



SLEMCO POWER

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BAYOU HOLLYWOOD

State tax incentives lead to movie boom

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Disney's
2009 movie
Secretariat

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TakeNote

NOT YOUR TYPICAL SATURDAY MORNING!

No one could recall SLEMCO grand prize winners as thrilled as Rayne's Angela Simon and her husband Joseph after his entry card was drawn from the prize barrel at SLEMCO's June 4 annual meeting.

Angela's exuberant shouts echoed throughout the Cajundome as soon as Joseph's name was called.

The Simons had arrived at the Cajundome at 5:55 a.m. to nab a front row seat. Angela had attended 20 annual meetings but this was her husband's first. They immediately selected a 2011 Chevrolet Silverado Crew Cab pickup from the five vehicles provided by Service Chevrolet.

This exciting grand prize drawing concluded a morning full of other highlights.

SLEMCO awarded \$40,000 in college scholarships to 20 students who will be attending college this fall (see page 12 for the names and photo of the winners).

Bill Huval of St. Martin Parish, Howard Young of St. Landry Parish and David Simon of Vermilion Parish were reelected without opposition to three year terms on the SLEMCO Board of Directors.

Louisiana Public Service Commissioner Clyde Holloway of Forest Hill spoke to the SLEMCO crowd. "Y'all are

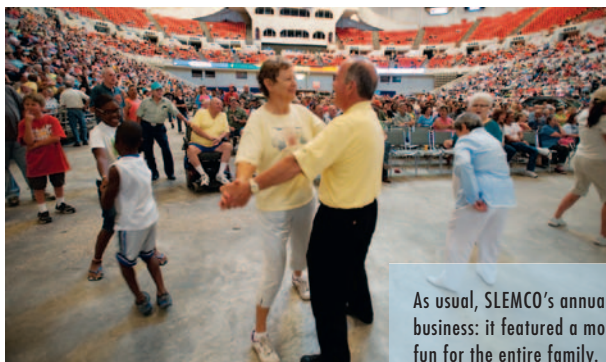
Angela and Joseph Simon rush from their front row seats when his name was called as the 2011 SLEMCO annual meeting's grand prize winner.

lucky: SLEMCO is a great co-op and they do a great job," he said. Holloway complimented SLEMCO's storm and flood preparations and noted it was a pleasure to serve his constituents.

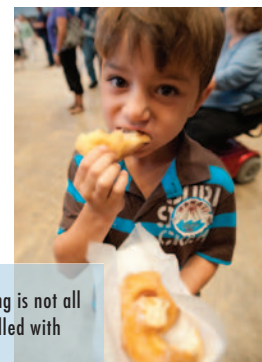
SLEMCO Board President Jerry Meaux of Lafayette addressed the crowd and assured them that the company is ready for hurricane season, should any storms head our way (Lucky Account Number 2106763002).

J.U. Gajan, SLEMCO's general manager and chief executive officer, emphasized SLEMCO's "steady as a rock" performance since 1937. He pledged that the company's efforts in preparing for disaster while keeping electricity rates as low as possible would continue in the future. He also thanked the membership for their outstanding support of the Operation Round-Up grant program, which assists needy individuals throughout SLEMCO's service area.

United Blood Services held its annual blood drive at the meeting, collecting a record 335 units of blood products from SLEMCO members to boost Acadiana's blood supply this summer.



As usual, SLEMCO's annual meeting is not all business: it featured a morning filled with fun for the entire family.



Photos by P.C. Piazza

DOING WHATEVER IT TAKES TO SERVE OUR CUSTOMERS

As soon as officials decided to open the gates of the Morganza Spillway in May and divert millions of gallons of Mississippi River water through the Atchafalaya Basin, SLEMCO began analyzing the projected height of floodwaters heading toward our St. Martin and St. Landry Parish service areas.

This planning was crucial in determining what SLEMCO needed to do to protect the electrical equipment required to supply our customers with power (Lucky Account Number 2062037000).

Right in the middle of the water's projected pathway were two areas that SLEMCO serves —Butte La Rose in St. Martin Parish and the Krotz Springs/Melville area in St. Landry Parish.

One SLEMCO substation in the floodwater's path provides power for two towns and a major refinery. SLEMCO knew it

had to protect equipment serving these customers. But how?

The task was daunting. Lines needed to be patrolled. Equipment needed to be tested and upgraded for our mobile sub-

station. Limestone had to be hauled in. Engineering procedures finalized. And all this had to be accomplished within a week.

