



**Guthrie County REC**  
A Touchstone Energy® Cooperative

● JULY 2022

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ELECTRIC COOPERATIVE LIVING

**Shine the Light nominees**

**Students attend Your Tour  
in nation's capital**

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**Iowa Association of  
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## ON THE COVER

Special thanks to Erica Vonk, a North West REC member-consumer, for supplying this month's cover image. Submit high-resolution photos for consideration to [editor@ieclmagazine.com](mailto:editor@ieclmagazine.com). You could win \$100!

# YOUTH TOUR DELIVERS INCREDIBLE EXPERIENCE IN D.C.

BY SHELLY YORK



Youth Tour 2022 can be summed up simply by saying, “We’re back!” The pandemic was able to pause the 60-plus year tradition, but it certainly couldn’t

stop it! We were so excited to get back to Washington, D.C., and show 34 Iowa students the nation’s capital and experience all that the Youth Tour has to offer.

To be honest, there was a bit of trepidation on my part. Would I remember how to “do Youth Tour?” Is D.C. ready for large groups? What if we have travel issues? All that worry was for nothing. D.C. was ready, and our travel days went off without a hitch. But the true rockstars of the trip were the 34 high school students chosen by their electric cooperatives for this experience of a lifetime!

We started out with an orientation in Des Moines the night before we left. Most of the students did not know a single other person going on the trip, but that didn’t stop them from jumping right in.

## Snack cooperative success

I love touring D.C. with the Youth Tour delegates, but I must admit one of my favorite activities of Youth Tour is working with students to run our own cooperative. Our cooperative provides snacks for chaperones and students. This project is educational and practical, plus it accomplishes a few

things: It provides drinks and snacks at discount prices, and it teaches everyone about starting and operating a cooperative and being a member-consumer.

On the last night of the trip, our snack co-op held an annual meeting where the leadership reported to the members about the co-op’s operations. Margins, or funds remaining after operations are closed, were returned to the members through patronage and capital credits.

## Once-in-a-lifetime experiences

Our week in D.C. was full of incredible sights and experiences. From laying a wreath at the Tomb of the Unknown Soldier, seeing the city from the top of the Washington Monument, meeting with members of Congress, visiting all the monuments and memorials around the district, touring the U.S. Capitol, grabbing lunch at my favorite local eatery (Ben’s Chili Bowl) to joining Sen. Chuck Grassley on his early morning run, we had an unbelievable week. I say without hesitation that we all walked away with a greater understanding of our roles as



American citizens and a greater appreciation for the role of electric cooperatives in our communities. For details about what we did each day, check out our blog at [iowayouthtour.blogspot.com](http://iowayouthtour.blogspot.com).

## Save the date

Next summer’s Youth Tour will be held June 17-23, 2023, with orientation the evening of June 17 in Des Moines.

If you know a high school student with a passion for government and public service, encourage them to apply for next year’s trip. Contact your local rural electric cooperative and visit [www.iowayouthtour.com](http://www.iowayouthtour.com) for more information.

*Shelly York is the Youth Tour director for the Iowa Association of Electric Cooperatives.*

## EDITOR’S CHOICE CONTEST

# Win a Westinghouse electric pressure washer

Tackle the toughest grime with the Westinghouse ePX3050 electric pressure washer designed for your most easy and convenient cleaning experience yet. Delivering 2,050 max PSI of pressure with up to 1.76 gallons per minute of water flow (without nozzle at minimum pressure), this electric pressure washer has the muscle to scrub away mildew, grease, oil, tar, mud, rust and more for all household surfaces with pure scouring force.

## Visit our website and win!

Enter this month’s contest by visiting [www.ieclmagazine.com](http://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 the ice cream maker from the June issue was Molly Bohlen, Butler County REC.



**ENTER ONLINE BY AUG. 31!**



# SAVE A LIFE: AVOID DISTRACTIONS WHILE DRIVING

BY COZY NELSEN



Some temptations are hard to resist, like checking our phone for messages or other notifications when that familiar “ding” alert sounds. But when it comes to driving, checking

the phone from behind the wheel can be dangerous and, in many states, illegal.

In Iowa, drivers who check their phones (or other electronic communication devices) to write, send or view an electronic message while driving are breaking the law unless they are at a complete stop off the travel portion of the road. This does not apply to public officials performing official duties, health care professionals during an emergency or anyone receiving safety-related travel information (traffic or weather alerts).

## A dangerous distraction

August is Back to School Safety Month. As a new school year begins with young drivers and school buses back on the road, I thought it would be a good time to remind folks, including myself, of the dangers of distracted driving.



The reality is that using a phone while driving creates enormous potential for injuries and fatalities. Distractions take attention off driving, which can make drivers miss critical events, objects and cues, and potentially lead to a crash.

According to the National Highway Traffic Safety Administration, one of every 10 fatal crashes in the U.S. involves distracted driving, resulting in more than 3,000 deaths annually. I find this statistic heartbreaking considering so many of these accidents could easily be avoided if we'd simply put down our phones while driving.

Texting is by far one of the most dangerous distractions. Sending or reading one text takes your eyes off the road for an average of five seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

## Move over, slow down

In addition to refraining from texting while driving, we can help keep the roads safe by moving over for first responders and other emergency vehicles. Additionally, if you see Guthrie County REC utility crews conducting work near the roadside, I'd encourage you to move over when possible and give them extra space to perform their work safely.

