

● AUGUST 2025

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ELECTRIC COOPERATIVE LIVING

**2025 Shine the Light
nominees announced**

**Students attend Youth Tour
in the nation's capital**

Garden-fresh recipes

Win a countertop ice maker ► See Page 3

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Iowa Electric Cooperative Living magazine (ISSN: 2770-8683) is published monthly by the Iowa Association of Electric Cooperatives, a not-for-profit organization representing Iowa's member-owned local electric cooperatives. Association address: 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. The phrase ***Iowa Electric Cooperative Living*** is a mark registered within the state of Iowa to the Iowa Association of Electric Cooperatives. The magazine does not accept advertising.

Editorial Office
8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Telephone: 515-276-5350.

Email Address
editor@ieclmagazine.com. *Iowa Electric Cooperative Living* magazine does not assume responsibility for unsolicited items.

Website
www.ieclmagazine.com

Postmaster
Send address changes to *Iowa Electric Cooperative Living* magazine, 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Periodicals Postage Paid at Des Moines, Iowa, and at additional mailing offices.

Change of Address
Every local electric cooperative maintains an independent mailing list of its members, so please send your change of address directly to your local electric cooperative's office. *Iowa Electric Cooperative Living* magazine cannot make an address change for you.

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ON THE COVER

Special thanks to Lindsey Wulff, a Butler County REC member-consumer, for supplying this month's cover image. Submit high-resolution photos for consideration to editor@ieclmagazine.com. You could receive \$100!

THE MAGIC OF YOUTH TOUR

BY SHELLY YORK



Magic? Really? Yes!

The electric cooperative Youth Tour traces its origins to a national electric cooperative annual meeting

in 1957, when then-Sen. Lyndon Baines Johnson said in his address to the crowd, "If one thing comes out of this meeting, it will be sending youngsters to the national capital where they can actually see what the flag stands for and represents."

And that is how Youth Tour was born!

In the following years, some Texas cooperatives sent groups of young people to Washington, D.C., to work during the summer in Johnson's office. In 1958, Iowa's electric cooperatives sponsored the first group of 34 young people on a weeklong tour of our nation's capital. By 1959, the "Youth Tour" had grown to 130 students. In 2025, there were nearly 2,000 student delegates and chaperones that made the annual Youth Tour pilgrimage to our nation's capital.

What's so magical about that, you ask?

- A movement like Youth Tour was hatched from a simple comment. To date, more than 50,000 young people have participated, and we never get tired of hearing how it truly is a trip of a lifetime!
- For the Iowa delegation, these 35-40 students meet in Des Moines for orientation without knowing each other. By the end of the week, we are a family of sorts, and many tears are shed when we must go our separate ways.
- The things we get to do and see in one week are truly remarkable (magical, if you will!). We experience and see the Arlington National Cemetery, all the monuments and memorials, the National



Iowa's 2025 Youth Tour participants.



Iowa's Youth Tour participants in 1958.

Mall, the U.S. Capitol, the Marine Corps Sunset Parade and more museums than we can count.

- After a week in D.C., regardless of your political views, you cannot help but come away with a better understanding of your role as an American citizen.
- Learning about the cooperative business model and the seven principles that guide Iowa's electric cooperatives is often an eye-opener for our student delegates. They leave Youth Tour with a much broader view of how co-ops support their community.

Do you know a high school student interested in history, leadership or public service? Youth Tour might be the perfect (or magical!) fit.

Next year's Youth Tour dates are June 14-20, 2026.

Look for more details about the trip from your local electric cooperative toward the end of the year or find more details at www.iowayouthtour.com.

Shelly York is the office manager and Iowa Youth Tour director for the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

WIN AN IGLOO ICE MAKER!

Convenient and compact in size, this Igloo Automatic Portable Countertop Ice Maker looks good on a countertop while producing ice for whenever or wherever you need it. Keep the 2.5-quart water tank filled and this unit will produce 33 pounds of ice in a 24-hour period – enough to keep drinks cold all day long.

Visit our website and win!

Enter this month's contest by visiting www.ieclmagazine.com no later than Aug. 31. You must be a member of one of Iowa's electric cooperatives to win. There's no obligation associated with entering, we don't share entrant information with anyone and multiple entries from the same account will be disqualified.

The winner of Blackstone propane griddle from the June issue was **Phil Stukenholtz**, a **Guthrie County REC** member-consumer.



ENTER ONLINE BY AUG. 31!

BACK-TO-SCHOOL TIPS: DORM AND APARTMENT SAFETY

Sending a child off to college is an exciting time; it can also be unsettling.

Parents worry about their child's new responsibilities, academic success, new friends and safety.

Here are some steps parents and guardians can take to ensure the dorm room or apartment of a student is up to standards when it comes to electrical safety.

- ☑ Do not overload extension cords, power strips or outlets.
- ☑ Use power strips with over-current protectors. This will shut off the power automatically if too much current is being drawn.
- ☑ Be cautious of outlets that become too hot to touch. If an electrical outlet becomes so hot that you cannot leave your hand on it, there is potential for a fire. Unplug everything from the outlet and notify the landlord or dorm officials immediately.
- ☑ Extension cords are for temporary situations only. Extension cords should not be used as a long-term solution when you need another outlet.
- ☑ Do not staple extension cords. You might damage the insulation meant to protect you from current and potentially expose a wire that increases the possibility of sparking.
- ☑ Look for the UL mark on any electrical product you use. The UL mark indicates that your appliance, cord or device has met Underwriter's Laboratories' rigorous safety requirements.



