




A Touchstone Energy® Cooperative 

P.O. Box B  
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620-767-5144  
[www.flinthillsrec.com](http://www.flinthillsrec.com)



## FLINT HILLS RURAL ELECTRIC COOPERATIVE

# NEWS

### Flint Hills RECA

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General Manager

### FROM THE MANAGER

## Reduce Your Demand



**Chuck Goeckel**

If you look around your home, you likely have more devices and equipment that require electricity than ever before. Our connected lives

are increasingly dependent on more electricity to function. At the same time, as demand for electricity rises, Flint Hills REC must deliver an uninterrupted 24/7 power supply — regardless of market conditions or other circumstances.

As you would expect based on your family's habits, electricity use fluctuates throughout the day based on your demand. Flint Hills REC must provide enough electricity to meet the energy needs of all members during times of highest energy use or "high demand hours." These high demand times are typically in the morning as people start

their day and in the evening as people return to their homes.

What you may not know is that electric utilities, including Flint Hills REC, typically pay more for electricity — either from a power plant or from another utility with excess power — during those morning and evening "energy rush hours." In addition, the demand for electricity is even higher when it's especially hot or cold outside, when heating and cooling systems must run longer to warm or cool our homes.

If the "high demand times" concept is a bit puzzling, here's an easy way to think about it, and it's similar to a major concert. We know costs go up when there is strong demand for tickets (or electricity), and both are subject to the basic economic laws of supply and demand. When a lot of people want the same thing, it's more expensive. When they don't, it's cheaper — like a bargain matinee or an "early bird" special at a restaurant.

With the new billing demand

*Continued on page 12B ▶*

### Member Services

- ▶ Viasat Internet Services
- ▶ Online Payment Options
- ▶ Outside Security Lighting
- ▶ Power Surge Protection
- ▶ Rebate Programs

For more information, call us at 620-767-5144 or visit our website at [www.flinthillsrec.com](http://www.flinthillsrec.com).

**This institution is an equal opportunity provider and employer**

## Notice of Rate Change

At the Dec. 19, 2022, open board meeting, the Flint Hills Board of Trustees voted to accept the rate changes proposed, as published in the December 2022 *Kansas Country Living* magazine. This rate took effect on Jan. 1, 2023.

SAVE THE DATE – MARCH 30

# ANNUAL MEETING

MAKE PLANS TO ATTEND THE FLINT HILLS RECA ANNUAL MEETING

HERINGTON COMMUNITY BUILDING

Dinner will be served at 6:30 p.m. Your annual report and ballot will be included with the March *Kansas Country Living* magazine.JOIN US  
MARCH 30

## Reduce Your Demand Continued from page 12A ►

component starting Oct. 1, 2023, you will have the ability to save on your electric bill by recognizing the “high demand times” and moving usage to other times of the day.

By spreading out when you use various electrical equipment and implementing energy efficiency improvements you can reduce your kilowatt (kW) demand.

For example, try not to run high usage appliances at the same time, such as the clothes dryer and dishwasher, move the usage of these types of items to a different time of day and not run them at the same time.

Look for energy efficiency improvements, like sealing all cracks and leaks around your home’s exterior, make sure you

have adequate insulation in your home, and sign up for our peak alert rebate program. These are just a few examples that will help reduce your demand. We will continue to provide information about kW demand and how to manage that demand in future articles of the *Kansas Country Living* magazine and on our website. For more information on demand please visit our website at [www.flinthillsrec.com](http://www.flinthillsrec.com) or feel free to call our office at 620-767-5144.

The kW demand charge will better recover what each member costs the co-op and help reduce the subsidies between members among rate classes. It will also give each member the ability to reduce their bill.

## Be Prepared: 5 Tips to Make Your Home More Secure

These days, soaking in daily news can make the world feel like a scary place. We use home security systems, smart doorbells and smart locks; all help protect our homes. At the other end of the spectrum, our close-knit communities can feel safe, which can lead to complacency. Many of us can recall growing up in a home where the doors were never locked, and it felt like everybody knew everybody.

In either case, assessing your home’s overall security (or lack thereof) is a good idea. Here are five safety tips to help make your home more secure:

**1 ASSESS ENTRY POINTS.** Take a tour of the outside of your home and think like a burglar. Consider which windows and doors would be easy to break or climb through. Then, look through the windows and see if expensive items are on display. Make sure each window and door can lock

and draw curtains or close blinds when you are not home.

**2 LOCK SECOND-FLOOR WINDOWS AND DOORS.** “Second-story men” are burglars who prefer to break into a home on an upper story because they know that most homeowners do not tend to lock upstairs windows and doors (e.g., the door off a deck). Be sure to lock them before you leave. In addition, lock up any ladders you keep outside.

**3 LOCK THE DOOR TO THE GARAGE.** Although it is easy to lock when you are inside your house but a pain to unlock when returning home, always lock the door between your garage and your home. Many people do not lock this door when they are away since the garage door is shut. However, a garage door is relatively easy to open. Home invaders

can simply pry it open or use a factory-setting opener.

