



A Touchstone Energy® Cooperative 
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**FLINT HILLS RURAL
ELECTRIC COOPERATIVE**

NEWS

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

FROM THE MANAGER

We are Prepared for Summer Storms

Summer is here, school is out and families are gearing up for a few months of fun and relaxation. While summer brings much fun in the sun, it can also bring the occasional severe storm. In the event of a power outage, you can trust that Flint Hills RECA is ready to respond.

Most power outages are caused by damage to power lines due to falling trees and branches. We work year-round—through right-of-way clearing—to ensure power lines in our service territory stand little risk of being damaged by trees, branches or other types of vegetation.

Despite our best efforts, major storms can damage transmission stations, substations and power lines. When this happens, our first priority is to safely restore power to as many members as possible in the shortest amount of time.

We start by mobilizing our line crews and other critical staff. Every phone line available is used to take your outage report calls. Outages affecting the most members are handled first—in particular damage to transmission lines, which serve

thousands of members. These problems must be corrected before we can focus on other areas where more localized damage may have occurred.

Flint Hills RECA's line crews inspect substations to determine if the outage starts there or if there could be an issue down the line. If the outage is at the substation, power can be restored to hundreds of members.

Next, line crews check the service lines that deliver power into neighborhoods and communities and repair the damaged lines, restoring power to hundreds of people. If you continue to experience an outage, there may be damage to a tap line outside of your home or business. Make sure you notify Flint Hills RECA so crews can inspect these lines.

We will do our best to avoid power outages, but sometimes Mother Nature has other plans. Be sure to check our website for the latest outage updates.



Chuck Goeckel



Easy Ways to Lower Your Energy

As warmer weather sets in, our thoughts on keeping the house comfortable switch from heating to cooling. But as temperatures rise and air conditioners are switched on, improving energy efficiency at home can help you and Flint Hills RECA reduce demand, saving energy and money.

Making small adjustments in when, where and how you use electricity will help control your energy costs, and it can also help keep temperatures in your home more pleasant on sultry days.

Housework Hiatus

Avoiding peak energy costs is a good reason to put some chores on hold until power demand dips. Consider some of the jobs one kilowatt-hour (kWh) of electricity can do before you use it:

- ▶ Wash three loads of laundry
- ▶ Complete one dryer cycle
- ▶ Vacuum rugs in two average homes
- ▶ Iron five shirts
- ▶ Run three cycles in a loaded dishwasher

All of these activities can be done outside of peak demand periods, also known as peak hours.

Love 78

Your heating, ventilation and air conditioning (HVAC) system or heat pump can play a huge part in controlling your energy use year-round, even if family comfort is a top priority.

At 78 degrees, most people are comfortable outside, so why not indoors? Most people aren't sensitive enough to notice much of a difference in air temperature whether the thermostat is set at 73 or raised to 78. But the closer your air conditioner or heat pump setting is to the outdoor temperature, the less your unit will run.

Each degree of temperature difference represents a percentage of the total cooling load. When temperatures are in the high 80s, you could reduce your cooling demand by 10 to 15 percent for each degree above 75 degrees.

Fans offer an economical alternative to air conditioning on mild days, and they can pitch in for comfort as temperatures climb. The key is evaporative cooling. At lower settings, a little air blowing across a room helps to bring down humidity levels.

When used in conjunction with your cooling system, set ceiling fans to blow air downward instead of pulling warmer air upward to get the most value in your cooling zone. Table and ceiling fans will offer more comfort if used to circulate air through areas where you are most active. You'll get a wind chill effect that will make you feel just a little cooler.

Central air conditioning can use as much as one kWh of electricity for each 12-minute cycle of cooling. A ceiling fan can operate for about 13 hours on the same amount of electricity, while a floor or table fan, depending on size, might run for 10 hours per kWh of power. Turn off fans when you leave a

Flint Hills RECA Peak Alert Savings Program Reminder

Don't forget to sign up for Flint Hills RECA's Peak Alert Savings Program by June 20 to help beat the peak this summer and increase your potential savings.

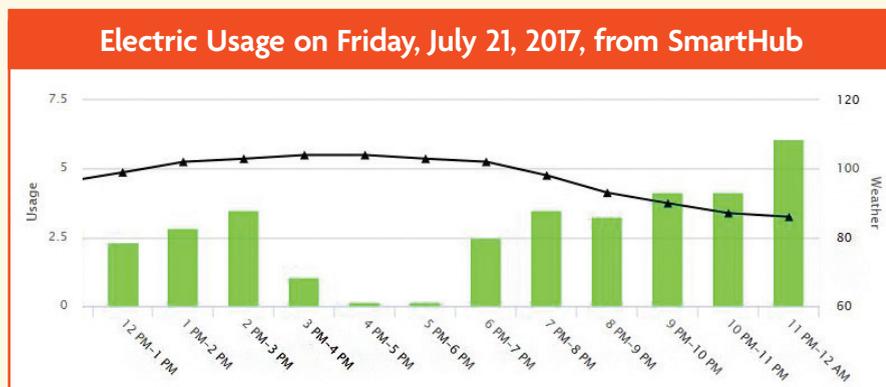
The Peak Alert Savings Program will run during July and August, Monday through Friday, from 3 to 6 p.m. when the temperature is forecast to be 95 degrees or higher, (excluding the Fourth of July holiday). Flint Hills RECA will notify you by email or text when possible peak hours may occur. Peak alert warnings will also be posted on www.flinthillsrec.com.

