

Concern for Community

Getting to know Marita Prieto

La Jara native, City Market Pharmacist and 2000 REC Four-Year Scholarship winner Marita (Valdez) Prieto believes healthcare in the Valley is very much underserved. "Being able to serve this community by being a consistent source for patients for advice and healthcare has been extremely fulfilling," she commented.



Marita Prieto

Marita's father owns La Jara Pharmacy, so she spent a lot of time in the pharmacy as a child. "I remember observing my dad interacting with customers and noticing how they trusted him and really sought out his advice," she recalls.

As she got older, Marita started working at the

pharmacy as a cashier and then later as a pharmacy technician. She got to see firsthand the role a pharmacist can make in patient care. She also really enjoyed interacting and helping people, so she decided to begin her journey toward a doctorate

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May 2000 Newsboy

Marita Valdez

Centauri High School
Adams State College
SLVREC 4-year
scholarship

"I believe that education is very important because it can open many doors and make opportunities easier to grasp."

Marita has not fully decided on a major. She is interested in business, math and pharmacy. After she graduates from college, Marita hopes to embark upon a career that will benefit her and others as well.



REC tours Humphrey's Hydro Plant



Employees and board members took a tour in August to learn more about Humphrey's hydroelectric single-phase



system, which siphons water out of Humphreys Lake and can produce up to 300 kW. Pictured above: CEO Eric Eriksen, Ruth Brown & Board Member Scott Wolfe

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THIS ISSUE

Concern for Community

Meet Your Co-op/Conservation/Ciello

Eric Eriksen

Member Information

Recipe/Historical Happenings

OCTOBER 2023 | VOLUME 51 | ISSUE 9

Meet Your Co-op



MVHS grad takes over maintenance

Following Erin Dower's retirement, Monte Vista native Keith Romero has taken over as building maintenance. After six years working for Asplundh Tree Experts, often times contracting for REC, Keith saw a huge opportunity when the maintenance position opened.

Keith has big shoes to fill when it comes to keeping the building and grounds well taken care of, but he's looking forward to it. He's excited to come to work happy and ready to take on the challenge. "Learning new things

and developing good, professional relationships at REC will be great," he stated. He's been very thankful to have summer helper Mike Sanchez here to help him as well, "he does a lot and has been a big help."

Graduating from Monte Vista High School in 2014, Keith has spent his whole life in the San Luis Valley; he has a one-year-old daughter, a five-year-old son, and his girlfriend has two children as well. He enjoys playing golf, fishing, playing basketball with his brother and driving around in the "old



Keith Romero

Impala" with his daughter. "She loves it!"

Welcome Keith! Enjoy REC; we're happy you're here!

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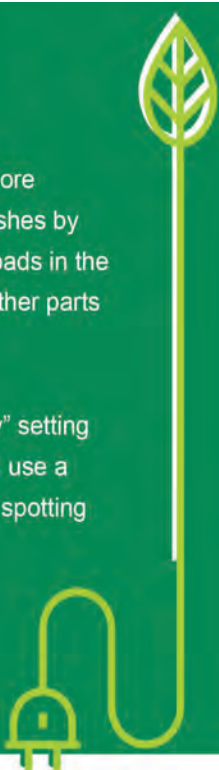
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Energy Efficiency Tip of the Month

Did you know using your dishwasher is more energy efficient than washing a load of dishes by hand? To maximize efficiency, wash full loads in the dishwasher and don't block the arms or other parts that move while the appliance is in use.

For additional savings, turn on the "air dry" setting instead of using the "heat dry" setting and use a rinse aid to help dishes dry faster without spotting and streaking.

Source: Dept. of Energy



ciello
Connecting our neighbors

"In our home we use Cielo. We have not had any issues and get great speeds. We use a ton of tech in our home and are able to all use as we need without it slowing down. We do pay for the gigabit, but my grandma gets the cheapest and also does just fine. This is in Saguache."

