

MAY 2022

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ELECTRIC COOPERATIVE LIVING



Plant a pollinator habitat

**Captain's Landing serves
summertime flavors**

**Favorite recipes for
National Egg Month**

Help us find members for capital credits checks ▶ See Page 12

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ON THE COVER

Special thanks to Hollie Nelson, an Access Energy Cooperative member-consumer, for supplying this month's cover image. Submit high-resolution photos for consideration to editor@ieclmagazine.com. You could win \$100!

LET'S SHINE THE LIGHT ON COMMUNITY VOLUNTEERS AGAIN IN JUNE

BY ERIN CAMPBELL



It can be intimidating to try something new, but what a joy it can be when you succeed! We felt this way when Iowa's electric cooperatives launched a

new statewide contest last year to celebrate our cooperative commitment to community.

Our first-ever Shine the Light contest received 39 fantastic nominations celebrating the efforts of incredible Iowa volunteers. We managed to select three finalists and each received a donation to their local charity and were featured in *Iowa Electric Cooperative Living* magazine. It was an honor to learn more about these individuals and the impact they've made in their communities.

Contest returns in 2022

I'm excited to share the Shine the Light contest is back again this year, and we want to thank you for making our debut such a success last summer! Member-consumers, employees and retirees of any Iowa electric cooperative are eligible to nominate a volunteer in their community during the month of June at www.IowaShineTheLight.com. Nominated volunteers do not need to be co-op member-consumers, and minors may be nominated with their guardians' consent. Non-winners who were nominated last year are eligible to be nominated again this year.

Three nominated volunteers will ultimately be selected, and each will receive a \$2,000 donation to their charity and be featured in the September issue of our magazine. To nominate someone for the contest, simply fill out the entry form at www.IowaShineTheLight.com any time

in the month of June. You'll need to provide basic contact information for you and your nominee and answer the following question in 500 words or less: ***How has your nominee made a positive difference in the community, and why do they deserve to be recognized?***

The cooperative difference

You may be wondering why your electric utility is investing in this program. Electric cooperatives are more than just a utility – we are locally owned and governed by the people who use our services. Additionally, we are driven to improve quality of life for the people and communities we serve, and we are guided by seven cooperative principles, including “concern for community.” Investing in

our communities and celebrating local volunteers is just one way we fulfill our cooperative mission.



I encourage you to start thinking about a friend or neighbor who is making a positive difference in your area. Nominating them for the contest is a great way to shine the light on their efforts and to let them know how much they are appreciated.

I look forward to being inspired by your wonderful essays again this summer as nominations filter in during June. Learn more about the contest rules and guidelines at www.IowaShineTheLight.com.

Erin Campbell is the director of communications for the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

Win a beef bundle!

May is Beef Month in Iowa! To celebrate, we're giving away a beef bundle, including \$50 in beef and grocery certificates plus a box filled with summer grilling essentials, courtesy of the Iowa Beef Industry Council.



ENTER ONLINE BY MAY 31!

Visit our website and win!

Enter this month's contest by visiting www.ieclmagazine.com no later than May 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 NutriBullet from the March issue was Kris Ogburn, Farmers Electric Cooperative, Inc.

WORKING WITH LOCAL LEGISLATORS

BY LEILANI TODD



At Chariton Valley Electric Cooperative (CVEC), we think it is critical to develop and cultivate relationships with local legislators because they

craft, introduce and vote on legislation impacting the local business climate, the environment and quality of life for our communities. That is why we work closely with our local elected officials. After all, through our legislative advocacy, our members receive direct value through the reliable, affordable and diverse energy CVEC offers.

On March 22, nearly 200 employees and elected directors from Iowa's locally owned rural electric cooperatives (RECs) went to the Iowa State Capitol to advocate for important issues during the annual REC Day on the Hill event. This advocacy day on the hill is an important opportunity to personally touch base with our elected officials and share a local perspective on issues that impact rural Iowa and rural economic development and to thank them for the work they do on our behalf.

Consistent connections

Each year, CVEC directors and



employees meet with legislators prior to the legislative session during Fall Legislative Meetings, the first week of the legislative session at the Welcome Back reception and at the capitol in the middle of the legislative session on REC Day on the Hill.

In addition to events held to connect with state level policy makers, CVEC also participates in the National Rural Electric Cooperative Association's Legislative Conference each year and the fall Washington, D.C., Fly-In. These are opportunities to strengthen relationships with Iowa's members of Congress and discuss cooperative positions on federal issues. This consistent contact with policymakers is designed to strengthen relationships and build consensus on electric cooperative issues.

Bringing energy industry expertise

As a practical matter, we recognize that most legislators are "generalists," yet they vote on a wide range of issues. Their expertise may not include the changing energy industry, which is why CVEC provides guidance and expertise from subject matter experts who have been in the energy industry for many years. This is important to ensure that we maintain safe, reliable services to you at affordable rates. Sometimes

decisions are made with unintended consequences, and we are looking out for your best interests to keep the electricity flowing.

