



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



AUGUST 2025

iowa

ELECTRIC COOPERATIVE LIVING



**2025 Shine the Light
nominees announced**

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

Garden-fresh recipes

Understanding capital credits ▶ See Page 4

CONTENTS



VOLUME 78 • ISSUE 8

3

STATEWIDE PERSPECTIVE

The magic of
Youth Tour

3

EDITOR'S CHOICE CONTEST

Win an Igloo
countertop ice maker

14

IN THE COMMUNITY

Ways to engage with
electric cooperatives

15

OUT BACK

Celebrating Iowa's
century, heritage farms

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ON THE COVER

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

THE MAGIC OF YOUTH TOUR

BY SHELLY YORK



Magic? Really? Yes!

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

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

And that is how Youth Tour was born!

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

What's so magical about that, you ask?

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



Iowa's 2025 Youth Tour participants.



Iowa's Youth Tour participants in 1958.

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

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

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

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

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

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

EDITOR'S CHOICE CONTEST

WIN AN IGLOO ICE MAKER!

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

Visit our website and win!

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

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



ENTER ONLINE BY AUG. 31!

YOUR COOPERATIVE, YOUR EQUITY: UNDERSTANDING CAPITAL CREDITS

BY TROY AMOSS



As a member-owner of Chariton Valley Electric Cooperative (CVEC), you have a stake in something greater than just your monthly electric service. Unlike investor-owned utilities that generate profits for shareholders, electric cooperatives like ours are guided by a different model – one where the people who receive service are also the people who own the business. That means everything we have – our trucks, poles, wires, substations and even our office – is an asset of our membership and belongs to you.

DID YOU KNOW?

Your capital credits are tied to your account – even if you move off our lines. Be sure to keep your contact information updated so we can return what's owed to you in the future!

When CVEC has revenue that exceeds operating expenses, those margins aren't kept as profit. Instead, they're allocated back to you as capital credits, based on how much electricity you purchased throughout the year. These capital credits represent your share of ownership in the cooperative.

Returning capital credits proactively

What makes cooperatives unique is how we handle this equity. Over time, as financial conditions allow, we return these capital credits to our members – either as a bill credit or a check – in a process called retiring capital credits.

At CVEC, we're proud to take an especially proactive approach. While many electric cooperatives across the country return capital credits on a 20-year cycle, we operate on a much shorter timeline, typically between 13 to 14 years. That means you see the return on your investment sooner. It's just one more way we demonstrate our commitment to our members – not just as customers, but as owners.

Details on this year's capital credit return

Members who were eligible to receive

a capital credit return this year would have received it in mid-July, just ahead of our 78th Annual Meeting. If you were scheduled to receive \$75 or more, a check was mailed directly to you. If your refund was under \$75, that amount was automatically applied as a credit to your active CVEC account. Either way, it's a tangible benefit of your cooperative membership and a reflection of your ownership in this organization.

Equity that comes full circle

These capital credit retirements are one of the most tangible benefits of being part of a cooperative. Over the years, we've returned millions of dollars to our members – money that goes back into your pockets, your families and your communities. It's a powerful reminder that when you receive service from a cooperative, you're not just buying electricity, you're building equity.

Thank you for your continued trust and support. At CVEC, we're proud to serve you – not just as your energy provider, but as your cooperative.

Troy Amoss is the CEO/general manager of Chariton Valley Electric Cooperative.



**Chariton Valley
Electric Cooperative, Inc.**

Your Touchstone Energy® Cooperative



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Website

www.cvrec.com

We accept



This institution is an equal opportunity provider.

OFFICE CLOSED FOR LABOR DAY

Chariton Valley Electric Cooperative's office will be closed on **Monday, Sept. 1**, in honor of Labor Day.

This special day recognizes and celebrates the hard work and dedication of American laborers who have helped build the strength, prosperity and well-being of our nation.

We thank all workers – past and present – for their invaluable contributions. Have a safe and enjoyable holiday!



LOCAL STUDENTS REPRESENT CVEC ON NATIONAL YOUTH TOUR

Interested in attending in 2026?

Visit www.cvrec.com to learn more about CVEC's Youth Tour program and how you can apply!

Cassidy Thompson and Logun Ostermeyer, both students at Albia High School, recently represented Chariton Valley Electric Cooperative (CVEC) during the national electric cooperative Youth Tour in Washington, D.C. Sponsored by CVEC's membership, this unique opportunity brought together 35 student leaders from across Iowa for a week of hands-on learning and exploration in mid-June.

