The Voice of New Mexico's Rural Electric Cooperatives

# FARMERS' ELECTRIC COOPERATIVE OCTOBER 2023

# Living the Ranch Dream

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Pete Ditmars and Jessica Aberly run Dunhill Ranch, providing meat to customers around the state **Page 14** 

Pete raises lamb and beef with his wife, Jessica, outside Magdalena at Dunhill Ranch. PHOTO BY CHRIS EBOCH

# Thank You

We want to say a heartfelt thank you to our Gallup-McKinley County to Department for being a value fire Department for being a value commity partner. We appreciate your time and commitment to our students.

Thank you for coming out to all our school sites and educating our students on fire safety.







**OCTOBER IS** 





enchantment (ISSN 0046-1946) is published 10 times a year—every month except June and December—by the New Mexico Rural Electric Cooperative Association, 614 Don Gaspar Ave., Santa Fe, NM 87505. enchantment provides reliable, helpful information on rural living and energy use to electric cooperative members and customers.

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COOPERATIVE 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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### Congratulations to

monthly photo winners Jack and Barbara Czaban, Central New Mexico Electric Cooperative members, who took their May enchantment to Hollywood, Florida.

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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.

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## **Board Meeting**

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

This institution is an equal opportunity provider and employer.

# Energy Efficiency Tip of the Month

Did you know using your dishwasher is more energy efficient than washing a load of dishes by hand? To maximize efficiency, wash full loads in the dishwasher and don't block the arms or other parts that move while the appliance is in use.

For additional savings, turn on the "air dry" setting instead of using the "heat dry" setting and use a rinse aid to help dishes dry faster without spotting and streaking.

Source: Dept. of Energy



# Mail Us Your Payment

We still accept checks, cashier's checks and money orders through the U.S. Postal Service or the outside drop boxes at the co-op offices in Clovis, Fort Sumner and Santa Rosa. Though the rest of the world may be pushing toward a paperless society, FEC will continue to process payments made by bank checks, cashier's checks and money orders into the foreseeable future.



FEC

# Use Our Mobile App

The mobile app allows you to view account and billing information, explore energy use, and manage alerts. Most importantly, it provides another convenient way to pay your bill. The app can be found in the Apple and Google app stores by searching FEC NM. The free mobile app can make your life easier by allowing you full access to your account information, no matter where you are, all in the palm of your hand.

# **Farmers' Electric Cooperative**

**Set Up an Automatic Bank Draft** Call your local FEC office or the headquarters office in Clovis and ask about bank draft payments. The billing clerks can set up automatic drafts from your bank account. You can choose from two different dates for drafts: the seventh or the 17th of the month, whichever

best fits your needs.

Farmers' Electric offers several ways to pay your monthly electric bill

> Our busy lives can sometimes make it difficult to find the time to pay our recurring monthly bills. It's hard to believe how quickly time flies and the bills are due yet again. Even more of a challenge is the lack of a place to walk in and pay a billing clerk in person or at a payment kiosk, especially for rural folks.

**JORE 1 HAN ONE** 

Farmers' Electric Cooperative has three such locations: Clovis, Fort Sumner and Santa Rosa. You can pay your bill at these locations Monday through Friday during regular business hours.

Additionally, FEC offers several other simple ways to pay, all from the comfort of your home.

# **Pay Online Using Our Member Portal**

Those who fancy themselves a little more tech-savvy can find the Member Portal at www.fecnm.org/pay-your-bill. If you are a new user, go to the bottom of the page and follow the prompts to create an account. Once you have created your account, in addition to being able to make secure payments through various electronic methods, you can manage alerts and view billing information and usage data.

# **Call-in a Payment**

Using your debit card, credit card or bank account information (e-check), call your local office or the headquarters office in Clovis, and let our professionals walk you through the steps.

- Fort Sumner: 575-355-2343
- Santa Rosa: 575-472-3324
- Clovis: 575-762-4466





# The enchanted CEO

By Charise Swanson New Mexico Rural Electric Cooperatives

# Voices for Cooperative Power

There is a platform to let your voice be heard on various energy related topics. It's called Voices for Cooperative Power, and it gives you the opportunity to share how your electric co-op makes your neighborhood a better place to live.

VCP is a community of cooperative members—just like you. With your participation, VCP catches the attention of policymakers making energy rules that affect how we live and work. We want to make sure we are focused on keeping the lights on, local growth, jobs, and affordable service.

Here's a snapshot of the passion behind VCP:

**Power that makes sense.** Everyone should have access to energy that's reliable, won't break the bank, and is good for the community. Co-ops know what works best locally.

**More than just electricity.** Your co-op does a whole lot more than keep your TV running. It helps people in need, supports local businesses, and cares about the community.

**Planning for tomorrow.** Co-ops are not stuck in the past. Co-ops want to find modern solutions that serve rural neighborhoods, now and in the future.

**Being good stewards of the Earth.** Taking care of our Earth is important. Co-ops are committed to doing their part in looking after its lands, waters, and skies.

You can take the opportunity right now through VCP to speak up about proposed EPA regulations. Recently they have developed rules that could make our power supply less reliable and more expensive. While cooperatives support innovation and are already paving the way for cleaner energy options, the new rules could lead to some power plants shutting down earlier than planned and making it tough to build new ones. These rules could throw a wrench into America's power system, undoing years of hard work to keep our lights on 24/7. Your voice can help tip the scale, by you telling the EPA that you want power to be dependable and affordable. Let the EPA know how important this is to you by taking action. For more information, go to

https://voicesforcooperativepower.com/keepthelightson/.



