

CO-OP CONNECTION SPOTLIGHT

Save on Your New Year's Resolutions with Suroma Fitness and Spa



From left: Sofia Gallegos, instructor; Suzane Damico, owner; and Mary Romero, instructor, welcome the community to join Suroma Fitness and Spa.

Bright walls, posters, disco balls, and a shiny wood floor at **SUROMA FITNESS AND SPA** brings people together each week night for fitness and fun.

In its new location, Suroma Fitness and Spa now offers a free class to Victory Electric members using their Co-op Connections Card. It's a new year, new location, and new fun in downtown Dodge City.

"There is nothing like people getting together and having fun," said **SUZANE DAMICO**, owner of Suroma Fitness and Spa. "People have fun doing Zumba. It doesn't matter if you dance well or not, it's just fun!" For two years, Damico has provided a place for people to come together and have fun.

"I just own the place, but you can see me dancing, too," said Damico.

Suroma provides Zumba, yoga and ballet classes as well as massage therapy, waxing and nails. "We outgrew the old place in the mall. So here we are, providing more services and expanding our fitness classes."

Dance instructors at Suroma have more than 10 years combined dance instruction. Zumba instructors, **SOFIA GALLEGOS** and **MARY ROMERO** provide classes Monday through Friday at 8 a.m., 6:10 p.m. and 7:10 p.m. with potential earlier morning classes coming shortly. Yoga is available at 4 p.m. and ballet at 5 p.m.

"Everyone is welcome to classes. We're even child friendly. We don't care if children come to dance with their parents. It's fun for them, too," Romero said.



"Having children here allows parents to be fit and the children to have fun. There's no reason not to join."

"There is no one to judge you while you're dancing. Everyone is in it together to better themselves," Gallegos said about the classes she instructs.

With a Co-op Connections Card, members will receive their first class free of charge. The card can be used once per person. Fitness classes are \$4 per day, \$15 a week and \$35 per month. Spa treatments can be made by appointment. Suroma Fitness and Spa is now located downtown at 811 N. 2nd Ave. across from City Hall.

Suroma is not the only fitness option for member's resolutions. Tropical Island Tan and Fitness and Dodge City YMCA both offer discounts for card holders.

The program is entirely free to Victory Electric members with no strings attached. It's Victory Electric's way of saying thank you for being a co-op member and a way to extend savings to the whole community.

Victory Electric encourages members to take advantage of the Co-op Connections Card with Suroma Fitness and Spa and other local businesses.

If a member has misplaced their original Co-op Connections Card, they can come to our office and ask for a new one.

Members can visit connections.coop for a complete list of local, state and national discounts, or contact the office during business hours.

Usuarios de energía de Cinco en su casa un punto de partida para el ahorro

Mientras la mayoría de los propietarios les gustaría ser más eficientes y ahorrar dinero, a menudo se sienten abrumados porque no sabe por dónde empezar. ¿Cómo puede la familia media utilizar menos energía, reducir su factura de servicios públicos y todavía satisfacer sus necesidades de energía? Un avance para ayudar su esfuerzo, es útil saber los donde se usa más energía en su hogar. Con este conocimiento, puede elegir un camino que funciona mejor para su familia.

Según la Agencia de información de energía de Estados Unidos, los usuarios de energía de cinco en los hogares de Estados Unidos son:

- ▶ Refrigeración
- ▶ Calefacción
- ▶ Calentamiento de agua
- ▶ Iluminación
- ▶ Refrigeración

Ajuste la temperatura

Juntos, calefacción y refrigeración utilizan más energía y toman el bocado más grande de su presupuesto de energía. En el lado positivo, hay maneras puede alcanzar al menos un 10 por ciento de ahorro por tomar unos pasos sencillos de bajo costo o sin costo.

- ▶ Ajuste su termostato a 68 grados durante el tiempo frío.
- ▶ Mantener una temperatura interior recomendada de 78 grados durante clima cálido.
- ▶ Limpie los filtros de su sistema HVAC para reducir costo de cinco a 15 por ciento.
- ▶ Limpie los serpentines alrededor de su calentador de zócalo eléctrico para mantener la máxima eficiencia.
- ▶ Calafatee y selle alrededor de ventanas y puertas para evitar que el calor escape hacia el exterior.
- ▶ Sin importar el clima o época del año, el uso correcto de un termostato programable puede ahorrar 10% en tu factura mensual.
- ▶ Brillar la luz sobre los ahorros.

Tomar una nueva mirada a la iluminación en su hogar. Si todavía utiliza iluminación incandescente, las bombillas de luz están operando en sólo 25 por ciento de eficiencia.

