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Horizons

A Golden West Customer Newsletter

Born to Inspire

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We're everywhere people connect.

Born to Inspire

Mission Teenager is a Role Model

Tashina Red Hawk has achieved more at the age of 18 than many people do in a lifetime. If you ask the Mission teenager how she's accomplished so much, she'll talk about hard work, determination, and a genuine desire to be a role model for Lakota youth. But it really boils down to a positive attitude.

"Don't tell me the sky's the limit when there are footprints on the moon," she says.

At the rate Tashina is going, she just might slip the surly bonds of earth before she's even graduated from high school.

“

If there were more Tashina Red Hawks, we would have a better nation.

Dusty Johnson, SD Congressman

”

Youth in Action Award

During National 4-H Week in October, Tashina was named the 2022 recipient of the 4-H Youth in Action Award for agriculture. She's the first South Dakotan to receive the national honor and finds herself in rare company. Each year, the organization honors young leaders who have made positive contributions to their communities in four key pillars: agriculture, civic engagement, healthy living, and STEM.

The award includes a \$5,000 scholarship, an all-expenses-paid trip to Washington, D.C., and recognition as the official 4-H youth spokesperson for the agriculture pillar. As much as she appreciates the scholarship money and accolades, Tashina is happiest for the acknowledgment it brings to the state.

"When I heard, my heart burst because of what it means for South Dakota," she says. "Coming from South Dakota, where agriculture is everything, I was very proud."



Zoey Harley Photography

A Background in 4-H

In retrospect, Tashina's award is hardly surprising given the effort she has put into 4-H. Her dad, Shane, had raised and trained horses all his life, setting the stage for what was to come.

"I had my first horse before I was even born," Tashina says. "I had a passion for riding horses and had all these amazing dreams of becoming a barrel racer."

Shane broke his back when Tashina was eight and was unable to train her. Cassandra Chauncey, a 4-H Junior Division member, stepped into the role. When Cassandra's horse suffered an injury the day before a Todd County 4-H horse show competition, Cassandra asked if she could borrow Tashina's horse. She agreed, and Cassandra went on to win a blue ribbon in barrel racing.

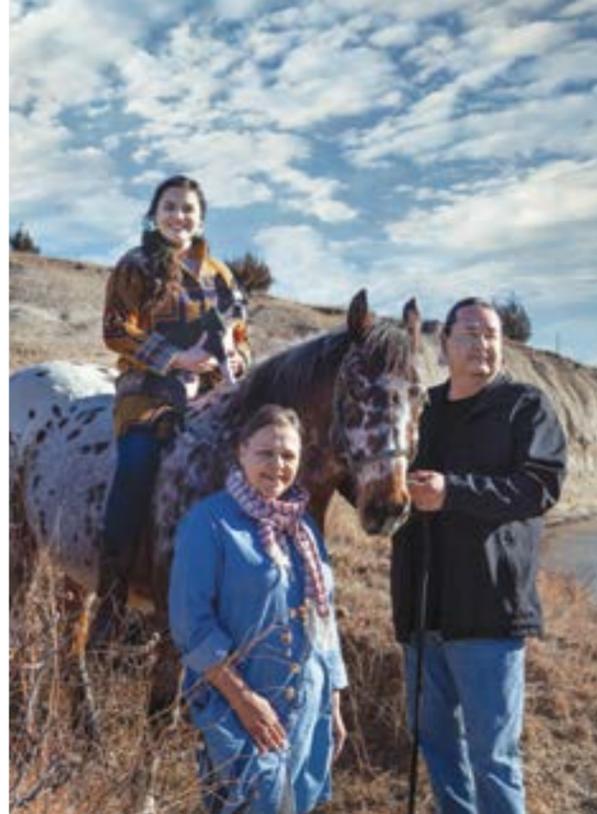
"From that day forward, Cassandra became a 4-H mentor to me," Tashina says. "That's when I hopped into 4-H and got into agriculture. I've been with it ever since."

Inspired by Lakota Traditions

The Youth in Action award might be a crowning achievement for most, but it's just another in a long string of accomplishments for Tashina. She was born in Portland, Oregon, but her parents decided to raise her on the Rosebud reservation in South Dakota. Her Sicangu Lakota heritage plays a big role in everything she does.

"My Lakota traditions are very important to me," she explains. "Animals are a huge part of our teachings. The creation story of the Great Race revolves around animals."

Tashina won first place for horse and rider regalia at the Gathering of Nations Pow Wow in 2019.



Tashina, sits atop Iron Warriors Way, with mom Noella and dad Shane.

Tashina has been taking dual credit college courses at Black Hills State University, South Dakota State University, and Sinte Gleska University and will graduate from high school with 32 college credits earned. She has been completing her Pre-Veterinary Program Academic Syllabus at the SDSU Department of Veterinary and Biomedical Sciences, where she plans to apply for the professional Veterinary Medicine (DVM) 2+2 program in the spring of 2023.

