A Touchstone Energy® Cooperative
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www.flinthillsrec.com

FLINT HILLS RURAL ELECTRIC COOPERATIVE

NEWS

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For more information, call us at 620-767-5144 or visit our website at www.flinthillsrec.com

This institution is an equal opportunity provider and employer

FROM THE MANAGER

Conserve Energy During Summer Months


Chuck Goeckel

The dog days of summer are upon us and this means we will do what we can to keep our homes as comfortable as possible. Did you know that one hour, the peak demand hour, during the months of July and August costs us the most in wholesale electricity? That one hour costs the co-op approximately $115 per kWh, equivalent to two weeks of electricity for the average home for just one kWh.

The peak alert hour will occur during the peak alert hours of 3-6 p.m. weekdays during the months of July and August. The more we conserve during those times the more the co-op saves benefitting you as a member of the co-op.

Peak Alert Saving Program

Flint Hills REC has created the Peak Alert Savings Program to pass savings on to you. To qualify for the program, you must be signed up and make a qualifying reduction of energy usage during our peak demand hour. There is no charge to participate in the program and you are not billed extra if you cannot make the reduction when the peak hour occurs. Simply, if you reduce your usage enough during the peak hour of July and August you will save on your electric bill. If you have not signed up for the program, please call our office for more details at 620-767-5144 or visit our website at www.flinthillsrec.com.

Free notification of Peak Alert Days

Flint Hills REC offers a free notification service to let you know what days are considered peak load days. The notification can assist you with when the peak demand hour may occur. On these days, we will place a notice on our website, and we will send an email or text message to you. To receive these notifications, you will need to select

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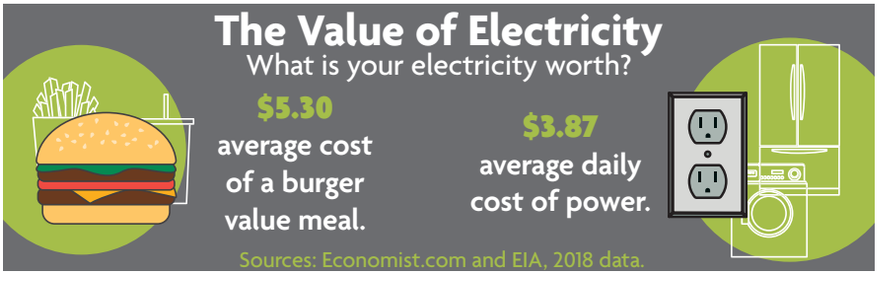

Conserve Energy

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this option through SmartHub or the SmartHub app.

Shifting to Off-Peak Periods

One of the best ways to conserve energy during the peak alert hours of 3-6 p.m. in July and August is to shift usage out of that time frame (off-peak periods). By performing some of your daily chores such as running the dishwasher or doing laundry during off-peak hours when people are using less electricity, you can help reduce the co-op's peak demand hour. Use your programmable thermostat to adjust the settings so that your heating and air conditioning systems sync with the off-peak periods. Use automatic timers to run hot tubs, pool pumps, water heaters and other appliances in the same way. Program the timers to coincide with the less expensive off-peak times.

Other Things You Could Do Would Be:

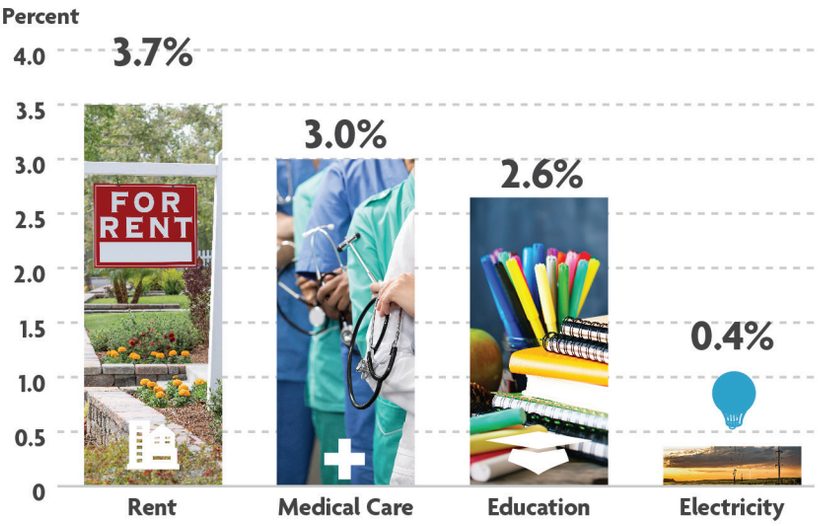
- **WATERING:** If you have a well, you could save by watering your garden or plants during off-peak hours during the summer.
- **COOKING:** It takes a lot of energy to keep a stove hot when cooking food. Using a microwave or toaster oven saves, especially during that 3-6 p.m. time slot in July and August. A microwave uses approximately 1/8 of the electricity to heat food that your stove does. You could also use grills or other small cooking appliances outdoors during the summer to reduce the amount of heat created inside the house.

As your trusted energy adviser, we're here to help. If you have questions about your bill or additional ways to save energy, please let us know. We're only one click or phone call away.

ELECTRICITY REMAINS A GOOD VALUE

The cost of powering your home rises slowly when compared to other common expenses. Looking at price increases over the last five years, it's easy to see electricity remains a good value!

