

Cooperative Connections



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Plans to Return to "Normal"



Ken Schlimgen

General Manager

As I stated earlier, the COVID-19 pandemic has changed the way we do almost everything, but I think it has also increased our appreciation for others.

There is no doubting the fact that COVID-19 has impacted the way we do almost everything each day. Last month, I summarized all the steps your cooperative has been taking in an attempt to protect our employees and to protect you from the spread of this virus.

As you know, we have closed our office to the general public, but our employees continue to work to serve you and to keep the lights on. Earlier this month, the Governor of South Dakota relaxed her recommendations for businesses, and soon after, the Mayor of Mitchell followed.

The senior staff members are discussing our plan for returning Central Electric to a more normal mode of operations, but we are going to proceed with caution. We are monitoring the number of active COVID-19 cases both statewide and locally in our decision making. Our first steps will be to have those working from home begin working at the office again. We can then consider when it is safe to open our building to the general public. Until then, please continue to contact our office by phone or email.

The service department and the line department are busy working on outside projects. We have a lot of work to get completed this year, and in addition to that work, we are seeing an increase in requests for new services, which is a pleasant surprise. The spring weather has been kind to us so far, so work is progressing nicely.

About half of our office staff is working from home, but they continue to answer calls, handle payment arrangements, keep our bills paid and complete all the necessary accounting and IT duties.

In the February issue of this magazine, I reviewed the information that was shared at the January District Meetings. Part of the information was regarding electric rates. The cost of the electricity that Central Electric purchases on behalf of our members in 2020 increased from 2019; however, our electric rates to the membership did not. We continue to look for and take advantage of ways to reduce costs and have eliminated some services in an effort to get through 2020 without changing rates.

Through the end of March, our margins are ahead of budget despite our kWh sales being below budget levels. Lower than expected fuel costs and low interest rates have helped our bottom line, but we will continue to monitor our financial position closely. The pandemic has changed our operations and any non-essential spending has been delayed or eliminated. Know that we are doing all that we can to avoid the need for adjusting electric rates, and at the same time, we are looking into ways we can help our membership through this critical time.

As I stated earlier, the COVID-19 pandemic has changed the way we do almost everything, but I think it has also increased our appreciation for others. I am seeing more and more positive comments on social media and the news outlets for health-care workers, first responders, teachers, retail workers and farmers. We are also spending more quality time with immediate family members, and major corporations are generously supporting non-profits to help those in need.

As we continue this journey together, I want to thank you for supporting your cooperative as we navigate our way through this pandemic. I would also ask you to say a prayer for the decision makers who are doing their very best to get us through this.

In closing, I encourage you to heed your mother's advice: "The simple act of washing your hands can be the difference between staying well and being sick."

Until next month, take care and be safe!

CENTRAL ELECTRIC COOPERATIVE

A Touchstone Energy® Cooperative 

(USPS 018-963)

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Office Information

M-F 8:00 a.m. - 4:30 p.m.
 800-477-2892 or 605-996-7516
www.centralec.coop

Our office is closed to the public until further notice due to COVID-19.

Mission Statement

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

CO-OP NEWS

Board Meeting Summary

The board of directors met on April 20, 2020 via video conference for the regular board meeting.

The board approved the March 2020 meeting minutes. The board then reviewed monthly reports by management including details on operations, member services, communications, service department and the financials.

Board Report

Manager Schlimgen updated the board on the following:

- Ethanol industry update.
- Operational changes and challenges due to COVID-19.
- Current capital credits and retirement process.
- East River Manager's Meeting report.

Manager of Finance and Administration Uher reviewed the RUS 2019 Form 7.

Director VanWalleghen reported on the South Dakota Association of Cooperatives (SDAC) meeting.

Director Wolbrink reported on the East River Electric board meeting.

Directors Reindl, Loudner, and Burghardt reviewed the quarterly board and legal expenses.

Board Action

The board considered and/or acted upon the following:

1. Approved revisions to Policy 746 regarding the cooperative safety committee.
2. Authorized a construction fund transfer.
3. Approved a labor only contract with D & D Underground.
4. Approved Inventory of Work Orders No. 229.

The next board of directors meeting will be held May 18, 2020 via video conference.

Please contact the cooperative office for more information regarding the board meeting.

Financial Report	March 2020	Year-to-Date
kWh Sales	28,402,909 kWhs	92,945,122 kWhs
Electric Revenues	\$ 2,787,198	\$ 8,885,593
Total Cost of Service	\$ 2,754,594	\$ 8,597,493
Operating Margins	\$ 32,604	\$ 288,100



We will be closed on May 25 for Memorial Day.

Stay Safe at Home

Each year, electrical malfunctions account for thousands of home fires, injuries, death and property damage. The average American home was built in 1977, and many existing homes simply can't handle the demands of today's electrical appliances and devices. Keep safety in mind with these helpful tips from the Electrical Safety Foundation International.

Learn the warning signs of an overloaded electrical system:

- Frequent tripping of circuit breakers or blowing of fuses
- Dimming of lights when other devices are tuned on
- Buzzing sound from switches or outlets
- Discolored outlets
- Appliances that seem underpowered

How to avoid overloading circuits:

- Label your circuit breakers to understand the different circuits in your home.
- Have your home inspected by a qualified electrician if older than 40 years or if you've had a major appliance installed.
- Have a qualified electrician install new circuits for high energy use devices.
- Reduce your electrical load by using energy efficient appliances and lighting.

