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AUGUST 2019

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learn how to run
a cooperative!

Tips for charging
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ON THE COVER

The internationally acclaimed Iowa State Fair is the single largest event in the state of Iowa and one of the oldest and largest agricultural and industrial expositions in the country. Annually attracting more than a million people from all over the world, the Iowa State Fair in Des Moines is Iowa's great celebration, a salute to the state's best in agriculture, industry, entertainment and achievement. ⚡

Photo: Iowa State Fair

Iowa youth learn how to run a cooperative

BY SHELLY YORK

This year marked my 10th anniversary of serving as Iowa's Youth Tour director. Among seeing the iconic monuments and basking in the historical significance of our nation's capital, the most important part of our 1,030-mile journey is teaching the participants something else. It's helping the next generation of leaders to understand the significance of the cooperative business model.



For the past three years, Youth Tour participants have been fully immersed in operating a cooperative. The cooperative provides snacks – something that is needed with early wake-up calls and late nights taking in all the sights and sounds the incredible D.C. area offers visitors. The D.C. Munchie Cooperative follows the cooperative business model, operating with a board of directors and staff.

Before we leave on Youth Tour, a survey is sent to all of Iowa's participants asking what role they would like to play in their cooperative. With the results in hand, a nominating committee is formed. The committee interviews potential directors, and the members elect the board, who in turn, hire a manager. The manager then hires staff. When we arrive in D.C. on Friday night, the manager and directors buy the snack inventory.

The co-op raised capital for purchasing snacks by selling punch cards that members used for purchases at the co-op's store. The cooperative also had additional funds available to them via a loan from Marion Denger, the board president for Prairie Energy Cooperative and Iowa's representative on the National Rural Electric Cooperative Association's board. The cooperative also held regular board meetings and delivered ads to encourage members to patronize the co-op's store, which based its inventory on responses to a member survey.

Back at the hotel, we set up the D.C. Munchie Cooperative. This year, it

was a fully functioning co-op with 44 members who each paid \$1 to join.

At the end of the week, the D.C. Munchie Cooperative held its annual meeting. The co-op had generated a margin, so the board of directors declared a distribution to members and held back a small amount to restart the co-op next year. For every \$5 punch card purchased, co-op members received \$3 back. The cooperative members also received their \$1 membership back. The students saw firsthand the value of being a member-owner of their D.C. Munchie Cooperative.

It's gratifying to see the Youth Tour participants work together and show excitement for their co-op. Through this process, they see the cooperative principles in action and gain an appreciation for providing a service that its members want. While the



participants get to see government in action on the nation's biggest stage, they also carry practical lessons home. As cooperatives, we value this business model, which is just as relevant today as it was back in the 1930s. Helping our upcoming leaders to embrace the cooperative way of doing business is one of the most essential lessons from this trip we can teach our youth! ⚡

Shelly York is Iowa's Youth Tour director and an executive assistant for the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

Win a Philips Airfryer!

Your favorite fried food – from vegetable chips to traditional fries and doughnuts – are now guilt-free, thanks to the TurboStar technology inside this advanced airfryer. The unit uses superheated air to fry foods with little or no oil. Food is exposed to constant, circulating heat that cooks it evenly without the need for turning or stirring. The airfryer is ready to go in seconds without preheating, and a handy keep-warm function ensures your food stays at the ideal temperature for up to 30 minutes.



Valued at \$400. See <https://bit.ly/2Lzstgx> for details. ⚡

Visit our website and win!

Enter this month's contest by visiting www.livingwithenergyiniowa.com no later than August 31, 2019. 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 patio grill from the June issue was Tom R. McDonald, Chariton Valley Electric Cooperative.

QUOTE OF THE MONTH

Midland Power Cooperative in Jefferson is part of a team of county leaders, residents and businesses working to reclaim their rural downtown using an economic development approach that goes far beyond the common strategy of courting large companies. Vision 2020 is a “grassroots action plan” aimed at promoting key community improvements like upgrading Jefferson’s school facilities, refurbishing local housing and building family-friendly amenities.

“Our emphasis is on broad community development rather than strictly economic development. We’re taking a deeper look at what the community thinks it needs, not the traditional, ‘Let’s chase smokestacks.’ Vision 2020 has a bigger focus on what can we do to keep the people in our community and how can we improve our community to attract younger families. We need kids in our schools, and we need the labor force.”

– Norm Fandal, vice president of business development and member services at Midland Power Cooperative and a member of Touchstone Energy® Cooperative’s board of directors.

DATA MATTERS

Iowa co-op employee testifies before Congress about broadband data

Inaccurate federal broadband data is creating big problems for electric cooperatives striving to bring high-speed internet service to rural America, a co-op leader told a U.S. House committee in late June.

Dan Stelpflug, director of operations, engineering and technology for Allamakee-Clayton Electric Cooperative in Postville, Iowa, said faulty data from the Federal Communications Commission (FCC) may force the co-op to pay back 23% of a \$1.4 million broadband grant it received in 2014, causing a financial hardship for the co-op and its roughly 10,000 members.

The FCC grant was awarded based on agency data that said the co-op, through its broadband arm called AC Skyways, could reach 665 potential customers in 209 census blocks with broadband service, Stelpflug said. But the co-op later conducted its own count and found 510 potential customers, 23% fewer than the FCC data showed.

Co-op leaders discovered the discrepancy while preparing progress reports required by the FCC. Allamakee-Clayton asked the agency last fall to waive some of its rules to allow the co-op to meet the requirements of the grant program based on the



actual number of potential customers, but the agency has not responded, Stelpflug told members of the U.S. House Small Business Subcommittee on Contracting and Infrastructure, where he was introduced to the body by Iowa’s 1st District Congresswoman Abby Finkenauer. During the dialogue with U.S. Rep. Finkenauer and other members of the subcommittee, Stelpflug said the co-op is hesitant to buy or update equipment because it may have to pay back nearly a quarter of the grant to the FCC.

