



TWIN VALLEY ELECTRIC CO-OP

NEWS

TWIN VALLEY ELECTRIC COOPERATIVE, INC.

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OFFICE HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

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FROM THE CEO

Electricity Provides Powerful Value

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

As we all look for ways to save money in this age of increasing inflation, I began to think about my daily routine and how much value it provided me compared to the money I spent. A morning latte was costing me about \$6, a fast-food combo with a burger, fries and a drink was setting me back \$10, and my Netflix subscription is about \$16 each month. All these daily expenses totaled around \$85 a week, or about \$340 monthly. And what was

the real value — short-term satisfaction and a larger waistline? Even as I started packing my own lunch, my latte was still costing me about \$120 a month. This got me thinking — is this the best value for my money?



Angie Erickson

The average daily cost of electricity is about \$5.82, and the average monthly electric bill for members of Twin Valley Electric is \$177. You could power your entire home every day for the price of a medium latte. I could brew my own coffee, cook my own meals, binge a series and run on a treadmill for less

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DID YOU KNOW THE AVERAGE DAILY COST OF ELECTRICITY IS \$4.57,* OR ABOUT \$140 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



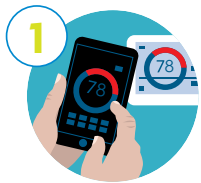
All-Day Power

SOURCES: ENERGY INFORMATION ADMINISTRATION (*BASED ON 2022 NATIONAL AVERAGE OF 907 kWh), MONEYGEEK AND CNET

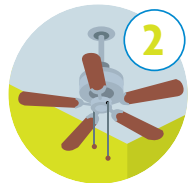
Tips to BEAT THE SUMMER PEAK

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

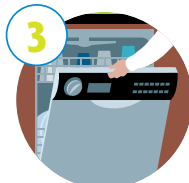
Here are a few simple ways to save during peak summer hours.



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.

Watch the Clock to Lock in Energy Savings

As temperatures rise and summer activities heat up, a reliable flow of electricity is essential to ensure Twin Valley Electric members stay cool and connected.

August brings some of the most extreme summer temps, which means people will be spending more time indoors to avoid the heat, and air conditioners will be working overtime. This increased use of electricity will cause spikes in demand, also known as energy peaks. During peak times, Twin Valley Electric Cooperative must work closely with our wholesale power provider to ensure a balanced supply of electricity is always available to meet our community's energy needs.

The electric grid is essentially a giant network that connects power plants, utility poles and power lines to homes and businesses across the country, throughout our state and to our local communities. All parts of the network must work together to ensure the flow of electricity stays balanced 24/7.

When the demand for electricity is higher than usual, power providers must ramp up electricity production — whether from coal, natural gas, wind, solar or other energy sources — and utilities will pay more for electricity produced during the peak. These higher prices along with the general increase in electricity use are why you typically see higher bills during the hottest months. In extreme cases, demand can overpower the available supply, causing electricity shortages. During these times, utilities are required to implement rolling power outages to reduce the demand for electricity and rebalance the grid.

When our area experiences extreme summer heat and higher demand for electricity, you can help by conserving energy. It's easy — just check the clock and avoid your energy-intensive activities and chores during peak hours. Twin Valley Electric's peak hours during summer months are 3-6 p.m., Monday through Friday.

When we all work together to reduce energy use during peak times, Twin Valley Electric Cooperative can lock in lower electricity rates so everyone in our community saves. Conserving during peak times also eases pressure on the grid and helps balance the supply and demand of electricity.

There are many ways to lower your home energy use. Here are a few recommendations to help you save energy (and money) during the summer peak:

- ▶ **SET YOUR THERMOSTAT A FEW DEGREES HIGHER.** If you have a smart or programmable thermostat, adjust the settings so your cooling system syncs with the off-peak hours.
 - ▶ **SPEAKING OF RAISING THE THERMOSTAT, DID YOU KNOW CEILING FANS CAN MAKE YOU FEEL 4 DEGREES COOLER?** Operate ceiling or oscillating fans in occupied rooms to supplement your air conditioning. Be sure to raise the thermostat while fans are running for maximum energy savings. For summer operation, set your fan to rotate counterclockwise to push cooler air down, which creates a “wind chill” effect. And remember, fans cool people (not homes), so turn them off when you leave the room.
 - ▶ **PLAN ENERGY-INTENSIVE ACTIVITIES LIKE LAUNDRY AND RUNNING THE DISHWASHER FOR OFF-PEAK HOURS.** Use automatic timers to run hot tubs, pool pumps, water heaters and other appliances in the same way.
 - ▶ **UNPLUG ELECTRONICS WHEN THEY'RE NOT IN USE** or use power strips to manage devices.
 - ▶ **CLOSE DRAPES AND BLINDS** during the afternoon to block unnecessary heat from sunlight.
- When we all work together to beat the summer peak, our entire community benefits. Saving energy during peak times reduces your bills, keeps electric rates lower for all and relieves pressure on the grid.

