

The Voice of New Mexico's
Rural Electric Cooperatives

enchantment

FARMERS' ELECTRIC
COOPERATIVE

JULY 2022

Taking Flight

Page 14

The broad-tailed hummingbird
is a New Mexico native.
PHOTO BY JAMES TAULMAN



K-8



GALLUP-McKINLEY
COUNTY SCHOOLS

CAREER

Exploration
ACADEMIC CAMP

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FOR DETAILS

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Each student will present a research project on a Career of the student's choice.
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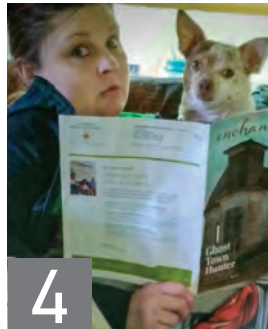
July
2022

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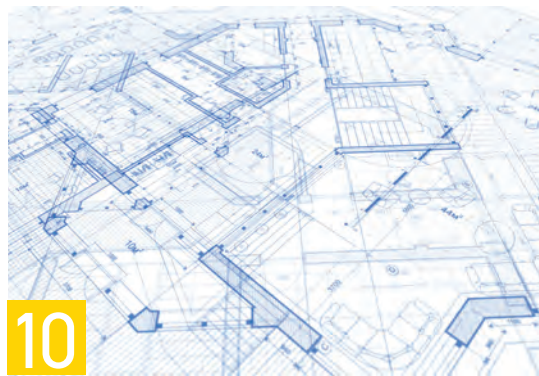
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We live in the Land of Enchantment ...

We are *enchantment!*

Energy-Efficiency Tip of the Month

If you're looking to add smart technology to your home, consider smart plugs, which are an inexpensive way to control lighting and other electronic devices through a smartphone app. With smart plugs, you can conveniently manage lighting, home office equipment, video game consoles and more. Turning off unused devices can save you energy and money.

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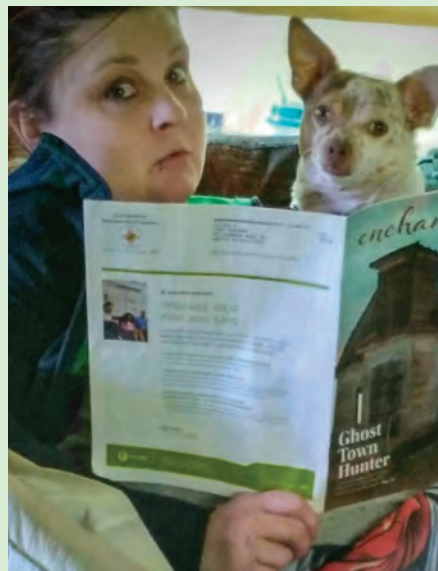
Take a photo of yourself or someone else with the magazine and email it with a few words about the photo. Include your name, mailing address and co-op name.

One lucky member will win \$20. Submitting your photo(s) gives us permission to publish or post the photo(s) in *enchantment*, on Facebook and in other media outlets.

Email to: enchantment@nmelectric.coop

Congratulations to Lorena Brockman and her pup Momo, pictured with her January 2022 edition of *enchantment*. Lorena says she and Momo love seeing what is new, and Momo loved the haunted houses of New Mexico's ghost towns.

Otero County Electric Cooperative member Lorena Brockman wins \$20!



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ASSOCIATION provides legislative and educational services to the cooperatives that are members of the association and deliver electric power to New Mexico's rural areas and small communities. The mission of the New Mexico Rural Electric Cooperative Association is to strengthen, support, unify and represent cooperative member interests at the local, state and national levels. Each cooperative has a representative on the association's board of directors, which controls the editorial content and advertising policy of *enchantment* through its Publications Committee.

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view from enchantment

By Keven J. Groenewold, CEO

New Mexico Rural Electric Cooperative Association



A Nation of Cooperatives

The Fourth of July is, of course, the day we celebrate American independence. It has been 246 years since the 13 colonies declared, “We hold these truths to be self-evident ...” and laid the groundwork for the democracy we call the United States of America. Cooperatives owe their existence to this revolutionary philosophy. When 28 textile workers in the tiny English town of Rochdale opened a little store in 1844 to sell goods they otherwise could not afford, the modern co-op movement was formed.

The Rochdale pioneers applied the concept of equality to the marketplace. They treated all customers equally, charging everyone a single, fair price for the product. They also ran the store, so each member had an equal voice in the operation and an economic stake in the success of the business.

By 1880, more than a half a million people in England were members of these consumer societies. By the turn of the century, that number ballooned to 1.7 million. The growth continued through the 20th century and expanded outside of England to the United States and other countries around the world.

Today’s co-ops are owned by their members, who also control the enterprise by a democratic one-member, one-vote philosophy. This means decisions made in cooperatives are balanced between the pursuit of profit, which we call margins, and the needs of members and their communities.

Most co-ops follow the Seven Cooperative Principles, a unique set of guidelines that help maintain their member-driven nature:

- Voluntary and Open Membership.
- Democratic Member Control.
- Members’ Economic Participation.
- Autonomy and Independence.
- Education, Training and Information.
- Cooperation Among Cooperatives.
- Concern for Community.

In America, more than 90 million credit union member-owners control more than \$1.88 trillion in assets. Thirty-eight percent of Americans belong to cooperatively owned credit unions, the largest of which is the Navy Federal Credit Union with \$95 billion in assets.

Cooperatives are more widespread than you might think. From credit unions to apartment buildings to worker-owned businesses, co-ops appear in every facet of today’s economy. In many cases, they formed in response to economic crises, such as the Great Depression, or to let small groups compete in monopolized markets. Modern American co-ops include agricultural marketing groups such as Land O’Lakes and Ocean Spray; retail outlets such



as REI; and many local farm-to-table programs.

Purchasing co-ops ACE and True Value Hardware let independent hardware stores compete with chain outlets. Yet, in many cases, Americans do not think of these well-known brands as cooperatives. In fact, the United States is full of co-ops—more than 30,000 of them.

Ten years ago, the United Nations declared 2012 as the year of the cooperative. In its resolution, it stated: “Cooperatives, in their various forms, promote the fullest possible participation in the economic and social development of all people, including women, youth, older persons, persons with disabilities and Indigenous peoples, are becoming a major factor of economic and social development and contribute to the eradication of poverty.”

The history of cooperatives that you are a part of through your rural electric cooperative membership is a storied tradition. As more people are introduced to the cooperative, it becomes an attractive business model.

The 13 colonies wrote their Declaration of Independence when the world was excited about fairness and equity. Cooperatives inherited that passion and brought it to business and commerce.

