



## Race Time!

Dwarfs. Ministock. Modified. Street stock. Superstock. Motocross. Demolition derby. If this all sounds familiar, you may have already heard the news: Thunder Valley Speedway is being remodeled and upgraded. Head over to [www.thundervalleyspeedway.info](http://www.thundervalleyspeedway.info), grab a race schedule and start making plans.

If none of this rings a bell, read on to learn about a great form of family entertainment that's coming to the Valley!

### *A brief history*

In 1999, John McCormick bought the Thunder Valley Speedway race track located just off Highway 160 near Mosca. He opened the track in 2000. For McCormick, a potato broker, the track was a bit of a hobby; perhaps, a hobby gone wild. As he described it, "I took a perfectly good hobby and turned it into a full-time job."

After many successful seasons, McCormick decided it was time to step aside. He wanted to kick back a little. However, the sale of the track didn't work out so well. The track went through the hands of two other owners over the past few years before it came back to McCormick once again.

In February of this year, everything changed. Jeff Holman purchased the track and began a huge upgrading and remodeling effort that has included an all-new motocross track and significant

improvements to the race track surface. McCormick has been providing the benefit of his experience to start the season.

McCormick explained, "I'm just the consultant; Jeff is the vision."

It's not just Jeff. The entire Holman family has embraced the project. The Holmans used to come out to the track when their children were small. Now, sons Kyle (20) and Parker (13) and daughter Page (11), are all working with Jeff toward a new vision for the speedway.

That vision includes more than motorcycle and car racing. The Holmans hope to turn the racetrack into a complete entertainment venue. Jeff has plans for concerts, a kid's play area, motorcycle stunt shows, good food and more. Jeff said, "I'm in more than the race business. I'm in the entertainment business. That's what we are going to provide the Valley, first-class entertainment."

### *What's new*

They are off to a great start. This spring, Jeff and Kyle built a motocross track, "a real one," Jeff said. In addition to the .9 mile track—which will be expanded by another half mile later this year—they will also add a track for youngsters aged from 5 to 8 who ride 50 cc dirt bikes and other small motorcycles.

However, the most significant improvements are to the race track itself, one of the highest elevation tracks in the country. With McCormick providing advice, Jeff sent samples of the dirt to a race track consultant in California. Then, based upon the consultant's recommendations, Jeff and Kyle began adding material to the track. First, they chiseled the existing track and worked in about 1400 tons of clay and 70 tons of compost. Next, they will work in gypsum and sulphur, lowering the soil pH to improve water penetration.

"Tracks that are wet, slick one minute and dry, dusty the next don't have good water penetration," McCormick



Left to right: Kyle, Jeff and Page Holman pictured with John McCormick. McCormick, former Thunder Valley Speedway owner, has worked with the Holmans to help restore the track and upgrade the facility. Many improvements are in the works!



Rick Inman, Director Mineral County

In just a few weeks you will have the opportunity to exercise one of the most fundamental rights of a co-op member: voting in elections for directors. It may strike you as unnecessary to vote since the two open director positions, Rio Grande County and Member-at-Large are uncontested. However, I would like to assure that your vote is important.

Your participation in the elections sends a clear message that you, as an SLVREC member, are interested in your cooperative. As the longest-standing director on SLVREC's board, I can guarantee you that this is a message the directors need to hear.

I especially encourage you to make the time to attend the Annual Meeting on June 21 at Ski Hi Park. Not only will we vote for director positions and proposed by-law changes by a show of hands, we will have several interesting presentations on our cooperative and the industry as a whole. You'll have an opportunity to meet your co-op's CEO; me and my fellow directors; SLVREC staff and employees; and

your fellow cooperative members.

Like last year, the meeting will follow an Energy Fair. The Fair will be open to the public; the Annual Meeting will only be open to SLVREC members and invited guests.

There is no kitchen at Ski Hi Park now; however, you won't go hungry. We will offer meeting attendees baked potatoes with toppings. Please RSVP if you plan to eat potatoes with us. Of course, as always, there will be a number of door prizes.