Sustituir cinco de su casa con más frecuencia utilizado bombillas de energía que certificado de estrellas LED puede ahorrar \$78 por año. otra manera fácil de ahorrar es siempre apagar las luces en la sala que no se utilizan. Eficacia de la calefacción de agua.

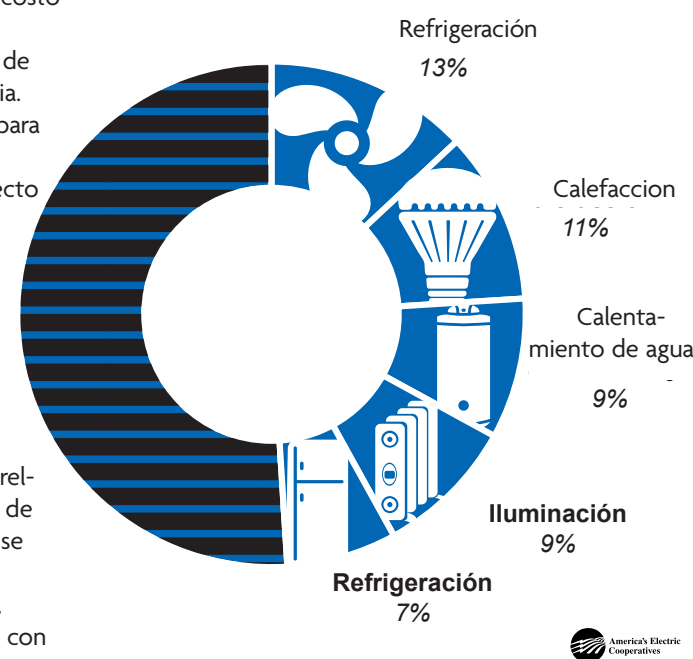
Así como iniciativas aislar el techo, pared o piso, vale también la pena Envuelva su calentador de agua con

una manta aislante. Esto es más crítico si usted tiene una unidad mayor. Asegúrese de seguir la fabricación instrucciones. Para más eficiencia y ahorro, aislar las tuberías de agua caliente expuesta y uno o dos galones de agua desde el fondo de su tanque anualmente para evitar sedimentos de drenaje acumulación.

Poner frío dinero contante y sonante en su bolsillo.

Si su refrigerador fue adquirido antes del 2001, lo más probable es utiliza un 40 por ciento más de energía gracias a un nuevo modelo de Energy Star. Si usted está considerando una actualización del dispositivo, un nuevo refrigerador Energy Star utiliza al menos 15 por ciento menos por ciento menos energía que los modelos no calificados y 20 por ciento menos de energía que exija federal actua normas. Independientemente de la edad del frigorífico, puede tomar medidas adicionales para ahorrar energía y dinero. Por ejemplo, no mantenga su refrigerador demasiado frío. El Departamento de energía recomienda temperaturas de 35 a 38 grados para el compartimento de alimentos frescos y cero grados para congeladores independientes (utilizados para el almacenamiento a largo plazo).

Comprender cómo su hogar utiliza energía, se pueden determinar las mejores maneras de modificar el uso de la energía y mantener más dinero en su billetera. Para que más maneras de ahorrar, visite victoryelectric.net.



A Touchstone Energy® Cooperative

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THE VICTORY ELECTRIC COOPERATIVE

electronews



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FROM THE CEO

If it's not in use, turn off the juice!

How saving energy saves you more than money



Shane Laws

our members are the owners of the cooperative. We feel it is our responsibility to help our members

save money by practicing energy conservation. It's another way we are looking out for you.

Reducing household energy use doesn't mean doing without. It doesn't require walking around your house wearing extra sweaters and earmuffs in the dead of winter, or stripping down to the

bare essentials in the summer. It means being smarter about how you manage the energy you do use. Consider Victory Electric your trusted resource for exploring energy-saving strategies. As a not-for-profit, member-owned electric co-op, we want to help our member owners. Sometimes that involves helping our members learn to lower their bills, and other times it involves increasing

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FIVE TIPS FOR SAVING ENERGY AT HOME

- 1 Set a programmable thermostat to turn down the heat when the house is empty or everyone is asleep.
- 2 Insulate your electric water heater.
- 3 Plug leaks around windows, doors, and power outlets with caulk and weather stripping.
- 4 Purchase ENERGY STAR® products.
- 5 Monitor your energy use to spot trends and sudden changes.