They are the businesses that exist to serve their members. They are the only businesses controlled by a one-member, one-vote governance model. They are the only business model with a connection to the spirit of July 4, 1776. 🇺🇸



This Anasazi pictograph in what is now Chaco Canyon likely records a supernova from 1054. PHOTO BY ALEX MARENTES

A Sight Seen for Centuries

Sky-watchers up before and during dawn during the latter half of last month were able to witness an unusual treat: the five bright planets of our solar system appeared strung out along a line in the same order as their respective distances from the sun. Saturn led the pack and rose shortly before midnight, while at the other end of the line, Mercury was visible low above the horizon during twilight.

That lineup remains in place at the beginning of July but is already approaching its end. Mercury is sinking toward the horizon and disappears into twilight after the first week of the month. Meanwhile, the remaining four planets spread farther and farther apart; before too long, the display can no longer be considered a show.

On the other hand, by

mid-month, Saturn is rising in the east well before the end of dusk, and Jupiter follows along a couple of hours later, thus ending the drought of bright planets in the evening sky that we have had for the past few months.

The red planet Mars rises around midnight and continues to brighten as it approaches opposition—the point directly opposite the sun in the sky—late this year. Venus rises around the beginning of dawn and shines brilliantly in the morning twilight sky all month.

On Wednesday morning, July 13, Venus will be close to the location of a brilliant supernova—a massive exploding star—that appeared in the year 1054. That supernova was even brighter than Venus—bright enough to be visible during daytime—and remained detectable by the unaided

eye for two years. It left behind a large, expanding cloud of gas known as the Crab Nebula, which can still be seen with small backyard telescopes.

The 1054 supernova was observed from around the world, including by the Anasazi Native Americans in present-day New Mexico. They recorded it in a pictograph in what is now called Chaco Canyon. The pictograph includes what appears to be a crescent moon, which indeed was visible close to the supernova a couple of days after its initial appearance.

It so happens that the crescent moon will pass close to Venus Tuesday, July 26, although Venus will have moved away from the supernova's location by then. 🌑

ALL-NEW mobility technology

Introducing the world's lightest mobility scooter with anti-tip technology

The So Lite™ Scooter is easy to transport and almost impossible to tip over.

Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the So Lite™ Scooter. Now there's nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the So Lite™ Scooter is the most portable scooter ever—but it can hold up to 275 pounds—yet weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat,



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Exclusive Electronic Stability Control helps prevent tipping

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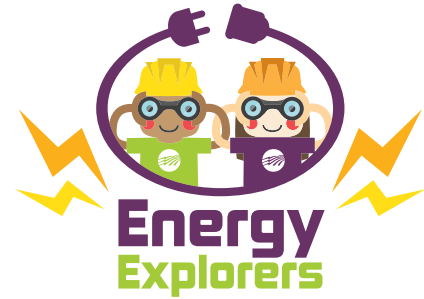


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COOPERATIVE FILL-IN-THE-BLANK

As a member of an electric cooperative (also known as a co-op), you're part of something special! Read the facts about co-ops below and use the word bank to fill in the blanks.

Check your work in the answer key.



1. Co-ops don't have customers. Instead, they have _____.
2. Co-ops are local organizations and businesses, so they understand the local _____ they serve.
3. All co-ops are guided by the same set of cooperative _____.
4. _____ are led by the members they serve.
5. You're a member of an _____ co-op, but there are also housing, grocery and other types of co-ops.

Word Bank:

Electric
Principles
Members
Communities
Co-ops

Answer Key: 1) members 2) communities 3) principles 4) co-ops 5) electric

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O PRIVY MARK

The U.S. Mint Just Struck Morgan Silver Dollars for the First Time in 100 Years!

It's been more than 100 years since the last Morgan Silver Dollar was struck for circulation. Morgans were the preferred currency of cowboys, ranchers and outlaws and earned a reputation as the coin that helped build the Wild West. Struck in 90% silver from 1878 to 1904, then again in 1921, these silver dollars came to be known by the name of their designer, George T. Morgan. They are one of the most revered, most-collected, vintage U.S. Silver Dollars ever.

Celebrating the 100th Anniversary with Legal-Tender Morgans

Honoring the 100th anniversary of the last year they were minted, the U.S. Mint struck five different versions of the Morgan in 2021, paying tribute to each of the mints that struck the coin. The coins here honor the historic New Orleans Mint, a U.S. Mint branch from 1838–1861 and again from 1879–1909. These coins, featuring an "O" privy mark, a small differentiating mark, were struck in Philadelphia since the New Orleans Mint no longer exists. These beautiful

coins are different than the originals because they're struck in 99.9% fine silver instead of 90% silver/10% copper, and they were struck using modern technology, serving to enhance the details of the iconic design.

Very Limited. Sold Out at the Mint!

The U.S. Mint limited the production of these gorgeous coins to just 175,000, a ridiculously low number. Not surprisingly, they sold out almost instantly! That means you need to hurry to add these bright, shiny, new legal-tender Morgan Silver Dollars with the New Orleans privy mark, struck in 99.9% PURE Silver, to your collection. Call 1-888-395-3219 to secure yours now. PLUS, you'll receive a BONUS American Collectors Pack, valued at \$25, FREE with your order. Call now. These will not last!

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REMODELING

Timing Is Everything

I write this from deep in the throes of a remodel that, like many remodels, has lasted much longer than planned.

Remodeling is a great opportunity to take care of energy-efficiency improvements by adding them to the scope of work. If your house is already under construction, take the extra step to make your home more efficient.

Planning for efficiency is the first step. Look at the scope of your remodeling project to see what energy-efficiency upgrades you can add. There may be cost savings and convenience in getting both done at once.

Here are examples of energy-efficiency upgrades for common remodeling projects.

Kitchen Remodel

If your kitchen remodel includes new appliances, buy Energy Star models. Energy Star refrigerators are about 9% more efficient than standard models. Energy Star dishwashers save both energy and water.

As for kitchen faucets, there are options available with multiple flow rate settings. You can save water by using a lower flow rate on your faucet when washing dishes, vegetables or your hands, but you can change the setting to quickly fill a pot for cooking.

Bathroom Remodel

If you plan to remodel your bathroom, include a high-performance showerhead. Look for the WaterSense logo for showerheads, faucets and toilets to ensure the product meets performance and water

use standards.

Check the fine print on your existing equipment to see how much you can save. The gallons per minute rate is usually printed on showerheads and faucet aerators, and the gallons per flush rate is usually on toilets.

High-performance showerheads and faucet aerators conserve water and save energy used to heat water. Using less water can lower your water bill and possibly increase your septic system's lifespan.

Basement Remodel

This is where I find myself right now. Our basement has gone from a wide-open space with concrete walls to a nearly completed living space with a den, two bedrooms, a bathroom and a laundry room.

We air sealed and insulated the sill plate and rim joist—the framing between the concrete foundation and the main level floor. We built and insulated walls around the basement's perimeter, ensuring a cozy living space and a more comfortable home.