**4 UPDATE YOUR GARAGE CODE.** Change your garage code at random intervals instead of on a predictable schedule, such as when the clock changes due to daylight saving time. (Moving the clock up or back an hour is a great time to check the batteries in smoke detectors and carbon monoxide alarms, however.)

**5 DO NOT FORGET SLIDING DOORS.** A bar inserted at the base of a sliding door is an inexpensive safeguard. This ensures that sliding glass windows cannot be opened or jimmied without breaking the glass. This will frustrate invaders and the sound of breaking glass can buy you time to call for help.

Taking the time to think like a burglar and checking your home’s entry points can help keep you and your family safe.

# Students Invited to Apply for Leadership Opportunities

Flint Hills REC has a strong tradition of promoting youth leadership and that tradition will continue with two in-person leadership programs this summer. Flint Hills REC will select two individuals and they will have their choice to attend one of two all-expenses-paid trips to either the Electric Cooperative Youth Tour or the Cooperative Youth Leadership Camp.

The two winners will also receive a \$500 scholarship. We will also select an alternate in the event one of the winners can not attend their trip and the alternate will receive a \$300 scholarship.

The contest is open to all current high school sophomores and juniors in Flint Hills' service area whose parents or guardians are members of Flint Hills RECA. Contest entrants will be interviewed and required to take an open book test covering material that will be made available to each contestant.

## Electric Cooperative Youth Tour — June 15-22, 2023

Students will join youth from across the nation in Washington, D.C. They will see the monuments and other attractions, as well as visit Capitol Hill to learn more about how our government works. Those selected for this experience also can apply for the Kansas seat on a national youth leadership council.

## Cooperative Youth Leadership Camp — July 14-20, 2023

Held near Steamboat Springs, Colorado, high school students from electric cooperative communities in Colorado, Kansas, Oklahoma and Wyoming participate in this leadership camp. Together, they will create a candy cooperative, hear from dynamic speakers, and raft down the Colorado River.

## How to Apply

If you know of a student with strong leadership potential who is ready for new experiences, would like to network with other student leaders, and is willing to learn more about themselves and their communities, encourage them to apply for these incredible leadership opportunities. To apply, you can call our office at 620-767-5144, email us for an application at [memberservices@flinthillsrec.com](mailto:memberservices@flinthillsrec.com) or visit our website at [WWW.FLINTHILLSREC.COM/YOUTH-TOUR](http://WWW.FLINTHILLSREC.COM/YOUTH-TOUR). **APPLY BY MARCH 1, 2023.**

### *Electric Cooperative Youth Tour*



Youth Tour delegates pose outside the White House.



During Youth Tour, students visit many of the memorials around Washington, D.C.

### *Cooperative Youth Leadership Camp*



At camp, youth form a candy cooperative, learning the ins and outs of the co-op business model.



Campers go whitewater rafting during camp to test their communication and teamwork skills.

## APPLICATION Due March 1, 2023

Complete and return this application to Flint Hills RECA, Attn: Travis Griffin, P.O. Box B, Council Grove, KS 66846, or [tgriffin@flinthillsrec.com](mailto:tgriffin@flinthillsrec.com).

\_\_\_\_\_  
Name of Applicant

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State Zip

\_\_\_\_\_  
School

\_\_\_\_\_  
Year in School

\_\_\_\_\_  
Name of Parent(s)/Guardian(s)

\_\_\_\_\_  
Phone Number

**I AGREE THAT ALL INFORMATION SUPPLIED IN THIS APPLICATION IS ACCURATE AND TRUE.**

\_\_\_\_\_  
Signature of Applicant

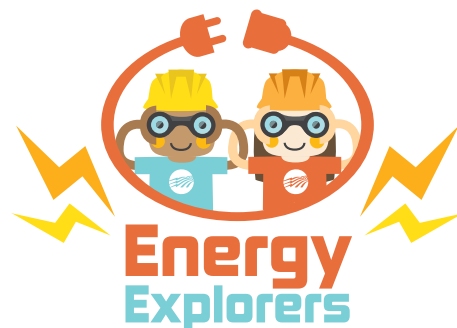
**I HEREBY GRANT PERMISSION FOR TO APPLY FOR THE 2023 COOPERATIVE YOUTH LEADERSHIP CAMP OR ELECTRIC COOPERATIVE YOUTH TOUR SPONSORED BY FLINT HILLS RECA.**

\_\_\_\_\_  
Signature of Parent or Legal Guardian

# ELECTRICAL SAFETY WORD SCRAMBLE

Electricity is essential for our daily lives, but it can also be dangerous if you don't play it safe!

Read the safety tips below and unscramble the **BOLDED** text to complete the phrase. Use the answer key to double check your work.



▶ Never place extension **RDSOC** under rugs or carpet.

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▶ Make sure electrical cords are not **YRAFDE** or broken.

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▶ Smoke **MAALSR** should be tested every month.

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▶ Place electrical cords in areas where you won't **ITPR** on them.

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▶ Keep flammable items at least 3 feet away from space **SHETEAR**.

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▶ Electricity and **rwtea** never mix.

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Answer key: 1. cords 2. frayed 3. alarms 4. trip 5. heaters 6. water