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# The Invention of the Year

# The world's most fun-to-drive and portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation ... The Zinger.

Throughout the ages, there have been many important Canes, walkers, rollators, and advances in mobility. scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough ... a personal electric vehicle. It's called the Zinger, and there is nothing out there guite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

-Kent C., California

The first thing you'll notice about the *Zinger* is its unique look. It doesn't look like a scooter. Its sleek, lightweight vet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding - when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the Zinger to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact vet powerful

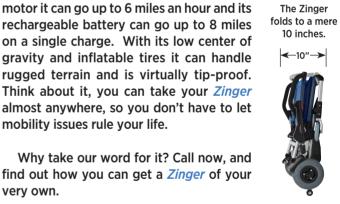


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# DIY Attic Hatch Insulation

### **By Miranda Boutelle**

**Q:** I've noticed a draft around my attic hatch. It makes the room uncomfortable. What can I do about it?

**A:** Eliminate drafts and reduce energy waste by properly sealing and insulating your attic hatch. Attic hatches are often overlooked, even if the rest of the attic is properly insulated.

If your attic access is somewhere you are not paying to heat or cool, such as your home's exterior or garage, there's no need to insulate it.

Because you need access to the attic, it's important to do the job right, with durability and functionality in mind. Attic hatches should be insulated close to the same R-value as the rest of the attic. R-value is the insulation's capacity to resist heat flow.

Attic access types vary. Here's how to insulate standard and ladder attic hatches.

## **Standard Attic Hatches**

A standard attic hatch is typically a covered rectangular hole cut into the ceiling.

If your hatch is drywall, I recommend replacing it because it is difficult to insulate and seal a drywall hatch properly. They often crumble and crack around the edges, leading to more drafts.

Ready-made insulated hatches are available online or at a home improvement store. You can also insulate and seal your existing attic hatch. Either way, measure carefully to make sure you create an effective seal.

To improve your existing hatch, replace drywall attic hatches with ¾-inch plywood cut to fit. If you have loose-fill insulation in your attic—as opposed to fiberglass batts—install a dam or barrier that extends 2 inches above the level of insulation to prevent it from spilling into the house when you open the hatch. Use unfaced fiberglass batt insulation or plywood to hold back the loose fill.

To insulate the hatch, use rigid foam insulation cut slightly smaller than the plywood attic hatch. Use screws and fender washers to secure the first layer of rigid foam to the hatch. Add layers of rigid foam by taping the edges together one at a time using foil tape. Always wear gloves when using foil tape to prevent cuts. Keep layering until you reach the desired R-value.

Seal gaps between the drywall and trim. Use caulk for small gaps and foam sealant for larger ones. Finish the hatch by using



When insulating a home, attic hatches are often overlooked. Save energy and eliminate drafts by insulating attic hatches inside your home. PHOTO BY SABLE RILEY/PIONEER UTILITY RESOURCES

adhesive weatherstripping around its perimeter. You can install it on the hatch or the trim supporting the hatch.

## Ladder Attic Hatches

For attic hatches with drop-down ladders, follow the same instructions: Install a dam, air seal and insulate. Be sure to account for the space of the folding ladder.

To insulate, build a box to sit in the attic around the hatch. I suggest using wood for the sides—tall enough to accommodate the folded ladder. The top of the box will be rigid foam you can remove to get into the attic. Cut the first piece of foam to fit inside the box and the next layer to fit on top of the box. Keep layering until you reach the desired R-value.

To get a good air seal, you may need to remove the existing trim to seal the gap between the drywall and hatch frame. Add weatherstripping to the hatch or the underside of the frame to form a tight seal when closed.

There are several commercially available options for insulating ladder hatches. Check the insulation's R-value and measure carefully.

If buying materials to seal and insulate your attic hatch is not in your budget, I recommend weatherstripping at minimum.



Miranda Boutelle has more than 20 years of experience helping people save energy. She has worked on energyefficiency projects from the Midwest to the West Coast. Today, Miranda is chief operating officer at Efficiency Services Group in Oregon, a cooperatively owned energyefficiency company.

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{ hale to the stars | By Alan Hale ]

An image of the annular solar eclipse that crossed New Mexico on May 20, 2012, is projected onto a flat surface. Another annular eclipse occurs this month. PHOTO BY ALAN HALE

# Stars in the Sky

The two largest worlds of our solar system are both well-placed for viewing in our evening skies this month. Saturn is at its highest point above the southern horizon during the mid-evening hours and sets one to two hours after midnight. Meanwhile, Jupiter will be at opposition (directly opposite the sun in the sky) early next month. It will rise in the east during dusk and ride high in our sky—nearly overhead—throughout the morning hours.

Venus, which began emerging into our morning sky in August, gleams in the east, rising up to two hours or more before the beginning of dawn. It will continue to be a morning-sky beacon throughout the rest of this year and into 2024.

The Orionid meteor shower should reach its peak on the morning of Sunday, October 22. The viewing conditions should be good this year, and up to 15 or 20 meteors per hour may be seen coming from a spot in the sky slightly north of the bright star Betelgeuse in the constellation Orion.

The Orionids are debris from Halley's Comet, which last returned in 1986. In early December, the comet will reach its farthest point from the sun—some 470 million miles beyond the orbit of Neptune—and then will begin the slow crawl back into the inner solar system, where it makes its next return in 2061.

On Saturday, October 14, the moon passes directly in front of the sun, as seen from a narrow strip of Earth's surface that crosses New Mexico from northwest to southeast. Because the moon will be near the far point of its orbit around Earth at the time, it is not large enough to cover the entire sun, and thus a thin ring—or annulus—of sunlight will remain, encircling the moon. This is called an annular eclipse.

New Mexico cities within the path of annularity include Farmington, Gallup, Los Alamos, Santa Fe, Albuquerque, Roswell, Carlsbad and Hobbs. Depending upon where you are, annularity occurs between 10:35 and 10:45 a.m., and will last less than five minutes. Areas outside the path will witness a deep partial eclipse, with the overall event lasting from about 9:15 a.m. to 12:15 p.m.

Because a part of the sun is always visible, it is unsafe to look at the sun directly, unless one is wearing something like Mylar eclipse glasses. The safest method of observing the eclipse is by projecting an image of the sun onto a flat surface.