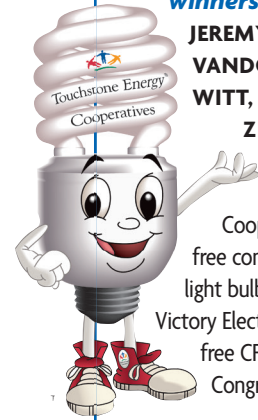


CFL Charlie Says "Come Get Your Free CFL!"

This month's lucky winners are...

JEREMY STEIN, SERVANDO VILLA, KAREN WITT, AND KERRY ZIMMERMAN.

Come by Victory Electric Cooperative to get your free compact fluorescent light bulb (CFL). Every month, Victory Electric gives members free CFL light bulbs. Congratulations winners!



Visit Our Website and Join us on Facebook



Visit our website at victoryelectric.net. On our website, you will find a calendar of events, frequently asked questions, scholarship information and application, bill pay and energy calculators—just to name a few tools!

You can also become a fan of Victory Electric on Facebook at facebook.com/VictoryElectric or by searching for The Victory Electric Cooperative Assn., Inc. Check our page for updates, outage information and energy efficiency tips. Join us as we also give away prizes during weekly contests. Facebook is a great way to stay in touch.

Steak in Order for Meeting!

The 70th Annual Meeting of Victory Electric has been scheduled for April 12 at the Western State Bank Expo Center.

A steak dinner will be served at 5:30 p.m. with the **meeting starting at 6 p.m.** Everyone attending will receive a registration gift and have a chance to win some great door prizes.

April 2016						
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Victory Electric Offers 10 Scholarships

Applications for Victory Electric's Lightner Community Spirit Scholarship are available and due March 1. Victory Electric will award 10 \$1,000 scholarships to high school seniors and current college students.

The Lightner Community Spirit Scholarship is designed to recognize students who have demonstrated academic success as well as showing a commitment to bettering their community.

Scholarship Eligibility

Applicants must be an active member in good standing with the cooperative, or a dependent of such member. Applicants must be entering or a current student at an accredited two or four-year college or university. All applicants for the scholarships shall be considered on the above criteria without regard to race, age, color, religion, gender, national origin, or existence of physical handicap.

How to Apply

Applications for the Lightner Community Spirit Scholarship can be found at victoryelectric.net/content/scholarships. Required items of the application include:

- ▶ Completed application

- ▶ Résumé
- ▶ Copy of official transcript in a sealed envelope from the school
- ▶ Copy of acceptance letter from college (if in high school)
- ▶ Completed biographical statement and one-page essay
- ▶ Submitted to Victory Electric by **March 1, 2016.**

"We are thrilled to announce this scholarship program, which reflects the importance of civic and community engagement," said Shane Laws, Victory Electric CEO. "As a not-for-profit cooperative, one of our guiding principles is 'Commitment to Community,' and I can't think of a better way than a scholarship program to give back to the communities we serve and encourage youth to be involved in their own community."

The name of the scholarship honors the Lightner family of Plymell. Richard Lightner has been on Victory Electric's board of trustees for 34 years and his father, George, served 31 years previous. Both strongly supported Victory Electric's community and youth programs.

For further information, please contact Jerri Imgarten at 620-371-7730 or jerri@victoryelectric.net.



Turn off the Juice

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efficiency options to reduce operating costs.

Energy efficiency means performing the same job and getting a similar outcome using less energy. This efficiency is often achieved through a mechanical change, such as replacing an older, less efficient appliance or mechanical unit with a new model, but sometimes a minor change of habit is all that's needed. Examples could include dimming lights, turning down the thermostat or washing clothes in cold water instead of hot.

The benefits of energy efficiency and conservation

So why are energy conservation and energy efficiency more important than ever to our members? What are the benefits of efficiency and conservation? The short answer is that energy reduction in your home 1) saves you money; 2) improves our economy by enabling consumers and businesses to spend and invest in other areas; and 3) reduces the amount of pollution emitted from power generation.

The more complex answer is that modern life means we are placing increasing demands on all forms of energy. For example, consumers are more reliant on devices, computers, phones (with charging stations), sophisticated media/home entertainment and video gaming systems, and "smart" technology that all rely on electricity. The wide array of new electronic devices is improving our quality of life, and electric co-ops are promoting efficiency to bring new conveniences at a lower cost.

Energy efficiency: the "First Fuel"

In this period of rapidly changing technology, Americans are increasingly aware of the need to reduce energy consumption. Many now call energy savings the "first fuel," because the easiest way to reduce fuel cost and carbon emissions is to save energy. Energy is a valuable commodity,

and while the discussions over climate change and carbon footprints continue, we must all do our part to conserve this precious resource. Protecting and preserving the quality of water and air is also our shared responsibility. Using less energy may even boost the economy by relieving the ever-tightening family budget, allowing dollars to be spent on more tangible goods.