We upgraded our electric storage water heater to a hybrid—or heat pump—water heater, which is 70% more efficient than a standard electric model.

Also, we ran power for an electric vehicle charger while the walls were open. It is much less expensive to run the power supply while you have access.

Lighting

Whether it's under cabinet kitchen lighting or can lights in the basement, LED options



The WaterSense logo for showerheads, faucets and toilets tells consumers the product meets performance and water use standards. PHOTO BY MARK GILLILAND/PIONEER UTILITY RESOURCES

use less energy than traditional incandescent or CFL bulbs.

Attic Insulation

Often, remodeling requires work in the attic for new lighting or venting bath or kitchen fans. During any project that takes you into the attic, check insulation levels. Work in the attic can negatively impact attic insulation by crushing it or removing it to access work areas.

If more insulation is needed, air seal and check ventilation. Also, make sure all bath and kitchen fans vent to the exterior of the house.

Insulation is not as pretty as new countertops, but it can reduce your energy costs and make your home more comfortable.


New Siding or Exterior Paint

The best time to confirm your wall insulation is adequate—or

see if you have wall insulation at all—is when you replace your siding or paint the exterior of your home.

Wall insulation saves energy costs, makes your home more comfortable and reduces outside noise.

Batt insulation, spray foam or foam board are good options if you are removing the siding. If you are painting, you can have a contractor blow insulation into the wall cavities through holes cut into the siding or from inside the house. The holes are then plugged and prepped for paint.

A little planning during a remodel can go a long way toward improving your home's energy efficiency. It's more difficult and more expensive to go back and do energy-efficiency projects after your space is finished. 



Miranda Boutelle has more than 20 years of experience helping people save energy. She has worked on energy-efficiency projects from the Midwest to the West Coast. Today, Miranda is director of operations and customer engagement at Efficiency Services Group in Oregon, a cooperatively owned energy-efficiency company.

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How to Be Cut Off From Civilization

When it's you against nature, there's only one tool you need: the stainless steel River Canyon Bowie Knife—now **ONLY \$49!**

The *River Canyon Bowie Knife* hand-forged, unique knife comes shaving sharp with a perfectly fitted hand-tooled sheath. The broad stainless steel blade shines in harmony with the stunning striped horn, wood and bone handle. When you feel the heft of the knife in your hand, you know that you're ready for whatever nature throws at you.

This knife boasts a full tang blade, meaning the blade doesn't stop at the handle, it runs the full length of the knife. According to Gear Patrol, a full tang blade is key, saying "A full tang lends structural strength to the knife, allowing for better leverage ...think one long steel beam versus two."

With our limited edition *River Canyon Bowie Knife* you're getting the best in 21st-century construction with a classic look inspired by legendary American pioneers. What you won't get is the trumped up price tag. This quintessential knife can be yours to use out in the field or to display as the art piece it truly is. But don't wait. A knife of this caliber typically cost hundreds. Priced at an amazing **\$49**, we can't guarantee this knife will stick around for long. So call today!

Your satisfaction is 100% guaranteed. If you don't feel like we cut you a fair deal, send it back within 30 days for a complete refund of the item price. But we believe that once you wrap your fingers around the *River Canyon's* handle, you'll be ready to carve your own niche into the wild frontier.

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Rating of A+



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A Boy from Abó Viejo: My New Mexico Childhood Memoirs

This title was sent along to me by the author's wife, Inez Sisneros of Belen, New Mexico.

Along with this bilingual memoir was a letter from Inez with details on how it came to be that Francisco Sisneros completed the collection of stories about his childhood in Abo, and the culture and history of the area surrounding the Abo ruins of the Salinas National Monument, only one month before his death in May of 2021.

In the opening pages of his memoir, Francisco makes no haste in relaying how it was only “under duress” that he yielded to his wife’s wishes to translate each chapter to offer his recollections in both colloquial Spanish and English. I came to feel, in starting this book, like I was eavesdropping on a very loving conversation between the two of them.

“Translations usually do not capture the original flavor or even the cultural context in which they were meant to be read,” Francisco writes in the book’s introduction. “We spoke a Spanish that was unique to us; no one else in the world spoke it.”

I imagine Inez gently pointing him in the direction he needed to go, knowing well what his stories—offered in both languages—could mean to so many. Francisco has the final word: “She’s probably right, as usual.”

For my part, I’m going to evoke Rudolfo Anaya here, and I would not do so lightly. What Francisco sets out on the table with his affectionate and forthright anecdotes of his early life is a slice of homemade Bless Me Ultima pie made from scratch without a recipe. And it’s delicious.

By Francisco Sisneros
Available on [amazon.com](https://www.amazon.com)



Slouching Towards Bethlehem

No need here to detail the distinct genius of Joan Didion—not when so many have done so, and with such eloquence most

recently, after her death at age 87 last year.

In one essay within “Slouching Towards Bethlehem,” Joan offers both an abstract on the San Bernardino Valley and an eerie portrait of Lucille Miller—the “intermittently pretty” and pregnant housewife of a dentist who was accused of killing her husband and staging the crime like a roadside tragedy. Joan casts this distinctly Californian soap opera with all the veils pulled back, but how is it, despite being first published nearly 60 years ago—on the heels of Miller’s highly publicized trial—this essay feels so incredibly contemporary?

Despite being dead, despite the ostensible expiration date on the content, Joan remains our ace in the field, sending forward America’s soul, with no fidelity lost.

By Joan Didion
Picador Modern Classics
[us.macmillan.com](https://www.us.macmillan.com)



Pure Colour

Sheila Heti’s auto-fiction novels made a bonafide superfan out of me. Not unlike what happens within music fandom, I found myself more willing to be

pulled down Pure Colour’s mystical bypass, with the benefit of an earned trust and confidence in her writerly gifts. This served me well when the main character, Mira, went on to spend a good portion of the book as a sentient leaf.

What is harder to say is what makes this book so good, because it is very good so long as you’re willing to give yourself over to Sheila who will not relent, cannot quit and refuses to embrace the established orthodox. It’s only then you can see it Mira’s way and grasp her idea: We’re living in the first draft of humanity, and in the second draft, the artist in charge will surely make things better—surely the artist in charge will spare us all the suffering.

If you can see it like Mira, maybe when you put down “Pure Colour” you’ll notice—in more vivid color—the beauty and opportunity we have in this hot mess of a first draft, with all our flaws, vulnerability and lust pouring off the pages.

