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# NEWS

## FLINT HILLS REC

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**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**

## FROM THE MANAGER

# Electricity Provides Powerful Value



**Chuck Goeckel**

If you're like me, there are aspects of your life that become sort of a daily routine. Some of you may get ready for work, get in your car and drive to the coffee shop on the way to the office. At lunchtime, you may drive to the nearest fast-food location and get lunch. At the end of the day at home, you may stream an episode or two of your favorite show before bed.

As we all look for ways to save money in this age of increasing inflation, I began to think about daily

routines and how much value they provide compared to the money we spend. For example, a morning latte will cost about \$6, a fast-food combo with a burger, fries and a drink can set you back \$10, and your Netflix subscription is about \$16 each month. All these daily expenses totaled around \$85 a week, or about \$340 monthly. And what is the real value — short-term satisfaction and a larger waistline? Even if you start packing your own lunch, your latte is still costing you about \$120 a month. This got me thinking — is this the best value for your money?

The average daily cost of residential electricity is about \$5.33, and the average monthly electric bill for residential members of Flint Hills REC

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**DID YOU KNOW THE AVERAGE DAILY COST OF ELECTRICITY IS \$5.33, OR ABOUT \$160 PER MONTH?**

Electricity fuels our daily life essentials, from heating/cooling equipment to entertainment devices and appliances. Think of how vital power is compared to other everyday purchases.

*That's real value.*

## WHERE DO YOU FIND Value?



**Morning To-Go Latte**



**Fast-Food Combo Lunch**



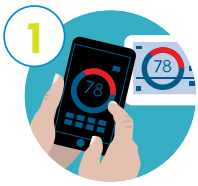
**All-Day Power**

SOURCES: FLINT HILLS ELECTRIC, MONEYGEEK AND CNET

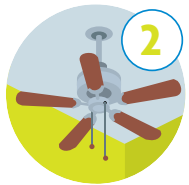
## Tips to BEAT THE SUMMER PEAK

When we all work together to lower energy use during peak hours, we can lock in lower electricity rates, so everyone saves.

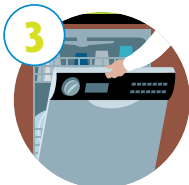
Here are a few simple ways to save during peak summer hours.



**1** Raise the thermostat a few degrees.



**2** Use ceiling fans (in occupied rooms) to feel cooler.



**3** Avoid using major appliances.



**4** Close drapes and blinds to block heat from the sun.



**5** Turn off and unplug non-essential electronics and lights.

## Electricity Provides Powerful Value

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is \$160. You could power your entire home every day for the price of a medium latte. You could brew your own coffee, cook your own meals, binge a series and run on a treadmill for less than the cost of that drink. Now to me, that's real value.

Electricity provides benefits that we often take for granted. It goes well beyond short-term satisfaction by allowing us to charge devices and have cold food and hot water, all in a comfortable indoor climate. Besides the privilege it affords, electricity has also remained relatively cost-stable even amid rising inflation.

As a member-owned cooperative, Flint Hills REC does everything in our power to ensure your costs stay reasonable and that electricity remains a great value for our members. It's not always easy, as there are several factors beyond inflation that impact the price of electricity — some within our control but most beyond it.

The cost of electricity can fluctuate due to supply and demand, infrastructure investment, maintenance and operational expenses. Weather patterns also contribute, affecting both demand and generation capabilities, with extreme conditions leading to heightened energy use or disruptions. Government policies, such as subsidies for renewable energy or taxes and regulations on emissions, shape electricity costs as well. Your electric co-op considers all these aspects when adjusting rates, and because we're a cooperative, we consider the impact of those costs on our members as well.

As our community continues to rely on electricity for nearly everything in our homes, schools, hospitals and businesses, we need it to be reliable and affordable. You can be assured, Flint Hills REC always puts you top of mind and works each day to ensure electricity remains the best value for your money.

