

FEBRUARY 2025

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ELECTRIC COOPERATIVE LIVING

**Forces shaping the rural
economy in 2025**

Cherry recipes to love

**Business spotlight:
Fox Ridge Winery**

Youth Tour application deadline approaching ▶ See Page 12

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Iowa Electric Cooperative Living magazine (ISSN: 2770-8683) is published monthly by the Iowa Association of Electric Cooperatives, a not-for-profit organization representing Iowa's member-owned local electric cooperatives. Association address: 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. The phrase ***Iowa Electric Cooperative Living*** is a mark registered within the state of Iowa to the Iowa Association of Electric Cooperatives. The magazine does not accept advertising.

Editorial Office
8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Telephone: 515-276-5350.

Email Address
editor@ieclmagazine.com. *Iowa Electric Cooperative Living* magazine does not assume responsibility for unsolicited items.

Website
www.ieclmagazine.com

Postmaster
Send address changes to *Iowa Electric Cooperative Living* magazine, 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Periodicals Postage Paid at Des Moines, Iowa, and at additional mailing offices.

Change of Address
Every local electric cooperative maintains an independent mailing list of its members, so please send your change of address directly to your local electric cooperative's office. *Iowa Electric Cooperative Living* magazine cannot make an address change for you.

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ON THE COVER

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

PROTECTING ELECTRIC SERVICE TERRITORY IS OUR TOP 2025 LEGISLATIVE PRIORITY

BY ETHAN HOHENADEL



At the Iowa Association of Electric Cooperatives (IAEC), the start of a new year also means the start of a new legislative session as we advocate

for our member cooperatives and the member-consumers they serve.

Iowa's 91st General Assembly began on Jan. 13 and our policy and advocacy team is already hard at work. Protecting electric service territory is our top legislative priority this session.

In Iowa, your location determines which electric utility will serve your home, farm or business under the defined electric service territory law. For almost 50 years, these electric service areas have benefited electric co-op member-consumers as the law provides certainty to electric cooperatives so we can safeguard affordable rates, support a resilient electric grid and invest in economic development.

Service territory changes jeopardize economic development

Weakening Iowa's electric service territory law jeopardizes electric cooperatives' investments in rural economic development, which would negatively impact the communities we serve.

For the five years ending in 2022, Iowa electric co-ops had an impressive \$4.7 billion impact in economic development projects. These investments supported more than 7,300 Iowa jobs (retained, attracted or expanded) during that same time period.

In 2023 alone, Iowa electric co-ops secured more than \$41 million in federal economic development funds, resulting in more than \$111 million of new capital investment in the state.

Decades of robust economic development efforts from electric cooperatives have improved quality of life throughout rural Iowa through local job

creation, providing needed services and adding valuable tax revenue. Without electric service territory protections, these rural economic development efforts will be severely diminished.

Reduced electric service territory protections will increase rates

The realities of eroding electric service territory protections are sobering. In other states where service territories have been eliminated, consumers have experienced **higher** electric rates and **decreased** reliability.

According to a 2023 *New York Times* investigation, electric rates have **increased** in deregulated states. The report concludes, "Deregulation has resulted in increased rates/fees in every state where it has been introduced." And, "On average, residents living in a deregulated market pay \$40 more per month for electricity ..." Referencing an American Public Power Association 2021 report, "The average electric rate is **28% higher** in deregulated states, as compared to traditionally regulated states."

Reduced electric service territory protections will decrease reliability

Our analysis of publicly available industry data shows that electric

reliability is **lower** in deregulated Midwestern states compared to Iowa. From 2018-2023, **electric outages in Iowa were 65% shorter on average** compared to deregulated Midwestern states. During that same time period, **Iowans experienced 20% fewer outages** than deregulated Midwestern states. This analysis comes from EIA-861 SAIDI (System Average Interruption Duration Index) and SAIFI (System Average Interruption Frequency Index) data from Iowa, Illinois, Michigan and Ohio and includes major weather events.

Protecting the interests of co-op member-consumers

Weakening service territory protections is unacceptable for Iowa's electric cooperatives and the members we serve. Your locally owned electric co-op supports Iowa's defined electric service territory law and opposes efforts to undermine it, which reduce consumer protections. Learn more about this important issue at www.ProtectRuralIowa.com.

Ethan Hohenadel is the director of policy and advocacy for the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

WIN AN AMAZON KINDLE!

Meet the lightest and most compact Kindle, now with enhanced display features and faster page turns. The front light is 25% brighter at max setting, now as bright as Kindle Paperwhite. With the adjustable front light and dark mode, read effortlessly any time of day on the 6-inch glare-free 300 ppi display.

Visit our website and win!

Enter this month's contest by visiting www.ieclmagazine.com no later than Feb. 28. 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 Ember Smart Mug from the December issue was **Dawn Dubbelde**, a **Lyon REC** member-consumer.



ENTER ONLINE BY FEB. 28!

