

## Concern for community

### Creede students find meaning in 3D printing

As the COVID-19 pandemic took off across the nation, schools scrambled to set up remote learning, hospital staff worked longer hours and masking up became a common sight.

In turn, many of those wearing the masks began to suffer from ear pain where the mask straps rub, including Rio Grande Hospital's Karl Heinrich.

Karl's wife, Lori, a bookkeeper at Creede Schools, stated "When this all first started, and the hospitals ramped up their protection, you know, every day, my husband was wearing the masks, and his ears were hurting."

Lori reached out to Creede fifth/sixth grade teacher Michele Crispell, "could we print out surgical mask straps to help with the hospital personnel ear irritations?"

Michele was excited with the idea and the ability to involve the students, "3D printing can teach kids



Courtesy Photo

**The Heinrich Family reads a thank you letter.** mathematics like spatial reasoning. It can also teach them that whenever you create something, you create it for a reason."

In addition **See CREEDE continued on Page 5**

### REC truck re-purposed for La Puente



Healthy Foods Coordinator Sherice Shiner loads up a truck that was recently donated to La Puente.

Courtesy Photo

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# Outdoor electrical safety



## Tips for RV camping

Camping is an outdoor leisure activity that many people take advantage of during the summer season. As with all summer fun, being safe needs to be a priority. *Safe Electricity* offers some electrical safety tips to take along on any trip that involves RV camping.

Tragically, in the summer of 2014, a three-year-old boy was electrocuted as a result of faulty wiring that electrified the family's camper. The child was touching a door handle of the camper while standing on wet ground when he was electrocuted.

Such a situation in which an RV frame is electrically charged is often referred to as "hot skin." Improper wiring or connection, no grounding, reversed polarity and loose or worn outlets are just some of the potential causes. If a hot skin hazard exists, simply opening the door or coming into contact with the hitch can cause

shock or electrocution.

To help prevent hot skin, an RV's electrical system needs to be regularly tested and maintained. A professional electrician can help make sure the wiring in the RV is safe.

Perform a visual inspection of cords, plugs and outlets. If there are cracked or frayed cords or broken or discolored plugs or outlets, do not use them. Have them replaced or repaired. Make sure RVs are equipped with fire extinguishers as well as permanently installed carbon-monoxide and fire detectors.

Always use electrical cords rated for the use they will get. Make sure the power demand of the appliances that will be used does not exceed the cord's rating. To plug an RV into a campground power pedestal, use a heavy duty, four-wire cord with a grounding

wire, not an extension cord.

Know the amperage your RV draws and the amperage available. If you try to draw more amperage than is available, you can cause serious damage to the electrical source and your RV. It could even start a fire. Also make sure you know where the electrical panel and major switches are.

Before using a campground hook-up, do a visual inspection of the area. If a campground hook-up appears to be damaged, put safety first and request another spot. Making the campground aware of the damage will also help future campers at that site. In addition, be sure to have the proper cord. Never plug more than one RV into a single hook-up. As with a generator, plug the RV in before turning appliances on.

For more information on electrical safety, visit [SafeElectricity.org](http://SafeElectricity.org).

## Conservation Corner

### 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.



### Truck donation eases food deliveries

In April, SLV REC donated a 2007 Ford F-150 to La Puente to use for outreach services; however, the timing of the donation changed the purpose and took the truck on a new path.

According to La Puente Executive Director Lance Cheslock, "We LOVE our truck and it has been all around the Valley many times. When COVID hit, we were getting hammered at the food banks... 600 families (1,250 people) the very first week! We have used the truck to make deliveries to stock up the 13 still-open pantries, as well as use it to provide 'no contact' delivery to the elderly and others who need food but don't have transportation. It [the truck] arrived at the PERFECT time!!"



## Loren Howard

### Growing pains

Growing up can present physical and emotional challenges, as each of us can attest and Cielo, REC's telecom business, has not been exempt from those challenges. A bit of history—in 2012, REC investigated the idea of starting into the telecom business to bring world class Internet and phone service to Valley residents. After a more than year long study of the idea, Cielo was created and fiber optic infrastructure started to be deployed to bring those services to homes and businesses. From the beginning, REC's and Cielo's commitment was, and still is, to provide fast, reliable and cost-effective Internet access and full featured phone service to every resident of the San Luis Valley.