- ☑ If your student is in a location where he or she will be doing some cooking, look for UL-listed appliances that feature automatic shut-off buttons. This will lessen the chance of leaving something brewing or cooking all day.
 - ☑ Never plug more than one high-wattage appliance into a single outlet. Make sure the appliance cords aren't frayed or cracked. If they are, get them repaired by a professional.
 - ☑ Have a UL-listed fire extinguisher in the dorm room or apartment and know how to use it.
- Here are some questions that parents should ask of college staff to make sure those in charge of the dorms have adequately prepared for a fire – electrical or otherwise.
- Does every room have a smoke alarm?
 - Are the residence halls equipped with an automatic fire sprinkler system?
 - How much fire prevention training do the staff and resident assistants receive?
 - How many false alarms have occurred in the residence halls?
 - How often are fire drills conducted?
 - What is the school's disciplinary policy against students who cause false alarms or fail to evacuate when an alarm sounds?

It is an exciting time for college-bound students. These tips and questions can help alleviate some safety concerns and make college a rewarding and safe experience.

**DID YOU
KNOW?**

During the past 10 years, Iowa's electric cooperatives have kept the lights on

99.96% OF THE TIME



DESPITE BLIZZARDS, ICE STORMS, TORNADOES, DERECHOS OR OTHER EXTREME WEATHER EVENTS.



BUFFALO CENTER STUDENT NAMED 2025 IOWA YOUTH LEADERSHIP COUNCIL REPRESENTATIVE

Congratulations to Ava Meinders of Buffalo Center, who was named the 2025 Iowa Youth Leadership Council (YLC) representative during the Youth Tour in June.

Ava was sponsored on Youth Tour by Heartland Power Cooperative. She is a rising senior at North Iowa Community School and is involved in cross country, track, softball, theater, band, FFA, speech, Quiz Bowl, yearbook and student council. She has interests in traveling, running, reading and taking care of animals.

As Iowa's YLC representative, Ava will:

- Meet with the YLC group virtually between August and February, where state delegates will hear from guest speakers, participate in additional leadership development trainings, and work with their local co-ops to host National Co-op Month projects and present their speeches for national spokesperson consideration.
- Attend a four-day YLC “basecamp” in July, which is designed to equip delegates with the resources they need for their year of service. Programming will focus on strengthening delegates’ leadership, public speaking, advocacy and communication skills; building strong connections with fellow YLC members, the industry’s senior leaders, and their local and statewide cooperatives; and educating them on the cooperative industry and their role in advocating for rural America.
- Prepare and deliver a speech to her co-op board by mid-January, which will be submitted to the National Rural Electric Cooperative Association (NRECA) for national YLC spokesperson consideration.
- Deliver her speech at the Iowa Association of Electric Cooperatives Annual Meeting in December.
- Attend NRECA’s 2026 PowerXchange in Nashville.
- Receive a \$1,000 college scholarship from the Pioneer Trust Foundation.



POWERFUL IMAGE

When severe storms hit Iowa in June, Clarke Electric Cooperative’s service territory in south central Iowa was inundated with rain. Their crews worked during the storms to restore power, often under challenging conditions. In this photo, Journeyman Lineman Eric Page crossed a ditch to reach a pole, and before he returned, the ditch filled with water. Thank you to all the electric cooperative linemen and employees who work around the clock to keep power flowing safely and efficiently to members across Iowa!

YOUTH LEADERS VISIT NATION'S CAPITAL

BY ANN FOSTER THELEN

Search for **Iowa Youth Tour** on Facebook or Instagram to see the group's recent adventures from 2025.



"The sights were truly amazing and the people even more so."

Miah Bugher, Southern Iowa Electric Cooperative

"Going to Washington, D.C., was like stepping onto Aladdin's magic carpet for the first time; it really is a whole new world."

Annabelle Baggett, Guthrie County REC

"Because of my opportunity to attend the Iowa Youth Tour, I have been able to make lifelong friendships and have many doors open for my future. This has truly been one of the best experiences of my life!"

Lilly Morey
Iowa Lakes Electric Cooperative

"This trip was some of the most fun I've ever had. I made so many new friends and learned a lot about co-ops. I think everyone should apply for the trip because it will really open your eyes to the impact you and the co-op as a team make on the world around you."

Joseph Thielen
Raccoon Valley Electric Cooperative



Iowa's locally owned electric cooperatives have been sending high school students to Washington, D.C., every June since 1958! This year, 35 high school students and six chaperones representing Iowa's electric cooperatives journeyed to the nation's capital for the National Rural Electric Cooperative Association's 2025 Youth Tour.

On the weeklong tour, students learned about electric cooperatives, American history and U.S. government and walked away with a greater understanding of their role as an American citizen. They participated in National Youth Day, visited with their elected legislators and explored the sights around the nation's capital.