# Enchanted Journeys

NARLAN

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Wednesdays through Saturdays at 8 p.m. and Sundays at 2 p.m.

Tickets are \$25 to \$55.

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#### November 4

# Edgewood Lions Club 16th Annual Holiday Craft Show

About 50 artists and crafters come together at Edgewood Middle School.

The event runs from 9 a.m. through 3 p.m., A donation of a jar of peanut butter for local food pantries is requested.

For more information, call Debbie Bryan at 505-922-5782.



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# book chat I By B.A. Kelly



A Guide to Tongue Tie Surgery

This collection of poetry by Tina Carlson—a psychiatric nurse practitioner in Albuquerque transcends the ordinary to give

voice to the voiceless: abused children, veterans and even inanimate objects. Carlson's words are palpable, resonant and unforgettable; her images haunt and transform both the roots of voicelessness and the wings of metamorphosis.

Tina Carlson University of New Mexico Press Available at Amazon.com



**Reconciliation** Academic and artist S. Billie Mandle

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throughout the U.S. A Catholic-raised

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illuminating essay from acclaimed New

Mexican author Kirstin Valdez Quade. "Reconciliation" is a testament to the

of faith and identity.

Available at Barnes & Noble

S. Billie Mandle

Kehrer Verlag

human ability to unveil the hidden depths

images she spent

years capturing at

Catholic churches



New Mexican Furniture, 1600-1940: The Origins, Survival, and Revival of Furniture Making in the Hispanic Southwest Keep your eyes

Keep your eyes peeled for this rare

gem which stands as a testament to the enduring legacy of Spanish Colonial and revival-period furniture in the region. A true collector's item, it is the ultimate resource for enthusiasts and historians alike thanks to the care given to weave social and cultural history through the lens of furniture.

Lonn Taylor, Dessa Bokides, Mary Peck Museum of New Mexico Press Available at Amazon.com

# **Book Review Requests**

All book reviews are at the sole discretion of the book reviewer.

Submitting a book is not a guarantee it will be reviewed.

Send your book to:

ATTN: Book Chat 614 Don Gaspar Ave. Santa Fe, NM 87505

ADOBE STOCK PHOTO BY MOTIZOVA

# I 'Bearly' Made It Out Alive

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Our Grizzly Hunting Knife pays tribute to the call of the wild. Featuring stick-tang construction, you can feel confident in the strength and durability of this knife. And the hand carved, natural bone handle ensures you won't lose your grip even in the most dire of circumstances. I also

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# Living the Ranch Dream

Pete Ditmars raises lamb and beef with his wife, Jessica Aberly, outside Magdalena at Dunhill Ranch.

Pete Ditmars and Jessica Aberly run Dunhill Ranch, providing meat to hungry mouths around the state

#### Story and photos by Chris Eboch

Some people grow up in ranch families, but Pete Ditmars chose the work after years of running his own computer software company.

"I was working inside all day, and I wanted to get outside more," he says. "I like animals and wanted to work with them. Rather than create software on tight deadlines that became outdated as soon as it was released, I wanted to take the time to do things right, and I love creating a product—grass-fed lamb and beef that people truly enjoy."

Today, he runs Dunhill Ranch with his wife, Jessica Aberly, and they provide meat to restaurants and individuals across the state.

In 1997, Pete and Jessica bought land in central New

Mexico, near Magdalena. They built their home and numerous outbuildings themselves over the course of a decade.

Jessica, a lawyer in Albuquerque, came down every week in the early years to help with construction. She is now full time at the ranch but still practices law, working with some Pueblos.

Growing the ranch took time.

"We started very small," Pete says. "We only offered lamb at that time and only sold direct to customers."

To grow, Pete and Jessica put up posters and advertised in the paper. Word of the business spread fast, and restaurants started calling. Now, they supply meat to restaurants Frenchish in Albuquerque and Tumbleweeds in Magdalena.

In autumn, they sell at farmers markets in Socorro and Albuquerque, which brings a perk.

"We've met so many cool people," Jessica says. "We have so many friends we met through the markets."

"It's good for our business and good for our social life," Pete says.

Word-of-mouth keeps working, too.

"People serve our meat at a gathering and guests say, 'This is

really good. Where did it come from?"" Pete says.

It's also becoming more common for people to visit the ranch to pick up meat or a live lamb.

"We try to keep it as close to home as possible," Pete says. Lamb and beef are only available for sale in the fall. Dunhill Ranch often sells out of specific cuts of meat quickly, so email reservations help manage expectations.

To keep the ranch running, Pete must be a jack of all trades. "Plumber, electrician, carpenter, welder, heavy equipment operator, mechanic, mason, veterinarian, farrier, gardener, computer technician, web designer, accountant, dog trainer and Mr. Fix It for just about anything from a toaster to a backhoe," he

His parents often made things themselves and thought broken items should be fixed rather than discarded. Pete learned the lesson and enjoys making special items in his forge.

"He's a problem solver and super handy," Jessica says. "If you live on a ranch, you have to fix everything, make everything, invent everything. There's always going to be a problem to solve."

For Pete, that's an advantage.

says.

"I get to choose how it's done and see it done right," he says. Rural living has attracted other city folks to the area in recent years, but they don't always realize just how isolated it is.

"It's not for everyone," Pete says.

For those who enjoy that lifestyle, the Magdalena area provides a community where people call each other for advice and help. Many neighbors have specialized skills such as rounding up cattle or branding, so people work together on those big jobs.

Socorro Electric Cooperative helps as well.

"Since we're rural, I know the guys who come out and fix problems if there's a storm," Pete says. "They're very responsive. They usually know about the problem before I do."

While the demand for their meat keeps growing, they don't want to expand the ranch much more. Pete and Jessica have three priorities. First is keeping the fragile high desert land healthy.

