

# Cooperative Connections



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# Grassroots and Your Cooperative



**Ken Schlimgen**

General Manager

**These better than budgeted margins mean no change in electric rates expected for 2018.**

January is when your cooperative hosts area District Meetings. A big thank you to those of you who have been able to attend these “Grassroots” meetings. Grassroots is a powerful word in the world of electric cooperatives. In fact, the success of electric cooperatives across our country is largely due to that single word.

Electric cooperatives define grassroots as an active role in the political process taken by directors, employees, and member-owners—a role to stay informed and protect the cooperative from harmful legislation and regulations, as well as a role to promote the value of cooperative ownership.

At this year’s meetings, I gave a very brief review of the financial position of your cooperative as of December 1, 2017. I shared that our revenues were higher, and our expenses were lower than we budgeted for. While we do not have the financials completed yet for December, it sure felt colder than normal so we expect to end the year in a strong financial position. These better than budgeted margins mean no change in electric rates expected for 2018.

I also reported on the work activities that were completed in 2017. This included the installation of 31 miles of new power line, 42 new electric services, major improvements to two substations, and our normal system maintenance activities. We also increased cyber security efforts and conducted a survey to determine our membership’s interest and knowledge of solar technology.

In the coming year, we will continue to do most of the same activities, but we intend to install 40 miles of new power line and conduct a pilot project to test cellular based metering equipment. That’s right, electric meters that will provide two-way communications using cell phone technology.

Cellular based meter technology offers our cooperative a distinct advantage over the technology we have been using for the past 10 plus years. Cellular technology does not require the cooperative to purchase and maintain additional communication infrastructure. The cooperative’s only investment is in the meter. The cellular system promises to be more reliable and able to work everywhere in our service area. The pilot project will test the reliability of these meters in the most remote part of our service area, and if successful, this technology will allow us to continue to use our current metering system for much longer.

The last topic discussed at the District Meetings was a review of the member survey on solar technology. The results of the survey proved to us that there is still a lot of misinformation regarding what solar technology can do and the costs associated with it. I encourage you to call your cooperative, and ask the tough questions before making a commitment to purchase any type of electric generating equipment.

The 93rd Session of the South Dakota Legislature started on Tuesday, January 9, 2018. I encourage each of you to be active in your own “grassroots” efforts and be engaged in the political process taking place in our state. If possible, participate in Cracker Barrel sessions with your local legislators and consider introducing your teenage children to the political process. Stay informed on legislation that can impact you and your cooperative.

The legislative Research Council website is a great tool to stay informed about what is taking place in Pierre. The website [sdlegislature.gov](http://sdlegislature.gov) includes information for every member of the South Dakota House and Senate. The site can be used to search bills by number, subject, or the member who introduced the bill. It also provides tracking of committees and floor activities.

Until next month, stay safe.



A Touchstone Energy® Cooperative 

(USPS 018-963)

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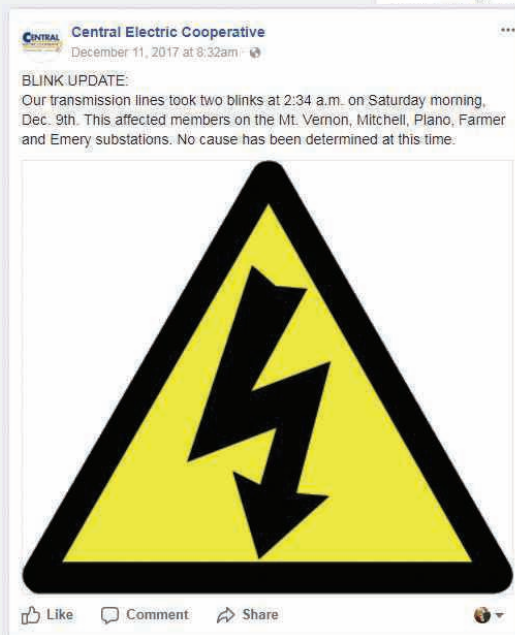
**Mission Statement**

Provide Reliable Energy & Services with a Commitment to Safety and Member Satisfaction

# Find Us on Facebook!



See the latest cooperative happenings and updates by searching @CentralElecSD on Facebook!



# Lost Item

This bag was found outside our office after Thanksgiving weekend. To claim, please call our office and describe what's in the bag.



