



# Cooperative Connections



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Love**

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## STRATEGIC INITIATIVES SET IN MOTION

# 2018 BUDGET APPROVED



**Tim McCarthy, GM/CEO**

tim.mccarthy@siouxvalleyenergy.com

**“We are now entering into the third year of an aggressive four-year work plan to replace our aging infrastructure.”**

Developing a yearly work plan and budget is similar to sailing a freight liner in the ocean. There is a lot more to maneuvering the ship than just letting it sail through smooth seas. You have to plan and anticipate what will be ahead in the journey. You also know that the seas won't always be smooth and it's your job as captain to expect unanticipated setbacks as well as take advantage of ideal conditions. When it comes to the Sioux Valley Energy work plan and budget, the Board is ultimately the captain of the ship. They set the direction of the Cooperative. This year's work plan and budget, which was approved in December, sets initiatives in motion that will work towards the long term goals of the Cooperative.

We are now entering into the third year of an aggressive four-year work plan to replace our aging infrastructure. It includes the continuation of 125 miles of line construction. In 2016, Sioux Valley took out a \$73.2 million four-year loan to finance construction. This year, the top five categories of expenditures for the capital budget includes: System improvements (\$2.4M), new extensions (\$2.5M), conductor replacement (\$9.6M), transformer and metering (\$1.6M) and sectionalizing equipment (nearly \$1M).

There will be no rate increase this year, even though our projections show a \$1.4 million revenue shortfall. We are able to stabilize rates through a revenue deferral plan. We hope to hold off an increase for another two years through growth and revenue deferral. However, we believe there will need to be an increase at some point in the coming years. We will analyze this closely each year and I will keep you informed when that time comes.

Sioux Valley Energy's forecasted 2018 sales will be 820,000 MWH, which is an increase from last year. Revenue will likely reach an estimated \$81 million this year. The most significant expenditure will be wholesale power costs at \$54.3 million. Approximately 65 cents out of every dollar you pay on your electric bill goes towards paying for wholesale power.

You will see a few new programs this year which build on the Board's long term strategy. We plan to provide a solar program for a select number of schools within our service territory and will also be hosting a solar seminar at our Brandon service center. A new initiative we will roll out in 2018 is the electric vehicle plug-in program which will include incentive rates and a rebate. This is part of our overall distributed generation strategy which the Board has identified as a priority. In addition to those programs, we will be adding a new line of water heaters available for sale to agricultural, commercial, and multi-family dwelling accounts. Another priority the Board has identified is care for the environment which is why we will be initiating an Earth Day promotion. We will have more information available on all those programs in the coming months!

# Sioux Valley Energy

## Cooperative Connections

(USPS No. 497-440)

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## COOPERATIVE NEWS

### Energy Makeover Contest

# Winners Selected

The winners of the weatherization kits for the November edition of the Energy Makeover Contest were Craig and Marsha Leite of Volga, Nathaniel Johnson of Hartford, and Chad and Gretchen Schulte of White.



Nate Johnson of Hartford won a weatherization kit after submitting his entry to the Sioux Valley Energy 'Energy Makeover Contest'.



Chad and Gretchen Schulte of White also won a weatherization kit.

# 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

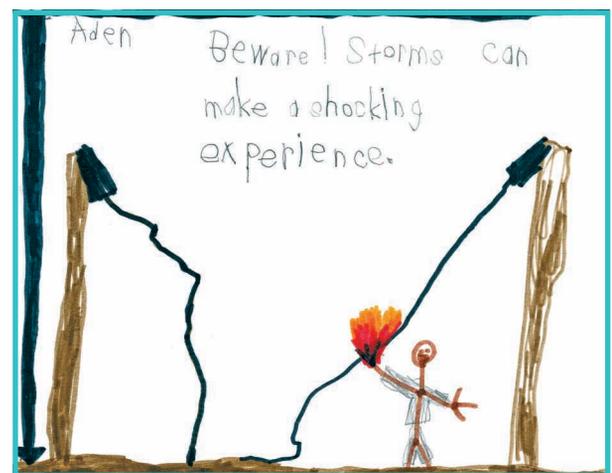
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

### 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.



Enter this month's contest and watch for next month's challenge to enter to win another valuable prize!