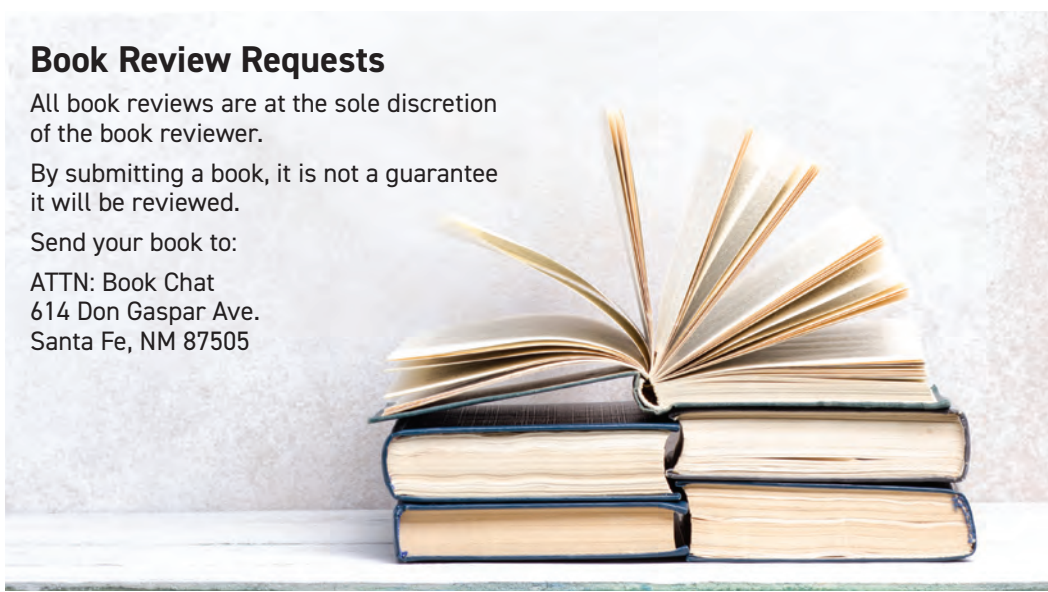
By Sheila Heti
Farrar, Straus and Giroux

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Taking

The broad-tailed hummingbird is a New Mexico native; you may find a bird or nest

Story and photos by James Taulman

Most of the 300-plus species of hummingbirds live in the tropics, with just 15 found in the United States. In New Mexico, you have the chance to see the red necks of the broad-tailed hummingbird.

The species—*Selasphorus platycercus*—is common in New Mexico and appears in Arizona, Colorado, Utah, Nevada, Wyoming and Idaho. It breeds in higher elevations—up to 10,000 feet—favoring open pine/oak, spruce/fir, pinyon/juniper and aspen woodlands, often near water.

Males have bright red to magenta-colored neck feathers—termed a gorget—that are iridescent when reflecting light but appear black in shadow.

Females have a speckled and streaked white throat, with rust-colored flank feathers.

Both sexes have white-tipped outer tail feathers, and green, iridescent head and back feathers.

The normal life span of a broad-tailed hummingbird is two to five years, but banding records show some wild birds have lived at least 12 years.

Late last July, I found a nest containing two tiny nestlings that appeared to be a couple days old.

Females build nests out of bits of lichen and other plant matter, softening the insides with down feathers. Most nests—including the one I found—are tiny, only about 2 inches across with a 1-inch cup-shaped opening. Nests are soft and flexible to stretch to accommodate rapidly growing nestlings. Females sometimes return to use the same nest in subsequent years.

The female was still sitting on the nest the day I discovered it and the next day. However, when I came back again, she was gone. The nestlings were growing quickly, filling out the cavity and sprouting quill feathers, which may have deterred the female from sitting on them.



Broad-tailed hummingbird nests are only a couple inches wide, and the young birds are not much larger.



FLIGHT

Broad-tailed hummingbirds normally lay two jelly bean-sized eggs. The female incubates them for just more than two weeks.

Hatchlings are naked and helpless, but quickly sprout quills and begin to grow.

Females are known to perch nearby and deliver food to the nestlings as they grow.

I hadn't seen the mother at first, but she instantly flew down and swooped around me as I got close to the nest, showing active defense and constant observation of the nest and nestlings from a nearby perch.

The broad-tailed hummingbird's diet consists of about 90% nectar and 10% insects. Insects may be captured on the wing or picked off vegetation.

Nestlings are fed nectar and insect foods regurgitated by the female and thrust deeply into the gaping mouths of young birds.

The mother at the nest I found fed her children for 17 days after I first saw it. Then, the young flew the nest.

Adult broad-tails need to eat frequently. They have an active heart rate around 1,200 beats per minute. They must eat to maintain high energy levels.

However, the birds don't always maintain such high activity. While resting or sleeping, hummingbirds enter a torpor-like state. Their heart rate falls to about 50 beats per minute, allowing the bird to go longer periods without feeding.

A bird may hang upside down during this inactive period of relaxation. It can take 20 minutes or longer to completely

awaken from this immobile state.


The hatchlings I saw are unlikely to stay in New Mexico. These birds normally migrate, spending winters in Mexico and Central America.

Broad-tailed hummingbirds migrate alone rather than in flocks. They fly by day or night.

Eventually, it will be time for them to make nests of their own. Male broad-tails display courtship by making diving, U-shaped flights in which their wings produce a buzzing trill. This attracts the female and notifies other males that a territory is occupied.

Males are aggressive in defense of their territory, chasing away other birds and mammals, humans or even flying insects venturing too close.

Males are promiscuous. After mating, they seek out other females. They take no part in the incubation or care of eggs or young, and no permanent pair bond is formed.

On the third day after the last nestling had flown, the adult no longer appeared when I approached the nest. Her children were gone, and her defense of the empty nest was complete. However, female broad-tailed hummingbirds are reported to follow and feed fledglings in the forest for up to a month after they have left the nest. 

OBSERVATION TIMELINE:

James Taulman observed the broad-tailed hummingbird nest for nearly three weeks, making day-by-day notes.

DAY 1: Female sits on the nest.

DAY 5: Female is away from the nest; quilled nestlings lay in the nest with beaks projecting over the rim and eyes closed.

DAY 7: Quills elongate and eyes start to open.

DAY 8: One nestling starts stretching its head out of the nest.

DAY 10: Both young have open eyes, feathers emerging from quills, and green coloration on their backs and heads.

DAY 14: The young are fully feathered, with green head and back; their bodies overlap the nest rim in front and back.

DAY 15: Both resemble fully feathered hummingbirds, with white-tipped outer tail feathers and speckled neck pattern.

DAY 16: The larger nestling quickly flies to a tree about 25 meters away and perches, seeming to have perfect coordination, balance and navigation skills; it is the last time I see the larger nestling.

DAY 19: The second bird has left.



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Board Meeting

The Board of Trustees meets the fourth Tuesday of the month at 9 a.m. in the Clovis cooperative boardroom.

This institution is an equal opportunity provider and employer.

Energy Efficiency Pays Out

Farmers' Electric Cooperative continues to offer cash-back rebates to members choosing to make their homes more energy efficient. In addition to the rebates listed below, members may also qualify for tax credits for home improvements and new construction. For more information, visit www.energystar.gov and look for the calculator icon.

