficiency.com/energytips.

Sources

¹ <https://energy.gov/energysaver/insulation>

² <https://insider.energytrust.org/technical-tip-explain-heating-efficiency-ratings/>

³ <https://energystar.zendesk.com/hc/en-us/articles/212111387-What-is-SEER-EER-HSPF->

Dear Pat: We're wanting to make renovations to our home that will improve aesthetics and overall energy efficiency. How can we make sure we hire a contractor who will do a good job and stay within our budget? – Bridget and Neil

Dear Bridget and Neil: Great question! Renovations can be the perfect time to improve your home's energy efficiency. To make sure you get those energy savings, it's important to do some planning right from the beginning.

The first step is to educate yourself so you can be in control of your project. Helpful, easy-to-understand energy efficiency information is available for virtually any area of your home and any renovation project. Just be sure to use reputable sources, like energy.gov, energystar.gov or your local electric co-op.

You'll need that knowledge so you can judge the solutions each potential contractor proposes. Some products or methods that are sold as effective energy efficiency solutions may not work as well as they claim or may be too expensive relative to the energy savings they provide.

It's important to talk to your local building department to find out if your project requires a permit and inspections. Some contractors may suggest doing the work without a permit, but unpermitted work can cause problems if you need to file an insurance claim down the road or when you get ready to sell your home.

You can also use your newfound knowledge to ask the right questions of potential contractors. Ask about the product to be installed, the energy savings it should yield and whether it will improve comfort. Because energy efficiency installations and construction are specialized, most measures are unlikely to be installed correctly unless the installer has experience and hopefully some appropriate training or certification.

Finding a contractor can be a challenge, especially in rural areas. To find them, use your online search engine to “find a contractor in your area.” If you're in a sparsely-populated area, the right contractor may be located an hour or two away. Your electric co-op may be able to provide a list of approved contractors in your area. You can also check with a local energy auditor for contractor names.

You may decide you'd like to hire a small specialty contractor or a larger general contractor. Either way, it's crucial to hire someone with a contractor's license, a local business license and three types of insurance: liability, personal injury and workers' compensation. Check references to verify the contractor has a solid history of cost-control, timeliness, good communication and excellent results, including significant energy savings. You might learn that your lowest bidder has a tendency to increase the price after the job has begun.

As you choose between contractors, quality should be an even more important consideration than price. Poor-quality energy efficiency work will not deliver maximum savings.

Once you have settled on a contractor, be sure to get a written contract. It should include “as built” details and specifications that include energy performance ratings you have researched ahead of time, such as:

- The name of the individual doing the installation.
- The specific R value¹ if you're insulating.
- The make, model, the AFUE (annual fuel use efficiency) and COP² (coefficient of performance) ratings if you're replacing a furnace (and ask that an efficiency test be conducted before and after the work).
- The make, model and EER (energy efficient ratio) rating³ if you are replacing the air conditioner. (Some contractors are able to check for duct leakage in the supply and return ductwork with a duct blaster if you're doing any furnace or AC work.)
- Whether the contractor must pay for the necessary building permits.

Finally, be cautious about pre-paying. Keep the upfront payment as low as possible, set benchmarks the contractor must meet to receive the next payment and make sure a reasonable amount of the payment is not due until the project is completed, passes building inspections and you are fully satisfied. If you don't feel qualified to approve the project, you could even require testing or inspection by an independent energy auditor.

Then, enjoy your new energy efficient space!

Up for a Challenge?

Become a Southeastern Electric Director

Southeastern Electric Cooperative is making plans for this year's annual meeting, which will be held on June 7, 2018. Three directors will be elected for a term of three years. The three-year terms will be from districts three (3), six (6), and nine (9).

District No. 3 shall consist of Monroe, Brothersfield, Home, Marion, Parker, Germantown, Norway, Hurley and Middleton townships in Turner County, South Dakota including the Town of Davis and the City of Hurley, South Dakota.

District No. 6 shall consist of Perry, LaValley, Grant, Lynn, Canton West, Canton East, Highland and Fairview townships in Lincoln County, South Dakota.