# 12 MONTH CHALLENGE TO SAVE MONEY AND WIN BIG!

## You Could be a Winner!

The Energy Makeover Contest gives you 12 chances to win valuable prizes to enhance efficiency and conservation efforts in your home or business. Each month we will focus on a new topic to help you learn how little changes can help you save big!

The information gathered will help Sioux Valley Energy continue to educate our members about energy saving practices, safety, and to ensure the programs we offer meet your needs.

- **ENTER FOR A CHANCE TO WIN A HOME ENERGY AUDIT INCLUDING INFRARED IMAGING AND A BLOWER DOOR TEST (\$250 VALUE)! IN ADDITION, RECEIVE A REBATE UP TO 50% OR A MAXIMUM OF \$1,000 FOR ANY WEATHERIZATION IMPROVEMENTS YOU MAKE SUCH AS ADDING INSULATION OR REPLACING WINDOWS AND EXTERIOR DOORS.**

The audit will be provided by a third-party contractor and the winner will receive a comprehensive report. The member must complete the weatherization rebate form, attach invoices and provide energy star verification for windows or doors to be eligible for the rebate. Please complete the entry below and mail to Sioux Valley Energy, Energy Makeover Contest, PO Box 216, Colman, SD 57017. The entry is also available online at [www.siouxvalleyenergy.com](http://www.siouxvalleyenergy.com). One entry per member. **Challenge Month Five entry must be received by February 28th to be eligible for the drawing.**

## Warm Up With Weatherization

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Account Number: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

HOW DO YOU USE ENERGY EFFICIENCY TO MAKE YOUR HOME MORE COMFORTABLE DURING EXTREME TEMPS?

**I would like more information on:**  Sealing/Insulation Guide  Heat pump rebate  Residential LED program  Commercial/Ag LED program  Weatherization Program  Yard Light rebate  Residential Water Heater  Energy Audit  Electric Heat Rate  Electric Car Charging Rate  Time of use Rate  Energy Tips  Commercial/Ag Water Heater

### CHALLENGE MONTH FIVE

## WARM UP WITH WEATHERIZATION

**Is it time to do an energy assessment** of your home to determine weatherization improvements that can make your home more efficient and comfortable? Insulation and window deficiencies are the most common sources of a drafty home.

Adding insulation to your home is one of the most cost-effective ways to make a home more comfortable and energy-efficient. Insulation plays a key role in lowering your utility bills by retaining heat during the winter and keeping heat out during the summer. You can reduce your heating and cooling costs by an average of 15 percent by adding insulation in attics, walls, floors, basements and crawls spaces. "R-Value" refers to heat resistance. In our climate zone, R-49 is recommended for attics, R-13 in walls, R-30 under floors, and R-25 for crawl space and basement walls.

Do your windows and exterior doors need some attention or replacing? If you have single-pane windows but do not want to invest in replacing them, consider adding storm windows to increase their efficiency. You can also add weather-strip and caulk to your old windows and doors to seal up air leaks. Insulating with draperies is also a low-cost quick fix to drafty windows. If your windows and doors are in poor condition, don't function well, and you're in the market for new ones altogether, choose energy-star certified products tailored for the northern climate zone to shave heating, cooling, and lighting costs year-round. Look at the U-Factor and Solar Heat Gain Coefficient to find products that meet the standard in our region. In colder climates, "low-e" coatings on glass can help reduce heat loss through windows. According to the Department of Energy, replacing old windows with energy-star rated ones can cut a home's energy bill seven to fifteen percent.