Americans have demonstrated a willingness to take steps toward reducing their energy consumption, both to save money and out of concern for the environment. According to the January 2014 Nielson U.S. Consumer Energy Sentiments Report, 91 percent of consumers are willing to change their energy-use behavior to save money on energy costs. The same report indicates that 77 percent would change their behavior out of concern for the environment.

Electric co-ops can help you use less electricity

Consumers recognize that conserving energy and becoming more energy efficient is the smart and right thing to do. But they are also looking for guidance on how to do just that. Electric co-ops are a great local resource for helping consumers develop individual plans tailored to their needs and the local environment. Our employees understand better than most that every household has its own complex energy system.

Victory Electric is here to help our members understand the latest technology and give advice on choosing and maintaining heating and cooling systems. The first step in this process is easy—simply reach out to us for help with taking control of your own energy use, and you'll be well on your way to achieving the ideal balance of efficiency and conservation. In turn, you will be helping yourself, your community and the environment—and that benefits all of us.

Thanks, Shane

Irrigation and Technology Seminar Happening this Month



Victory Electric will host the Irrigation and Technology Seminar Friday, February 26, 2016, at Victory Electric's office located at 3230 N. 14th Ave. in Dodge City.

The irrigation meeting is open to the public and will cover important agricultural issues about water conservation and getting the most for your money when running pivots. Visit with the various exhibitors. Also, we have applied and are waiting for approval for Continuing Education Credits (CEUs). Everyone will sign up at the meeting to receive their CEUs, if approved.

Lunch will be provided, so invite your friends and neighbors. If you plan to attend, please RSVP at 620-227-2139.

Efficiency: Top Five Energy Users in Your Home

While most homeowners would like to be more energy efficient and save money, often they feel overwhelmed because they don't know where to start. How can the average family use less energy, lower their utility bill and still meet their daily energy needs?

To help jumpstart your effort, it is useful to know the top energy users in your home. With this knowledge, you can choose a path that works best for your family.

According to the U.S. Energy Information Agency, the top five energy users in U.S. homes are:

- ▶ Space cooling
- ▶ Space heating
- ▶ Water heating
- ▶ Lighting
- ▶ Refrigeration

Adjust the temperature.

Together, home heating and cooling use the most energy and take the biggest bite out of your energy budget. On the bright side, there are ways you can achieve at least a 10 percent savings by taking a few simple low-cost or no-cost steps.

- ▶ Set your thermostat to 68 degrees during cold weather.
- ▶ Maintain a recommended indoor temperature of 78 degrees during warm weather.
- ▶ Clean the filters of your HVAC system to cut costs from 5 to 15 percent.
- ▶ Clean the coils around your electric baseboard heater to maintain maximum efficiency.
- ▶ Caulk and weather-strip around windows and doors to prevent heat from escaping to the outdoors.

No matter what the climate or time of year, proper use of a programmable thermostat can save you 10 percent on your monthly utility bill.

Shine the light on savings.

Take a fresh look at the lighting in your home. If you still use incandescent lighting, your light bulbs are operating at only 25 percent energy efficiency. Replacing your home's five most frequently used bulbs with Energy Star-certified LEDs can save you \$75 per year. Another easy way to save is to always turn lights off in rooms that are not being used.

Water heating efficiency.

Just as it is energy-wise to insulate your roof, wall or floor, it also pays to wrap your water heater with an

insulating blanket. This is all the more critical if you have an older unit. Make sure to follow the manufacturer's instructions. For additional efficiency and savings, insulate exposed hot water lines and drain one to two gallons of water from the bottom of your tank annually to prevent sediment build-up.

Put cold hard cash back in your wallet.

If your refrigerator was purchased before 2001, chances are it uses 40 percent more energy than a new Energy Star model. If you are considering an appliance update, a new Energy Star refrigerator uses at least 15 percent less energy than non-qualified models and 20 percent less energy than required by current federal standards. Regardless of the age of your fridge, you can take additional steps to save energy and money. For example, don't keep your refrigerator too cold. The Department of Energy recommends temperatures of 35 to 38 degrees for the fresh food compartment and zero degrees for separate freezers (used for long-term storage).

By understanding how your home uses energy, you can determine the best ways to modify energy use and keep more money in your wallet. For additional ways to save, visit victoryelectric.net.