"If you don't have healthy land, you don't have a viable business," Pete says. "The land can only support a limited number of animals per square mile."

Pete buys yearling steers from a neighbor each year based on what he thinks the grass can support. The land receives natural fertilization and rest periods in between grazing.

The second priority is taking care of the animals. The sheep and steers roam the land, enjoying fresh air, exercise and grass. Two Great Pyrenees dogs stay with the sheep and protect them. The cattle and sheep are grass-fed from weaning until butchering, supplemented with quality alfalfa and grass hay during snowy winters. Pete and Jessica say this natural diet and exercise produces meat that is lean, tender and flavorful—much better than the typical feedlot animals. If an animal gets sick and needs medicine, it isn't sold to customers.

"We want our meat to be as natural as possible," Pete says. "These animals live as good a life as anyone could give them."



Pete and Jessica get help around the ranch from their dogs, with both Great Pyrenees and border collies helping out.

The third priority is producing a quality product.

"We have something that we completely believe in, and what we do is appreciated," Jessica says. "The object isn't to grow endlessly. It's to have a sustainable business that two people can manage."

The ranch may only have two human workers, but Pete says they rely heavily on their dogs, including border collies that move the sheep to and from pastures to graze. When joining them in the field, Pete has an all-terrain vehicle but prefers working from his horse.

"I'm all for modern conveniences, but I like quiet," he says. "I like physical labor. I like training and working with the dogs."

Pete and Jessica have four nephews who have done "workcations" on the ranch. The couple hopes one of them will take over someday, but they're not looking to retire anytime soon.

"We're going to try to stay here doing what we're doing as long as we are able," Pete says.

Dunhill Ranch sells lamb and beef in the fall. Find it at the Downtown Growers' Market in Albuquerque on Saturday mornings and at the Socorro Farmers Market on Tuesday evenings. The ranch offers home delivery in the Rio Grande Valley between San Antonio, NM and Santa Fe.

Visit www.dunhillranch.com for more information, including recipes for items such as Turkish lamb kebabs and beef Burgundy, or email Sales@DunhillRanch.com.



# Keep your family protected online



#### By Drew Woolley

For many parents, the biggest challenge to protecting their children online is feeling like they can't keep up with the pace of new technology. It isn't easy to teach children how to navigate a childhood with social media and online gaming when they never had that experience.

"Really, since the iPhone put

social media in our pocket in 2008, our children are finding their identities online," says Michael Lemon, founder of the Cyber Safe Families Facebook group and a 20-year veteran of the Bowling Green, Kentucky, Police Department. "They're being put in adult situations, and they're not ready for that."

Often, the solution for protecting children from these situations is as simple as only allowing them to download apps with appropriate age ratings or making sure their social media accounts are set to private. But even navigating these constantly changing technologies can leave many parents feeling overwhelmed.

"They didn't grow up with it. So, it's not like when I was growing up and my parents knew how to drive, so they taught me how to drive," Michael says. "Parents can't teach kids how to be online and around social media and gaming because they didn't grow up with that. So,

there's a disconnect, and they feel like their children are so far ahead of them."

Fortunately, you don't have to be an expert to protect your children. Here is Michael's advice for keeping children safe online.

#### Social Media

One of the most important aspects of social media for parents to remember is that while children are allowed on the platforms, they are not necessarily designed with children in mind. And like any business, social media has its own priorities.

"You have to understand that their

Michael has led in-person training sessions for more than 100,000 parents, students and staff. primary concern is not your child's safety," Michael says. "Their primary concern is to make money, and their secondary concern is keeping your kid safe enough that there aren't lawsuits or the federal government climbing down their neck."

With that in mind, Michael urges parents to familiarize themselves with the parental control tools available on each platform. Many social media apps allow parents to limit the time children can spend on the app, who they can communicate with and whether commenting is allowed on their posts.

"It starts with a mindset. You don't need to let your child go any farther than you're comfortable with," Michael says. "TikTok and Snapchat are not great about parental controls, so know that going in before you say, 'Yeah, you can have it."

#### Gaming

While games often have better parental control settings, many also offer the added concern of voice chat.

"Online predators know if they're sending messages back and forth that can be found, and the social media site could be alerted to it," Michael says. "But when it's just voice, they know that's not recorded. That can never be used against them."

It's also possible for adult content to find its way into games such as Minecraft and Roblox, where players have broad freedom to create anything they want inside the game. In these situations, managing a child's connectivity level in the game is important. Most gaming devices can be set to play online with other players, play online





but not connect with other players or be completely offline.

Michael's solution to this problem for his own family is to pay for a private Minecraft server, where his children can invite friends and explore the game away from public online spaces.

"They can still be on Minecraft, but they're not accessible to other people," he says. "You have to have that plan to say, 'This is as far as I want them to go. They're not ready to be on Minecraft with everyone else."

#### **Identity Theft**

We often think of identity theft as a digital threat for adults. But because they're less likely to notice credit cards being opened or loans being taken out in their names, children can be prime targets for identity theft.

Often, the information thieves need can be found right on social media channels. A birthday photo can provide their name and birth date, while back-to-school posts might share their school, class or even their bus number.

That doesn't mean parents shouldn't celebrate big moments in their child's life. But Michael recommends only making these posts visible to friends on parent's and a child's social media.

"The No. 1 thing is to make your child's account private," he says. "Because so many of these predators I've talked to, when they're scrolling through Facebook, Instagram, whatever, they've told me the same thing: If the kid's account is private, they just keep on scrolling. And if that happens, then your child is not approached."

#### Artificial Intelligence

As new artificial intelligence technology continues to emerge, adults aren't the only ones confronted by it. Snapchat has already launched its My AI chatbot that can field whatever questions its users might ask it.

"Think about who has the most influence over your children," Michael says. "It's the people they spend the most time with. If an AI is who they spend the most time with, then you really have to be concerned with who holds the keys to that. Cause the AI is just giving you answers based on the algorithm."