“The bidding process required us to ask for a subsidy per subscriber per month,” he says. “Our bid was based on the subscriber count provided by the FCC, and at the time, the cooperative had no process or procedure in place to verify that the FCC data was correct. Had we known that the subscriber count was inaccurate, our bid per subscriber would have been incrementally higher.”

Allamakee-Clayton will continue to work with the National Rural Electric Cooperative Association, the Iowa Association of Electric Cooperatives, U.S. Rep. Finkenauer and the rest of Iowa’s Congressional delegation on FCC and broadband issues. ⚡

CONGRATULATIONS!

Iowa co-op safety director receives prestigious award

Congratulations to John Dvorak (center), IAEC director of safety & loss control, who recently received the prestigious Leroy Vanderpool Recognition Award. The award is given once per year at the Quad States Instructors Annual Meeting to an active member who meets specific criteria. This award consists of a traveling-type plaque, an individual plaque and a donation of \$500 to the recipient’s charity of choice.

Quad States Instructors (QSI) is comprised of over 120 members from 22 states, primarily electric

utility safety professionals serving electric cooperatives and municipal utilities. The organization holds two conferences per year where attendees can exchange information and solutions, upgrade skills and collaborate on training programs and best practices. QSI has a long-standing mission to collaborate, promote and continuously identify best practices in safety and risk management that will provide its members the tools and resources necessary to effectively enhance their individual organization and community safety programs. ⚡



Meet the presidential candidates

The Iowa State Fair, held from August 8-18 in Des Moines, provides an opportunity for Rural Power advocates to meet presidential candidates and share the cooperative story – particularly at the Political Soapbox. Rural Power made a great showing at the 2015 Political Soapbox, and we want to keep that tradition going so that every candidate sees and potentially visits with Rural Power advocates!

- **What:** The Soapbox, a long-running tradition in Iowa politics, offers candidates a raised platform, a microphone and 20 minutes to make their case.
- **When:** The Des Moines Register Political Soapbox will be held Aug. 8-18 during the Iowa

State Fair and will feature more than 20 candidates seeking their party's nomination for president.

- **Where:** The speeches will be held along the Grand Concourse in front of the Horner Service Center. Dates and times are subject to change, and more speakers may be added.

The *Des Moines Register* maintains an up-to-date schedule and will also livestream all the speakers



at DesMoinesRegister.com/Soapbox.

The Soapbox offers all Iowans a chance to see in person the candidates seeking their votes in the Iowa caucuses, which are Feb. 3, 2020, and will kick off voting for the presidency. ⚡

POWERFUL IMAGE



Kids learn about BIG trucks!

On July 16, 2019, the Rock Rapids Chamber of Commerce held its first Touch a Truck Event at the Lyon County Fairgrounds. Kids from around the area were able to check out the trucks, sit inside, see demonstrations and ask questions. On hand were ambulances, sprint cars, motor graders, fuel trucks, semis, fire trucks, snowplows, tow trucks, delivery vehicles and tractors. Lyon REC provided two trucks – a digger derrick and a 55-foot basket truck. Several of the cooperative's linemen answered questions and provided demonstrations during the event. Pictured at left is Lyon REC Lineman Dustin Timmerman and his son. ⚡



Photos: Lyon REC

Cooperating to fund and develop economic vitality across Iowa

BY KAY SNYDER

Iowa's rural electric cooperatives' community support goes far beyond the safe, reliable and affordable power they provide every day. Utility-sponsored Revolving Loan Funds (RLFs) are a key tool providing statewide impact for community infrastructure, business growth, and job creation and retention.

An RLF is a source of money from which loans are made for multiple small business or community development projects. As loans are repaid, the funds are loaned out again. In 1995, the USDA awarded the first grant from the Rural Economic Development Loan & Grant (REDL&G) program to Iowa

Lakes Electric Cooperative. With this grant, an RLF was created to provide a source of ongoing funding for investment and job creation. Since that first award, all **36 of IADG's member rural electric cooperatives (RECs), 22 independent telecommunications companies and 11 municipal utilities** have received at least one REDL&G award and have created RLFs to continue support of local projects.

One of the advantages of the RLF program is that the loan funds are locally controlled where the development opportunities can best be assessed and met. Iowa RECs have funded, and in many cases co-funded important projects

Recent projects supported by RLFs



Nutriom LLC – Panora

Nutriom, LLC recently held a groundbreaking for its new pasteurization facility in Panora. Nutriom is a growing, family-owned company, from Washington state, that invented a technique for drying eggs to keep their fresh flavor, nutrition and functionality. The product is called OvaEasy Egg Crystals. This 9,000-square-foot addition will enable Nutriom to accept and pasteurize eggs more efficiently and safely. The new addition will free up space in the main building for a future third drying lane and a new freeze dryer chamber to support business growth. **Guthrie County REC, Farmers Electric Cooperative, Inc. and Central Iowa Power Cooperative** were among seven organizations that supported this project with their respective RLFs.

Disaster Relief – Marshalltown

After the destructive July 2018 tornadoes, **Consumers Energy, Heart of Iowa Communications Cooperative and Marshall Economic Development (MED)** swiftly created a \$340,000 fund to provide interest-free microloans to established Marshalltown businesses affected by the tornado. To help with short-term capital needs, IADG worked on structuring a program and securing a special provision from the USDA, enabling them to utilize their RLF funds for the initiative. The program has assisted 21 companies with loans totaling \$197,000.



Tarkio Masonic Lodge Building Renovation – Stanton

The Tarkio Masonic Lodge Building, built in 1878 in downtown Stanton, was recently renovated to create an upper story residential living unit with two commercial spaces on the ground level. The project was an effort to expand housing options, create downtown activity, expand business opportunities and become the catalyst spark needed to revitalize Stanton's downtown. The upper-story apartment now houses a young family, and The Hair Company salon has opened on the main floor. A second main floor space has been rented to a company that is currently located in Woodlands, Texas. **Southwest Iowa REC** provided RLF support for this project.

