

Join us December 2 at the Christmas Parade of Lights & Chili Contest

The 12th annual Christmas Parade of Lights and Chili Contest will be held on December 2 in Dodge City.

The chili judging will begin at 4:30 p.m., chili sampling at 5:30 p.m., and the parade at 6 p.m. To enter into either contest, please complete the form below and return by November 26.

The annual event is sponsored by The Dodge City Globe, Victory Electric and Western Beverage, and attracts hundreds of visitors to Dodge City.

We hope to see you there!



Above: Santa makes an appearance in the parade each year in a Victory bucket truck.

Left: The Chili Contest is fun for competitors and for spectators with sampling beginning December 2 at 5:30 p.m.

Monday Dec. 2nd 2013

Judging at 4:30 pm
Sampling at 5:30 pm
Parade begins at 6:00 pm

To Enter the Parade or Chili Cook-Off, please complete & return this form or email to: rgerber@dodgeglobe.com

----- Entry Form -----

Business/Individual Name _____

Telephone _____

Contact Person _____

Type Of Entry: (circle 1 or more) _____

(Float, Band, Choir, Chili, Other) _____

Brief Description: _____

No Commercial Vehicles.
Please Return Entry by November 22nd, 2013
Dodge City Daily Globe, Attn: Rebecca Gerber
705SecondAve., P.O. Box 820 Dodge City, Kansas 67801

Parade Route Change
Start at Ford County Fairgrounds, go through Wright Park, then north on Second Street to Wyatt Earp. Next go West on Wyatt Earp to 5th Street, north on 5th Street to Front Street, turn and go East on Front Street in front of Boot Hill, then turn and go North on 3rd Street. After turning north on 3rd, parade entrants will turn west on Spruce and disperse from there.

Chili Cookoff Location
Chili event will move to the boardwalk of the Boot Hill Museum complex.

Cooking Efficiently

Control energy costs while preparing holiday feasts

The U.S. Department of Energy estimates that cooking alone accounts for four percent of total home energy use, and this figure doesn't include the energy costs associated with refrigeration, hot water heating, and dishwashing.

As holiday parties and potlucks gear up, keep these tips in mind to control energy costs:

- ▶ **Don't peek.** Every time the oven door is opened, the temperature inside is reduced by as much as 25 degrees, forcing it to use more energy to get back to the proper cooking temperature.
- ▶ **Turn it down or turn it off.** For regular cooking, it's probably not necessary to have your oven on as long—or set as high—as the recipe states. For recipes that need to bake for longer than an hour, preheating the oven isn't necessary.

And residual heat on an electric oven or stovetop will finish the last five to 10 minutes of baking time. Just remember to keep the oven door closed or the lid on until time is up. Alternately, if you're baking in a ceramic or glass dish, you can typically set your oven for 25 degrees less than the recipe states. Because ceramic and glass hold heat better than metal pans, your dish will cook just as well at a lower temperature.

- ▶ **Give your burners a break.** For your stovetop to function effectively, it's important that the metal reflectors under your electric stove burners stay free of dirt and grime.
- ▶ **Don't neglect your slowcooker** or your microwave, toaster oven, or warming plate. For example, the average toaster oven can use up to half the energy of the average

electric stove over the same cooking time. Information to help you estimate how much energy your own appliances use is available on EnergySavers.gov.

- ▶ **Give your furnace the day off.** If your next party involves a lot of work for your stove, think about turning down your furnace to compensate. The heat of the oven and all those guests will keep the temperature comfortable.
- ▶ **Make contact.** Electric stovetops can only transmit heat to pans they are in direct contact with; the less contact your pan has with the burner, the more energy the stovetop will have to expend to heat the pan. If cooking with your warped pan is taking longer than it should, it may be time for a flat-bottomed update.

Source: U.S. Department of Energy

Cocina Eficientemente

Controlar el costo de energía mientras se preparan días de fiestas

El Departamento de Energía de Estados Unidos estima que cocinando solo cuenta 4 por ciento del total del uso de energía que su casa usa, y esta cifra no incluye el costo de energía asociados con lavaplatos, agua caliente, calefacción y refrigeración.

