

Cooperative Connections



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How Smart
Is It?**

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Heart Some
Love**

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Allow Me to Introduce Myself



Joel Janorschke

jjanorschke@traverseelectric.com

First and foremost, I would like to recognize the years of service and dedication given to the cooperative and its members by Clayton Halverson.

As the new general manager of Traverse Electric Cooperative, I would like to share background information about myself. I have 24 years of experience working for cooperatives, as well as its members.

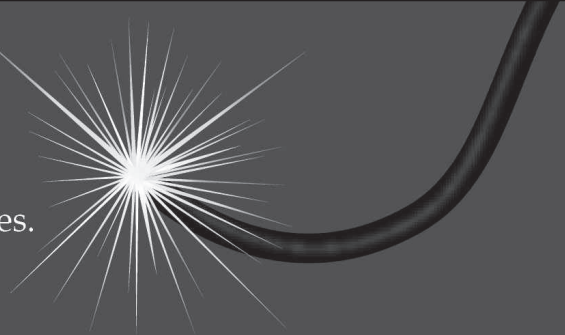
My operations background consists of working as an operations manager, design engineer, maintenance line foreman and light construction line foreman. These positions have provided me with the knowledge, skills and experience to communicate with all departments to gain strong relationships within departments, as well as employee-member relationships.

I would also like to thank the board of directors for this opportunity. I am honored to be selected as the general manager for Traverse Electric Cooperative and will strive to perform exceptionally as general managers have done in the past.

I look forward to meeting you – our member-owners – at the upcoming district meetings.

Stay Back!

Know the difference between types of lines and wires. If you see a downed electric line, be aware that it could be live and dangerous!



Electric Wire

Electric wires are larger and can be easily identified by the three separate twisted wires, one being uniquely silver or uninsulated.

Cable Wire

Cable lines are round and look similar to the coaxial cable that connects to the TV in your home.

Phone Wire

Telephone wires are typically smaller, flat wires.

Traverse Electric Cooperative Connections

(USPS No. 018-903)

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Joel Janorschke

**In case of a power outage call
1-800-927-5443**

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Traverse Electric District Meetings to Begin in January

Traverse Electric will be holding our district meetings on the following dates.

- **Friday, Jan. 26:** Districts 4 and 5 will be held at Bobbi Jo's in Beardsley.
- **Tuesday, Jan. 30:** Districts 1, 2 and 6 will be held at the Traverse Electric office.
- **Wednesday, Jan. 31:** Districts 7, 8 and 9 will be held at Rosalie's Restaurant (formerly the VFW) in Sisseton.
- **Thursday, Feb. 1:** District 3 will be held at the Campbell Community Center in Campbell.

Voting for elections this year will be District 2 (Roger Derby), District 5 (Pat Homan) and District 8 (Alan Veflin).

All meetings will begin at noon with lunch furnished and will last for less than one hour. At each meeting, a member from each district will have a chance to win a \$25 bill credit, plus other prizes. All members are encouraged to attend. Thank you.

Update Your Contact Information

In the utility business, we know rough weather will occur and sometimes power outages simply can't be avoided. But did you know there are steps you can take to ensure your electricity is restored as quickly and safely as possible? By keeping your contact information up-to-date, you can take full advantage of the services Traverse Electric offers.

You may have noticed prompts through our billing statements and webpage requesting your updated contact information. If we don't have the correct phone number linked to your home address, it makes it very difficult to contact you during an outage.



Updating your contact information is helpful because it speeds up the power restoration process. With correct information, we can also contact you in advance of planned outages for repairs and maintenance.

Please call 320-563-8616 and make sure you're up to date.

IN CASE OF OUTAGE

- 1ST** Check the fuses or breakers in your home or building in which you do not have power.
Check your breaker below your meter on the yard pole. Some residential members may not have breakers.
- 2ND**
- 3RD** If you still do not have power, call your neighbor to check if their electricity is also off.
- 4TH** Call immediately; do not wait for your neighbor to call in the outage.
- 5TH** Call Traverse Electric Cooperative at 1-800-927-5443.



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.