Retrofits

Electric Water Heaters, \$150

Retrofits include conversions from gas or propane to an electric water heater with a .95 EF. It also would include any upgrades from existing electric water heaters with a .88 EF or lower and/or are more than 10 years old.

Hybrid Water Heaters, \$500

Retrofits include conversions from gas or propane to a hybrid heat pump water heater with a 2.5 EF or higher. It also includes upgrades from existing electric water heaters with a .88 EF or lower and/or are more than 10 years old.

Heat Pumps, \$500

Retrofits include conversions to dual-fuel heat pumps and electric heat pumps (air source with a seasonal energy-efficiency ratio rating at least one point above the federal government minimum standard). It also includes upgrades from existing heat pumps with 12 SEER or lower and/or are more than 10 years old.

Geothermal Heat Pumps, \$1,000 per ton

Retrofits or new construction using



equipment with an energy-efficiency ratio rating greater than or equal to 14.1 on a closed loop, an EER rating greater than or equal to 16.2 on an open loop, or an EER rating greater than or equal to 15 on direct expansion (\$5,000 max).



Mini-Split (Ductless Heat Pumps), \$125 per ton

Retrofits or new construction using equipment with a SEER rating at least one point above the federal government minimum standard will receive a rebate of \$125 per ton with a \$500 cap per home. Mini-splits must have 3kW or greater heating capacity to qualify for the electric heat rate.

Adding Insulation, \$500

Retrofits to bring existing insulation R value to at least an R-30. For example, if an existing home has an R-13 and 6 inches of fiberglass batting or 5 inches of blow cellulose is added, the new value would be approximately



an R-30.

Windows or Storm Windows, \$750 max

Retrofit new windows or storm windows carrying the Energy Star rating receive a rebate of 25% of total material costs, excluding labor, with a \$750 cap per home. Rebates are limited to those windows or storm windows applied in conditioned space only.

New Construction

New homes with heat pumps, \$1,250

Newly constructed homes meeting FEC energy-efficient guidelines should have insulation values of: R-49 (attic), R-38 (cathedral), R-19 (exterior walls), R-8 (slab edge) and R-25 (pier and beam floor). The heat pump—dual-fuel and electric—should have a SEER rating at least one point above federal government minimum standards. If using electric water heating, the water heater should carry a rating greater than or equal to a .95 EF.

New homes with evaporative cooling, \$750

Newly constructed homes should meet FEC energy-efficient guidelines for insulation but use evaporative cooling instead of refrigerated air conditioning. ■



Energy Savings for Your Business

Locally owned businesses are the backbone of the community. With summer in full swing, now is the perfect time to make sure your building is equipped for maximum energy savings. These tips can help you lower your energy use while keeping your operations humming.

- LED lighting for your business allows you to maintain your preferred brightness levels while keeping energy costs low. Don't forget about outdoor lighting options and timers for automatic, overnight shutoff.
- Check refrigeration to ensure it runs optimally and keeps items cool without setting the thermostat lower than necessary. Keep up with regular maintenance and refrigerant refills to ensure safe and longer-lasting inventory.
- Electric motor-driven systems account for about 25% of all

commercial energy use. For larger operations, variable-speed drives may be necessary to optimize your energy consumption.

- Unplug unnecessary or unused appliances and electronic equipment. Many devices continue to draw power even when turned off. Advanced power strips is an innovative, low-cost upgrade.
- Make sure your HVAC system is sized correctly for your business space. If it is not, this could lead to inefficient operation or insufficient cooling. Your electric utility may be able to help you evaluate your existing system.
- Your bottom line is important when making business operation decisions. If these or other energy-saving adjustments require purchases, check for rebates. For more information, contact Farmers' Electric.



An Anna's hummingbird adult male. ADOBE STOCK PHOTO BY YUVAL HELFMAN

Attract Hummingbirds to Your Yard

By Robin Howard

A hummingbird nest is a wonder to behold. The nests are just an inch in diameter. Female hummingbirds spend up to seven days building a soft bowl from moss and leaves, then stick the pieces together with spider silk.

While some have adapted to urbanization, most hummingbirds prefer to build nests in dense foliage to protect their jellybean-sized babies. If you happen to see one, watch it from a safe distance so you don't alert predators to its location.

If you want to create a safe nesting environment, fill your yard with native flowering plants, provide a clean water source, install a few feeders and don't use chemicals in your yard.

Some hummingbirds sleep in their nests, but most sleep perched on a branch at night. Some even hang upside down. If the weather is cold, they enter a state of deep sleep called torpor and may not appear to be moving or breathing.

Attracting Hummingbirds

You can attract hummingbirds to your backyard with a feeder or with plants that have tube-shaped flowers. Hummingbirds mostly eat sugar nectar, which you can

mimic with sugar water in a feeder at a ratio of $\frac{1}{4}$ cup of white sugar to 1 cup of water. Hummers don't have a sense of smell, so your feeder should have a red element to help them find the goodies.

These critters are cute, but they are feisty. Most will claim a feeder as their own and chase off other birds.

Hang more than one feeder spaced at least 10 feet apart and high enough off the ground that they will be safe from cats and large frogs who are up to no good. You can also protect your feeders from ant invaders by hanging them from fishing line.

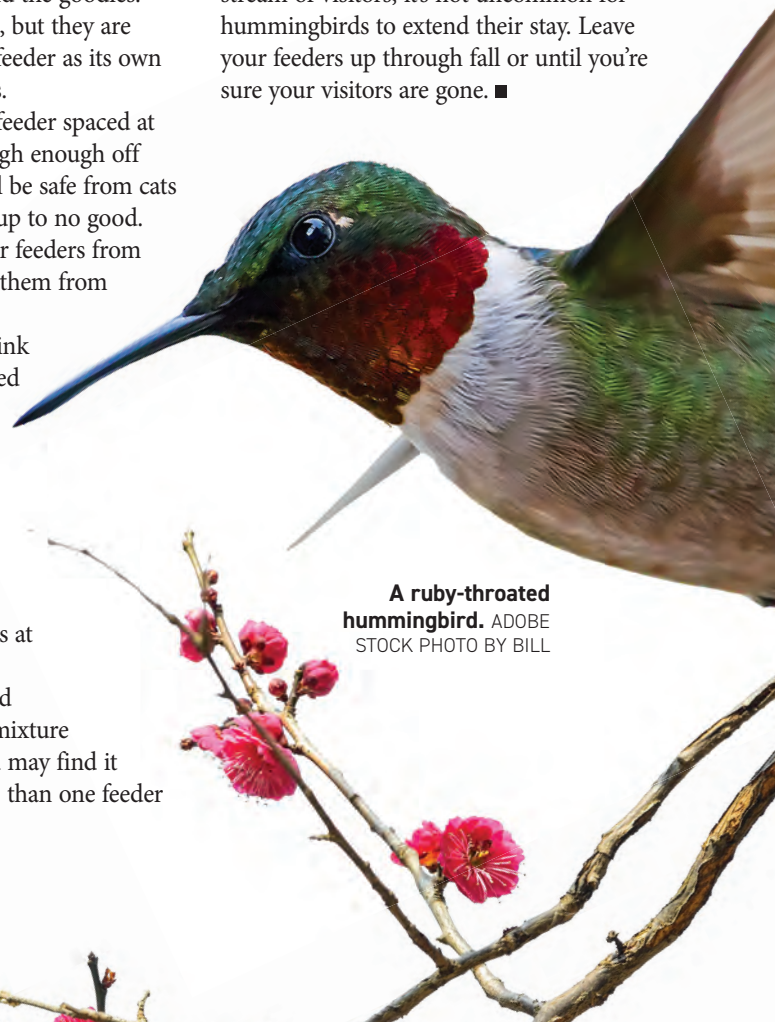
Hummingbirds do drink some water, and they need to take baths.