Como preparar comidas para las fiestas, tenga en cuenta estas sugerencias para controlar el costo de energía:

- ▶ **No mires.** Cada vez que se abre la puerta del horno, la temperatura interior se reduce 25 grados, obligándolo a usar más energía para volver a la temperatura de cocción adecuada.
- ▶ **Bajar o apagarlo.** Para cocinar normal, probablemente no es necesario tener su horno en alto. Para recetas que necesitan hornear durante más de una hora, es necesario precalentar el horno. Y el calor residual en un horno o estufa terminará los últimos 5 a 10 minutos de tiempo

de cocción. Sólo recuerde que debe mantener cerrada la puerta del horno o la tapa hasta que el tiempo pasa. Alternativamente, si usted está homeando en un plato de cerámica o de cristal, puede normalmente establecer su horno 25 grados menos que la receta. Porque la cerámica y vidrio retienen mejor la calor las cacerolas metálicas, su plato se cocinará de igual forma a bajas temperaturas.

- ▶ **Dar un descanso a las hornillas.** Para que su estufa funcione eficazmente, es importante que los reflectores de metal bajo las hornillas de la estufa eléctrica queden libres de suciedad y la mugre.
- ▶ **No descuidar tu slowcooker** el microondas, horno tostador o placa calentadora. Por ejemplo, el horno tostador el promedio puede usar hasta la mitad de energía de la estufa eléctrica un promedio durante el mismo tiempo

de cocción. Información para ayudarle a estimar cuánta energía utilizan sus propios electrodomésticos está disponible en EnergySavers.gov.

- ▶ **Dé su horno el día libre.** Si su próxima fiesta implica un trabajo de muchos para su estufa, pensar en bajar su horno para compensar. El calor del horno y todos aquellos huéspedes que mantendrá la temperatura confortable.
- ▶ **Hacer contacto.** Placa de cocina eléctrica sólo puede transmitir calor a ollas que están en contacto directo con; cuanto menos contacto tiene el pan con el quemador, la energía más la parte superior del hornillo tendrá que gastar para calentar la sartén. Si está tomando más tiempo del que debe cocinar el pan deformado, puede ser hora de una actualización de fondo plano.

Fuente: U.S. Departamento de Energía

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www.victoryelectric.net

THE VICTORY ELECTRIC COOPERATIVE

electronews



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Editor

FROM THE CEO

Wrapped in Value

I am wrapping up my first month at Victory Electric, and would like to thank everyone for the generous welcome and continued hospitality. I have enjoyed meeting many folks in the community and look forward to meeting many more.

I don't think there is a more exciting time of year than the weeks between Thanksgiving and Christmas. The anticipation is building as we count down the days to Dec. 25.

While the holiday season is full of excitement, we sometimes miss the magic as we juggle hefty shopping lists, parties, and wrapping up work projects before the end of the year. These tasks can add stress—not joy—to the holiday season. However, those of us at Victory Electric want you to think of your electric co-op as an early holiday gift wrapped with several layers of value.

As a member and owner of Victory Electric, you receive several money-saving perks that come in handy at this time of year. Did you know you can save at local and national businesses with your Co-op Connections® Card simply for being a member of Victory Electric? You might even find coupons for

the top secret ingredients of your famous green bean casserole at connections.coop. So, before you do your holiday shopping or baking, see what kinds of deals are waiting for you.

Expecting family visits over the holidays? Every kilowatt-hour saved counts! We offer energy efficiency tips on our website and Facebook page, as well as energy efficiency experts at the office who offer tips and advice on how to manage your electricity use. We can also suggest more efficient holiday lighting options.

Too busy to stop by our office? You don't need to take time out of your packed holiday schedule to visit our office to pay your bill. Instead, pay with our free mobile app at victoryelectric.smarthub.coop. You can visit the website or download the app for your phone or tablet at the Apple App Store or Android Market.