At our co-op, safety is foremost in everything we do for our employees and the members of the communities we serve. We routinely remind our crews of the dangers of distracted driving, and we hope you'll have similar conversations with your teens who may be new to the roadways and are especially susceptible to the lure of technology. Let's work together to keep everyone safe on the roads.

Remember: that text can wait and waiting just might save a life.

*Cozy Nelsen is the CEO of Guthrie County REC.*



**Guthrie County REC**

A Touchstone Energy® Cooperative



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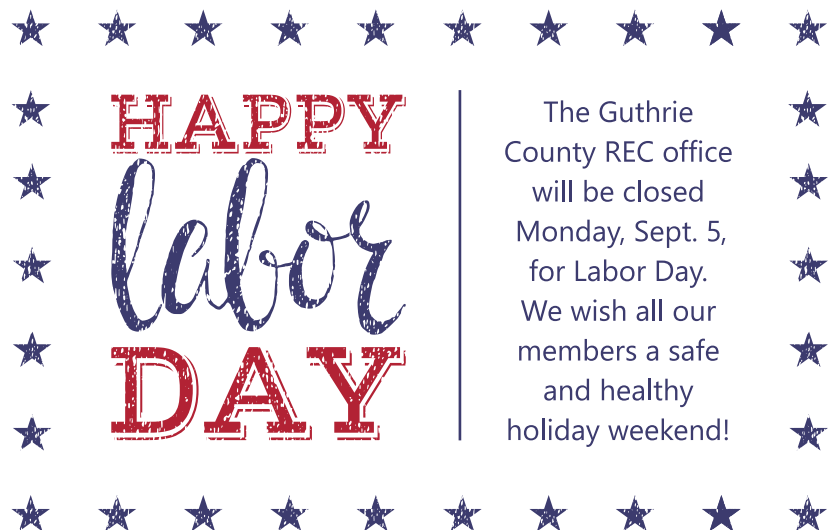
641-747-2206 or 888-747-2206

Calls answered 24 hours a day, 7 days a week

### Website

[www.guthrie-rec.coop](http://www.guthrie-rec.coop)

This institution is an equal opportunity provider.



The Guthrie County REC office will be closed Monday, Sept. 5, for Labor Day. We wish all our members a safe and healthy holiday weekend!



# SUMMERTIME SAFETY TIPS FOR CHILDREN: EXTREME HEAT



Summer activities don't necessarily slow down because of the heat. Parents with children who are active in sports or outdoor activities during the hottest summer days should monitor them for signs of heat-related illness.

Children who are active during days of extreme heat can experience dehydration, heat exhaustion, heat cramps and heat stroke, which is a medical emergency. Parents should call their pediatrician if their child develops any of these symptoms: feeling faint, extreme tiredness, headache, fever, intense thirst, not urinating for many hours, nausea, vomiting, breathing faster or deeper than normal, skin numbness or tingling, muscle aches or muscle spasms.

Other helpful tips for extreme heat:

- Stay hydrated. Encourage children to drink water rather than soda or energy drinks.
- Dress lightly. Clothing that is light colored, lightweight and limited to one layer of absorbent material will maximize the evaporation of sweat. Remember, kids have a lower capacity for sweating than adults.
- Plan for extra rest time. Come inside regularly to cool off, rest and drink water.
- Keep your cool. When your child is feeling hot, give them a cool bath or water mist to cool down.
- Never leave your child in a car. The inside of a car can become dangerously hot in just a short amount of time, even with the windows open.

**Raise thermostat 2-3 degrees.**

**Use fans to feel 4-6 degrees cooler.**

**Turn off lights and electronics.**

**Grill out to avoid a hot kitchen.**

**Take a short, cold shower.**

**Leave home to run errands.**

**Keep windows and blinds closed.**

## SHOW YOU CARE WITH RECare

It might be the middle of summer now, but soon temperatures will cool off and winter will be upon us. Living in Iowa during the winter months can push budgets to the brink for those who are just trying to get by. RECare can help those who may struggle to pay their winter heating bills.

RECare is a program exclusive to rural electric cooperatives that encourages member-consumers to make a one-time or monthly donation to help other member-consumers pay their heating bills. Funds may be used to weatherize the recipient's home and help make electricity usage more efficient.

Your donation is directed to local community action agencies for distribution to low-income families in your community.

Consider contributing to RECare to help your neighbors with high heating expenses. It's an easy way to show you care.



**YES** I want to help my neighbors by contributing to RECare.

☐ I will make a one-time contribution to RECare. My check is enclosed.

☐ I will contribute \$ \_\_\_\_\_ per month to RECare. I understand that this amount automatically will be added to my monthly electric bill.

☐ I will have my monthly electric bill rounded. I understand this amount automatically will be added to my monthly electric bill and rounded up to the next highest dollar. For example, if your bill was \$154.85, then we would bill you \$155.00 and donate 15 cents to RECare. By the same token, if your bill was \$154.01, we would bill you \$155.00 and donate 99 cents to RECare.

Name \_\_\_\_\_

Guthrie County REC Acct. No. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# 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 second year and received 68 entries during the month of June. 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 \$2,000 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](http://www.IowaShineTheLight.com).