Earlier in the year, students applied for the trip through their local electric cooperatives. The Iowa students joined students from co-ops around the country for the national Youth Tour.

MARK YOUR CALENDAR!

2026 Youth Tour

June 14-20

www.iowayouthtour.com



2025 PARTICIPANTS

Drew Alleman-Hunter – TIP REC
Annabelle Baggett – Guthrie County REC
Jake Buell – Consumers Energy
Miah Burgher – Southern Iowa Electric Cooperative
Kase Coleman – United Electric Cooperative
Brooke Davis – Farmers Electric Cooperative (Greenfield)
Olivia Enyart – Allamakee-Clayton Electric Cooperative
Tyler Friedrichsen – North West REC
Nolan Gannon – Clarke Electric Cooperative
Hudson Gibb – Access Energy Cooperative
Emma Godman – MiEnergy Cooperative
Jaden Gukeisen – Lyon REC
Ray Helvie – Southwest Iowa REC
Ava Meinders – Heartland Power Cooperative
Braylen Milstead – Iowa Lakes Electric Cooperative
Lilly Morey – Iowa Lakes Electric Cooperative
Nora Nelson – Iowa Lakes Electric Cooperative
Ricardo Noh Mejia – Prairie Energy Cooperative
Isabel Nunez – Harrison County REC
Brady Olson – Eastern Iowa Light & Power Cooperative
Logun Ostermeyer – Chariton Valley Electric Cooperative
Taryn Oxendale – Western Iowa Power Cooperative
Hayden Palmer – Allamakee-Clayton Electric Cooperative
Hanna Paulson – Iowa Lakes Electric Cooperative
Nick Quasdorf – Franklin REC
Ranger Reed – East-Central Iowa REC
Mia Sanchez – Midland Power Cooperative
Rachel Schany – Iowa Lakes Electric Cooperative
Lillie Spencer – Calhoun County Electric Cooperative Association
Natalie Steele – Access Energy Cooperative
Joseph Thielen – Raccoon Valley Electric Cooperative
Amelia Thompson – Butler County REC
Cassidy Thompson – Chariton Valley Electric Cooperative
Myles Tjaden – Heartland Power Cooperative
Elsie VanBeek – North West REC



SOME OF THE THINGS STUDENTS DID AND SAW ON THIS YEAR'S YOUTH TOUR:

- » Albert Einstein Memorial
- » Arlington National Cemetery
- » Boat cruise on the Potomac River
- » CoBank (information about cooperative careers)
- » Ford's Theater
- » Franklin Delano Roosevelt Memorial
- » Gettysburg
- » Gettysburg National Military Park
- » Holocaust Memorial
- » Iwo Jima Memorial and Sunset Parade
- » Kennedy Center for the Performing Arts
- » Korean War Veterans Memorial
- » Lincoln Memorial
- » National Archives
- » National Museum of the U.S. Army
- » Pentagon 911 Memorial
- » Steven F. Udvar-Hazy Center
- » The National Mall
- » U.S. Capitol
- » Vietnam Veterans Memorial
- » Washington Monument
- » White House
- » World War II Memorial





garden fresh

RECIPES

BLACK BEAN SALSA

- 1 can black beans, drained and rinsed
- 1 can corn, drained
- ½ cup green pepper, diced
- ½ cup red pepper, diced
- ½ cup red onion, diced
- ¼ cup jalapeño pepper, diced
- 2 tablespoons red wine vinegar
- ¼ cup extra-virgin olive oil
- ¼ teaspoon ground cumin
- salt, to taste
- pepper, to taste

Mix all ingredients and chill. Canned black beans can be substituted with boiled fresh black beans. Serve with your favorite tortilla chips or enjoy on a fresh garden salad.

Connie Nedved • Moravia
Chariton Valley Electric Cooperative, Inc.

SUPER EASY DAIKON RADISH PICKLES

- 2 pounds Daikon radishes
- 1 cup sugar
- 2½ tablespoons white vinegar
- 2½ tablespoons salt
- optional: jalapeño or dried chili pepper

Wash radishes well and cut off leaves and roots. Slice in ½-inch pieces with the skin on, then cut into sticks. Put radishes and remaining ingredients in a food bag and shake to mix. Soak in a refrigerator for 1-2 days, occasionally turning the bag upside down. Celery, turnips, tomatoes and onions would also be delicious. Serves 6

Erina Westphal • Guthrie Center
Guthrie County Rural Electric Cooperative

CUCUMBER RELISH

- 2 teaspoons salt
- 9 cups cucumber, sliced
- 2 cups sugar
- 1 cup vinegar
- 1 cup green pepper, chopped
- 1 cup onion, chopped
- 1 teaspoon celery seed

Pour salt over cucumbers and set for 1 hour. Pour off brine and discard. Dissolve sugar in vinegar. Add all ingredients to cucumbers. Keeps in fridge for months and freezes well in smaller containers.