Over the past 5+ years, Cielo has built out hundreds of miles of fiber optic lines and deployed wireless infrastructure to bring Internet and phone services to almost 5,000 Valley residents. A few weeks ago, in mid-May, some of our core servers became overwhelmed with the many new customers recently added as a result of the COVID-19 pandemic. With all the stay-at-home orders, everyone wanted Internet access immediately. One week in early April, Cielo received as many requests for service as were received in the whole month of March. Most of the requests were for students now forced to attend class online. REC employees made incredible efforts to get everyone – students, work-at-home people,

businesses forced to conduct online ordering – all now in desperate need of connectivity installed and running as quickly as possible.

As the Cielo business has grown, substantial investments have been made in equipment upgrades and redundant connections to Internet core “points of presence” to ensure uptime and data throughput is sufficient for all customers. Remembering back to the Spring Fire on La Veta Pass almost two years ago, Cielo was virtually the only telecommunication provider in the Valley still up and running. Cielo continues to enhance its core network capacity and reliability, but the surge in recent weeks for connectivity due to the pandemic was simply a matter of too much, too fast. Our network engineers, telecom technicians and all REC employees are working to build a robust network that will provide you with outstanding service.

To all our customers who lost connectivity in mid-May, I want to say I understand your frustration at missing family, school or business events and get-togethers. Cielo remains committed to providing outstanding Internet and phone services and is working diligently and as fast as is possible to continue building the infrastructure needed. Cielo is also working to roll out additional features on Internet services that will bring many more value-added capabilities to your Internet experience.

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Wade Lockhart  
719-588-9246

Email: [power@slvrec.com](mailto:power@slvrec.com)

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

### CEO

Loren Howard  
719-852-6630

SLVREC Office (toll free)  
800-332-7634

SLVREC Office (local calls)  
719-852-3538

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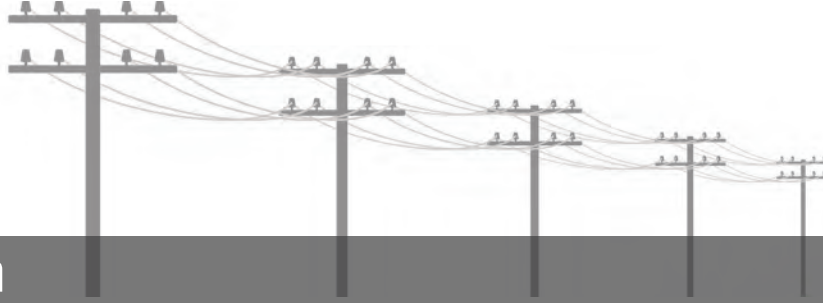
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# Rate education



## Peak demand in electricity usage

As illustrated in the example below, both situations require one kilowatt hour of energy. The first scenario uses one kilowatt hour of energy by lighting one 100-watt bulb over the course of 10 hours. The second scenario uses the same one kilowatt hour of energy, but with ten 100-watt bulbs lit at the same time, more resources are required to provide that

amount of power simultaneously. Light bulbs are a simplified example, but when you are talking about large appliances in your home such as HVAC systems, electric ovens and clothes dryers, you can see how running all of these appliances at once requires significantly more resources than staggering their energy usage over various times.

**In power, time is a factor. The energy used by one 100-watt light bulb lit for 10 hours is the same as the energy used by 10 bulbs lit for 1 hour.**

DEMAND	TIME		RESOURCES REQUIRED
 100W	 10 HOURS	$\times$	 <b>1 KILOWATT HOUR</b>
 10 X 100W (1,000 WATTS)	 1 HOUR	$\times$	 <b>1 KILOWATT HOUR</b>

**SAME 1 KILOWATT HOUR, BUT 10 TIMES THE RESOURCES!**

## Managing demand

The easiest way to reduce your demand while maintaining your energy consumption needs is to spread out your usage throughout the day. Review your household or business processes and determine if you can perform high energy consuming tasks at different times of the day. Perhaps you can run some equipment in the morning and other equipment in the afternoon to balance and reduce your demand which will save you money. Many modern appliances have timers, making it easy to get it ready to go, and simply delay the start time. With a little planning, you now have more control over your electric bill with the ability to control when you use power, not just how much you use.