WRAPPED IN SAVINGS

BY BRADY CODNER



Ensuring your home is properly insulated can improve energy efficiency and make your home more comfortable.

Insulation acts like a cozy coat that reduces heat loss during winter months and a protective layer that reduces heat gain during summer months.

Many older homes have less insulation than newer homes, but even newer homes can benefit from additional insulation. While it's not an inexpensive efficiency improvement, adding insulation and air sealing your home can provide the biggest bang for your buck in energy savings and overall comfort.

The most common areas to insulate are attics, ceilings, crawlspaces or



unconditioned basements, exterior and interior walls, floors and ductwork located in unconditioned spaces.

The amount and effectiveness rating of insulation required for each area varies by climate, but many online resources from the U.S. Department of Energy or Home Depot provide easy-to-follow recommendations. Visit www.energy.gov/insulation to learn about recommended R-values for specific areas of your home based on climate zones.

It's important to understand how insulation effectiveness is measured. Insulation is rated in R-value, which measures the material's resistance to conductive heat flow. The higher the R-value, the greater the insulating

effectiveness. The R-value you'll need depends on factors like climate, type of heating and cooling system and which area of the home you plan to insulate.

Insulation is offered in a wide range of materials from bulky fiberglass rolls to cellulose materials made from recycled paper products. If you're considering installing additional insulation, talk to an expert who can offer guidance on the right materials for your budget, climate and comfort needs.

Investing in proper insulation for your home not only enhances comfort but also reduces energy consumption.

Brady Codner is the member service advisor for Grundy County REC.



A Touchstone Energy Cooperative

"Our mission is to provide our members safe, reliable, electric service"



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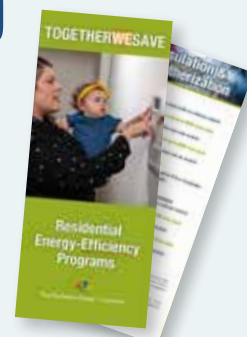
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This institution is an equal opportunity provider and employer.

TOGETHER WE SAVE: ENERGY EFFICIENCY REBATES AND PROGRAMS

Considering taking on some energy-efficiency projects? Grundy County REC has energy efficiency rebates and programs available to our members! For more information regarding available rebates and rebate forms, visit www.grundycountyrecia.com/rebate-forms.



FOX RIDGE WINERY: A GATHERING PLACE FOR COMMUNITY AND CELEBRATION



BY ALLYSON MILLER

About 10 miles northwest of Traer, tucked away on a gravel road, lies one of the area's hidden gems: Fox Ridge Winery, owned by Gwen and Mike Seda. From its hand-crafted wines to scenic views and family-friendly events, this vineyard has earned a reputation as more than just a place to enjoy fine beverages – it's a destination where memories are made.

A journey of passion

The story of Fox Ridge Winery began with the Sedas' passion for alternative crops. Over the years, they explored unique ventures, including a peach orchard, a cut-your-own Christmas tree farm and honeybee hives on their acreage. In 2004, they planted their first grapevines, selling their harvest locally. In 2008, they took a big step to build the winery, and by 2010, their dream became a reality. Today, it's a cherished space where guests can savor fine wine and good company.

What makes Fox Ridge Winery special?

As the only vineyard within a 50-mile radius, Fox Ridge Winery offers more than just wine. Guests can enjoy carefully curated wine flights while soaking in the stunning views from the outdoor patio and connecting with others.

The winery also serves as a hub of activity, featuring a cozy tasting room, outdoor concerts and a gift shop stocked with local treasures. Beyond its amenities, the winery fosters a sense of community.

"Meeting new people and seeing them return with friends is one of the best parts of this business," owner Gwen Seda shares. "We've brought a different kind of destination to this area."



A milestone that sparked a dream

The idea for the winery was inspired by a family milestone. After years of debating whether to pursue winemaking, their son who was newly engaged, expressed his desire to host his wedding reception at a winery. His request gave them the push they needed to turn their dream into a reality. It's a reminder that some of the best ideas are born from love and celebration.

Events and attractions for all

Fox Ridge Winery has become synonymous with entertainment and community. From family-friendly concerts to the popular fall festival, it's a gathering place for all. Guests can relax on the inviting deck with a glass of wine or celebrate milestones with weddings, parties and live music events.

A seasonal treat

While the winery is a year-round destination, the holiday season brings an extra touch of magic. A drive-through holiday display delights visitors with festive cheer. Although the 2024 holiday season has passed, be sure to add the Fox Ridge Winery light display to your must-visit list for 2025.

A message of inspiration

The Sedas encourage others to pursue their dreams, no matter the challenges.

"Starting a business is a hard, tough road, but if you have a dream, go for it," Gwen says.

Grundy County REC proudly provides power to Fox Ridge Winery.

Allyson Miller is the executive assistant/human resources for Grundy County REC.