# Employee Years of Service

**Bruce Sparks**

February 1 - 17 years

**Cody Riggs**

February 9 - 3 years

**Thank you for your service to the cooperative!**

# Weathering a Winter Storm

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

### When outside, stay away from downed power lines:

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

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

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

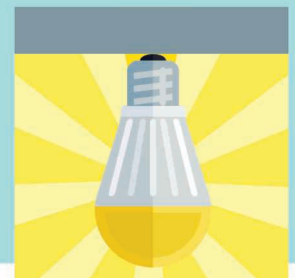
Source: safeelectricity.org

# DESIGNER ELECTRICITY

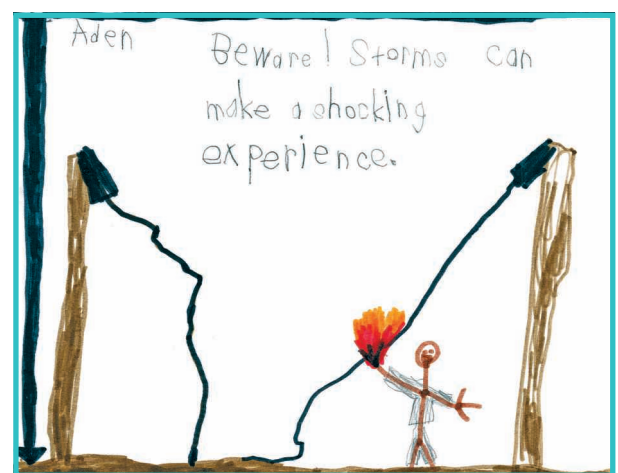
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

### Energy Efficiency

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



## KIDS CORNER SAFETY POSTER



**"Beware! Storms can make a shocking experience."**

**Aden Schaeffer, 6 years old**

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

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

# Bountiful Brunch

## Butter Brickle Bread

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

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

**Linda Rauscher, Aberdeen**

## Cornmeal Waffles

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

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

**Jane Ham, Rapid City**

## Quinoa Oatmeal

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

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

**Darcy Bracken-Marxen, Hermosa**

## Breakfast Tot Casserole

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

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

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

**Pictured, Cooperative Connections**

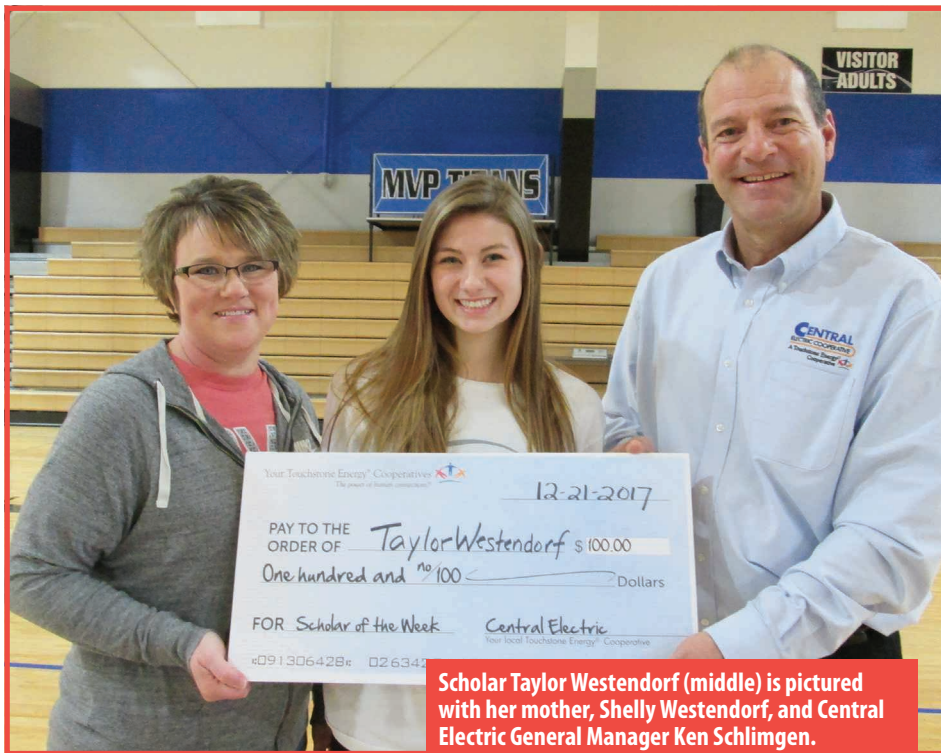
## Brunch Baked French Toast

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

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

**Cortney Reedy, Tea**

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



Scholar Taylor Westendorf (middle) is pictured with her mother, Shelly Westendorf, and Central Electric General Manager Ken Schlimgen.