Working from home?

Follow these electrical safety tips to keep you and your home safe from electrical hazards.

- 1) Avoid overloading outlets.
- 2) Unplug appliances when not in use to save energy and minimize the risk of shock or fire.
- 3) Regularly inspect electrical cords and extension cords for damage. Extension cords should only be used on a temporary basis.
- 4) Never plug a space heater or fan into an extension cord or power strip.
- 5) Never run cords under rugs, carpets, doors or windows.
- 6) Make sure cords do not become tripping hazards.
- 7) Keep papers and other potential combustibles at least three feet away from heat sources.
- 8) Make sure you use proper wattage for lamps and lighting.
- 9) Make sure your home has smoke alarms. Test them monthly, change batteries annually and replace the unit every 10 years.

Source: Electrical Safety Foundation International

The Secret Ingredient

Electric cooperative members know that the recipes published in their local electric cooperative magazine are time-tested by their neighbors. The recipes feature ingredients that are readily available in the region (there may be a few somewhat exotic components). For the most part, if you have a can of cream of something soup, a pound of ground beef, some flour, eggs and a little salt and pepper, you probably have the basis of many a recipe found here. We raise our mixing spoons to the hundreds of co-op members who have sent in their recipes over the years.

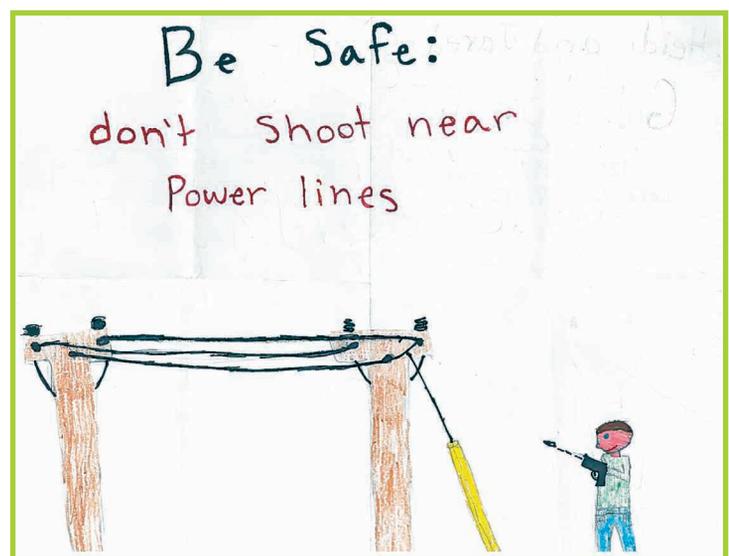


Dawn Trapp

And, we applaud the work of Dawn Trapp who has reviewed the recipes, compiled them for print and made sure our South Dakota, Minnesota and Nebraska cooks shine for their neighbors. Trapp is retiring after a 30-plus year career with South Dakota's electric cooperatives. Since 2000, she has compiled the recipes featured in this magazine. She previously compiled recipes for the *South Dakota High Liner Magazine* and edited *Home Cooking: 50th anniversary commemorative cookbook of the South Dakota High Liner Magazine* in 1998.

For a .PDF compilation of the first 20 years of recipes found in your local *Cooperative Connections* publication, contact your local electric cooperative.

KIDS CORNER SAFETY POSTER



"Be safe: Don't shoot near power lines."

Gwen Smith, 10 years old

Gwen is the daughter of Jared and Heidi Smith, Lake Norden, S.D. They are members of H-D Electric Cooperative, Clear Lake, S.D.

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.

Dairy Delicious



Chicken Lasagna

- | | |
|------------------------------|--------------------------------|
| 1 can cream of chicken soup | 1 cup Parmesan cheese |
| 1 can cream of mushroom soup | 3 cups diced chicken |
| 1/2 cup milk | 3 cups shredded Cheddar cheese |
| 1 cup sour cream | Lasagna noodles, cooked |

Mix together soups and milk. In a separate bowl, combine sour cream, Parmesan cheese, diced chicken and cheese. Spread a thin layer of the soup mixture in the bottom of a 9x13-inch glass baking dish. Make a layer of cooked lasagna noodles. Spread an even layer of the chicken mixture. Top with another layer of soup. Repeat layers until gone. Bake at 325°F. for 1 hour.

Mary Hunt, Gary, S.D.

Pineapple-Pretzel Salad

- | | |
|-------------------------------|---|
| 2 cups crushed pretzels | 1 (8 oz.) pkg. cream cheese, softened |
| 1 stick butter, melted | |
| 1 cup sugar, divided | 1 (20 oz.) can crushed pineapple, drained |
| 1 (8 oz.) container Cool Whip | |

Combine pretzels, butter and 1/2 cup sugar. Spread on a 9x13-inch pan. Bake at 400°F. for 7 minutes; cool. Break into pieces; set aside. In a large bowl, beat cream cheese and remaining sugar. Add Cool Whip and pineapple. Mix well; refrigerate overnight. Just before serving, add pretzel pieces.