## 2022 SHINE THE LIGHT NOMINEES

**Nancy Anderson** from Estherville was nominated by **Jennifer Sievert of Iowa Lakes Electric Cooperative** for her work with **Emmet County Relay for Life**.

**Sandi Bartels** from Clinton was nominated by **Chandra Williams of Maquoketa Valley Electric Cooperative** for her work with **Midwest Pets for Life**.

**Sharon Van Beek** from Primghar was nominated by **Laura Leonard of North West Rural Electric Cooperative** for her work with **Buckets for Joy**.

**Joe Berger** from Lohrville was nominated by **Presley Vogel of Calhoun County Electric Cooperative Association** for his work with **Lohrville Visions**.

**Barb Bloes** from Sac City was nominated by **Alice Zimmerman of Raccoon Valley Electric Cooperative** for her work with the **Sac City Summer Lunch Program**.

**Catherine Burkman** from Albia was nominated by **Aimee Campbell of Chariton Valley Electric Cooperative, Inc.** for her work with the **Albia Victoria Stroll**.

**Rebecca Carico** from Guthrie Center was nominated by **Sarah Sheeder of Guthrie County Rural Electric Cooperative Association** for her work with the **Friends of the Mary J Barnett Library**.

**Rosalie Christensen** from Riceville was nominated by **Elaine Govern of MiEnergy Cooperative** for her work with the **Wapsi-Great Western Line Trail Association**.

**Billie Dall** from Dike was nominated by **Patricia Pruisner of Grundy County Rural Electric Cooperative** for her work with **Dike Public Library**.

**Rick Dawson** from Eagle Grove was nominated by **Lisa Harvey of Prairie Energy Cooperative** for his work with **Eagle Grove Boy Scout Troop 1059**.

**Louise Van Ersvelde** from Brooklyn was nominated by **Rusty Clayton of T.I.P. Rural Electric Cooperative** for her work with the **Brooklyn Ruritan Club**.

**Arllys Fritz** from Burlington was nominated by **Martha Settles of Access Energy Cooperative** for her work with **Patriotic Quilts of SE Iowa**.

**Judy and Jerry Fynaardt** from Pella were nominated by **Emma Henning of Pella Cooperative Electric Association** for their work with **Forward with Faith**.

**Connie Gehring** from Dakota Dunes S.D., was nominated by **Jody Hinrichsen of North West Rural Electric Cooperative** for her work with **Siouxland Foster Closet**.

**Mary Goebel** from Guttenberg was nominated by **Joseph Goebel of Maquoketa Valley Electric Cooperative** for her work with the **Holy Cross North Buena Vista Fire Department**.

**Marilyn Halbur** from Carroll was nominated by **Jeff Halbur of Raccoon Valley Electric Cooperative** for her work with **Carroll Community Schools**.

**Hope Hartman** from Sheffield was nominated by **Madison Alert of Franklin Rural Electric Cooperative** for her work with the **Coulter-Alexander-Latimer School Greenhouse Program**.

**Kalcey Harvey** from Dolliver was nominated by **Gary Natterstad of Iowa Lakes Electric Cooperative** for her work with the **Elks Lodge Foundation #528**.

**Dr. Philip Heistercamp** from Jefferson was nominated by **Kristi Holz of Midland Power Cooperative** for his work with the **Greene County Christian Action Resource Center**.

**Rebecca Helland** was nominated by **Jana Noteboom of Pella Cooperative Electric Association** for her work with **Sprigs 'n Sprouts**.



**Ron Hewus** from Bloomfield was nominated by **Joye Lore-Lawson of Southern Iowa Electric Cooperative** for his work with the **Davis County Tourism Corporation**.

**Mary Hill** from Afton was nominated by **Retta Ripperger of Farmers Electric Cooperative (Greenfield)** for her work with the **Afton Community Club**.

**Tom and Julie Hoodjer** from Clarksville were nominated by **Patrick Norton of Butler County Rural Electric Cooperative** for their work with the **Northeast Iowa Food Bank**.

**Jalene Hornbuckle** from Nevada was nominated by **Nancy Clough of Consumers Energy** for her work with **Harmony Clothing Closet, Inc.**

**Joyce Hornstein** from Huxley was nominated by **Jean Saveraid of Greenfield Municipal Utilities** for her work with the **Ballard Community Performing Arts Association**.

**Greg Hudecek** from Calmar was nominated by **Theresa Hudecek of MiEnergy Cooperative** for his work with the **Cresco Wildlife Club**.

**Richard Hyman** from Dubuque was nominated by **Frank Johnson of Allamakee-Clayton Electric Cooperative** for his work with the **Ewalu Bible Camp and Retreat Center**.

**Deb Johnson** from Fairfield was nominated by **Kathleen Brown of Access Energy Cooperative** for her work with **Greater Fairfield Area Habitat for Humanity**.

**Geri Johnson** from Onawa was nominated by **Katie Weston of Western Iowa Power Cooperative** for her work with **Food4You**.

**Sheila De Jong** from Sioux Center was nominated by **Karla Byl of North West Rural Electric Cooperative** for her work with **Katelyn's Fund Orphan Ministry**.

**Janet Judisch** from Sumner was nominated by **Nancy Jaschen of Butler County Rural Electric Cooperative** for her work with **Helping Hands Clothing Closet**.