## Taylor Westendorf Receives Recognition

# Plankinton Senior Named Scholar of the Week

Taylor Westendorf has been named the Touchstone Energy® Scholar of the Week for the week of January 21 – 27, 2018.

Taylor is the daughter of Cale and Shelly Westendorf of Plankinton, S.D. and currently a senior at Plankinton High School.

Taylor maintains an admirable 3.99 GPA alongside her various activities, including volleyball, cross country, basketball, track, softball, oral interp, science fair, Youth Modern Woodmen, Voice of Democracy, Patriot's Pen, one act play, all-school play, choir, band, flag corp, church involvement, and a class officer. Counselor Sherri Bruinsma stated, "Taylor is very deserving of this award."

Following graduation, Taylor plans to complete the Occupational Therapist Assistant program at Lake Area Technical

Institute followed by her bachelor's at the University of South Dakota and potential graduate degree after joining the workforce.

Central Electric General Manager Ken Schlimgen visited Plankinton High School to recognize Taylor and award her a \$100 scholarship. Taylor will also be featured on KSFY TV news the week of January 21.

The Scholar of the Week scholarship was created by KSFY and Touchstone Energy Cooperatives to recognize outstanding students across the state who set an example of hard work and high academic standards. Area school principals and faculty nominate students for this award, based on excellence in the classroom, services in the community and extra-curricular participation. The KSFY staff makes weekly selections throughout the school year.

## Scholarship Deadline Approaching

### FEBRUARY 1, 2018

- **\$1,000 Basin Electric Power Co-op Scholarship Eligibility**  
 Dependent children of members whose primary residence receives electric service from Central Electric Cooperative are eligible. The applicant must be a student enrolled or planning to enroll in a full time graduate or undergraduate course of study at an accredited university.
- **\$1,000 Jay Headley Memorial Scholarship Eligibility**  
 Dependent children of members whose primary residence receives electric service from Central Electric Cooperative and who are pursuing a bachelor's of science degree in an agricultural related field are eligible.
- **Application & Guidelines**  
 Full applications and guidelines are available from high school guidance counselors, on Central Electric's website at [www.centralec.coop](http://www.centralec.coop), or directly from the Central Electric office.

**Completed applications must be returned by FEBRUARY 1, 2018 to:**

Central Electric Cooperative  
 25487 403rd Avenue  
 PO Box 850  
 Mitchell, SD 57301  
[cec@centralec.coop](mailto:cec@centralec.coop)  
 F: 605-996-0869

For more information, contact Courtney Deinert at **605-996-7516**.

# New leadership program ready to launch

## Q: Whose belief and support is most critical to achieving your goals?

A: Your own.

Basin Electric and member cooperatives are nearing the launch of the Empower Youth Leadership Program to help high school students enhance their self-belief by encouraging them to build on their strengths and recognize their own leadership potential.

Students can apply for the program starting in January 2018 by visiting [www.empoweryouth.coop](http://www.empoweryouth.coop). Sessions will be held in spring and fall of 2018, with South Dakota Rural Electric Association's three-day Youth Excursion in summer 2018. Sessions will be held in each of three regions: eastern South Dakota, western South Dakota, and North Dakota.

Kristie Ching, Basin Electric project coordinator representative and Empower Youth program director, recruited volunteers from several of Basin Electric's member cooperatives to help inform students about the program and facilitate sessions. These co-ops would then eventually become the face of the Empower Youth program in their respective service areas.

Central Electric Cooperative, headquartered in Mitchell, SD, and Northern Electric Cooperative, headquartered in Bath, SD, and are two of several co-ops who have expressed interest in participating in the program.

"Kristie's energy for the program's potential is contagious," says Courtney Deinert, Central Electric manager of communications. "Our investment in these future leaders is an investment in the future of our communities. The rural electric story has always been about serving a need, and by telling that story through Empower Youth, hopefully these



students recognize that call to service in the future."

Central Electric hopes to sponsor either a freshman or sophomore from each of the co-op's eight counties. Deinert sees parallels between the values of many of those high school students and the co-op business model.

Ben Dunsmoor, Northern Electric communications director, will be recruiting and encouraging students to sign up for the program within Northern Electric's service area. The benefits of the program, Dunsmoor says, will reach both the students and the participating co-ops.