Coffee Shop Brings College Savings

As if those accomplishments weren't enough, Tashina plays 12 different musical instruments, mentors Lakota youth, is



They have been with us since the beginning of time and are a huge part of our everyday life. They're like family members. We give our horses Lakota names because we cherish them and carry them close to our hearts."

Her love for animals has inspired Tashina to set her sights on a veterinarian career. She has volunteered at the Wamakaskan Wawokiye Oti ("Helping Animal Center"), a veterinary clinic in Mission, for the past three years. Working with doctors from the Sovereign Nations veterinary program has provided her with valuable hands-on experience.

"I've climbed the ladder, going from a vet tech helping with paperwork to performing my first small animal surgery," Tashina says.



“

Don't tell me the sky's the limit when there are footprints on the moon.

Tashina Red Hawk

”

the reigning South Dakota High School Rodeo Queen for two years running, and owns and operates her own business, Tashina's Coffee. The drive-through coffee shop sells everything from lattes and mochas to bubble tea. The income she earns from coffee sales will go toward her college expenses.

"It's a really fun business," Tashina says. "I love doing public relations, talking to people. I love the smell and taste of espresso."

The business has even taught her a surprising lesson.

"Believe it or not, even in three-degree weather, people still order iced drinks," she shares.

Tashina's impressive list of achievements make her a role model for many. She even caught the attention of South Dakota congressman Dusty Johnson, who touted her accomplishments on the U.S. House floor last Oct. 11 — Native American Day.

"If there were more Tashina Red Hawks," Johnson said, "we would have a better nation."

Tashina's compassion for animals has helped guide her future career plans.





SDTA Offers Scholarships

Easing Financial Burden

Talk is cheap, but education isn't. With costs rising on everything from coffee and avocados to gasoline and rent, finding the means to pay for post-secondary studies can be challenging.

The South Dakota Telecommunications Association (SDTA) can help.

Every year, the organization provides financial aid in the form of scholarships to individuals pursuing a college degree in South Dakota. In 2022, three recipients will receive help with post-secondary education costs. SDTA will award one \$2,000 scholarship and two \$1,500 scholarships.

To be eligible, the student must reside in a household that subscribes to an SDTA member, like Golden West, and:

- Have a high school diploma or GED equivalent;
- Must be accepted into or attending a multi-year program at any accredited technical college or post-secondary higher education institution in South Dakota for the fall 2023 semester;
- Must major in a degree/program or field of study that is useful in the telecommunications or broadband industry or which significantly relies on the use of broadband services and related technologies.

Previous SDTA Memorial Scholarship recipients are not eligible to apply. For a sample list of majors eligible for this scholarship, and to apply, visit sdtaonline.com/sdta-scholarships.php. The deadline for applications is June 15, 2022. Scholarships will be distributed for the 2023 spring semester.



Protect Your Tech

How Viruses Infect Laptops, Phones

Picture it ... you're elbow deep in an urgent, important document that holds the key to your future. You then receive an email with the subject line of "A Love Letter for You." Intrigued, you open the message and the attached "love letter." The next day, you open your computer to find the important document missing! You've likely been the victim of a malicious virus.

What is a Virus?

Computer viruses are a type of program or code written to change how a computer and its programs normally operate for the worse. These nuisances are created to spread from one program or device to the next, like a biological virus.

Once a virus is present, it has access to the entire device, including programs, files, and accounts. Although some viruses cause less harm, they should never be left alone. Viruses are known to replicate themselves throughout the device, drastically slowing it down.

Initial Infection

Computer viruses first appeared in the late 80's with the introduction of floppy disks. An infected floppy disk would be inserted into an uninfected computer, distributing the virus.

Today, viruses are still spread through shared storage options, such as flash or thumb drives, but viruses most commonly infect devices through emails and unprotected websites. Through emails, the virus is stored in malicious links or attachments,

waiting to be clicked on. After the link or attachment is launched, the virus springs into the depths of your computer.

Identifying a Virus

Viruses are often sneaky and infect devices unknowingly. Here are some signs to watch for if you're skeptical of being a victim.

- Your web browsers have dramatically slowed down over a short period of time.
- Files have been modified or deleted.
- Freezing or crashing happens often.
- Programs run or close without your consent.
- Your default search engine is different than normal.
- Unusual emails are being sent without your permission.
- Pop-up ads are allowed without you adjusting any settings.
- New desktop icons appear without you installing them.

Prevention Tips

Don't live in fear of losing your computer! There are multiple ways to prevent viruses from entering your device to save your files and keep your device functioning.

Use a strong password. Make sure that passwords are at least eight characters long (16 characters is even better) and use uppercase, lowercase, numbers, and special characters. Also avoid using the same password over multiple websites.



Update your software immediately. Software updates are meant to protect devices against the newest threats. Old software has little to no protection against emerging viruses that have cracked the old systems.

Use an antivirus solution. Golden West offers up to three licenses of VIPRE Advanced Security for internet customers. This is free to customers who bundle internet service with phone or cable. Internet-only customers can purchase the antivirus for \$4.95 per month, which will be applied to the monthly bill. For more information, visit goldenwest.com/vipre.