**Kristine Kennedy** from Chariton was nominated by **Tami Adams of Clarke Electric Cooperative, Inc.** for her work with **Lucas County Health Center Volunteer Services**.

**Marilyn King** from Schaller was nominated by **Kirk Langner of Raccoon Valley Electric Cooperative** for her work with **Harold King Memorial Tractor Ride, Inc.**

**Riley Lewis** from Forest City was nominated by **Laura Kudej of Heartland Power Cooperative** for his work with the **Winnebago Historical Society**.

**Mike Lingle** from Arion was nominated by **Stacy Meggers of Harrison County Rural Electric Cooperative** for his work with the **WAVE**.

**Kenneth Lloyd** from Union was nominated by **Pauline Lloyd of Midland Power Cooperative** for his work with the **Iowa Paralyzed Veterans of America**.

**Nicole Low** from Eldora was nominated by **Paul Lawler of Midland Power Cooperative** for her work with the **Eldora Community Garden**.

**Connie Mattison** was nominated by **Linzie Morris of Prairie Energy Cooperative** for her work with the **Belmond Promotions Council**.

**Bradley McDowell** from Primghar was nominated by **Dudley McDowell of North West Rural Electric Cooperative** for his work with **LoveINC**.

**Jamie McManis** was nominated by **Phil Kinser of Southwest Iowa Rural Electric Cooperative** for her work with the **Adams Community Foundation**.

**Jack McPherson** from Boone was nominated by **Marcia Godfrey of Midland Power Cooperative** for his work with **Marion St. United Methodist Church**.

**Jeff Miles** from Boone was nominated by **Mark Schneider of Midland Power Cooperative** for his work with the **Iowa Arboretum & Gardens**.

**Mike Moran** from Lohrville was nominated by **Pam and Gary Haberl of Calhoun County Electric Cooperative Association** for his work with **Lohrville Visions**.

**Diane Olson** from Pocahontas was nominated by **Tracy Grothaus of Iowa Lakes Electric Cooperative** for her work with **Pocahontas County Shooting Sports**.

**Sandra Otto** from Albert City was nominated by **Karl Lind of Iowa Lakes Electric Cooperative** for her work with the **American Legion Post 299**.

**Barbara Pestka** from Maquoketa was nominated by **Lisa Gottschalk of Maquoketa Valley Electric Cooperative** for her work with **Friends of the Maquoketa Public Library and Maquoketa YMCA**.

**Sara Preston** from Swea City was nominated by **Amy Walter of Iowa Lakes Electric Cooperative** for her work with **Swea City's Pool Plunge**.

**Linda Pruin** from Clarksville was nominated by **Harlan Pruin of Butler County Rural Electric Cooperative** for her work with **Waverly Health Center**.

**Duane Queen** from Storm Lake was nominated by **Brad Strader of Iowa Lakes Electric Cooperative** for his work with the **Hy-Noon Kiwanis Club of Storm Lake**.

**Mike and Sandy Ralya** from Afton were nominated by **Dorothy McNaught of Greenfield Municipal Utilities** for their work with the **Afton Community Club**.

**Retta Ripperger** from Afton was nominated by **Laura Tallmon of Clarke Electric Cooperative, Inc.** for her work with the **Afton Community Club**.

**Candy Roberg** from Anamosa was nominated by **Peggy Michaelsen of Maquoketa Valley Electric Cooperative** for her work with **Animal Welfare Friends**.

**Barb Sauser** from Cascade was nominated by **Joyce McMullen of Maquoketa Valley Electric Cooperative** for her work with the **St. Matthias Parish**.

**Julie Schmidt** from Denison was nominated by **Douglas Schmidt of Western Iowa Power Cooperative** for her work with the **Denison First United Methodist Church**.

**Tom Simmons** from Clarion was nominated by **Chad Chapman of Prairie Energy Cooperative** for his work with the **Clarion Church of Christ Youth Group**.

**Jim Sloan** from Eldon was nominated by **Kimberly Orman of Southern Iowa Electric Cooperative** for his work with the **Wapello County Fair**.

**Peggy Smith** from Baxter was nominated by **Natalie Moorman of Consumers Energy** for her work with **Baxter Hometown Pride**.

**Mary Snyder** from Breda was nominated by **Mark Ludwig of Raccoon Valley Electric Cooperative** for her work with the **Breda Betterment Committee**.

**Wyona Stewart** from Floyd was nominated by **Ramon and Sara Kuntz of Heartland Power Cooperative** for her work with the **Patchwork Pals Quilt Guild**.

**Aggie Theobald** from Stacyville was nominated by **Karen Brumm of Heartland Power Cooperative** for her work with the **Stacyville Community Nursing Home**.

**Beth Thole** from Sibley was nominated by **Don & Cindy Thole of Osceola Electric Cooperative, Inc.** for her work with the **McCullum Museum - The Farm Shed**.

**Presley Vogel** from Lohrville was nominated by **Heather Parker of Calhoun County Electric Cooperative Association** for her work with **Lohrville Visions**.

**Lynn Waelchi** was nominated by **Lisa Digman of Maquoketa Valley Electric Cooperative** for her work with **Inspiration Stables**.

**Jeff Wanninger** from Manning was nominated by **Jean Voegel of Western Iowa Power Cooperative** for his work with **Main Street Manning**.

**Leona Welter** from Corwith was nominated by **Linda Krebs of Prairie Energy Cooperative** for her work with the **Corwith Public Library**.