Linda Rauscher, Aberdeen, S.D.

Cheesy Garlic Bread

- | | |
|------------------------------|----------------------|
| 1 cup Miracle Whip | 1/4 tsp. garlic salt |
| 1/2 cup sour cream | 1 cup chopped onion |
| 1 cup shredded yellow cheese | 1 loaf French bread |

Combine salad dressing, sour cream, shredded cheese, garlic salt and onion. Cut the French bread length-wise. Cover both sides, cut-side up, with mixture. Sprinkle with parsley and paprika, if desired. Bake at 400°F. for 8 to 10 minutes. Cut diagonally for a pretty presentation.

Jane Ham, Rapid City, S.D.

S'mores Pie

- | | |
|-------------------------------------|--|
| Graham Cracker Crust: | 2 tsp. ground cinnamon |
| 1-1/2 cups graham cracker crumbs | 1 T. plus 1 tsp. vanilla extract, divided |
| 7 T. butter, melted | 1 (7 oz.) jar marshmallow creme |
| 1/3 cup sugar | 1 (4 oz.) pkg. cream cheese, softened |
| Filling: | 1 (8 oz.) container frozen whipped topping, thawed |
| 3/4 cup heavy cream | |
| 6 oz. semi-sweet chocolate, chopped | |

For the crust, mix all ingredients in medium bowl. Press into bottom and up sides of 9-inch pie plate. Set aside. For the filling, bring cream just to boil in small saucepan. Pour over chocolate in medium heatproof bowl. Let stand 1 minute then stir until smooth. Stir in cinnamon and 1 tsp. of the vanilla. Pour into prepared crust. Refrigerate 30 minutes or until chocolate is firm. (Freeze 15 minutes for faster chilling.) Beat marshmallow creme, cream cheese and remaining 1 T. vanilla in large bowl with electric mixer on medium speed until well blended. Gently stir in whipped topping until well blended. Spread evenly over chocolate layer in crust. Refrigerate at least 2 hours or until ready to serve. Garnish with chocolate curls or toasted marshmallows, if desired. Makes 8 servings

Nutritional Information Per Serving: Calories 600, Total Fat 36g, Cholesterol 75mg, Sodium 267mg, Carbohydrates 65g, Fiber 2g, Protein 4g

Pictured, Cooperative Connections

Taco Cheese Dip

- | | |
|---------------------------------------|--------------------------------|
| 1 (8 oz.) pkg. cream cheese, softened | 1 (8 oz.) container sour cream |
| 1 pkg. taco seasoning | Shredded Cheddar cheese |

Blend cream cheese, taco seasoning and sour cream well in serving dish. Spread shredded Cheddar cheese on top. Serve with chips.

Mary Ellen Luikens, Scotland, S.D.

Please send your favorite dessert, vegetarian or garden produce recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2020. All entries must include your name, mailing address, telephone number and cooperative name.

Together we're

RE-ENERGIZING TOMORROW'S LEADERS

COOPERATIVE SCHOLARSHIPS

Local students awarded \$3,000 toward further education



Katie Schmit,
Artesian, SD



Megan Linke,
Woonsocket, SD



Jessica Kott,
Platte, SD

Central Electric Cooperative recently awarded scholarships in the amount of \$3,000 to three local students. The schol-

The scholarships are funded by Basin Electric Power Cooperative and the family of the late Jay Headley of White Lake, SD.

arships are funded by Basin Electric Power Cooperative of Bismarck, ND and the family of the late Jay Headley of White Lake, SD.

Katie Schmit of Artesian, SD received a \$1,000 Basin Electric Power Cooperative Scholarship. Schmit is the daughter of Robert and Brenda Schmit and graduate of Sanborn Central High School. She plans to attend South Dakota State University (SDSU) and pursue nursing.

Megan Linke and Jessica Kott were selected as this year's winners of the Jay Headley Memorial Scholarships and will receive a \$1,000 scholarship each.

Linke is the daughter of Henry and Paula Linke of Woonsocket, SD and graduate of Woonsocket High School. She plans to attend SDSU and pursue general ag/ag sciences with a career in ag leadership or potentially nursing.

Kott is the daughter of Randy and Sona Kott of Platte, SD and a graduate of Kimball High School. Kott plans to attend SDSU and pursue agricultural business with future plans to work in ag policy.

Scholarship recipients are selected on their academic performance, commitment to community, a written statement and are recognized as current and future leaders.

Employee Years of Service



Brian Bultje
Manager of Operations
June 9 - 34 years



Daniel Koupal
Apprentice Lineman
June 10 - 1 year



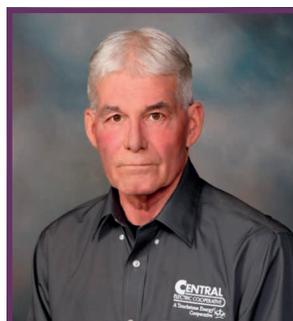
Gene Gaikowski
Area Foreman
June 12 - 3 years



Al Spader
Journeyman Lineman
June 15 - 33 years



Heather Gales
Administrative Assistant
June 16 - 1 year



Tim Johnson
Staking Technician
June 26 - 42 years

**CALL OR CLICK
BEFORE YOU DIG**

Call 811 or visit call811.com at least two to three business days before you start digging. Professional locators will mark underground utility lines so you can work safely—and save you from possible injury or property damage.

