



P.O. Box B | 1564 S. 1000 Road, Council Grove, KS 66846  
620-767-5144 | [www.flinthillsrec.com](http://www.flinthillsrec.com)



# NEWS

## FLINT HILLS REC

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THIS INSTITUTION IS AN  
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## FROM THE MANAGER

# Understanding Your Electric Bill

Just as inflation has impacted everything from the price of gasoline to the price of eggs, costs to produce and deliver electricity have also risen. This is a timely topic, so we wanted to help explain some of the factors that impact electricity prices (and energy bills) in this month's issue of *Kansas Country Living*.

While there is no short answer, there are a few key elements that impact electricity prices and rates. Some of these factors Flint Hills REC can manage, some of them you can impact, and other factors are beyond our control. So, let us break it down.

There are four primary parts to your monthly electric bill: a service charge, an energy charge, demand charge and a Power Cost Adjustment (PCA). To understand your total energy costs and what impacts your bill, let's unpack one piece at a time.

The first is a fixed monthly service charge, which covers the costs associated with providing electricity to your home. This includes equipment, materials, labor and operating costs

necessary to serve each meter in Flint Hills REC's service territory, regardless of the amount of energy used. To ensure the reliable service you expect and deserve, we must maintain the local system, including power lines, substations, and other necessary equipment.

Like many other businesses, we've experienced supply chain issues and steep cost increases for some of our basic equipment. When these types of fixed costs increase, eventually the fixed monthly service fee we charge you must also increase to keep the cooperative financially viable.

Another component of your monthly bill is the kWh energy charge, which covers how much energy you consume in a billing cycle. You've likely noticed the amount of energy you use can vary from month to month and is typically impacted by extreme temperatures. When temperatures soar or dip, your cooling and heating equipment run

*Continued on page 12D ▶*



**Chuck Goeckel**



# Help Us Locate Former Members

Flint Hills REC has been unable to locate the former members listed below who have unclaimed capital credits refunds that were retired more than three years ago. If you know any of these former members, please have them call us at 620-767-5144.

In accordance with the cooperative's bylaws, failure to claim the refunds within 60 days of this notice will cause the total amount of the refund to be irrevocably gifted back to the cooperative. This list includes the city and state of the last known address listed on the cooperative's records.

HUBERT R ADLER | PRATT, KS  
YOLANDA D ALLEN | JUNCTION CITY, KS  
BILL ALSPAW | COUNCIL GROVE, KS  
AMOCO PIPELINE CO | TULSA, OK  
REIGN ANDUSS | RAMONA, KS  
JIM ANTNOWICH | NEWTON, KS  
MANUEL ARRIOLA | FORT RILEY, KS  
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A H BAKER | HOISINGTON, KS  
BRIAN L BAKER | FORT RILEY, KS  
JOSE A BARAJAS | FORT RILEY, KS  
EARNEST BARKDOLL | TRIBUNE, KS  
DANIEL J BARKLEY JR | JUNCTION CITY, KS  
CARRELL L BARRETT | AUBURN, KS  
KENNETH F BATTEN III | MANHATTAN, KS  
MARY A BEARD | NEWTON, KS  
NINA L BENNETT | MANOR, TX  
MARION BINA | MARION, KS  
DAVID K BLACKBURN | SALT LAKE CITY, UT  
JOHN W BOLIN | CLEVELAND, OK  
CHARLES BONHAM | JUNCTION CITY, KS  
LINDA J BORTH | SAINT GEORGE, KS  
JEFFREY L BOSWORTH | HILLSBORO, KS  
JOSEPH E BOTT | MANHATTAN, KS  
GREGORY P BOWIE | FRANKLIN, LA  
MICHAEL P BOYER | JUNCTION CITY, KS  
DUSTIN O BRENNER | WICHITA, KS  
JOHNNY V BROWN | FORT RILEY, KS  
PAULA M BUCHERT | BATON ROUGE, LA  
BUFFALO OPERATIONS LLC | DENVER, CO  
DANIEL N BULTEMEIER | FORT RILEY, KS  
DARRIN A BURNS | BOISE CITY, OK  
WILLIAM BURTON | MATFIELD GREEN, KS  
KAREN A BYERLY | JUNCTION CITY, KS  
JAMES R CADWELL | PHOENIX, AZ  
C L CANFIELD | TOPEKA, KS  
GARY L CARRIER | VINITA, OK  
DEBRA CARRUTH | CEDAR POINT, KS  
JIM R CHAMBERLAND | MARION, KS  
BRADLEY G CHAMP | JUNCTION CITY, KS  
MARILYN CHARLES | OGDEN, KS  
JAY S CHRISTENSEN | MARION, KS  
PETER L CHRISTENSEN | MOUNDRIDGE, KS  
STEVE C CONRAD | HILLSBORO, KS  
EVA M COOK ESTATE | JUNCTION CITY, KS  
ALICE M COOPER TRUST | SALINA, KS  
MICHAEL COPE | MOUNDRIDGE, KS  
CECIL CORDELL | BURNS, KS  
DENNIS W COSTLOW | JUNCTION CITY, KS  
LAURA L COUSINS | JUNCTION CITY, KS  
CHRIS COWART | COUNCIL GROVE, KS  
JAMIE CRIPPEN | EMPORIA, KS