Karen De Boer • Sioux Center
North West Rural Electric Cooperative

GARDEN GAZPACHO

- 6 medium tomatoes, chopped
- 2 cucumbers, cored
- ½ red onion
- ¼ cup fresh parsley
- 2 teaspoons garlic, minced
- 1 tablespoon lemon juice
- 2 tablespoons sugar
- ½ teaspoon coarse salt
- a few dashes hot sauce
- sour cream

Mix tomatoes, cucumbers, onion, parsley, garlic, lemon juice, sugar, salt and hot sauce in food processor, leaving it a bit chunky. Serve chilled and topped with a dollop of sour cream. Serves 6

Barb Sowers • Fredericksburg
Butler County Rural Electric Cooperative

GARDEN-FRESH BRUSCHETTA

- 2 tablespoons olive oil
- 1 loaf French or Italian bread, cut into ½-inch slices
- 4 medium Roma tomatoes, seeded and diced
- ¼ cup red onion, diced, optional
- 2 tablespoons fresh basil, chopped
- 1 teaspoon wine vinegar
- 1 clove garlic, minced
- 1 teaspoon parsley, minced
- salt, to taste
- pepper, to taste
- ¼ teaspoon red pepper flakes, optional
- Parmesan cheese, optional

Lightly brush olive oil on one side of bread. Place bread on ungreased baking pan, oil side up. Bake at 350 degrees F for 15 minutes or less. Combine the remaining ingredients, adding parmesan if desired. Use a slotted spoon to top bread pieces with tomato mixture. Serves 14

Sandra Lacey • Danbury
North West Rural Electric Cooperative

BUBBLE AND SQUEAK

- 3 potatoes, unpeeled
- 3 slices bacon
- 4 cups cabbage, shredded
- ½ medium yellow onion, sliced
- 1 zucchini, grated
- ¼ cup ham, chopped
- salt, to taste
- pepper, to taste

Cut potatoes into bite-sized pieces and boil. Once cooked, smash slightly. Chop and brown bacon, reserving fat. Gently mix potatoes, cabbage, onion, zucchini, bacon, ham, salt and pepper. Heat bacon grease in a non-stick skillet, add the mixture and stir so it is coated with grease. Cover and cook until the cabbage and onion are tender. Remove lid and brown on medium heat, stirring occasionally. Once browned to your liking, remove from heat and serve. Serves 4-6

Jean Longnecker • Huxley
Consumers Energy

GARDEN CASSEROLE

- 1 cup onion, sliced
- 1 pound ground beef
- 1 green pepper, chopped
- 1 cup celery, chopped
- 1 cup carrots, diced
- 4 large, firm tomatoes, quartered
- ¾ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon brown sugar
- 3 cups seasoned mashed potatoes
- 2 tablespoons butter, melted
- parsley springs, for garnish

Lightly brown onions and beef. Add green pepper, celery, carrots, tomatoes, seasonings and brown sugar. Simmer 20 minutes. Pour into a 2-quart casserole dish and top with mounds of fluffy mashed potatoes. Brush lightly with butter. Bake at 350 degrees F for 30-45 minutes, until golden brown. Garnish with sprigs of parsley. Serves 6-8

Amanda Markovich • Burlington
Access Energy Cooperative

Visit www.ieclmagazine.com and search our online archive of hundreds of recipes in various categories.



GARDEN-FRESH DILL PICKLE SALAD

- 4 large radishes
- 3 scallions
- 1 large carrot
- ¼ cup dill pickles, sliced
- 1 cup cucumber, peeled, seeded and diced
- ¼ cup pumpkin seeds
- romaine lettuce, chopped
- 1 ripe avocado
- ½ cup dill pickle juice
- ½ cup canned coconut milk
- ¼ cup parsley, chopped
- 2 garlic cloves, minced or ½ teaspoon garlic powder
- 1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme leaves
- ½ teaspoon salt
- ½ teaspoon onion powder

In a food processor, add radishes, scallions, carrot and pickles. Pulse into combined, small bite-sized pieces. In a medium bowl, add cucumber and pumpkin seeds. Line four serving bowls with lettuce and top with a ½ cup vegetable mixture. In a blender, combine avocado, dill pickle juice, coconut milk, parsley, garlic, thyme, salt and onion powder. Serve avocado dressing over salad. Serves 4

Anita Doughty • Ankeny
Consumers Energy

WANTED:

HOLIDAY APPETIZERS

THE REWARD:
\$25 FOR EVERY
ONE WE PUBLISH!

Deadline is Aug. 31

Submit your favorite holiday appetizer recipes. Please include your name, address, telephone number, co-op name, recipe category and number of servings on all submissions.

EMAIL: recipes@ieclmagazine.com

MAIL: Recipes

Iowa Electric Cooperative Living magazine
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SHINE THE LIGHT CONTEST NOMINEES ANNOUNCED



The Touchstone Energy® Cooperatives of Iowa are driven by our commitment to community.

To celebrate local volunteers, the Shine the Light contest returned for a fifth year and received 88 volunteer nominations during June, the second highest number in the history of the contest! This year's entries came from 27 Iowa electric co-ops and one municipal utility served by Central Iowa Power Cooperative. Employees and member-consumers of Iowa's locally owned electric cooperatives were invited to nominate someone who makes a positive difference in their community.