Together we're
RE-ENERGIZING SAFETY

Local Discounts with your Co-op Connections® Card



Your cooperative membership earns you discounts at local participating businesses.

Simply show your Co-op Connections Discount Card and save.

- Two Dreams Boutique, Mitchell, SD;**
10% off of in store order.
- Village Bowl, Mitchell, SD;**
Bowl 2 games, get 3rd game free.
- Williams Musical & Office Equipment, Mitchell, SD;**
10% off regular price.
- 605 Vision, Chamberlain, SD;**
15% off services and materials; cannot be combined with insurance or other offers.
- AAA South Dakota Mitchell Branch, Mitchell, SD;**
Save \$15 on new membership by waiving entrance fee for SD residents only. Free atlas with insurance quote.
- Aero Dyna Kleen, Mitchell, SD;**
\$20 off on furnace and duct cleaning; 10% off on carpet cleaning.

For a full list of ways to save, visit www.connections.coop.

To request a card or become a participating business, visit www.centralec.coop or call 800-477-2892 or 605-996-7516.



BIG (Little) GARDENS

Growing Vegetables in Limited Spaces

L.A. Jackson

Contributing Writer and Photographer

Spring has arrived! So, if thoughts of producing oodles of fresh, homegrown edibles have you ready to dig in the dirt, it's time to roll up those sleeves and start a vegetable garden!

While the physics of time and space dictate that big harvests naturally come from big gardens, for backyard growers who prefer to pass on the challenges of tending mega-plots through the long, hot summer or who simply don't have an abundance of planting areas, there are alternative ways to raise impressive passels of veggies – it is simply a matter of making make less do more.

Go to bed

First, for maximum production from limited growing areas, go with beds, not rows – in other words, place young plants or seeds according to their recommended spacing per plant and forget about distances between rows. Rows of plants looking like tidy lines of soldiers are better for large gardens in order to have paths to walk around, but this isn't necessary in small beds. Accessibility is, of course, still important, so, while you can stretch 'em as long as Texas, try not make beds over 4 feet wide – this shortens your reach into the plants and greatly minimizes embarrassing face-flops in the dirt.

Small wonders

Size isn't everything in gardening, especially when it comes to growing backyard edibles. There are many vegetable selections – often tagged with such labels as “Bush,” “Dwarf” or “Patio,” – that are modest in height and girth, but still quite capable of producing impressive crops.

The most common big veggie that can be found in smaller sizes is the tomato. There are a ton of cultivars available, but, for starters, give “Tiny Tim,” “Bush Beefsteak” or “Early Wonder” a look. Keep in mind, however, that a majority of these slight-in-stature tomato selections are determinate, meaning they produce all the 'maters they are going to yield in a matter of weeks. Standard vine tomatoes, if kept healthy, typically crank out fruit continually over the long growing season.

Want a wider range of veggies in your small garden? Squash, watermelons, pumpkins, cucumbers, cantaloupes and green beans – all champs at chewing up space in a planting bed – can also be found in compact forms, either as young plants or seeds, at local garden shops in the spring.

Grow up

Don't think you have to stick to Munchkin-sized plants. Typical strong growers such as tomatoes, green beans, cucumbers and squash can't be allowed to crawl across small growing spaces, but they can be trellised, staked or caged to grow up rather than out.

Even the long, rangy vines of watermelons, pumpkins and cantaloupes can be trained upwards on vertical supports, but to avoid the dreaded drop-and-splat factor, it's not a bad idea to cradle the developing fruits in supporting burlap, nylon or cloth slings.

Small watermelons such as “Sugar Baby” can be trained to grow up, not outwards, in a garden.
COVER: A (literal) bed of cabbage taking center stage in a flower garden.
OPPOSITE PAGE: Harvest eggplants when their skins are shiny, not dull.
Photos By L.A. Jackson

Suspension weight and size problems with standard pumpkins are obvious, but there are many cultivars, including “Spookie,” “Jack O’ Lantern” and “Sugar Pie,” that yield smaller, more manageable 6- to 7-pound fruits. Ditto for big ol’ watermelons, but with so-called “icebox” varieties like the popular “Sugar Baby” and its 8- to 10-pound melons available, it is possible to hang ‘em high, too.

Growing vine crops on erect supports has other advantages besides saving space, starting with making harvesting easier. Also, vertical gardening improves fruit shape and, since beneficial air circulates through the foliage easier, can promote healthier plants.

Beyond the veggie patch

Looking for even more growing ground? Limited-space gardening with edibles doesn’t need to be confined to small vegetable plots – in other words, anywhere you have dirt in your yard is a potential planting site. And many veggies can be easily inter-planted in the landscape as complements, rather than complications, to existing ornamentals.

One popular vegetable that bears the double standard of being both productive and pretty is the pepper. While blocky bell peppers might look a bit clunky in flower beds, there is a wide range of hot peppers that show off long-lasting fruits in many sizes, shapes and sizzling colors on relatively compact plants.