**G. Kim Wills** from Hampton was nominated by **Allen Nickerson of Franklin Rural Electric Cooperative** for her work with the **West Fork Food Pantry**.

**Tom Woodard** from Albia was nominated by **Janice Crall of Chariton Valley Electric Cooperative, Inc.** for his work with the **Albia Victorian Stroll**.

**Dena Zoske** from Eldora was nominated by **DeAnne Kielsmeier of Midland Power Cooperative** for her work with **Hardin County 4-H**.



# STATE FAIR INSPIRED RECIPES

## MINI DONUTS

- 3 cups all-purpose flour (plus  $\frac{1}{2}$  cup for kneading)
- 1 tablespoon instant dry yeast
- $\frac{1}{4}$  cup white or brown sugar
- 1 teaspoon salt
- $\frac{1}{4}$  cup buttermilk
- 1 cup milk
- 2 teaspoons vanilla
- $\frac{1}{2}$  cup butter, melted (plus additional butter for dipping)
- $\frac{3}{4}$  cup granulated sugar
- 1 tablespoon ground cinnamon

Whisk together dry ingredients. Mix buttermilk, milk and vanilla. Heat this mixture until just lukewarm. Pour  $\frac{1}{2}$  cup melted butter into the milk mixture and stir. Pour wet ingredients into the dry ingredients and mix. Turn out the dough onto a floured surface and knead for 5 minutes until smooth. Place dough into an oiled bowl and cover. Allow the covered dough to rise for 1 hour.

Punch down the dough and roll to  $\frac{1}{2}$ -inch thickness. Use a 2-inch circle cookie cutter and a  $\frac{1}{2}$ -inch cookie cutter for the center donut hole. Place the cut donuts on a baking sheet that has been lined with parchment. Cover and leave in a warm location to rise for 20 minutes. Bake at 350 degrees F for 8 minutes or until golden brown. Mix the granulated sugar and cinnamon. Dip the hot baked donuts in melted butter then roll in the cinnamon sugar. *Yield 24 donuts*

**Twylla Godbersen • Arthur**  
**North West Rural Electric Cooperative**

## CORN DOG DELIGHTFUL BITES

- 4 hot dogs
- 1 egg
- 2 tablespoons sugar
- 1 cup cornmeal
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- 2 tablespoons vegetable oil
- 1 cup milk
- 1 cup flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

Cut each hot dog into six pieces. Mix remaining ingredients until well blended. Grease 24 small muffin tins. Fill with batter  $\frac{1}{4}$ -inch from top. Carefully push hot dog pieces into center of batter. Bake at 450 degrees F for 15 minutes, until browned. Cool and enjoy these delightful bites!

**Mary Gropper • Chelsea • T.I.P. Rural Electric Cooperative**

## OATMEAL CREAM PIES

- 2 $\frac{1}{4}$  cups shortening, divided
- 2 $\frac{2}{3}$  cups brown sugar
- 4 eggs
- 2 teaspoons vanilla
- 2 $\frac{1}{4}$  cups flour
- 2 teaspoons cinnamon
- 1 $\frac{1}{2}$  teaspoons baking soda
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon nutmeg
- 4 cups oats
- 3 cups powdered sugar
- 1 7-ounce jar marshmallow creme
- 1-3 tablespoons milk

Mix 1 $\frac{1}{2}$  cup shortening together with brown sugar, eggs, vanilla, flour, cinnamon, baking soda, salt, nutmeg and oats. Mix well, then drop cookie-scoop-size balls on a greased cookie sheet, spaced 2 inches apart. Bake at 350 degrees F for 10-12 minutes. Cool. Mix  $\frac{3}{4}$  cup shortening, powdered sugar, marshmallow creme and milk. Spread on the bottom of half of the cookies and top with remaining cookies to make a sandwich.

**Anna Domnick • Rock Rapids**  
**Lyon Rural Electric Cooperative**



## NACHO DIP

- ½ pound cream cheese
- ¼ cup cheddar cheese, shredded
- ½ cup Velveeta cheese
- 2 tablespoons milk
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¾ tablespoon taco seasoning
- 2 tablespoons taco sauce
- ¼ teaspoon cayenne pepper

Microwave cheeses together until melted. Add remaining ingredients and serve in a small slow cooker on low to keep warm. Optional: Add white cooking wine to taste.

**Lizzy Hartter • Rock Rapids**  
**Lyon Rural Electric Cooperative**

## MONKEY TAILS

- 10 ice pop sticks
- 5 ripe bananas
- 1 16-ounce package semisweet chocolate chips
- 1 tablespoon butter
- 10 tablespoons flaked coconut

Peel bananas and halve crosswise. Insert one ice pop stick into the cut end of each banana. Place the bananas on a baking sheet covered in wax paper and place in freezer until frozen, about 2 hours. Melt the chocolate chips and butter in a microwave-safe bowl in 30-second intervals for 1-3 minutes, stirring after each melting. Dip the frozen bananas in the melted chocolate, spooning the chocolate over the banana to cover it completely. Roll in coconut if desired. Place the dipped bananas on wax-paper-covered baking sheet and freeze until the chocolate is firm. *Serves 10*