HOW ELECTRIC CO-OPS ARE PREPARING FOR THE FAST-GROWING DEMAND FOR ELECTRICITY

BY SCOTT FLOOD

The demand for electric power continues to increase, and America's peak demand is forecast to grow by 38 gigawatts through 2029 – the equivalent of adding another California-sized state to the nation's power grid. At the same time, power producers plan to retire more than 110 gigawatts of baseload, or always-available, generation by 2033.

When demand outpaces supply of any commodity – corn, gasoline or electricity for example – prices tend to increase. In addition, there's increasing concern about the potential for rolling outages as power providers struggle to meet peak demands.

Local co-op members may not notice the impact of the supply and demand imbalance for some time, but it's captured the attention of electric co-op directors and their staffs.

"The leadership at many electric co-ops is seeing unprecedented growth in demand," explains Stephanie Crawford, regulatory affairs director for the National Rural Electric Cooperative Association.

A decade ago, a huge commercial project might boost a co-op's total load by 20 or 30 megawatts. "Now they're getting multiple requests for projects in the hundreds of megawatts," she adds.

AI and cloud computing are driving demand

Artificial intelligence (AI) and cloud computing are key drivers of this added demand. As use of AI skyrockets and a greater share of computer applications and storage migrate to the cloud, all that data needs to be stored somewhere. Data centers, which are massive groups of high-capacity computer servers, provide the most efficient way to handle it.

According to the U.S. Department of Energy, data centers can consume as much as 50 times the energy per floor space of other types of commercial buildings. A single large data center may use over 100 megawatts of power, the equivalent of powering 80,000 homes. Data centers already account for nearly 2% of the nation's electricity use, and the Electric

Power Research Institute predicts that will grow to 9% by 2030.

"It's not only a question of needing to build or obtain more capacity, but in many cases, also creates questions about the availability of transmission and distribution," Crawford notes.

Data centers can significantly benefit local economies by creating high-paying jobs during construction and operation, generating substantial tax revenue, attracting related tech industries, boosting local infrastructure development, and stimulating demand for local services like security and maintenance, effectively creating a ripple effect through the community.

Co-ops focus on knowledge and relationships

For electric co-ops, the efforts fall into two categories: increasing knowledge and building relationships. A generation ago, power supply discussions were fairly straightforward for co-op directors, given the widespread availability of baseload generation. Today's directors increasingly find themselves learning about sophisticated and challenging issues as they weigh decisions affecting their co-op's operations and financial viability for years to come.

Co-ops have long emphasized relationship-building, and Crawford stresses that will continue with companies developing large projects such as data centers.

"Early and frequent conversations between the co-op and the entities seeking additional energy are critical," she explains. "That includes honest conversations about the costs and timelines involved."

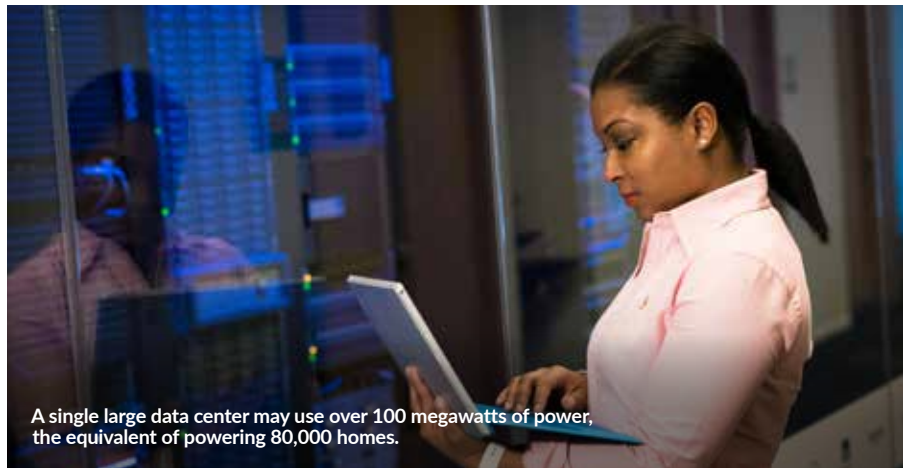
For example, while a data center project might ultimately need a significant supply of megawatts, if its operations are phased in gradually over several years, the co-op may have additional time to prepare for the maximum load. They might consider creating a partnership with the project owner to develop new generation assets on the project's site, reducing transmission concerns.

Reliability is a cornerstone

The large tech companies involved in deploying data centers and similar projects are highly sophisticated and well-resourced. They tend to be less interested in obtaining the lowest cost and are more focused on reliability.

"What we're hearing from co-ops is that the companies building data centers typically have done their homework before they start talking to co-ops," Crawford says.

