

# living with energy

IN IOWA



Chariton Valley  
Electric Cooperative, Inc.

Your Touchstone Energy® Cooperative



MARCH 2018

High school seniors: The deadline for CVEC scholarship applications is March 30 ▶ See page 12

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Win a 7-in-1,  
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We've accepted the  
**National Nutrition  
Month Challenge**  
— will you?

SAVE THE DATE!

# CVEC ANNUAL MEETING 2018

Annual Meeting of  
Chariton Valley Electric  
Cooperative, Inc.

Monday, Aug. 6, 2018

Honey Creek Resort



Mark your calendar now, and be sure to watch future issues of *Living with Energy in Iowa* magazine for all the exciting details!



Chariton Valley Electric Cooperative, Inc.  
Your Touchstone Energy® Partner



#### Office

2090 Highway 5 South  
P.O. Box 486  
Albia, IA 52531-0486

#### Office Hours

Monday through Friday, 8 a.m.-4:30 p.m.  
Closed Saturdays, Sundays and holidays

#### Telephone Numbers

Days, nights or holidays:  
641-932-7126 (local)  
or 800-475-1702

#### Website

[www.cvrec.com](http://www.cvrec.com)

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## LOCAL PERSPECTIVE

# Sometimes it's tough to make "cents" out of tax reform policies

BY BRYON STILLEY

Tax policy can be complicated. If you've ever done your own federal and state income taxes – or if you own a business – you understand firsthand how every detail matters in compliance, especially when it comes to profits.

Because Chariton Valley Electric Cooperative is a not-for-profit business entity, there's sometimes confusion about whether we pay taxes. The answer is: Yes, we pay taxes. We pay property taxes, employee taxes, replacement taxes and taxes on materials and supplies – just to name a few. However, we don't pay taxes on business profits, because we're not a profit-based organization.

Because electric cooperatives are not-for-profit organizations – operating at cost to deliver affordable and reliable power across all of Iowa's 99 counties – we don't have operating profits. Since our rates are based on the cost of acquiring and delivering electricity, we don't make money on the services we provide. If we receive a cost reduction from our suppliers, those savings are passed along to our member-owners. If we have excess funds – commonly called *margins* – from providing our member-owners with safe, reliable, affordable and environmentally responsible electricity, we return those funds to you in the form of capital credits. Since our inception, operating at cost has been a cornerstone of the cooperative business model.

Taxes on profits are in the news. You may have heard or read that the tax reform bill is now law, meaning that as of January 1 the corporate tax rate dropped to 21 percent. This is good news for many businesses. Lawmakers suggested that the extra profits – once paid to the federal government in the form of taxes – could now be used for improving products, lowering prices and generally boosting the economy.

However, some critics of the new law argue that the extra money will line the pockets of shareholders.



Commissions across the country are looking at what this means for various types of profit-making corporations, some of which are utilities. Like other regulatory bodies across the country, the Iowa Utilities Board has opened an investigation into how the new

federal tax reform bill might impact Iowa's customers – and if the result would change Iowans' energy rates.

Because electric cooperatives aren't profit-making corporations, the new tax bill doesn't change our tax status. We won't pay any more or any less in taxes based on the electricity we're distributing to our members.

Taxes come in many forms and are an important part of a thriving statewide economy. For example, each year Iowa's electric cooperatives pay \$14 million in property taxes. And, since the late 1980s, the Iowa Area Development Group – the economic development organization for the state's electric co-ops, municipal utilities and independent telecommunication companies – has assisted more than 2,000 companies in investing more than \$10 billion in new business locations and expansions. These efforts have led to the creation or retention of more than 50,000 tax-paying jobs in rural Iowa. ⚡

Bryon Stilley is the general manager of Chariton Valley Electric Cooperative, Inc.

Use your card today to see how much you can save!



Check [www.connections.coop](http://www.connections.coop) for all the available discounts.

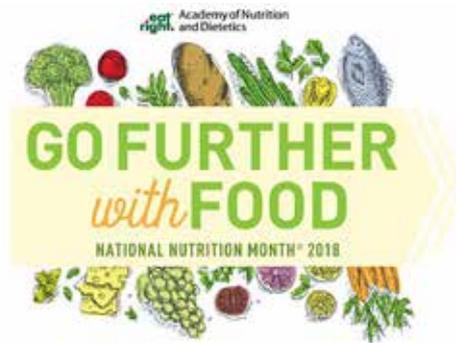
# We've accepted the National Nutrition Month Challenge – will you?