District No. 9 shall consist of Pearl, Sun Prairie, Benton, Salem, Jefferson, Emery, Bridgewater and Union townships and the city of Spencer, all in McCook County; and Spring Lake, Edgerton, Pleasant and Taylor and the community of Farmer, all in Hanson County and Canova and Vermillion Townships, all in Miner County, all in South Dakota.

If you should decide to be a candidate for director on your board of directors, you should be aware of the responsibilities involved.

- 1) A director must be prepared to abide by and uphold the bylaws of the cooperative.
- 2) Directors act as trustees for the

assets of the cooperative and protect its assets.

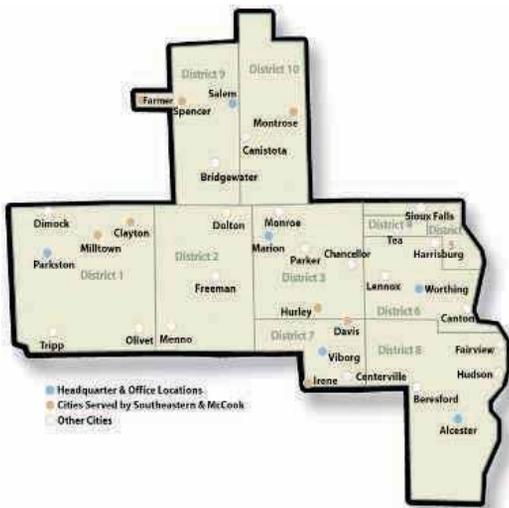
- 3) They formulate, approve and review policies to provide guidelines for the cooperative.
- 4) The board is responsible for sending representatives to the associations to which the cooperative is a member.
- 5) The board sends representatives to the meetings of East River Electric Power Cooperative and the South Dakota Rural Electric Association.
- 6) The board members attend seminars and meetings of several organizations.
- 7) Directors are asked to lobby and remain informed on pertinent legislative issues.
- 8) A great deal of reading and studying is necessary to keep informed of current Rural Utilities Service (RUS) happenings and how they may affect the cooperative.
- 9) The board reviews financial reports, work plans and audits, approves purchases and evaluates cooperative operations.
- 10) An important quality required of directors is responding to members' concerns and questions. They need to be available to their constituents.
- 11) A good director must have a genuine spirit of wanting to help at all times.

Board meetings usually are held on the third Thursday following the first Monday of each month. Director's regular duties require an estimated 25 to 30 days a year.

Directors for districts 3,6 and 9 will be elected in 2018.

If you are interested in being a candidate for director of the board, stop by one of SEC's offices and pick up a petition. The candidate must have 15 or more members of their district affix their signatures to the petition. Petitions will be available on Wednesday, Feb. 7, 2018, at 9 a.m. and can be obtained by calling the office at 1-800-333-2859 or picked up at the Marion, Alcester or Salem offices.

The deadline for filing petitions will be April 20.