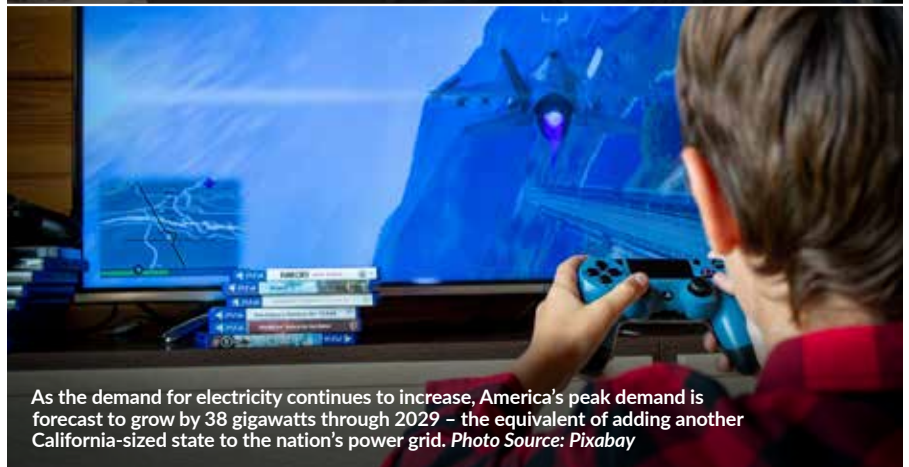
While the developers may be ready to pay for the substantial infrastructure upgrades needed to serve their data centers, she notes that the conversations may end up



A single large data center may use over 100 megawatts of power, the equivalent of powering 80,000 homes.



Today's co-op directors increasingly find themselves learning about sophisticated and challenging issues as they weigh decisions affecting their co-op's operations and financial viability for years to come.



As the demand for electricity continues to increase, America's peak demand is forecast to grow by 38 gigawatts through 2029 - the equivalent of adding another California-sized state to the nation's power grid. Photo Source: Pixabay

focusing more on project timelines and data center obligations to remain as co-op member-consumers. In addition to supply chain issues related to transformers and other components that are in increasingly short supply, projects may face regulatory delays at all levels.

While co-ops prepare for projects from organizations new to the co-op, Crawford notes the importance co-op leaders also place on keeping a finger on the pulse of their existing commercial accounts.

"Being proactive and reaching out to understand how a commercial account's energy needs may be changing in the coming years informs conversations and decisions about timing, rate design and other factors, even if they're not making specific requests yet," she says. "That helps the co-op serve emerging needs while protecting the reliability for all of its members."

Scott Flood writes on a variety of energy-related topics for the National Rural Electric Cooperative Association.

Cherry Recipes

TO LOVE



CLASSIC SOUR CREAM CHEESECAKE

- 1½ cups graham cracker crumbs
- ¼ cup sugar
- ⅓ cup margarine or butter, melted
- 3 8-ounce packages cream cheese, softened
- 1 14-ounce can sweetened condensed milk
- 3 eggs
- ¼ cup lemon juice from concentrate
- 1 8-ounce container sour cream
- 1 21-ounce can cherry pie filling, chilled

Combine crumbs, sugar and margarine or butter. Press firmly on bottom of 9-inch springform pan. In large mixing bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Beat in eggs, then lemon juice and sour cream. Pour into prepared pan. Bake at 350 degrees F for 50-55 minutes or until lightly browned around the edges, the center will be slightly soft. Cool and refrigerate. Top with cherry pie filling before serving. Refrigerate leftovers.

Ruth Seehusen • Greene
Butler County Rural Electric Cooperative

QUICK CHERRY DESSERT

- 1 package chocolate pudding
- 1 can cherry pie filling
- whipped topping, optional

Prepare pudding and mix with cherry pie filling. Top with a dollop of whipped topping, if desired. Serves 8

Darlene Thomas • Somers
Calhoun County Electric Cooperative Association

CHERRY CRUNCH CAKE

- 1 chocolate cake mix
- 2 eggs
- 1 21-ounce can cherry pie filling
- ¾ cup nuts, chopped
- ¾ cup chocolate chips
- ½ cup brown sugar

Mix cake mix, eggs and pie filling. Pour in a greased 9x13-inch pan. Sprinkle nuts, chocolate chips and brown sugar over top. Bake at 350 degrees F for 30-35 minutes. Serves 15-20

Carma Mack • Audubon
Raccoon Valley Electric Cooperative

CHERRY WINE BALLS

- 3 cups vanilla wafers, finely crushed
- 2 cups powdered sugar
- 1 cup pecans or walnuts, finely chopped
- ¼ cup cocoa
- ½ cup cherry wine
- ¼ cup light corn syrup
- granulated sugar, as needed

Mix wafers, powdered sugar, nuts and cocoa. Stir in wine and corn syrup, then shape into 1-inch balls. Roll wine balls in granulated sugar. Cover tightly and refrigerate several days before serving. These are easy to make in a food processor. Yields 5 dozen