"The program will expose teens to the cooperative business model, and get them thinking about co-op careers at a crucial time in their life when they are considering future career paths," Dunsmoor says. "You can't learn leadership from a textbook; it is something that is discovered."

"Everyone has the capacity to grow into a leader," Ching says. "The mission of the Empower Youth Leadership Program is to help high school students recognize that potential, and ready them for lives based on the cooperative mindset of selflessness and a commitment to bettering the world around them."

The Empower Youth program embodies several Cooperative Principles – education, training, and information; cooperation among cooperatives; and concern for community.

### When are the sessions?

A one-day session will be held in the spring and fall of 2018.

Students will also participate in a summer session, which includes the SDREA three-day Youth Excursion. During Youth Excursion, students travel to North Dakota and tour the Great Plains Synfuels Plant, the Freedom Coal Mine and Antelope Valley Station electric power plant. Evenings will be spent swimming, dancing and shopping with new friends from other rural electric cooperatives across the state.

### Who is eligible?

To be eligible, a student must be a high school freshman or sophomore who permanently resides within Aurora, Brule, Buffalo, Jerauld, Sanborn, Miner, Davison, or Hanson counties of South Dakota or be the dependent of a Central Electric member.

One student from each county or director district may be selected.

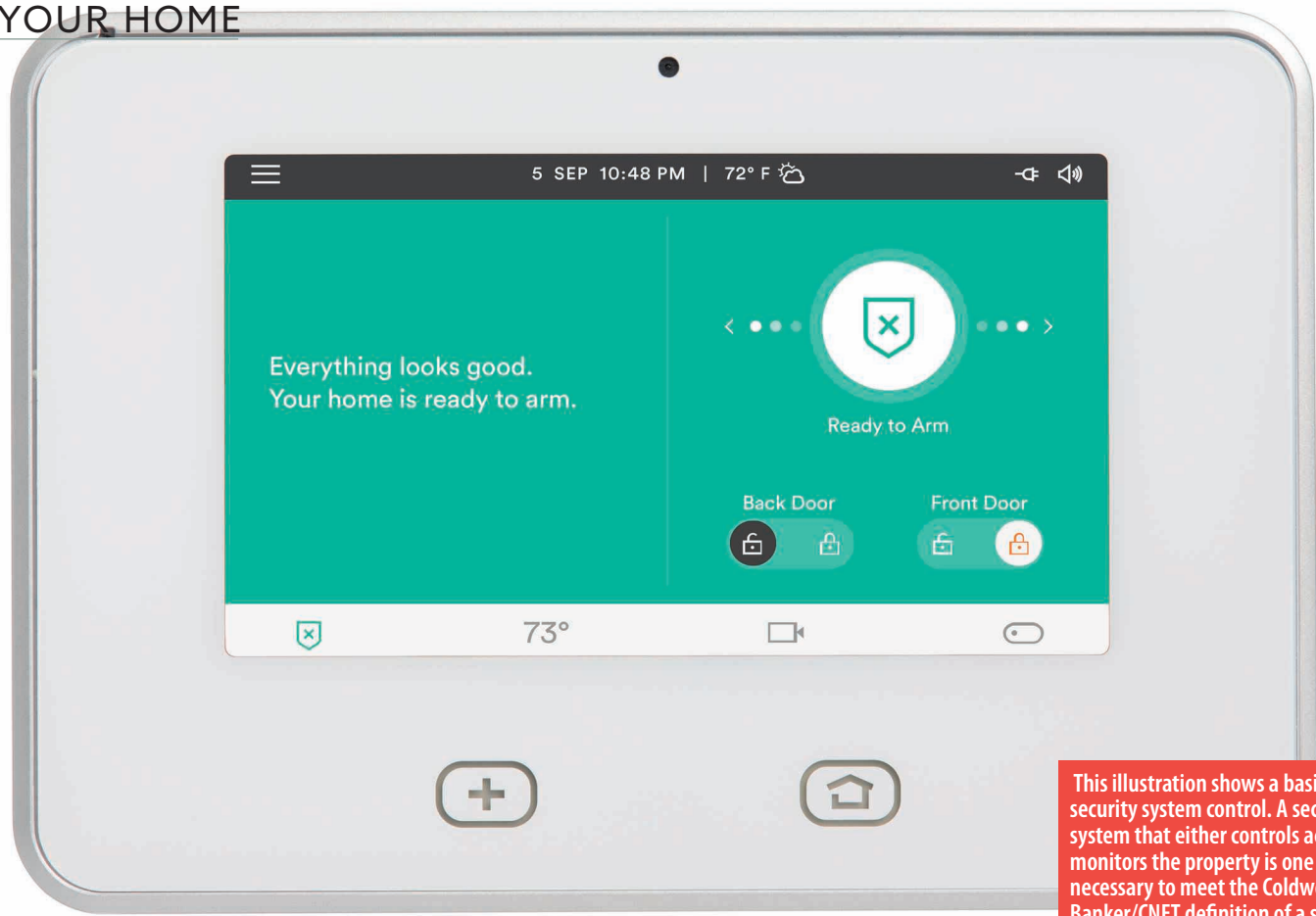
### What is the cost?