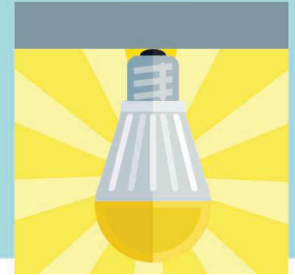
Source: safeelectricity.org

DESIGNER ELECTRICITY

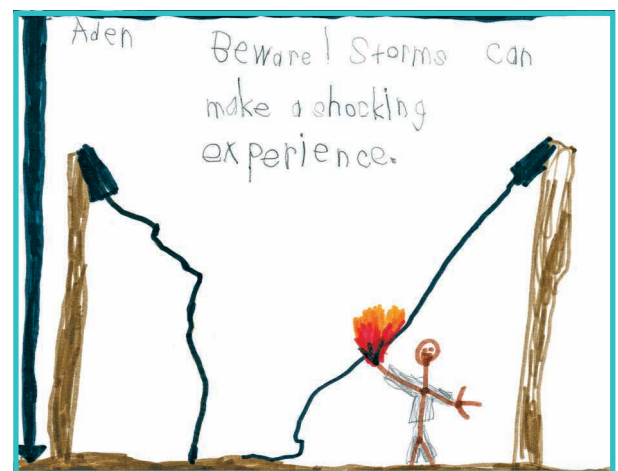
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

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!

Johnson Elected to Touchstone Energy® Cooperatives Board

Dick Johnson, West River Electric Association CEO/general manager, was elected to the Touchstone Energy® Cooperatives board of directors Dec. 14 during Touchstone Energy's annual electronic business meeting.

West River Electric is headquartered in Wall, S.D.

Johnson said he's humbled to be elected to the seat by fellow Touchstone Energy members.

"I will be a strong voice for cooperatives around the country, from the largest to the smallest," Johnson said. "I am passionate about Touchstone Energy and will work hard to move the brand forward and continue the tradition of providing the tools and services to help cooperatives engage with their member-owners."

Also elected to the board were Bob Perry, general manager, West Oregon Electric Cooperative; and incumbents Deb Mirasola, communications and marketing director, Dairyland Power Cooperative; and Doug Miller, vice president statewide services, Ohio's Electric Cooperatives.

Touchstone Energy's first 2018 board meeting will be held following the National Rural Electric Cooperatives Association annual meeting Feb. 25-28 in Nashville, Tenn.

Carrie Law, director of communications and government relations for Sioux Valley Energy in Colman, S.D., is also on the nationally-elected board.

Johnson had served as the chairman of the Touchstone Energy Cooperatives Standards and Best Practices Committee. Employees of Basin Electric Power Cooperative in Bismarck, N.D., also serve on national committees: Paul Cook (Brand Strategy Committee), Jeremy Woeste, (chairman of the Cooperative Relations Committee) and Chad Reisenauer (Energy Solutions Committee).

Touchstone Energy is the brand of America's electric cooperatives. Touchstone Energy Cooperatives represents a nationwide alliance of member-owned electric co-ops. Collectively, it delivers power and energy solutions to more than 750 unified local electric cooperatives across 46 states.



Dick Johnson

Fiegen Gains Leadership Position in RTO

South Dakota Public Utilities Commission Chairperson Kristie Fiegen has been named vice president of the Southwest Power Pool's Regional State Committee. The committee provides state regulatory agency input related to the development and operation of regional bulk electric transmission in 14 states in the central U.S. Fiegen previously served as the group's secretary.


SPP oversees the bulk electric grid and wholesale power market among its members in Arkansas, Iowa, Kansas, Louisiana, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas and Wyoming. The Regional State Committee is charged with recommending cost allocation policies that determine the amount electricity customers pay for the cost of building and operating transmission lines that cross several states in the SPP region.

"The work of the Regional State Committee is particularly important now as transmission projects are being planned and developed across our region," Fiegen said. "The cost of transmission accounts for a significant portion of the rate electric customers pay. As state regulators, we are especially keyed into fairly weighing the electric reliability demands of our region and the impact to customer bills," she stated.

Fiegen is serving her sixth year on the PUC. She was appointed to the commission in August 2011 and won election to a six-year term in November 2012. Fiegen is a member of the National Association of Regulatory Utility Commissioners' Committee on Gas and Subcommittee on Pipeline Safety and serves on the Gas Technology Institute's Public Interest Advisory Committee.