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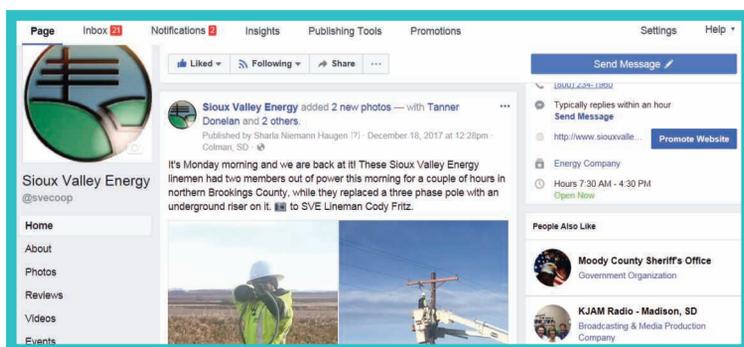
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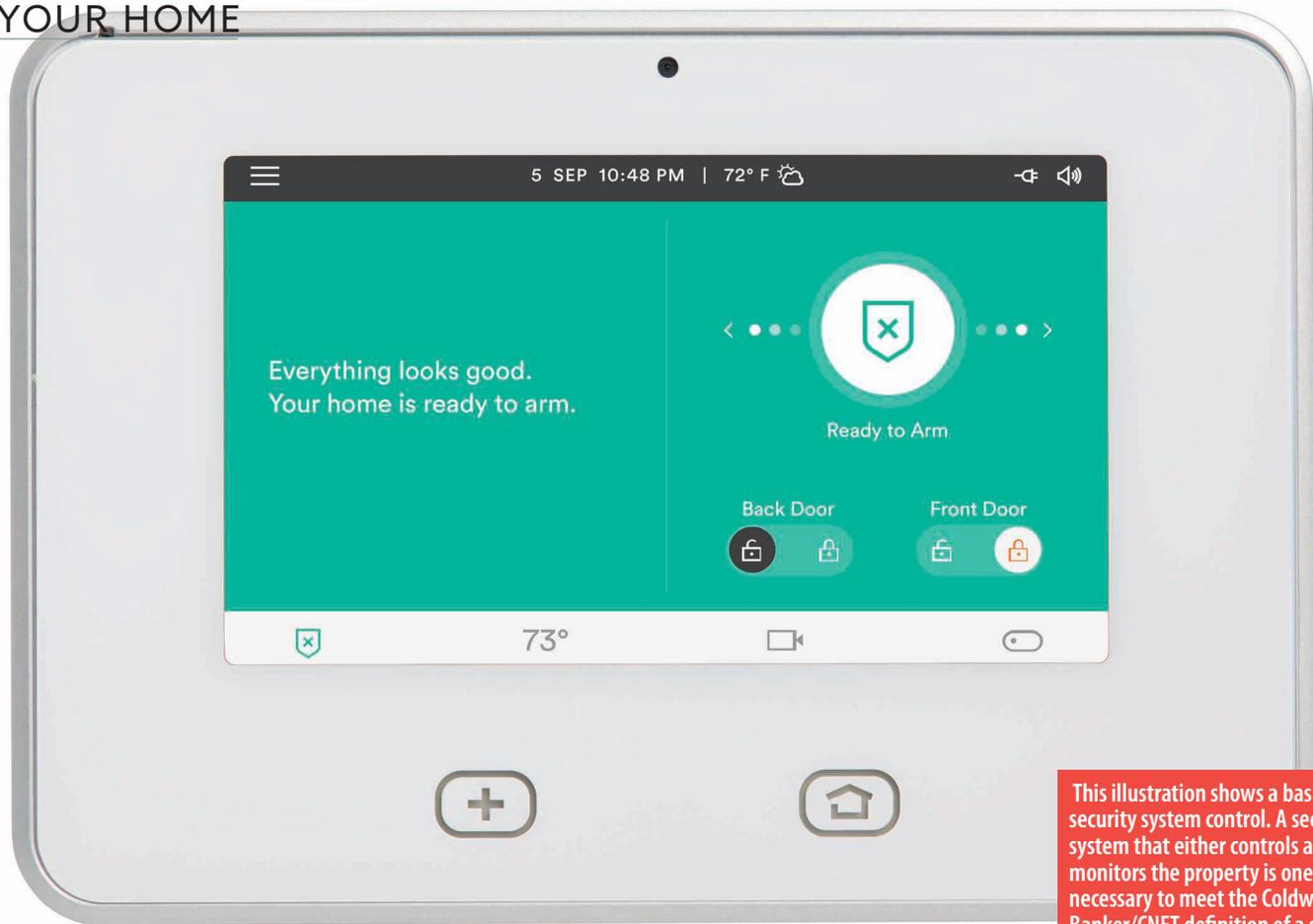
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<https://www.facebook.com/svecoop>