How to Save Energy During Peak Load

Reduce your energy use during the peak hours (3 to 6 p.m. Monday through Friday) when the temperature is 95 or over. Refrain from using appliances that use a lot of electricity. The dishwasher uses approximately 1,400 W an hour, the clothes dryer uses an estimated 6,000 W an hour, and the oven uses 2,660 W an hour. By using a slow cooker instead of the oven or by doing household chores later in the evening or early in the morning, you can reduce your peak

hour usage and help reduce the cooperative's wholesale costs for power. This, in turn, benefits you with lower billing charges.

By lowering your usage during the hottest summer hours, you could get a credit on your October bill and reduce costs for your cooperative too. This program cannot be combined with any other load management offer. If you have any questions about the Peak Alert Savings Program, call us at 620-767-5144.



Example of a participating member's usage during peak period.

Use During Peak Alerts



During peak hours, adjust your thermostat to conserve energy.

room, because they cool people, not space.

Kitchen Comfort

When it comes to heat and humidity, changing your kitchen activities presents a wellspring of opportunities to reduce your household energy demand throughout the day.

Your stove represents the modern hearth, and all the things that make the kitchen a favorite gathering place in winter can help send your electric meter into overdrive from late spring through early fall.

According to researchers at North Carolina State University, in Raleigh, cooking dinner for a family of four on an electric range releases about 20 ounces of water vapor into the air, and that amount can triple with a gas range.

Appliances on your countertops or stashed in your pantry could keep you cooler and use less energy. Microwaves use about 60 percent as much energy as full-size ovens, and a toaster oven or induction cooker consumes about half as much power.

Share the Space

In simpler times, families spent more time together in the same room even as they pursued different interests. Some members might read books or magazines under the light of shared lamp, while others watched television



Using a toaster oven instead of a full-size oven reduces energy use and extra heat in the kitchen.

or played board games.

Today, it's common for everyone to retreat to separate spaces, turn on their electronics, adjust their ceiling fans or window unit air conditioners and close their doors to cocoon in their own environments.

Getting control of your energy use to reduce your home's overall demand can be really challenging when you have to consider the entire home, so bring back family time to beat the peak.

LCD televisions generally use 60 percent as much electricity as comparably sized plasma models. One laptop computer uses about 20 percent as much power as a desktop computer and monitor. And today's home assistant devices can play music using about 17 percent of the energy on a component stereo system, or about as much power as the boom box you use on the beach.

A video game console consumes about 200 watts of power. One system pressed into service for spirited intramural competition between family members in one room uses about a third of the power of three players engaged in online games around the house.

Finish the space with energy-efficient LED fixtures for lighting, a couple sets of headphones and a few rechargeable power boosters for the family's handheld devices. You'll have a cool and fun place to spend a few hours with the family.

Beat the Peak

You can beat the peak (and save money) by decreasing your power use when energy demand and prices are at their highest. Here are few tips to help get started.

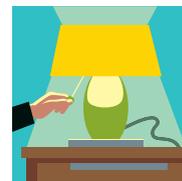
Laundry for Less

Full loads mean fewer cycles, and washers and dryers running in the late evenings add less heat and humidity to the home. Energy can cost less outside of peak hours.



Cool Off/Calm Down

Turn off unnecessary lighting and electronics that generate heat, resist the urge to turn down the thermostat and remember, lower fan settings use less energy.



Intramural Competition

Online gaming with each active player using their own computer, display, gaming console and internet connection gets pricey. Play each other at home on one screen and save.



Countertop Convenience

Range or oven cooking can really warm up a kitchen. Microwaves, convection ovens, induction cooktops, slow cookers and toaster ovens put more cooking heat where you need it.



GETTY IMAGES/KAMELEON007

SUMMER FUN WORD SEARCH



Summer is the best time of the year! Can you find all the words associated with summer fun in the puzzle below? Use the word bank for help.

T	U	O	K	O	C	P	V	R	I	K	P	G	N	
X	G	H	M	C	W	Y	E	H	C	U	A	S	K	F
S	E	T	G	I	C	X	L	E	J	P	S	A	S	Q
Y	A	E	E	Q	D	I	C	G	F	I	J	F	H	Q
N	B	O	H	F	I	R	Q	N	M	V	O	I	C	Y
V	Z	P	J	S	E	H	W	O	W	T	T	R	A	I
L	R	K	P	A	U	O	X	D	W	D	Z	E	E	U
S	W	I	M	M	I	N	G	P	O	O	L	F	B	V
C	W	F	D	T	L	R	S	H	G	O	U	L	T	K
O	I	T	H	X	W	Q	N	C	R	H	H	I	C	P
V	B	N	A	M	O	Z	F	K	R	W	E	E	H	D
X	O	U	C	Z	I	N	K	V	D	E	J	S	M	H
Z	J	Z	I	I	P	U	M	Y	L	J	E	P	G	T
U	K	T	R	X	P	K	U	U	L	O	H	N	R	W
O	Y	Z	L	N	G	Q	U	S	G	G	K	R	C	V

WORD BANK

BEACH

COOKOUT

FIREFLIES

ICE CREAM

PICNIC

SUNSCREEN

SWIMMING POOL