Like bell peppers, common pudgy eggplants probably won’t qualify as eye candy in an ornamental garden, but there are vibrantly colored fruits of cultivars such as “Fairy Tale,” “Prosperosa” and “Neon” that can also add extra visual sass to sunny flower borders.

And okra, which is closely related to the lovely hibiscus, stays true to its family ties with fancy foliage and delicate, hibiscus-like flowers. One particular standout beauty is “Red Burgundy,” an heirloom selection that has been a veggie garden favorite for many years because its gorgeous (and tasty) scarlet pods never fail to turn heads.

Other decorative edibles with strong, distinctive profiles such as curly spinach, cabbage, loose-leaf lettuce (especially red-tinted varieties like “Red Sails” and “Lolla Rossa”), kale and Swiss chard (look for “Ruby Red” or “Bright Lights”) are low-growing and, for vegetable plants, actually rather good looking. Any of these can be successfully incorporated as accent plants for perennial beds or flower gardens. In addition, root vegetables such as carrots, onions and radishes hide their crops below ground but freely flaunt flowing foliage that can be used to fill in the fronts of border plantings.

Many herbs are also great “double-duty” plants. Need examples? Rosemary’s spiky leaves and delightful (as well as edible) bluish-purple flowers make it an appealing addition to any landscape setting. Bronze fennel’s smoky look is a nice touch for container planters, while the rich, dark foliage of purple basil is a horticultural fashion statement waiting to happen. And curly parsley, with its deep emerald leaves, is an ideal alt-ornamental to line the front of a flower bed.

One word of caution about interplanting vegetables or herbs with other plants: If you spray any pesticides on neighboring ornamentals, make sure the chemicals are cleared for safe use on edible plants as well.

L.A. Jackson is the former editor of Carolina Gardener magazine.

Harvest Time Tips

When are veggies table-ready?

With proper care, spring vegetable plantings will grow up big, strong and productive to add plenty of homegrown edibles to the dinner table. But, while waiting for these crops to mature, now is not too soon to start mentally registering harvest tips to be ready when the bountiful times arrive. Such pointers can also be helpful to folks who don’t have gardens but go to pick-your-own farms. In addition, frequenters to farmers’ markets will probably find a few of these tips useful to help select produce at their freshest and tastiest.

Bell peppers. The typical bell pepper can be picked when it is either green or red. A red bell pepper is just riper than a green one and tastes slightly sweeter. If you prefer to use a size-o-meter, harvest these peppers when they are about 3 inches in diameter.

Carrots. Carrots are normally ready when their orange crowns poke out above the soil line. For better storage, cut off all but about 2 inches of the fern tops after you pull carrots from the ground.

Cucumbers. Although they come in all sizes, standard cukes will, of course, be a deep green when mature. However, if a cucumber starts to show a yellow tint, it is past ripe.

Eggplant. Common varieties, such as “Black Beauty” and “Classic,” should have a shiny, dark purple color and be about 4 inches in diameter. Any eggplant that has been on the plant too long will lose its shine – this also applies to the newer, fancy-colored varieties such as “Neon” and “Ping Tung.”



Okra. The better tasting (and least slimy) okra pods are snipped off at about 3 inches long. *Chef’s Tip: For little or no slime, when boiling okra, leave the pods whole.*

Green Beans. These beans are at their best when they are about 3 to 6 inches long. At these sizes, the seeds haven’t started to swell yet, and the pods are tender enough to snap easily.

Leaf Lettuce. Wait until the plants are about 5 inches tall and starting to fully fill out with foliage. Then, begin your picking. Use scissors and only take outer leaves so the plants will continue growing strongly in order to extend the harvest season. This method works well for romaine lettuce and spinach, too.

Summer Squash. Tasty crook, straight-neck and zucchini squash will be had when they are picked at about 6 inches long. Round patty pan varieties are in their prime around 4 to 5 inches in diameter.

Tomatoes. Come on – everybody knows what a ripe tomato looks like! Sometimes, however, ‘maters are picked with a bit of green still showing. To turn the green to red (and make fruits fully ripe) simply place them in a cozy area indoors. A sunny windowsill won’t do because the sun’s direct rays could redden the skin but not ripen the inside of the tomato. Moderate warmth, not strong light, is the key to properly maturing a tomato.

#CEC Bucket Truck Contest

Local "Artists" Showcase their Custom Bucket Truck Designs

Our mini-members were asked to design and assemble their very own bucket truck, and designs include various colors, staging, and even some special characters! All photos can be viewed on our Facebook page at www.facebook.com/CentralElecSD.