818 Forward with Faith – Pella

818 Forward with Faith (FWF) is a non-profit dedicated to building homes where adults with disabilities can lead lives of dignity while their specialized physical, emotional and social needs are met. The first 4,200-square-foot, two-story, four-bedroom home is under construction in Pella. The house will have a large eat-in kitchen, great room, family room, laundry room and storm shelter on each level. Forward with Faith was deliberate in planning





across Iowa. The Iowa Area Development Group (IADG) is pleased to be a partner and provide technical support and administrative assistance with the REDL&G program and statewide RLFs.

Iowa's rural electric cooperatives are steadfast community partners and actively contribute to the vitality of the communities they serve. Contact your local REC if you are interested in learning more about its RLF activity. ⚡

Kay Snyder is the director of marketing and communications for the Iowa Area Development Group.

Since the program's inception

1,111 loans
totaling \$139 million
have leveraged over

\$1 billion
in projects

and created and retained
21,886 jobs

the house design to ensure both functionality and a feeling of ownership by residents. FWF was started Jerry and Judy Fynaard, whose son, Caleb, was born with cerebral palsy. After graduating high school, Caleb was involved in a serious car accident and required care beyond what the facility he was living in could provide. These circumstances led the Fynaard's to create 818 Forward with Faith. **Pella Cooperative Electric Association** and **Southwest Iowa REC** provided RLF support for this project.



Trinity Fabricators, Inc. – New Albin

Trinity Fabricators, Inc. – a structural steel fabricator for building construction – received support from RLFs of **Allamakee-Clayton Electric Cooperative, Dairyland Power Cooperative** and the **IADG Energy Bank** to increase efficiency through the purchase of a plasma cutting system. The new system allowed Trinity to replace multiple pieces of equipment with an automated fabrication process, which needs only a fraction of the time to cut and prepare the same material manually. Trinity can now process more volume and bigger and more complicated designs. The company is the sole manufacturer of structural steel beams for Kum & Go convenience stores located throughout 11 states and have cut steel for more than 180 Applebee's restaurants plus a wide variety of other customers.



Suidae Health & Production, PC – Algona

Six veterinarians created Suidae, a swine-exclusive veterinary clinic that is focused on herd health, from evaluation and intervention to disease risk assessment. Suidae began operation in its new headquarters and swine veterinary clinic in July 2018, which is in the former Iowa National Guard Armory in Algona. **Iowa Lakes Electric Cooperative, Corn Belt Power Cooperative** and **Midland Power Cooperative** supported this project through their RLFs.



Grinnell Regional Medical Center (GRMC) – Grinnell

The Brownell Emergency and Trauma Center at GRMC opened in 2018. This 4,400-square-foot renovation included five exam rooms and two large trauma bays with collapsible walls, replacing the previous single-bay separated by a curtain. This upgrade improved safety and privacy while allowing GRMC to maintain its Level III Area trauma center designation, a vital benefit for Poweshiek County residents. This was **T.I.P. REC's** first award through the REDL&G program, and as such, created their RLF. ⚡



SAVOR Summer PRODUCE



Zucchini Chocolate Cake

- ½ cup oleo
- ½ cup oil
- 1¾ cup sugar
- 2 eggs
- 1 teaspoon vanilla
- ½ cup sour milk
- 2½ cups flour
- 4 tablespoon cocoa
- ½ teaspoon baking powder
- 1 teaspoon soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 2 cups grated zucchini
- ¼ cup chocolate chips

Cream together oleo, oil and sugar. Add in eggs, vanilla and sour milk; beat well. Stir in flour, cocoa, baking powder, soda, salt and cinnamon. Beat well. Stir in zucchini. Pour into a 9x13-inch greased and floured pan. Sprinkle chocolate chips on top. Bake at 325 degrees F for 40-45 minutes.

Annalee Buffington • Marshalltown
Consumers Energy

End of Garden Refrigerator Pickles

- 2 quarts green tomatoes
- 1 quart onions
- 1 quart celery
- 1 quart cabbage
- 1 quart cauliflower
- 1 quart cucumbers
- 1 quart green beans
- 1 pint green or red peppers
(or a combination of both)
- 9 teaspoons salt
- 2 quarts vinegar
- 8 cups sugar
- 9 teaspoons mixed spices
- 2 teaspoons turmeric powder
- canning supplies

Chop vegetables into chunks and place in a large pan. Add salt and let stand for 2 hours, then drain. Add vinegar, sugar, spices and turmeric powder and bring to a boil. Put in hot sterilized jars, add canning flats. These will seal and can be stored in the refrigerator up to 3 months.

Barb Walter • Alton • North West REC

Summer Squash, Carrot and Stuffing Bake

- 2 cups water
- 7 cups zucchini and/or yellow squash, sliced
- 1 medium onion, chopped
- ⅓ teaspoon salt
- 10.75 ounces cream of chicken soup
- 8 ounces sour cream
- 1 cup shredded carrots
- 6 ounces stuffing mix
- ¼ cup butter, melted

Bring water to boil in a large pan. Add sliced, unpeeled zucchini and/or squash, onion and salt. Cook 5 minutes, stirring twice; drain well. In a large bowl, combine soup, sour cream and shredded carrots; gently fold in zucchini mix. Combine stuffing mix with melted butter. Sprinkle half the stuffing mix into a 12x8x2-inch baking dish. Spoon vegetable mixture on top; sprinkle with remaining stuffing mixture. Bake uncovered at 350 degrees F oven for 30-35 minutes or until heated through. Optional ingredients can be added, layered in the casserole: 8 ounces shredded cheese, 1 diced green pepper and/or cooked and diced chicken.

Tonya Poe • Albia
Chariton Valley Electric Cooperative, Inc.

CLEAN IT FIRST
Clean produce before peeling to prevent dirt and bacteria from passing from the knife onto the fruit or vegetable. Gently rub produce while holding under plain running water; no soap is needed. Scrub firm produce, such as melons or cucumbers, with a clean produce brush.