## ENERGY EFFICIENCY TIP OF THE MONTH

Placing heat sources, such as lamps, computers or TVs, near your thermostat can result in false temperature readings, increased energy use and inconsistent cooling/heating. Make sure your thermostat is installed in an area clear of obstructions, electronic devices, direct sunlight and drafts. Ensuring your thermostat is free from these types of interferences optimizes energy efficiency, improves indoor comfort and reduces wear and tear on your cooling/heating system. **SOURCE: WWW.ENERGY.GOV**



**LABOR Day**  
*Office Closing*

In observance of Labor Day, our office will be closed on **MONDAY, SEPT. 2.**

# Flint Hills REC Sponsors Carlson on Trip to Nation's Capital



**OLIVIA CARLSON**, rising junior from Centre High School, recently represented Flint Hills REC at the 2024 Electric Cooperative Youth Tour in Washington, D.C., held June 14-20.

During their time in Washington, D.C., students deepened their understanding of America's electric cooperatives and honed their leadership abilities alongside peers from the electric cooperative community. The application process involved students taking a test about electric cooperatives and completing an interview at the cooperative.

Youth Tour kicked off in Topeka with a lively dinner, followed by an exclusive night tour of the Kansas State Capitol led by State Treasurer Steven Johnson and Kansas Rep. Kyle Hoffman, both alumni of electric cooperatives youth tours. While in Washington, D.C., students explored iconic landmarks such as the U.S. Capitol, the White House, Arlington National Cemetery and Mount Vernon. They also visited the Holocaust Memorial Museum and Smithsonian museums to further enrich their appreciation for history

and culture. Students also enjoyed memorable experiences like pin trading with students from other states' delegations and a scenic dinner cruise on the Potomac River.

During the National Rural Electric Cooperative Association's (NRECA) National Youth Day on June 19, students were inspired by a lineup of motivational speakers. Among them were Paralympic Gold Medalist Mike Schlappi, NRECA's CEO Jim Matheson, representatives from the NRECA International Program, and the 2024 National Youth Spokesperson Hayley Dorsey.

Students also met with U.S. Sen. Jerry Moran and asked questions on a variety of topics important to them.

"This trip has taught me so much about how to appreciate our country," Carlson said. "The Vietnam Veterans Memorial impacted me the most. There were so many names of people who served and gave their life for our country. I am also inspired by the beauty of all the architecture. Each memorial and museum remind me



**Olivia Carlson**, rising junior from Centre High School, poses at the U.S. Capitol during the Electric Cooperative Youth Tour.

to enjoy everything I have in life. My favorite memory has been the boat cruise. We enjoyed great food, the water, and the sunset. There was also a fun dance floor. I have also enjoyed making many, many friends across the state."

For more information about youth programs, please contact Flint Hills REC at 620-767-5144.

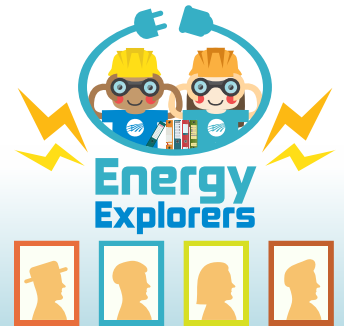
Delegates jump for joy after visiting the White House.



# BACK-TO-SCHOOL SAFETY CROSSWORD PUZZLE

As you gear up for a new school year, practice electrical safety in the classroom and at home. From powering electronic devices to spending time outdoors with friends, always play it safe around electricity.

Read the clues below to complete the crossword puzzle, then double-check your answers in the key.



**ACROSS**

- Never insert anything other than a \_\_\_\_\_ into an electrical outlet.
- When outdoors, stay away from pad-mounted \_\_\_\_\_, big green boxes that lower electricity voltage.

**DOWN**

- Never play around \_\_\_\_\_ when you're outside; you can get hurt!
- Don't yank on a \_\_\_\_\_ when unplugging it. Instead, grab the base and pull from there.
- Always make sure your hands are \_\_\_\_\_ before plugging anything in.

## ANSWER KEY

- 1. ACROSS  
PLUG
- 2. DOWN  
CORD
- 3. DOWN  
DRY
- 4. ACROSS  
TRANSFORMERS
- 1. DOWN  
POWER LINES
- 2. DOWN  
POWER LINES
- 3. DOWN  
CORD
- 4. ACROSS  
TRANSFORMERS