Patricia Glandorf • Williamsburg
T.I.P. Rural Electric Cooperative



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

INDIVIDUAL CHERRY CHEESECAKES

- 3 8-ounce cream cheese packages, room temperature
- 1¼ cups white sugar, divided
- 5 large eggs
- 1¾ teaspoons vanilla, divided
- 1 cup sour cream
- 1 can cherry pie filling

Cream the cream cheese and 1 cup sugar together. Add eggs one at a time, beating well. Add 1½ teaspoons vanilla, then pour cream cheese mixture into foil-lined muffin tins, filling each ¾ full. Bake at 300 degrees F for 40 minutes. These will not brown. Meanwhile, mix sour cream, ¼ cup sugar and ¼ teaspoon vanilla. Once cheesecakes have baked, cool for about 4 minutes. Then add a small spoonful of sour cream topping and a dab of cherry pie filling to each. Bake for 5 more minutes. Remove from oven, cool, then refrigerate. These can be frozen. *Yields 24 cheesecakes*

Kathy Grote • Wall Lake
Raccoon Valley Electric Cooperative

CHERRY COFFEE CAKE

- 1 cup margarine
- 1¾ cups sugar
- 4 eggs
- 1 teaspoon vanilla
- 3 cups flour
- ½ teaspoon salt
- 1½ teaspoons baking powder
- 1 can cherry pie filling

Cream margarine, sugar and eggs. Add vanilla and dry ingredients. Spread batter on bottom of a 12x18-inch jelly roll pan prepared with cooking spray. Drop pie filling on batter by spoonful, swirl with knife. Bake at 350 degrees F for 30 minutes, no longer or the cake will get too dry. *Serves 24*

Anita Destival • Sumner
Butler County Rural Electric Cooperative

TROPICAL SMOOTHIE

- 1½ cups lemonade
- ½ cup frozen mango chunks
- ½ cup frozen pineapple chunks
- 1 cup frozen cherries
- ½-1 cup sugar

Mix all ingredients in blender. *Serves 2*

Bethany Van Wyhe • Lester
Lyon Rural Electric Cooperative

CHERRY MARASCHINO BARS

- 1¼ cups flour, divided
- ½ cup butter or margarine
- 3 tablespoons powdered sugar
- 1 cup white sugar
- 2 eggs
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon vanilla
- ¾ cup chopped nuts, optional
- ½ cup coconut
- ½ cup or more red maraschino cherries, drained and diced

Combine 1 cup flour, butter or margarine and powdered sugar. Blend well and spread in a buttered 8-inch pan. Bake at 350 degrees F for 25 minutes. Meanwhile, combine sugar, eggs, ¼ cup flour, baking powder, salt and vanilla. Beat until smooth and well blended. Stir in chopped nuts, if desired, coconut and maraschino cherries. Spread on the baked crust layer and return to the oven for 25 minutes. Cool and cut into 2x2-inch bars. *Serves 16*

Twyla Godbersen • Arthur
North West Rural Electric Cooperative

WANTED:

CAMPING RECIPES

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

Deadline is Feb. 28

Submit your favorite recipes to enjoy around the campfire. Please include your name, address, telephone number, co-op name, recipe category and number of servings on all submissions.



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

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COBANK: FORCES THAT WILL SHAPE THE U.S. RURAL ECONOMY

At the end of 2024, CoBank – one of the largest providers of credit to the U.S. rural economy – released its “2025 Year Ahead Report: Forces that will Shape the U.S. Rural Economy.”

The financial services firm says the U.S. continues to benefit from solid economic growth, low unemployment and moderating inflation. However, the outlook for the rural economy is more volatile and uncertain. Rural industries are disproportionately exposed to federal policy, and the outcome of the 2024 election cycle promises to bring significant changes in the federal government’s approach to everything from international trade and immigration to energy exploration and rural economic development.

According to the comprehensive report, the high level of policy uncertainty facing rural industries adds to their already long list of headwinds and challenges.

The CoBank 2025 outlook report examines several key factors that will shape agriculture and market sectors that serve rural communities throughout the U.S.

1 U.S. economy: A new economic era begins

Most economists are forecasting 2025 U.S. gross domestic product growth around 2.5%-3.0%, essentially the same as today. However, those forecasts are based on rather mild assumptions about forthcoming policy changes. When taken in isolation, President Trump’s proposed policies – tax cuts, decreased labor supply and tariffs on imported goods – are all inflationary. Consequently, longer-term interest rates have already edged higher, and the market has downshifted expectations for further federal rate cuts in 2025. There is a good chance the proposed tariffs and the crackdown on undocumented immigrants will be more disruptive than markets have priced in, particularly in industries like construction and agriculture.

2 U.S. agricultural economy: Trade war could send ag economy from bad to worse

The short-lived commodity boom precipitated by global droughts, the war in Ukraine and COVID-19 supply

issues is now a distant memory. Row crop prices are down nearly 50% from their 2022 highs. But production costs have remained elevated, and profitability has plunged to decade-plus lows. The silver lining is that dairy and livestock producers are generally profitable due to low feed costs and resilient consumer demand. However, more headwinds may be coming for both the crop and livestock sectors.