Green Tomato Relish

- 12 medium onions
- 12 large green peppers
- 12 large green tomatoes
- 2 quarts water, divided
- 1 quart white vinegar
- 1½ cups sugar
- 1 teaspoon celery seed
- 2 teaspoons salt
- 4 sterilized pint-sized canning jars and lids

Grind together onions, peppers and tomatoes. Put in a colander and pour 1 quart boiling water over, then drain 5 minutes. Pour another quart of boiling water over and let stand 10 minutes. Combine the vinegar, sugar, celery seed and salt in a pan and boil 15 minutes. Pour the ground mixture into pint jars. Pour the boiling mixture over, and then quickly put on lids and rings to seal. Very good on hamburgers, hot dogs or brats. Gives a little zip to potato or tuna salad.

Bonita Miller • Eldon • Access Energy Cooperative

Zucchini Pancakes

- 3 cups grated zucchini
- ½ cup flour
- ½ cup mayonnaise
- ½ cup finely chopped onion
- 4 eggs
- ½ cup parmesan cheese
- 1 tablespoon lemon juice
- salt
- oil
- sour cream

Zucchini should be salted and drained, but not peeled. Mix flour, mayonnaise, onion, eggs, cheese and lemon juice together; then add zucchini. Fry in a little hot oil until light brown. Serve with sour cream.

Nina Clausen • Exira • Guthrie County REC

Butternut Squash Soup

- 2½ pounds butternut squash
- 1 red bell pepper, chopped
- 1 yellow onion, chopped
- 3 cloves garlic, chopped
- 7 cups water
- 1 teaspoon salt
- 2 tablespoons sugar
- ⅓ cup heavy cream

Combine the first seven ingredients in a large pot. Bring to boil, then cover and simmer 35 minutes. Let soup cool, then puree in blender. Stir in heavy cream and bring to simmer. Season as desired. Serves 6-8.

Loretta Janssen • Swaledale • Franklin REC

Veggie Salad

- ½ cup sour cream
- ½ cup mayonnaise
- 2 tablespoons white wine vinegar
- 1 teaspoon celery seed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups cooked sweet corn
- ½ cup tomatoes, diced
- 6 celery stalks, diced
- 2 cucumbers, diced (remove seeds)
- ½ red onion, diced

In one bowl, mix the first six ingredients into a dressing. In a large bowl, mix all vegetables and then toss with dressing. Can be served immediately or kept in a refrigerator. Best if served within 3 hours of mixing. Any veggies can be used, whatever you have in the garden.

Cassie Glade • Panora • Guthrie County REC

WASH AND USE

Except for leafy salad greens, fruits and vegetables should be washed just before you're ready to use them (i.e. not days in advance).

PRODUCE TIP

DON'T LET IT DRIP

Keep meat away from produce. Meat can drip, so it's best to keep at the bottom of your fridge, so if it does drip, it won't contaminate your fruits and veggies.

PRODUCE TIP

KEEP IT GREEN

Avocados last longer in a plastic baggie in the fridge. However, if you have only half of an avocado, Ziploc suggests wrapping it in a paper towel, sprinkling some lemon over it, and putting it in a plastic baggie.

PRODUCE TIP

IT'S A GAS!

Certain vegetables (and fruits) contain a gas called ethylene. Ethylene triggers the ripening process and will deteriorate some veggies faster. Ethylene-producing produce: apricots, avocados, bananas, cantaloupe, melons, mango, peaches, pears, tomatoes.

PRODUCE TIP

Wanted: Christmas cookie and candy recipes The Reward: \$25 for every one we publish!

Soon the lights will twinkle, the stockings will be hung and ornaments will be placed on the tree. Share your delicious cookie and candy recipes for the holidays. If we run your recipe in the magazine, we'll send a \$25 credit for your electric co-op to apply to your power bill. Recipes submitted also may be archived on our website at www.livingwithenergyiowa.com.

The deadline is August 31, 2019. Please include your name, address, telephone number, co-op name and the recipe category on all submissions.

EMAIL:

recipes@livingwithenergyiowa.com
(Attach your recipe as a Word document or PDF to your e-mail message.)

MAIL:

Recipes

Living with Energy in Iowa
8525 Douglas Ave., Suite 48
Des Moines, IA 50322-2992

Power up! Steps for charging your electric vehicle at home

BY PAT KEEGAN AND BRAD THIESSEN

Electric vehicles (EVs) are getting more attention these days. Electricity as a vehicle fuel is typically one-half to one-third the cost of gas or diesel, and EV batteries now enable longer ranges. The upfront price of an EV is still higher than its gas-powered cousin, but the cost is coming down.

The Chevy Bolt, for example, has a range of up to 238 miles on a full charge and costs about \$36,000 before incentives. The number of models is also increasing, and there could even be an electric pickup truck option in the near future.

It's important to note you may have to pay upfront costs to charge your EV at home, but it depends on which charging option you select. Take a look at the important steps for choosing an EV and effectively charging it at home.

Step 1 Choose your EV

There are two basic types of EVs: the all-electric vehicle, which is commonly referred to as an AEV or EV and the plug-in hybrid electric vehicle, also known as the PHEV, which can run using an electric motor or a gas engine. Unlike the gas/electric hybrid that started with the Toyota Prius in 2000, where the battery assists the gasoline engine, yet the car is fueled solely by gasoline, the PHEV features a larger battery that fuels an electric motor, which can power the car independently. A PHEV can run solely on electricity for about 15 to 50 miles depending on the model. This electric-only range may be sufficient for running errands or for those with a shorter daily commute.