MARK CROFOOT | CLEARWATER, FL  
DAMON L DAUSER | AMITE, LA  
MATTHEW T DAVIS | JUNCTION CITY, KS  
RALPH DECKARD | COUNCIL GROVE, KS  
ARLIN L DETWILER | MOUNT JOY, PA  
BERNICE L DIBBEN | JUNCTION CITY, KS  
DARYL J DIEFFENBACH | LACEYVILLE, PA  
VERA M DIENER | WEATHERFORD, OK  
HEINZ E DIERKS | ABILENE, KS  
REVA J DIKIN | WHITE CITY, KS  
MATTHEW S DREXEL | FORT RILEY, KS  
ELMER B DUERKSEN | HILLSBORO, KS  
FRANK E DUGGAN ESTATE | HONOLULU, HI  
RUTH DULANEY | GOLDEN VALLEY, AZ  
W A DUNCAN | JUNCTION CITY, KS  
REGINA R DYKES | COCHRAN, GA  
ROBIN N EDIGER | BUHLER, KS  
JANET L ELLIOTT | BARABOO, WI  
BILLY C ENGLISH | WICHITA, KS  
PETE D EWELL II | LOON LAKE, WA  
JEFFERY L FERNEN | FORT RILEY, KS  
RALPH M FITZGERALD | OSBOURNE, KS  
WAYNE FLETCHER | FORT RILEY, KS  
MICHAEL FOLSOM | BENNINGTON, OK  
STEVE FONES | SEGUIN, TX  
SHARON FORSHEE | WICHITA, KS  
SHARON L FRISBEE | MOUNDRIDGE, KS

PATRICIA A FUQUA | JUNCTION CITY, KS  
PAULA L GARCIA | HESSTON, KS  
RICK A GARDNER | TOPEKA, KS  
BRET R GASH | FORT RILEY, KS  
WILLIAM K GATES | LAS VEGAS, NV  
BRYSON GEARHEART | MILFORD, KS  
TERRANCE W GEER | ROSE HILL, KS  
ROGER GIESBRECHT | FLORENCE, KS  
LOLA M GLENN | WALTON, KS  
CAP C GLOVER ESTATE | TOPEKA, KS  
JAMES R GOLUBA | NEWTON, KS  
TRACEY D GORMLEY | JUNCTION CITY, KS  
HOLLY L GRANT | JUNCTION CITY, KS  
ARTHUR L GREGORY | JUNCTION CITY, KS  
MATTHEW D GUDELL | JUNCTION CITY, KS  
HELEN GUYMON | BURDICK, KS  
RITA HALL | JUNCTION CITY, KS  
CHAD L HAMILTON | HINESVILLE, GA  
SONIA M HANSON | LAKEWOOD, WA  
JOHNNY HARBOR | JUNCTION CITY, KS  
CHARLES J HARRINGTON | COLORADO SPRINGS, CO  
PHILICIA A HARRIS | AUSTELL, GA  
MARK L HARRISON | FORT RILEY, KS  
KENNETH S HASTINGS | EMPORIA, KS  
BARBARA E HAYNES | GARDNER, KS  
RONALD D HAZELWOOD | CANTON, KS