Today's energy landscape is an increasingly complex topic covering not only the traditional engineering and vegetation management aspects of the industry, but also encompasses technology, cybersecurity, the electrification of the transportation sector and more.

Our experts provide briefings and backgrounders to legislators, committees and staff, and we offer expert testimony for hearings and other legislative or regulatory meetings or gatherings. And because we are involved in economic development and we know local community leaders, we can provide insight on how issues and policies under discussion might impact our region.

As a cooperative, we have deep roots here, and we listen closely to our members to better understand the needs of the community. We strive to be an advocate for our communities, ensuring that local legislators know, understand and act on the issues that are important to our area and our members.

Leilani Todd is the CEO/general manager of Chariton Valley Electric Cooperative.



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YOUTH TOUR REPRESENTATIVES SELECTED

Chariton Valley Electric Cooperative (CVEC) is pleased to announce the two students who have been selected to represent the co-op on the 2022 Youth Tour trip in Washington, D.C.



Gabriel Helmon, a senior at Albia Community High School, and the son of Abby Helmon of Lovilia, has been selected as one of the two outstanding

students attending this year's Youth Tour. Gabriel is involved in student council, baseball and plans to participate in either tennis or golf this spring. He is also involved in his church.

When asked if given an opportunity to speak with a member of Congress what topic would he like to discuss, Gabriel responded, "I would discuss current laws and how they impact certain people. I would also discuss issues such as rising gas prices, having a price cap and what needs to be done to make it happen."



Jayce Reed, a senior at Albia Community High School, and the daughter of Bryan and Amber Reed of Albia, has also been selected to attend the 2022

Youth Tour. Jayce is involved in school

activities, including Albia's Academic Team, student council, Albia's FCCLA Chapter, National Honor Society, Albia's FFA Chapter, as well as serving as a cross country manager, a blue pride ambassador and a MVP leader. Jayce stays busy outside of school by participating in Monroe County's 4-H program, Iowa State's 4-H Council, the National 4-H Congress, and several leadership and business camps.

When asked if given an opportunity to speak with a member of Congress what topic would she like to discuss, Jayce responded, "I would discuss the monopoly that continues in the cattle market, but I would also like to be civically aware, expand my knowledge and listen to what others see as important issues and topics while in Washington, D.C."

Both will join around 40 other Iowa students – and more than 1,400 high school students from across the U.S. – in Washington, D.C., from June 18-24. They will get an inside look at the federal government, tour the city, develop leadership skills, gain a better understanding of electric cooperatives and make friendships that will last beyond the week!

With the generosity of its membership, CVEC is proud to support the Youth Tour program each year. Giving back to the communities we serve and investing in the next generation of leaders is part of CVEC's mission.

NEW FACE JOINS THE COOPERATIVE



Chariton Valley Electric Cooperative (CVEC) is pleased to announce that **Makaine Rinehart** has joined our team as a journeyman lineman.

Makaine is a native of Centerville but currently resides in the Ottumwa area. He attended the Utility Power Technician Program in Marshalltown and joined Alliant Energy right out of school as an apprentice lineman where he worked to become a journeyman lineman over his six years with the company.

Makaine says he looks forward to doing linework with a great group of people at CVEC.

In his spare time, he enjoys spending time at the lake, completing yard work and taking care of his farm animals and two dogs, Bo and Banks.

Please join us as we welcome Makaine to the CVEC team!

ANNOUNCEMENT

SAVE THE DATE

The annual meeting of Chariton Valley Electric Cooperative will be held on Monday, Aug. 1, 2022. Be sure to watch future issues of *Iowa Electric Cooperative Living* for all the details!

HAPPY MEMORIAL DAY!

Chariton Valley Electric Cooperative will be closed Monday, May 30, in honor of Memorial Day. Have a safe and happy holiday!