Step 2 Select your charging level

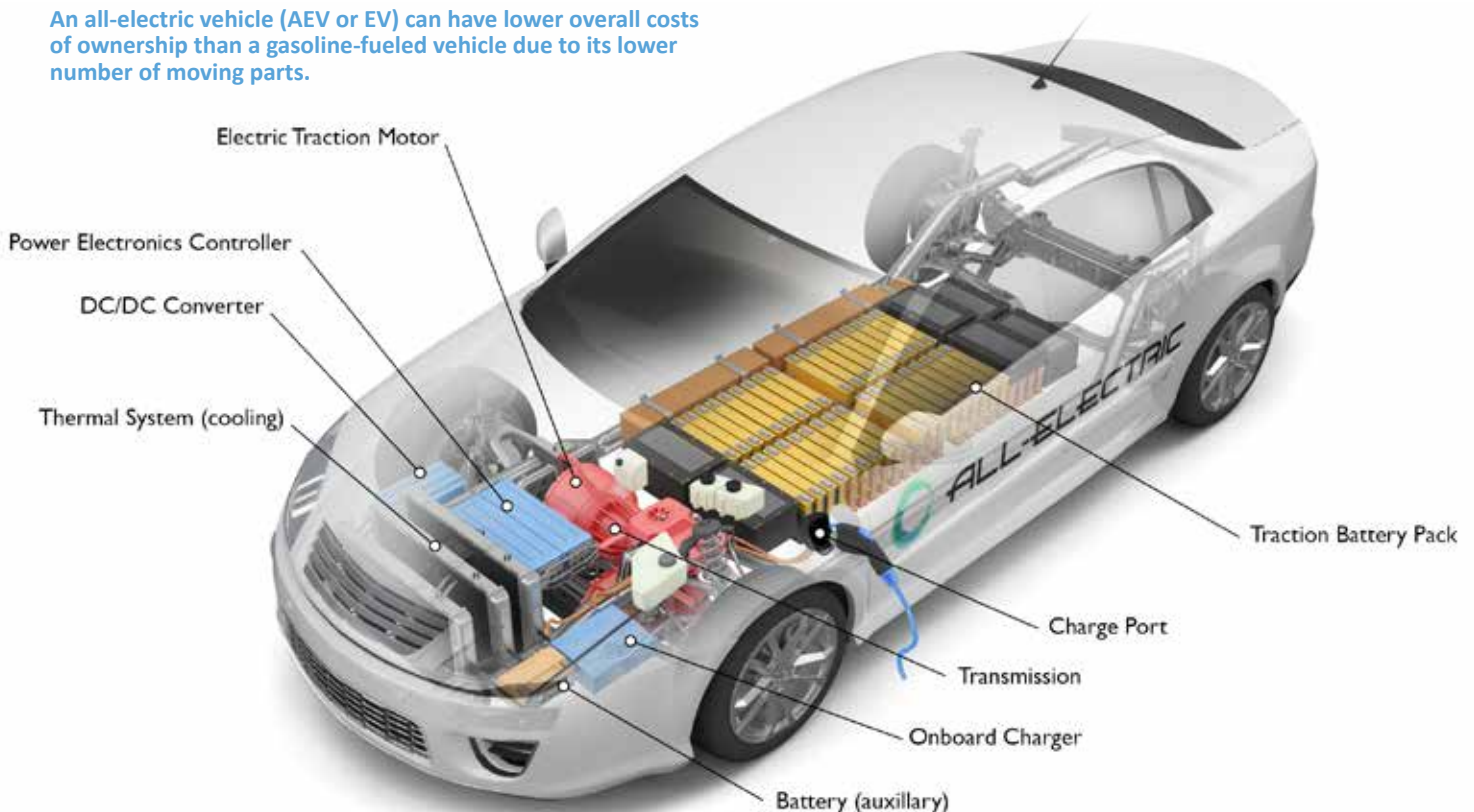
There are two levels of charging to consider for your home. A Level 1 charging unit is the most basic. It's usually included with the vehicle and plugs into a typical 120-volt outlet, so it is the easiest and cheapest charging solution.

A Level 2 charging unit is more powerful and needs to be purchased separately. It plugs into a 240-volt outlet, the type used for larger appliances (like a clothes dryer), which most of us don't have in our garages or outside our homes, so there's an additional cost to have the outlet installed.



All-electric vehicle

An all-electric vehicle (AEV or EV) can have lower overall costs of ownership than a gasoline-fueled vehicle due to its lower number of moving parts.



A Level 2 charging unit can provide about 250 miles of charge in 10 hours, making it a suitable charging solution.



Photo: Tesla

Opportunity for electric cooperative members!

Touchstone Energy® has been working behind the scenes to provide a unique incentive for electric cooperative members and employees to take advantage of a fleet or individual purchase of the All-New NISSAN LEAF®, the World's Best-Selling 100% Electric Car.

A \$3,500 special rebate is available on the 40-kWh model NISSAN LEAF and a \$2,500 rebate is available on the 226-mile range, 62 kWh, ePlus model. This offer can be combined with the \$7,500 Federal EV Tax Credit to provide buyers with savings up to \$11,000 on the purchase of a new NISSAN Leaf®.

Simply download the flyer at <https://bit.ly/2XRGbwQ> and bring your electric bill and/or proof of cooperative employment, to your local NISSAN Dealer and you can become eligible to use the special Fleet Certification Code to obtain your special rebate. Please see eligibility requirements for more details. ⚡

Step 3 Know your needs

Most EVs travel 3 to 4 miles per kilowatt-hour (kWh). Level 1 charging units distribute charge to the battery at 1 to 2 kWh, giving the battery roughly 3 to 8 miles range per hour of charging. So, if you drive your car 40 miles or less during the day and can charge it for 10 hours a night, this will probably be adequate. Level 1 charging makes the most sense for PHEVs and early EVs with smaller batteries and shorter ranges.

Level 2 units typically supply power levels from 6 to 12 kWh, depending on the amperage of the circuit and the power level the EV can accept. This means the Level 2 chargers will provide between 18 and 48 miles of range per hour of charging.