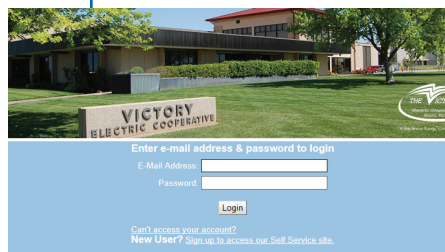
The best co-op value of all can be seen in the faces of your friends and neighbors who work at Victory Electric. You can find us sponsoring events like the Christmas Parade of Lights and Chili



Shane Laws

Continued on page 16-B ▶

Victory Electric Bill Payment Options



Pay your bill at www.victoryelectric.net, our office, by mail or any of our pay stations.

Victory Electric has several convenient options for you, the member, to pay your bill.

In addition to paying in our office or by mail, options include online bill pay at www.victoryelectric.net, drop boxes at Victory Electric and City of Dodge City, and a pay station at Mr. Payroll, 400 E Wyatt Earp.

CFL Charlie Says "Come Get Your Free CFL!"



This month's lucky winners are... Habiba Abdi, Jason Addison, Mary J Hink, Breanna Mata, Abel Medina, Irene Mendoza, Jose D Quezada, Kayla Ramirez, Don Raney, and Emily M Schulte. Come by Victory Electric Cooperative to get your free compact fluorescent light bulb (CFL). Every month Victory will be giving members free CFL light bulbs. Congratulations winners!

Happy Thanksgiving!



Victory Electric wishes our members a Happy Thanksgiving. Our offices will be closed November 28-29 in observance of the holiday.

Wrapped in Value Continued from page 16-A

Cook-off and volunteering at local organizations this time of year.

Folks in southwest Kansas created your electric co-op 68 years ago to power our community and empower members to improve their quality of life. That's our purpose. It warms my heart to see staff going the extra mile to power our community and make life a bit better for everyone during the holidays.

Avoid getting caught in the hustle and bustle of the season.

Take a moment to watch the excitement in the eyes of your children and grandchildren as they count down the days. Enjoy every last piece of fudge.

Then, after gifts are wrapped and meals cooked, take the time to look into the faces of those around your table. They are your purpose. The rest of the holiday scramble is just details, and we hope we can help you take care of a few of those.

Happy holidays! Shane

Check out these Local Discounts with the Co-op Connections Card

- ▶ **4 ANGELS BOUTIQUE**—10% off jewelry
- ▶ **ACKERMAN COMPUTERS**—10% off labor
- ▶ **THE BAD HABIT SPORTS BAR AND GRILL**—5% off (excludes alcohol)
- ▶ **BAILEYS BODY SHOP**—5% off parts and labor
- ▶ **BELLA ITALIA**—10% off
- ▶ **BOOT HILL BED AND BREAKFAST**—15% off
- ▶ **CARLOS BOOTS**—10% off
- ▶ **DEPOT THEATER COMPANY**—\$3 off dinner theater ticket
- ▶ **DODGE CITY YMCA**—Corporate rates with proof of being a Co-op Connections card holder
- ▶ **DULCE LANDIA**—5% off piñatas and bouce houses
- ▶ **FLATLAND GRAHICS**—Free digitizing on pocket sized embroidery
- ▶ **FLOWERS BY IRENE**—20% off (excluding wire orders)
- ▶ **HARDROCK SAND & GRAVEL, LLC**—10% off materials, excluding delivery
- ▶ **JIM'S AUTO SALES & SALVAGE**—5% off towing services
- ▶ **JOHN'S BODY SHOP**—5% discount on deductible up to \$50
- ▶ **K. MARTIN JEWELER**—20% off regular priced merchandise (this does not include items already on layaway)
- ▶ **LA QUINTA INN AND SUITES**—10% off BAR rate. No discounts for 3i Show/Roundup Rodeo events
- ▶ **LANG DIESEL, INC.**—10% off parts
- ▶ **MY-D HAN-D., INC.**—10% off grain, hay and cattle equipment
- ▶ **PREMIER MOTORS**—\$500 off regular price
- ▶ **REGIS SALON**—10% off
- ▶ **RIDDLES JEWELRY**—10% off
- ▶ **SCOTT'S AUTO SHOP**—10% off oil, filter and lube. 10% discount on Traxxas radio controlled vehicles and Traxxas parts.
- ▶ **SOPHIA'S**—10% off
- ▶ **STARR COMPUTER SOLUTIONS**—Three months free for new alarm monitoring contracts (standard service)
- ▶ **SUNFLOWER CREATIONS**—7.45% off any new BERNINA sewing machine or 10% off regular fabric, books, notions, patterns, and embroidery supplies
- ▶ **THE MATTRESS HUB**—20% off bed sets \$399 and up. Not valid with any other rebates, discounts or special offers. (Offer excludes Tempur-Pedics) Dodge City and Garden City locations only
- ▶ **TROPICAL ISLAND TAN AND FITNESS**—No enrollment fees on fitness
- ▶ **WATERS TRUE VALUE**—\$5 off a \$30 purchase