Michael expects other social media channels to follow suit with their own AI companions soon. With controls and standards for this use of AI still up in the air, as with so many applications of the technology, his recommendation for now is to hold off on introducing children to their new AI best friend.

Most importantly, Michael says the good news is that parents don't need to be techies to keep their children safe. They just need to apply some of the same rules they would turn to in more traditional parenting situations.

"You're not going to drop your kid off at a mall you know nothing about. But that's kind of what we do when we let them have an app where they interact with other people," Michael says. "If you give your kid TikTok, understand the benefits and the downsides. You need to decide if you are ready for it and your children are ready for it."

# Four Ways to Boost Your Cyber Hygiene

#### By Abby Berry

In today's digital world, cyberattacks are nothing new. Cyber criminals work on a multitude of levels—from large-scale attacks targeting corporations to smaller phishing attacks aimed at gaining access to an individual's personal information.

October is Cybersecurity Awareness Month, but good cyber hygiene should be practiced year-round. This year's theme is "See Yourself in Cyber" because everyone has a part to play in cybersecurity.

When we hear about massive data breaches, it can feel overwhelming and lead us to think we are powerless as individuals to stop cyber criminals. The truth is, there are several practical steps we can take to safeguard our devices and data.

Here are four easy ways to boost your cyber hygiene:

# Enable multifactor authentication.

Also known as two-step verification, multifactor authentication adds a second step when logging into an account to prove you're really you, which greatly increases security.

This second step could include an extra PIN, answering an extra security question, a code received via email or a secure token. Regardless of the type of authentication, this additional step makes it twice as hard for cyber criminals to access your account.

Not every account offers multifactor authentication, but it's becoming increasingly popular and should be used when available.

# Use strong passwords and a password manager.

Remember, passwords are the keys to your personal home online.

Your passwords should always be long, unique and complex. Create passwords using at least 12 characters, never reuse passwords for multiple accounts and use a combination of upper- and lower-case letters, numbers and special characters.

If you have a lot of accounts, consider using a password manager to store them securely in one place.

#### Update software.

It may seem obvious, but regularly updating software is one of the easiest ways to keep your personal information secure.

Most companies provide automatic updates and send reminders so you can easily install the update.

If you're not receiving automatic software updates, set a reminder to do so quarterly.

# See Yourself in Cyber.

October is Cybersecurity Awareness Month

# Improve your cyber hygiene by doing these four things:

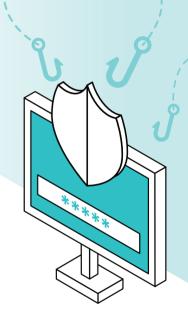
- 1. Enable multifactor authentication.
- Use strong passwords and a password manager.
- Update software regularly.
- Recognize and report phishing attacks.

Be aware some cyber criminals send fake updates; these typically appear as a pop-up window when visiting a website. Use good judgement and always think before you click.

# Recognize and report phishing attacks.

Don't take the bait when cyber criminals go phishing.

The signs of a phishing attack can be subtle, so take the time to thoroughly inspect emails. Most phishing emails include offers that are too good to be true, an urgent or alarming tone, misspellings,



poorly crafted language, ambiguous greetings, strange requests or an email address that doesn't match the company it is coming from.

Outlook, Gmail and Mac Mail allow users to report phishing emails. If you suspect a phishing attempt, take time to report it.

Cyber criminals are here to stay, but when we all take a risk-based approach to our cyber behavior, we create a safer internet for all.

Visit www.staysafeonline.org for additional cybersecurity tips.



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Buying Guide, "praised the technique used in our diamond alternative DiamondAura<sup>®</sup>: "The best diamond simulation to date, and even some jewelers have mistaken these stones for mined diamonds," it raved. For comparison, we found a similarly designed 10 carat tennis bracelet with D Flawless diamonds from another company that costs \$57,000!

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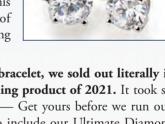
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Staller" AFFORD THE EXTRAORDINARY

# Cozy Comfort Foods

Autumn is a favorite season for many. Leaves display their finest colors, the air crisps in the cooler morning moments and kitchens nearly beg for cozy comfort food.

Bring on soup! Chicken and barley soup is a favorite that contains fiber and a healthy dose of good protein. Serve the soup in a bread bowl for a spooky cauldron of deliciousness.

Whether celebrating Colombus Day or Indigenous Peoples Day, fry bread is a delightful companion to any meal. The fry bread recipe here has been passed down for more than three generations of Navajo friends of New Mexico. It is both a standalone treat and a base for Navajo tacos, honey, or cinnamon and sugar.

Back by popular demand, autumn overload dump cake first appeared in enchantment in 2019, becoming a favorite among New Mexican bakers.

Warm kitchen family moments await you this season.



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

# **Fry Bread**

- 1 cup warm water (100-105 F) 2 cups flour
- 1 package dry yeast
- 2 teaspoons sugar
- 2 teaspoons canola oil
- 2 teaspoons baking powder 1 teaspoon salt Canola oil for frying

Combine water, yeast, sugar and 2 teaspoons canola oil in a medium glass bowl. Mix until blended. Cover with a towel and let rise in a warm place for 15 minutes.

Heat 2 inches of canola oil in a heavy skillet until oil shimmers on top.

Stir in flour, baking powder and salt into yeast mixture. Drop by generous spoonfuls onto a floured surface. Pat or roll each dollop to a ½-inch thickness. Fry in oil, and turn until both sides are golden.

Remove and drain in a paper towel-lined basket. Serve warm with desired accompaniments.