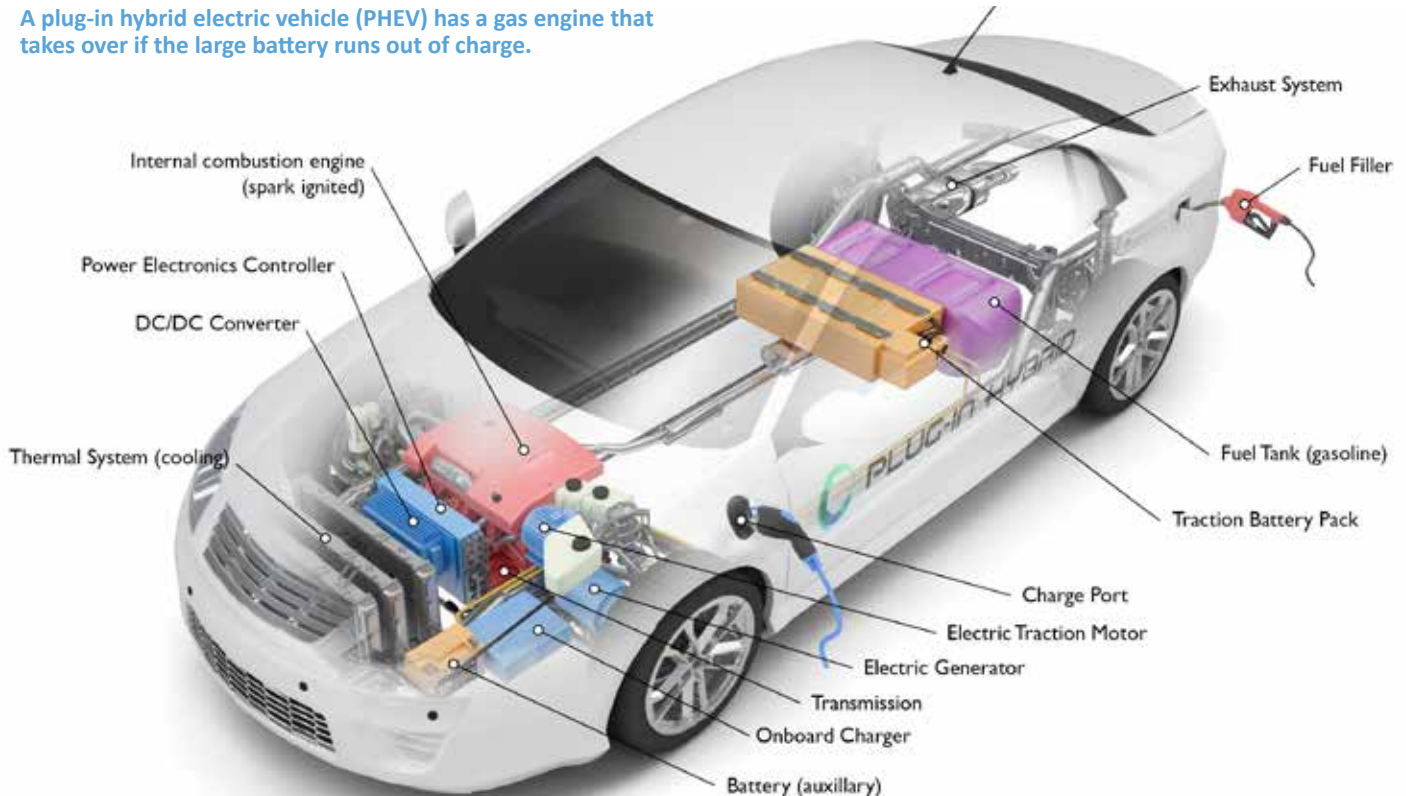
Step 4 Count the costs

A Level 1 charging unit comes with the car and will meet the needs of most PHEVs and early-model, short-range EVs. A Level 2 charging unit can cost \$500 to \$700, with installation between \$500 and \$2,700 depending on how far your electrical panel is from where you will be charging the EV.

With information about the basic options now in hand, talk to your electric co-op *before* making an EV charging decision. Some electric co-ops offer special incentives for members installing Level 2 chargers or members willing to schedule EV charging during non-peak energy hours. ⚡

Plug-in hybrid electric vehicle

A plug-in hybrid electric vehicle (PHEV) has a gas engine that takes over if the large battery runs out of charge.



afdc.energy.gov

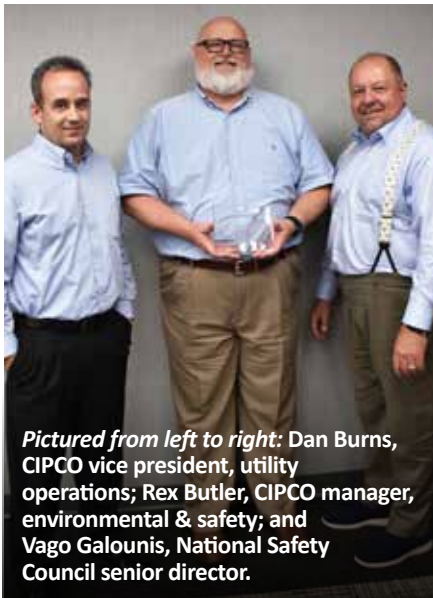
National Safety Council recognizes CIPCO safety achievement

Central Iowa Power Cooperative (CIPCO) recently welcomed a representative from the National Safety Council (NSC) as it celebrated a major milestone: more than 2 million hours worked over 10 years' time without a lost-time injury.

Vago Galounis, NSC senior director, chapter & distributors, attended celebration events June 20-21 at each of CIPCO's locations in Cedar Rapids, Wilton, Des Moines and Creston. NSC is a nonprofit organization that works to eliminate preventable deaths at work, in homes and communities, and on the road through leadership, research, education and advocacy.

"Work within the utility and energy industries consistently rank among the most dangerous jobs in the U.S., which is why vigilance in safety practices is imperative," Galounis says. "CIPCO's commitment to keeping its workers safe sets the bar high for others in the industry."

"Our culture of safety among employees emphasizes the discipline and understanding of safety to ensure everyone goes home safe at the end of the day," says Bill Cherrier, CIPCO executive vice president and CEO. "This achievement would not have



Pictured from left to right: Dan Burns, CIPCO vice president, utility operations; Rex Butler, CIPCO manager, environmental & safety; and Vago Galounis, National Safety Council senior director.



been possible without each employee's commitment to making safety a number one priority."