3 Grains, farm supply and biofuels: Policy uncertainty weighs on exports, biofuels

A strengthening U.S. dollar and the potential for trade disputes and record-large South American crops weigh heavily on the outlook for grain and oilseed prices in 2025. U.S. farmers are widely expected to struggle with further margin compression as weaker commodity prices test farmers’ ability to lower production costs. Crop input decisions will be evaluated much more closely with a focus on inputs that provide the greatest return on investment. The bearish outlook for oil prices diminishes the demand

picture for ethanol, biodiesel and renewable diesel. Uncertainty over U.S. biofuel policy under the new administration also clouds the demand outlook for biofuels.

4 Animal protein: Rising margins improve prospects for growth

Falling feed costs and rising producer margins have renewed expansion interest in animal protein segments. However, labor, construction and land costs remain elevated, tempering expectations for any meaningful supply growth in the near term. U.S. beef cow herd expansion is not expected to start until 2026 or 2027. The smaller herd will further support higher feeder and fed cattle prices in the coming year. With consumers now pushing back on beef prices that are already near historic highs, packer margins will remain under pressure well into 2025.

5 Dairy: Record investment will continue to grow the category

The U.S. will see an unprecedented \$8 billion in new dairy processing investment through 2026. Some of the new plants are poised to come online in 2025, with about half of the investment in the cheese category. The expected surge in cheese and whey output will likely put downward pressure on dairy product prices in the second half of the year. Sourcing additional milk supplies to fill new plant capacity is a looming question. 2023 and 2024 will go down as the first back-to-back years since the late 1960s that U.S. milk production

took a downturn. On the flip side, higher component levels in farmgate milk, largely butterfat and protein, have lifted finished product yields.

6 Food and beverage: Health and nutrition take center stage

The headline news for food, beverage and consumer packaged goods in 2025 is President Trump's nomination of Robert F. Kennedy Jr. to lead the U.S. Department of Health and Human Services. Kennedy's purported goals include eliminating ingredients banned in other countries and "getting the chemicals out" of America's food supply. Meanwhile, consumers' renewed focus on their health and the popularity of GLP-1 weight-loss drugs are showing signs of impacting food manufacturers. According to J.P. Morgan research, GLP-1 users purchase around 8% less food compared with average consumers. Food and beverage manufacturers' concerns about volume attrition are likely to continue well into 2025.

7 Power and energy: What an IRA rollback might look like

President Trump's return to the White House will signal a significant shift in U.S. energy policy. While he has promised to end the Inflation Reduction Act (IRA), slowing the clean energy momentum that has accelerated under the IRA may be more difficult than imagined. Popular programs in the IRA have directed significant investments to many rural and economically distressed communities. And more than a dozen

House Republicans have voiced concern that repealing the IRA could jeopardize ongoing development in their communities. Clawing back IRA funds that have already been allocated could prove to be very difficult. The more likely scenario is that unallocated IRA funding will be redirected to other priorities.

8 Digital infrastructure: Rural connectivity faces new challenges

Political uncertainty and low participation in the Broadband, Equity, Access and Deployment (BEAD) program raises big questions for bridging the digital divide in the year ahead. The \$42.5 billion BEAD program, created by the Infrastructure Investment and Jobs Act, includes unprecedented government support. However, a lack of operator participation could blunt the impact of this well-intended program to bring reliable broadband access to underserved rural areas. Many small operators lack the specialized expertise or financial resources to meet some of the complicated BEAD requirements.



Scan the QR code to read the full report.



NEARLY 190 YEARS OF TENURE SERVING YOU

With a staff of nearly 100 years of combined tenure and a board of directors with nearly 90 years tenure, the members of Grundy County REC are served by a knowledgeable and dedicated group! Please join us in recognizing the following service anniversaries celebrated in 2024.

EMPLOYEES

Aaron Bird
17 years

Jeff Brophy
4 years

Brady Codner
3 years

Erik Freese
10 years

Mike Geerdes
13 years

Scott Kuiper
10 years

Allyson Miller
4 years

Karl Nielsen
12 years

Tony Sienknecht
22 years

Derek Snakenberg
4 years

We also welcomed the following new employees in 2024

Ben Waltersdorf

Melodie Wittgreve

DIRECTORS

Norb Boyle
12 years

Roger Brown
1 year

Matt Kopriva
5 years

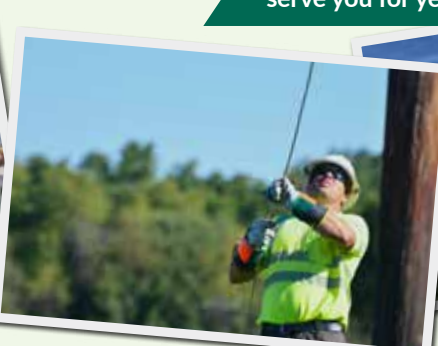
Jason Paper
14 years

Kevin Pruisner
20 years

Larry Rohach
31 year

Nick Strohbren
6 years

We look forward to continuing to serve you for years to come!