REDUCING THE CARBON FOOTPRINT OF TRADITIONAL ELECTRIC GENERATION

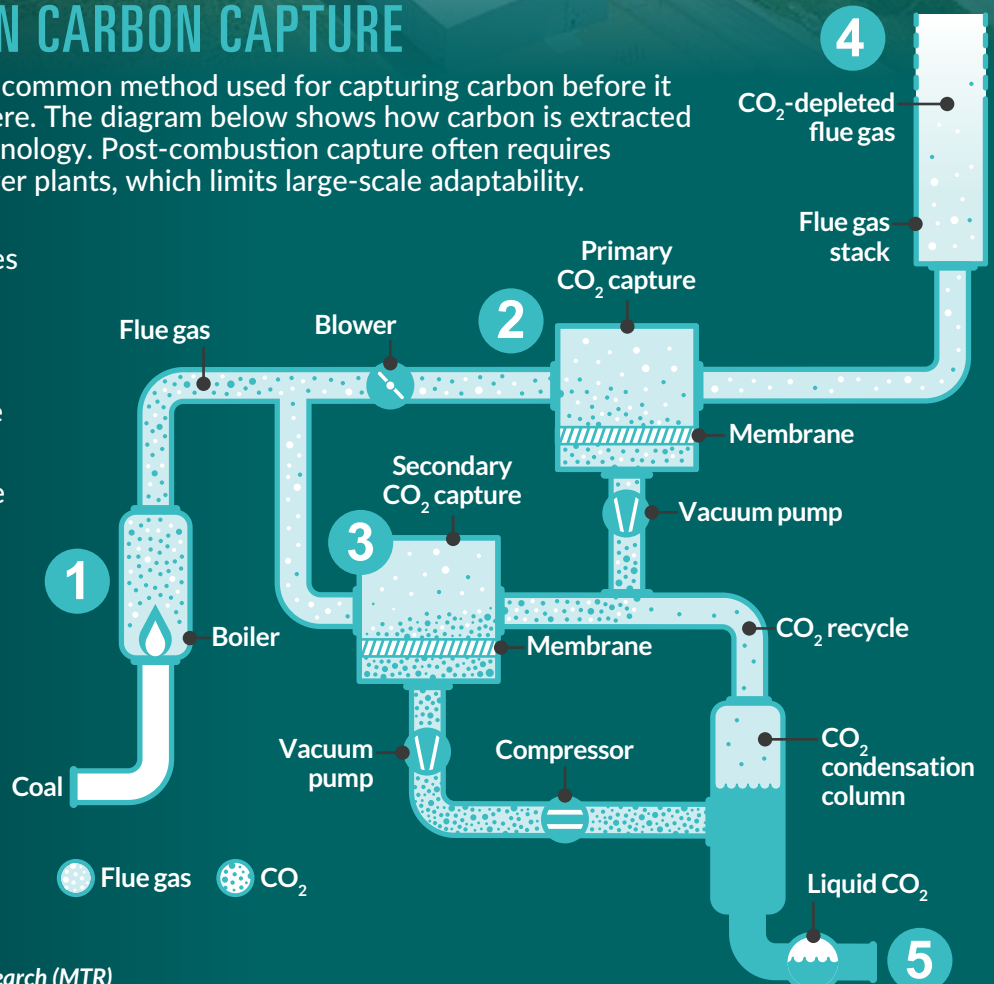
BY KATHERINE LOVING

Basin Electric Cooperative's Dry Fork Station is located near a site being developed for a large-scale carbon storage project. Basin provides power to several of Iowa's electric cooperatives.

POST-COMBUSTION CARBON CAPTURE

Post-combustion is the most common method used for capturing carbon before it is released into the atmosphere. The diagram below shows how carbon is extracted using membrane system technology. Post-combustion capture often requires expensive retrofitting of power plants, which limits large-scale adaptability.

- 1 Coal combustion creates heat, gases (including CO₂) and particulate.
- 2 Primary membrane separates CO₂ from the flue gas.
- 3 A secondary membrane further separates out CO₂.
- 4 Flue gas, with nearly all CO₂ removed, is released.
- 5 Pure, liquified CO₂ is used to create beneficial products.



Source: Membrane Technology & Research (MTR)

Providing reliable, affordable electricity is the top priority for Iowa's electric cooperatives. Co-ops and other electric utilities continue to incorporate additional energy generated from renewable sources. Still, until these technologies potentially fully mature, fossil fuels remain a part of our overall generation mix to ensure power reliability.

As the U.S. moves forward with carbon reduction goals, electric cooperatives are also looking for ways to provide clean energy and offset carbon emissions generated during power production. Capturing carbon emissions at their creation source is one of those approaches.

How carbon capture works

Carbon capture involves a series of steps that remove carbon dioxide (CO₂) from its original source to prevent it from reaching the Earth's atmosphere. During the capture step, CO₂ is removed either before or after combustion.

Post-combustion capture is the most common method used at existing power plants. After electricity is generated, the CO₂ is removed from the gas mixture found in a plant's flue. In pre-combustion capture, the fuel sources are heated with pure oxygen (or steam and oxygen) to release CO₂.

Once captured, the CO₂ is transported to its next destination. Typically, CO₂ moves as compressed gas in pipelines but can also be transported by tanker trucks or ships. Captured CO₂ can be injected into geological formations or recycled for other uses.

Carbon storage and recycling

One appeal of carbon capture is the abundance of underground natural

storage locations, such as deep aquifers, porous rock and unproductive coal mines. The U.S. Geological Service estimates the U.S. has the potential to store 3,000 metric gigatons of CO₂ – the equivalent of centuries worth of emissions.

Research on how to recycle CO₂ is ongoing, but established methods include using the gas in enhanced oil recovery, growing fish food from lab-grown bacteria that feed on CO₂ and creating carbon-negative concrete or other carbon-based materials.

