A Touchstone Energy® Cooperative

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FLINT HILLS RURAL ELECTRIC COOPERATIVE

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FROM THE MANAGER

Safety Above All Else

Chuck Goeckel

"Safety" is a universal word that is mentioned often and used loosely. Communities large and small as well as companies across all industries are committed to safety. Unfortunately, when it really counts, steps to keep the public, workers, athletes and loved ones safe are often ignored in the interest of expediency or convenience.

However, safety is a serious issue, especially when it comes to electrical safety. For Flint Hills Electric it's the No. 1 priority. Over time, Flint Hills Electric has created a culture of safety by putting our employees' safety and that of the community above all else. At its essence, Flint Hills Electric's mission is to provide safe, affordable and reliable electricity to its member-owners, but equally important, we want to return our workers home safely to their loved ones. To do this requires ongoing focus, dedication and vigilance.

Following Leading National Safety Standards

Working with electricity is an inherently dangerous job, especially for lineworkers. Flint Hills Electric has a safety team whose focus is keeping employees and the community safe around electricity. We established and follow safety protocols based on leading national safety practices for the utility industry. We require our lineworkers to wear specialized equipment and follow specific protocols when working next to or with power lines. Our employees have regular meetings to discuss upcoming projects from a safety perspective. They monitor and track near-misses of accidents in order to understand them,

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Happy 4th of July

Flint Hills Electric will be closed on Wednesday, July 4, in observance of Independence Day. Have a safe and happy holiday.

Save Energy with LEDs

LED lights last up to 30 times longer than incandescents. Below are LED lighting suggestions for your home.

Living Room Lamps
Table or floor three-way lamps using LED bulbs provide 620, 1,600 or 2,150 lumens of soft white light and deliver up to 25,000 hours of light.

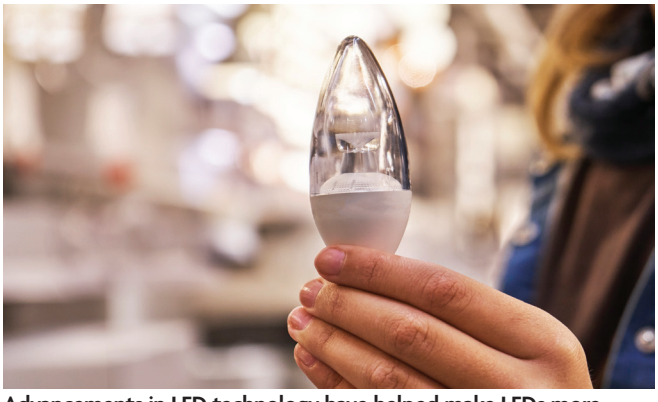
Kitchen
Dimmable recessed LED conversion lights add a warm glow of up to 1,200 lumens and add far less heat to your kitchen. Each bulb could last 10 years.

Bedrooms & Hallways
Long-life LEDs are ideal for ceiling fixtures. A 9-watt LED produces the same 800 lumens of light as a 60-watt incandescent and uses about 80 percent less energy.

Bathrooms
Omnidirectional LED globe bulbs are designed to provide a warm glow ideal for bathrooms. A 6-watt bulb produces 450 lumens and lasts up to 15,000 hours.

Outdoors
A 6-watt, 500 lumen LED bulb can replace a 40-watt incandescent bulb. Designed to last up to 30,000 hours, it could be a one-time switch.

LEDs Shine Light on Energy Savings



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Advancements in LED technology have helped make LEDs more affordable and consumers now have more product options, like this LED chandelier light bulb.

When it comes to lighting, the potential for energy efficiency is just too great to ignore. Around the home, changing bulbs can change your electric bills, and the monthly savings can add up quickly.

"Lighting efficiency upgrades have long been the poster child of energy efficiency," said Alan Shedd, director of energy solutions for Touchstone Energy.

