



NINNESCAH RURAL ELECTRIC COOPERATIVE

Watts Ahead

Ninnescah Rural Electric Co-op, Inc.

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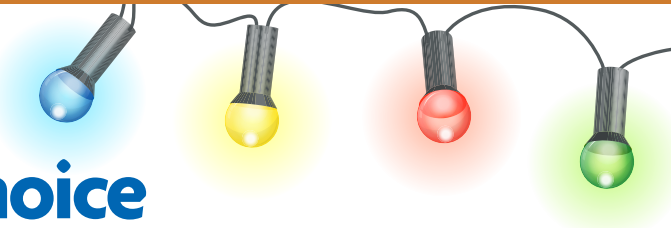
Teresa Miller
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Manager of Operations

In Case of an Outage

If your electricity is off for more than a few minutes, please call 800-828-5538. The office hours are 8 a.m. to 5 p.m., Monday–Friday. After hours, calls will be answered by dispatch and forwarded to our on-call personnel.

LED Lights: The Bright Choice



According to the U.S. Department of Energy, LED lights use up to 75% less energy than incandescent bulbs and last 10 or more times as long. They require little maintenance, and they're made of durable plastic and are less prone to breakage. LED lights are not hot to touch; therefore, they're safe to use on Christmas trees, wreaths and garlands, and in areas where children or pets play.

LED bulbs rarely burn out — they typically just get dimmer over time. This will save you time, not looking for that one bulb that has rendered the entire string of lights useless.

LED holiday light strands cost slightly more than strands with traditional bulbs. However, the longer

Items	Incandescent C9 Bulbs	LED Size C9 Bulbs
500' string on roof	3,500 watts	48 watts
200' in yard	1,400 W	20 W
1 wreath	63 W	1 W
Energy Cost:	\$131.02	\$1.82

lifespans of the bulbs and the energy savings quickly make up that cost, as represented above.

The chart shows cost based on 1 bulb per foot; 7W incandescent C9 bulbs vs. 0.096W LED C9 bulbs; 8 hours of operation for 30 days, at a rate of 11¢ per kilowatt-hour.

Source: www.christmaslightsetc.com.

Happy Holidays

Wishing our members a Merry Christmas and Happy New Year! In observance of the holidays, our office will be closed on Tuesday, Dec. 24, and Wednesday, Dec. 25, for the Christmas holiday. We will also be closed on Wednesday, Jan. 1, for New Year's Day.

Welcome New Members

Warren &/or Kayla Fobes – Pratt
 Mai Operations Inc. – Dallas, TX
 January L. Gaul – Lewis
 Gail Sahlfeld – Prairie Village
 Shining Star Farms LLC – St. Francis, MN
 Anchor D. Robbins Ranch LLC – Belvidere
 David D. Wood – Belpre
 Vertical Bridge Devel LLC – Boca Raton, FL
 Tillman Infrastructure LLC – New York, NY

Ninnescah Returns Capital Credits

The Ninnescah Rural Electric Board of Trustees has approved the return of capital credits to the electric cooperative membership. This reflects your ownership in the cooperative during that specific period of time. The capital credits checks are scheduled to mail the latter part of December.

You might not realize it, but when you signed up to receive electric service from Ninnescah Electric, you became a member and owner of an electric utility. While investor-owned utilities return a portion of any profits back to their investors, electric co-ops operate on a not-for-profit basis. So, instead of returning excess funds, known as margins, to investors who might not live in the same region as you, we issue capital credits to you. The goal of the Ninnescah Board of Trustees is to return the margins on a regular rotating basis, starting with the oldest capital credits first.

Energy Efficiency Tip of the Month

Dry towels and heavier cottons separately from lighter clothing. You'll spend less time drying the lighter-weight items. **Source:** energy.gov

Are You Prepared for Winter?

As cold weather hits, many of us are not prepared for Old Man Winter's potential wrath.

Although our No. 1 goal at Ninnescah Electric is to provide safe and reliable service — to do all we can to keep the power on — weather conditions can tie our hands. Snow and ice can cause trees to fall, hitting power lines and disconnecting power.

The Centers for Disease Control and Prevention (CDC) advises everyone to ready their homes and cars, prepare for possible power outages, and to check on older adults. Be sure to have plenty of non-perishable food on hand and extra water stored in clean containers. If bad weather is forecast, avoid travel, fully charge your cell phone, and keep an updated emergency kit on hand.