Three winners will be awarded a \$3,000 donation to their charity or community organization of choice and will be featured in next month's issue. Please join us in celebrating these nominees for their outstanding commitment to community. Learn more at www.IowaShineTheLight.com.

To follow are this year's nominees, listed alphabetically by electric cooperative.

2025 SHINE THE LIGHT NOMINEES

ACCESS ENERGY COOPERATIVE

Steven Klein from Salem was nominated by **Shelly Adkison** for his work with **Thank You is Never Enough**.

ALLAMAKEE-CLAYTON ELECTRIC COOPERATIVE

Arnold Guyer from Clermont was nominated by **Deborah Guyer** for his work with **European Rural Heritage Institute (Heritage Farm Park)**.

BUTLER COUNTY RURAL ELECTRIC COOPERATIVE

Al Buseman from Dumont was nominated by **Joel Noelting** for his work with **Revitalize Dumont**.

Stephanie Duhrkopf from Sumner was nominated by **Nancy Meyer** for her work with **Sumner Daycare and Learning Center**.

Patty Hummel from Allison was nominated by **Linda Pruin** for her work with **Butler County 4-H, Allison City Swimming Pool, Wilder Park**.

Deb McWhirter from Allison was nominated by **Sheila Wangsness** for her work with **Wilder Park**.

Debra White from Clarksville was nominated by **Lynn Bolin** for her work with **Clarksville Open Door Youth Center**.

CALHOUN COUNTY ELECTRIC COOPERATIVE ASSOCIATION

Melanie Bach from Clermont was nominated by **Collin Bauch** for her work with **Northeast Iowa Wellness & Recreation Center**.

Marlene Schossow from Pomeroy was nominated by **Nancy Olson** for her work with **Pomeroy Historical Society**.

CHARITON VALLEY ELECTRIC COOPERATIVE, INC.

Dave & Pam Haugen from Tracy were nominated by **Joyce Housley** for their work with **Bellefontaine Military Monument**.

Jena Wiley from Chariton was nominated by **Lori Johnson** for her work with **Almost Home Animal Rescue**.

CLARKE ELECTRIC COOPERATIVE, INC.

Annette Brummel from Peru was nominated by **Jodee Jorgenson** for her work with **Murray Saddle Club**.

CONSUMERS ENERGY

Christopher Alleman from Slater was nominated by **Pete Hunter** for his work with **Alleman Betterment**.

Lynn Marr-Moore from Kelley was nominated by **Reed Moore** for her work with **Charlie's Angels Cystic Fibrosis Fundraising Team**.

Michael Nusbaum from Nevada was nominated by **Amber Nusbaum** for his work with **Scouts of America Troop 128**.

EAST-CENTRAL IOWA RURAL ELECTRIC COOPERATIVE

Ricky Davis from Marengo was nominated by **Joyce Davis** for his work with **Golf for Injured Veterans Everywhere**.

Donna Delagardelle from Jesup was nominated by **Monica Bengston** for her work with **St. Athanasius School**.

Steve Ries was nominated by **Katie Stadheim** for his work with **Aiming for a Cure Foundation**.

Randy Scheel from Garrison was nominated by **Becky Van Wey** for his work with **Benton County Conservation Foundation**.

EASTERN IOWA LIGHT & POWER COOPERATIVE

Terri Becker from Wilton was nominated by **Nathan Sawvell** for her work with **Wilton Legion Auxiliary**.

Kenan Todd from Columbus Junction was nominated by **Doris Mouglin** for his work with **United Fund of Columbus Junction**.

FRANKLIN RURAL ELECTRIC COOPERATIVE

James Abbas was nominated by **Scott Hagenson** for his work with **AGWSR FFA Chapter**.

Roger Kregel from Dumont was nominated by **Madison Alert** for his work with **Revitalize Dumont**.

GRUNDY COUNTY RURAL ELECTRIC COOPERATIVE

Derek Snakenberg from Parkersburg was nominated by **Allyson Miller** for his work with **Veteran Flagpole Initiative**.

Aleah Wegener from Dike was nominated by **Pat Pruissner** for her work with **Dike Public Library**.

GUTHRIE COUNTY RURAL ELECTRIC COOPERATIVE ASSOCIATION

Marlene Schossow from Pomeroy was nominated by **Jennifer Mosinski and Mary Clancy** for her work with **Pomeroy Historical Society**.

HARRISON COUNTY RURAL ELECTRIC COOPERATIVE

Margo Hansen from Dunlap was nominated by **Jill Schaben** for her work with **Dunlap Betterment Group**.

Bette Jensen from Woodbine was nominated by **Laura Hansen** for her work with **Women for Veterans**.

Carolyn McDermott from Neola was nominated by **Marilyn Alfes** for her work with **St. Anne's Charity Quilt Group**.

Mary Wadsworth from Dunlap was nominated by **Morgan Wadsworth** for her work with **4-County Fair**.

HEARTLAND POWER COOPERATIVE

Jeremy Baughn from Charles City was nominated by **Susan Birkholz and Kenneth Howe** for his work with **Operation Second Chance**.

Jerry Fisk from Osage was nominated by **Krista Koschmeder** for his work with **Mitchell County Historical Society**.

Randi Johnson from St. Ansgar was nominated by **Brian Reis** for his work with **Mitchell County Mountain Goats Bicycle Club**.