## District Meeting Schedule Set

- **Thursday, March 1**  
District 6 – Location: Brandon Valley High School – Brandon, SD
  - **Monday, March 5**  
District 4 – Location: Madison High School Commons – Madison, SD
  - **Tuesday, March 6**  
District 3 – Location: William J. Janklow Community Center – Flandreau, SD
  - **Thursday, March 8**  
District 1 –  
Location: McKnight Hall – White, SD
  - **Monday, March 12**  
District 2 – Location: Sioux Valley Middle School Gym – Volga, SD
  - **Monday, March 19**  
District 5 – Location: Taopi Hall – Colton, SD
  - **\*\*Tuesday, March 20**  
District 10 – Location: Edgerton Public School – Edgerton, MN
  - **Thursday, March 22**  
District 7- Location: West Central School – Hartford, SD
  - **\*\*Monday, March 26**  
District 9 – Location: Pipestone High School – Pipestone, MN
  - **\*\*Tuesday, March 27**  
District 8 – Location: Grand Prairie Events Center – Luverne, MN
- \*\*Denotes Election Meetings



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](http://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**

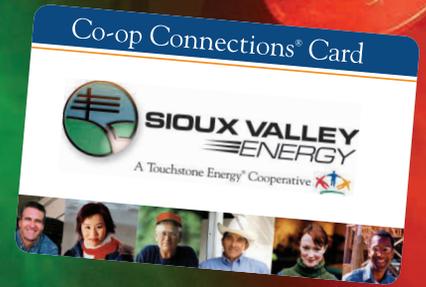
- 1 Smart Hub/Bridge**  
If you are looking to make your home smart without having to hire a company to install an interconnected system, then an internet-connected smart hub is the first thing you’ll need. A smart hub will allow you to control all your smart devices from one app by acting as a middle 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.”

# Co-op Connections Spotlight



## TownePlace Suites by Marriott, Sioux Falls, S.D.

Contact: 605-361-2626 / <http://www.marriott.com/hotels/travel/fsdts-towneplace-suites-sioux-falls/>

### Co-op Connections Card Deal: 15% off Hotel Rate

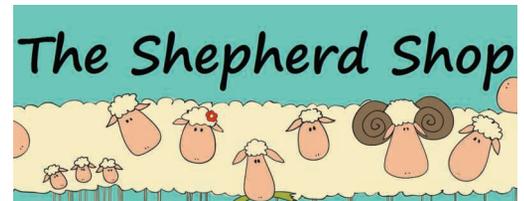
TownePlace Suites by Marriott offers apartment style living, providing a home-away-from-home atmosphere. The goal is to ensure that their guests are likely to return because they had an exceptional experience. Whether guests stay for one night or for one year, the staff takes pride in ensuring making sure they enjoyed the stay.

## The Shepherd Shop, Madison, SD

Contact: 605-256-9594 / 866-718-4377 / [shepherdshop@iw.net](mailto:shepherdshop@iw.net) / <https://www.theshepherdshopmadison.com/>

### Co-op Connections Card Deal: 10% off Regular Merchandise

The Shepherd Shop is a locally owned Christian book and gift store, offering unique items with a family feel. Owners, Tammy and Stan Fods say they are “not just a gift store with inspirational items; they are an inspirational store that offers gifts.” They offer extras such as gift wrapping and imprinting, and can place special orders so you get exactly what you need to bless others and to enhance your relationship with Christ.



## Pipestone RV Campground, Pipestone, MN



Contact: 507-825-2455/ [pipestonervcampground@gmail.com](mailto:pipestonervcampground@gmail.com)

### Co-op Connections Card Deal: 25% off Regular Price (Sunday-Thursday)

The Pipestone RV Campground is located approximately one mile from the Pipestone Monument and is a family-oriented facility. The campground offers a swimming pool and mini-golf. Kids will also enjoy the playground. Owners, Jim and Lori Caster, offer seasonal and nightly sites for both 30 and 50 amp. Their goal is to make sure their guests are happy when they leave and would camp there again.