The CDC recommends taking the following steps so you will be more likely to stay safe and healthy when temperatures fall:

Winterize Your Home

- ▶ Install weather stripping, insulation and storm windows.
- ▶ Insulate water lines that run along exterior walls.
- ▶ Clean gutters and repair roof leaks.

Check Your Heating Systems

- ▶ Have your heating system serviced professionally to make sure it is clean, working properly and ventilated to the outside.
- ▶ Inspect and clean fireplaces and chimneys.
- ▶ Install a smoke detector. Test batteries monthly and replace them twice a year.
- ▶ Have a safe alternate heating source and alternate fuels available.

Prevent Carbon Monoxide (CO) Emergencies

- ▶ Install a CO detector. Check batteries when you change your clocks in the fall and spring.
- ▶ Learn symptoms of CO poisoning

that include headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

- ▶ Keep grills, camp stoves and generators outside.
- ▶ Use fuel-powered generators at least 20 feet away from the house.
- ▶ Leave your home immediately if the CO detector goes off and call 911.

Prepare Your Car

Get your car ready for cold weather. Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires. Also:

- ▶ Keep the gas tank full to avoid ice in the tank and fuel lines.
- ▶ Use a wintertime formula in your windshield washer reservoir.

Prepare Emergency Kits

Avoid driving, but in case you get stuck in bad weather or become stranded, an emergency kit for your car should include:

- ▶ Cell phone and portable charger
- ▶ Blankets
- ▶ Food and water
- ▶ Booster cables, flares, tire pump and a bag of sand or cat litter (for traction)
- ▶ Compass and maps
- ▶ Flashlight, battery-powered radio and extra batteries
- ▶ Plastic bags (for sanitation).

Start With These Items for an In-Home Emergency Kit

- ▶ Battery-operated devices, such as a flashlight, a NOAA weather radio and lamps
- ▶ Extra batteries and pre-charged portable phone power source
- ▶ First-aid kit and extra medicine
- ▶ Cat litter or sand for icy walkways.

Don't forget specific items you or members of your family might need during an emergency. For additional winter prep tips, consult the CDC (cdc.gov), Red Cross (redcross.org) or ready.gov.

SOPHOMORES AND JUNIORS—APPLY FOR THESE AMAZING TRIPS!

YOUTH PROGRAMS **BUILD** Leadership, Community, Memories

Ninnescah Electric will select two students to take an all-expenses-paid trip in the summer of 2020. If you are a high school sophomore or junior, submit your application for the chance to win one of these trips.



During the Electric Cooperative Youth Tour to Washington, D.C., students meet with elected officials. This year's tour will be June 18-25, 2020.

During both trips, students forge lifelong friendships and many become college roommates and professional colleagues. Most importantly, these youth programs inspire students to discover who they want to be.

Tour the Nation's Capital

Imagine — a chance to visit our nation's capital for one week, meet with more than 1,800 students from across the U.S. and visit with Kansas' senators and congressional representatives. Ninnescah will choose one winner to go to the Electric Cooperative Youth Tour in Washington, D.C., from June 18-25, 2020. The week-long trip to Washington, D.C., is jam-packed with sightseeing. Students will visit many of the major monuments and memorials, including the Lincoln Memorial, the Jefferson



Each year, campers go rafting during Cooperative Youth Leadership Camp in Steamboat Springs, Colorado, which is scheduled for July 10-16, 2020.

also choose a winner to attend Cooperative Youth Leadership Camp in Steamboat Springs, Colorado, July 10-16, 2020. Rafting, hiking and building memories — it's not just another trip! At camp, you will join winners from other co-ops in Kansas, Colorado, Oklahoma and Wyoming to build valuable leadership skills. Learn more at <http://bit.ly/cylcvideo>.

Memorial and the Washington Monument. To see what's in store, visit <http://bit.ly/dcytvideo2015>.

Adventure in the Rockies

Ninnescah will

How to Apply

To apply for the Electric Cooperative Youth Tour or Cooperative Youth Leadership Camp, please complete the form below or download at www.ninnescah.com and return **BY DEC. 10, 2019**. Ninnescah will provide informational packets on which there will be a quiz and short interview (similar to a job interview) to select two winners. For more information, please contact Nancy Aschenbrenner at 800-828-5538.

Application for Youth Tour Contest – Due Dec. 10, 2019

To apply, please complete the application below and return to Ninnescah Rural Electric Cooperative, 275 N.E. 20th St., P.O. Box 967, Pratt, KS 67124, **BY DEC. 10, 2019**.