Meet Your Directors



President
Don Heeren, Dist. 3



Vice President
Steve Holmberg, Dist. 8



Secretary
Chris Hofer, Dist. 4



Treasurer
Pat Scheier, Dist. 10



Lynell Hofer, Dist. 2



Leslie Mehlhaff, Dist. 1



Richard Olson, Dist. 7



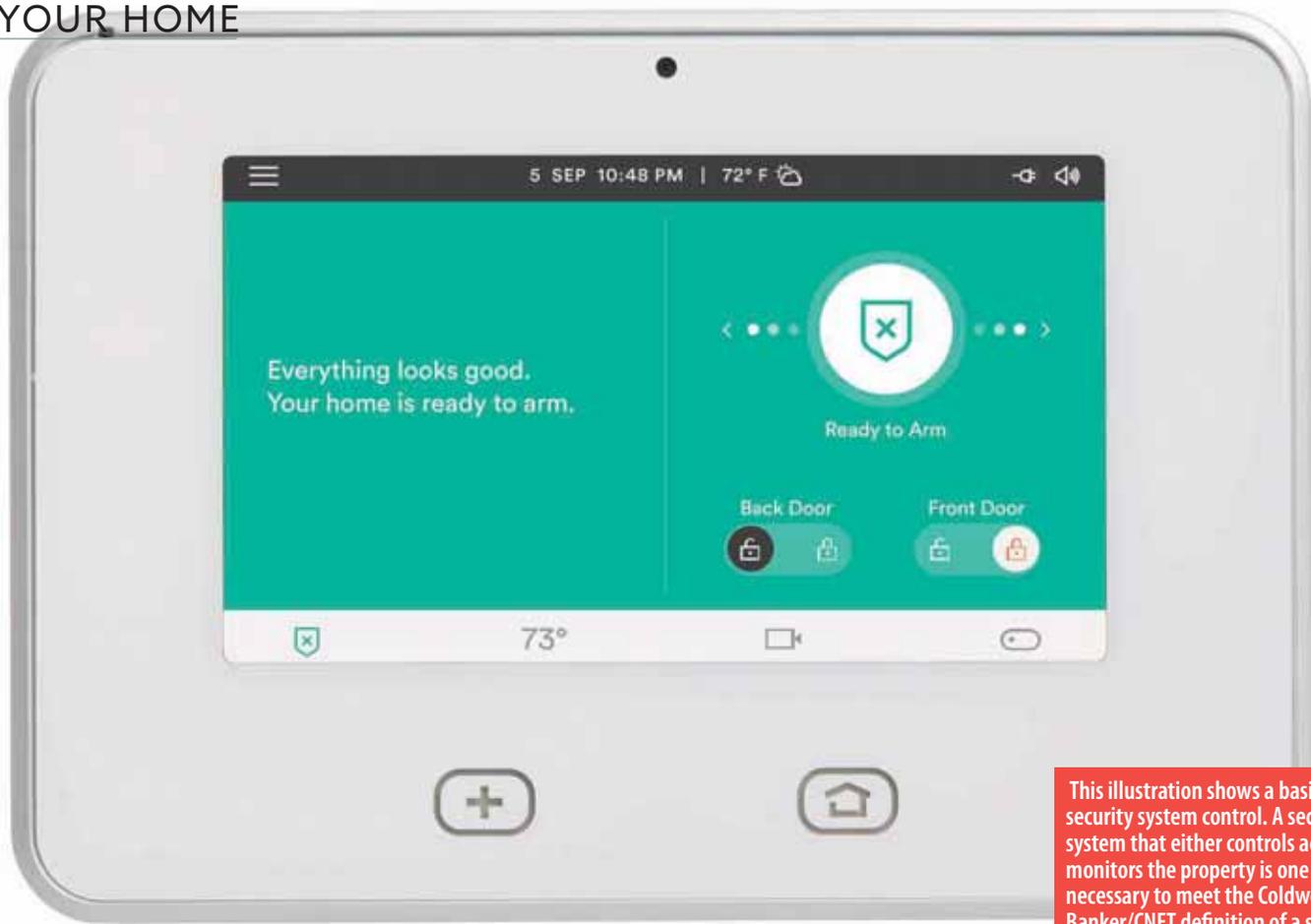
John Ostraat, Dist. 5



Daryl Terveen, Dist. 9



Johnathan Wildeboer, Dist. 6



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,” Sirotty 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
- 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.”

Board Summary Report

The board of directors of Southeastern Electric Cooperative met on Thursday, Dec. 21, 2017, with all directors present. Also present were Manager Brad Schardin, Attorney Alan Peterson and staff members John McDonald, John Euchner, Todd Nelson and Mark Neu.

Manager Schardin in his report reviewed with the board the following items:

- Discussed the use of RTO memberships by IOUs on biddable loads.
- Updated the board on the benefits of gathering private right-of-way easements when dealing with road improvement projects and recent legislative discussions on municipal annexations.
- Reviewed the impact on load management programs such as NEST thermostats and AgSense type of controls.
- Discussed proposed renewable energy projects in the area and plans to hold annual one-on-one meetings with the employees during the last week of December.
- Updated the board on the preparation of sales agreements for the pole yard and company house in Alcester and plans to meet with the City of Salem regarding a variance to curb and gutter and green space ordinances.
- Reviewed the circulation folder and various member-related issues.

CFO John McDonald reviewed his written report and the preliminary financial report for November 2017.

Operations Manager John Euchner reviewed his written report along with the outage and safety reports. He also updated the board on pole inspection results, Verizon grid-wide meter installations and vehicle inspections results.