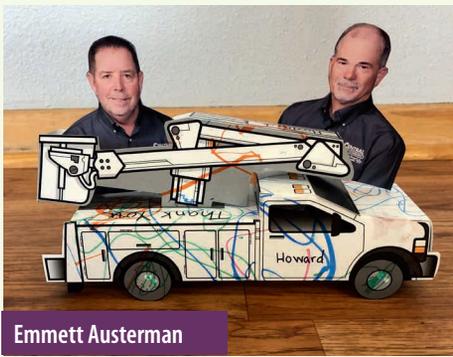
Autumn & Lily Baker



Addyson Dorwart



Natalie & Brooklyn Marshall



Emmett Austerman



Submitted by Chantell Kriel



Coltyn Raymond



Submitted by Sheena Larsen



Ned & Ladd Pazour



Grandchildren of Curt Guindon



Alex Greenway



Matthew Greenway



Madi Raymond



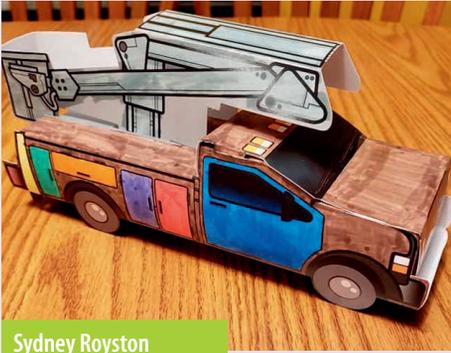
Stazy & Jordan Froning



Stazy & Jordan Froning



Raquel, submitted by Laura Hagemann



Sydney Royston



Jersey & Ty Roskens



Alaina Royston



Karter & Tayven Weber



Malachi, submitted by Laura Hagemann



Gracie Royston



Kayleigh Royston



Carson & Alexis Earl



Braxton Raymond



Mariah Royston

#POWERON

Outdoor Fever

Celebrating South Dakota's Outdoor Spaces

Brenda Kleinjan

editor@sdrea.coop

People are really rediscovering the outdoors again.

South Dakota's state parks and wide-open spaces can be a beacon to those who have spent the winter and spring months cooped up at home.

"Parks are very good places to go outdoors and get out of the house," said Al Nedved, deputy director of parks for the South Dakota Department of Game, Fish and Parks.

Nedved said that in April 2020, the parks had seen an increase in use over 2019, due in part to better weather than the previous year and also to the COVID-19 restrictions.

"People are really rediscovering the outdoors again," said Nedved. "Our parks are open. We are strongly advising people to follow social distancing guidelines set by CDC (Center for Disease Control) and the state department of health."

In addition to the social distancing, the parks are encouraging people to be as self-sufficient as possible by using their own facilities. State park visitors are also asked to plan ahead and use the reservation website to purchase licenses and make reservations ahead of time to limit interaction at the parks as much as possible.

And as Americans head outdoors celebrating June as both National Camping Month and Nation Great Outdoors Month, thousands of South Dakotans will



Biking in South Dakota campgrounds is a popular family activity.
Photo Credit: South Dakota Department of Game, Fish and Parks

be discovering and rediscovering the Rushmore state's park system.

The state's parks, established in 1919 with the creation of Custer State Park in western South Dakota, saw considerable growth in the post World War II era. The newest park, Good Earth State Park, was established in 2013 southeast of Sioux Falls.

"It's a very unique archaeological and historical site," said Nedved, noting the area was a vast trading center for Native Americans going back several hundred years.

The South Dakota State Park system includes 13 state parks, 43 recreation areas, five nature areas, one historic prairie, 69 lakeside use areas and 10 marina/resorts. In addition, the Division of Parks and Recreation manages the



Hiking trails are offered in many South Dakota state parks.
Photo Credit: South Dakota Department of Game, Fish and Parks



Access to water-based activities, such as this one found at Farm Island in central South Dakota, is a draw for South Dakota state parks.
Photo Credit: South Dakota Department of Game, Fish and Parks

114-mile Mickelson Trail, South Dakota’s Snowmobile Trail Program, and maintains 240 public water access areas.

“I always tell people the best-kept secret is the place you have not been yet. You never know where there is a site that will become a favorite spot,” said Nedved. “Each park is unique; it’s great to experience them all. Each is rich with natural, historical and cultural resources.”

Custer State Park is the largest of the parks at 71,000 acres, while Fort Sisseton in northeastern South Dakota is one of the smallest.

Palisades State park has geological structures that are really unique,” Nedved said.

“The Missouri River Parks offer incomparable opportunities for fishing and water recreation,” said Nedved, noting that parks on the river extend from Pollock in the north-central part of the state to the Adams Nature Area and Preserve by North Sioux City which features a well-preserved farmstead and a trail system.

“They are a great place to make memories and be together,” Nedved said.

The parks offer a variety of activities: camping and fishing are popular as well as other water-based recreation. Hiking, biking and trail-related activities are a draw

as are leisure sport activities like disc golf, volleyball and horseshoes.

“The biggest one is the ability to come out and enjoy the outdoors and have a really good experience,” said Nedved. “I like to tell people to think of parks as a really great place for your emotional and physical health. There’s no greater place to go and exercise than the great outdoors.”

Those intending to camp should do a little research and have a basic knowledge of the outdoors. In addition to packing bug spray, appropriate clothing and sunscreen, campers in the 2020 season should also plan on bringing masks and hand sanitizer.

Also on the list should be a NOAA weather radio or other device to track severe weather.

“South Dakota weather can be unpredictable at times. You need to plan ahead and be prepared for wind, hail and lightning,” said Nedved.

“We encourage everyone to enjoy the outdoors this summer and do it responsibly,” Nedved said.