That's because consumers regularly use dozens of bulbs in fixtures out of necessity and convenience. According to the U.S. Department of Energy's Energy Information Administration, nearly 130 billion kilowatt-hours of electricity are consumed by residential lighting each year, representing about 9 percent of all home energy use.

As light emitting diode (LED) design options increase and prices decrease more consumers see LEDs as an alternative to carbon filament incandescent bulbs first popularized by Thomas Edison in the 1880s.

"The economics make sense," Shedd said. "When LED lamp products were $20, it was a tough sell, but now for a couple of bucks you can get a lamp that saves energy and lasts 10 times longer."

To get an idea of your potential for energy savings, complete a home inventory. Don't just count fixtures—count bulbs, checking wattage, and whether they are dimmable, three-way or require special bases. Also note the type of bulb currently in use: incandescent, halogen, compact florescent lights (CFL) or straight or circular florescent tubes. Be sure to include hallways, garages and storage areas in your inventory.

There's a good chance your total bulb count will range between 50 and 75, which is the average bulb count for a single-family home.

Savings Add Up

In 2009, 58 percent of U.S. households had at least one energy-efficient bulb indoors. By the spring of 2016, 86 percent of all households used at least one CFL or LED bulb, and nearly 20 percent of all households had completely abandoned incandescent bulb use.

Since passage of the Energy Independence Act of 2007, electric cooperatives, including Flint Hills Electric , have promoted energy efficient lighting by sharing information on potential savings.

The federal law mandating a 25 percent increase in lighting efficiency led many U.S. manufacturers to phase out incandescent bulbs of 100 watts or more.

In recent years, manufacturers have focused more on lighting efficacy, energy efficiency and cycle longevity. That's led to major increases in the projected hours of use and lower failure rates.

Halogen varieties available for residential applications can produce excessive heat, which is a consideration during cooling season when HVAC systems get the most use.

Many consumers don't like the lighting quality offered by CFLs, which can also be prone to failure due to heat build-up when used in closed lighting fixtures.

While LED lighting was initially expen-

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LEDs Shine Light on Energy Savings

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sive and limited to warm white or a few color temperatures and designs, market acceptance and continued research have forced prices down, and led to an expanded variety of products.

Lumens Not Watts

Cashing in on lighting efficiency can get easier if we rethink the way we buy and use the lighting products.

Many consumers resist switching from ounces to grams, miles to kilometers or Fahrenheit to Celsius when discussing measurements and temperatures. But, when it comes to lighting, thinking lumens instead of watts makes sense, because it could save you dollars and cents.

Cool white, soft white, dimmable, decorative, three-way, decorative and color are now among the options, with LEDs taking up an increasing share of shelf space in the lighting sections of stores.

"The wide range of products is the biggest challenge—used to be a lamp was a lamp—you pretty much knew what you were getting," Shedd said. "Now, the shelves are packed with a dizzying array of choices."

According to Shedd, education or re-education is the key.

When LED lamp products were $20, it was a tough sell, but now for a couple of bucks you can get a lamp that saves energy and lasts 10 times longer

Once a consumer knows lumens are a measurement of the amount of light given off by a bulb, they understand the lower the lumens, the dimmer the light.

"Sure, lumens can be confusing—we didn't grow up with that," Shedd said. "But showing that a 1,000 lumen lamp is equivalent to a 60-watt incandescent bulb is a short-term fix."

While replacing CFL bulbs with LEDs saves less energy, consumer preferences have driven a shift away from CFLs, in part because of color and lighting quality.

"The energy savings and life expectancy of an LED is incrementally better," Shedd said. "The early CFLs did not offer good color, they took a long time to reach full brightness, particularly in cold environments, and some failed prematurely—especially if they were used in enclosed fixtures."