Average Annual Price Increase 2014-2019



Sources: U.S. Bureau of Labor Statistics & Consumer Price Index

DO NOT GET OUT

If your machinery, vehicle or other equipment makes contact with a power line, guy wire or electrical box, do not get out of your cab. Stray power could energize your equipment and the ground.

To avoid becoming electrocuted:

- Call 911 and wait for us to arrive to cut the power.
- Wait to exit your cab until the power is de-energized.

In rare cases you may need to exit your cab due to smoke or fire. If you must get out, make a solid jump out without touching any part of the tractor or vehicle, and hop away as far as you can, keeping both feet together as you hop.

What are GFCIs and AFCIs?

We have probably all heard the terms GFCI and AFCI when it comes to electrical safety, but what do the letters stand for? And how do these letter-heavy, acronym-named devices help keep us safe?

GFCIs

GFCIs, or ground fault circuit interrupters, help protect against electrical shock and electrocution. It is important to test and reset the red outlet (GFCI) buttons monthly to ensure they are working properly. GFCIs are typically installed in outlets or circuits close to water sources in and outside of the home.

When they are in working order, GFCIs help prevent shock by detecting current variations along the electrical path. If a person's body starts to receive a shock because of current variations, the GFCI senses this and cuts off the power.

According to the National Electrical Code, a "ground fault" is a conducting connection (whether intentional or accidental) between any electric conductor and any conducting material that is grounded or that may become grounded.

In other words, a ground fault happens when an electrical circuit malfunctions, causing the electrical current to seek a path to ground other than through the intended wires. A human or animal in the wrong place at the wrong time could become that "path to ground" or conduit of electricity.

AFCIs

AFCIs, or arc fault circuit interrupters, are required by the National Electrical Code for some, but not all, electrical circuits in the home. The device breaks the circuit when it determines a dangerous electrical arc, which is a discharge between two electrodes that can cause intense heat or light. The extreme heat of an arc can cause a fire, so that is why AFCIs are required by code.

Most people associate arcs with welding, but they can happen in the home or when the conductors on a power line are interrupted, such as when a tree falls on it or a car strikes a utility pole and the line falls.

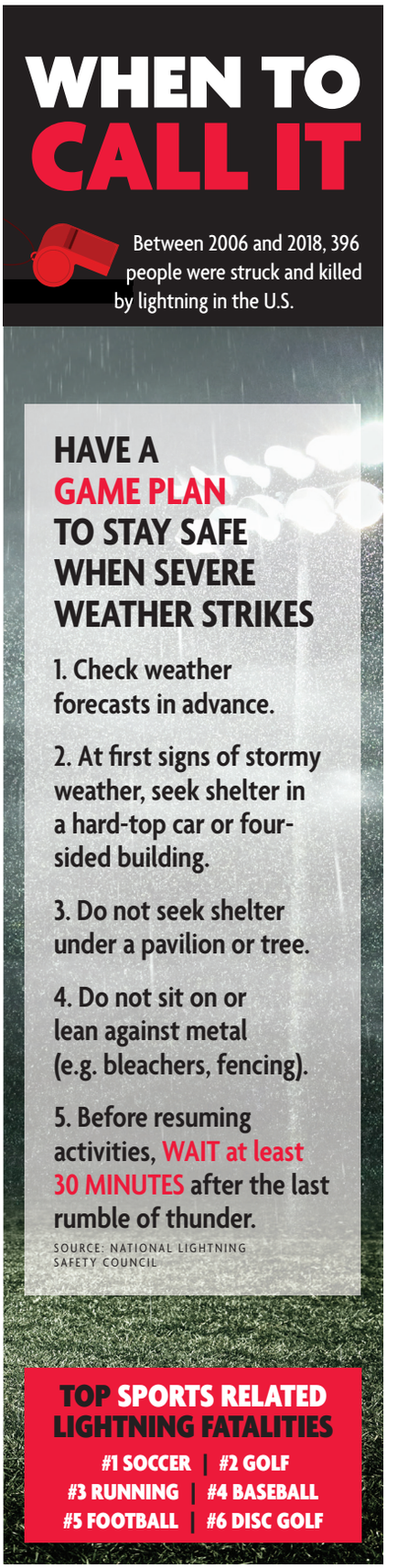
Much like a GFCI is to a ground fault, the AFCI breaks the circuit when it detects an arc or abnormalities in the flow of electricity. That safeguard or break in circuit helps prevent a fire or other arc-related electrical damage. The temperatures of an arc can exceed 10,000 degrees.

An AFCI can distinguish between insignificant, harmless arcs and the undesirable kind that could start a fire or cause damage. Benign or uneventful arcs can be an everyday byproduct of using switches and plugs in good working order.

What are Arcs and Ground Faults, Again?

So, in review, an arc fault is the unintended result of current flowing through an unplanned path. A significant arc can cause burning particles that can easily ignite the materials around it, drywall, insulation or wood.

And a ground fault? A ground fault happens when stray electricity takes an unintentional pathway and the current flows directly to the earth, into the ground. If you become part of that path, the result could be shock or electrocution.



FAMILY PICNIC COLORING SHEET

An outdoor picnic is a great way to spend time with your family! Cooking outdoors also helps you save energy because you don't have to use appliances that heat up your home.

Energy Explorers