Applicant Name _____ Date of Birth _____
Phone _____ Email _____
Address _____ City _____ State _____ Zip _____
School _____ Year in School _____
Name of Parent(s) or Guardian(s) _____
Parent(s) or Guardian(s) Phone Number(s) _____

I agree that all information supplied in this application is accurate and true. APPLICANT SIGNATURE _____

I hereby grant permission for _____ to enter the 2020 Youth Tour competition sponsored by

Ninnescah Electric Cooperative, Inc. SIGNATURE OF PARENT/GUARDIAN _____

Recipes

from Our
Members' Kitchens

Hash Brown Quiche

- ▶ 4 Tbs. butter or margarine, melted
- ▶ 20 ounces shredded hash browns
- ▶ Salt & pepper to taste
- ▶ 1 cup milk
- ▶ 8 green onions, chopped
- ▶ 3 large eggs, beaten
- ▶ ¾ cup cooked ham, diced
- ▶ 1 cup shredded cheddar cheese

Preheat oven to 450 F. Place rack in middle of the oven. Put butter in 9- or 10-inch deep dish pie pan and microwave about 1 minute or until butter melts. Add potatoes, salt and pepper. Toss with melted butter. Press potatoes into bottom of pie pan (like crust). Place on middle rack and bake 15–20 minutes; everything should start to brown. In a large mixing bowl, combine the remaining ingredients. Pour into crust and bake at 350 F for 30 minutes. Cover potatoes with foil to help prevent burning.

Brenda Head, Byers

Mini Batch Chocolate-Peanut Butter Fudge

- ▶ ¾ cup sugar
- ▶ ⅛ cup cocoa
- ▶ Dash of salt
- ▶ ¼ cup milk
- ▶ 1 Tbs. corn syrup
- ▶ 1 Tbs. butter
- ▶ ¼ tsp. vanilla
- ▶ ½ cup mini chocolate chips
- ▶ ¼ cup peanut butter

Combine cocoa, sugar, and salt. Add milk and corn syrup, then add butter. Cook over low flame until mixture boils stirring constantly. Continue boiling without stirring until a small amount forms a very soft ball in cold water. Remove from fire. Add vanilla, chocolate chips and peanut butter. **NO BEATING NECESSARY.**

Turn at once into a greased 6X6 corning ware platter or small plate. Makes 12 or more pieces.

I received a third-place rating in open class in the fudge division at the 2017 Kansas State Fair for this fudge.

Rita Hammond

No Bake Peanut Butter Cornflake Cookies

- ▶ 1 cup sugar
- ▶ 1 cup light corn syrup
- ▶ 1 cup creamy peanut butter
- ▶ 1 tsp. vanilla
- ▶ 6 cups cornflakes

In a large saucepan, combine sugar, corn syrup and peanut butter. Cook over medium heat until it starts to boil, stirring constantly so the sugar doesn't burn. As soon as the mixture comes to a boil, remove from heat and stir in the vanilla and cornflakes mixing until cornflakes are evenly coated. Using an ice cream scoop, drop cookies onto wax paper quickly before the mixture cools. Let cool 20-30 minutes.

Marilyn Foster, Pratt

One Hour Yeast Rolls

- ▶ 1 cup warm water
- ▶ ¼ cup sugar
- ▶ 1/3 cup oil
- ▶ 2 Tbs. yeast
- ▶ 1 tsp. salt
- ▶ 1 egg, beaten
- ▶ 3 1/3 cups flour

In a large bowl, mix together warm water, sugar, oil and yeast. Let stand for 15 minutes until yeast mixture is bubbly. Stir in salt and beaten egg to yeast mixture. Gradually add flour. Dough will be kind of sticky; add enough flour until it's manageable. Let dough rest in bowl for 10 minutes. I cover mine with a towel. This allows the dough to rise more. Spray hands with non-stick cooking spray and form dough into balls. Place balls so they don't touch on cookie sheet. Let rise for 20 more minutes. Bake at 375 degrees for 10 minutes.

Mix 2-3 tablespoons of melted butter with honey (to taste) and brush the top of hot rolls with the honey butter.

Brenda Head, Byers

Please consider submitting YOUR favorite recipes for all to enjoy.

To submit your recipe please send or e-mail the following information:

- ▶ Your name, contact information and Ninnescah account number
- ▶ The recipe (clearly printed or typed)

Send your entry to: Ninnescah Electric, Attn: Recipes, P.O. Box 967, Pratt, KS 67124 OR email to: naschenbrenner@ninnescan.com

We hope you are enjoying the recipes from your neighbors.