# **Chicken and Barley Soup**

- 1 yellow onion, diced
- 2 garlic cloves, minced
- 3 tablespoons olive oil
- 3 boneless, skinless chicken breasts
- 2 teaspoons chicken bouillon
- 1 teaspoon cumin
- 1/2 teaspoon salt

intment.coop

- <sup>1</sup>/<sub>2</sub> teaspoon pepper
- 1 15-ounce can chopped tomatoes

# 2 cups water

- <sup>1</sup>/<sub>2</sub> cup quick barley
- 1 cup prepared salsa of choice
- 1 15-ounce can black beans, rinsed and drained

1 15-ounce can creamed corn Grated cheese to garnish Round loaves of bread to serve

Cook onion, garlic and oil in dutch oven kettle over medium heat until onion is soft. Add chicken, and cook until golden.

Add bouillon, cumin, salt and pepper. Stir until chicken is coated. Add canned tomatoes and water, stirring until blended. Add barley and cover for 15 minutes or until barley is fattened.

Stir in salsa, beans and creamed corn. Simmer for 30 minutes.

While soup is simmering, slice the tops off round bread loaves. Using your fingers, remove enough bread to form a cavity in the loaf. Save the loaf top for garnish.

To serve, ladle soup in prepared bread loaves, top with grated cheese and loaf tops. Serve hot.



# Autumn Overload Dump Cake

- 1 20-ounce can apple pie filling
- 1 15-ounce can 100% pumpkin
- 1 box spice cake mix

1/2 teaspoon pumpkin pie spice 1 teaspoon cinnamon <sup>1</sup>/<sub>2</sub> cup caramel sauce 1<sup>1</sup>/<sub>2</sub> sticks butter, melted 1 cup milk 1 cup chopped pecans (optional)

Preheat oven to 350 F.

Prepare a 9-by-13-inch baking dish with baking spray. In the prepared dish, mix pie filling, pumpkin, caramel sauce, cinnamon and pumpkin pie spice. Spread evenly.

Spread dry cake mix evenly on top of the mixture. Combine melted butter and milk. Pour over the mixture, ensuring all dry cake mix is covered and absorbed.

Sprinkle pecans on top.

Bake for approximately 1 hour or until top is golden. To check doneness, insert a toothpick. Dump cakes that use pumpkin are not typically completely solid. Parts of the finished cake will have a cake/soft custard consistency.

Remove cake from the oven, and cool for 10 minutes on a cooling rack prior to serving. Vanilla ice cream on top is a plus!

Refrigerate leftover cake. Cold Autumn Overload is just as delicious.





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Seeking working farm and ranch listings. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

**CLOVIS, 809 S. PRINCE,** 4.98 acres along US 70 south of Brady Street. Commercial potential. \$150,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

WATER DOWSING AND CONSULTING, PROVEN SUCCESS! 47 years of experience in Lincoln County. Will travel. Call Elliot Topper at 575-937-2722 for more information.

MOUNTAINAIR, 0000 CLIFFORD TRAIL ROAD (CR BO22), 132 acres, fenced, view of Manzano Mountains. \$105,000. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

**TUCUMCARI, 0000 QUAY ROAD,** 63.4, two one acre lots sold together, \$12,500. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

**TEXICO, 2436 STATE ROAD 108,** 7.2 acres with two story home and three car detached garage. Carpet and flooring upgrades. \$210,000. Big Mesa Realty, 575-456-2000. Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

#### HISTORIC HOME/BUSINESS IN LINCOLN,

**NM**, 5-bedroom, 2-bath home totally renovated, 3,450 sq. ft. Prior to Covid was operated as a small restaurant, gift shop and B&B. Turnkey operation. 2.56 acres with water rights. Contact Lincoln County Realty at 575-808-0607 for more information.

#### BLUEWATER LAKE, NM - 1993 17' x 80' MOBILE HOME FOR RENT OR POSSIBLE

**SALE,** 3-bedroom, 2-bath with 14' x 22' addition on 1/2 acre wooded lot. Fenced and new septic system. Come enjoy the cool mountains, minutes from Bluewater Lake and Cibola National Forest. Rent - \$850. per month. Call 505-980-7312 for more information.

**ONE OF A KIND!!!** This manufactured home has a great spacious floor plan, on 1.6 acres with many very large shade trees, a shop and is fenced for your pets or animals. Tape and texture walls and decorative cabinet accents in the entry and hallway set this home apart. City water and natural gas connected, septic tank. There is also a solid fiberglass green house!! Located at 101 Salado Road in Capitan, NM. Call Rye for your showing at 575-430-0777 or the office at 575-258-8656. www.ziarealestate.com

#### **OLD RAMAH POST OFFICE FOR SALE OR**

**RENT.** Heart of Indian country. Main street location. Beams, plank floors and wrap around old style portal. On demand hot water heater, gas heat. Well and city water. Used as a trading post, real estate office, food market. Perfect for art gallery or coffee shop. Insulated shipping container on included adjacent lot. \$195,000. or make offer. Call 505-470-0450 for more information.

CHAMA, COMMERCIAL ZONED, US 64/84 FRONTAGE. Custom Swedish Cope full log home, 2,680 sq. ft. on 1.46 acres. Retail/ office with live/work possibilities. Excellent access. \$539,500. Call 505-249-4415 for more information.

## CHAMA COMMERCIAL PROPERTY FOR

**SALE.** Two adjoining commercial lots with excellent highway frontage for sale. Located in the center of town. All utilities available. Will sell separately or together as one parcel. Call 505-300-6148 for more information.

**COZY HUNTER'S CABIN (ELECTRICITY AND WARM WOODSTOVE) ON 8+ ACRES OF LAND FOR SALE,** adjacent to the Edward Sargent Wildlife area, nestled directly below Rabbits Peak. 8+ acres on the Rio Chamita River with a ditch running through the property. Come see and hear the bugle of the state's largest elk herds from your front porch, See the breathtaking views of the San Juan Mountains and listen to the water flow in this safe, secluded, highly desirable gated area in Chama. \$325,000. Call 505-470-8223 for more information.