For Safety's Sake, Don't Mess With a Meter

For your safety, never tamper with or pull (remove) a meter. Only electric utility crews should access an electric meter.

Illegally accessing a meter can cause an arc flash bright enough to result in blindness and powerful enough to launch fragments of red-hot, shrapnel-like debris, according to the Cooperative Research Network. Serious injury or death from electrocution, explosion or fire is often a result of meter tampering.

Unfortunately, individuals may unlawfully try to tamper with a meter to bypass it, create an illegal connection to a power line, electrify fences or attempt to reconnect or disconnect the power, often resulting in disastrous consequences.

MORE ON METER SAFETY

- ▶ Tampering with a meter is illegal in Kansas.
- ▶ Meters should only be installed, maintained or removed by electric utility crews.
- ▶ Accessing the backside of a meter can generate high voltage; pulling or tampering with a meter can cause electric shock, sparks, surges, explosions or fire.
- ▶ Electricity should always be connected or disconnected using a transfer switch or a dedicated disconnection point.

- ▶ There is no guarantee that a structure is deenergized by pulling a meter.
- ▶ If firefighters respond to a call and know they will need a disconnect, they should call the electric utility en route to the scene.
- ▶ If firefighters try disconnecting a home by pulling a meter, it can introduce additional problems and damage.

Direct any questions to Twin Valley Electric Cooperative at 866-784-5500.

OTHER FACTS

If a home's electricity is shut off at a main disconnect, the house can be automatically reconnected if there is a standby generator or battery-stored power.

Only the electric utility can properly and safely disconnect a meter. Utility crews are trained in proper disconnection techniques and wear protective clothing and gear.



For your safety, never tamper with or remove a meter. Doing so could result in an arc flash bright enough to cause blindness and powerful enough to launch fragments of red-hot, shrapnel-like debris, according to the Cooperative Research Network.

ONLY ELECTRIC UTILITY CREWS CAN PROPERLY AND SAFELY DISCONNECT A METER. They are trained in safe and proper disconnection techniques and wear protective clothing and gear.

METER FACTS

- ▶ Tampering with a meter is illegal in most states.
- ▶ Meters should only be installed, maintained or removed by electric utility crews.
- ▶ Accessing the backside of a meter could generate high voltage.
- ▶ Serious injury or death from electrocution, explosion or fire is often a result of meter tampering.
- ▶ Electricity should always be connected or disconnected using a transfer switch or dedicated disconnection point.
- ▶ There is no guarantee that a structure will be de-energized by pulling a meter.

SOURCE: WWW.SAFEELECTRICITY.ORG

ELECTRICITY PROVIDES POWERFUL VALUE

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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 amidst rising inflation.

As a member-owned cooperative, Twin Valley 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, Twin Valley always puts you top of mind and works each day to ensure electricity remains the best value for your money.

K-State Expert Cautions Consumers Against Scams

BY PAT MELGARES, K-STATE RESEARCH AND EXTENSION NEWS SERVICE

Kiss says taking the time to think could help to avoid a trap

Scammers, it often seems, never rest.

Whether it be by phone, email or suspicious website, consumers face an onslaught of characters aiming to cash in on an easy buck, or even steal an identity.

But Kansas State University family finance specialist Elizabeth Kiss says knowing the tangles that scammers often use will help consumers stay safe.

"The Federal Trade Commission has a lot of great information for consumers about fraud and they highlight signs for things that might be a scam," Kiss said.

Some of the common signs consumers should look for include:

The scammer pretends to be from an organization you might know.

Some examples include the Social Security Administration, the IRS or Medicare. Or, Kiss notes, the caller may represent themselves as being from a utility company or charity. "They have used technology to change their phone numbers," Kiss said, "so it looks like what you're seeing (on your phone)."

The scammer indicates there is a problem that needs your attention.

You might be told that you owe money or someone in your family had an emergency and needs your assistance immediately. On a computer, you may get an urgent message about a virus infecting your files. Another form of scam indicates that you've won a prize, and you must act immediately to claim it.

The scammer pressures you to act immediately.

Scammers don't want you to have time to think; they want to get your attention now. There is an

urgency to the claims the person is making, whether it's by phone or computer.

The scammer indicates you owe money and says there is only one way to pay.

You may be aware that you owe money and so the claim seems legitimate. But the caller indicates you must pay right away and that there is only one way to pay — such as crypto currency, wiring money to a company, or using a specific app. Some scammers have tried to lure consumers into paying with gift cards.

Kiss urges consumers to resist making decisions quickly. Investigate claims being made against you — whether it is by phone, email or other computer application.

"You can avoid a scam by not even opening yourself up to those potential communication channels," Kiss said. "For example, you can block your number or filter unwanted text messages. Don't give your personal or financial information in response to a request that you didn't expect."

If you're on the phone, hang up and check out their story. If you're on email, there's no hurry, right? Check out the story online and verify if this is legitimate or not.

"I think we have to watch our footprint across the web, too," Kiss said. "And we can protect our personal information by protecting our devices, which includes updating software regularly so that it has new patches and security protection."