From my perspective, the best thing about Annual Meeting is that I get to talk with members who live throughout the co-op's service territory. It's a great chance for me to hear what members from across the Valley think. That helps me do a better job as director.

My representation of our members reaches beyond local co-op board meetings. As a director, I represent the Valley on trips to the state capital and even to our nation's capital.

Recently, I had the opportunity to travel to Washington D.C. to meet with Colorado legislators and their staff to talk about issues that are important to cooperatives. I wasn't alone. I was part of a contingency of nearly three thousand leaders representing electric cooperatives from around the nation. At this annual event, sponsored by National Rural Electric Cooperative Association (NRECA), we focused on four key critical issues. Having a

focus helps to keep the co-op message consistent to all lawmakers and helps us achieve our goals. The four topics were:

- Maintaining the successful partnership between the Rural Utilities Service and electric cooperatives.
- Providing renewable energy development incentives to co-ops.
- Ensuring the continued beneficial reuse of coal combustion residuals (coal ash).
- Ending the anti-trust exemptions for the nation's rail industry.

There is more detail on NRECA's views regarding these topics—views SLVREC shares—on NRECA's web site at [www.nreca.coop](http://www.nreca.coop). Search on legislative conference. There is also small summary included in this Newsboy on page 6.

As the diversity of these topics suggests, our industry faces challenging times. The choices and decisions we make now will affect our future. Help shape that future. Keep current on these and other industry issues and take the time to attend the Annual Meeting. I hope to see you there.



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Your e-mail will be forwarded based upon the direction you provide in your message.

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### Scheduled Meetings

Board Meeting June 28, 9:30 a.m.  
The Board of Directors meet the last Tuesday of each month unless otherwise stated. Members are welcome.

### Statement of Publisher

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## Don't Miss the Energy Fair and Annual Meeting

Mark the date: **Tuesday, June 21, 2011, 11 a.m. to 5 p.m. at Ski Hi Park in Monte Vista, Colorado.**

SLVREC will host an Energy Fair that's open to both co-op members and non-members alike. It's a great chance to learn about issues facing the energy industry, energy conservation and energy products.

Food vendors will offer foods grown right here in the San Luis Valley including beef, buffalo, grains, potatoes and other tasty treats. Speakers will offer information on energy topics.

Several representatives from SLVREC's staff will be on hand to answer questions about the cooperative, net metering, energy conservation, the proposed transmission line to serve the Valley and more.

Following the Energy Fair, members and invited guests are encouraged to attend the cooperative's Annual Meeting. Registration opens at 5:30 p.m. Door prize drawings will be held during the meeting and members

will be offered a gift from the cooperative during registration. A free potato bar with various toppings will be available to members who attend the meeting. **Please RSVP if you plan to eat potatoes at the meeting.**

The business session of the Annual Meeting will begin at 6:30 p.m. The purpose of the meeting is to elect a Director for District 1, Rio Grande County, and District 7, Member at Large; to vote upon reports covering the previous fiscal year; vote on a proposed change to the cooperative's bylaws; and transact other business as may come before the meeting.

Door prizes will be awarded throughout the business meeting. Door prizes include credits on the winning member's electric bill: four for \$250, 10 for \$100, and a few for \$25. Additional door prizes include half a beef and half a pork.

Make the time to attend both the Energy Fair and Annual Meeting! ∞

## Avoiding Hantavirus Pulmonary Syndrome

Hantaviruses are a group of viruses that may be carried by some rodents. Some hantaviruses can cause a rare but deadly disease called hantavirus pulmonary syndrome or HPS.

Only some kinds of mice and rats can give people HPS. Of these, only one, the deer mouse, is found in the San Luis Valley. Deer mice have tawny backs, white bellies, big eyes and big ears. Not all deer mice have the virus, but it is not possible to tell if a mouse has the virus just by looking at it. Testing has shown that typically 10 to 15 percent of deer mice are infected.

Household pets (including rodents) don't get sick from the virus. The virus is not spread by insects or from person to person. People get HPS when they breathe in hantaviruses.

