

## Step into Summer at One of Idaho Power's Many Parks



Summer is here, and that means it's time to soak up some rays, wet a fishing line or go hunting for hidden treasure at one of Idaho Power's parks, campgrounds and recreation access points. Along the way, you might pick up a little history or experience a slice of Idaho you've never seen.

How about picnicking next to a power plant that looks like a mini-castle, overlooking the clearest springs you've ever dipped your toes in? Or fishing for trout while watching raptors soar above the cliffs framing the Snake River? Maybe you're looking for a little more adventure, like whitewater rafting.

You can do all those things in a single day in the scenic Hagerman Valley, thanks to nearly 20 parks and recreational sites owned and maintained by Idaho Power between Clear Lake and Bliss.

Want to spend even more time in the great outdoors? Pack up the tent or camp trailer, and pick a spot at one of Idaho Power's many campgrounds. Reserve your spot online at [idahopower.com/recreation](http://idahopower.com/recreation).

Enjoy the rugged beauty of Hells Canyon while lounging in the shade where the Wild Horse River meets the Snake River in McCormick Park. Or plan a family gathering at Cottonwood Park on the shores of C.J. Strike Reservoir, south of Mountain Home. Whether you're fishing from shore or a boat on the 7,500-acre reservoir, odds are good that you'll land trout, crappie or bass that you can fry up over an evening campfire.

At nearby North Park, you can check out ancient petroglyphs — symbols carved into the lava rock by indigenous inhabitants dating back thousands of years.

If history is your bag, Swan Falls may be right up your alley. The oldest hydroelectric dam on the Snake River is still generating electricity for Idaho Power customers. Part of the original powerhouse is now a museum that's free and open to the public every Saturday through August from 10 a.m. to 4 p.m.

Swan Falls is a short drive from anywhere in the Treasure Valley. Interpretive panels offer a glimpse of what life

was like for those who built the dam more than a century ago. Visitors can also take advantage of boat ramps, free overnight camping and a day-use park.

It's also a great spot for geocaching — a fun, family-friendly activity that involves finding hidden caches with the help of a GPS device. Idaho Power has a series of "powercaches" stashed at several parks, and seekers who solve the riddles within can earn a prize. Visit [idahopower.com/geocaching](http://idahopower.com/geocaching) for details.

Idaho Power owns and operates more than 50 recreation facilities to benefit our customers and communities as part of our requirements under federal licenses to operate our hydroelectric facilities.

Wherever you live in Idaho Power's service area, you aren't far from one of our parks, campgrounds, boat ramps or fishing spots. From Hells Canyon to Cascade and American Falls to Thousand Springs, summer is waiting for you!



## Stay Safe Outdoors This Summer!

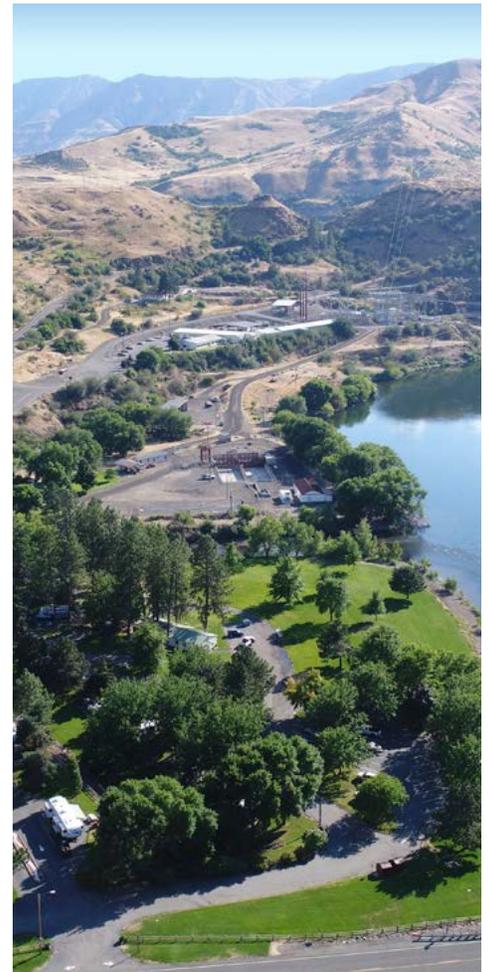
A few simple precautions can help you and your family enjoy the outdoors safely this summer. Keep an eye out for these hazards:

**Water:** When you're in it, on it or around it, wear a safety vest. Idaho Power maintains free life jacket loaner stations at many boat launch locations.

**Ticks:** A cool, wet spring provided ideal conditions for these nasty buggers. Use a repellent with DEET, permethrin or picaridin. Wear light-colored protective clothing. Wear long pants when walking in infested areas and tuck pant legs into your socks. Check yourself, your children and your pets daily and carefully remove any ticks.

**Snakes:** Most snakes you'll encounter in Idaho Power's service area are harmless, but rattlesnakes are not uncommon. Stick to trails. Wear long pants and boots. Avoid climbing over rocks or logs without checking them. Don't put your hands in crevices. If you see a rattlesnake, give it a wide berth.

**Poison Ivy, Stinging Nettle:** Learn to identify these plants. Stick to trails if you can. Long pants and sleeves offer some protection when walking through wooded areas. If you contact poison ivy, wash with soap and cool water immediately. Wash all clothes and shoes that may have the itch-causing oil on them. While stinging nettle's bite is immediate, it may take a few days for a rash to appear after an encounter with poison ivy.



## Summer Programs in Hells Canyon

Visitors to Copperfield Park in Hells Canyon are invited to bring a lawn chair and enjoy entertainment by the river this summer with evening programs in the campground's day-use area. (All times Mountain)

**Friday, June 7, 7 p.m.**

Tracy Morrison, "American Folkmusic Revival." Program supported by the Idaho Humanities Council, Speakers Bureau.

**Thursday, June 27, 6 p.m.**

Mary Evers, manager of the Snowdon Wildlife Sanctuary in McCall, will explore stories and legends of owls. This will be a hands-on investigation and understanding of the species with a live bird, Merlin, the great horned owl.

**Friday, July 5, 8 p.m.**

Hank Cramer, "Songs of the West."

**Thursday, Aug 15, 8 p.m.**

Gary Eller, "From the Idaho Songs Project: Work Songs of Early Idaho." Program supported by the Idaho Humanities Council, Speakers Bureau.

### From The Electric Kitchen

June 2019

## Raspberry-Lemon Overnight Oats

### Breakfast

½ cup rolled oats  
 1 Tbsp chia seeds  
 1 Tbsp slivered almonds  
 1 tsp lemon zest  
 1–2 tsp fresh lemon juice  
 1 tsp vanilla extract  
 1 cup raspberry or vanilla kefir  
 ¼ cup fresh raspberries

#### Dietary information:

Calories: **413**  
 Fat: **13g**  
 Carbohydrate: **58g**  
 Protein: **20.8g**  
 Sodium: **125mg**  
 Fiber: **12.2g**

In a pint-sized mason jar, add oats, seeds and nuts. Attach the lid and gently shake to mix ingredients. In a small bowl, whisk the remaining ingredients except the raspberries. Pour liquid mixture into the jar and stir to combine. Note: more liquid may be added depending on desired consistency (mixture will thicken overnight). Add raspberries on top, attach the lid and refrigerate overnight or up to 2 days. Makes one serving.

*Recipes are selected for nutritional value and low energy use in preparation. They are approved by Registered Dietitian Erin Green from the Central District Health Department in Boise.*