#### LINCOLN, NM - RIVER RUNS BY PROPERTY,

beautiful Ram Earth Built home on 4.5 acres surrounded by beautiful views. 3-bedroom, 2-bath, large garage and carport. Wildlife enjoys visits to pond on property. Grazing potential, acequia water rights. For price, pictures and appointment text 575-937-1469. **LOTS FOR SALE IN MORIARTY, NM** with and without utilities. 2.5 acres with 3-bedroom mobile home in Indian Hills. One lot in McIntosh and 11.5 acres in Ramah, NM. Serious buyers only please. Call 505-832-6095 or 505-339-8037 for more information.

### BEAUTIFUL FAMILY HOME NEAR DOWNTOWN RUIDOSO, IN THE SOUTH SACRAMENTO MOUNTAINS OF NEW

**MEXICO.** Skiing, horse racing and gambling casinos. 3-bedroom, 2.5-baths plus bonus room that could be fourth bedroom. 2,096 sq. ft. Lot size is .4535 acre. Backyard is fully fenced. Twin fireplaces, granite counters. Large living and dining areas. Paved entrance, good 16 x 12 x 10 tough shed. Flagstone patio in the front and deck in the back. Fishpond and large pine trees, poplar trees and fruit trees. Flat lot for your walking pleasure. Call 575-973-1152 for more information.

**CONCHAS, 626 HIDDEN PLACE,** three lots totaling just over one acre. Water, electricity and septic. Perfect site to build. \$55,000. Big Mesa Realty, 575-456-2000, Paul Stout, broker, NMREL 17843, 575-760-5461. www.bigmesarealty.com

# Vehicles

FOR SALE - '64 CHEVY TRUCK, new tires, rebuilt engine and transmission. Needs assembly. All original body parts available. \$4,000. ALSO, 2021 FORD F-150 LARIAT, 21,000 miles, fully loaded. \$48,000. Call 505-788-2311 for more information.

**1950 FORD,** 2-door sedan, 350 4-bolt main, automatic, new gas tank, not installed. \$1,000. firm. Call 505-526-1588 for more information.

**1999 CHINOOK, 25 FT. RV FOR SALE,** 65,000 miles, extremely well kept. \$40,000. Call 575-770-2507 for more information.

# To Place a Classified Ad

- Visit www.enchantment.coop/classifieds and complete form. You will be contacted by email with price and deadline to submit check or money order.
- 2. Ads will not be accepted over the phone.
- 3. Or, complete form and select category.
- 4. Write ad on another sheet of paper.
- Price: \$20 up to first 40 words per ad, per category, per month. After 40 words, each word is 50 cents. Add \$5 for small graphics such as cattle brands. Phone numbers, emails and websites count as one word.
- To Send and Pay Your Classified Ad
- Mail ad and payment (Payable to NMRECA) NMRECA • enchantment 614 Don Gaspar Ave. Santa Fe, NM 87505

#### Deadline

. Due the 7th, one month prior. Ex: Ads due October 7 for the November issue.

#### Good to Know

- 1. Only members of New Mexico electric cooperatives may place ads.
- 2. We reserve the right to reject any ad.
- Advertisements in enchantment are paid solicitations and are not endorsed by the publisher or the electric cooperatives of New Mexico.
- 5. PRODUCT SATISFACTION AND DELIVERY RESPONSIBILITY LIE SOLELY WITH THE ADVERTISER.
- 6. Enchantment prints monthly, except for June and December.

#### Questions?

Call: 505-982-4671.

Name:	
Address:	
 City:	
State: 2	/IP:
Phone:	
Cooperative:	
Select Category Below	
🟳 Animals	Great Finds
Business	Real Estate
Equipment	- Vehicles

enchantment.coop

# ENERGY VAMPIRES WORD SEARCH

Are energy vampires hiding in your home? These electronic devices consume electricity even when they're not in use and can drain home energy bills. Read the tips below to learn how you can fight energy vampires, then find and circle the **bolded** words in the puzzle.



# **Tips to Fight Energy Vampires:**

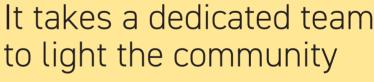
- If your phone is juiced up, unplug your **phone charger**.
- Tell your parents to unplug the **coffee maker** when they're finished brewing.
- When you're finished playing that new game, unplug your **game console**.
- Unplug **laptop computers** when you're done with homework.







# Close to Home



## **By Paul Wesslund**

The electricity in your home can seem like an impossible miracle to explain, but one way to understand it is to think about the variety of skills and job roles it takes to electrify your life.

That kind of thinking can also be handy if you or someone you know is looking for a promising career.

Running electric utilities today takes

just about every skill imaginable. Some jobs call for the physical ability to climb utility poles, others the technical knowhow to create intricate cybersecurity systems.

Some require the interpersonal skills of talking with a utility consumer about how to lower their electric bills, others the logistical knowledge to get essential equipment delivered through a challenging supply chain. An industry that depends on such a vast range of abilities offers job seekers a variety of career opportunities.

Careers in Energy Week begins October 16. There are many highlights to this unique industry and the many career paths it offers.

**Stability.** You can count on homes and businesses needing electricity now and in the future. One analysis predicts electricity demand will grow faster in the 2020s than in the previous two decades.

Energy careers offer excellent benefits and paths for career advancement, and employees typically stay in the industry more than 15 years.

**Excitement.** While utility work is reliable, it's also at the cutting edge of innovation. Electrification is the centerpiece of the push for greener energy. The number of electric vehicles is doubling every year, which means new workforce skills are needed to figure out how to keep those cars and trucks plugged in and charged up. Two of the 20 fastest-growing occupations are wind turbine technician and solar voltaic installer.

More than \$120 billion a year is spent to modernize the U.S. electric grid to manage new patterns of electricity use. The energy industry is changing, and it's an exciting time to be part of it.

Variety. The skills needed in the utility industry can be found through advanced college degrees, trade school, apprenticeships or on-the-job training. The range of positions is staggering, with accountants, social media managers, IT specialists, engineers and human resources professionals making that list. Other positions include drone operators to inspect power lines, data analysts to coordinate the flow of electricity, and power plant operators to oversee electricity generation.

