



# Cooperative Connections

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# Let's Talk



**Rodney Haag**

rhaag@oaheelectric.com

**In this ever-changing environment, it's important to remember you have a trusted energy advisor – your local electric cooperative.**

The energy industry is undergoing rapid change and technology is paving the way for innovation in the way energy is used, produced, stored and shared. Consumers are interested in more green energy alternatives while smart homes and apps make managing energy use and paying your electric bill more convenient than ever.

While the changing energy market has created more options for consumers, it has also resulted in more utility scams and misleading information.

Utility scams are common because of the vast number of utilities that exist, and consumers are understandably anxious with the threat of disruption to their electric, heating or water service. Second, new products and services in the energy industry provide an opening for scammers and pop-up companies to provide misleading information or shoddy products and services.

## **Avoid Phone Scams**

A common phone scam typically begins with a phone number that appears to be from a valid utility company. The scammer will claim you have a past due account and threaten to disconnect service or take legal action. The scammer will typically demand that you use a prepaid debit card or money order, often within a very short, urgent time frame to pay the “past due” amount.

You can combat this scam by being aware of the status of your account. Never give your banking or personal information over the phone to someone you did not call. If you have a question or concern about your energy bill, call us directly at 1-800-640-6234. Do not use the phone number given by the scammer.

## **Avoid Solar Scams**

Another scam we see from time to time is connected to rooftop solar. Homeowners with rooftop solar may receive a sales call offering an accessory, upgrade or extended warranty to their solar array. The calls could be from crooks claiming to represent a solar company, promising to replace faulty or broken parts or improve efficiency. Again, if you are not expecting the call, do not be fooled. These calls offering misleading information are likely a scam. Call Oahe Electric or the company that installed the solar array if you think there may be a problem.

In this ever-changing environment, it's important to remember you have a trusted energy advisor – your local electric cooperative. We are a community-focused organization that works to efficiently deliver affordable, reliable and safe energy to our members.

Remember, we're just one call or click away, so please reach out with any questions about your electric service or bills – we're here to help.

## **Energy Efficiency Tip of the Month**

Home cooling makes up a large portion of your energy bills. Try to keep the difference between the temperature of your thermostat setting and the outside temperature to a minimum. The smaller the difference, the more energy you will save.

Source: [energy.gov](http://energy.gov)



# Oahe Electric Cooperative Connections

(USPS No. 019-042)

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## Our Mission

Oahe Electric delivers high quality, low-cost electric service to our local member-owners. As a Touchstone Energy® Cooperative, we are committed to meeting the highest standards of customer satisfaction. We do business with accountability, integrity, innovation and commitment to community. As an electric trust co-op, we are part of America's most trusted network of high quality energy providers.

## Line Crew News



**Matt Eldridge**

Operations Manager  
meldridge@oaheelectric.com

This spring has been a busy time for the line crew here at Oahe Electric. East River Electric has completed the Logan Substation rebuild. This substation is located north and west of Blunt and has the capabilities of letting us monitor voltage and events (such as outages and blinks). Since East River's portion of the substation rebuild is complete, it is Oahe Electric's responsibility to install all the exit feeders out of that substation. The cable has all been installed and we are now working on terminating the wire and getting the proper equipment installed inside the substation. Once all the equipment is installed, we will be energizing the new substation and retiring the old substation.

Another big project we are working on is the Buckeye west circuit. This job included installing four miles of underground cable and retiring four miles of overhead power lines. This job is located just north of Pierre.

K&H Electric, a contractor out of Linton, N.D., has plowed all the cable through this area. Oahe's crew has been coming behind them and terminating all the cable.

Once we are finished with terminating the new cable, we will be initiating individual outages to cut over members to the new underground power line. When all the members are cut over to the new power line, we will then retire the overhead power line.

If you are in need of a new service, please be sure to reach out to me via email – meldridge@oaheelectric.com.

## Oahe's Annual Audit Completed

Every year, your cooperative's financial statements are audited by an outside firm, Eide Bailly. In their independent auditing report, they found Oahe Electric and the results of its operations and its cash flows to be free of any material misstatement and to be in compliance with the Government Auditing Standards issued by the Comptroller General of the United States as well as with the generally accepted accounting principles.

## Statement of nondiscrimination

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Person with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov) USDA is an equal opportunity provider, employer, and lender.

## 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

- |                                     |  |
|-------------------------------------|--|
| <b>Graham Cracker Crust:</b>        | 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              |
| <b>Filling:</b>                     | 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.