KELLIE L HOFFMANN | JUNCTION CITY, KS  
CHRISTIN L HOGSETT | JUNCTION CITY, KS  
JACK D HOLMBERG | TOPEKA, KS  
CLYDE L HOLSCHER | TOPEKA, KS  
DONALD P HOLUB | EL DORADO, KS  
STEVEN HORNBAKER | JUNCTION CITY, KS  
JOSEPH K HORVATH | FORT RILEY, KS  
HURST COMMUNICATION INC | OSAGE CITY, KS  
IRA JANZEN | HILLSBORO, KS  
DAWN R JAUERNIG | FORT RILEY, KS  
SUSAN K JOHNSON | WICHITA, KS  
TERRY E JOHNSON | SEDGWICK, KS  
WILLIE JOHNSON | VERDEN, OK  
WALTER JONES | REYDON, OK  
GLENN N KAHL JR | JUNCTION CITY, KS  
JOSEPH M KAHN | JUNCTION CITY, KS  
MILTON KAISER | HILLSBORO, KS  
DON KARR | HOPE, KS  
JEFFREY S KEMP | MILFORD, KS  
JULIE A KEMPEL | TOPEKA, KS  
MICHAEL P KENNEDY | JUNCTION CITY, KS  
BILL D KIMBALL | NEWTON, KS  
ALBERTO H KING | FORT SHAFTER, HI  
JONATHAN G KISBY | YORK, NE  
LYNN E KLEIBER | RAMONA, KS  
KENNETH D KLIOWER | HILLSBORO, KS  
R J KNAPIK | PASADENA, TX

CLINTON E KRAMER | JUNCTION CITY, KS  
MIKE KRETSCHMER | HOLTON, KS  
KATHRINE A KUGLE | WAKEFIELD, KS  
MARIE KUSNEFSKY | MARION, KS  
DEANA J LABORDE | JUNCTION CITY, KS  
CHARLES E LADNER | SUBLETTE, KS  
RONALD LANG | JUNCTION CITY, KS  
THERESA M LANZRATH | MULVANE, KS  
DAVE LAUBHAN | DURHAM, KS  
WAYNE R LEDFORD | JEFFERSON CITY, TN  
WILLETTE LEE | JUNCTION CITY, KS  
LISA J LEWIS | FORT RILEY, KS  
JOEL C LINDER | CANTON, KS  
MARY LOEWEN | HILLSBORO, KS  
KEVIN LOFTON | SUMTER, SC  
ANTHONY A LOVE | FORT RILEY, KS  
ROBERT LOWRY | AMERICUS, KS  
GAYLON K LUEKER | JUNCTION CITY, KS  
CHRIS M MCAFEE | ALLEN, KS  
BILLY C MCCLINTON | MORRILTON, AR  
ROBERT J MCCONNELL | ELIZABETHTOWN, KY  
GREGG M MCCRACKEN | RIO RANCHO, NM  
BRUCE Q MCFADDEN | MARION, KS  
REBEKAH MCGALLIARD | FORT RILEY, KS  
SCOTT M MCGINNITY | HARKER HEIGHTS, TX  
GERALD E MCGUIRE | HUTCHINSON, KS  
JONATHAN E MCSHERLEY | FORT RILEY, KS  
DOROTHY MEIER | TOPEKA, KS  
DEBORAH I MELLOTT | OKLAHOMA CITY, OK  
MARGARITA MENDIOLA | JUNCTION CITY, KS  
LARRY G MEYERS SR | COTTONWOOD FALLS, KS

GREGORY F MILLER | COUNCIL GROVE, KS  
JAMES S MILLER | SIOUX CITY, IA  
GARRY E MILLSAP | WICHITA, KS  
JOSEPH W MISH III | LIVE OAK, FL  
DONALD E MOCK | MANHATTAN, KS  
KENT V MONTE | WAKEFIELD, KS  
JULIE M MORGAN | WICHITA, KS  
MAX MORGAN | BURNS, KS  
ROBERT A MORGAN | TOPEKA, KS  
JOHN E MORRIS | JUNCTION CITY, KS  
RICHARD T MULRYAN | FORT RILEY, KS  
DARRYN G MURPHY | FORT RILEY, KS  
RONALD NASH | JUNCTION CITY, KS  
DEBRA K NELSON | APO, AE  
F HARVEY NELSON | MCPHERSON, KS  
THOMAS L NELSON | FORT RILEY, KS  
MELANIE J NETT | JUNCTION CITY, KS  
DAVID NIEMAN | PUYALLUP, WA  
LIZZIE NIGHTINGALE | GALVA, KS  
JERRY NONKEN JR | AUGUSTA, KS  
LETICIA S O'NEAL | JUNCTION CITY, KS  
HAROLD D PACE | WICHITA, KS  
BRENT A PACK | FORT RILEY, KS  
ROBERT R PARKINS | CANTON, KS  
LARRY D PARRISH | MORROW, GA  
DENNIS R PATRICK | NEWTON, KS  
KATRINA PATRICK | PECK, KS  
TENA D PEAN | APO, AE  
CARL R PEARSON | JUNCTION CITY, KS  
CLIFFORD PEARSON | JUNCTION CITY, KS  
GARLON D PENLAND | ESCONDIDO, CA