This can happen when rodent urine and droppings that contain a hantavirus are stirred up into the air. People can also become infected when they touch mouse or rat urine, droppings, or nesting materials that contain the virus and then touch their eyes, nose, or mouth. They can also get HPS from a mouse or rat bite.

People who contract HPS, will feel sick 1 to 6 weeks after they were around mice or rats that carried a hantavirus. At first people with HPS will have a fever, severe muscle aches and fatigues. After a few days they will have a hard time breathing. Sometimes people will have headaches, dizziness, chills, nausea, vomiting, diarrhea and stomach pain. Usually, people do not have a runny nose, sore throat or a rash.

Prevent exposure to HPS by reducing your exposure

to mouse droppings and nesting materials. If you must clean a mouse-infested area, open doors and windows and allow a room to air out for 60 minutes before going inside. Wear rubber gloves and spray droppings, nests and carcasses with bleach & water solution (1½ cups bleach per 1 gallon water, or 1 part bleach to 9 parts water, mixed that day). Let soak for 5 to 10 minutes before cleaning up with a mop, sponge or wet-vacuum. **Do not sweep or dry-vacuum mouse droppings.** Consider using a respirator mask (N-100 rating) that seals tightly to the face.

After disinfecting, place mouse carcasses, nests and cleaning materials in a plastic bag. Tie the bag shut and put it in an outdoor trash can. Wash hands and clothing after clean up.

Contact any Public Health Departments in the San Luis Valley for information and advice on how to discourage mice from infesting your home and outbuildings to prevent HPS. ∞

For more information about HPS on the web, go to:  
<http://www.cdc.gov/ncidod/diseases/hanta/hps>

### **The Disconnect Policy will change this summer.**

*SLVREC's Board of Directors is changing the cooperative's disconnect policy soon. If you are behind on your electric bill, contact the cooperative ASAP! Get caught up now. Call billing for more information.*

said. "Keeping the track at the right moisture content makes the track safer and faster."

The work to improve the track has been expensive and time-consuming. A fast, fun track is worth it. McCormick said, "When you've got a good track, it gets really exciting. You'll see a lot more passing and there is a lot more 3-wide racing. Until this track got the maintenance it needed, you couldn't do that. The racing was boring to watch." Not anymore!

### **What to expect**

Jeff opened the track with motocross races and concerts in May even before all the improvements were made. He said, "Expect things to get better and better as the season goes on. It's going to take some time and we need to start getting people out here."

Who will be racing? Jeff said, "There's a pretty big contingency of race car drivers who live in the Valley. I would say there are better than 40 cars right here. But, we plan on bringing in some IMCA certified drivers and races too."

IMCA, or the International Motor Contest Association, organized in 1915. It's the oldest active automobile racing sanctioning body in the United States. Modifieds are the calling card of IMCA.

Dirt modified racing cars are essentially modified passenger cars designed to run on tracks like the one at Thunder Valley. In contrast, stock cars are passenger cars without modifications. Don't confuse that with superstock—low-slung, almost body-less modifieds that utilize wings to achieve enough downforce to take turns at extremely high speeds. Also on the schedule are dwarf and ministock races. Dwarfs are scale replicas of vintage race cars. Dwarf cars are true open "modified-style" cars without fenders, and have a 1,250 cc limitation on the engine size.

McCormick said, "Dwarfs are essentially one-third size replicas of old coupes and roadsters. They run on a motorcycle engine and they are fun and fast. There are a lot of new cars and car types coming out now too like ministock and minidwarf that give younger people a chance to get out and race too."

Too much information? Don't worry. There are 18 events scheduled this season and all promise to be fun, exciting and entertaining. Just come on out, kick back, and watch the races!

Jeff said, "Typically, we have four races at each event with between 15 to 20+ cars per race, depending upon the type of cars racing. No matter what you come out to see, it boils down to one thing: go fast and turn left."

Is Jeff worried that the slowdown in the economy will keep people away? Nope. He said, "With gas at \$4 a gallon, I think people are not going to travel to the front range for entertainment. We need to have opportunities right here in the Valley for people to get out and have some fun. What do we have now? Two main rodeos and a couple of parades. Realistically, we don't have anything for our kids to do. Racing is something the whole family can come out to enjoy."

