

THE NEWSBOY

News for Members of San Luis Valley Rural Electric Cooperative

“What do you want people to take away from this story?” Stacy pauses and contemplates this, only briefly. “Times of struggle build our belief in ourselves, no matter how bad it gets, never give up.” Through a series of cataclysmic events Stacy was dropped squarely into the position of fending for herself and 6 other children at the age of 14. With her Father struck by paralysis and her mother tending to his medical needs, Stacy became the primary caregiver to all of her younger siblings.

There was never a thought to what she was missing out as a young teen. There was only determination to provide for her young charges. “I never looked back, I just kept looking forward.” Stacy’s determination has been evident in all she has done, from graduating in the top of her class from Del Norte High School, working her way through ranks in banking and now to her commitment as manager of customer service here at San Luis Valley Rural Electric Cooperative. Stacy is bold and kind all at once.

Stacy attributes much of her kindness and compassion to her Mother and Grandmother, as well as the challenges she faced so early on. With deep conviction Stacy says, “Life’s challenges are not to paralyze you, but to mold you.” She believes that her experiences and even the naysayers in life have built her courage in herself and her will to do selflessly for others.

She shared with me a deep realization she had recently and likened it to the lifecycle of a butterfly. Stacy said she thought at the time she was a caterpillar in the state of change into a chrysalis that felt like life engulfing and overwhelming her. What she didn’t realize at the time was she was merely like a butterfly at the beginning of its life and a new chapter. Would she change her past? No, she wouldn’t change a thing. It has made her the strong mother, wife, co-worker and leader she is today.

Stacy’s goals? To make a difference in the lives of others. To show compassion to those that she deals with daily. Be kind, you never know what others are going through.

“*Life’s challenges are not to paralyze you, but to mold you.*”



Stacy Valdez

THIS ISSUE

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Loren Howard - Rooftop Solar

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ciello

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Ciello Fiber Optics

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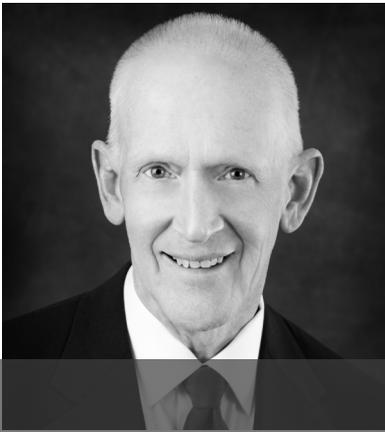
10 Mbps - \$39.95
50 Mbps - \$64.95
100 Mbps - \$84.95
1000 Mbps - \$129.95

WELCOME TO TOMORROW

Make A Difference Day Saturday, October 25th

Clean up your yard and community!

SLV Regional Landfill opens 8:00 a.m. - 12:00 p.m. for dumping with your donation of non-perishable food items. Pick-up load or car load cost 12 items, pick-up & 1 small trailer 24 items, large trailer 24 items with loaded pick-up 36 items, all truck loads over pick-up size 24-48 items. Tires cost 12 food items plus additional landfill charge. All landfill regulations will be enforced. Cover your load! All food collected will be donated to the Monte Vista Food Bank for distribution at a later date. This is the 16th year for this event! The Baer Family appreciates your participation! More information 852-3810



LOREN HOWARD

Rooftop Solar - Caveat Emptor

Solar energy is certainly in vogue these days. Residential solar panels have been sprouting on Colorado rooftops for a while and seem ever more popular. As a member of the San Luis Valley REC, you have the option to install rooftop units, offset your electric usage and sell any excess electricity (up to a limit) back to the grid (a system known as net metering). But you may wonder if this is a good deal.

While rooftop solar panels are often marketed as a no-lose proposition for members, the facts are more complicated and SLVREC members should approach this option with their eyes open.

