

A close-up photograph of a person's torso and hands. The person is wearing a blue denim button-down shirt and tan leather work gloves. They are holding a weathered wooden post with several strands of barbed wire wrapped around it. The background is a blurred outdoor setting with dry grass.

enchantment

The Voice of New Mexico's Rural Electric Cooperatives

**2017 PHOTO
CONTEST:
LIFE ON
THE RANCH**

Kit Carson Electric Cooperative • July 2017

Can't Sleep? Cool Off!

If you have trouble sleeping on warm summer nights—either because you don't have air conditioning or you would rather not use it—here are five ways to ease into cool, comfortable slumber:

1. Keep the bedroom blinds closed all day long. That way, your room won't heat up as much—and it won't have so far to cool down because it will already be more comfortable.
2. Resist the temptation to open the windows at night if the outdoor temperature is hotter than the indoor air. If it's cool out, take the opportunity to open the windows and let in the fresh air and cooler temperatures.
3. Sleep downstairs if possible. Heat rises, so if you sleep in an upstairs bedroom, you'll be warmer than if you stay on a lower floor.
4. Run the ceiling fan. If you don't have one in your bedroom, consider installing one. The fan moves the air around, creating a comfortable breeze that makes the air feel cooler on your skin.
5. Take a cool shower and drink cold water before going to bed.

If these suggestions don't work out for you, contact the co-op office at 575-758-2258 and we'll be happy to talk with you on how to stay cool during the summer.

Safety First on the Fourth

It's the favorite, flag-waving holiday that has something for everyone—parades, picnics, games, fun, and food!



It's also the holiday that requires a little celebration common sense from kids to grandparents. For example:

- Place your grill away from dry grass, bushes, your house and keep it out of the wind.
- Use extreme caution with fireworks. Make sure a knowledgeable person handles the fireworks display.
- Generously apply sunscreen when outdoors, and reapply every two hours, even on cloudy days, and after swimming or sweating.

So celebrate the Fourth of July with safety in mind and enjoy all of the festivities.

The Seven Cooperative Principles

Cooperatives around the world operate according to the same set of core principles and values, adopted by the International Cooperative Alliance (ICA). Cooperatives trace the roots of these principles to the first modern cooperative founded in Rochdale, England in 1844.

Kit Carson Electric Cooperative was formed in 1944 based on the cooperative business model with the foundation of these seven cooperative principles:

1. Voluntary and Open Membership
2. Democratic Membership Control
3. Member's Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation among Cooperatives
7. Concern for Community



Happy Independence Day!
Have a safe and fun Fourth of July. The cooperative will be closed Tuesday, July 4 and will re-open on Wednesday, July 5.



Board of Trustees

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Arthur Rodarte	Trustee	Ojo Caliente	District 3
David Torres	Trustee	Arroyo Seco	District 1

Board Meeting

The board of trustees meets the last Tuesday of the month at 9:00 a.m. in the cooperative boardroom.

VISION



KIT CARSON ELECTRIC COOPERATIVE

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