## Attention Irrigators

Just a friendly reminder in regard to cutting seals on load management devices.

If you cut the seal for any reason, please make sure to call Oahe Electric and let us know. Please give the reason for cutting the seal so we can fix the problem, should one exist.

As we have for many years in the past, we will be reading irrigation meters at the end of the season.

If any seals are found cut on the receivers at this time and we have not been notified, you will be billed the higher demand for the entire pumping season!

Thank you for your attention in this matter.

## Congrats to Graduating Seniors

Oahe Electric would like to take this opportunity to say congratulations to our graduating seniors.

Although it is not how you hoped it would go, this is a wonderful time for you.

It is great that you all have earned your diplomas after years of such hard work and long hours of study.

You will now start the next phase of your life and we wish you all the very best for the future!



# Annual Meeting Set for Oct. 3 in Onida

It's hard to believe, but "that time of the year" has come around very quickly! It's time to start planning the annual meeting!

As a member of a cooperative, it is important to attend annual meetings in order to keep abreast of the happenings occurring here. Remember – it's your cooperative and you are a member-owner. Also, Oahe Electric is very interested in your thoughts or ideas concerning our annual meeting. If there is something that you would like to share, any ideas for changes, etc., please let us know!

So please mark your calendars for Oahe Electric Cooperative's 69th annual meeting in Onida!

## Oahe Electric Director Elections to be Held

The annual meeting of the members of Oahe Electric Cooperative, Inc. will be held at the gymnasium in Onida, S.D., at 7 p.m. on Oct. 3, 2020.

During the annual meeting, the members present will be electing two board member to fill two, three-year positions. Any individual who satisfies the qualifications and complies with the nominating procedures set forth below, should be prepared to serve a minimum of 24 to 36 days per year attending meetings on behalf of the cooperative.

Petitions are available at the headquarters in Blunt.

Should there be any questions concerning the bylaw procedures or if you would like to request a petition, feel free to call or stop in at the office. **Petitions are due by Aug. 19, 2020.**

## Bylaws Governing Election of Directors

**Section 3 – Qualifications:** No person shall be eligible to become or remain a director or to hold any position of trust in the Cooperative who:

- A. is not a member and bona fide resident in the area served or to be served by the Cooperative; or
- B. is in any way employed or financially interested in a competing enterprise or a business selling electrical or plumbing fixtures or supplies to members of the Cooperative; or
- C. is an employee of the Cooperative.

Upon establishment of the fact that a director is holding office in violation of any of the foregoing provisions, the Board of Directors, by official motion shall remove such director from office. Nothing contained in this section shall affect in any manner whatever the validity of any action taken at any meetings of the Board of Directors.

**Section 4 – Nominations:** Any fifteen (15) or more members acting together may make nominations by petition not less than forty-five (45) days prior to the meeting and the Secretary shall post such nominations at the principal office of the Cooperative. The Secretary shall mail with the notice of the meeting or separately but at least ten (10) days before the date of the meeting at statement of the number of directors to be elected and the names and addresses of the candidates nominated by petition. There shall be no nominations from the floor unless no petition has been filed for a vacancy. In that event only, nominations shall be taken from the floor for that vacancy, and nominations shall not be closed until at least one minute has passed during which no additional nomination has been made. No member may nominate more than one candidate.