In the end, preparing for the May flood of 2011 took 800,000 pounds of limestone, 4,128 man-hours and nearly \$600,000, so that SLEMCO could build a six-foot levee, from the ground up, in just 34 hours.

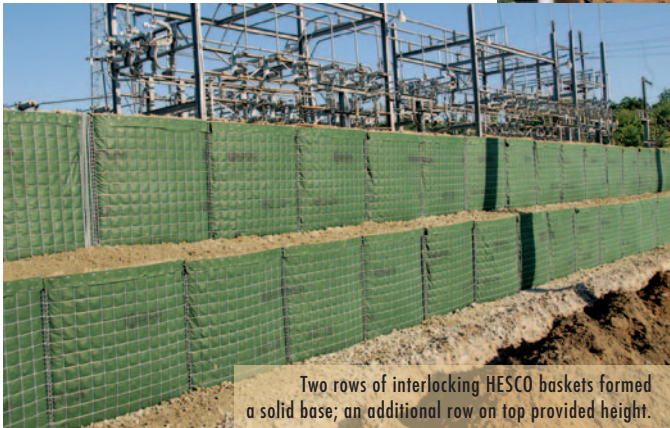
SLEMCO takes its duty to minimize power outages in times of natural disaster seriously, just as when it raised substations that flooded during Hurricanes Rita and Ike. Our mission is doing whatever it takes to serve our customers, no matter what the challenges.



HESCO baskets (which are used in war zones as blast protection for troops) are filled with limestone.



The limestone fill was leveled before sealing the structure.



Two rows of interlocking HESCO baskets formed a solid base; an additional row on top provided height.



The structure was covered with liner. Seams were sealed and additional limestone was added to secure the liner.



The result was a fast, temporary man-made levee to protect SLEMCO's mobile substation from floodwaters.

L.A. SOUTH

**FILM AND TV PRODUCTIONS HAVE BEEN FLOCKING TO LOUISIANA.
BUT WILL HOLLYWOOD STILL CALL AFTER TAX INCENTIVES ARE GONE?**

LOUISIANA IS BETTING IT WILL.

BY CURTIS DARRAH

A marine platoon faces off against an alien invasion in Columbia Picture's \$70-million action thriller *Battle: Los Angeles*, which filmed in Louisiana in 2009.

In 2002, Louisiana became first in the nation to offer tax credits to the film industry, inspiring Hollywood to increasingly turn to Louisiana locations for movie and TV production. The first to benefit was Universal's 2003 release *Ray*. Based on the life of singer Ray Charles and filmed in New Orleans, it won an Academy Award for Jamie Foxx.

Since then cameras have rolled in Louisiana for nearly 500 movies and TV shows, generating an estimated \$1.1 billion economic impact on our state. Now Louisiana is third in the nation in film and TV production, outpaced only by California and New York.

Movie financing is key to understanding the roll tax incentives play in Louisiana's surging popularity in film production. Tax credits can lower costs, reduce financial risk or even generate cash for producers.

Producers can apply for a tax credit of up to 30 percent of their budget spent in Louisiana. An additional five percent is added for using Louisiana workers. Moviemakers can use the credits to offset their Louisiana taxes. But an attractive option is raising seed money by selling these credits, at a discount through brokers,

to other Louisiana taxpayers.

In 2009, Louisiana further upped the ante. Now the state guarantees an 85 cent return on each dollar of film tax incentives. How? If a production qualifies for a million dollars worth of tax credits, for example, the state will buy them back with a check for \$850,000, no broker required. As a result, 26 productions with budgets totaling close to \$400 million chose to work in Louisiana during the first quarter of 2010 alone (Lucky Account Number 1052166002).

So film incentives seem to be working for Louisiana. But does Hollywood love us only for our money? Not necessarily. Thanks to the movie boom, Louisiana has also developed a rapidly growing infrastructure of production services, soundstages and experienced workers for the film and TV industry.

Until Hurricane Katrina, film production in Louisiana was centered mainly in New Orleans. But in the hurricane's aftermath, the film industry discovered the charms of Shreveport. Now, with the advent of new and extensive production facilities, some notable big-budget projects have Baton Rouge in the spotlight. Lafayette has even hosted a number of independent productions



and one big screen success: filming and postproduction for the Disney feature film *Secretariat*.

The film and TV industry in Louisiana now runs the gamut: big budget Hollywood movies, artsy independent films and even Louisiana-based reality TV series such as *Swamp People*.