There is no cost to the student to participate. The cooperative can provide assistance with transportation to and from the sessions.

### How do I apply?

To apply, visit [www.empoweryouth.coop](http://www.empoweryouth.coop) or [www.centralelec.coop](http://www.centralelec.coop).

For more information on the program, contact Courtney Deinert at **605-996-7516** or [courtneyd@centralelec.coop](mailto:courtneyd@centralelec.coop).



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.”

# RODEO FINALISTS

## High School Students Receive Short-Go Rodeo Shirts

Local high school rodeo competitors received Touchstone Energy® shirts for qualifying for the Short-Go at the South Dakota High School Rodeo Finals in 2017. To compete in the Short-Go, participants must be in the top 15 after the first and second rounds.

Shirt recipients were Madi Moody and Oakley Jandreau. Madi Moody, daughter of Perry and Tracy Moody, attends Sanborn Central High School and qualified in goat tying. Oakley Jandreau, daughter of Fay & Tia Jandreau, formerly attended Kimball High School and qualified in pole bending.

As a Touchstone Energy member, Central Electric is proud to be a part of the cooperatives nationwide that support high school rodeos. Student athletes embody our state's future and cooperative core values of innovation, integrity, accountability and commitment to community.



## Apply for Youth Tour 2018

June 7-14, 2018

To be eligible, you must be a high school junior who permanently resides within Aurora, Brule, Buffalo, Jerauld, Sanborn, Miner, Davison, or Hanson counties of South Dakota or be the dependent of a Central Electric member.

One student from each county or director district may be awarded a trip to Washington DC.

Applicants must submit an essay, not to exceed 1,000 words, on a given topic by March 1, 2018.

For the essay topic and guidelines, visit [www.centralelec.coop](http://www.centralelec.coop). Contact Courtney Deinert at 605-996-7516 or [courtneyd@centralelec.coop](mailto:courtneyd@centralelec.coop) for more information.



## REC Line Superintendents Recognized

# Mitchell Tech Bestows Award

The Mitchell Technical Institute recognized the generosity of electric cooperative line superintendents when the school presented its Donor Legacy Award to the South Dakota Rural Electric Line Superintendents Association. The award is given annually to a donor who has consistently supported the MTI Foundation.

“Back in the mid-1990s, long before MTI had a Foundation or a single endowment, I received a phone call inviting me to lunch in Sioux Falls. The person calling identified himself as being a part of SDRE line superintendents and they wanted to talk about scholarships,” said Julie Brookbank, MTI’s Associate to the President.

“I traveled over to the meeting, really not knowing much about how to set up or manage a scholarship fund, but I was willing to listen and learn,” said Brookbank. “That lunch appointment has resulted in a 20-year friendship with a group of individuals that I am proud to call friends of MTI and personal friends as well.”

Brookbank noted that many of the SDRE line superintendents were graduates of MTI’s program and were looking for a way to pay it forward. The scholarships were initially funded by the sale of a set of commissioned prints featuring rural electrification painted by Madison, S.D., artist John Greene.

“This is a highly active group. MTI assists with getting the students’ applications, but the faithful group of superintendents travels to campus each spring to interview applicants and select the recipients,” said Brookbank, noting that the first scholarships were awarded to MTI students in 1997.

To date, 113 scholarships totaling \$82,750 have been given to future line workers. Many of these students have gone on to work for rural electric cooperatives. Two additional scholarships have been added to the Line Superintendents responsibilities. They now award the Mark and Kathy Hofer and Larry Brink Memorial scholarships in addition to their own awards each year.



MTI’s Julie Brookbank, right, poses with SDRE Line Superintendent Association representatives Brian Bultje of Central Electric, Robert Ulmer from Bon Homme-Yankton Electric and Lynn Kruse from Dakota Energy who received the Donor award on behalf of the line superintendents association.