KARL NIELSEN CELEBRATES 13 YEARS WITH THE CO-OP

Feb. 6 marks Line Foreman Karl Nielsen's 13th year at Grundy County REC! Karl is always willing to provide a helping hand and takes great pride in the work he and the crew completes. Congratulations on 13 years with Grundy County REC, Karl! We appreciate all you do for the cooperative and its members.



KARL NIELSEN
Line Foreman

13 YEARS OF SERVICE

APPLY BY 3/3/25!!

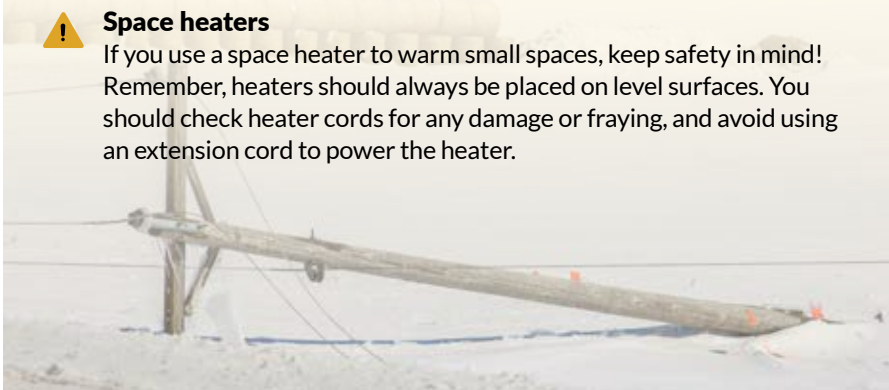
YOUTH TOUR 2025

WWW.GRUNDYCOUNTRYRECIA.COM/YOUTH-TOUR

KEEP SAFETY TOP OF MIND

Safety is the number one priority for Grundy County REC. Here are some quick and easy tips to help keep you, your home and your family safe!

- ⚠ Down and dangerous**
Stay away from downed power lines. Be alert after storms or high winds. Power lines can be broken, but still energized! If you come across a downed power line, contact the local utility or 911.
- ⚠ Space heaters**
If you use a space heater to warm small spaces, keep safety in mind! Remember, heaters should always be placed on level surfaces. You should check heater cords for any damage or fraying, and avoid using an extension cord to power the heater.



CALL BEFORE YOU DIG

Groundhog Day is the perfect day to remind you to call 811 two to three business days before you dig. It's a free service and will help keep everyone safe!



Are you working on your taxes and need your annual electric bill total? Members can access this information 24/7, year-round, with a couple of quick steps on SmartHub!

SMARTHUB CAN HELP MAKE TAX TIME EASIER

STEP 1: Access SmartHub online or through the mobile app. Not yet registered? Log onto the cooperative's website, selecting the "Online Bill Pay" button or download the SmartHub app and follow the "New User?" prompts.

STEP 2: Select the "Billing History" option under the "Billing & Payments" tab. From this tab, you can view data for all meters by billing date with total due, view bill PDFs and usage, and access the Payment History tab.

It's that easy!



A Touchstone Energy Cooperative

The screenshot shows the Grundy County REC website interface. At the top, there is a navigation bar with links for Home, Billing & Payments, My Profile, My Usage, Notifications, and Contact Us. A dropdown menu is open under 'Billing & Payments', showing options for Billing & Payments, Billing History (highlighted), Payment History, and Auto Pay Program. Below the navigation, there is a 'Quick Links' section with various utility-related links. The main content area features a 'View and Manage My Usage' section with the heading 'We've improved your usage management tools!' and a line graph showing usage trends. To the right of the graph, there are 'Key Features' listed: 'Analyze and understand usage trends to find ways to cut back', 'Create and track a monthly budget to avoid unexpected high utility bills', and 'Set a point or range in time to compare differences in usage'. A 'Start Now' button is located at the bottom right of this section.

If you need assistance, contact the cooperative at 319-824-5251.

HOW TO SAFELY USE A GENERATOR

Before using a portable generator, it's essential to understand the potential dangers associated with using them, such as their production of carbon monoxide (CO). CO is an odorless, colorless and tasteless poisonous gas that is called the "silent killer" because it is virtually undetectable without the use of technology like CO alarms. Follow these tips when using a generator.

1 Read and follow all manufacturer operating instructions to properly ground the generator. Be sure you understand the directions before hooking up the generator.

2 A generator is a temporary power source. It should never be used as a permanent solution.

3 Maintain adequate ventilation because generators emit CO.

It's against fire code to operate a generator in your home, garage or other enclosed building. Place it in a dry location outdoors.

The Consumer Product Safety Commission recommends generators be positioned at least 20 feet from doors, windows and vents to prevent CO from entering the home.