— *Melissa Armenta, Saguache*

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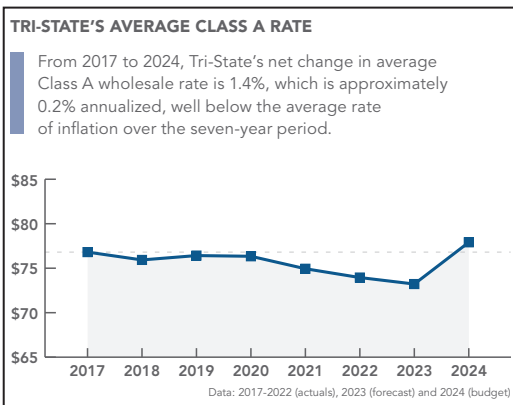


Eric Eriksen

Various updates

Electric rates

San Luis Valley Rural Electric Cooperative (REC) purchases wholesale electricity from Tri-State Generation and Transmission Cooperative for your homes and businesses. We do this, like 45 other member utilities across four states, because it is the most affordable, reliable and responsible choice over the long run. In 2023 Tri-State filed a request to increase rates with the U.S. Federal Energy Regulatory Commission (FERC), which we have carefully reviewed. (Tri-State rate increases have been minimal over the past seven years; see graph below). We anticipate the FERC will approve this rate increase request sometime in October. If approved, it will go into effect on Jan. 1, 2024, and REC members will experience about a 3.5 percent increase. This is about \$4.34 per month for a typical 700 kWh



home.

Electric Vehicle (EV) Rate

EV charging stations are growing in demand. On average, about one person per day uses the new electric vehicle (EV) fast charging station located at REC

headquarters. See <https://chargehub.com> for details. Have you been considering an electric vehicle and/or wanting to install an EV charger in your home? The REC team is preparing a new EV rate to offer you later this year. We believe this affordable option will better serve members into the future.

Electrify and Save Program

We all want to save money and add value to our homes, small businesses and farms. As inflation continues to rise, the REC team is working hard to find ways to help. I am happy to announce that we will be the first cooperative in Colorado to offer a new “Electrify and Save On-Bill Repayment Program” in 2024. This program will connect members with energy professionals to help evaluate energy efficiency improvements, approved contractors to perform the work and an affordable funding option to save money and increase value. The program’s beta testing phase was launched on Sept. 7, where employee-members are first to enroll and ensure we deliver the best member value.

Federal ERA Grant funding request

I have received lots of inquiries wondering if we would be submitting a New ERA Grant Letter of Intent (LOI) before the Sept. 15 deadline. Good news! We have submitted our LOI before the deadline requesting over \$4M in federal funding for our two planned solar projects in 2024. This is in addition to the other recent grant applications we’ve submitted through State and Federal programs

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Your email will be forwarded based on the direction you provide in your subject line.

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Member information

Spooky energy savings

This spooky season, we're sharing a few energy-saving tricks so you can treat yourself to lower energy bills. Here are four simple ways to summon the spirit of energy efficiency.

Conjure instant savings with a smart thermostat. One of the easiest ways to save energy is through thermostat control, since home heating and cooling account for a large portion of monthly energy use. Smart thermostats can help you manage heating and cooling costs by learning your daily routine and adjusting the temperature settings accordingly. You can control a smart thermostat from anywhere (through your smart phone), which allows you to prevent unnecessary energy consumption while you're away. Sorcery!

Get rid of goosebumps by eliminating ghostly drafts. The winter chill is just around the corner, so now is the time to seal air leaks around your home. Apply caulk and weatherstripping around drafty windows and doors to make your home more comfortable *and* lower

energy use.

Illuminate your lair with energy efficient lighting. LED bulbs use 75 percent less energy and last 25 times longer than incandescent light bulbs. Make the switch to reduce energy used for lighting. Remember to use LEDs when it's time to decorate for the upcoming holiday season. LED light strings offer an average of 88 percent energy savings compared to traditional incandescent light strings.



Stir up savings with countertop cauldrons. Cooler weather summons our favorite soup recipes. Small countertop appliances like slow cookers use less energy than cooking meals on the stovetop. Grab your book

of spells (or recipes) and start stirring up savings in the kitchen.