Co-op Connections Card			
 <b>Cooperative Connections Card Program Vendors</b>			
Automotive			
Graham Tire Company	605-224-8643	Pierre	Receive a 10% discount on regularly priced service work. Cannot be combined with any other offer.
Lamb Motor Company	800-952-2222	Onida	Receive a free alignment check with the purchase of 4 new tires.
Napa Auto and Truck Parts/Farnam's Genuine Parts, Inc.	605-224-8624	Pierre	Receive 10-50% off retail price.
Food/Convenience Store			
Branding Iron Bistro	605-494-3333	Pierre	Enjoy \$1 off your order. Limit one per visit.
Gator's Pizza Pasta and Subs	605-224-6262	Pierre	Purchase any large pizza at regular price and receive a FREE order of breadsticks.
Grey Goose Store	605-945-0794	Pierre	Receive a free 20 oz. fountain soda or coffee with the minimum of a \$30 gas or diesel purchase.
The Corner	605-258-2400	Onida	Buy one breakfast sandwich at regular price, get second half off.
Health/Fitness and Beauty			
Anytime Fitness	605-224-4011	Pierre	Receive a free two-week mini-membership.
Home/Garden			
The Pink Petal	605-224-1775	Pierre	10% discount on cash and carry purchases - fresh floral only.
Slumberland Furniture	605-945-1997	Pierre	20% off any regular priced Lazy Boy items. Excluding special orders.
Services			
Airtech Heating and Cooling	605-945-0160	Pierre	\$50 discount on any new heat pump OR \$15 discount on any service call
Apryl's Animal House	605-224-9203	Pierre	10% off a grooming or boarding
Inman's Water Technologies	605-224-5111	Pierre	Receive a 15% discount on the rental price of a water softener and/or reverse osmosis drinking water system by paying a year in advance. Receive 10% off of the purchase price of a new Water Softener or reverse osmosis drinking water system when you mention this ad. Payments made by credit cards do not qualify for discounts/specials.
Olson Plumbing Inc.	605-224-6436	Pierre	\$50 discount on any electric boiler, Marathon water heater, or fireplace
Small Engine House	605-224-5815	Pierre	10% off parts and labor
Sports/Recreation			
Teton River Traders Gun Shop LLC	605-224-1371	Ft. Pierre	2% discount. Payments made by credit cards do not qualify for discount.
Retail			
Fastenal	605-224-4060	Pierre	10% off of fasteners and 5% off on all other products

## Winner of Question of the Month

The Question of the Month winner for the April 2020 publication was Alberta Olson. She correctly responded to, "When and where is the first Member Appreciation Supper?" The answer was Thursday, April 9, at the Grey Goose Social Club. Unfortunately, that event was postponed, but we hope to be able to hold one in the not so distant future!

Congratulations for providing the correct answer, Alberta!

### Thank You

"Thank you for the Question of the Month goody box! Wow! What a wonderful "Welcome Home" (to Pierre) surprise. I love to bake so I've already put the cookbooks to good use. All of the items are things I need and/or use daily. Thank you!"

**Alberta Olson**

## Question of the Month!

This month's question is:

### When are director petitions due?

Please submit your answer via e-mail to [oahe@oaheelectric.com](mailto:oahe@oaheelectric.com) with the subject line reading: Question of the Month. A winner will be chosen and surprise gift will be sent to them.

### Like Us!

You can now keep in touch with your cooperative on Facebook! We will share with you the latest news, events, power outage updates, energy efficiency tips, money-saving rebates, load management information, legislative alerts, safety tips and much more! We hope you "like" Oahe Electric Cooperative, Inc. on Facebook.





# 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 snapped 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.

## Have a Safe Planting Season

As farmers make plans to return to their fields for spring planting, Oahe Electric and the Safe Electricity program ([www.safeelectricity.org](http://www.safeelectricity.org)) urge them to be particularly alert to the dangers of working near overhead power lines. Operating large equipment near these lines is one of the often overlooked, yet potentially deadly, hazards of working on a farm.

Start by making sure everyone knows to maintain a 10-foot clearance minimum from power lines. "Sometimes a power line is closer than it looks," says Molly Hall, executive director of the Energy Education Council's Safe Electricity program. "Helpful safety steps include using a spotter and designating preplanned routes that avoid hazard areas."

Be aware of increased height when loading and transporting tractors on trailer beds. Many tractors now have tall antennas extending from the cab that could make contact with power lines. Avoid raising the arms of planters or cultivators near power lines and never attempt to raise or move a power line to clear a path.

Simply working too close to a power line is dangerous as electricity can arc or "jump" to conducting objects, such as a ladder, pole or truck. Remember, non-metallic materials such as lumber, tires, ropes and hay will conduct electricity depending on dampness, dust and dirt contamination.

If your equipment does come into contact with power lines, stay in the cab and call Oahe Electric for help. If the power line is energized and you step outside, your body becomes the path to the ground. Even if a line has landed on the ground, there is still potential for the area to be energized. Warn others who may be nearby to stay away and wait until help arrives.

If exiting the cab is absolutely necessary because of fire, the proper action is to jump – not step – with both feet together, hitting the ground at the same time. Do not allow any part of your body to touch the equipment and the ground at the same time. Hop to safety, keeping both feet together as you leave the area.

For more tips and information on how to stay safe this planting season, visit [SafeElectricity.org](http://SafeElectricity.org).

## AgSense Makes Sense for Irrigation Members



**Russell Hohn**

Member Services Advisor  
[rhohn@oaheelectric.com](mailto:rhohn@oaheelectric.com)

Agricultural irrigation is a huge part of Oahe Electric's member portfolio. Since the 1970s, irrigation in Hughes and Sully counties has seen many changes.