4 Never plug a portable electric generator into a wall outlet or connect directly to a home's wiring. This can energize utility power lines and injure you or others working nearby. Electrical back feed can also damage the generator and home electrical equipment.

5 Turn off the generator and allow cooling before refueling.

Gasoline and its vapors may ignite if they come in contact with hot components or an electric spark. Store fuel in a properly designed container in a secure location away from the generator or other fuel-burning appliances, such as water heaters. Always have a fully charged, approved fire extinguisher located nearby.



6 Protect your appliances. Turn off or disconnect all appliances and lights before you begin operating the portable generator. Once the generator is running, turn your appliances and lights on one at a time to avoid overloading the unit. Remember, generators are for temporary usage, so prioritize your needs.

7 Generators pose electrical risks, especially when operated in wet conditions. Use a generator only when necessary when the weather creates wet or moist conditions. Protect the generator by operating it under an open, canopy-like structure on a dry surface where water cannot form puddles or drain under it. Make sure your hands are dry before touching the generator.

8 Keep children and pets away from portable generators at all times. Many generator components are hot enough to burn you during operation.

9 Use proper extension cords. Use only safety-tested, shop-type electrical cords designed and rated for heavier, outdoor use to connect appliances. Many generators are equipped with twist-lock connects to reduce the chance of accidental disconnections due to vibrations.

10 Shut down the generator properly. Before shutting down a generator, turn off and unplug all appliances and equipment being powered by the generator.

11 Remember maintenance between uses. Drain the gasoline from the generator while it is being stored. It's also a good idea to inspect the fuel and oil filters, spark plug, oil level and fuel quality, and to start the generator on a regular basis before an emergency situation happens.

For more information, visit [Safe Electricity at safeelectricity.org](http://SafeElectricity.org)

SERVING UP LASAGNA LOVE

BY DARCY DOUGHERTY MAULSBY

During these cold winter days, nothing can brighten your day like classic comfort food. For me, that often means homemade lasagna.

Ahh ... lasagna! Layers of melted cheese piled on delectable meat and tender pasta, all smothered with a savory sauce that would bring tears to the most cynical Italian's eyes.

Did you know lasagna didn't originate in Italy? While its roots can be traced to ancient Greece, we can thank the ancient Romans for embracing – and refining – this culinary delight.

While I don't recall the first time I tried lasagna, I'm sure it was during my childhood. Perhaps I was influenced by Garfield the cat, the snarky comic strip character of the 1980s who was obsessed with this perfect pasta.

Becoming a lasagna chef

My love for lasagna reignited a few years ago when I was writing a newsletter for the Green Hills retirement community in Ames. As I interviewed a Green Hills newcomer about her hobbies, she mentioned she was a Lasagna Love volunteer. I'd never heard of this. Tell me more!

Lasagna Love is a simple, grassroots concept that took off during the COVID-19 pandemic. Volunteers (called "Lasagna Chefs") cook and deliver homemade lasagnas to families in need within their local communities.

Families can request a meal without having to explain their situation. They're matched with a nearby volunteer chef, and the chef delivers the meal directly to their doorstep. The mission is to spread kindness and create a sense of community through food.

I was so intrigued that I signed up that same day at www.lasagnalove.org to become a Lasagna Chef. (Anyone can volunteer, by the way.) It wasn't long before Lasagna Love matched me with



a young, single mom in Auburn who was working and going back to school. I never met her (I simply dropped off the lasagna at her front door, as she requested), but it felt good to help someone in need.

Food is love made visible

As more matches came through Lasagna Love, I prepared and delivered homemade lasagnas to local families in Manson, Sac City, Lohrville and Rockwell City. Some recipients greeted me at the door and expressed their gratitude. One lady texted me after she baked and served the lasagna, informing me it was the best she'd ever eaten.

The more I participated in Lasagna Love, the more curious I became about the program's history. Rhiannon Menn, a mother and chef from the West Coast, saw that many of her fellow moms were struggling to manage stress, anxiety and depression during the COVID-19 pandemic. Facing her own feelings of helplessness, Menn decided she could cook.

She posted in two local Facebook groups offering a free homecooked meal and received seven replies. Menn

prepared seven pans of lasagna for people she didn't know, drove around San Diego and delivered these meals to strangers. That's how Lasagna Love was born.

Since then, Lasagna Love has grown into an international movement of kindness, impacting thousands of volunteers and recipient families each week. Sometimes those moments of kindness mean more than you know.

Around Thanksgiving 2024, I received a request to make lasagna for an older couple in Lake City. I've known these people my whole life and enjoyed an hour-long visit with them in their home after I dropped off their lasagna. A few weeks later, I was shocked to hear that the wife had suddenly passed away.

I was grateful I had the opportunity to serve this wonderful couple through Lasagna Love. I look forward to helping more families in the year ahead. Truly, food (especially lasagna) is love made visible.

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



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