There are many solar options available today including owning, leasing and community projects. In the case where solar units are part of your property, there are special considerations to think about. Solar companies that offer to install solar panels on your roof with a leasing arrangement need special consideration. In this case, the panels are owned by the company but leased to you for a set term, often 20 years. This is sold as a way to avoid the high cost of buying the panels outright.

Assuming your property has good solar radiation (and not all do), the solar panels produce electricity that offsets the electricity you use from SLVREC. What happens when the solar panels produce more electricity than you use? In those cases, SLVREC buys the excess electricity (up to a limit) back from the member once a year during a 'true-up' month at SLVREC's average wholesale price.

Private sector utilities like Xcel and Black

Hills Energy, which serve much of Colorado's Front Range, are currently required to compensate most rooftop solar customers for any excess electricity at the retail rate – in other words, the same rate they charge consumers. In cases like this, everyone who does not have a solar electricity-producing system is subsidizing everyone who does.

Under Colorado law, rural electric co-ops have discretion in terms of how much they compensate rooftop solar customers to buy back excess electricity and SLVREC's policy does much to eliminate one member from having to pay for another member's solar panels.

Further complicating the landscape for residential consumers is the fine print of solar leases. Solar leasing companies encourage consumers to sign a long-term lease to install solar panels and then the companies cash in on the homeowners' federal and local tax subsidies.

The problem is members who try to sell their homes find that the long-term leases complicate the sale, potentially lowering the value of their home or scaring away buyers who have to qualify for and assume the remainder of the lease term.

Solar power has the potential to be an important element of the portfolio of energy sources we rely on for clean, reliable electricity. But, as with any evolving technology, it pays to read the fine print and consider the consequences.

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COMPANY NEWS

Introducing CRE

Hello San Luis Valley Residents! I am Bill Vidal and I represent Coloradans for Reliable Electricity, or CRE. CRE works to educate Coloradans about the electric grid, what it is, how it works, its need, its challenges and who uses it. . Spoiler alert – everyone uses it!

CRE is a strong organization, made up of individuals, businesses, non-profits and others who believe in the importance of keeping the electric grid maintained and affordable for everyone. You can see our members by clicking [here](#) and we're proud to say the San Luis Valley Rural Electric Cooperative is one.

Please visit our site and take our [Reliable Electricity pledge!](#) If you sign up for more information, we will share facts, information, and news about our electric grid and what you can do to help. On the website, you'll learn a lot – for example, did you know the electric grid is one of the oldest pieces of American infrastructure still working today? Or that it



CONSERVATION CORNER

Improving your home's insulation and sealing air leaks are the fastest and most cost-effective ways to reduce energy waste and make the most of your energy dollars. Be sure to seal air leaks before you insulate, because insulating materials won't block leaks. Air leaks can waste a lot of your energy dollars. One of the quickest energy- and money-saving tasks you can do is caulk, seal, and weather strip all seams, cracks, and openings to the outside.

Tips for Sealing Air Leaks

- Test your home for air tightness. On a windy day, carefully hold a lit incense stick or a smoke pen next to your windows, doors, electrical boxes, plumbing fixtures, electrical outlets, ceiling fixtures, attic hatches, and other places where air may leak. If the smoke stream travels horizontally, you

is the largest machine in the world?

It seems like a no-brainer that a strong, secure grid is the backbone of our energy supply and that building, maintaining, and enhancing the power grid is essential to powering Colorado forward – but because it's right in front of our eyes everyday, sometimes we forget that it needs attention. Our goal is to increase knowledge about why Colorado's electric grid is critical to our daily lives, discuss the challenges we have with our electric grid, and showcase the individuals, organizations and businesses working to maintain and improve it. I ask if you know of an event where CRE could provide information, or give a presentation about the grid, please email info@reliableelectricgrid.org and we'll get back to you. We welcome any opportunity to speak with Coloradans!

Don't forget to follow us on Twitter [@ReliableGridCO](#) and like us on [Facebook!](#) Thank you for your interest – Stay electric!