ESTHER PENNER | HERINGTON, KS  
ROBERT J PESL | HIAWATHA, KS  
CHRISTINE PETERS | NORTH NEWTON, KS  
SHARON K PETERSEN | MARION, KS  
TY J PETERSON | CALDWELL, KS  
SANDRA L PICKETT | MILFORD, KS  
RUTH PICOLET | MANHATTAN, KS  
PLAZA RACING ASS'N INC | JUNCTION CITY, KS  
OLLIE POLK JR | FORT RILEY, KS  
GRANT W POLOMSKY | JUNCTION CITY, KS  
ROBERT L PONSAR | JUNCTION CITY, KS  
RICKY L RASMUSSEN | BANGOR, WI  
TERI REAGAN | JUNCTION CITY, KS  
TERRY L REED | JUNCTION CITY, KS  
DONALD M RICE | COUNCIL GROVE, KS  
WILLIAM M RINEHART JR | TOPEKA, KS  
JAMES F ROGERS | FORT RILEY, KS  
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JOHN A SALVATORE | PORTLAND, ME  
SAMSON RESOURCES CO | TULSA, OK  
LEEANN E SCHAFFER | FORT RILEY, KS  
GORDON L SCHMIEDT | ANCHORAGE, AK  
BRIAN J SCHRAVEN | FORT RILEY, KS  
LAURA M SCHUMACHER | ABILENE, KS  
KRISTINA E SCOTT | OGDEN, KS  
SCOTT L SEARS | SUN CITY, AZ  
HOWARD J SELDEN | LAWTON, OK  
MIKE SHANE | EMPORIA, KS

GARY L SHEFFLER | PEABODY, KS  
SHOWN BROS | EMPORIA, KS  
ED SIEBERT | HILLSBORO, KS  
BONNIE W SILL | HERINGTON, KS  
CLAUDE L SILVESTRU | APO, AE  
BERTILLA SIMON | COUNCIL GROVE, KS  
THOMAS D SLICK | JUNCTION CITY, KS  
ORENZO L SMITH | JUNCTION CITY, KS  
DAVID SPICER | KANSAS CITY, MO  
WILLIAM R SPRAY | LAWRENCE, KS  
SIRI SUE SPRING | JUNCTION CITY, KS  
PHILLIP J SPRINGER | JUNCTION CITY, KS  
ROBERT SPROWLS | MARION, KS  
STEPHEN STALLSMITH | COUNCIL GROVE, KS  
LILLIAN STENZEL | MARION, KS  
SCOTT L STEVENS | APO, AE  
KENT STEWART | WASHINGTON, KS  
BERNARD C STIVER | JUNCTION CITY, KS  
BRIAN STROHL | GREEN MTN FLS, CO  
KENT STUART | CLINTON, MO  
MARVIN G SWIFT | MATFIELD GREEN, KS  
MICHAEL J SWINTEK | SAN ANTONIO, TX  
WILLIAM S SWOGER | DELAVAN, WI  
DANIEL S TATMAN | FORT RILEY, KS  
RUDOLPH N TAYLOR | JUNCTION CITY, KS  
KENDALL C TECTOR | WICHITA, KS  
MARVIN W THACKER | FORT RILEY, KS  
DAVID L THOMAS | TAHLEQUAH, OK  
MARION E TOLAND | MARION, KS  
JAY D TOLLE | GYPSUM, KS  
MARK D TOWNLEY | ALTA VISTA, KS  
JOHN L TREADWAY | SUBLETTE, KS  
TRACY L TREMBLEY | JUNCTION CITY, KS  
MARCUS B TROUP | FORT RILEY, KS  
TAMMY TURNER | WHITE CITY, KS  
EVERETT VANDERBUR | COUNCIL GROVE, KS  
ANN MARIE VAZQUEZ | LOGANSPOUT, LA  
GILDARDO L VAZQUEZ | GRAND CANE, LA  
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OBIE WILLIAMS | CONVERSE, TX  
LYNNE A WOODS | JUNCTION CITY, KS  
SHIRLEY WOODS | INDEPENDENCE, MO  
LISA M ZURMELY | CYLINDER, IA