## Pearle Vision, Sioux Falls, SD (2414 S. Louise & 502 S. Foss Ave)

Contact: 605-336-8800/ 605-361-9833 / [pearlevision.com](http://pearlevision.com)

### Co-op Connections Card Deal: 30% off Frames, 20% off Lenses for Prescription Eyewear

Pearle Vision prides itself on excellent customer service. Their expertise and experience go into every pair of glasses they recommend to patients. Not only do they have fast turn around time--the quality and price cannot be beat according to owner, Kevin Lehr. If a problem arises they want to solve it. Their goal is to make sure patients are happy which will keep them loyal, returning customers in the future.



## 1481 Grille - Arlington, SD



Contact: 605-983-4630 / [jason@1481grille.com](mailto:jason@1481grille.com) / <http://www.1481grille.com>

### Co-op Connections Card Deal: Free Soda with Purchase of Meal

Since 2007, the 1481 Grille has been serving top quality food and beverages to Arlington and beyond! Their full menu is available for carry-out and they offer catering services up to 125 miles in every direction! Owners Jason and Shelly Parker believe operating a successful family restaurant goes beyond serving great food and beverages--it is about exceptional service while serving great food and beverages. Their goal is to treat everyone like family.

# WHY DOES THE POWER BLINK?

By Scott Turner, P.E.

AT ONE TIME OR ANOTHER, we've all returned home or woken up late for work to see a blinking "12:00" on our digital alarm clock. You then have to reset every digital clock in your household that doesn't have a battery backup, from the microwave oven to the answering machine. Usually, this state of "eternal midnight" was caused by a "blink" in the electrical system.

While blinks can be annoying, they show that an electrical system is working exactly as designed. And while Sioux Valley Energy has taken steps to reduce the number of blinks across its power system, there are measures you can take as well.

Let's look at blinks. These momentary power interruptions can occur anywhere along a power system—from the time electrons are generated at a power plant to being shipped across transmission line to substations, or during distribution from a substation to your home.

## Why blinks?

Blinks are created when a breaker, or switch, opens along any portion of the power system. The breaker usually opens because of a large, quick rise of electrical current. This large rise, called a fault condition, can occur when a tree branch touches a line, lightning strikes, or a wire breaks.

When this happens, a relay senses the fault and tells the breaker to open, preventing the flow of power to the problem site. After opening, the breaker quickly closes. The brief delay, which allows the fault to clear, usually lasts less than two seconds.

If the fault clears, every home or business that receives electricity off that power line has just experienced a blink. This could include thousands of accounts if the breaker protects a transmission line or a substation.

## Reducing the blink's effects

Your co-op employs methods to reduce blink frequency. Tree trimming is probably the easiest and most common way, and one area where you can help. Make sure your co-op knows of any trees or limbs located close to a power line.

Meanwhile, you can reduce the frustration of blinks by purchasing an alarm clock equipped with a battery backup. This type of digital clock offers "ride through" ability for momentary outages. It will also keep the correct time and sound an alarm in case of a long-duration outage, provided a charged battery is in place. As an added benefit, these devices only use the battery in the event of a power interruption.

Blinks affect all electrical equipment, not just digital clocks. If there is a blink while you are operating a computer, your computer may crash and you will have to reboot, hoping all the while that there will be few corrupted files. An uninterruptible power supply (UPS) on your computer can help prevent information loss. The UPS incorporates surge suppression technology with a battery backup and provides you some time to save whatever you were working on and exit your computer properly.

## The future of blinks

Sioux Valley Energy operates an active system maintenance program and works hard to identify and fix sources of service interruptions. Even though blinks will never disappear from our electrical energy delivery system, by working together with we can minimize effects of the interruptions and the frequency with which they occur.





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](http://www.BIGideaSD.com)