Before you go, be sure to check the GF&P website at gpf.sd.gov/parks for updates and current information.

They are a great place to make memories and be together.

By the Number

A look at South Dakota’s state park system

- 16 Welcome Centers
- 9 Regional Offices
- 3 Fish Hatcheries
- 2 Outdoor Campuses
- 83 Dams
- 4,417 Campsites
- 223 Camping Cabins
- 2 Modern Cabins
- 7 Lodges
- 153 Picnic Shelters
- 93 Playgrounds
- 121 Comfort Stations
- 49 Fishing Docks
- 50 Fish Cleaning Stations
- 347 Boat Ramps
- 50 Beaches
- 349 Miles of Trails
- 328 Miles of Roads
- 155-Mile Canoe/Kayak Trail
- 1,518 Miles of Snowmobile Trails

June is PTSD Awareness Month



UNDERSTANDING PTSD

Jocelyn Romey

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Trauma is an experience that can occur in an instant – to anyone. It has the power to alter a life or change the future plans or outlook of someone who has suffered it. But does this mean that a traumatic occurrence comes with a life sentence? Does trauma affect people for life?

One unfortunate outcome of trauma is a diagnosed disorder known as post-traumatic stress disorder (PTSD). According to the National Center for PTSD, post-traumatic stress disorder is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident or sexual assault. The normal occurrence of trauma is grief – for a time. During this time, it may be hard to do normal daily activities, like go to work, attend school or spend time with people you care about. But most people start to feel better after a few weeks or months. The National Center for PTSD maintains that if someone who has experienced trauma still has these feelings longer than a few months, then they might have PTSD. For some people, PTSD symptoms may start later on or they may come and go over time.

Dr. Brian Wilson, D.O., a psychiatrist for Fall River Health Services in Hot Springs, S.D., works closely with patients who have experienced trauma and PTSD. The following Q&A points to his knowledge and experience with people dealing with a traumatic aftermath.

■ **Do you see signs or symptoms of PTSD often? Is it common?** There are specific criteria used to make a

diagnosis of PTSD. Obviously, to be diagnosed with PTSD, an individual must experience exposure to a trauma, but not everyone who experiences a traumatic event will experience PTSD or meet the symptom criteria required for a PTSD diagnosis. PTSD is more common among populations that are more frequently exposed to traumatic events, such as military personnel, first responders, victims of natural disasters and victims of abuse, but PTSD can occur as the result of a wide variety of traumatic events and can occur as the result of exposure to a single traumatic event.

■ **Are there different levels of PTSD?** Depending on their type of practice, most mental healthcare providers see some individuals with PTSD. This amount varies between different practice settings. In my own practice, I work with a wide age range of patients. A large portion of my own practice is with military veterans and another large portion of my practice is with children who have experienced trauma and abuse. I also work with many adults who have experienced personal traumatic events. Because of this, I work with a large number of patients with PTSD.

A diagnosis of PTSD requires the presence of certain criteria, but the way those symptoms present and the severity of those symptoms can vary among individuals.

■ **How can PTSD be managed?** There are several treatment options for individuals with PTSD. There are different types of therapy that have shown effectiveness and

there are medications which are often used. Frequently, a combination of one or more of these therapies and medications is used to treat PTSD. With effective treatment, individuals often experience significant improvement and are able to continue living happy and productive lives.

■ **As a psychiatrist, what is something you would say to someone struggling with PTSD?** It is often difficult for someone with PTSD to recognize that they are experiencing symptoms of PTSD. It frequently presents as a combination of symptoms which may include irritability, anger, restlessness, difficulty sleeping, nightmares and disturbing memories of past events. Symptoms may also include sadness, crying, nervousness, worry, fear, emotional disturbance and mood fluctuations.

In children and adolescents, PTSD often presents as behavioral problems. These symptoms often have a negative effect on personal relationships, friendships, work and professional relationships and an individual's life satisfaction and happiness. Individuals with PTSD often attempt to self-treat with alcohol, drugs, unsafe and unhealthy life choices, and other dangerous and/or harmful behaviors without even realizing that is what they are doing. This is ineffective and even harmful and often leads to even more problems for those individuals.

■ **What is something that you would want people to know about PTSD?** Often people have misperceptions about mental health treatment and what it is. In the past, there was often a stigma attached to mental health problems

and they were often, incorrectly, seen as a character flaw or sign of weakness. There was an idea that asking for help meant that a person wasn't strong and there was something wrong with them. It was often something that "our family didn't talk about." As we understand more about the role of genetics, neuroanatomy and neurochemistry in mental health, we realize that the idea of a negative stigma related to mental health is inaccurate, outdated and wrong. We now know that PTSD is related to a combination of environmental and biological factors and that seeking help for PTSD is a sign of strength and the first step to a better quality of life and healing.

We now know that PTSD is related to a combination of environmental and biological factors and that seeking help for PTSD is a sign of strength and the first step to a better quality of life and healing.

National PTSD Awareness Month is observed annually in June. This time is dedicated to raise awareness about post-traumatic stress disorder. June 27 is also National PTSD Awareness Day. For more information about PTSD, visit www.ptsd.va.gov.

Trauma-focused Psychotherapy Works Best

Now more than ever, there are effective treatments for PTSD.