McCormick added, "That has been one of the goals of this track all along. We used to have a good following of kids who would come out here. It was a good thing. They were so busy working on their cars during the week and out here racing in a safe environment on the weekends, that they didn't have time to get in trouble."

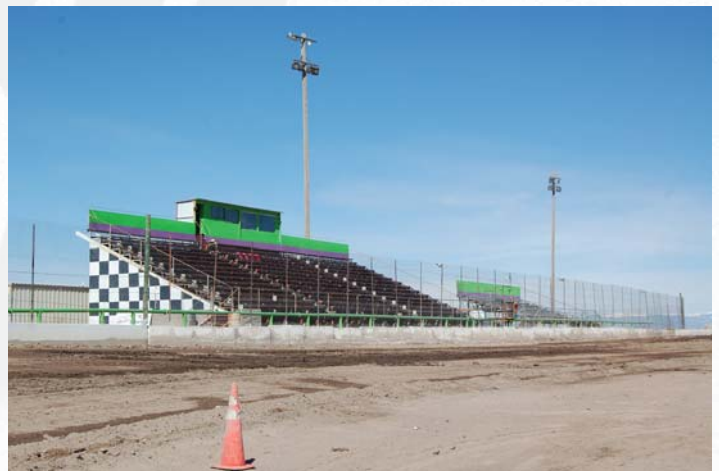
The Holmans hope to continue that tradition. Jeff's son Parker is a motocross racer. Jeff said, "I want Parker to have a good safe place to race right here in the Valley. I see kids out racing at night on roads that aren't meant for the speeds these kids are driving. Let's get them out here instead."

Concerts and good food are on the agenda too. Jeff plans to offer what he describes as "carnival-type" food: foot-long hot dogs, funnel cakes, Navaho tacos, cotton candy, roasted corn and more. San Luis Valley Brewing Company will host the beer concession.

"Light shows, intermission entertainment, stunts. We're looking at a whole new level," Jeff said. "I want the entertainment value out here to be huge."

On July 2, the Speedway will have a fireworks show. "That should be one great evening," Jeff said.

So grab a race schedule and make plans for some fast action. Learn more at [www.thundervalleyspeedway.info](http://www.thundervalleyspeedway.info) or by calling 719-580-0363. See you there! 🏁



More grandstands, even a drag strip, it's all in the works. "We'll have to get these stands full before we add more; but, I sure think we can do it." Jeff Holman said.

## **Candidate profiles for SLVREC Board of Director elections.**

*Both candidates are running unopposed in this year's elections on June 21.*

*Elections will be held at the Annual Meeting by a show of hands.*

*Members may vote for directors from all districts, regardless of the district in which the member lives.*

### **Carol Lee Dugan**

**District 1  
Rio Grande  
County**



A San Luis Valley native with a farming and ranching heritage, Carol Lee Dugan earned her business degree from Adams State College. From 1974 to 1989, Carol Lee managed the Alpine Veterinary Hospital with her husband, Bob. Now, she helps raise cattle and works to improve our community.

In 1994 she became the director of the Carnegie Public Library and the South Fork Branch Library. As director, she obtained grants to renovate the main library in Monte Vista and to build a new library in South Fork. This year, she has secured grants for the addition of renewable energy to augment energy use and offset utility expenses for both library locations.

She has been active in several community organizations: Monte Vista Urban Renewal, Habitat Partnership Program, El Pomar Regional Council (board member), and various educational programs. Carol Lee and Bob believe in conservation and maintaining the quality of life for the Valley. In support of this belief, they placed the headquarters for their ranch in a conservation easement. Part of the ranch is located in Rio Grande County and a large portion is located in Saguache County.

Carol Lee has served on SLVREC's Board of Directors for 12 years. She has served a term as the board's president and another as vice-president. Nine years ago, she completed board certification classes in which she studied economics, personnel management and utility-related laws. She actively pursues training to keep abreast of the energy business for betterment of the cooperative.