National Nutrition Month® is an annual education and information campaign run every March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Employees here at CVEC have committed to an 8-week health challenge! Will you join us?

Here are some of the tips we'll be utilizing.

## Make half your plate fruits and vegetables

- Eat a variety of vegetables – especially dark-green, red and orange varieties – as well as beans and peas.
- When buying canned vegetables, choose “reduced sodium” or “no salt added” whenever possible. Rinsing whole varieties such as beans, corn and peas can also reduce sodium levels.
- Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available.
- Make sure every meal and snack has at least one fruit or vegetable – or both.



## Make at least half your grains whole

- Choose brown rice, barley and oats, and other whole grains for your sides and ingredients.
- Switch to 100 percent whole-grain breads, cereals and crackers.
- Check the ingredients list on packaging to find foods that are made with whole grains.

## Switch to fat-free or low-fat milk

- Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk – but less fat and fewer calories.
- If you're lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

## Vary your protein choices

- Eat a variety of foods each week from the protein food group like seafood, nuts and beans – as well as lean meat, poultry and eggs.
- Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame (soybeans in the shell).
- At least twice a week, make fish and seafood the protein on your plate. Keep meat and poultry portions lean and limit to 3 ounces per meal.

## Cut back on sodium and empty calories from solid fats and added sugars

- Drink water, instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees. Choose 100 percent fruit juice.
- Compare sodium in foods and choose those with the least amount listed on the Nutrition Facts Panel.
- Season foods with spices or herbs instead of salt.
- Use heart-healthy oils such as olive, canola and sunflower oil in place of butter or shortening when cooking. ⚡

## EDITOR'S CHOICE CONTEST

# Win a 7-in-1 electric cooker!

The Instant Pot 6-Quart Pressure Cooker combines functionality, user-friendliness and energy savings – all wrapped up in a countertop unit that lets you cook healthy food fast. Inside, there's a food-grade, stainless steel cooking pot, so you can use the appliance as a pressure cooker, slow cooker, rice cooker, yogurt maker, steamer, sauté pan and food warmer. Visit [instantpot.com](http://instantpot.com) for more details.

For a chance at winning this \$140 Instant Pot, check the rules on the *Living with Energy in Iowa* website at [www.livingwithenergyiowa.com](http://www.livingwithenergyiowa.com) and complete the entry form no later than March 31, 2018. ⚡



## OFFICE CLOSING

**CVEC's office will be closed on Friday, March 30, in observance of Good Friday.**



## HOW YOUR CO-OP WORKS



### We've changed our due dates for bill payments

Chariton Valley Electric Cooperative, Inc., has changed the bill payment due date to the 25<sup>th</sup> of each month. If you're enrolled in Bank Draft, the payment will come out on the 25<sup>th</sup> of every month. If you've set up Auto Pay through our payment portal, please update the date you've selected to the 25<sup>th</sup>. Should the due date fall on a holiday or weekend, bills will be withdrawn the following business day. ⚡

## FINANCIAL MATTERS

### Winter moratorium is ending soon!



Note to members who qualified for energy assistance during the winter moratorium: Please be advised the moratorium ends April 1, 2018. If your account is past due, you need to come in or call the office to make arrangements **before April 1** to avoid interruption of your electrical service. ⚡

## STUDENT LEADERS

### High school seniors: The deadline for CVEC scholarship applications is March 30

CVEC will award \$3,000 worth of scholarship money to graduating high school students this year. Scholarship applications are due by March 30, 2018 – don't miss your chance to apply!

For more information, check with your high school guidance counselor, call CVEC at 800-475-1702 or visit our website at <http://www.cvrec.com/content/scholarship-program>. ⚡



### Did You Know?

You're spending less money now on electric power as a percentage of your annual spending than at any time ever recorded. The 2018 edition of the *Sustainable Energy in America Factbook* – for Sustainable Energy by Bloomberg New Energy Finance – says that American consumers devoted only 1.3 percent of their total spending to electricity in 2017. (The peak was 2.3 percent in 1982.)



### Cover Curiosity With Safety.

Your family deserves your best attention to safety, especially when it comes to electrical hazards. Curious children may be too young to understand the dangers of playing with electrical outlets or power cords.

Installing simple plastic plug covers is one of the best ways to keep little fingers from coming into contact with electricity. The covers are sold in any number of stores, and may also be available from your local electric cooperative.



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