In the late 1980s, Oahe Electric began to install load management receivers on irrigation equipment in order to reduce electric system demand. It was a learning curve for everyone involved, but the idea worked – saving the electric cooperative several thousand dollars in the hot summer months AND lessening power costs to our irrigation members.

We have had a few changes in load management equipment design over the years but nothing

worth mentioning until now.

AgSense equipment has entered the scene of load management, offering farmers another very important tool in their toolbox. Yes, AgSense equipment provides load control for local electric utilities and so much more! I'm not going to list all the advantages in this article. I will mention this, however. "Oahe Electric is offering substantial rebates to our members for the installation of AgSense equipment."

If interested, please call me at 605-280-3375 and I will inform you on the rebate program and provide you with AgSense dealer contact information.

Thank you for your patronage and support.

Stay healthy, safe and God Bless!

## I'm planning to dig. How does 811 work?



1. Call 811 or go to your state 811 center's website a few days before digging to request that buried utilities in your yard be marked.
2. Wait a few days for all utilities to respond to your request.
3. Confirm that all utilities have responded.
4. Respect the utility marks or flags.
5. Dig carefully around buried utilities.

**Call 811.com/811-your-state**





# ALWAYS ASSUME **LIVE**

ALL DOWNED LINES ARE

Downed power lines can be **deadly**. Always assume a downed power line is **live** and avoid approaching them or anything near them.

## Use Precaution



Downed power lines can energize the ground up to **35 feet** away. Even more in wet conditions.



Never drive over downed power lines or anything in contact with them.



If you see a downed power line, **call 911**.



Never try to move a downed power line.

If a vehicle contacts a power line or utility pole...

## STAY AWAY AND CALL 911



Consider **all** lines to be live and dangerous.



Stay in place or inside your vehicle unless you see **fire** or **smoke**.



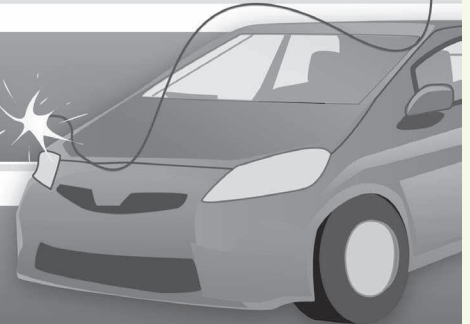
Warn others to stay at least **35 feet** away.



Tell others not to approach vehicle, downed lines, or anything that may be in contact with downed lines.



Call **911**.



## In the Event of Fire or Smoke

Do **not** touch the ground and vehicle at the same time.



Jump from the vehicle with your feet **together**.



Shuffle away, avoid lifting your feet.



[www.facebook.com/ESFI.org](https://www.facebook.com/ESFI.org)



[www.twitter.com/ESFI.org](https://www.twitter.com/ESFI.org)



[www.youtube.com/ESFI.org](https://www.youtube.com/ESFI.org)



# Outdoor Fever

## Celebrating South Dakota's Outdoor Spaces

Brenda Kleinjan

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**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](http://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](http://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](http://www.ptsd.va.gov/apps/decisionaid)



**AboutFace:** Veterans talk about PTSD and PTSD treatment  
[www.ptsd.va.gov/apps/aboutface/](http://www.ptsd.va.gov/apps/aboutface/)



**National Center for PTSD**  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

October 2017

**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, 800-693-3644, [www.prairievillage.org](http://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 16-21:

South Dakota State High School Finals Rodeo, Stanley County Fairgrounds, Fort Pierre, SD, 605-529-5868

## 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](http://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](mailto: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

## August 8-9

Threshing Show, Twin Brooks, SD, [www.threshingshow.com](http://www.threshingshow.com)

## August 8-10

Red Power Round Up, Fairgrounds, Huron, SD, 605-460-0197 [redpowerroundup2020.com](http://redpowerroundup2020.com)

## August 22

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

## September 7

Hidewood Valley Steam Threshing Show, 1 p.m., 47326 183rd Ave., Clear Lake, SD, 605-881-8405

## September 12-13

Fall Harvest Festival, Delmont, SD, 605-928-3792, [www.twinriversoldiron.org](http://www.twinriversoldiron.org)

## October 7-8

Energize! Explore Innovative Rural Communities Conference, Milbank, SD, <https://extension.sdstate.edu>

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.