Cognitive Processing Therapy (CPT)

CPT teaches you how to change the upsetting thoughts and feelings you have had since your trauma.



Prolonged Exposure (PE)

PE teaches you to gradually approach trauma-related memories, feelings and situations that you have been avoiding since your trauma.



Eye Movement Desensitization and Reprocessing (EMDR)

EMDR helps you process and make sense of your trauma while paying attention to a back-and-forth movement or sound (like a finger waving side to side, a light, or a tone).

Medication Can Help

If you prefer to take medication, you have four good options. *But remember: you will need to keep taking medication in order to keep feeling better.*



Sertraline

Paroxetine

Fluoxetine

Venlafaxine

THE BEST TREATMENT FOR PTSD: The evidence is in.



Trauma-focused psychotherapy is the first-line treatment for PTSD.

It lasts only about three months, and research shows that for most people its effects last long after treatment is over.



Did You Know?



Trauma-focused Psychotherapy

53 OUT OF 100

people who receive trauma-focused psychotherapy will no longer have PTSD after about 3 months of treatment.

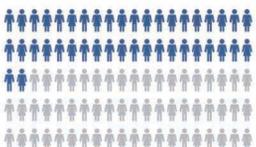




Medication

42 OUT OF 100

people who take medication will no longer have PTSD after about 3 months of treatment.

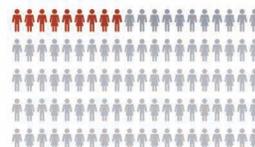




No Treatment

BUT ONLY 9 OUT OF 100

people who don't get treatment will no longer have PTSD after about 3 months.





PTSD Treatment Decision Aid
www.ptsd.va.gov/apps/decisionaid



AboutFace: Veterans talk about PTSD and PTSD treatment
www.ptsd.va.gov/apps/aboutface/



National Center for PTSD
www.ptsd.va.gov

October 2017

DATELINE

Note: Please make sure to call ahead to verify the event is still being held.

June 5-7

Regional Qualifying High School Rodeos:

- Rodeo Grounds, Wall, SD, 605-529-5868
- Rodeo Grounds, Highmore, SD, 605-529-5868
- Tipperary Arena, Buffalo, SD, 605-529-5868
- Heartland Arena, Huron, SD, 605-529-5868

June 7

Miss Prairie Village/Miss Prairie Princess Pageant, Prairie Village, Madison, SD, 600-693-3644, www.prairievillage.org

June 12-14

Regional Qualifying High School Rodeos:

- Tripp County Fairgrounds, Winner, SD, 605-529-5868
- Rodeo Grounds, Sturgis, SD, 605-529-5868
- Rodeo Grounds, Dupree, SD, 605-529-5868
- Derby Downs Arena, Watertown, SD, 605-529-5868

June 19, 26 and July 3, 10

River City Friday Nights, 6 to 10 p.m., Live music, beer garden, vendors, food trucks, games and activities for the entire family, Main Street, Chamberlain, SD, 605-683-9051

June 20

Divas Gone Country concert, Prairie Village, Madison, SD, 800-693-3644

June 20-21

Men's Club Fishing Tournament, Pollock, SD, Contact Brent Odde at 605-848-1967



June 24-27

Crystal Springs Rodeo, Extreme Bulls June 24, Rodeo June 25-27, Clear Lake, SD, 605-874-2996

June 27

Railroad Day, Prairie Village, Madison, SD, 800-693-3644

June 28

Variety Show, Prairie Village, Madison, SD, 800-693-3644

July 11

6th Annual Auto Value Car Show, Hav-A-Rest, Campground, Redfield, SD, 605-450-0332

July 18

Wessington Fun Day, Pancake Breakfast, Parade at 10 a.m., Car Show at noon, Dance, Wessington, SD, Contact Mary Spicer at 605-458-2359

July 21-25

98th Annual Days of '76 PRCA Rodeo, Arena, Deadwood, SD, 1-888-838-BULL, www.DAYSOF76.com

July 23-24

Jr. Miss Rodeo South Dakota Pageant, The Lodge and Days of '76 Rodeo, Deadwood, SD, 605-641-8604, jrmisrsd@gmail.com

July 24-26

Catfish Derby Days, Franklin, MN, 507-557-2259

July 25

17th Annual Make-A-Wish 'On the Road to Wishes' Poker Run, Registration 11 a.m. to 1 p.m., C&S Motorsports, Aberdeen, SD, 605-225-4533

July 31-August 1

Plein Air & Arts in the Garden, Wessington Springs, SD, Call 605-354-3826

August 1

Rockin' Ribfest BBQ Competition, Wessington Springs, SD, Call 605-505-1135

August 1

Foothills Classic Car, Truck & Motorcycle Show, Wessington Springs, SD, Call 605-350-1687

August 8-9

Threshing Show, Twin Brooks, SD, www.threshingshow.com

August 8-10

Red Power Round Up, Fairgrounds, Huron, SD, 605-460-0197 redpowerroundup2020.com

August 22

World of Outlaw Sprint Car Races plus Wisconsin MWM, Dakota State Fair Speedway, Huron, SD, 605-352-4848

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.