Marketing and Member Services Manager Mark Neu reviewed his written report and discussed changes to the DOE new rules of large capacity water heaters.

Consumer Relations and IT Manager Todd Nelson reviewed his

written report and answered questions on the collection agency and the CSR vacancy at the Sioux Falls office.

In his legal report, Attorney Peterson discussed a final rule issued by the DOT to include opioid testing as part of the drug screen for CDL drivers effective Jan. 1, 2018. He also discussed the potential liability associated with a wild fire started by a downed power line. Risk management through a comprehensive tree trimming program may be limited by the lack of extended right-of-way easements.

The board acted on the following motions:

- A motion was made and seconded to approve the consent agenda. Motion carried.
- A motion was made and seconded to approve the 2018 Budget and Annual Work Plans as presented. Motion carried.
- A motion was made and seconded to adopt Board Resolution #2017-11 to proceed with the forfeiture process in accordance with state law. Motion carried.
- A motion was made and seconded to approve a contribution to the Marion Fire Department and give them consideration for the REED loan based on their needs. Motion carried.
- A motion was made and seconded to select Mehlhaff as the NRECA delegate/CFC alternate/Federated delegate/NRTC alternate/NISC delegate and L. Hofer as the NRECA alternate/CFC delegate/Federated alternate/NRTC delegate/NISC alternate and authorize them to attend on behalf of the cooperative. Motion carried.
- A motion was made and seconded to select Olsen and Holmberg to attend the NRECA Director's Conference in March on behalf of the Cooperative. Motion carried.
- A motion was made and seconded to appoint Olsen and Mehlhaff to serve as the Audit Committee members during the calendar year of 2018. Motion carried.

The next regular monthly meeting will be held on Thursday, Jan. 18, 2018, at the Marion office.

Title VI Statement of Non-Discrimination

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: 202-690-7442; or (3) email: program.intake@usda.gov.



LIKE TO COOK?

Send Us Your Recipes!

We are looking for original or your favorite recipes that are a hit at your house. Each month we will hold a drawing from the recipes that are submitted for a \$10 credit on the winner's electric account.

Please note that each month's winner will then be entered in a yearly drawing for a grand prize at the end of the year.

All recipes that we receive will be forwarded to SDREA for possible publication in *Southeastern Electric Cooperative Connections*. Recipes for the March magazine should be submitted by Jan. 27. The last winner of the \$10 credit was Cortney Reedy of Tea, S.D. You can e-mail your recipes to brett@southeasternelectric.com or mail them to Southeastern Electric, PO Box 250, Salem, SD 57058.

Upcoming recipe topics are Seafood in March and Appetizers/Beverages in April.

Employee and Director Service Recognized

A dozen Southeastern Electric Cooperative employees and directors were recognized for achieving years of service milestones in 2017. Combined, they have 265 years of serving you, our member-owners.