The Baton Rouge area will capture over three-quarters of the estimated \$127.5 million production budget for Summit Entertainment's *The Twilight Saga: Breaking Dawn – Part 1*. *Breaking Dawn* is scheduled for release this fall, with Summit hoping to add to the \$1.4 billion in worldwide box office this youthful-romance-with-vampires franchise has earned to date.

The Advocate in Baton Rouge reported in January that our state received more than 140 applications for motion picture tax incentives last year, representing an estimated \$800 million in spending and nearly \$1.4 billion in total production. And best of all: more than half of all production in the state was by companies based in Louisiana, according to the newspaper.

One reason behind those figures and the capital city's bright future in film production is Celtic Media Centre. Now the state's biggest studio facility, Celtic spans 23 acres of soundstages and production facilities near the intersection of I-12 and Airline Highway in Baton Rouge. *The Advocate* reported that many of the indoor scenes from *Twilight's Breaking Dawn – Part 1* were filmed there, as were scenes from the upcoming \$200-million blockbuster *Battleship*. According to *The Advocate*, these two big budget films alone reportedly accounted for nearly a quarter of the movie industry's spending in Louisiana last year.

Breaking Dawn—which will be released as *Part 1* and *Part 2*—is concluding filming this year in Baton Rouge and Vancouver. Universal Picture's *Battleship*, starring Liam Neeson as the admiral of a fleet battling an armada of unknown origin, is now in post-production and reportedly scheduled for a 2012 release. Filmed primarily in Hawaii and Baton Rouge, *Battleship* is the biggest budget movie to date to film in Baton Rouge, bringing \$67 million in economic benefits, according to the city's film commission.

Celtic's director of studio operations noted in *The Advocate* that Celtic may now have the largest design-built stage facility in the nation east of Albuquerque, N.M. In addition to massive sound-

Secretariat photos by John Bramley © Disney Enterprises, Inc. All rights reserved. Used with permission.



Horseracing and other scenes (photos, this page) for Disney's *Secretariat* were filmed in Carencro and surrounding areas. Pixel Magic, a new tenant of Lafayette's LITE Center, provided postproduction effects.

stages with 70-foot ceilings, Celtic's campus houses numerous businesses catering to film and TV, including independent production companies, lighting and equipment companies, transportation, even payroll firms specializing in the complexities of tracking wages for movie casts and union crew members.

Celtic also played a role in Sony's *Battle: Los Angeles*, a special effects laden, \$70-million action movie that hit theater screens this March. Filmed in Louisiana in 2009, it follows a unit of Marines under siege in L.A. in their battle with extraterrestrial invaders. A Celtic Media soundstage housed a mock Santa Monica neighborhood for the filming. Shreveport and Baton Rouge highways provided locales for the freeway scenes; other scenes were filmed at Barksdale Air Force Base in Bossier City.

Celtic's reputation in the industry continues to grow. According to reports, a London studio narrowly beat out Celtic in filming for Disney's fourth *Pirates of the Caribbean* movie.

In 2009, another Disney film put Lafayette and its Louisiana Immersive Technologies Enterprise (LITE) Center on the fast track to jobs in digital special effects, thanks to Pixel Magic. This Los Angeles based company, which provides digital visual effects in 2D and 3D, took advantage of *Secretariat's* Acadiana filming to open a branch facility in Lafayette's LITE Center. In doing so, it not only benefited from tax incentives but from LITE's high-speed data transfer technology (Lucky Account Number 2404292500).

Secretariat chronicles the spectacular journey of a Triple-Crown winning racehorse. Diane Lane (photo, top of page) plays a housewife and mother who, despite her lack of experience, takes over her ailing father's stables, aided by a trainer played by John Malkovich. All racing footage for the film was shot at the old Evangeline Downs in Carencro. The technicians at Pixel Magic seamlessly

Continued on page 6



Continued from page 5

merged this footage with crowd-filled stadium scenes filmed at Churchill Downs in Kentucky.

With the rapid growth of digital effects and 3D conversions, Pixel Magic's new facility at Lafayette's LITE Center is a case where jobs that were once exclusively Hollywood's may be moving to the Bayou State.

According to an Associated Press news story in April 2010, Pixel Magic plans to hire 100 artists this year to convert existing standard movies into 3D. Ten were hired immediately and the rest were to be hired and trained with the help of a state program, according to Associated Press.

As Louisiana's Governor Bobby Jindal noted, "Pixel Magic is a great example of the kind of companies we hoped to position Louisiana to secure when we strengthened Louisiana's film production and digital-interactive media tax credits."