**It's local.** The thing about electricity is that maintaining the service needs to happen nearby. That means much of the work takes place near your hometown. Not only can a utility worker make a living and raise a family in the place they choose to live, but if they decide to move to another part of the country, there will likely be energy career opportunities there as well.

**Satisfaction.** Any lineworker will tell you—even when they've just climbed down from a pole in the middle of the night during a rainstorm—there's no better feeling than knowing the power outage they have just restored brought light and heat back into the homes of hundreds of people.

The same goes for the utility truck dispatcher back at headquarters and the media specialist getting the word out about the status of power restoration. Job satisfaction is high among resilience planners working to avoid an outage in the first place and the engineers creating an energy system for the future with renewable energy technologies and utility-scale batteries.

Utility workers know they're powering their neighbors and the nation.

The people behind the power at your electric utility get to know even higher levels of job satisfaction.

Public power utilities offer unique business models led by the consumers who use the electricity. These businesses are committed to improving the quality of life for the local community, from partnering with local groups to bringing broadband to rural areas to working every day to keep the lights on.

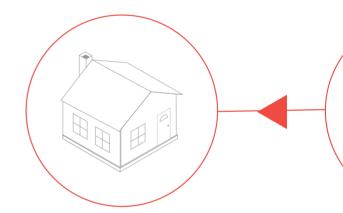
# How Electricity

# Generation

Electricity is produced at a generation facility either by renewable or non-renewable energy sources.



wfec western farmers electric cooperative



# **Distributed Generation**

Distributed generation systems like rooftop solar panels produce electricity when their energy source is available, such as when the sun shines. When the energy source is unavailable, the home or business receives electricity from the grid. If the system produces more electricity than needed, the excess power is sent back to the grid.

# Reaches You

# Transmission Lines and Substations

After the electricity is generated, it travels through high-voltage transmission power lines to electric substations, where the voltage is lowered.

# **Distribution Lines**

Once the voltage is lowered, the electricity travels over distribution power lines, which ultimately deliver the electricity to our homes and businesses.

MIGUEL

# Powered by Tri-State G&T:





# Powered by Western Farmers Electric:







# youth art

November Topic: Happy Thanksgiving! Draw something or someone you are thankful for.

January Topic: Happy New Year! Draw something you want to do in 2024!

## Send Your Drawing

By mail: Youth Editor 614 Don Gaspar Ave. Santa Fe, NM 87505 By email: tcondit@nmelectric.coop

**Deadline:** Submit by the ninth, one month prior to publication.

**Hooray!** Winners receive a \$15 gift card.

Have a Youth Art Topic? Email or mail to the addresses above, or call 505-982-4671.

5 items to include on the back of your drawing, otherwise YOU ARE DISQUALIFIED:

- 1. Name
- 2. Age
- 3. Mailing Address
- 4. Phone Number
- 5. Electric Co-op

DON'T FORGET THESE ITEMS!

Artwork accepted up to age 13.

# Happy Halloween! Congratulations to the Winning Artists!

AJ Gonzales • Age 11 Otero County Electric Cooperative



Marissa Ortiz • Age 12 Jemez Mountains Electric Cooperative

Tatiana Ledezma • Age 8 Central Valley Electric



Josie Marquez • Age 4 Continental Divide

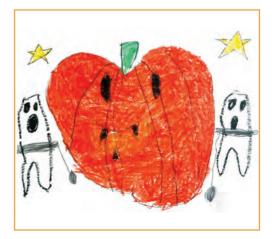




Mya Rivera • Age 6 Mora-San Miguel Electric Cooperative



Anson Vanlandingham • Age 6 Sierra Electric Cooperative







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(1) Outside County0- (2) In-County0- (3) Other Classes0-
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g. Copies Not Distributed
h. Total (Sum of 15f and 15g)
i Percent Paid [15c divided by 15f times 100] 100%

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I certify the statements made by me are correct and compléte. Tom Condit, Editor



# For the Members of Farmers' Electric Cooperative





# ENERGY EFFICIENCY FOR BETTER BUILDINGS

Whether your home or business, the buildings you enter daily consist of several layers that create one building envelope, or shell. The envelope begins with the foundation in the ground and ends with the roof, and includes everything in between such as walls, windows and doors. To save energy and maintain comfort, an envelope should limit the transfer of heat in or out of the building. Improve your building envelope by applying weatherization best practices.

## + AIR SEAL CRACKS AND HOLES

Caulking and weatherstripping are cost-efficient air-sealing techniques that help maintain a comfortable temperature in your space. Air-seal gaps around windows, doors, electrical outlets, and other wall or ceiling penetrations to reduce drafts. Weatherstripping around the interior of door frames and window sashes will also limit drafts in these areas and improve the energy efficiency of your home.

#### + ENSURE ADEQUATE INSULATION

One of the best ways to reduce your energy bills and increase the comfort of your home is by ensuring adequate and effective insulation in your home. The Department of Energy recommends that a home have 12 to 16 inches of attic insulation. However, not all insulation has the same effectiveness for energy efficiency, and as insulation ages that effectiveness declines. There are also several methods for insulation depending on where you live and the part of your home you are insulating (walls, crawlspace, attic, etc.) so it's best to contact a local certified contractor. Check your local building codes for requirements.

#### **+ RESEARCH INCOME-QUALIFED PROGRAMS**

Some income-qualified programs provide air sealing and insulation, along with making sure your home is safe, if you have combustion appliances like a gas furnace or water heater. Certain programs even cover up to 80% of the median area income and provide these improvements at no cost to the homeowner and in many cases renters as well.

To learn more about income-qualified programs, rebates, and incentives for energy-efficient upgrades, contact your local co-op or public power district. Visit us at www.tristate.coop/electrify-and-save



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