Educate your family. Knowing the warning signs (phishing emails, unsafe websites, etc.) can prevent viruses.

Don't become the next virus victim. These simple strategies can protect your computer from a world of hurt.

Sources: Norton, the Florida Nerds, Stony Brook University Division of Information Technology, and How Stuff Works

No Picture on Your TV?

Try This Before Calling Support

Turning on your TV and seeing a blank screen instead of your favorite cable program can make your stomach drop. Don't worry: there's often a very easy solution – one that doesn't require a call to Golden West.

Most TVs have multiple input or source ports to connect video devices. Occasionally, the INPUT or SOURCE button

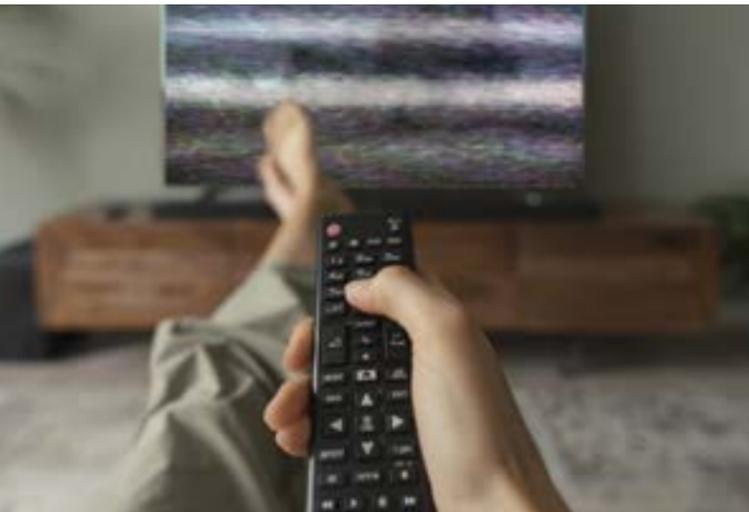
gets bumped and changes the setting inadvertently, causing you to lose your cable TV picture.

If both your TV and set-top box are on but you don't see a picture, make sure your TV is on the correct INPUT. To do so, locate the INPUT or SOURCE button on the remote control that was provided with your TV or the INPUT or SOURCE button on the front, side, or back of your TV.

Toggle through your INPUT or SOURCE options until you locate the one designated for your cable TV set-top box. This will show you which input your device is on.

You'll find a TV Input Help video with step-by-step instructions at goldenwest.com/tvinput.

If you've tried this trick and still don't see a cable picture, give our help desk a call at **1-855-888-7777**. Technicians are available 24/7 365 days a year.



Can You Dig It? Yes... But Call First

With spring right around the corner, thoughts turn to outdoor projects. The ground hasn't quite thawed yet, but soon, you might think about planting shrubs or tackling even bigger projects. Before picking up that shovel, call 811 first. It's the law ... and your safety depends upon it.

Underground utility lines are everywhere – some mere inches beneath the surface. According to the Common Ground Alliance, a utility line is damaged by digging every six minutes. This can

lead to serious consequences ranging from gas leaks and neighborhood blackouts to injury or death. As a homeowner, you can be held liable.



Before digging, you are required to call 811 – the national hotline for accessing local utility location services – or visit the South Dakota 811 center's website at sdonecall.com.

Don't wait until the last minute; contact 811 at least two business days prior to excavating. You'll be asked about the type of work you're planning, as well as your address. The 811 service will then notify your local utility companies, who will locate their underground lines and mark them with flags or paint. You must confirm that all

utility companies have responded to the request after two business days or you have been given the "all clear."

At that point, feel free to "dig" in!



Anytime, Anywhere Watch TV!

Tired of missing your favorite shows while away from your TV? If you're a Golden West cable TV subscriber, then worry no more! WatchTVEverywhere is perfect for busy people like you.

WatchTVEverywhere is available to all Golden West cable subscribers at no cost. It's easy to use; just select Golden West as the TV provider at wtve.net, create an account, and watch your available channels with your cable subscription wherever you go. You can also download any network app to a phone, tablet, or Smart TV and log in one time using your Golden West credentials to expand your horizons.

Shows on watchTVEverywhere are usually streamed live and current to date. You can also catch up on the latest episodes that you may have missed. The control is in your hands ... where will you choose to watch?

When to Watch

- Catch up on *The Bachelor* on ABC while gardening.
- Entertain the kids with their favorite movie on Freeform in the car.
- Don't miss the big game on the Big 10 Network while on a bathroom run.
- Stream the Cowboy Channel while at the youth rodeos.
- Watch Food Network while cooking in your kitchen.
- Relive another *Friends* rerun on TBS when waiting in the doctor's office.

WatchTVEverywhere is only available for Golden West cable subscribers. Data charges from cellular use may apply.

Step-by-step instructions for creating a watchTVEverywhere account can be found at goldenwest.com/wtve – along with a helpful video!

Channels Participating in watchTVEverywhere:*
(Availability depends on cable package subscription)



* As of March 1, 2022



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