But critics argue that tax incentives are costly and overly generous to producers, that the best jobs often go to non-residents and it's

difficult for states to win a cutthroat subsidy war.

However, Louisiana's rise to third in the nation in film and TV production shows the potential rewards. The state's investment in tax incentives has nurtured growth of homegrown production facilities such as Celtic Media Centre in Baton Rouge, Pixel Magic in Lafayette and Millennium Studio in Shreveport. Millennium filmed the recent Nicholas Cage 3D action movie *Drive Angry*.

At some point incentives will end and the film industry will have to pay its own way (Lucky Account Number 1309515000).

"When there are no more incentives, everyone should say 'We're in Louisiana, let's shoot in Louisiana'—and I think we're headed that way," Diego Martinez, Millennium's president, told Louisiana Public Broadcasting recently.

"We're still positioned as one of the top states behind New York and California. We took advantage of that head start and we've built a great crew base here. The facilities are going up and if we continue this way, I think this is a viable industry that's going to pack the state for a long time."

Make-believe moments fill early Louisiana movies

By Jim Bradshaw

By design, a lot of what you see in the movies is pure fiction. But sometimes there's more make-believe than you might think. Take, for example, three classic Louisiana-made movies: *Tarzan*, *Evangeline* and *Louisiana Story*.

The local newspaper used big headlines on August 4, 1917, when director Scott Sidney decided to make Morgan City his headquarters for a six-week stay to film scenes for *Tarzan of the Apes*. He said "the unsurpassed luxuriant growth...and moss-hung trees," influenced his decision, but the compelling reason was the large black population that could portray "African natives."

When the filming began, Stellan Windrow, an outstanding collegiate athlete, played Tarzan. He's the one in the trademark shots of the ape man swinging from vine to vine. But he joined the Navy when World War I broke out in the middle of filming, and the movie was left without a leading man. That's when Elmo Lincoln stepped in. He's the man everyone calls the first Tarzan, even though he was actually second.

Lincoln had played a minor role in a cowboy movie in which his shirt was torn during a fight, displaying the powerful chest that was apparently more important than acting ability in the Tarzan role. Jane was played by Enid Markey, who many years later portrayed Grandma Pyle in the 1960s TV series *Gomer Pyle U.S.M.C.*

The combination of Windrow's chest, Markey's beauty, Louisiana scenery and 300 black extras apparently worked. *Tarzan of the Apes* was the first film ever to earn a million dollars.

In 1929, when Edwin Carewe decided to film a "pulsating dramatic romance" based on Longfellow's *Evangeline*, he also decided

to do the whole thing in California.

But the New Iberia Chamber of Commerce and writers for the New Orleans *Times-Picayune* convinced him that the local landscape was necessary for a movie about Louisiana's Acadians. Although Carewe and his production company eventually filmed

for two weeks in the St. Martinville area, he might have done better back home.

At one point he had to wait four days for the "forest primeval" of Longfellow's poem to dry up after a springtime Louisiana downpour. But that wasn't nearly as bad as the hair problem.

Bobbed hair was the rage in south Louisiana in 1929, and only eight of nearly 400 girls who showed up to play Acadian damsels had the requisite long tresses. Carewe had to delay filming again until a trainload of long-haired California girls could arrive to provide

an "authentic" Acadian look.

Some people think the best movie made in Louisiana remains the 1948 *Louisiana Story*. It was nominated for an Academy Award for best writing and won a Pulitzer for its musical score. But the movie that has been acclaimed as a "culturally, historically, and aesthetically significant" portrayal of Cajun life used only one real Cajun song (Lucky Account Number 4504613500).

The film was picked by the Library of Congress in 1994 for preservation in the United States National Film Registry because of its cultural importance, even though someone in Hollywood gave its young hero a most unlikely Cajun name—Alexander Napoleon Ulysse LeTour.

Apparently his real name, Joe Boudreaux, wasn't authentic enough.



The filming of *Evangeline* at Avery Island's Jungle Gardens in 1929

Photo courtesy Avery Island, Inc., Archives

ECONOMIC PROSPERITY FOR ACADIANA IS AN IMPORTANT SLEMCO GOAL

When SLEMCO was formed in 1937 as a private membership corporation, its goal was improving the lives of a largely rural customer base by providing reliable electric power at the lowest possible cost.

Nearly 75 years later, in a similar fashion, economic development efforts are important to improving the communities SLEMCO serves, explains Jody Soileau, a SLEMCO economic development specialist.

With electric cooperatives having accomplished the mission of lighting up rural America and thus sparking economic growth across two-thirds of the nation, some cooperatives like SLEMCO now steer toward more proactive roles of community building through dedicated economic development efforts.