Play it Safe on the Field around Lightning

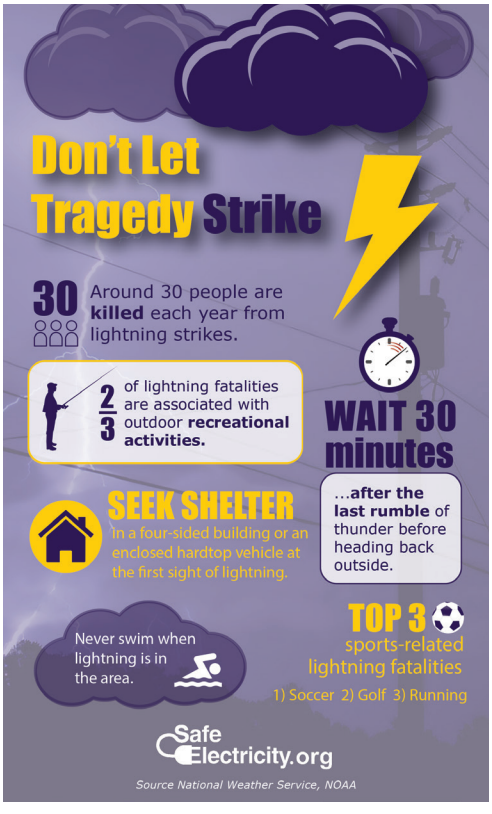
There's nothing like spending a day outside enjoying your favorite sports activity, whether it's on a golf course, baseball diamond, or fishing boat. When the weather is right for outdoor sports, it can also be perfect conditions for a thunderstorm to roll in, with the potential for lightning. About 30 people are killed by lightning each year, according to the National Weather Service. Two-thirds of those fatalities are associated with outdoor recreational activities. Safe Electricity wants you to be safe this season with the following tips to protect you while participating in outdoor sports.

- **Organized sports activities should have a designated official** that will watch for approaching dark clouds and any lightning in the area. Anyone participating in outdoor sports should have a lightning safety plan with tips on: when the activity should be stopped, where people should go for safety, and when activities can resume.
- **Stop outdoor activity if you see lightning.** Lightning can strike up to 10 to 15 miles away from the storm. Follow the simple phrase: "When Thunder Roars Go Indoors."
- **No place outside is safe during a storm including dugouts, sheds or rain shelters.** If you don't have access to a sturdy building, a hard-topped metal vehicle with the windows rolled up would provide good protection from the elements.

Because electrical charges can linger in clouds even if the storm has passed, weather experts recommend you wait 30 minutes since you last heard thunder before resuming any outdoor activity. If it is an organized sports activity the designated official should make the call on when to return to the field.

Whether it's an organized sport or a round of golf with friends, keep safety in mind this season and don't let lightning strike you out.

For more information on storm safety, visit SafeElectricity.org.



Safety Above All Else

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share "lessons learned" and how to improve in the future.

As importantly, we encourage all of our crews to speak up and hold each other accountable for safety. By cultivating a culture of openness and transparency, we promote problem-solving, rather than defaulting to a blame game. We examine the information and data gleaned from near-misses and accident reports to discern patterns and use safety metrics to improve in those areas where we have fallen short. As appropriate, we brief contractors on our safety protocols and set expectations for their engagement.

Because we live and work in the community we serve, we care about our neighbors. Flint Hills Electric conducts electrical safety demonstrations in schools and for community events.

According to the Electrical Safety Foundation, each year thousands of people in the United States are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in their own homes. Many of these accidents are preventable. There is much you can do to keep yourself and your community safe around electricity.