**Dave Duit • Nevada • Consumers Energy**

## EASY CHEEZY CREAM POTATO BAKE

- 3 cups half and half
- ½ cup butter or margarine
- 1½ teaspoons salt
- 8 ounces mild cheddar or Velveeta cheese
- 1 32-ounce package frozen hash brown potatoes, thawed
- ½ cup grated Parmesan cheese

In a large bowl or saucepan, combine half and half, butter and salt. Cook and stir over medium heat until butter is melted. Then add cheese to mixture until melted. Place potatoes in a greased 13x2-inch baking dish, pour cream mixture over potatoes. Sprinkle with the Parmesan cheese. Bake uncovered at 350 degrees F for 45-55 minutes or until potatoes are tender and top is golden brown. *Serves 12*

**Janice Shelton • Indianola**  
**Chariton Valley Electric Cooperative, Inc.**

## COCONUT DREAM PIE

- 2 envelopes Dream Whip
- 2¾ cups cold milk, divided
- 1 teaspoon vanilla
- 2 4-ounce packages coconut cream instant pudding
- 1 9-inch baked pastry shell or graham cracker pie crust
- 1 cup toasted coconut

In a large bowl, beat Dream Whip, 1 cup milk and vanilla with electric mixer on high speed for 6 minutes or until topping thickens and forms peaks. Add remaining 1¾ cups milk and pudding mixes, beat on low speed. Then beat on high speed for 2 minutes, scraping bowl occasionally. Spoon into pastry shell and refrigerate at least 4 hours. Garnish with toasted coconut. *Serves 8*

**Annalee Buffington • Marshalltown • Consumers Energy**

## APPLE FRITTERS

- 2 medium Granny Smith apples
- 1 cup flour
- 1½ teaspoons baking powder
- 3 tablespoons sugar
- 1 egg
- ⅓ cup milk
- ¼ teaspoon salt
- small handful raisins

Peel and cut apples into very thin pieces. Mix flour, baking powder, sugar, egg, milk and salt. Add apples and a small handful of raisins. Drop by tablespoons into deep-fat fryer at 350 degrees F until golden brown. Drain on paper towels. *Yield 20-24 fritters*

**Penny Sue Haley • Keswick**  
**T.I.P. Rural Electric Cooperative**

**WANTED:**

## CHRISTMAS COOKIE AND CANDY RECIPES

**THE REWARD:**

**\$25 FOR EVERY ONE WE PUBLISH!**

**Deadline is Aug. 31**

Please include your name, address, telephone number, co-op name and the recipe category on all submissions. **Also provide the number of servings per recipe.**

**EMAIL:** [recipes@ieclmagazine.com](mailto:recipes@ieclmagazine.com)

(Attach your recipe as a Word document or PDF to your email message.)

**MAIL: Recipes**

**Iowa Electric Cooperative Living • 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992**



# EDUCATING AND DEVELOPING TOMORROW'S COOPERATIVE LEADERS

*The Youth Tour was a great experience to meet new people, see parts of our nation's capital, and learn about cooperatives' impact on their communities.*

Maddie Schmitz,  
Pella Cooperative  
Electric Association

*Youth Tour is an incredible experience full of so many lasting memories. The people I met on this trip will change me forever. There's something magical about what happened Youth Tour week. It's kind of like we all slipped into the same dream, and then slipped out of it and only we will ever be able to experience and describe what happened in that very special dream.*

Elsie Lange,  
Access Energy  
Cooperative

BY ANN FOSTER THELEN

*Youth Tour was an experience of a lifetime. I am so grateful.*

Lily Mayo,  
Butler County REC

*Youth Tour was eye opening and inspiring. Talking to our senators and our representatives helped me realize they are normal people, but with great responsibility and knowledge. I was amazed by all the sights we got to see.*

Leah Langel,  
North West REC

*Electric cooperatives are focused on all their members, not just those who are in control.*

Colton Buell,  
Consumers Energy

To learn more about the group's daily adventures, visit the Iowa Youth Tour Blog at [iowayouthtour.blogspot.com](http://iowayouthtour.blogspot.com).





*The cooperative system is a very effective way to provide a service, while maintaining membership-owned leadership.*