Youth Tour is more than just sightseeing – it is a leadership development experience designed to educate students about the cooperative business model, current energy issues and the importance of civic engagement. Highlights included visits with elected officials in the U.S. House and Senate, tours of national monuments and museums and the operation of a student-run snack cooperative.

A special highlight of the week was Rural Electric Youth Day, organized by the National Rural Electric Cooperative Association (NRECA). All state groups gathered to hear from inspirational speakers, including four-time Paralympic medalist and two-time world wheelchair basketball champion Mike Schlappi. His powerful message – “Just because you can’t stand up, doesn’t

mean you can’t stand out.” – left a lasting impression.

Cassidy shared her appreciation, writing: “Chariton Valley Electric Cooperative, I would like to thank you so much for this opportunity. I have learned so much about our state and country and it has been an amazing experience. I couldn’t have experienced this without you guys. Thank you.”

Logun echoed her gratitude, saying: “Thank you Chariton Valley Electric Cooperative for giving me the ability to come to D.C. I will be eternally grateful. Thank you again.”

Since 1958, electric cooperatives across Iowa have proudly sponsored students on this life-changing trip, and CVEC is honored to be part of that tradition.



ANNUAL MEETING RECAP AND DIRECTOR ELECTION RESULTS

Thank you to all members who joined us for Chariton Valley Electric Cooperative's 78th Annual Meeting! It was a great evening of connection, updates and cooperative spirit.

Be sure to check out next month's issue of *Iowa Electric Cooperative Living* magazine for a complete recap of the event. We will include highlights from the meeting and the results of the 2025 director elections.



YOUTH LEADERS VISIT NATION'S CAPITAL

BY ANN FOSTER THELEN

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



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

Miah Bugher, Southern Iowa Electric Cooperative

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

Annabelle Baggett, Guthrie County REC

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

Lilly Morey
Iowa Lakes Electric Cooperative

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

Joseph Thielen
Raccoon Valley Electric Cooperative



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

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

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

MARK YOUR CALENDAR!

2026 Youth Tour

June 14-20

www.iowayouthtour.com



2025 PARTICIPANTS

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



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

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





garden fresh

RECIPES

BLACK BEAN SALSA

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

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

Connie Nedved • Moravia
Chariton Valley Electric Cooperative, Inc.

SUPER EASY DAIKON RADISH PICKLES

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

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

Erina Westphal • Guthrie Center
Guthrie County Rural Electric Cooperative

CUCUMBER RELISH

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

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

Karen De Boer • Sioux Center
North West Rural Electric Cooperative

GARDEN GAZPACHO

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

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

Barb Sowers • Fredericksburg
Butler County Rural Electric Cooperative

GARDEN-FRESH BRUSCHETTA

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

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

Sandra Lacey • Danbury
North West Rural Electric Cooperative

BUBBLE AND SQUEAK

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

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

Jean Longnecker • Huxley
Consumers Energy

GARDEN CASSEROLE

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

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

Amanda Markovich • Burlington
Access Energy Cooperative

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



GARDEN-FRESH DILL PICKLE SALAD

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

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

Anita Doughty • Ankeny
Consumers Energy

WANTED:

HOLIDAY APPETIZERS

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

Deadline is Aug. 31

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

EMAIL: recipes@ieclmagazine.com

MAIL: Recipes

Iowa Electric Cooperative Living magazine
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SHINE THE LIGHT CONTEST NOMINEES ANNOUNCED



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

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

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

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

2025 SHINE THE LIGHT NOMINEES

ACCESS ENERGY COOPERATIVE

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

ALLAMAKEE-CLAYTON ELECTRIC COOPERATIVE

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

BUTLER COUNTY RURAL ELECTRIC COOPERATIVE

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

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

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

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

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

CALHOUN COUNTY ELECTRIC COOPERATIVE ASSOCIATION

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

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

CHARITON VALLEY ELECTRIC COOPERATIVE, INC.

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

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

CLARKE ELECTRIC COOPERATIVE, INC.