“Over the past 75 years, electric cooperatives largely accomplished their original goal of expanding the electric grid,” Soileau said. “Working with other utilities, chambers of commerce, government officials and business leaders, we can now help improve the prosperity of Acadiana and Louisiana through economic development,” he said.

Soileau was recently awarded designation as a Certified Louisiana Economic Developer at the spring meeting of the Louisiana Industrial Development Executives Association (LIDEA) in Lafayette. He was one of seven in the first group of applicants to earn this certification (Lucky Account Number 4501326400).

LIDEA’s certification program is designed for economic development professionals, chamber of commerce staff, elected officials and local civic leaders. Taught by nationally recognized experts, all content is specific to the state of Louisiana. The criteria for certification included four years of experience as an economic development professional, extensive course-

work, and written and oral exams.

“Over the last few years, SLEMCO has increased our efforts to assist local communities recruit and retain industry,” noted George Fawcett, SLEMCO’s director of marketing and communications.

“This certification reflects our desire to be an even better resource in efforts to encourage new companies to locate in Louisiana and to assist in the expansion of existing industry.” The oil crisis of the mid-80s brought a unique challenge

to Acadiana where many industries were dependent on a faltering oil industry. Diversification was desperately needed and SLEMCO stepped forward with aggressive economic development endeavors to attract new loads to its system and businesses to the area. The Enterprise Center of Louisiana, a small business incubator project, was spearheaded by SLEMCO to help fledgling businesses with potential establish themselves and mature into successful, job-producing enterprises.

The economic success of businesses in SLEMCO’s service area is very important

to the company. It partners with the communities it serves and with other economic development organizations to attract new business and industry.

SLEMCO makes special incentive electric rates available to job-creating industries moving into the area or to large industrial users planning to locate here. Industries in largely rural areas of SLEMCO’s service territory that will employ local residents have special access to zero-interest economic development loans from the federal government through the Rural Utilities Service. Zero interest loans can be made for up to \$450,000 for qualifying businesses. SLEMCO is the local loan contact.

For prospective businesses and industries, SLEMCO offers fully-staffed, in-house engineering and operations departments. Load requirements are analyzed and new facilities, including new substations or transmission lines, are designed and constructed to meet the power needs of companies planning to locate within SLEMCO’s service area.

For more information on electric service proposals and specific incentives for large commercial and industrial customers, contact SLEMCO’s Jody Soileau at 337-896-2511.



iStockphoto © mkms

JUDICE BLOWOUT REQUIRES LINE CLEANUP

On April 27, a natural gas well owned by Cel Properties of Longview, Tex., blew out in the Judice area of Lafayette Parish and began spewing a mixture of saltwater and mud into the air.

When the spray dried on SLEMCO insulators, electricity arced across the contamination, requiring immediate replacement of all insulators on power lines in the affected area.

SLEMCO crews expected the work to take approximately two hours. Crews were staged on each contaminated pole to get the job done as quickly as possible. Thanks to their efficiency, power was restored to the area in only 29 minutes (Lucky Account Number 4501473500).



Photo by P. C. Piazza, inset photo by Mary Laurent



Mark and Noelle Thomas
with Lou, age 3



INTELLIGENT DESIGN

Mark Thomas of Architectural Solutions/Detail Design Build and his wife Noelle built a beautiful showcase in Scott for their growing family. Many features in this home are worth including in your own dream home.

Their home is two story: a spiral staircase leading to an air-conditioned widow's walk offers a stunning view of the surrounding countryside. Comfy cushioned benches make this a delightful hide-away for relaxation and enjoying the view.

Their kitchen is an open design, with stove and sink facing the living area. "I like to stir my gumbo while watching LSU," Noelle said (Lucky Account Number 4509666501).

Antique cypress was stripped, refinished and used throughout the house. "Bryan Francis and his family gave us the mantle and all

the old cypress: it was such an incredible gift," Mark commented to a visitor

who asked about the stunning cypress pieces.

The front porch is 10 feet deep and the back is 16 feet, both large enough for comfortable gatherings.

The home, with 3,100-square-feet of living area, is supported by 12-foot-deep concrete piers for added stability. The driveway is a European eco-grid design that allows water to seep through to the roots of surrounding trees.

The garage is insulated and air conditioned: the family could easily entertain there on a hot summer or cold winter day.