#### **Candidate's Statement**

Facing the challenge of the economy and ongoing changes in the electric industry are two key issues that must be addressed by SLVREC's board members. Each decision we make for our members and the community is vital to the stability of the San Luis Valley. If re-elected, as one board member of seven, I will strive to make the best decisions for our members. My goal is to move forward in a positive direction and to help sustain our local economies.

### **Mike Rierson**

**District 7  
Member at  
Large**



Mike Rierson has served on SLVREC's board of directors since January 1999. He currently serves as the board's president. Prior to becoming a director, Mike served on the Board Feedback Committee for five years.

Mike and his wife Sarah have two children, Zoë (19) and Ross (15). The Riersons farm near Center.

In addition to serving on SLVREC's board, Mike also represents SLVREC as a director of Colorado Rural Electric Association. He has served as board member and past president for Creede Repertory Theatre and as past president and current member of Center Kiwanis. He serves on the board for SLV Friends of NRA. Mike is actively involved with his community.

Mike said, "I have a strong commitment to learning as much as I can about the electric industry." Twelve years ago he completed the National Credential Cooperative Director Program. He believes his commitment to keeping up with the industry along with his twelve years of experience as a board member have been helpful in dealing with the challenges that face the cooperative today.

#### **Candidate's Statement**

Our industry is in a period of rapid change. We face many economic, political and environmental concerns. The choices we make today will have impacts for many decades to come.

SLVREC's board members work together with the cooperative's management as a team. Together, we must continue to set our sites on bringing safe, reliable and cost-effective power to the cooperative's members. That may require some tough choices. It will require the development of an alternative power delivery source to the Valley.

If re-elected, I will apply my knowledge, experience and training to the table to deal with the challenges before us. It has been a privilege to serve on this board and I would like to continue to serve the members of this cooperative.

## Legislative Conference in May

Nearly 3,000 leaders representing electric cooperatives from around the nation met with Members of Congress and their staff during National Rural Electric Cooperative Association's annual legislative conference in May.

By speaking directly with legislators with a focused message, cooperatives help educate Congressional Representatives about cooperatives and their members. This year, SLVREC CEO John Villyard and Director for Mineral/Hinsdale Counties Rick Inman represented SLVREC in addressing four key legislative goals:

**Maintaining the successful partnership between the Rural Utilities Service (RUS) and electric cooperatives.** In the proposed federal budget, RUS funding has been dropped from 6.5 billion to 6 billion. This would make sense if the program didn't generate money for the government. However, RUS lends money to co-ops to build and maintain their infrastructure. This money is returned with interest, earning revenue for the government.

**Providing renewable energy development incentives to co-ops.** Incentives for renewable generation were legislated for co-ops, investor-owned utilities and private power generators alike. Incentives for IOUs and private generators have been retained; incentives for co-ops have been eliminated. We believe the playing field should be level for all and that renewable incentives for all is in the best interests of Americans.

**Ensuring the continued beneficial reuse of coal combustion residuals (CCRs).** EPA has proposed the regulation of CCRs, a material captured by coal plant scrubbers to reduce pollution. When properly managed, CCRs offer environmental and economic benefits without harm to public health and safety. Over the years, CCRs have been incorporated into beneficial applications, such as roof shingles, wallboard, asphalt and bricks. For example, fly ash, a type of CCR, plays a critical role in highway construction because it cost-effectively and safely increases concrete durability. Regulation of this material as a hazardous waste makes little sense.

**Ending the anti-trust exemptions for the nation's rail industry.** Anti-trust exemptions for railroads have essentially created a monopoly. Railroads decide when they ship, where they ship and how much they charge. These antitrust exemptions no longer have any public policy justification. Freight railroads reap huge profits from electric cooperatives and other industries with no marketplace consequences or legal accountability for their unreliable service or exorbitant rates and fees. Legislative and administrative reform is required. ☺

## Use that Card!

Did you get your Co-op Connections Cards in the mail by now. If you haven't, call SLVREC to find out how to obtain a replacement card.

The Co-op Connections Card gives cardholders discounts at participating businesses. The complete list of local participating businesses is listed on SLVREC's web page at [www.slvrec.com/connectionsmembers.htm](http://www.slvrec.com/connectionsmembers.htm). Businesses in the national program are listed on the [www.connections.coop](http://www.connections.coop) web site.