Current limitations

As promising as carbon capture sounds, the costs and risks limit the technology's ability to be implemented on a larger scale. Post-combustion capture often requires expensive retrofitting of power plants. Pre-combustion capture, while more effective than post-combustion, has been limited due to the high costs of equipment and pure oxygen.

In addition to these costs, the processes require a large amount of energy. Transportation of the gas increases in cost for longer distances between the source and destination, making plants located far away from sequestration locations less feasible. Sequestration also carries the concern of CO₂ leaks, which would negate the effort to remove it from the atmosphere.

Despite these hurdles, carbon capture is seen as an important technology in reducing emissions.

Continued investment and development

In 2015, XPRIZE, a technological development competition, kicked off with the goal to award \$20 million to develop new and emerging technologies

that utilize CO₂. The competition was based on how much CO₂ was converted and the project's economic feasibility.

XPRIZE concluded in 2021, and the winning project was a carbon-negative concrete created by a team of UCLA researchers called CarbonBuilt. The research team conducted tests at Basin Electric Power Cooperative's Integrated Test Center in Wyoming to turn flue gases and fly ash into carbon-negative concrete. The process reduces the carbon emissions of concrete production and traps additional carbon long-term within the final product.

The federal government is making carbon capture a funding priority in 2022. The Infrastructure Investment and Jobs Act provides \$927 million for large, commercial-scale pilot projects as well as \$3.5 billion for six demonstration projects at coal and natural gas plants.

The Slowing CO₂ and Lowering Emissions (SCALE) Act was introduced in 2021 and provides funding to overcome expansion barriers. The SCALE Act aims to reduce costs by financing scaling projects for pipeline infrastructure, creating regional storage infrastructure and providing grants for creating products derived from large-scale capture.

Carbon capture has the potential to be an essential tool in reducing CO₂ emissions generated from fossil fuel use. When this emerging technology can be deployed on a larger scale, the future of carbon capture will look much more promising.

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.



FAVORITE EGG

RECIPES



CELEBRATE NATIONAL
EGG MONTH!

BAKED OMELET ROLL

- 6 large eggs
- ½ cup flour
- 1 cup milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 ounces cheddar cheese, shredded
- salsa for serving if desired
- Optional toppings: fried bacon, browned onions, browned bell peppers, sausage, black olives, spinach, tomatoes, broccoli**

Line an 11x14-inch rimmed baking sheet with parchment paper (large enough piece to overlap all edges with no seams in the middle). In a large bowl, beat eggs with electric mixer until frothy. Beat in flour until smooth, then milk, salt and pepper until well-blended. Pour into the prepared pan. Ensure the mixture stays inside the parchment paper. If desired, add optional toppings. Bake at 450 degrees F for 20 minutes or until eggs are set and top is puffed and golden brown. Remove from oven, sprinkle cheese on top. Roll up from the narrow end and place seam side down on a serving plate. Cut crosswise into slices. Top with salsa if desired. Can also serve more toppings on the side. *Serves 4-6*

Cheryl Schelling • Orange City
North West Rural Electric Cooperative

SALMON QUICHE

- 1 tablespoon butter or oleo
- ⅓ cup green onions, sliced
- 4 eggs
- ½ cup milk or cream
- ¾ teaspoon salt
- ½ teaspoon paprika
- ⅛ teaspoon pepper
- 14¾ ounces canned salmon
- 6 ounces Swiss cheese, shredded
- 9-inch pie crust

In a small skillet, melt butter and sauté onions until tender-crisp. Set aside to cool. In a large bowl, combine eggs and milk, beat until smooth. Add salt, paprika, pepper and sautéed onions, mix well. Drain salmon and reserve liquid. Remove skin and flake salmon. Remove bones. If desired, bones can be crushed and added to flaked salmon for added calcium. Stir in salmon and then reserved liquid. Spread cheese in bottom of unbaked pie crust. Pour salmon mixture over the cheese. Bake at 375 degrees F for 45-50 minutes, or until a knife inserted into the middle comes out clean. Let stand 10 minutes before serving. *Serves 6-8*

Mary Witting • Keosauqua • Access Energy Cooperative

IMPOSSIBLE QUICHE

- ½ pound bacon, ham or sausage, cooked and drained
- 1 cup cheddar cheese, shredded
- 1 tablespoon dry onion
- 3 eggs
- ¾ cup Bisquick
- 1½ cups milk
- ¼ teaspoon pepper
- ¼ teaspoon dry mustard
- ¼ teaspoon dill weed

Sprinkle meat, cheese and onion into a greased 8-inch pie plate. Blend remaining ingredients until smooth. Pour over cheese mixture. Bake at 400 degrees F for 30 minutes until brown and a knife comes out clean. Let stand for five minutes. *Serves 4-6*

**Veronica (Ronnie) Heun • Duncombe
Prairie Energy Cooperative**

PEACH OVERNIGHT EGG/FRENCH BREAD BAKE

- 1 stick butter
- 1 cup brown sugar
- 3 tablespoons water
- 2 large cans sliced peaches, drained
- 8-10 slices French bread
- 5 eggs
- 1½ cups milk
- cinnamon sugar