The average electric bill for the Thomas home is a thrifty \$135 per month, extremely economical for a home of this size. For additional design information, give Mark a call at 337-581-2179. ●



With the stove and sink facing the living area, it's easy for Noelle to enjoy LSU games on TV while cooking a meal.



A spiral staircase leads to an air-conditioned widow's walk which offers a stunning view of the surrounding countryside.



THIS HOME'S FEATURED SUPPLIERS

- **BUILDER:** Detail Design Build, Mark Thomas and Alan Broussard, Breaux Bridge and Crowley
- **LUMBER:** Doug Ashy, Rayne
- **CYPRESS:** Bryan Francis and family gave the old cypress wood and mantle to Mark and Noelle.
- **HEATING/COOLING:** Tim's A/C, Broussard
- **ELECTRICIAN:** Ken Guidry Electric, Rayne
- **PLUMBING:** Colville Plumbing, Lafayette
- **WINDOWS:** Jeldwen vinyl Low-E, argon gas-filled windows, Doug Ashy, Rayne
- **DOORS:** Doug Ashy, Rayne
- **FLOORING:** Doug Ashy, Rayne; Carpet & Drapes, Lafayette
- **GRANITE:** Carpet and Drapes, Lafayette
- **APPLIANCES:** Conn's and Lowe's, Lafayette
- **PAINTERS:** Roundtree Drywall, Lafayette
- **BRICK:** Old Massachusetts (recycled), Acadian Brick and Stone, Lafayette
- **BRICKLAYER:** Detail Design Build, Breaux Bridge and Crowley
- **CONCRETE:** Acadian Concrete, Lafayette
- **CABINETS:** Le Profil of Lafayette made the beds, cabinets and tables using longleaf pine.
- **INSULATION:** Doug Ashy, Rayne
- **GARAGE:** Acadian Garage Doors, Lafayette
- **MIRRORS:** Alamo Glass, Lafayette
- **SECURITY:** Detail Design Build, Breaux Bridge and Crowley
- **PLANS:** Architectural Solutions, Breaux Bridge and Crowley

Antique cypress was stripped and refinished, then used throughout the house for cabinets and furniture.



Planning a new home on SLEMCO power? Call Robert Mitchell at 896-2524 or e-mail robert.mitchell@slemco.com for information on our latest Design One guidelines.



These recipes come from Erin Chase's *The \$5 Dinner Mom Breakfast and Lunch Cookbook*. It features over 200 quick, delicious and nourishing meals that are easy on the budget and a snap to prepare. It is available online for \$14.95, plus shipping and handling, from <http://us.macmillan.com>.

Chicken Caesar Pasta Salad

1 pkg. (16 oz.) penne pasta (\$.97)
 1 tbsp. extra-virgin olive oil (\$.10)
 6 chicken tenderloins (about 3/4 lb.) \$1.50
 1 tsp. garlic powder (\$.05)
 salt and pepper
 1/2 small onion, finely chopped (\$.15)
 1/3 cup grated Parmesan cheese (\$.33)
 2/3 cup Caesar salad dressing (\$.50)

In a large saucepan, cook the pasta according to the package directions. Drain and rinse with cool water. Heat the oil in a medium skillet. Season the chicken tenderloins with garlic powder and salt and pepper. Sauté in the olive oil for 6 to 8 minutes, or until chicken has cooked through. Remove the chicken from the skillet and dice into 1/2-inch pieces. Let cool for 10 to 15 minutes.

In a large mixing bowl, toss together the cooked pasta, cooled, diced chicken, chopped onion, Parmesan cheese and Caesar salad dressing. Chill the salad at least 2 hours before serving. Yield: 6 to 8 lunch portions. Cost \$3.60

FRUGAL FACT: Buy the store-brand salad dressing, or match a coupon for your favorite brand to get the best deal.

Balsamic French Onion Soup

4 white onions (\$1.20)
 2 tbsp. extra-virgin olive oil (\$.20)
 2 garlic cloves, crushed (\$.10)
 1/4 cup balsamic vinegar (\$.25)
 4 cups homemade (free) or purchased beef broth (\$1.49)
 4 slices stale French bread (\$.25)
 1/2 cup grated Parmesan cheese (\$.50)
 salt and pepper

Balsamic French Onion Soup



4 slices Swiss cheese or 1 cup shredded Swiss cheese (\$.75)

Slice onions into 2-inch half-moons. Heat the olive oil in a large saucepan. Add the sliced onions and crushed garlic and sauté over medium-high heat for 25 to 30 minutes. After about 15 minutes add the balsamic vinegar so the onions will caramelize and take on the balsamic flavor.