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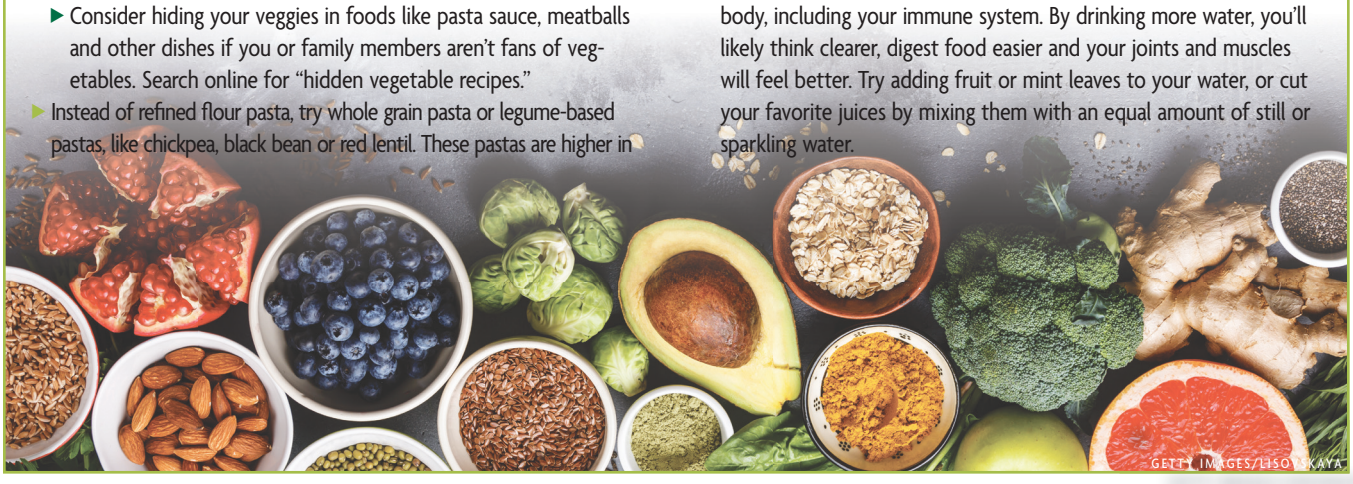
Don't attempt electrical DIY projects or overload your outlets. Report downed power lines, unlocked substations or padmount transformers that look amiss.

Contact Flint Hills Electric at 620-767-5144 for additional electrical safety tips.

Add Not Subtract: Creating Healthy Habits

Instead of focusing on what to remove from your meals, try adding a few new habits to make your meals healthier!

- Add more vegetables the easy and tasty way.
  - Grab the microwavable steam bags from the freezer section. Top with your favorite herbs or a sprinkle of cheese to make them tastier.
  - Wash and cut fresh vegetables—like broccoli, cauliflower, carrots or sweet potatoes—into bite-size pieces, toss in a little olive oil, salt, garlic and herbs then roast at 425 degrees for 20 to 25 minutes for crisp-tender veggies.
  - Supplement your breakfast eggs with sautéed veggies, like mushrooms, peppers, onions and other favorites, to power your day. When sautéing, replace butter or coconut oil with olive oil to trade saturated fats for healthier fats.
  - Add avocado to your sandwich for a dose of healthy fats and good cholesterol.
  - Consider hiding your veggies in foods like pasta sauce, meatballs and other dishes if you or family members aren't fans of vegetables. Search online for "hidden vegetable recipes."
- Instead of refined flour pasta, try whole grain pasta or legume-based pastas, like chickpea, black bean or red lentil. These pastas are higher in fiber, which can help you feel fuller longer. You can even mix them half and half with traditional pasta.
- Add more protein and fiber to your diet by trying quinoa instead of rice. Though the calorie counts are similar, quinoa has more protein and fiber than brown rice.
- Beat the mid-afternoon sugar craving. Keep apples, tangerines, berries or another favorite fruit on-hand to satisfy your need for sugar. Eat your fruit with peanut or almond butter for extra protein and fat to keep you feeling full after your snack. If you're craving chocolate, try a vanilla or chocolate Greek yogurt (with active cultures), add some dark chocolate chips, nuts and berries. You'll feel like you're indulging while giving your body important nutrients, like probiotics, calcium and an array of vitamins and minerals.
- Drink more water. Increasing your water intake can help curb cravings, boost your energy and support every single system in your body, including your immune system. By drinking more water, you'll likely think clearer, digest food easier and your joints and muscles will feel better. Try adding fruit or mint leaves to your water, or cut your favorite juices by mixing them with an equal amount of still or sparkling water.



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