Boil butter, brown sugar and water for seven minutes. Pour into 9x13-inch pan and top with peaches. Add a layer of French bread slices. Mix eggs with milk then pour over bread. Cover and refrigerate overnight. Let sit out at least 30 minutes before baking. Sprinkle with cinnamon sugar and bake covered at 350 degrees F for 30 minutes. Remove lid and bake 30 minutes more. *Serves 12-15*

**Ruthann Murphy • Dougherty
Franklin Rural Electric Cooperative**

GOLDEN EGG CASSEROLE

- 10 eggs
- 2½ cups milk
- 2 cups frozen shredded hash browns
- 8 ounces cheese, shredded
- 1 pound sausage, cooked and drained, or cooked ham, cubed

Whisk the eggs and milk. Add hash browns, shredded cheese and cooked sausage or ham. Pour into a greased 9x13-inch baking dish. Bake uncovered at 350 degrees F for 40 minutes when the egg casserole will be golden brown. Casserole can be served for breakfast, brunch or an evening meal. *Serves 12*

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

CRESCENT ROLL EGG CASSEROLE

- 2 cans crescent rolls
- 1 pound sausage, browned and drained
- 2 8-ounce packages Monterey Jack cheese, cut into ½-inch cubes
- ¾ teaspoon salt
- ¾ teaspoon pepper
- 2 tablespoons Parmesan cheese
- 4 eggs, slightly beaten

Press one can of crescent rolls in the bottom of a greased 9x13-inch pan. Put sausage on crust (can substitute 24 ounces of small smokies). Place cheese cubes on top of meat. Mix salt, pepper, Parmesan cheese and eggs. Pour over cubed cheese and meat. Cut one can of crescent rolls into strips and arrange in latticework on top. Bake at 350 degrees F for 30-40 minutes, until knife inserted comes out clean. Let sit a few minutes before cutting.

**Leora Van Middendorp • Rock Rapids
Lyon Rural Electric Cooperative**

EGG CUCUMBER SALAD

- 6 hard-boiled eggs
- 1 small cucumber
- 3-4 scallions
- 1 teaspoon fresh dill
- 1-2 teaspoons mayonnaise
- salt and pepper, to taste

Finely chop eggs, cucumber, scallions and dill. Combine all ingredients. Enjoy on a slice of bread or as a side salad.

Nina Greiman • Garner • Prairie Energy Cooperative

WANTED:

FAVORITE FAMILY DINNER RECIPES

THE REWARD:

\$25 FOR EVERY ONE WE PUBLISH!

Deadline is May 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

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

MAIL: Recipes

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HOUSE HUNTERS: GETTING THE MOST FOR YOUR HOME

BY LES O'DELL

Across the nation, the real estate market has been red-hot with demand for homes exceeding supply and, in many areas, homes selling faster and for more money than ever before. Even in cases where sellers anticipate numerous offers and a quick sale, they still benefit from efforts to get the highest selling price possible.

"I think there are a lot of sellers who overlook trying to get the most money for their home. Even in a hyperactive market, you still should try to get top dollar," explains Jason Gelios, author of "Think Like a Realtor."

There are many ways to help a home sell quickly and for top dollar. A little bit of effort can translate into a better buyer experience and a higher selling price.

Change your perspective

"When selling, it is best to stop thinking of it as 'your home' and more like a product with the goal of appealing to as many prospective buyers as possible," says Jonathan Faccone, a real estate

investor and developer. "It's easy to become emotionally involved, but it's best to remember that any renovations are meant to net you the most money, not for your own personal satisfaction."

Experts say it benefits the seller to have someone else provide feedback about your home.

"One of the best things a homeowner can do when looking to sell is to invite a non-partial, third-party to give their honest opinion about the house," Gelios says. "Get someone who is not afraid to tell the truth, walk the home and give their impressions."

Upgrade to sell

To get the most for your home, upgrades may be in order. But how do you decide what to renovate and how much to spend? Real estate investor Jordan Fulmer says market research is as important for sellers as it is for buyers.

Jason Gelios, author of "Think Like a Realtor," talks with a family about potentially putting their home on the real estate market. Gelios says some basic investments before listing a home can provide a large return.

"Look at the houses in your area – essentially your competition – and see what kind of features and finishes they have," he says. "Good research will help sellers not only decide what to do, but also not to over-do renovations and improvements."

Almost without exception, real estate professionals say sellers should primarily focus on two areas: the kitchen and bathrooms, but especially the kitchen.

"Home sellers should make the kitchen top priority," Gelios explains. "As the heart of the home, sellers should make updates to the cabinet



hardware, lighting fixtures and even update appliances. This will not only bring the best offer from a home buyer, but it will also lead to a faster sale.”