Gayle Nelson-Kiehm from St. Ansgar was nominated by **Gutsy Adams** for her work with **St. Ansgar Recreational Trail (START)**.

Ed, Theresa, Tina and Molly May from Stacyville were nominated by **Kimberly Schaefer** for their work with **Brat Trot**.

Lisa Patterson from St. Ansgar was nominated by **Kelsey Bundy** for her work with **Good Samaritan Society of St. Ansgar**.

IOWA LAKES ELECTRIC COOPERATIVE

Barbara Brennan from Emmetsburg was nominated by **Patricia Swanson** for her work with **Unity Lutheran Food Pantry**.

Pam Caboth from Estherville was nominated by **Crystal Pluth** for her work with **Estherville Elks Lodge #528**.

Dave and Beth Carrico from Estherville were nominated by **Jennifer Sievert** for their work with **Special Olympics Iowa**.

Janet Deim from Swea City was nominated by **Craig Deim** for her work with **Swea City Parks and Rec-Pool Plunge**.

Lisa Markley from Ruthven was nominated by **Maureen Horsley** for her work with **Lost Island Ruthven Betterment Association (LIRBA)**.

LINN COUNTY RURAL ELECTRIC COOPERATIVE

Melissa Janssen from Central City was nominated by **Bryan Janssen** for her work with **Central City PTO**.

MAQUOKETA VALLEY ELECTRIC COOPERATIVE

Chuck Bildstein from Anamosa was nominated by **Al Reiter** for his work with **Chelsey's Dream Foundation**.

Dan Wheeler from Earlville was nominated by **Andrew Recker** for his work with **Earlville Fire Department**.

Jackie White from Anamosa was nominated by **Sonya Payne** for her work with **Animal Welfare Friends**.

MIDLAND POWER COOPERATIVE

Haley Admire from Ankeny was nominated by **Kirsten Radkae** for her work with **No Foot Too Small**.

Sue Ballard was nominated by **Owen Ballard** for her work with **Camp Fire Heart of Iowa**.

Karl Jungbluth was nominated by **Andy Bartlett** for his work with **Friends of the Ledges, Inc.**

Marilyn Jurgena from Hampton was nominated by **Suzanne Rowen** for her work with **Hampton Senior Citizens Center**.

Angie Kritzer from Gilmore City was nominated by **Russell Naeve** for her work with **Gilmore City Hometown Pride**.

Sue Lund from Jewell was nominated by **Ortrude Dial** for her work with **The Lord's Cupboard Food Pantry**.

Pete Nelson from Boone was nominated by **Nancy Sloan** for his work with **Heart of Iowa Habitat for Humanity**.

Judy Whitney from Slater was nominated by **Carole Harmon** for her work with **Slater/Sheldahl Food Pantry**.

NISHNABOTNA VALLEY RURAL ELECTRIC COOPERATIVE

LaDonna Havick from Harlan was nominated by **Kylie Beebe** for her work with **Harlan Lions Club**.

Sheryl Holloway from Irwin was nominated by **DeAnn Nielsen** for her work with **Shelby County Community Outreach**.

Ann Schwieso from Harlan was nominated by **Stephanie Nielsen** for her work with **In Memory of Mia**.

NORTH WEST RURAL ELECTRIC COOPERATIVE

Mandy Boersma from Alton was nominated by **Dave Bosma** for her work with **Hospers Firefighters Association**.

Gerry Holtrup from Hospers was nominated by **Molli Griffin** for his work with **Partners for Patriots**.

Hartbeat Piecemakers from Hartley was nominated by **Linda Tewes**.

OSCEOLA ELECTRIC COOPERATIVE, INC.

Andrew Gacke from Ashton was nominated by **Kyle Huss** for his work with **Ashton Fire Department**.

PRAIRIE ENERGY COOPERATIVE

Lance Arnold from Klemme was nominated by **Tish Arnold** for his work with **Iowa River Players Theater**.

Kathy Deimerly from Clarion was nominated by **Chad Chapman, Becky Chipman, Emily Cook, Robert Deimerly, Debra Keller, Judith Kirstein, Jo Olson and Barbara Redig** for her work with **Gift of Giving/Wright Community Connections**.

Rodney Legleiter from Kanawha was nominated by **Lilian Swanson** for his work with **Wright County District Junior Fair**.

Aimee Goeman McKnight from Belmond was nominated by **Sara Hansen, JoAnn Huedepohl, Linzie Morris and Jodi Pentico** for her work with **Luick Memorial Swimming Pool and with Build a Better Belmond - Pool Fund**.

Tammy Range was nominated by **Jan Libbey** for her work with **Wright Community Connections**.

Debra Schimmelpfennig from Woden was nominated by **Phyllis Schutjer** for her work with **Woden Commercial Club**.

RACCOON VALLEY ELECTRIC COOPERATIVE

Barb Rench from Sac City was nominated by **Kathleen Brenny** for her work with **Sac Community Foundation**.

SOUTHERN IOWA ELECTRIC COOPERATIVE

Jeff Emery from Ottumwa was nominated by **Becky Hellwig** for his work with **Wapello County Expo**.