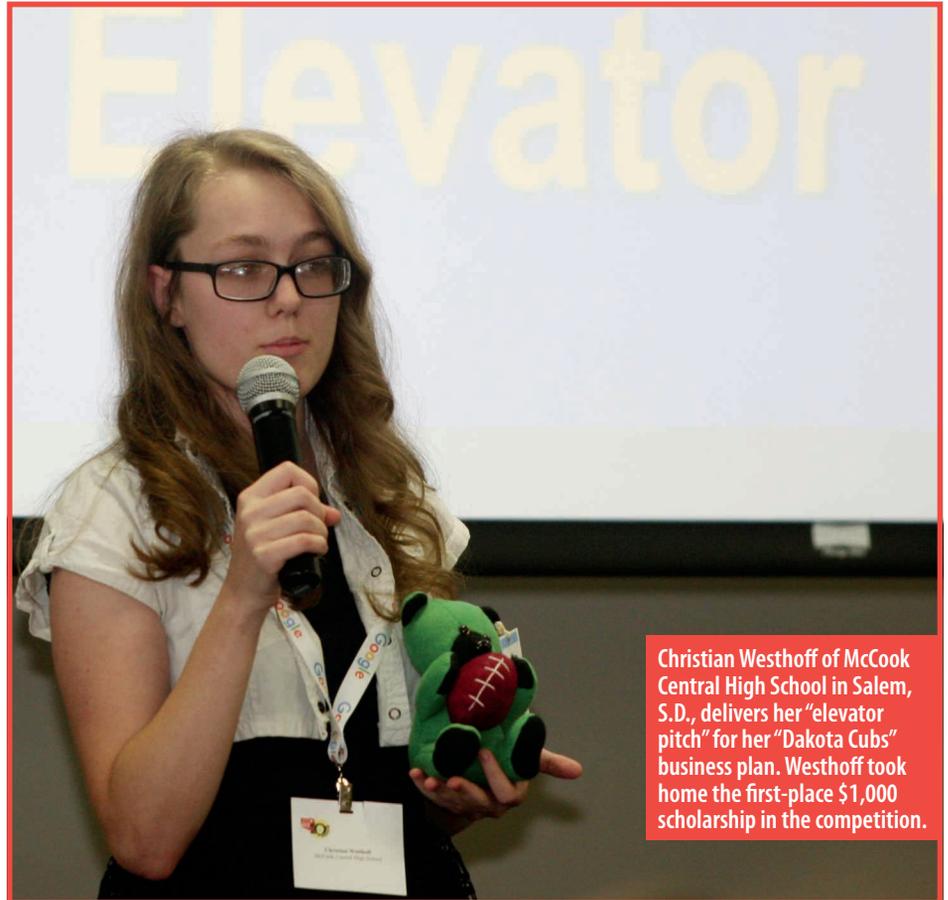
**South Dakota student entrepreneurs compete for scholarships with their big plans.**

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](http://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!



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**December 15-March 31**

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

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**January 19-20**

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

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**January 19-20**

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

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**January 20**

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

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**January 21**

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

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**Jan. 21, Feb. 18, Mar. 18**

Trap Shoot (Meat Shoot), Izaak Walton League Club, Lunch Available, 11 a.m., Sioux Falls, SD, 605-332-9527

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**January 26-February 4**

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

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**January 27**

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

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**January 27**

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

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**January 27**

Central Valley Struttin' Gobblers Hunting Heritage Banquet, Community Center, Humboldt, SD, 605-321-4142 or 605-941-4297

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**February 3**

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

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**February 3**

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



Photo courtesy: Winterfest of Wheels

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**February 9-11**

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

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**Feb. 11, Mar. 11**

Trap Shoot (Meat Shoot), Gun Club, Lunch Available, 11a.m., Garretson, SD, 605-359-6843

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**February 15-17**

Sno Jam Comedy Festival, Sioux Falls, SD, [siouxfallssnojamcomedyfest@gmail.com](mailto:siouxfallssnojamcomedyfest@gmail.com)

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**February 16-18**

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

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**February 16-18**

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

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**February 24**

Ham Dinner and Wild Game Feed, Izaak Walton League, Doors open 5:30 p.m., Serve at 6:30 p.m., Sioux Falls, SD, 605-332-9527

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**February 24**

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

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**March 3-6**

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

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**March 9-10**

Holiday Arts Spring Craft Show, Masonic Temple, Mitchell, SD, 605-359-2049

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**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

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**March 16-17**

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

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**March 16-17, 23-24**

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

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**March 17**

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

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**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](http://www.mccrossan.org)

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**September 21-22**

Holiday Arts Fall Craft Show, Masonic Temple, Mitchell, SD, 605-359-2049

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**November 16-17**

Holiday Arts Christmas Craft Show, Masonic Temple, Mitchell, SD, 605-359-2049

**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.**