Neutral colors – shades of white, beige and gray – are best for kitchens, and you should avoid bright colors. If upgrading appliances and fixtures, don’t invest in luxury items. Changing cabinet knobs, putting in under-cabinet lights and other little things that are inexpensive make everything look new and make the house easier to sell.

Make a strong impression outside

Many experts say to initially focus on what potential buyers see first. Whether in-person or online, a home must capture attention. Known as curb appeal, the general attractiveness of a house from the street or the sidewalk is a priority.

Fulmer says the way a home looks when a prospective buyer arrives sets a precedent for the rest of their visit. Often homes need to be power washed or freshly painted. At minimum, give the front door a touch-up.

Don’t ignore the top of the home, Fulmer adds. If the roof is still in good condition, he recommends having it professionally power washed to remove any streaks or stains and make it look almost new.

Likewise, improving the looks of the front of your home without paying

attention to the rest of the property is akin to only ironing the collar and cuffs of a shirt. The backyard, outbuildings, decks and patios need to look their best and can be attractive to potential buyers, as a way of bringing the inside outside.

Declutter and deep clean inside

The initial impact when someone enters a home may be the only impression they take away with them. For that reason, brokers encourage decluttering, deep cleaning and home staging.

“This isn’t a costly investment, but it requires time and effort,” explains Chase Michels, a realtor in the Midwest. “A cluttered house will make a large room appear small and cramped. Cleaning and decluttering your home could help you see up to a \$2,000 price increase.”

Decluttering means more than shoving items in a closet. Instead, move personal items like photo albums, collections and even out-of-season clothes off-site. Then, the home needs to be cleaned.

Sellers should strive to present the home in its best light for listing photos as well. An estimated 80% of home shoppers review properties online before looking in person. For that reason, it’s best practice for all photographs used in marketing the property be professionally done.

Many recommend using the services of a home stager, a professional who can make a property look “picture perfect” through consultations with residents or by bringing in furniture to make an empty house look like a home.

Help buyers feel at home

The goal is to help house hunters feel welcome so they can imagine themselves living in the home.

“Fragrances are important. We always recommend a vanilla scent,” Fulmer says. “Also consider having refreshments available. Whether it be drinks or a self-serve coffee station, small gestures can make potential buyers’ viewing experience more enjoyable. The more comfortable they feel, the more they will want to live there and the more they will be willing to pay for it.”

Letting buyers know “inside” information also is important – things like what internet service is available, if there is hardwood under the carpet and which walls are non-load bearing and potentially could be removed as part of future remodel.

Taking the right steps to prepare a home for sale can make a big difference in how quickly the home attracts buyers and how much they are willing to pay. It takes some work but is worth it.



GET TO KNOW THE PEOPLE BEHIND YOUR POWER



Mike Gibler
Safety & Material Coordinator
Mike has worked at Chariton Valley Electric Cooperative (CVEC) for 23

years. As the safety and material coordinator he works non-stop to ensure the co-op runs smoothly and safely. He enjoys the wide variety of tasks that come up during the day, both planned and unexpected. Mike and his wife Stacie have a daughter Gracie and a dog, cat and two birds. In his free time, he enjoys working on his cabins.



Wyatt McCarty
Apprentice Lineman
Wyatt has worked at CVEC for one year. In his role as an

apprentice lineman, he constructs powerlines and repairs any issues. He likes the opportunity to work outside and help members have reliable electric service. Wyatt is married and has a dog named Skunk. In his free time, he drives a semitruck and enjoys spending time with friends.

ARE YOU ON THE LIST OF “LOST” MEMBERS WHO HAVEN’T RECEIVED A CAPITAL CREDITS CHECK?

Are we looking for you? One advantage of belonging to a rural electric cooperative is receiving your share of capital credits. Any earnings left over after all expenses and/or reserves are paid are allocated to members as capital credits. They represent your share of ownership and can also be referred to as patronage dividends.

Each year, hundreds of capital credit checks are returned to the cooperative due to one reason or another. This list is of former members from the year 2008 whose checks have either been returned to the cooperative or not cashed.

If your name is on the list: Contact CVEC at 641-932-7126. Verify the address, phone number and the Social Security number associated with the account. Upon verification, a replacement check will be mailed.

If you know someone on the list: Inform them their name is on the list and that they will need to contact CVEC.

If the person on the list is deceased: The executor of the estate of the deceased member should contact CVEC for further instructions to close out the patronage dividends.