## What is demand?

Demand is the amount of power needed to supply every electrical device running in your home or business at a specific point in time. It is the rate at which you consume electricity. Demand is not a new charge- it's always been bundled with your energy usage rate. Now with affordable technology we are able to measure demand and bill separately, giving you an opportunity to control it. Demand billing gives you another way to control your electric bill while still maintaining your consumption needs, simply by spreading your usage throughout the day.



## Recipe of the month

### INGREDIENTS

- 1-1/2 quarts fresh strawberries, hulled & sliced
- 2 T. white sugar
- 1 (8-ounce) package cream cheese, softened
- 1 pint heavy whipping cream
- 2 T. confectioners' sugar
- 1 t. vanilla extract
- 1 (10-inch) angel food cake, cut in cubes
- 1/2 quart fresh strawberries, hulled & sliced

# #POWERON

### CREEDE

continued from page 1

to helping with the 3D printing process, the students wrote letters of appreciation to show support for the front-line workers.

Creede student Lexi Mink wrote the following: “Dear doctors and nurses, You guys are great at keeping us safe. Thank you for making sure we get the help we need. You guys are like heroes in the sky. I hope these mask straps help you in all of the ways that they can. And in scary times, it’s comforting to know that we have hard-working people ready to take care of us at any time. I will be praying for you all to stay safe and healthy as you care for our community. Sincerely, Lexi Mink”

Rio Grande Hospital personnel were filled with gratitude for the kind gesture put forth by Creede School District and offered words of thanks back to the students, “I just wanted to say thank you; it makes wearing a mask all day way more comfortable.”

In these challenging times, our cooperative principle of Commitment to Community has greater meaning than ever before. Across the cooperative family, amazing

### STRAWBERRY SHORTCAKE WITH CHEESECAKE WHIPPED CREAM

1. Mix 1-1/2 quarts strawberries and white sugar in a large bowl; gently mash strawberries with a potato masher. Cover and refrigerate.
2. Beat cream cheese in a bowl until light and fluffy; set aside.
3. Beat heavy cream in another bowl until soft peaks form; add whipped cream cheese and continue to beat until stiff peaks form. Lift beater or whisk straight up: the cream should form a sharp peak that holds its shape.
4. Beat confectioners’ sugar and vanilla extract into cream cheese mixture.
5. Layer about half the angel food cake in a large bowl or trifle. Spread a third of the cream cheese mixture over the cake and top with a layer of mashed strawberries. Repeat the layers, finishing with a final layer of the cream cheese mixture. Arrange the remaining 1/2 quart strawberry slices decoratively.
6. Chill until ready to serve.

[www.allrecipes.com](http://www.allrecipes.com)



Courtesy Photo

### A mask strap in use by RGH staff

work is being done by businesses, organizations, and individuals to support local communities in this time of need.

SLV REC collaborated with Tri-State Generation & Transmission to capture this special story on video. Find the story online here: <https://tristate.coop/Creede-CO-Students-print-3D-mask-extenders-hospitals>



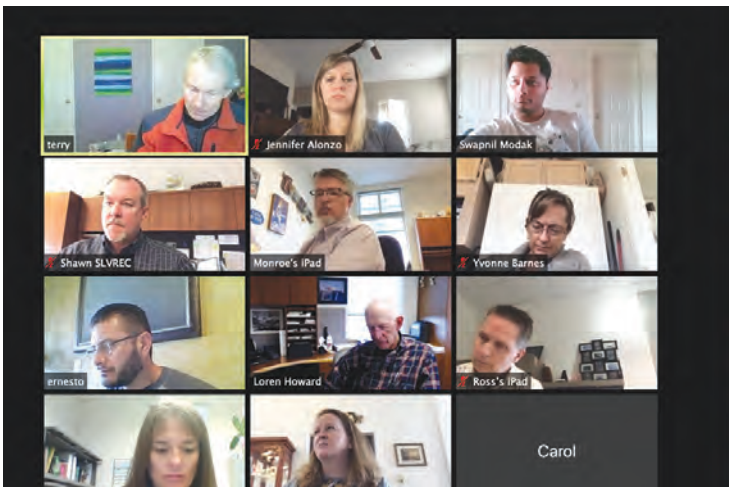


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June 2020



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[www.energyoutreach.org](http://www.energyoutreach.org)

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**SCHEDULED MEETINGS**  
Board Meeting: Tuesday, June 30, 9:30 a.m.  
The REC Board of Directors meets the last Tuesday of each month unless otherwise stated. Members are welcome; advance notice is required.

This institution is an equal opportunity employer.