You probably won't find one at your traditional birdbath, but if you install a mister over a shallow fountain, you will get to watch your happy friends at their ablutions.

Scrub your feeders and replace the sugar water mixture at least once a week. You may find it convenient to have more than one feeder

on hand so you can easily rotate them through the dishwasher without disrupting hummingbird happy hour.

If you are successful in attracting a stream of visitors, it's not uncommon for hummingbirds to extend their stay. Leave your feeders up through fall or until you're sure your visitors are gone. ■



A ruby-throated hummingbird. ADOBE STOCK PHOTO BY BILL

Summer Meals

MEALS ARE SERVED MONDAY - THURSDAY



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IMPORTANT DATE INFORMATION

All the Elementary schools will be starting with lunch only on June 6th.

Breakfast beginning on July 11th.
Dates of service will be June 6th - July 28th.

All High Schools will run June 6th - June 30th. Serving Breakfast and lunch.

All Mid Schools will run July 11th - July 28th. Serving Breakfast and lunch.

All apartments will serve lunch only June 6th - July 28th

Baca Chapter, Elm Haven, and St Patrick's Bible Schools will only be serving July 11th - 14th

MEAL SITE LOCATION	MEAL SERVICE OFFERED	SCHEDULED TIME
CATHERINE A MILLER ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
CHEE DODGE ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
CHIEF MANUELITO MID	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
CROWNPOINT ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
CROWNPOINT HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
CROWNPOINT MID	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
DAVID SKEET ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
DEL NORTE ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
GALLUP CENTRAL HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
GALLUP HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
GALLUP MID	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
INDIAN HILLS ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
JEFFERSON ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
KENNEDY MID	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
LINCOLN ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
MIYAMURA HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
NAVAJO ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
NAVAJO MID	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
NAVAJO PINE HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
RAMAH ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-1:00PM
RAMAH HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
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THOREAU ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
THOREAU HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
THOREAU MID	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
TOHATCHI ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
TOHATCHI HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
TOHATCHI MID	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
TSE'YI'GAI HIGH	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
TURPEN ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:00M
TWIN LAKES ELEM	BREAKFAST / LUNCH	7:30AM-8:30AM / 11:00AM-12:30PM
GOLDEN AGE PARK	BREAKFAST / LUNCH	8:00AM-9:30AM/ 12:00PM-12:00PM
ELM HAVEN	BREAKFAST / LUNCH	8:00AM-9:00AM / 11:00AM-12:30PM
BACA CHAPTER	LUNCH	11:30AM-12:30PM
CEDAR HILLS APTS	LUNCH	11:00AM-12:30PM
CLIFFSIDE APTS	LUNCH	11:00AM-12:30PM
PINON HILL APTS	LUNCH	11:00AM-12:30PM
ST PATRICK'S	LUNCH	11:00AM-12:30PM
SUN VALLEY APTS	LUNCH	11:00AM-12:30PM

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Summer Heat Means Cool Treats

It's time for dessert! Fresh strawberry season is upon us, as well as a healthy dose of high temperatures, making refreshing treats almost medicinal. Our recipes this month focus on the sweetest part of mealtimes. My family knows that when we're about to celebrate, we eat dessert first.

With Brownie Ice Creamwiches, that urge to scream for ice cream is satisfied, as is the creation of a favored hand-held treat. Hats off to summer berry freshness with our Strawberry Shortcake Like a Boss recipe. There's no need to exert extra effort here; using a prepared baking mix is quite the shortcut, but only you need to know. The end result is a showstopper. If a Fourth of July celebration is its destination, add a few blueberries to make the patriotism pop. Lavender Lemonade Mintinis are an over-the-top variation of beloved summertime lemonade. The finished product announces invigorating refreshment is on its way.

It's July. Eat dessert first!



Sue Hutchison was born and raised a block from the freeway in Southern California. She had an early start with industrial, large-scale cooking before age 20. She's always been both a beach bum and at home in the kitchen, where she enjoys making new creations.

Strawberry Shortcake Like a Boss

2½ cups baking mix
1 egg
1 cup sugar, divided in half
1 cup milk

1 24- to 32-ounce package
fresh strawberries
Vanilla ice cream
Whipped topping

Preheat oven to 400 F and line a large baking sheet with foil. Lightly spray with butter-flavored cooking spray.

Mix baking mix, egg and ½ cup of sugar together. Add just enough milk to form stiff dough. Spoon ¼ cup mounds onto baking sheet, leaving 1 to 2 inches between mounds.

Bake for 10 to 12 minutes, or until shortcakes are slightly browned. Remove from oven and cool completely.

Wash, de-stem and slice the strawberries. Add the remaining sugar; lightly toss and cover. Refrigerate a minimum of 1 hour.

To assemble shortcakes, slice one horizontally in half. Place the bottom half on a serving plate, spoon on brined strawberries, then add the top half. Spoon on additional strawberries; top with a scoop of ice cream and whipped topping. Serve immediately.



Brownie Ice Creamwiches

- 1 package brownie mix (or prepared brownie recipe) plus called-for recipe ingredients
- 4 teaspoons butter
- 1 cup semisweet chocolate chips
- 2-3 quarts prepared ice cream in favored flavors

Preheat oven to 350 F. Lightly spray a large, rimmed baking sheet with butter-flavored cooking spray. Line with parchment paper, allowing a minimum of an inch to overhang the baking sheet and spray once again.

Prepare the brownie recipe and spread the batter on the prepared baking sheet, working the batter to the edges of the pan.

Bake 15 to 20 minutes, or until an inserted toothpick comes out clean. Remove from the oven and cool on a wire rack.

Melt the chocolate chips and butter together in a small saucepan or microwave, whisking until smooth. Pour on top of baked brownies, spreading to the edges. Cool completely.

Using a parchment paper edge, draw cooled brownies off a baking sheet onto a flat surface. With a decorative-edged knife or pizza cutter, cut brownies into equally sized squares, cutting an even number of brownies. Use a ruler to measure, if desired.