Dick Luke

Employee, 45 years



Doug Bartling

Employee, 40 years



Bob Schrag

Employee, 40 years



Caralee Miller

Employee, 25 years



John Ostraat

Director, 25 years



Jayson Bogenreif

Employee, 20 years



Dean Moller

Employee, 20 years



Jen Weber

Employee, 15 years



Daryl Terveen

Director, 15 years



Monica Chase

Employee, 10 years



Bob Schrag

Employee, 5 years



Zach Sorensen

Employee, 5 years



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

HEART HEALTH

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

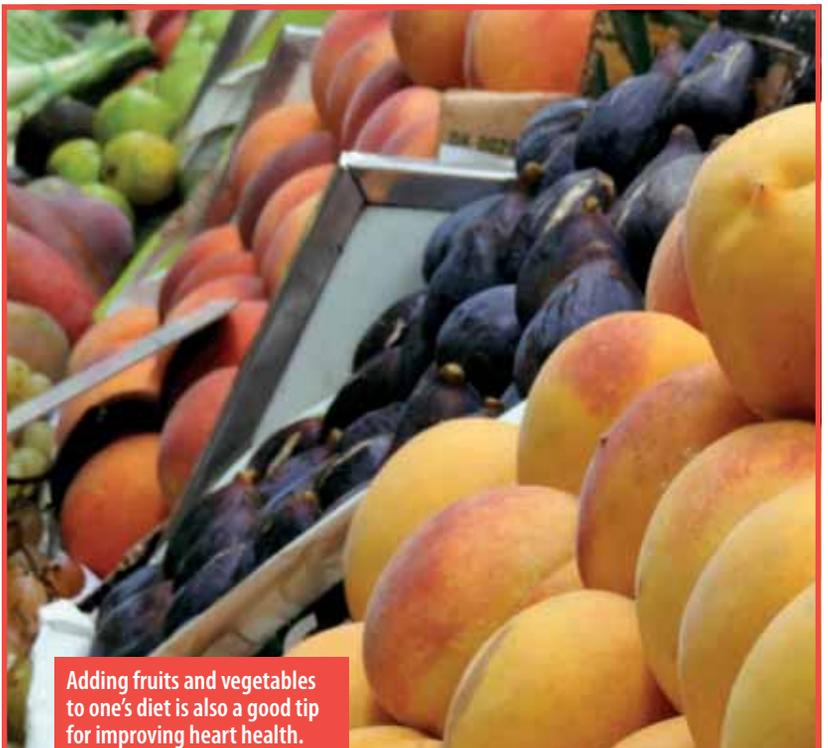
Debra Gibson Isaacs

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

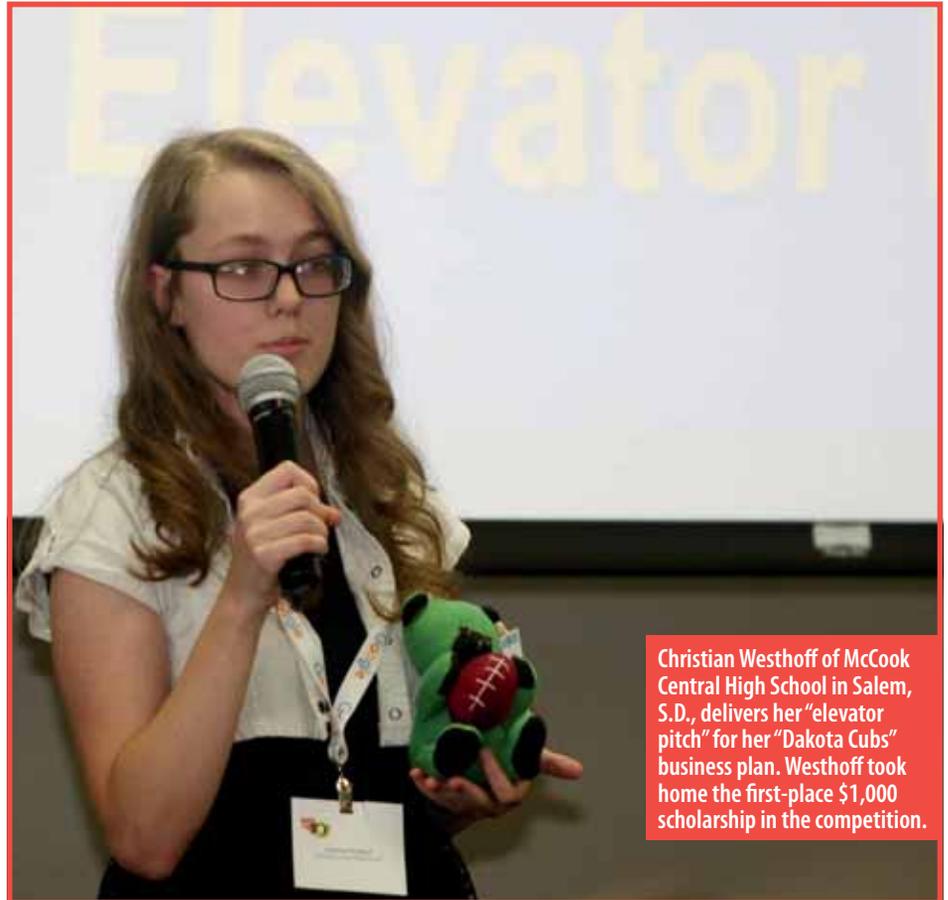
South Dakota student entrepreneurs compete for scholarships with their big plans.

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, siouxfallssno-jamcomedyfest@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.