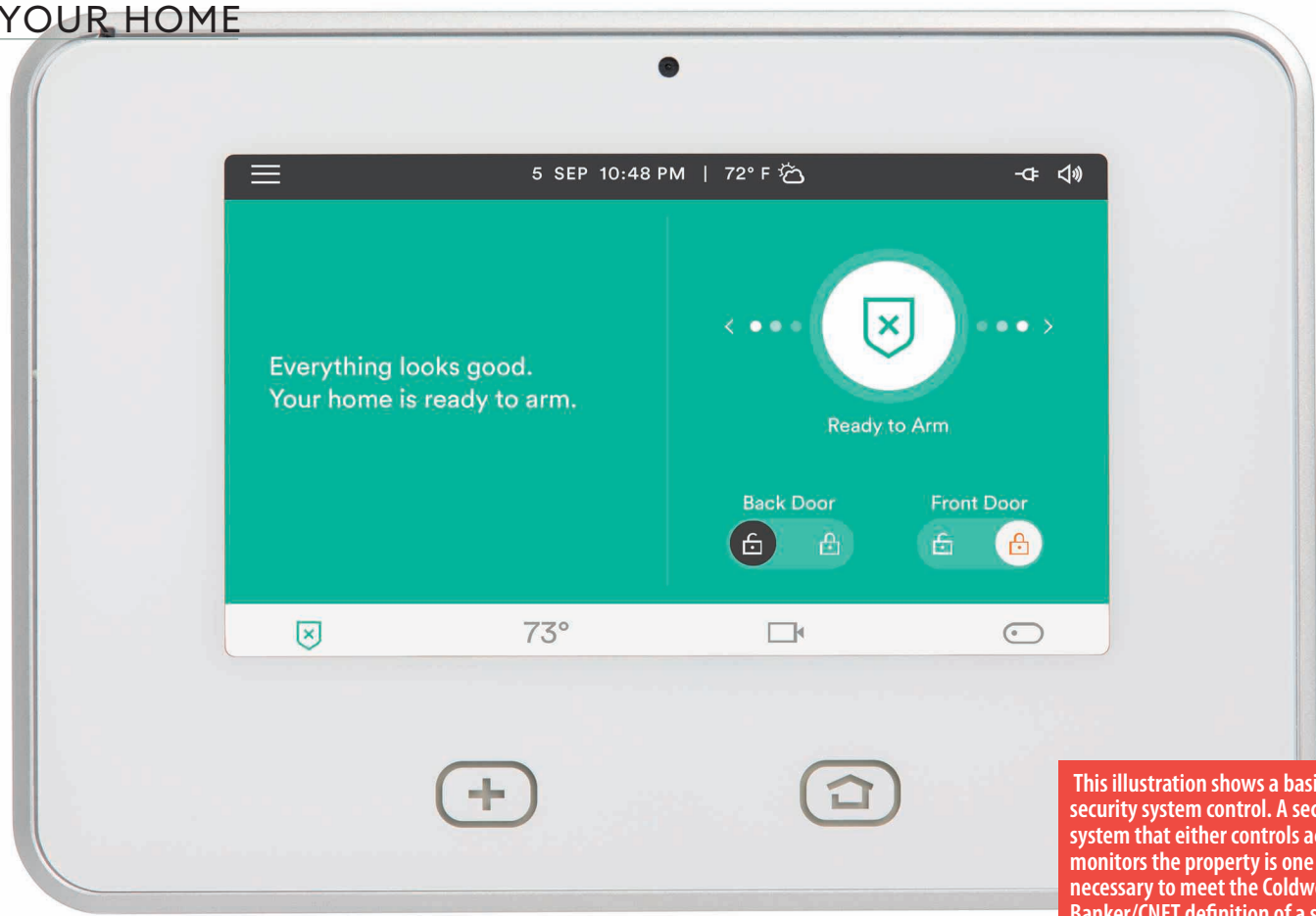
Kristie Fiegen



Putting Energy Where it Matters Most

Touchstone Energy® Cooperatives.
Your source of power. And information.





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

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.”

Member Comments

Thank you! (For fixing my light.)
Carol Nickolauson, Sisseton, SD

Thanks to the crew for replacing our yard light!
Ralph & Diane Lupkes, Wheaton, MN

Would like to thank the men for trimming our tree
around the power line at the lake.
Doug & Carol Swartz, Rosholt, SD

Thank you for fixing our yard light.
James Kruger, Browns Valley, MN

Thank you for coming out to replace our security light
bulb. Nice to have good yard light again.
LaVonne Johnson, Sisseton, SD

Thank you for the good service and getting our security light working
again. Merry Christmas and Happy New Year.
Roger & Clarice George, Sisseton, SD



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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html 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:

- Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- Fax: (202) 690-7442; or
- Email: program.intake@usda.gov

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Energy Efficiency *Tip of the Month*

Consider insulating your hot water pipes. Doing so can reduce heat loss, allow you to lower the temperature setting and save an additional 3 percent to 4 percent per year on water heating.

Source: energy.gov

Announcing...



STOP THE CLUTTER! Get electric bills online. Please opt out of receiving paper bills to help save resources.

www.TraverseElectric.com

RECIPES
NEEDED FOR

THE
**Country
Cookin'
Cookbook**

Your recipe could be featured in the 34th volume of East River Electric's Country Cookin' cookbook!

Help us create another great cookbook by submitting your favorite recipes as well as recipes for the cookbook's "Light Side" section.