Victory Electric Health Fair a Success

Hundreds attend health fair for free services



Health care providers and volunteers were essential to the success of the Victory Electric Community Health Fair on October 5.

Screenings at the Victory Electric Community Health Fair found a few cases of cancer among the many free exams performed on October 5.

Victory Electric and our partners hosted the 6th Annual Victory Electric Community Health Fair. More than 70 doctors, health care professionals and vendors from the area graciously donated their time and expertise to offer free services to the hundreds of attendees.

Services offered at this year's fair included free eye auto-refraction screenings, hearing tests, blood pressure checks, skin cancer screenings, pap smears and breast exams, oral cancer screenings, spinal screenings,



Rocking M Radio hosted a live remote from the health fair.

car seat safety inspections, massages, hearing tests, \$15 flu shots, \$10 complete blood screens.

To put everything in perspective, 363 flu shots were completed; 330 complete blood screens, 167 skin cancer screenings, 144 blood pressure checks, 141 fluoride treatments, 138 oral cancer screenings, 91 bone density scans, 90 vision screenings, 75 pap smears, 67 breast exams, and 59 hearing tests. We would like to thank all those who assisted in the planning and organization of the event; you were an invaluable resource. Also, thank you to the 90 volunteers from the community who came out to help us keep everything running smoothly. We could not have hosted the health fair without you.

Thanks to all of our partners and sponsors: Dodge City Medical Center, Western Plains Medical Complex, Dodge City Public Schools, Western State Bank Expo, Dodge City Daily Globe, Rocking M Radio, Q97-Western KS Broadcasting, United Food and Commerical Workers Union (UFCW), Peterson Labs, Landmark Bank,



A DCCC nursing student assists the Dodge City Medical Center with flu shots.

Western Beverage, The Inn Pancake House, Tacos Jalisco's, Kriz-Davis, Tia-niguis Carniseria, Panaderia y Tortilleria Madero, Dillon's Kriz-Davis, and many more. We would also like to give a special thanks to Melissa McCoy, Kelly Stecklein, Deb Goodwin, Debbie Bush and Shirley Voran for all their hard work and dedication.

Victory Electric is already looking forward to the 7th Annual Community Health Fair, and we hope to see everyone there.



Many Victory Electric employees volunteered for the health fair. The event's success is because of the help and dedication of the Victory and community volunteers.



Dr. Ryan Lehmkueller performed dozens of oral cancer screenings and found one case that needed further treatment.



Eric Fisher from the Ford County Sheriff's Department inspected and properly installed car seats.



Sara Flickinger consults with attendee about kinesio taping.



Student nurses from Dodge City Community College helped with the blood draws.



Western Plain Medical Complex brought their bone density scanner to test for bone loss.



Miracle Ear performed hearing tests for health fair attendees.