Lucas Wuebker,  
Midland Power Cooperative

## MARK YOUR CALENDAR!

2023 Youth Tour  
June 17-23, 2023  
[www.iowayouthtour.com](http://www.iowayouthtour.com)



## 2022 PARTICIPANTS

**Elsie Lange** – Access Energy Cooperative  
**Andi Scott** – Access Energy Cooperative  
**Cadan Evanson** – Allamakee-Clayton Electric Cooperative  
**Riley Troendle** – Allamakee-Clayton Electric Cooperative  
**Lily Mayo** – Butler County REC  
**Nathan Burley** – Calhoun County Electric Cooperative Association  
**Gabriel Helmon** – Chariton Valley Electric Cooperative, Inc.  
**Jayce Reed** – Chariton Valley Electric Cooperative, Inc.  
**Colton Buell** – Consumers Energy  
**Teagan Glenney** – Consumers Energy  
**Miles Wood** – Eastern Iowa Light and Power Cooperative  
**Ethan Blomme** – Farmers Electric Cooperative, Inc.  
**Grace Denning** – Harrison County REC  
**Maci Juenger** – Heartland Power Cooperative  
**Liz Muller** – Heartland Power Cooperative  
**Hannah Grothaus** – Iowa Lakes Electric Cooperative  
**Isaac Johnson** – Iowa Lakes Electric Cooperative  
**Rayce Meyer** – Iowa Lakes Electric Cooperative  
**Jaina Groen** – Lyon REC  
**Amelia Schneidermann** – Lyon REC  
**Lucas Wuebker** – Midland Power Cooperative  
**Elaina Rosonke** – MiEnergy Cooperative  
**Sabre Schmitz** – Nishnabotna Valley REC  
**Addison Arens** – North West REC  
**Leah Langel** – North West REC  
**Hudson Oolman** – North West REC  
**Maddie Schmitz** – Pella Cooperative Electric Association  
**Jenna Pringnitz** – Prairie Energy Cooperative  
**Kyra Wolterman** – Racoon Valley Electric Cooperative  
**Hannah Bridgman** – Southern Iowa Electric Cooperative  
**Holland Hunter** – Southern Iowa Electric Cooperative  
**Henry Bevington** – Southwest Iowa REC  
**Alaina Whittington** – Southwest Iowa REC  
**Kendra Tracy** – United Electric Cooperative

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

- » Washington Monument
- » World War II Memorial
- » Albert Einstein Memorial
- » Franklin Delano Roosevelt Memorial
- » Vietnam Veterans Memorial
- » The National Mall
- » Boat cruise on the Potomac River
- » Holocaust Memorial
- » Ford's Theater
- » Korean War Veterans Memorial
- » Lincoln Memorial
- » Washington National Cathedral
- » Mount Vernon
- » Iwo Jima Sunset Parade
- » White House
- » U.S. Capitol



# ONE MORE CAST COULD BE DEADLY

We're taught from a young age that water and electricity don't mix. If you're someone who enjoys being outdoors and fishing on one of Iowa's many lakes and rivers, remember that a largemouth bass or walleye isn't worth getting fried. When thunder roars – go indoors!

Being in a boat on water while there is lightning in the area can be extremely dangerous. Before you head out, make sure you're aware of the weather forecast and potential for any storms that may roll in. If you find yourself out on the water when you first hear a clap of thunder, stop fishing and head toward shelter on land. Lightning can strike as many as 10 miles away from its source cloud, so by the time you hear the thunder you're likely already within a dangerous range.

If you are in a boat and cannot get to shore, there are a few things you can do to help protect yourself:

- Lower all fishing rods and radio antennas.



- Crouch down without contacting any metal railings, wiring or the motor.
- Don't dangle your legs or hands in the water.
- Disconnect the VHF radio and GPS.

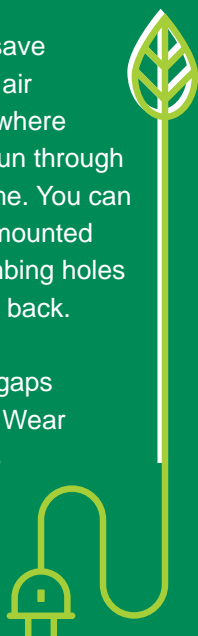
Some fishing boats may be equipped with lightning protection systems, but the safest thing to do is get off the water as quickly as possible. Then, wait at least 30 minutes after a storm has passed to resume fishing.

## Energy Efficiency Tip of the Month

An easy way to save energy is to seal air leaks and holes where plumbing pipes run through walls in your home. You can also check wall-mounted cabinets for plumbing holes or air gaps in the back.

Fill any holes or gaps with spray foam. Wear protective gloves and use a damp rag for cleanup.

Source:  
Dept. of Energy



August is

## BACK TO SCHOOL SAFETY MONTH

**Drive safe!** Red flashing lights mean stop and wait at least 20 ft. behind the bus while children are getting on and off. Stay stopped until the lights stop flashing, the extended stop-arm is withdrawn and the bus begins moving.



Guthrie County REC

A Touchstone Energy® Cooperative





# EMERGING ELECTRIC FARMING EQUIPMENT

BY KATHERINE LOVING

It's no surprise that sensitivity to fuel costs and a growing desire for energy independence are driving innovation in electric vehicles. Similarly, these same factors are creating increased interest in electric farming equipment.

Running a farm is traditionally dependent on oil and gas to keep machinery operating. Fuel costs impact the bottom line of agricultural production and are a major driver of food prices and farming revenue.

One significant new change for farming equipment is the trend of switching fossil fuel-powered equipment to electric equipment.

Electric tractors are now commercially available from multiple manufacturers and niche, electric-only companies.

There are many benefits of replacing diesel motors with electric motors. Highly efficient electric motors can operate at 90% thermal efficiency, which helps provide cost savings over time, compared to diesel motors that operate at 30%-40% thermal efficiency.

## Challenges in battery life

But there are significant barriers to electric farming technologies. Electric tractors cost about a third more than traditional tractors. Battery life for electric tractors typically ranges from three to six hours depending on hauling weight and workload, which can be a nonstarter for many larger

Electric tractors are now commercially available from multiple manufacturers, like the John Deere SESAM shown here, as well as from niche, electric-only companies.



Photo Credit: John Deere

farms where tractors are expected to run all day doing heavy-duty work.

While battery life can be problematic, advancements have been made over the last few years. Some tractors can carry two batteries, allowing for a mid-day switch without returning the tractor to a charging point. At this stage of development, electric tractors are likely better suited to smaller farms or vineyards.