Once the onions have caramelized add the beef broth plus 1 cup of water and bring to a boil. Reduce the heat and let simmer for 5 to 10 minutes.

To serve, add about 2 cups of the soup to each oven proof bowl, then top with a slice of stale bread. Sprinkle a few pinches of Parmesan cheese. Season with salt and pepper to taste and top with a slice of Swiss cheese, or 1/4 cup shredded Swiss cheese. Place the soup bowls under the broiler for 10 minutes or until the cheese is golden brown on top. Yield: 4 lunch portions. Cost: \$4.74 (\$3.24 if using homemade beef broth)

FRUGAL FACT: Slice a loaf of "reduced-for-quick-sale" bread to use in this recipe.

Spinach and Swiss Omelet

1/4 cup canola or vegetable oil (\$.10)
 1 cup yellow onion, chopped (\$.50)
 1 bag (10 oz.) baby spinach (\$1.50)
 12 eggs (\$1.20)
 4 tbsp. milk (\$.03)
 salt and pepper
 1 cup shredded Swiss cheese (\$.75)
 fresh fruit (\$.50)

Heat a 7-inch skillet or omelet pan over high heat. Add about 1 tbsp. of the canola or vegetable oil and 1/4 cup chopped onions and 2 large handfuls of spinach. Sauté over high heat for 3 to 4 minutes, or until the spinach has wilted and the onions have turned translucent.

In a mixing bowl, whisk together 3 of the eggs plus 1 tbsp. of the milk and season with salt and pepper. Pour the eggs over the sautéed spinach and onions, lifting the vegetables just after you pour in the eggs, so the eggs can get under the vegetables. Let the eggs cook for 3 to 4 minutes.

As the eggs begin to firm up around the edges of the skillet, take a plastic spatula and run it around the edge of the omelet, tilting the pan if necessary to move the eggs around, allowing them to finish cooking. When the eggs are almost completely cooked through, add about 1/4 cup of shredded Swiss cheese. Using the plastic spatula, fold the omelet in half and let cook for another 1 to 2 minutes. Repeat this process until all 4 omelets are made. Yield: 4 omelets. Cost \$4.58

FRUGAL FACT: Make this meal for less by using spinach leaves from your garden.

Balsamic Veggie Wraps

1 cucumber, halved, seeded and sliced (\$.75)
1 red bell pepper, seeded and sliced (\$1)
1 green bell pepper, seeded and sliced (\$.75)
1/4 head romaine lettuce, chopped (\$.25)
1/2 cup grated Parmesan cheese (\$.50)
4 tbsp. purchased balsamic vinaigrette dressing (\$.25)
8 soft, taco-size, flour tortillas (\$.67)
fresh fruit (\$.50)

Place the cucumber slices, red and green bell pepper slices, lettuce and grated Parmesan cheese onto each of the soft, taco-size tortillas. Drizzle the dressing over each wrap and roll up. Cut the wraps in half on the diagonal. Serve with fresh fruit. Yield: 8 taco-size wraps. Cost: \$4.67

FRUGAL FACT: Stock up on store-bought salad dressings in the late spring when sale prices are low and coupons are available.

Parmesan Potato Wedges

4 large baking potatoes, such as russets (\$.80)
2 tbsp. vegetable or canola oil (\$.10)
1/4 cup grated Parmesan cheese (\$.25)
2 tbsp. chopped fresh rosemary (\$.25)
salt and pepper

Preheat oven to 400°. Line a baking sheet with aluminum foil and lightly coat with nonstick cooking spray. Wash potatoes thoroughly and pat dry. Slice the potatoes lengthwise into 3-inch-long wedges, about 3/4-inch thick at the skin side. Place the wedges in a large mix-

ing bowl and toss with the oil, Parmesan cheese and chopped rosemary, and sprinkle with salt and pepper. Place the wedges on a foil-lined baking sheet in a single layer. Bake in the preheated oven for 15 to 20 minutes. Remove the wedges from the oven and turn with a spatula. Return to oven and bake for another 10 to 15 minutes, or until golden brown and crispy. Serve as a lunch side dish. Yield: 4 side-dish servings. Cost: \$4.58

FRUGAL FACT: Rosemary is a perennial herb that grows easily in the garden or in a small pot outside your kitchen window.

