

CNMEC

Newsletter

A Touchstone Energy® Cooperative 
The power of human connections

CNMEC Newsletter

August 2018

This newsletter is first of a new communication format to be brought to the members of CNMEC. The newsletter will be utilized to bring more and better communication from a different format. CNMEC plans on informing members on a wide spectrum of information about the cooperative and should cover topics such as energy efficiency, renewables and how electricity gets to your home among many other topics. This newsletter will discuss your electric bill and describe what PCA's mean in the billing detail. Of course, we welcome suggestions and ideas from you, the member owners.

Matthew Collins
CEO



Tips and Helpful Hints Regarding Information on Your Bill

The PCA acronym on your bill stands for a Pass-Through Cost Adjustment. CNMEC has multiple PCA's.

PCA 1 represents our fuel pass through adjustment. Actual wholesale purchased power costs that differ from that of the energy rates are passed through in the PCA 1. This factor has risen over the years due to the wholesale power cost increases from what is built into the base rates. This factor is fixed annually and usually changes each February (the February bill is January usage-if factor changes, the new factor usually begins at the beginning of each year). The description on your September bill will be enhanced to further assist in identifying the PCA 1.

PCA 2-5 represent our debt interest expense differences from the costs built into the rates. These factors are currently negative due to CNMEC refinancing and paying off a portion of its debt since the initial base costs were set back in 2007.

PCA 2 is for residential accounts, PCA 3 is billed for irrigation, PCA 4 is for commercial accounts and PCA 5 is for street lights. This factor currently changes monthly. The description on the September bill will be modified to help identify the PCA 2-5.

CNMEC is currently requesting some changes with the NM Public Regulation Commission (NMPRC) to obtain permission to bill a fixed factor for PCA 2-5. Should the request be applied, CNMEC members will benefit from a more consistent factor application. This change has no effect on your rates. You will be receiving additional notification in your August billing that is both required and written by the NMPRC. Should you have questions regarding the notification, please contact our office.

THINK SAFETY

Backpack safety: it's time to lighten the load

Backpacks are a popular and practical way for children, teenagers, and adults to carry schoolbooks, computers, and supplies. When used correctly, backpacks can be a good way to carry the necessities of the school day. They are designed to distribute the weight of the load among some of the body's strongest muscles.

However, backpacks that are too heavy or worn incorrectly can cause problems for children and teenagers. Improperly used backpacks may injure muscles and joints, which can lead to severe back, neck, and shoulder pain, as well as posture problems. Share these guidelines to help your family use backpacks safely.

Choose the right backpack

Look for the following:

- Wide, padded shoulder straps – Narrow straps can dig into shoulders, which can cause pain and restrict circulation.
- Two shoulder straps – Backpacks with one shoulder strap that runs across the body cannot distribute weight evenly.
- Padded back – A padded back protects against sharp edges on objects inside the pack and increases comfort.
- Waist strap – A waist strap can distribute the weight of a heavy load more evenly.
- Lightweight backpack – The backpack itself should not add much weight to the load.
- Rolling backpack – This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs. They may be difficult to roll in snow.

To prevent injury when using a backpack, do the following:

- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may increase curvature of the spine.
- Tighten the straps so that the pack is close to the body. The straps should hold the pack two inches above the waist.
- Pack light. The backpack should never weigh more than 10 to 20 percent of the student's total body weight.
- Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.
- Stop often at school lockers, if possible. Do not carry all of the books needed for the day.
- Bend using both knees, when you bend down. Do not bend over at the waist when wearing or lifting a heavy backpack.
- Learn back-strengthening exercises to build the muscles used to carry a backpack.

Ask your Pediatrician for advice

- Parents can also help in the following ways:
- Encourage your child or teenager to tell you about pain or discomfort that may be caused by a heavy backpack. Do not ignore any back pain in a child or teenager. Ask your pediatrician for advice.
- Talk to the school about lightening the load. Be sure the school allows students to stop at their lockers throughout the day. Team up with other parents to encourage changes.
- Consider buying a second set of textbooks for your student to keep at home.

Source: healthychildren.org