- | | | | |
|--|--|---|---|
| <p>A
ALLSPACH MARY ANN
ANDERSON JEFFREY
ASHBURN CAROL</p> <p>B
BACON JOHN L
BALLANGER LUCAS R
BARGER DAKOTA A
BAUMHOVER FRANK J
BJORNSON RYAN R
BONNETT KELSEY J
BOWMAN MISTY E
BROWN JERICA M
BROWN KENNETH D
BRUESS DONN F
BRUNSON SHERRY R</p> <p>C
CARTER GILBERT W OR SANDRA
CLARK CHRISTOPHER A
COUCH ELIZABETH A
CRALL JR WILLIAM C</p> <p>D
DAVIS EDNA P
DAVIS RICHARD
DELONG SPORTSWEAR
DIERCKS JOHN R
DINNEEN DAN J
DUNHAM RYAN D</p> <p>E
ELLIOTT JAMES A OR SANDRA J</p> <p>F
FAMILY SHOE SPORTING STEWART</p> | <p>FARLEY ESTATE KEVIN
FRY TERRY L</p> <p>G
GAILEY JUSTIN J
GINGERICH NOAH D
GOLDEN MARCY KAY
GORDY CRAIG D
GRUVER JR RALPH G</p> <p>H
HAYES JEFF OR MARY L
HIXSON ROBERT L OR MARILYN</p> <p>I
IOWA TELECOM
IRVING REBECCA J OR CLINT</p> <p>J
JENKINS JAMES D
JENSEN ESTATE RAQUEL
JONES RICHARD P OR ELLEN
JONES THERESA I
JUDGE CHRISTINA L</p> <p>K
KEETON KATHY L
KENDALL CYNTHIA
KINSEY CHELSEE R
KRABER DANELLE N</p> <p>L
LETTINGTON MEGHAN R
LONG MICHAEL E
LUPTON SARAH B</p> | <p>M
MAJOR SR HAMILTON A
MANSER BEVERLY A OR JAMES
MATHEWS ROBERT J
MCDANIEL BETTY
MCREYNOLDS DONNIE OR STEPHAN
MOORE RICHARD LEE OR RITA
MORROW ESTATE ROBERT L</p> <p>N
NAVIN MARY JO
NELSON ESTATE KENNETH R
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PALMER JESSICA A
PALMER PAMELA S</p> <p>R
RICHARDS TIMOTHY A
RINEHART SCOTT A OR AMY L
ROBERTS CHRIS
ROGERS BARBARA L
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CAPTAIN'S LANDING SERVES SUMMERTIME FLAVORS

Families gather around blue picnic tables, giggling over spoonfuls of ice cream sundaes. Old friends clad in baseball caps and flip flops swap fishing stories over a basket of chicken wings.

Captain's Landing brings iconic summertime memories and flavors to southeast Iowa. Now in its 18th season, the family-owned and operated restaurant is beloved by locals and tourists alike.

The restaurant is located just off Lake Rathbun – fondly referred to as Iowa's Ocean – in Moravia. Its proximity to the lake community and the adjacent Captain's Hideaway campground drives hungry boaters, fishermen, swimmers and outdoor enthusiasts to the restaurant. Patrons can choose to dine inside, outside on the patio or take orders to go through a drive-thru lane.

"The community has really embraced and supported us," says Jennie Tuttle Pistek, who has managed the restaurant since its opening in 2005. "Each year, customers can't wait for us to open in mid-March, and we stay busy until we close for the season at the end of September."

Captain's Landing is best known for its ice cream treats. The specialty sundaes are in keeping with the nautical theme, with names such as Turtle Beach, Ship Wreck or Noah's Ark. Customers drive for miles for the sweet treats, rumored to be made with an extra special secret ingredient that only the staff knows.

Beyond the ice cream treats, the fruit pies and sugar cream pies are homemade by owner Karen Tuttle. The restaurant also serves a consistent menu of appetizers, sandwiches, salads and pizzas.

"Our breaded tenderloins are very popular. We sell more than 20 dozen each week," Jennie explains. "They are handmade at Northcote Meat Company in Melcher. It's a specific breading process that we don't have the capacity for in our small kitchen."



All hands on deck

Patrons will often see three generations of the Tuttle family working together to ensure Captain's Landing runs smoothly each season. Owned by Terry and Karen Tuttle, the restaurant is managed by their daughter Jennie and their granddaughter Ashley Brennan works as the assistant manager. Ashley also runs her own business, Ashley's Dance Academy, which is located on the square in Albia.

"My dad is often seen working in his 'Captain Grump' shirt," explains Jennie.

The restaurant employs more than 20 crew members. Some return season after season beyond their full-time jobs and some are teenagers looking for summer jobs. Jennie says

she enjoys the opportunity to train younger employees, helping them develop lifelong communication and customer service skills that will be meaningful in other careers or real-world situations.

Weathering rough waters

Captain's Landing was fortunate to weather the uncertainties around COVID-19 social distancing, restrictions and employee availability. Due to its existing drive-thru and outdoor dining options, business went on relatively unchanged throughout the pandemic.

"I'm thankful we were able to continue operating and maintaining our business through these past few tough years," says Jennie. "We plan to keep serving our community for years to come."

To see the restaurant menu and hours of operation, visit www.captainslandingrestaurant.com.

CREATE A POLLINATOR HABIT IN 5 EASY STEPS

BY ANN FOSTER THELEN

This spring, make a positive impact on the environment and beautify your landscape by planting a pollinator habitat.