Chocolate-Covered Bananas

8 bananas, peeled (\$1.60)
1/4 cup plus 2 tbsp. unsweetened cocoa powder (\$.20)
3/4 cup firmly packed brown sugar (\$.20)
2 tbsp. all-purpose flour (\$.02)
1/2 can evaporated milk (about 6 oz.) (\$.49)
1 1/2 tsp. vanilla extract (\$.07)
1 tbsp. butter or margarine (\$.10)
1 tsp. cornstarch (\$.02)
1 cup chopped walnuts (\$.75)

In a small saucepan, combine the cocoa powder, sugar, flour, evaporated milk, vanilla, butter or margarine and cornstarch. Turn on the heat and, stirring constantly, bring to a rolling boil, then remove from heat. Once the chocolate sauce stops bubbling, dip one end of each banana into the sauce, covering as much of the banana as

you can. Then roll the chocolate-covered portion of the banana in the chopped walnuts. Place the chocolate-covered banana onto a sheet of wax paper. Let cool for a few minutes on the wax paper before slicing and serving. Yield: 8 chocolate-covered bananas. Cost \$3.45

FRUGAL FACT: Use the leftover chocolate sauce for dipping pretzels and strawberries. Extra chocolate sauce can be stored in an airtight container in the refrigerator for 3 to 4 days.

Creamy Mango Tropical Popsicles

1 banana (\$.20)
2 ripe mangoes, peeled and seed removed (\$1)
1/2 can pure coconut milk (about 7.5 oz.) (\$.75)
2 tbsp. sweetener (honey, sugar or agave nectar) (\$.10)
about 1 cup water

Add all ingredients in a blender and purée until smooth. Pour the mixture into a popsicle mold and freeze. Yield: 4 to 8 popsicles, depending on size of mold. Cost \$2.05

FRUGAL FACT: Look for prices of \$.50 per mango or less during the summer months.

For extra copies of these recipes or to e-mail a copy to a friend, visit SLEMCO Power magazine online at www.slemco.com.

LUCKY NUMBER WINNERS

Three lucky SLEMCO members found their account numbers hidden in the May/June issue of SLEMCO Power and called in to claim their \$10 prizes. They included **Don Roosa** of Iota, **Audry Trahan** of Duson and **Velton Vidrine** of Opelousas.

Seven others missed out on their \$10 credits to their SLEMCO accounts. Those members included **Kenneth M. Quillens** of Lafayette, **Lawrence M. Ambrose** of Scott,

Elizabeth G. Wollard of Carencro, **Daniel Usie** of Arnaudville, **Mrs. Saul Stelly** of Washington, **Christopher J. Zumbek** of Abbeville and **Huiqin Yu** of St. Martinville.

We've hidden 10 more account numbers in this issue. If you find your account number (Lucky Account Number 3113260500), call Mrs. Gayle Babin at SLEMCO at 896-2504 and she will verify if you're a winner.



2011 SLEMCO SCHOLARSHIP WINNERS



Photo by Curtis Darrah

Each of these 20 lucky students received \$2,000 to attend the Louisiana public university of their choice from the scholarship drawing at our annual meeting. (Seated, left to right) Hailey Angelle of Breaux Bridge, Bryce Berard of Breaux Bridge, SLEMCO Communications Manager Mary Laurent, Emma Harman of Opelousas and Lindsey Clark of Melville. (Standing, left to right) Lacey Meche of Carencro, Shayna Richard of Duson, Bradley Fontenot of

Church Point, Kylie Richard of Arnaudville, Dylan Guillory of Sunset, Lacey Thibodeaux of Cecilia, Gannon Guidry of St. Martinville, Melanie Deen of Ville Platte, Alex Lalande of Church Point, Brittany Gaspard of Abbeville, Stephanie Carriere of Church Point, Nicholas Stelly of Carencro and Taylor Simon of Rayne. Not shown but also winning were Robbie Dailey of Eunice, Jacob Williams of Breaux Bridge and Stephen Dupuis of Rayne.

SLEMCO VOLUNTEERS
SPECIAL OLYMPICS



Photos by PC Piazza



For 23 years, SLEMCO has been sending volunteers to assist the Acadiana Special Olympics track meet, our signature volunteer effort and a favorite of SLEMCO employees. (Left) This year's SLEMCO volunteers were (left to right) Peter Menard, Burt Arceneaux, Mandi Guidry, Linda Guillory, Pat Tilley, Hunter Dugas, Karen Rutland, Shane Dugas, Petrina Roy, Tennielle Thibodeaux, Lashonda Lemelle and Casey Carter. (Above) SLEMCO volunteers (left to right) Tennielle Thibodeaux, Petrina Roy, Peter Menard, Casey Carter and Pat Tilley applaud participants during the opening ceremony.