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

CONSUMERS ENERGY

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

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

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

EAST-CENTRAL IOWA RURAL ELECTRIC COOPERATIVE

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

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

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

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

EASTERN IOWA LIGHT & POWER COOPERATIVE

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

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

FRANKLIN RURAL ELECTRIC COOPERATIVE

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

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

GRUNDY COUNTY RURAL ELECTRIC COOPERATIVE

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

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

GUTHRIE COUNTY RURAL ELECTRIC COOPERATIVE ASSOCIATION

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

HARRISON COUNTY RURAL ELECTRIC COOPERATIVE

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

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

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

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

HEARTLAND POWER COOPERATIVE

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

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

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

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

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

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

IOWA LAKES ELECTRIC COOPERATIVE

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

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

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

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

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

LINN COUNTY RURAL ELECTRIC COOPERATIVE

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

MAQUOKETA VALLEY ELECTRIC COOPERATIVE

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

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

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

MIDLAND POWER COOPERATIVE

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

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

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

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

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

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

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

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

NISHNABOTNA VALLEY RURAL ELECTRIC COOPERATIVE

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

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

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

NORTH WEST RURAL ELECTRIC COOPERATIVE

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

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

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

OSCEOLA ELECTRIC COOPERATIVE, INC.

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

PRAIRIE ENERGY COOPERATIVE

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

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

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

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

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

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

RACCOON VALLEY ELECTRIC COOPERATIVE

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

SOUTHERN IOWA ELECTRIC COOPERATIVE

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

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

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

STUART MUNICIPAL UTILITIES

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

T.I.P. RURAL ELECTRIC COOPERATIVE

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

WESTERN IOWA ELECTRIC COOPERATIVE

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

WOODBURY COUNTY RURAL ELECTRIC COOPERATIVE

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

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

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CHIROPRACTIC HEALTH CENTER IN ALBIA OFFERS CARE FOR EVERY STAGE OF LIFE

BY ANN FOSTER THELEN

For more than three decades, the Chiropractic Health Center in Albia has quietly established a reputation for providing compassionate and comprehensive care. Owned by Dr. Matt Sarver and his wife Mary Ann, who serves as the office manager, the practice offers traditional chiropractic services and full-spectrum approach to wellness tailored for every age and lifestyle.

"We're a generalized family practice," said Dr. Sarver. "We see people from newborns to those in their 90s, and most of our patients come from referrals."

Although the clinic does not advertise, its reputation continues to grow by word of mouth. Every patient receives a clear understanding of their condition, treatment timeline and long-term wellness strategies.

Dr. Sarver, a graduate of Palmer College of Chiropractic in Davenport, began practicing in Albia in 1994, following a brief stint in South Carolina. Both he and Mary Ann are Albia High School graduates, and their deep roots in the community have helped shape their patient-focused philosophy.

Services for today's needs

While some think of chiropractic care as simply back and neck adjustments, Chiropractic Health Center offers a variety of modern services. The clinic treats a wide range of conditions, including headaches, disc injuries, sciatica, extremity pain and repetitive stress injuries.

In addition to standard chiropractic care, the clinic provides laser treatments, spinal decompression and posture-focused corrective exercise plans. Dr. Sarver emphasizes that posture plays a significant role in long-term health.



"Chronic poor posture can take a significant toll, as far as damage to multiple systems of a person's body," he said. "We work with patients on corrective care to help them feel better now and prevent problems later."

To support these efforts, the Sarvers built a gym adjacent to the clinic about 10 years ago. Open to the public, the gym was initially intended for patients completing treatment but has grown to include community members interested in improving their strength and alignment.

"We've found that patients who engage in exercise, especially strength training, hold their adjustments longer," said Dr. Sarver.

The Sarvers also educate patients on proper ergonomics, encouraging simple changes like using stand-up desks or adjusting office furniture to reduce strain. They guide patients on making better nutritional choices to complement their treatment plans.

Caring for veterans

Among the many patients the Chiropractic Health Center serves,

veterans visiting Albia through the CJ3 Foundation hold a special place. The national nonprofit provides support and therapy for veterans facing post-traumatic stress challenges. The Sarvers offer complimentary chiropractic care to visiting veterans during their time in Albia, helping them restore physical well-being alongside other mental health services offered locally.

"These veterans typically spend several days in Albia for intensive treatment, and we're glad to be part of that experience," said Dr. Sarver. "We provide adjustments and access to our gym; it's a meaningful way to support their recovery."

A holistic approach to care

The Sarvers want people to know that they have alternatives for healthcare.

"There are effective, non-invasive ways to manage conditions like herniated discs or migraines without relying solely on surgery or medication," Dr. Sarver added.

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

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CELEBRATING IOWA'S CENTURY, HERITAGE FARMS

BY DARCY DOUGHERTY MAULSBY

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

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

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

The keepers of history

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

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

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



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

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

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

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

Sacrifices transcend generations

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

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

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

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

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

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

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



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