The flash of a colorful butterfly and the buzz of a bumblebee traveling between flowers bring extra beauty and enjoyment to gardens. Planning your garden or landscape to include plants that attract and sustain butterflies, bees and other beneficial insects will increase the diversity of what you see and enjoy. You will also be doing your part to help preserve butterflies, honeybees and pollinators threatened and in decline.

Pollinators help plants reproduce by carrying pollen from one flower to another and can include bats and birds, but most importantly, bees and butterflies.

Pollinators are vital to creating and maintaining the habitats and ecosystems that many animals rely on for food and shelter while facilitating reproduction in 90% of the world's flowering plants.

Without pollination, we would not have the grains, fruits, nuts and vegetables that comprise more than one-third of global food production.

With these five easy steps, you can create a haven for pollinators and have your yard buzzing with activity!

STEP 1 Pick your location

Butterflies and other pollinators like to bask in the sun and some of their favorite wildflowers grow best in full or partial sun with some protection from the wind. The size of your pollinator habitat will depend on how much of your yard you want to devote to growing these beneficial plants. Even a small space can have a big impact on pollinators!

STEP 2 Know your soil type and sunny hours

The soil type and the amount of sunlight it gets will help determine the



Through the Iowa Monarch Conservation Consortium (monarch.ent.iastate.edu), electric cooperatives are working to restore declining populations of the monarch butterfly. You can help, too, by planting a pollinator habitat!



plants you can grow. Your local garden center or nursery can provide tips on the best plants for your property.

STEP 3 Choose your plants

Pick varieties of milkweed (Monarch caterpillars feed exclusively on the leaves of milkweed, the only host plant for this iconic butterfly species) and wildflowers native to Iowa. Focus on selecting perennials to ensure your plants come back each year and don't require much maintenance. Remember, pollinators need nectar in the spring, throughout the summer and even into the fall. Choosing plants that bloom at different times will help you create a bright and colorful garden that you and pollinators will love for months!

STEP 4 Prep and plant

From converting spaces of your yard to raised flowers beds, think of a pollinator habitat as a canvas for creating. Plant flowers in clumps rather than single plants. Add nutrient-rich compost or soil to improve the success of your garden.

STEP 5 Wait, watch, water and weed

Butterflies and other pollinators will soon flutter into the garden as plants develop and flowers bloom. Weeding and watering your garden will keep it healthy. Keep in mind that milkweed may take a couple of seasons to start producing flowers.

Ann Foster Thelen is the editor of Iowa Electric Cooperative Living magazine.

ENTERTAINMENT FALLS SHORT

BY VALERIE VAN KOOTEN

I admit to having more than a few channel choices on my television. When you hear that someone has more than 500 channels at their disposal, your first thought may be, “She needs to get a life.” Your second thought may be, “I’ll bet she has lots of great options for her television viewing pleasure!” You would be wrong.

Just keep flipping

Despite the plethora of channels laid out before me, very few offer any quality entertainment. I scroll through “Make your tomatoes the largest they’ve ever been,” and “Watch our demonstration of the world’s best vacuum cleaner, the Suck-It,” or whatever. Having to sit and watch a half hour of these shows rates right up there with a root canal and cleaning out the fridge. On the same day. Even when you take out all the shopping channels (which clears out a lot of them), there’s a dearth of anything I want to watch. Just the descriptions of each show can keep me flipping for 20 minutes:

- *“In the world of 2050, alien pods take over unsuspecting citizen homes ...”* Nope.
- *“Investigators work on a case of a murder so grotesque ...”* Next channel.
- *“Lisa finds out her boyfriend has another family on the side ...”* Seriously?

Turn up the volume

Even these aren’t as bad as a type of show I loathe above all others: The Whispering Show. You’ll find it in golf, which no one in our household watches. But you also find this phenomenon on hunting shows, of which my husband Kent binges with abandon.

The setting is usually a tree stand, or a couple of guys sitting in a blind or behind a big rock. I’m never sure if someone is actually filming them or if they have the camera set up so that



they’re filming themselves.

What makes it even more bizarre is that these folks have tromped through underbrush for the past 10 minutes, scaring away anything that remotely resembles prey. But once they get into position, it starts ... (Insert loud whispering here, only half of which you can understand.)

Guy 1: “Did you see that?”

Guy 2: “What?”

Guy 1: “Did you see that buck?”

Guy 2: “What?”

Guy 1: “Over there; he’s looking at us!”

Guy 2: “What?”

Guy 1: “Wait, I have to adjust the camera. Are we downwind? How many

points do you think he is? Is it the same one we saw last month? Are you ready? Can you see him? Can we get a shot off?”

Guy 2: “What?”

This will go on for the better part of an hour, and most of the time the deer has little to worry about. Watching this painful spectacle is about as exciting as a curling match. But I still know plenty of people who are glued to them.

So, my quest for quality television continues. I just might have to settle for growing bigger tomatoes.

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, two incredibly adorable grandsons and a lovely granddaughter.



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