Pam Evans from Ottumwa was nominated by **Vicki Rudd** for her work with **Heartland Humane Society**.

Mary Jo Johnson and Rosalee Russell from Bloomfield were nominated by **Joye Lore-Lawson** for their work with **Davis County Tourism**.

STUART MUNICIPAL UTILITIES

Carolyn Scott from Bloomfield was nominated by **Kim Bigsby** for her work with **Davis County Fair**.

T.I.P. RURAL ELECTRIC COOPERATIVE

Shannon Parker from Williamsburg was nominated by **Cory Parker** for her work with **Iowa Mission of Mercy - Iowa Dental Foundation**.

WESTERN IOWA ELECTRIC COOPERATIVE

Jean Stadlander from Manning was nominated by **Tim and Joni Kienast** for her work with **Manning Community Foundation**.

WOODBURY COUNTY RURAL ELECTRIC COOPERATIVE

Diane Dreves from Moville was nominated by **Carol Copeland and Chris Countryman** for her work with **Moville Area Medical Clinic**.

Amy McFarland from Anthon was nominated by **Kevin Clausen** for her work with **Anthon Community Development Corporation**.

CHARGE YOUR EV DURING OFF-PEAK HOURS

BY CHRIS LEE

As electric vehicles (EVs) continue to gain popularity, it's increasingly important for EV owners to understand the impact of charging during peak demand hours and how to leverage off-peak charging rates and incentives effectively.

Thoughtful EV charging, particularly during off-peak hours, is a win-win for EV owners, as it potentially results in lower rates. This also helps Iowa's electric cooperatives balance their electrical load.

What is peak demand?

Peak demand occurs when electricity use is at its highest in an area, typically during periods of high energy consumption for homes, businesses and industries. Increased appliance use, business activities and even weather can create spikes in demand, making it more challenging for your electric co-op to maintain a stable grid and manage costs effectively.

While electricity may feel unlimited when powering household devices, it's actually a finite resource constrained by the co-op's capacity to purchase (or produce) electricity and distribute it throughout the local grid. To serve the grid during times of peak demand, electric co-ops may need to activate additional generation resources or purchase higher-cost electricity from the market. These efforts, although necessary to maintain reliability, can lead to increased expenses and put a strain on grid infrastructure.

What is off-peak charging?

Iowa's electric cooperatives play a vital role in managing energy demand and ensuring reliable service for all members. For co-op members who own EVs, off-peak charging provides a strategic solution to help reduce strain on the grid while also lowering costs, because charging when demand is lower eases pressure on the



Thoughtful EV charging, particularly during off-peak hours, can help EV owners through lower rates.



Contact your local electric cooperative to learn about off-peak hours and rate options for EV owners.



For co-op members who own EVs, off-peak charging provides a strategic solution to help reduce strain on the grid while also lowering costs.

electric grid. This helps avoid costly infrastructure upgrades and supports a more reliable, efficient system that benefits everyone in our community.

Off-peak periods – typically during early morning hours and late at night – are times when the overall demand for electricity is lower, allowing co-ops to offer more affordable rates and incentives to shift energy consumption.

Charging your EV during off-peak hours can potentially help you take advantage of reduced electricity rates or incentives, resulting in lower costs compared to charging during peak demand times. Smart scheduling means more affordable EV ownership and better energy budgeting.

The benefits of off-peak EV charging

Off-peak charging provides a win-win solution for members and electric cooperatives by offering cost savings, improved grid reliability and environmental benefits. This practice not only enhances the appeal of EVs but also aligns with the cooperative values of reliability, sustainability and affordability, helping build a smarter and more efficient energy system for future generations.

Contact your local electric cooperative to learn about off-peak hours and rate options for EV owners.

Chris Lee writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

COOL SAVINGS: REFRIGERATOR AND FREEZER EFFICIENCY TIPS

BY MIRANDA BOUTELLE

When exploring ways to be more efficient with refrigerators and freezers, we often find ourselves balancing convenience with energy conservation. While you can upgrade to newer equipment, care and equipment habits can be just as important to saving energy.

Here is some guidance on equipment energy use, including tips to keep your current equipment running efficiently and ways to limit overuse of refrigeration in our homes.

The U.S. Department of Energy (DOE) helps us understand what to look for in our existing equipment and new appliances. Generally, the larger the refrigerator, the more energy it uses. The most efficient models are typically 16 to 20 cubic feet in size. Models with the freezer on top tend to use less energy than bottom freezers or side-by-side units. A refrigerator 15 years or older uses about 35% more energy than an ENERGY STAR®-certified model.

Let's explore some tips to keep your refrigerator running efficiently.

Keep it organized. One of the biggest issues with refrigerator energy use is opening the door or keeping it open. An organized fridge makes food items easier to find, minimizing open-door time and keeping cold air inside. Place items in the same spots so they are easier and faster to find. I tell my kids to take a quick look inside at the options and close the door while they are deciding what to eat.