## UNDERSTANDING YOUR ELECTRIC BILL

*Continued from page 12A ►*

longer, which increases your home's energy use. Regardless, energy consumption is an area that you have some control over, and you can lower your monthly bill by actively reducing energy use. Your thermostat is a great place to start, so be sure to keep it close to 78 degrees during summer months.

The other component of your monthly bill is the demand charge, which covers the highest rate of energy used in any given hour in the billing cycle. The demand charge is influenced by your energy habits. To keep your demand charge low try avoid running high usage items (ovens, clothes dryers, dishwashers, etc.) at the same time.

The PCA is another component to your bill, which is the same amount per kWh for all co-op members. The PCA covers the fuel cost fluctuations without having to continually restructure electricity rates. The PCA can be represented on your bill as a charge or a credit depending on the cost of the fuel mix that was purchased to supply our members with electricity in that given month.

Those are some of the main components of your bill, but like we discussed over the past couple of months Flint Hills REC also has demand components we are billed from our wholesale power supplier like transmission demand and summer peak demand. The Flint Hills REC Board of Trustees has tasked management to look into removing transmission demand costs from the existing kWh energy charge while adding a transmission demand component to the bill without raising our members' rates. We will discuss this more over the coming months.

While we can't control the weather or the rising costs of fuels, please know Flint Hills REC is doing everything possible to keep internal costs down.

We're here to help you, too. Contact us if you have questions about your energy bill or for advice on how to save energy at home. You can also visit our website at [www.flinthillsrec.com](http://www.flinthillsrec.com) or call the office at 620-767-5144.

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

**ADDISON JOST**, rising senior from Hillsboro High School, recently represented Flint Hills REC at the 2025 Electric Cooperative Youth Tour in Washington, D.C., held from June 14-20. During their time in Washington, D.C., students deepened their understanding of America's electric cooperatives and developed their leadership skills while connecting with peers from across the cooperative network.

Twenty-seven outstanding student representatives from Kansas were selected by their electric co-ops through a competitive application process. The students were scored on an interview and test to determine the winner. They joined nearly 2,000 students across the country, including four from Hawaii who travel with the Kansas delegation each year.

The Youth Tour kicked off in Topeka with a welcome dinner and icebreaker activities, followed by an exclusive night tour of the Kansas State Capitol led by State Treasurer Steven Johnson and Kansas Representative Kyle Hoffman, alumni of the Youth Tour program.

In Washington, D.C., students explored iconic landmarks including the U.S. Capitol, Arlington National Cemetery, and The People's House — A White House Experience, along with numerous monuments and memorials. Visits to the Holocaust Memorial Museum and the Smithsonian museums offered powerful insights into history and culture.

During the National Rural Electric Cooperative Association's (NRECA) National Youth Day, students were inspired by a dynamic lineup of speakers, including NRECA CEO Jim Matheson, Olympic medalist Mike Schlappi, and the 2025 National Youth Leadership Council spokesperson Maggie Martin.



**Addison Jost recently represented Flint Hills at the 2025 Electric Cooperative Youth Tour in Washington, D.C., from June 14-20.**

In addition to the Youth Day program, the Kansas and Hawaii delegations joined peers from Colorado and Wyoming for an engaging leadership workshop led by nationally recognized youth leadership expert Craig Hillier.

Students also had the unique opportunity to meet with U.S. Senator Roger Marshall to ask thoughtful questions on a range of topics that mattered to them, gaining firsthand insight into the legislative process and the role of elected officials.

Beyond the educational experiences, students enjoyed unique opportunities to bond with peers from across the country — trading state pins with other state delegations and taking in the sights during a scenic dinner cruise on the Potomac River.

"This trip inspired me to step out of my comfort zone more often," Jost said. "Stepping out of my comfort zone creates more opportunities. It gave me the chance to learn about our nation's capital."

Students who participated in the 2025 Youth Tour are also eligible to apply for the NRECA Glenn English Scholarship. For more information about the Youth Tour or other KEC youth programs, please contact Flint Hills REC office at 620-767-5144.