## Additional electric and renewable options for the farm

Utility terrain vehicles tend to look more like their gas-powered counterparts in terms of capability

and price, making them a more accessible entry into electric equipment on the farm.

The future of farm electrification may be focused on renewable energy, either in the form of solar power or waste heat recovery systems. There is ongoing research into the feasibility of placing solar panels on farms coupled with a battery storage system, then using that system as a fuel source for electric tractor batteries. Solar power is already being used to directly power autonomous precision sprayers for row crops.

There are still limitations on the heavy-duty use of electric farming equipment. Still, research and development will continue until these electric technologies are on par with their diesel or gas counterparts.

With more time and investment, electric farming equipment will likely become more widespread in the coming years.

*Katherine Loving writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.*

Some farmers are switching to electric tractors, but many continue to utilize diesel-powered tractors. Electric tractors lack the battery power many farmers need for a long day of working in the fields.



## NEW OUT BACK CONTRIBUTOR

*Iowa Electric Cooperative Living* is pleased to welcome Darcy Dougherty Maulsby as our new Out Back contributor. As a fifth-generation farmer, business owner, author, marketing specialist, historian and speaker, Darcy helps businesses uncover their “wow” stories and share those stories to inspire people to dream bigger, revitalize their rural communities and change the world for the good, one story at a time.

Darcy is proud to be part of a farm family that operates a Century Farm in Calhoun County near Lake City and Yetter. She is an electric cooperative member and also serves as president of the Calhoun County Corn Growers, a director with the Calhoun County Farm Bureau and an Iowa Soybean

Association District Advisory Committee member.

She is also passionate about helping people preserve local history. She serves as board president of Central School Preservation in Lake City, vice president of the Calhoun County Historic Preservation Commission, and is a member of the Titanic Historical Society and the Lincoln Highway Association.

### Thank you to Valerie Van Kooten

We would also like to thank Valerie Van Kooten for serving as the Out Back author for the past eight years. We appreciate the monthly content she provided for our readers. Her musings and observations certainly brought smiles and chuckles over the years.



## VISIT US AT THE IOWA STATE FAIR!

The Touchstone Energy Cooperatives of Iowa are pleased to once again sponsor the 4-H Exhibits Building at the 2022 Iowa State Fair.

If you're planning a visit to the Iowa State Fair from Aug. 11-21, make sure to stop by and see us in the air conditioned 4-H Exhibits Building on the southwest corner of the fairgrounds.

Electric co-op staff from across the state will hand out plastic hard hats and suckers for the kids while supplies last. Kids can also try on some lineworker safety gear and take fun photos in our co-op safety selfie station!

We look forward to connecting with our co-op members at the Iowa State Fair this summer. Please stop by our booth and say hello!



Stop by and see us during the #IowaStateFair! Iowa's electric cooperatives are handing out suckers and **hard hats** in the 4-H Exhibits Building on the southwest end of the Iowa State Fairgrounds.

IowaStateFair

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# OH, THE PLACES WE'LL GO!

BY DARCY DOUGHERTY MAULSBY

When I was volunteering one Saturday morning this summer at Central School, the museum in my hometown of Lake City, a high school friend and his family stopped by. They live in Orange County, California, not far from Disneyland. It was great to meet the whole crew, who wore matching blue T-shirts with "Oh! the Places We Go..." in yellow letters.

I wondered what it's like for my friend's California kids to experience small-town Iowa. Then I started thinking about how I couldn't wait to get away from rural Iowa 30 years ago when I graduated from high school.

## Growing up in rural Iowa

I grew up on a farm between Lake City and Yetter, a child of the 1980s Farm Crisis. While no one ever explicitly told me to avoid an ag career and move to the city, the message was implied. When I left Lake City, though, I was still a farm girl at heart, thanks to my years as a Lake Creek Go-Getters 4-H Club member and the national awards I won with the horticulture team from the Southern Cal FFA chapter.

Plus, I had seen a bit of the wider world already. Around my junior year in high school, my parents encouraged me to write an essay and send it to the Calhoun County REC, which was accepting entries for the Iowa Youth Tour competition. That essay earned me an unforgettable trip to Washington, D.C., that summer.

I took my first airplane ride. I got to meet with Iowa's Congressional delegation. (The one who stood out to me was Rep. Fred Grandy, mainly because I remembered him as "Gopher" on *The Love Boat* TV show.) I even started to get the idea that good communication skills could pay off.

I went on to earn journalism and mass communication and history degrees at Iowa State University before starting my own marketing



# JUNE 1991

and communication business in 2002. Since then, I've become an author and have published seven books of non-fiction Iowa history. I'm regularly asked to share my stories during ag career days at local middle schools. I always tell the kids that writing skills opened up amazing opportunities for me starting in high school, thanks to that winning essay and the Iowa Youth Tour.

Now I've come full circle and am grateful to be your new columnist for *Iowa Electric Cooperative Living*. If you like stories of Iowa farming, food, history and rural living, we have a lot in common. Thanks for joining me on this journey. Oh, the places we'll go!

*Darcy Dougherty Maulsby lives near her family's Century Farm northwest of Lake City. Visit her at [www.darcymaulsby.com](http://www.darcymaulsby.com).*



IOWA ELECTRIC COOPERATIVE LIVING

The magazine  
for members of  
Iowa's electric  
cooperatives.

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