Remove ice creams from the freezer and spoon approximately 2 cups of each flavor into separate bowls. Soften enough to allow stirring until smooth, but not melted.

On a clean rimmed baking sheet, place a row of brownie layers, topped side up onto baking sheet. Spoon smoothed ice cream onto brownie squares and spread to the edges. Top with topped side down brownie, and gently press.

Complete until brownie squares are used. Place baking sheet in the freezer for a minimum of 2 hours to refreeze.

Ice cream sandwiches may be individually wrapped after freezing and stored until served, or serve shortly after removing from the freezer.



Lavender Lemonade Mintinis

- For lavender syrup*
- ½ cup sugar
- 2 teaspoons culinary-grade lavender
- ½ cup water
- 2 cups fresh or prepared lemon juice
- 3-4 sprigs fresh mint
- ½ cup raw, large-crystallized sugar
- 1 cup lavender syrup
- Canning jars or martini glasses
- For lemonade*
- 4 cups water

For syrup, place the sugar, culinary lavender and water in a saucepan, then bring to a low boil and reduce to a simmer for 2 minutes. Remove from heat. Cover and allow to cool for a minimum of 1 hour. Strain lavender out and chill syrup in the refrigerator for a minimum of 2 hours.

For lemonade, mix lemon juice, water and ½ cup of lavender syrup in a pitcher. Stir in mint and chill in the refrigerator.

Prepare a canning jar or martini glass by dipping the rim ¼ inch into lemonade, then dip into raw sugar. Place the glass in the freezer until ready to serve.

Place ice in prepared glasses and add lemonade. Garnish with fresh mint leaves and a lemon wedge. Serve immediately.

Option: Add ¼ cup favorite spritzer such as club soda or lemon-lime soda prior to adding ice.

Adult options: Add ¼ cup favorite clear liquor such as lemon-flavored champagne, vodka or clear rum. Lightly stir in lemonade and garnish as desired.





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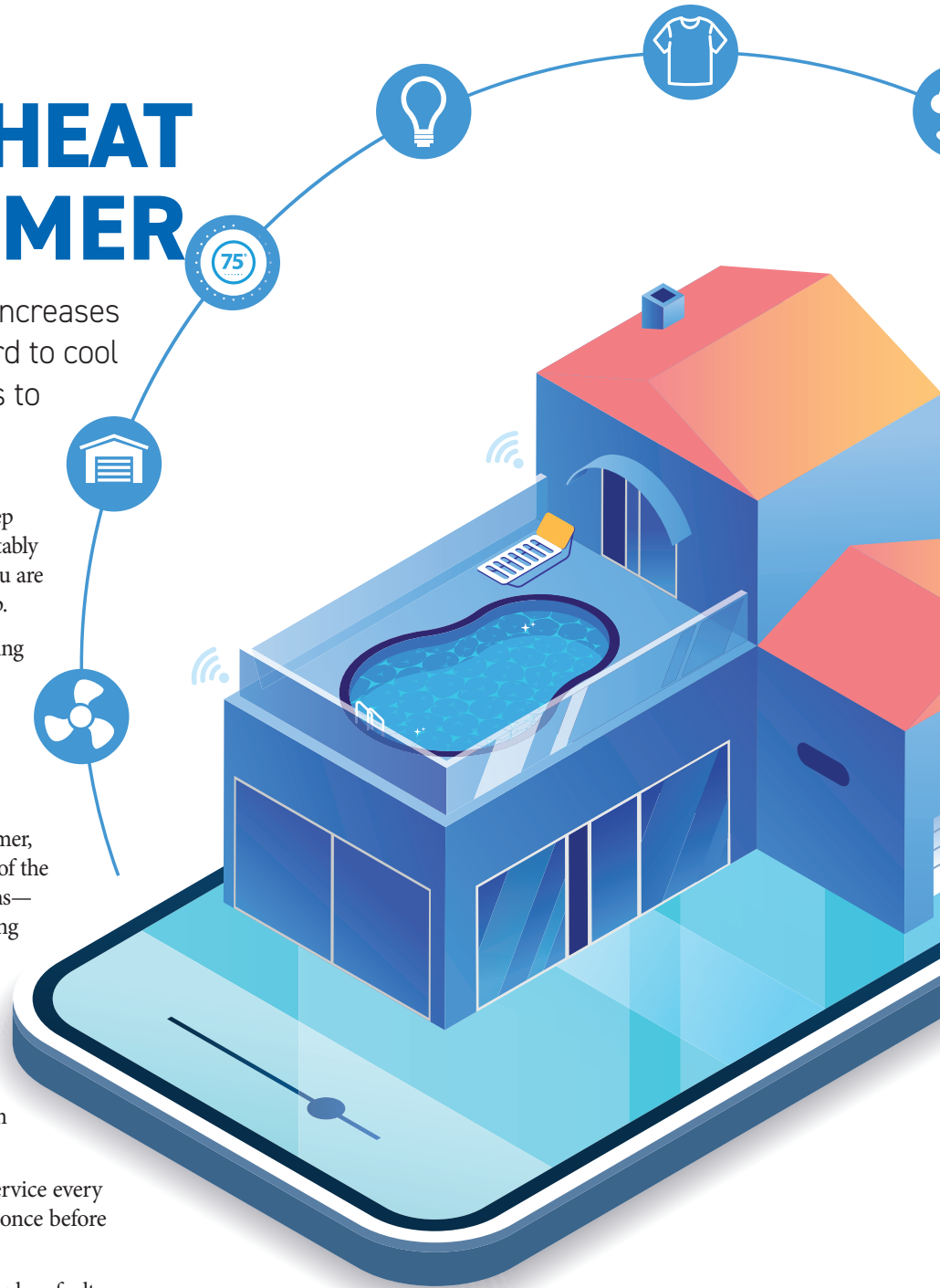
Necklace enlarged to show luxurious color

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BEAT THE HEAT THIS SUMMER

For a few months, energy use increases while air conditioners work hard to cool our homes. Consider these tips to save energy and dollars:

- 1. CONTROL YOUR THERMOSTAT.** Keep your thermostat set as high as comfortably possible in the summer: 75 F when you are at home and 78 F while away or asleep.
- 2. USE BLINDS.** Keep blinds closed during daylight hours, especially on the south side of your home. This is particularly helpful if you have south-facing windows in the same room as your thermostat.
- 3. ADJUST CEILING FANS.** In the summer, set them to turn toward the high side of the blades—counterclockwise for most fans—and keep them on a low setting. Moving air tends to feel 3 degrees cooler than stagnant air, regardless of the air temperature.
- 4. CHANGE AIR FILTERS.** This makes it easier for your heating, ventilation and air conditioning system to circulate air.
- 5. MAINTAIN YOUR HVAC.** Schedule service every six months—once before winter and once before summer.
- 6. WEATHERIZE YOUR HOME.** Fix or replace faulty weatherstripping around doors and windows. If you can see light around your doors, you are wasting energy.
- 7. CHECK YOUR INSULATION.** Ensure your home's attic and crawl space are properly insulated. The U.S. Department of Energy's recommended insulation levels can be found at energy.gov.
- 8. UPGRADE TO LEDS.** Consider replacing existing incandescent and fluorescent lighting with quality LED bulbs for year-round savings.
- 9. MAKE YOUR HOME SMARTER.** Install a smart-home thermostat to save money by automatically adjusting temperature settings when you are away from home.
- 10. MONITOR DEVICE USE.** Most electricity used in homes is for HVAC systems, water heaters and other major appliances. However, electronic devices such as computers and video game consoles add up—especially when they are being used more while children are home from school. Smart-home plugs can allow you to monitor how many hours these devices are used and the amount of power they consume.
- 11. WEAR COOLER CLOTHES.** If you turn up your thermostat a few degrees and put on cooler clothing, you can be comfortable and save money.





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RAILROAD ITEMS WANTED: KEROSENE lanterns, brass locks, keys, badges, uniforms, bells, whistles, and pre-1950 employee timetables. Always seeking items from any early New Mexico railroad, especially D&RG, C&S, EP&NE, EP&SW, AT&SF, SP or Rock Island. Call Randy Dunson at 575-760-3341 or 575-356-6919.

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Real Estate

CONCHAS, 631 CONCHAS DRIVE, 3-bedroom, 2-bath home with detached garage and 30 x 40 boat storage. All electric. \$198,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

2 MOUNTAIN CABINS, 25+ acres at 8,000 feet, Wildhorse Ranch Subdivision, Pie Town, NM. Well on stream with 5,000 storage tank and fire hydrant. New Mexico Hunting unit 13. To view this property, go to: <https://fsbo.com/listings/listings/show/id/520104/>

CUERVO, 0 MESITA PASS ROAD, MESITA RANCH SUBDIVISION, SOLD, 148 acres. Beautiful mesa views, perfect for home site and cattle stock. \$85,000. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

SUMNER LAKE, 0 RIVER RANCHES ROAD, (at intersection with State Road 203). Lot just over 20 acres. Scenic views, just west of lake. \$18,000. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

DATIL, HERRINGTON CANYON ROAD. Three properties, one east (40 acres) and two west/northwest (44 and 40 acres) vacant land. Starting at \$24,000. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

PIE TOWN, SOUTH OF WILD HORSE SUBDIVISION. Two tracts with closest access from Goat Ranch Road. One is 20 acres for \$12,000. and one is 40 acres for \$24,000. Vacant land. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

NEW MEXICO LANDOWNERS, LET US SELL YOUR WORKING FARM OR RANCH. Broker has a lifetime of experience working on a family farm in New Mexico and has been a family farm owner and operator since 1988. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

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FENCE LAKE, 295 PINE HILL ROAD, BACK ON THE MARKET, MOTIVATED SELLER, 2-bedroom, 3-bathroom home on just over 60 acres, well, outbuildings, corrals, abundant wildlife and scenic views. **NEW SEPTIC SYSTEM.** \$250,000. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

SAN MARCIAL, 27A WINCHESTER ROAD, WILLOW SPRINGS RANCH SUBDIVISION, 432 acres in the foothills of the Chupadera Mountains. Close to I-25. **PRICE REDUCED** to \$324,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

TUCUMCARI - WEST OF UTE LAKE. EAST OF QUAY ROAD AI.

Seven 40 acre (more or less) parcels with lake and mesalands views. One of the seven lots is west of Quay Road AI fronting Ute Lake. Call for appointment to show and pricing. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

CONCHAS, 204 CONCHAS

PLACE, 2-bedroom, 2-bath home with great views of the lake. Upper level has kitchen and deck. Tall carport for RV or boat. Two car garage. \$189,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

DATIL, COYOTE TRAIL, BLUEBIRD ROAD AND SUGARLOAF TRAIL. SUGARLOAF MOUNTAIN SUBDIVISION. (SOLD,

LOTS 241, 268, 269 and 273). Choice of eight lots just over five acres each. \$12,500. per lot. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

DATIL, 40 ACRE TRACT EAST OF CRISWELL ROAD (Forest Road

6A) and a 40 acre tract East of Red Feather Tank Road (off Criswell Road). Vacant land. Starting at \$24,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

TUCUMCARI, 1120 S. SARATOGA,

1.5 acres fronting US 54 (Mountain Road). \$20,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

PORTALES/ARCH, 1884 STATE ROAD 88, 3-bedroom, 4-bath home

on just over one acre. Attached carport. Two wells. \$230,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

CLOVIS, 809 S. PRINCE. Vacant

land just under five acres south of intersection of Brady and Prince. Commercial. \$200,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

SANTA ROSA, 0000 WILL

ROGERS DRIVE, 26 acres close to I-40 and old Route 66. Commercial potential. \$450,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

SANTA ROSA, 0 EAST OF LOS TANOS CREEK, HOLLYWOOD

RANCH SUBDIVISION. Ten acres with great views of surrounding mesalands. \$10,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

SUMNER LAKE, 225 INDIAN PLACE, BACK ON THE MARKET,

3-bedroom, 2-bath home on 20 acres with incredible view of Pecos River Valley. Custom built. \$325,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

DATIL, 31 OLD HIGHWAY 60,

2-bedroom, 1-bath home on 1/2 acre. Potential for rental/hunting cabin, \$47,800. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

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164 acres. Wide open space for livestock and/or homesite. Close to I-40. \$94,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

SANTA ROSA, 1070 BAR Y ROAD, HOLLYWOOD RANCH SUBDIVISION.

Three parcels (18, 19, 20) totaling just over 41 acres. Perimeter fencing and road. Water and electricity, \$220,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

FOR SALE OR LEASE BY OWNER, MULTI-LEVEL HOME IN PUNTA DE AGUA, NM,

with garage on three lots with good fence. Nice view of sunrise. Call 505-847-0544 for more information.

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CONCHAS, 116 NICKEL LANE,

airport runway access with two bay free span hangar. 3-bedroom, 2-bath home, community water. \$270,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

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TIMBERON, 119 PAWNEE DRIVE, 0.511 ACRE LOT,

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youth art

August's Topic:

August 7 is Friendship Day. Draw yourself and a friend having fun.

September's Topic:

Draw a self-portrait. Have fun!

Send Your Drawing

By mail: Youth Editor
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2. Age
3. Mailing Address
4. Phone
5. Electric Co-op

*Accepted artwork up to age 13.

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Central Valley Electric Cooperative



Sean Childers • Age 9
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Central New Mexico Electric Cooperative



Kailani Gomes • Age 9
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