## RECIPES NEEDED FOR

# THE Country Cookin’ Cookbook

Your recipe could be featured in the 34<sup>th</sup> 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](mailto:kstone@eastriver.coop), fax to 605-256-8057, or contact your local cooperative for more information.

Submission deadline is Monday, January 29, 2018.



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

# HEART HEALTH

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

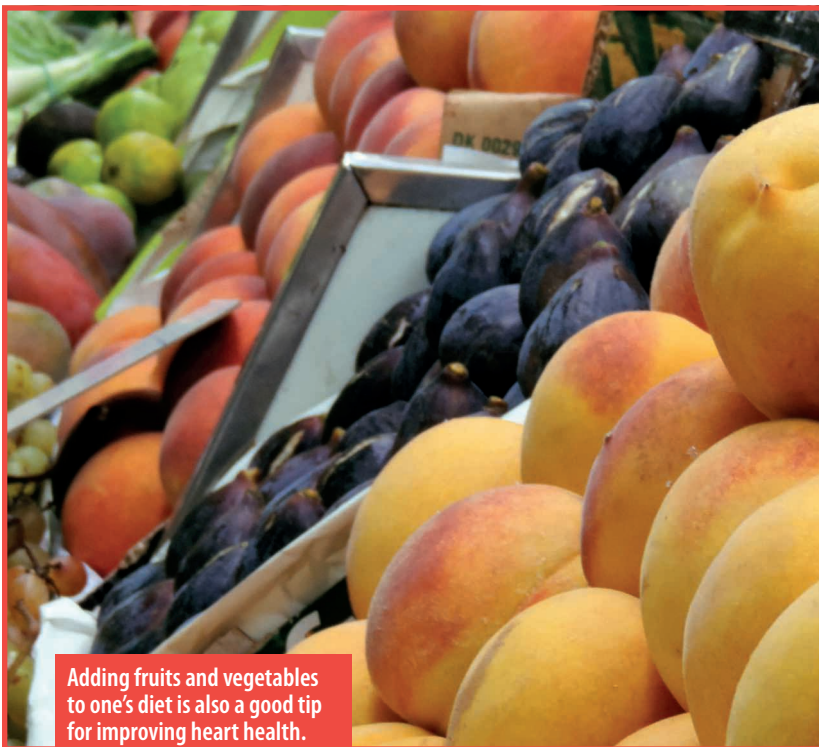
**Debra Gibson Isaacs**

*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.

# Operation Round-Up 2017 Summary

## November Meeting

- Applications Reviewed: 18
- Applications Approved: 7
- Amount Awarded: \$11,455.00

## Annual Summary

- Applications Reviewed: 29
- Applications Approved: 13
- Amount Awarded: \$22,955.00
- Membership Participation: 80%
- Program Income (Dec '16-Nov '17): \$23,382.16



## Recipients

- Little Tikes Daycare, Alexandria, \$2,200
- White Lake Volunteer Fire Dept, \$3,500
- Wessington Springs Baseball, \$2,500
- Campbell Straw Bale Museum, \$3,000
- City of Emery Little Learner's Daycare & Preschool, \$2,200
- Children's Care Corner, Howard, \$2,000
- Kimball School, \$1,000
- Chamberlain Fire Dept, \$2,500
- Corn Palace City VFW, \$2,000
- Kimball Swimming Pool, \$500
- Plankinton Park & Recreation, \$1,000
- Letcher Town & Kountry Kids, \$3,500
- Gann Valley Spring Hill Cemetery, \$2,000
- Ethan Community Center, \$1,500
- Helping with Horsepower, Mitchell, \$2,300



## How to Apply

Applications are available by visiting our website at [www.centralec.coop](http://www.centralec.coop) or by contacting our office. Application deadlines are each May 1 and Nov. 1.

The Board of Trustees meet shortly after each deadline to review applications and award funds. A check is distributed to the organization/individual after each has provided proof of purchase or plans to move forward with the approved project.

## Participation

To enroll/unenroll in rounding up your electric bill, please contact our office or visit [www.centralec.coop](http://www.centralec.coop).

End of the year total contributions can be found by logging into your SmartHub account.

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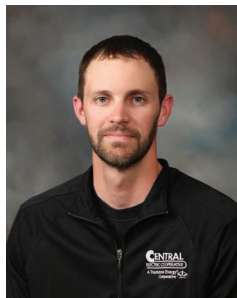
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Services Available for both Members & Non Members

## 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](http://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](mailto: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](http://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.**