When we look around our homes, there are many opportunities to save energy. So this spooky season, investigate your space and unlock a different kind of magic – the kind that brings real energy savings.

MARITA

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degree in pharmacy.

With the help of the SLVREC scholarship, Marita completed her undergraduate at Adams State, then graduated from the University of Colorado School of Pharmacy in May 2009. "I was the third member of my family to graduate from the University of Colorado School of Pharmacy and the first to obtain a doctorate in pharmacy."

Following graduation, Marita worked at Stout Street Clinic in Denver, which provides care for the homeless population. After a year, a position as a staff pharmacist at Alamosa's City Market Pharmacy became available giving Marita an opportunity to move back to the Valley.

"Wanting to be closer to family and to raise our kids in a smaller community, my husband and I decided to move back home in June 2010. I have been at City Market since then," she said. She started managing in

May 2020 and has also provided relief work at Alamosa Pharmacy and La Jara Pharmacy from time to time.

Marita stated that "the REC scholarship gave me a tremendous amount of financial help with school and played a vital role in helping me reach my career goal. Being selected for the full-ride scholarship also showed me that I had a community that believed in me and was willing to invest in me and my desire to help people with a career in healthcare. I was very honored to receive that scholarship and knew that I needed to do my best because of that support."

Marita enjoys making connections with her patients and being able to make some part of their day better if she can.

Her and her husband Aaron have three children, and she loves to hike and be in the mountains during her free time.



Recipe of the month

INGREDIENTS

1 (3-lb) sugar pumpkin, stemmed, halved lengthwise, and seeded
 1 T. vegetable oil
 1/4 c. apple cider
 1/3 c. light brown sugar
 3 T. honey
 1 t. apple cider vinegar
 3/4 t. ground cinnamon
 1/2 t. ground ginger
 1/2 t. kosher salt
 1/4 t. grated fresh nutmeg
 Pinch of ground cloves

PUMPKIN BUTTER

1. Preheat oven to 350°F. Brush cut sides of pumpkin halves with oil. Arrange pumpkin halves, cut side down, on a large rimmed baking sheet lined with parchment paper. Bake in preheated oven until very tender when pierced with a fork, about 50 minutes. Remove from oven, and let cool slightly, about 10 minutes.

2. Scoop flesh from cooled pumpkin; transfer to bowl of a food processor. Discard pumpkin shell. Add apple cider; process until smooth, about 1 minute, stopping to scrape down sides of bowl as needed. Add brown sugar, honey, vinegar, cinnamon, ginger, salt, nutmeg and cloves; process until smooth, about 20 seconds, stopping to scrape down sides as needed.

3. Transfer pumpkin mixture to a saucepan; bring to a simmer over medium heat, stirring occasionally. Reduce heat to low; cook, stirring occasionally with a rubber spatula to ensure bottom of saucepan does not scorch and sides of saucepan stay clean, until mixture is reduced by one-third and turns slightly darker in color, about 25 minutes. Remove from heat; let cool to room temperature, about 30 minutes.

www.foodandwine.com

Historical Happenings



September 1979

A 10,000-kVA substation transformer is unloaded from a railroad car in September 1979.

Photo courtesy of Jim Clare

UPDATES

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(DOLA/DOE/ERRA). We have been busy writing grant applications. You can find more information about this program at www.rd.usda.gov. Thank you for your inquiries and support.

REC is demonstrating its commitment to its members and the wellbeing of the SLV.

Further details on these upcoming changes will be published in the coming months. Feel free to stop in to say "Hi," write EEriksen@slvrec.com or call anytime, 719-852-6630. I look forward to your feedback, concerns and bright ideas.



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POWERING A VITAL VALLEY

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September 2023



POWERING OUR COMMUNITY

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SCHEDULED MEETINGS
Board Meeting: October meeting- TBA
The REC Board of Directors typically meets the last Tuesday of each month unless otherwise stated. Members are welcome; advance notice required.

This institution is an equal opportunity employer.

