

CNMEC

Newsletter



A Touchstone Energy® Cooperative



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Unplug With Meaningful Community Programs

Most adults have a vague memory of a time when “checking for messages” meant listening to an answering machine. We carried on with our days without relying on cell phones and managed just fine. But today, we are more connected than ever through our smart phones and other devices.

Our phones are so much more now, from cameras to calendars to social media connections and *truly* disconnecting from them can be tough. But it’s even harder for our kids to unplug because they only know life with these tiny screens. It’s difficult for them to imagine life without computers, gaming devices, tablets or cell phones.

But there’s great value in unplugging for children *and* adults, even if it’s for just a short period of time. For kids, time away from the screen to be outside with other children allows them to connect with nature and others in a way that a virtual experience simply does not allow. They are able to experience life in the moment and allow their creativity and energy to break free.

Fortunately, we have access to great community programs and organizations like 4-H, FFA, Boy Scouts, Girl Scouts, etc. that provide children with a safe place to play, learn and grow, while cultivating new skills and interests.

These types of clubs and programs offer kids an opportunity to explore activities and interests outside of school academics. Children can investigate areas they might not otherwise have access to and discover new interests and passions. They often learn new skills and strengthen existing ones. It’s no secret that the broader the range of experiences and activities children are exposed to, the more likely they are to find their own path and possibly a career. Community programs also foster important leadership development and public speaking skills. Through guided and informal play and activities, children learn problem-solving and interpersonal skills that enable them to resolve conflicts peacefully and improve interpersonal relationships.

Adults can also find meaningful opportunities to spend time with the kids when we *all* unplug. From board games to craft projects to playing in the park, there are many ways we can unplug for some family fun.

While you and your children are disconnecting, take a moment to identify potential energy savings. Unplug electronics that are not in use to avoid “vampire” energy loss. This is the energy that is drained from technology and electronics even when they are not in use. For example, although it is turned off, your TV is waiting to receive a signal from the remote and your DVR is waiting to record the next show or perform an update.

Let’s encourage youngsters to step away from the screens and join in. To play and be part of an organization that helps them connect with others and find meaningful interactions and explore new activities and interests.

When you do plug back in, CNMEC is here to help you save money and energy by connecting you with our energy saving programs and services. While we’d love to see you in person, we’re also just a call or click away at www.cnmec.org (505) 832-4483 or 1-800-339-2521.



We are prepared for the storms

While summer brings much fun in the sun, an active monsoon season can also bring severe thunderstorms. In the event of a power outage, you can trust that CNMEC is ready to respond.

The major cause of most power outages comes from damage to power lines due to falling trees and branches. We work year-round through right-of-way clearing to ensure power lines in our service territory stand little risk of being damaged by trees, branches, or other types of vegetation.

Despite our best efforts, during major storms, damage can occur to transmission lines, substations, and residential power lines. When this happens, our first priority is to safely restore power to as many members as possible in the shortest amount of time.

We start by mobilizing our line crews and other critical staff. Every phone line available is utilized to take your outage report calls. The big problems are handled first like damage to transmission lines, which serve thousands of people. These problems must be corrected before we can focus on other areas where more localized damage may have occurred.

CNMEC's line crews inspect substations to determine if the problem starts there, or if there could be an issue down the line. If the root of the problem is at the substation, power can be restored to thousands of members.

Next, line crews check the service lines that deliver power into neighborhoods and communities. Line crews repair the damaged lines, restoring power to hundreds of people. If you continue to experience an outage, there may be damage to a tap line outside of your home or business. Make sure you notify CNMEC so crews can inspect these lines.

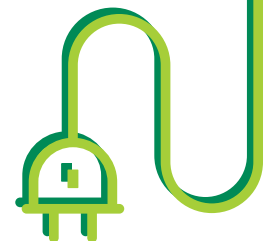
We will do our best to avoid power outages, but sometimes Mother Nature has other plans. Be sure to check www.cnmec.org or download the SmartHub app. on your smart-phone for the latest updates during a power outage.

Energy Efficiency Tip of the Month

Energy used for cooling and heating your home makes up the largest portion of your monthly energy bills.

By combining regular equipment maintenance and upgrades with recommended insulation, air sealing and thermostat settings, you can save about 30% on your energy bills while helping our environment.

Source: energy.gov



Enchantment Magazine is now available digitally on-line. Visit www.cnmec.org and click on the Enchantment Icon

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