Not only are cards valuable for discounts at many participating businesses, the cards may also qualify cardholders for discounts on medications and prescriptions not otherwise covered by insurance. Talk with your local pharmacy to find out what discounts the card may entitle you to.

New businesses are signing up every day. The latest: Thunder Valley Speedway plans to sign up, offering members a discount. ☺

## Together We Save

Want to save money on your energy bills? SLVREC, through Touchstone Energy, is ready to help.

Touchstone Energy has developed the Together We Save campaign to help co-op members capture energy savings that translate directly into dollars saved on energy bills. At the epicenter of the program is [www.TogetherWeSave.com](http://www.TogetherWeSave.com).

SLVREC encourages members to visit the web site for ideas on ways to save energy. Ideas include everything from stopping air leaks in manufactured homes to springtime tips like these:

- Seal the cracks and gaps around your home. Not only is spring the right time to put away storm windows, it is a great time to add weather-stripping and caulking around leaky window panes. TogetherWeSave.com shows how easy it is to use a caulking gun to seal up leaks around your house around doors, vents, ductwork and windows.
- Clean your refrigerator inside and out. Throw out that left-over fruit cake and check the temperature settings on both the refrigerator and freezer. SLVREC offers quick check cards to make it easy to set temperatures at the optimal settings.
- Think sun block. TogetherWeSave.com demonstrates that by pulling the shades on your windows this spring and summer, you could save about \$35 a year. Best of all, by blocking the sun, your house will stay cool and comfortable year-round.
- On lightly windy days, use a clothesline to let the sun and breeze dry clothes naturally. This will reduce both energy and water bills, and add a genuine clean scent to your family's laundry.

Learn more ways to lower your monthly energy bill by visiting [TogetherWeSave.com](http://TogetherWeSave.com) or by calling the energy experts at SLVREC. ☺

## Cucumber Salad

- 2 large cucumbers
- 1 sweet onion
- 1 tsp. salt
- 1 Tbsp. vinegar
- 1 Tbsp. water
- ¼ tsp. sugar
- ½ tsp. black pepper
- ¼ cup chopped green pepper
- ¼ tsp. paprika

Peel cucumber, slice thinly. Slice the onion thinly. Sprinkle both with salt and set aside for one half hour. Then squeeze the cucumber and onion slices, a few at a time, discarding the liquid. Place slices in a bowl and pour the vinegar, water, sugar, black pepper and green pepper over the top. Mix thoroughly. Chill. Sprinkle paprika on top before serving.

## Microwave German Potato Salad

- 6 slices bacon
- ¾ cup finely chopped onion
- 2 Tbsp. flour
- ½ cup sugar
- 1 tsp. salt
- pepper to taste
- ½ tsp. celery seed
- ⅔ cup water
- 5 Tbsp. cider vinegar
- 4 med. red potatoes, cooked, peeled, sliced

Place bacon in 1½ quart casserole. Microwave 3 to 4 minutes on high or until crisp. Remove bacon. Crumble and set aside. Add onion to bacon drippings. Microwave 2 to 3 minutes on high or until onion is transparent. Stir in flour, sugar, salt and celery seed. Microwave 1 minute on high or until mixture boils. Add potatoes and bacon, stirring gently to coat with sauce.

Salad may be served immediately or made ahead of time. If made ahead, microwave 2 to 3 minutes on high until heated through before serving.

## Orange Fleck Cake

- 2 cups sifted flour
- 1 tsp. soda
- 1 tsp. salt
- 4 egg whites
- ½ tsp. cream of tartar
- ⅓ cup sugar
- ½ cup shortening
- 1 cup sugar
- ¾ cup buttermilk
- 2 Tbsp. orange rind, coarsely grated

Bring ingredients to room temperature. Preheat oven to 375°F. Sift together flour, soda and salt. Beat egg whites with cream of tartar until foamy. Gradually add ⅓ cup sugar to the egg whites, beating until stiff and straight peaks are formed when the beater is raised.