According to the NSC, every three minutes someone dies from a preventable incident, such as a poisoning, car crash or fall. In 2017, there were 136 electrical fatalities among utility workers on the job according to the Bureau of Labor Statistics. That's the highest rate of fatal electrical injuries in any industry, followed by construction.

"We hold regular safety meetings for all CIPCO employees to engage them in discussion on safety practices

in real life situations," explains Rex Butler, CIPCO manager of safety and environmental. "Our employees do an excellent job of focusing on their personal safety and making sure co-workers and the public are safe by following proper procedures and helping people out when needed. I'm proud of each and every one of our employees who made this achievement possible." ⚡

CIPCO is a generation and transmission electric cooperative. CIPCO and its 13 members serve over 300,000 Iowans in 58 Iowa counties. For more information visit www.cipco.net.

Underground power and the big green box

BY PAUL WESSLUND

Electricity might flow into your neighborhood over your head, or under your feet. It's easy to spot wires on top of those wooden poles and figure out how electricity gets delivered by overhead lines. But there's also a way to deduce that there are underground lines – look for green metal boxes about the size of a mini-fridge sitting in people's yards.

They're called pad-mounted transformers and they do the same thing as those gray cans up on top of the poles – step higher-voltage electricity down so it's more useful and safer for your home. The major difference is a pad-mounted transformer connects to underground power lines.

No one's exactly sure what share of power lines in the U.S. are underground, but one industry study estimated 18 percent. To a lot of people, underground lines look better. But they're more expensive to install. A lot more. As much as five or 10 times the cost, according to the U.S. Energy Information Administration. And while falling trees and cars crashing into poles can knock out above-ground power lines, underground problems can be more difficult to pinpoint and correct. Determining if installing underground or overhead power lines is better boils down to many individual co-op factors, including geography. What works well for one co-op in Iowa, may not work as well for a neighboring co-op or one several counties away.

The big green boxes that connect power lines look surprisingly simple inside – wires come in and go out through the transformer.

Now that you know what they are, you don't have to go looking inside, and you shouldn't. Those locked boxes are routing a lot of electricity, so only expert lineworkers should be



Pad-mounted transformers route large amounts of electricity and you should avoid them. Only professional lineworkers and crews should be near them.

near the equipment.

Never use pad-mounted transformers as benches while waiting for the school bus, and kids should never play on or near them. Don't plant landscaping around pad-mounted transformers because co-op crews may need to get to them, and roots can interfere with the underground wires. Never dig near a pad-mounted transformer – always dial 8-1-1 for any outdoor projects that require digging.

Remember, whether you're around underground or overhead utility equipment, the same safety rules apply – stay away from power lines. ⚡

Paul Wesslund writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation's landscape.

Engage with Iowa's federal lawmakers during the August recess

Congress typically recesses for the month of August and doesn't conduct any legislative business in Washington, D.C. This allows senators and representatives to return to their home districts and spend the month meeting with constituents. Often, the August recess is accompanied by local town hall meetings or public forums, which are shared through local media outlets and via the lawmakers' websites.

Members of Iowa's electric cooperatives are encouraged to meet your U.S. senator or representative during these meetings. Two key topics of interest for cooperative members include reiterating our support for the RURAL Act and the SECURE Act.

The SECURE Act is a bill backed by Republicans and Democrats that aims to improve the nation's retirement system, including the benefits received

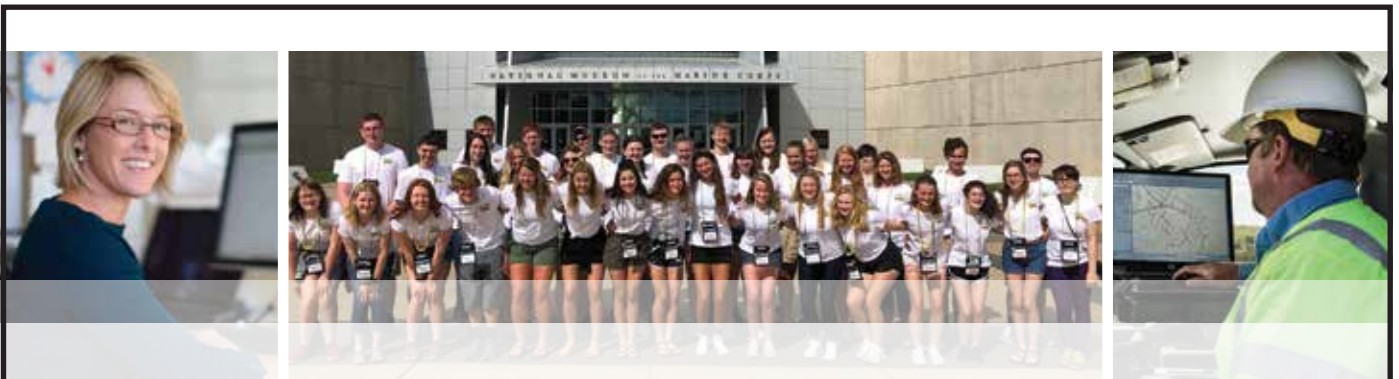


by your hometown co-op employees. The SECURE Act includes provisions that keep more funds in Iowa co-op employees' retirement accounts and help save members like you

approximately \$30 million nationwide. To date, based in part on electric cooperatives' advocacy in D.C., the bill (HR 1994) passed the House 417-3, with Iowa's representatives voting for it. The bill now moves to the Senate where a companion bill called the RESA Act is being championed by Iowa Sen. Chuck Grassley.

The RURAL Act, co-sponsored by Iowa's U.S. Reps. Cindy Axne and Abby Finkenauer as well as Sen. Joni Ernst, strives to retain the tax-exempt status of nearly 900 rural electric co-ops across the country, including Iowa's electric cooperatives. This will allow the full use of critical federal, state or local grants to benefit electric cooperative members.