Keep it clean. Regularly cleaning the gasket – the flexible strip around the perimeter of the fridge door – ensures a tight seal between the door and the unit, keeping cold air inside. If the gasket is not sealing tightly, it should be replaced. Removing and cleaning the vent at the bottom of the



Clean the vent cover and remove dust and debris buildup in the vent area under the front of the refrigerator. Photo Source: Mark Gilliland, Pioneer Utility Resources



If you have a second refrigerator or freezer, consider ways to minimize food waste and unplug the extra appliance when it is not in use. Photo Source: Mark Gilliland, Pioneer Utility Resources

unit can help with airflow. For the coils at the back, use an extended cleaning brush instead of moving the fridge, which can cause injury.

Keep food safety in mind. The DOE recommends setting your refrigerator temperature between 35 and 38 degrees F and your freezer at 0 degrees F.

If you have a second refrigerator or freezer, consider the following three tips to help you save energy.

1 Do you need it plugged in year-round? Perhaps you can keep it empty and unplugged for part of the year. Maybe you only really need it during the holiday season. Unplugging it for the months you aren't using it will save

energy, and you'll still have it as a backup when you need it.

2 If you are a hunter or buy meat in bulk, set a goal to empty your freezer before you restock. This allows you to avoid food waste and unplug the extra appliance when it is not needed.

3 Consider the location. Keeping the second fridge or freezer in a cool basement versus a hot garage requires less energy.

Practicing basic cleaning and proper food storage is an easy way to improve the efficiency of your refrigerator and freezer.

Miranda Boutelle writes on energy efficiency topics for the National Rural Electric Cooperative Association.

Stop by and see us at the Iowa State Fair!

Visit our booth in the 4-H Exhibits Building on the southwest end of the fairgrounds. We'll have plastic hard hats and suckers for kids (*while supplies last*).

Try on some real lineworker gear and pose for fun photos in our safety selfie station!



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CELEBRATING IOWA'S CENTURY, HERITAGE FARMS

BY DARCY DOUGHERTY MAULSBY

Sometimes people ask me where I developed my love of Iowa history. I suspect part of it came from growing up on my family's Century Farm in Calhoun County.

My great-grandfather Charles Dougherty paid \$93.75 an acre in 1909 for this 160-acre farm between Lake City and Yetter. I always thought it was pretty neat that the farmhouse we lived in pre-dated the Dougherty family, as did the barn. Both had been owned by an Irish Catholic family named Sheehy who lived there sometime between the 1890s and 1903.

I'm grateful that this 160-acre farm, along with two other farms in Elm Grove Township, have stayed in my family for 100-plus years. All have received the Century Farm award. This inspiring program began in 1976 as part of America's bicentennial celebration. Since the program started nearly 50 years ago, more than 20,000 Iowa farms have been recognized.

The keepers of history

Through the years, my work as an ag journalist has taken me across Iowa to hundreds of Century Farms and Heritage Farms (which have been owned by the same family for 150 years or more). One thing is clear – the stories that survive depend on the keeper of the history. For the Wulkow family, that keeper of the history was Ernest Wulkow (1885-1979). He was born on his family's Sac County farm southwest of Lytton.

"In 1960, Ernest handwrote many pages of memories in a notebook," said Barbara (Wulkow) Gregory, his granddaughter, who still lives on the farm. She and I had a great visit this spring when I stopped by to interview her.

These stories are often sobering. Just five years prior to Ernest's birth, his father Carl Wulkow purchased 100 acres of Coon Valley Township



Katherine Dornath Cook and her family, who own a Humboldt County Century Farm, attended the award ceremony during the 2024 Iowa State Fair.

land in 1880. To say times were tough is an understatement.

"When I was seven years old, I had to start work in the field," wrote Ernest, who received a fourth-grade education before he had to start working full-time. "My first job was to drag with two horses and a two-section drag after seeding oats, walking all day. Then when I came in at night, I had to chore till dark, then eat supper, then to bed."

Sometimes Ernest's father sent him out to cut wild hay. "We had lots of ponds in them good old days, and the grass was 5 feet long around the pond. I had to keep on cutting till I got up to the water. Then my sickle would ball up. I just had a 'mell of a hess' to get out of it."

Sacrifices transcend generations

It's almost hard to imagine, isn't it? For many Century Farm and Heritage Farm families, the sacrifices and hard work of earlier generations aren't taken for granted. Just ask Brett Ludwig, 36, whose ancestor Martin Ludwig, purchased 80 acres of Carroll County land from the Iowa Railroad Land Company in 1874.

"You wonder how many people along the way helped make this farm what it is," said Brett, who raises crops and hogs on his family's Kniest Township farm. "It's cool to think about all the lives this farm has touched."

Katherine Dornath Cook, whose family owns a Century Farm in Norway Township in Humboldt County, understands this sentiment.

"My kids think this farm is special enough to have talked me into getting a family tattoo," she said. "We each have a tattoo of the farm's coordinates as a reminder that no matter where we are in the world, we will always know where home is."

Truly, there's no place like home, especially when that home is a Century Farm.


Do you have a Century Farm or Heritage Farm? If so, I'd love to hear about it. Contact me at yettergirl@yahoo.com.

Darcy Dougherty Maulsby lives near her family's Century Farm northwest of Lake City. Visit her at www.darcymaulsby.com.

Visit our website at www.ieclmagazine.com

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