Cream shortening with 1 cup of sugar. Using an electric mixer on low speed, add buttermilk and dry ingredients alternately to the creamed mixture, beginning and ending with dry ingredients. Blend thoroughly after each addition. Blend in the orange rind. Fold egg whites carefully into batter.

Pour into two well-greased and lightly floured 8-inch round layer pans at least 1 ¼ inches deep. Bake for 30 to 35 min. Cool and frost with Creamy Orange Frosting.

*Note: This recipe has not been adjusted for altitude. For tips on adjusting to your location visit:*

*<http://allrecipes.com/HowTo/high-altitude-cake-baking>*

## Creamy Orange Frosting

- ¼ cup butter
  - ½ tsp. salt
  - 1 tsp. grated orange rind
  - 1 egg yolk
  - 4 cups sifted powdered sugar
  - 2 to 3 Tbsp. hot orange juice
- Cream butter, salt, orange rind and yolk together. Blend sugar in alternately with the orange juice. Allow to cool slightly, then frost.

## Berries And Bits

- 1 (14 oz.) can sweetened condensed milk
- 1 ½ cups cold water
- 1 (3 ½ oz.) package instant vanilla pudding
- 2 cups heavy cream, whipped
- 36 vanilla wafers
- 1 quart strawberries, halved or any other fruit
- ¾ cup small-sized semi-sweet chocolate bits

In large mixing bowl combine sweetened condensed milk and water. Add instant pudding and beat until well blended. Chill 5 min. Fold in whipping cream. Spoon 2 cups vanilla pudding mix into 3 quart glass serving bowl. Top with half of the vanilla wafers, strawberries and ¼ cup bits. Repeat layers ending with pudding. Garnish with fruit and chocolate bits.

## Peach Iced Tea Slush

- 2 cups frozen sliced peaches
- 2 to 3 quarts chilled freshly-brewed iced tea
- ½ cup simple syrup or to taste
- sliced fresh peaches
- fresh mint leaves

Prepare simple syrup: use a ratio of 2 parts sugar to 1 part water. Boil water, stir in sugar until dissolved. Heat for another minute. Cool. Extra simple syrup may be refrigerated.

Place the frozen peach slices in a blender. Add enough iced tea to blend peaches into a smooth paste.

Stir the frozen peaches into the remaining iced tea. Add simple syrup to taste. Place in the freezer for about 30 minutes or until slushy. Serve with a fresh peach slice and fresh mint leaves as a garnish.

A "high-octane" version can be made by adding vodka or gin to taste. If alcohol is added, the mixture will remain slushy in the freezer for a longer time.

## Conservation Corner

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Thanks to everyone who participated in the benefit Poker Run for meter reader, Dale Valdez. Dale and his family extend a heartfelt thanks to all who showed their support!

If you missed the run, don't worry. Contributions are still being accepted at the cooperative.

June 2011

### CFL's Save Money

Compact fluorescent lamps are one of the easiest and most cost-effective ways to cut energy costs associated with lighting. SLVREC can help you make the switch to CFL's with a 2 for 2 CFL exchange program. Simply bring in two lightbulbs and ask to swap for two new CFLs.

Some have avoided CFLs because of a fear of the small amounts of mercury contained inside the bulbs. Ironically, CFLs present an opportunity to prevent mercury from entering our air, where it most affects our health.

The highest source of mercury in our air comes from burning fossil fuels such as coal, the most common fuel used in the U.S. to produce electricity. A CFL uses 75 percent less energy than an incandescent light bulb and lasts at least 6 times longer. A power plant will emit 10 mg of mercury to produce the electricity to run an incandescent bulb compared to only 2.4 mg of mercury to run a CFL for the same time.

If a CFL bulb breaks, open nearby windows to disperse any vapor that may escape, carefully sweep up the fragments (do not use your hands) and wipe the area with a disposable paper towel to remove all glass fragments. Do not use a vacuum. Place all fragments in a sealed plastic bag and bring the bag to SLVREC for disposal.

SLVREC also accepts burnt out residential CFLs. The cooperative will see that they are completely recycled—the mercury, glass, metals in the ballast—by Veolia, a leader in recycling technology. ♻️