Bill Vidal

Coloradans for Reliable Electricity

have located an air leak that may need caulking, sealing, or weather stripping.

- Caulk and weather strip doors and windows that leak air.
- Caulk and seal air leaks where plumbing, ducting, or electrical wiring comes through walls, floors, ceilings, and soffits over cabinets.
- Install foam gaskets behind outlet and switch plates on walls.
- Inspect dirty spots in your insulation for air leaks and mold. Seal leaks with low-expansion spray foam made for this purpose and install house flashing if needed.
- Look for dirty spots on your ceiling paint and carpet, which may indicate air leaks at interior wall/ceiling joints and wall/floor joists, and caulk them



RECIPES OF THE MONTH

INGREDIENTS

- 2 Tbsp Canned Pumpkin Pie Filling
- 1 Tbsp Honey Greek Yogurt
- 8 to 10 Ounces Coconut milk or Low fat milk
- 4 Ice cubes
- 1/2 tsp Cinnamon

PUMPKIN PIE SMOOTHIE

Love pumpkin? This a great way to start your day! In a blender add all ingredients and blend until smooth. I would suggest using Blue Diamond or Silk coconut milk, the canned kind is typically rather thick. If you prefer the canned (as it is a bit sweeter) mix it with low fat milk. Pour into a glass, top with a touch of whipped cream and pumpkin spice if you like!

INGREDIENTS

- 4-6 Chicken Breasts
- 3 Tbsp Chipotle Abodo Sauce (Embasa or La Costena)
- 1/2 Cup Honey
- 1/2 Cup Fresh lime juice
- 1/2 Cup Chopped Cilantro
- Garlic powder
- Salt
- Pepper

HONEY LIME CHIPOTLE BAKED CHICKEN

Pre-heat oven to 400 degrees. Season chicken breasts with salt, pepper and garlic powder. In a small sauce pan combine chipotle sauce (be mindful to not use to many actually peppers if you want it more mild), honey and fresh lime juice. Warm mixture until honey is melted pour over chicken in a baking dish and cover with foil to bake in oven. Bake for 15 minutes covered and bake uncovered for an additional 10 minutes or until the sauce thickens. Remove from oven serve with the pan sauce and garnish with fresh chopped cilantro. This dish goes marelously with rice.

INGREDIENTS

- 1 Large Acorn Squash
- 1 Tbsp fresh Ginger
- 2 Cups Chicken Stock
- 1 Cup Heavy Cream
- 2 Large Carrots
- 1/2 Small Yellow Onion
- Sour Cream (Garnish)
- Cilantro (Garnish)
- 1 Tbsp Olive Oil
- Garlic Salt

ACORN SQUASH SOUP

Preheat oven to 350 degrees. Cut the acorn squash in half and clean. Dress squash with olive oil and garlic salt. Bake until tender, cool and scoop out the squash to set aside. In a large pot (while the squash is baking) bring diced carrots, diced onion, chicken stock and heavy cream to a simmer allowing veggies to soften. Combine all ingredients in a food processor or blender, included fresh ginger at this point. When ingredients are well combined (smooth) transfer back to the stove and simmer for 10 mins. Serve with a dollop of sour cream and fresh cilantro.

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Paid at Monte Vista CO



PO Box 3625
Monte Vista, CO 81144

OCTOBER IS COOPERATIVE MONTH!!



POWERING OUR COMMUNITY

SLVREC's offices are open from 7 a.m. to 5 p.m.
on Monday through Thursday.
Offices are closed Friday through Sunday.

ENERGY ASSISTANCE

866-HEAT HELP (866-432-8435)
<http://www.energyoutreach.org>

SCHEDULED MEETINGS

Board Meeting October TBD
The Board of Directors meet the last Tuesday of each
month unless otherwise stated. Members are welcome.

*This institution is an equal opportunity provider
Thanks to Patrick Jaramillo for photographic content*



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