Submit recipes via email to kstone@eastriver.coop, fax to 605-256-8057, or contact your local cooperative for more information.

Submission deadline is Monday, January 29, 2018.

Teens: Win A Trip to D.C.

Electric cooperatives believe in commitment to community. For more than 47 years, electric cooperatives have sponsored the annual Rural Electric Youth Tour by sending their local youth to Washington, D.C., to experience firsthand the essence that is our republic. Witness the profound grandeur of monuments to our greatest leaders; reflect on the true cost of freedom by eyeing row upon row of white crosses at Arlington Cemetery; question your congressmen and senators on issues that affect you; and unlock your individual spirit. Your local electric cooperative, Traverse Electric, pays all expenses for your trip and the Minnesota Rural Electric Association (MREA) coordinates the events. Minnesota has 44 distribution electric cooperatives and six generation and transmission cooperatives. The 2018 Youth Tour dates are June 9-14, 2018.

Traverse Electric Cooperative will sponsor one youth from our service territory. All teens between 16 to 18 years old whose parents are members of Traverse Electric are eligible to enter the contest.

Contest entrants will be required to submit at least a 200-word essay on the subjects "If chosen, what do you hope to learn from this experience and how will this help you in your future?"

Essays will be judged on the basis of originality, composition, neatness and grammar. Essays should include a cover page with the entrant's name, current grade level and age, their parents' names and the school they attend. Deadline for submitting essays will be March 15, 2018. The winner will be announced by April 2.

As a participant in the Youth Tour, our local contest winner will be required to give a short presentation of the trip at Traverse Electric's annual meeting in the spring of 2019.

Mail applications to: Traverse Electric Co-op, PO Box 66, Wheaton, MN 56296. Call 1-800-927-5443 with any questions.



\$1,000 Basin Electric Scholarship to be Awarded

Basin Electric scholarship applications are now being accepted. Each year more than 175 scholarships in the amount of \$1,000 each are awarded. One hundred thirty-four of those scholarships are awarded to children of member cooperative consumers.

Each year Traverse Electric awards one \$1,000 scholarship to a child of a member. The scholarship must be used for educational costs and the student must enter college in the fall of the school year for which the scholarship is given. Checks will be made payable to the school and will be distributed in August for the full amount.



Applications can be requested by phone, in person, by email, from area high school guidance counselors and online on our website at

www.traverseelectric.com. Completed applications can be emailed to klupkes@traverseelectric.com or mailed to Traverse Electric's office by Feb. 14, 2018, for consideration. The winner will be announced by March 1.



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

HEART HEALTH

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

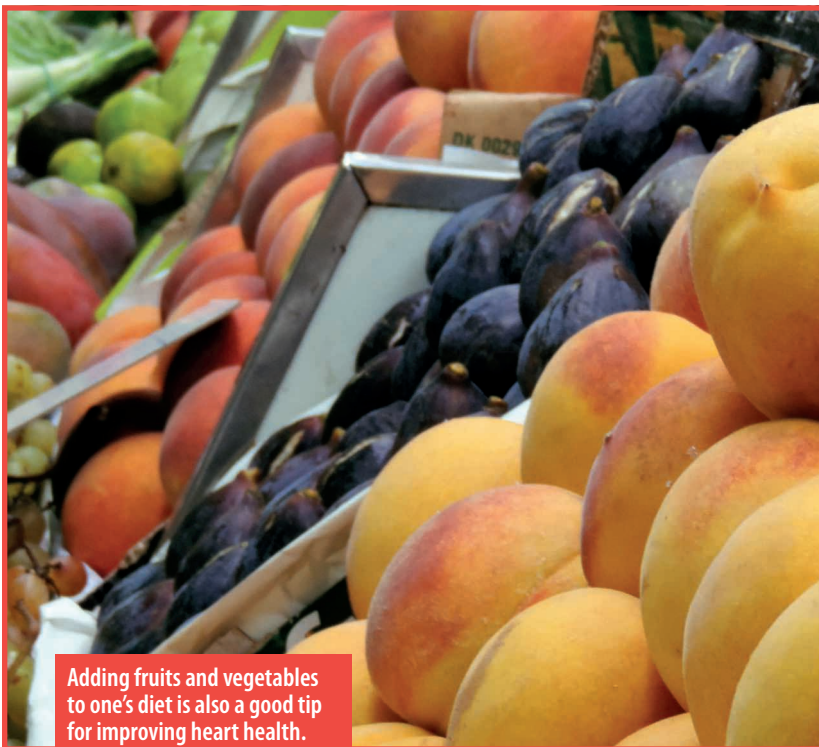
Debra Gibson Isaacs

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 Kolors 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.