For more information on these issues, please contact your local electric cooperative. ⚡



Find us at the Iowa State Fair!

Visit our booth in the Rastetter 4-H building on the south side of the fairgrounds to learn more about programs and scholarships for students. We'll also tell you why cooperative careers provide great opportunities for rural Iowa living.



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Cooperatives of Iowa



The world belongs to righties

BY VALERIE VAN KOOTEN

If you're a left-handed person, you've already figured out that the world is a lot easier for righties. Being right-handed is the default position for most products, and if you're a southpaw, well, you're going to have to do a lot of adjusting.

I'm not left-handed, but my dad, my son and my grandson are. And so I've witnessed the problems they've had in life: no one wants to sit next to them at the restaurant. Typical college classroom desks with a flat surface on one side always cater to the right-handed. The number pad on a computer keyboard is on the right.

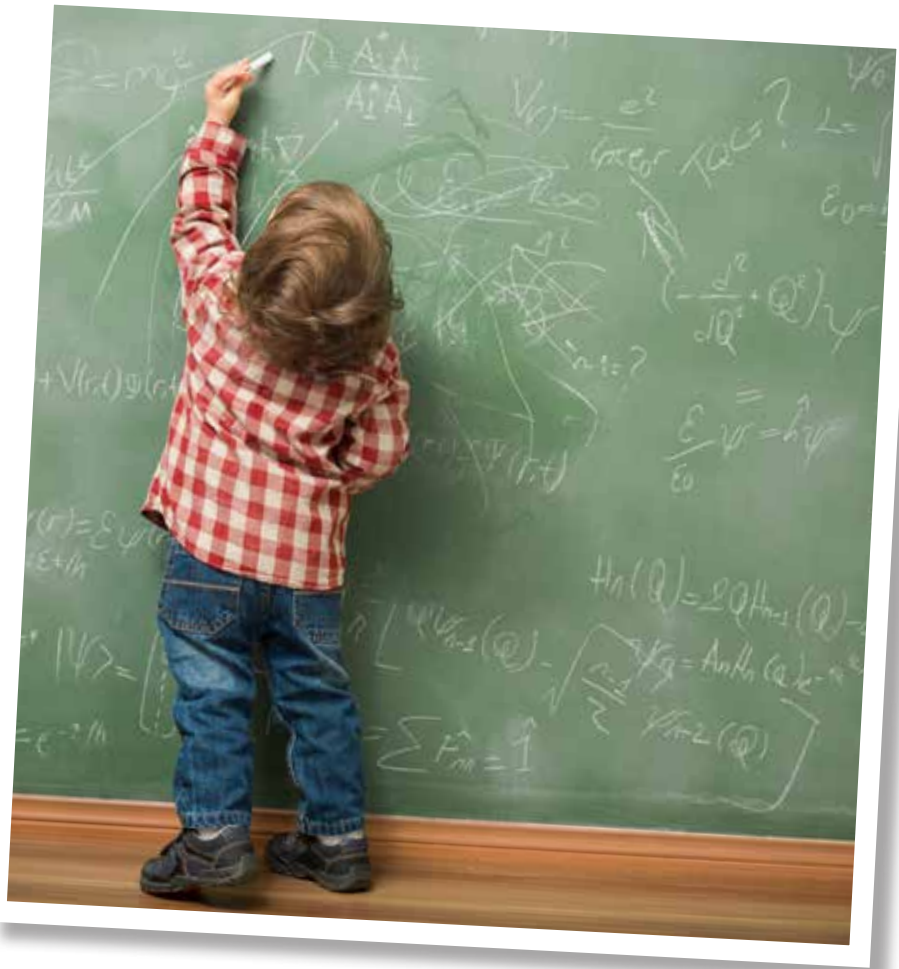
Some people are solely left-handed. Others, like my father, are ambidextrous ... while my dad writes with his left hand, he plays baseball as a right-hander, something he credits to having broken his left arm in grade school.

When our oldest son was in kindergarten, his first report card was a momentous event. We waited with bated breath to find out how our pride and joy had done. His marks were great – well, as great as they get in kindergarten, like “Learning not to talk without raising his hand” – but one comment stopped us cold. The teacher had written, “Colin has problems using scissors.”

We were cut to the quick: Did our son have some sort of scissor impairment that wasn't covered in the parenting manuals? Was he physically unable to cut things? We approached the parent-teacher conferences with trepidation.

The teacher said nothing about the scissors malady. We waited until the end of the conference and tentatively brought it up. “Uh, your comment ... about the scissors? Is there a problem?”

The teacher looked a little blank and then smiled. “Oh, yes ... he has



problems with the scissors, but it's probably because he's left-handed. You should look into purchasing him some scissors for left-handed kids.”

Was there such a thing? Turns out there was! The internet revealed a world of products for those who do not share Right Hand Privilege, including can openers and corkscrews, notebooks with the wire ring on the left, and computer accessories, like a mouse that's meant to be operated on the other side. We purchased the scissors, the cutting went much better, and our parental guilt was assuaged.

Over the years, we amassed a houseful of left-handed items: a guitar, golf clubs and baseball gloves – lots of baseball gloves.

There's a special market for these things out there, mostly desperate parents looking for a specialty item for their child. We've sold off most of them, but I decided to hang onto the baseball gloves in case we had a grandchild who was a leftie.

Good thing I did. From the time our oldest grandson was a year old and began hurling footballs around, it was evident that the trait had been handed down to him. My son will save a lot of money on left-handed baseball gloves. He can come shop in our closet. 🌿

Valerie Van Kooten is a writer from Pella who loves living in the country and telling its stories. She and her husband Kent have three married sons and two incredibly adorable grandsons.



LESS GARAGE TIME

Electric cars have fewer moving parts compared to internal combustion engine vehicles. As a result, EVs require less maintenance and have lower maintenance costs.

- Idaho National Laboratory

CONTACT YOUR LOCAL CO-OP FOR MORE INFORMATION.



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