

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • May 2003

RATE INCREASE IN EFFECT

With July Bill

By now you should have received a letter notifying each member of our upcoming rate increase. It has been 10 years since we have had to adjust our rates for non-power related expenses. The increase, an average of 3.6%, will bring an additional \$733,000 in revenue for use in constructing and maintaining the poles and wires we use to bring reliable electric service to our members.

We also took this opportunity to redesign our rate structures and to update our charges for non-energy related services. A lot has changed in the past 10 years, and the new charges and structures reflect the impact of those changes on our business costs.

The decision to raise rates is never an easy one and we want to assure you that we are continuing our efforts to control costs and to keep your power reliable. Please contact us if you have any questions on this or any other topic relating to your electric cooperative.



May 12, 2003
6:00 – 7:00 p.m.
West Delaware Middle
School Cafeteria
101 Doctor Street
Manchester

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Maquoketa Valley Electric Cooperative

Our Energy Working For

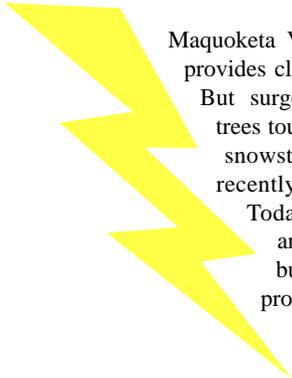
ENERGY GUIDE VERSUS ENERGY STAR®

Maquoketa Valley Electric Cooperative's new rebate program requires certain appliances and equipment to be ENERGY STAR® rated. Many members are confusing the yellow Energy Guide tag that comes on many appliances with the ENERGY STAR® rating. They are not the same thing. If in doubt, please ask your dealer if the product you are intending to buy is ENERGY STAR® rated.



Today, all products carry the yellow Energy Guide tag, but the product must meet specific high performance standards to also carry the distinctive ENERGY STAR® logo and rating.

DON'T GET ZAPPED



Maquoketa Valley Electric Cooperative provides clean, quality, electric power. But surges from lightning strikes, trees touching power lines and even snowstorms, as one member recently learned, are common. Today's household electronics are expensive and sensitive, but you can rest easy with the proper surge protection.

Our trained staff can help you analyze your surge protection needs and install a device at your main electrical panel and on your household appliances to stop surges when they enter. Even 'back door' protection for surges that travel your phone lines and cable or satellite TV hardware is available.

Design your own package based on the protection you need. Monthly lease costs start at only \$5.95 per month. Call now to schedule an installation—

800-927-6068.

WHO IS READING YOUR METER?

The Iowa Utilities Board requires Maquoketa Valley Electric Cooperative to read each individual meter across our entire system on an annual basis. In the past, MVEC employees have read the meters. This year MVEC contracted with Van Wert, Inc. to read the system throughout the upcoming summer months. If you notice a different vehicle with the MVEC logo on the side, you can be assured they are simply on your property to collect the required meter reading.

MVEC will continue to use the meter reading you send in for the monthly billing process unless Van Wert, Inc. notifies us of a stopped, defective or inaccurate reading. Therefore, it is important you continue to send us your monthly meter reading as you have in the past as we cannot guarantee which month your meter will be read.



Energy Working For You!

Your Touchstone Energy® Cooperative



MEET THE 2003 YOUTH TOUR WINNERS

This year's contest asked high school juniors to write an essay with the exact title, "Cooperative Business Model: Progressive or Archaic?"—a difficult topic for high school students. However, the staff and contest judges were pleasantly surprised at the number and quality of the essays received.



Above: L-R, Jason Knipper, Brian Deutmeyer, Kimberly Wahl, Kelsey Worcester and Laura Lehman

There are some people who feel the Cooperative Business Model has become outdated and is no longer effective, but that thinking is not evident in the essays we received. Our young people recognize the value a Cooperative owned business offers as is evident in these quotes from their essays:

"Empowering consumers to determine their own destiny through cooperation is indeed progressive."

"Their focus on customer service, community responsibility and democratic member control will ensure that the cooperative business will survive and indeed thrive for years to come."

"I believe cooperatives are progressing into the future along with their members, who have the opportunity to decide how their business will be run and how to maximize the savings for themselves and other members."

"In a world torn by war and dictatorship, the importance of working cooperatively has never been more apparent.....If only the world could learn the value and power of cooperatives."

Winners of the all expense paid trip to Washington, D.C. in June are:

Jason Knipper, Beckman Senior High School, Son of Dean and Jane Knipper, Earlville and Laura Lehman, Beckman Senior High School, Daughter of Ed and Pat Lehmann, Durango.

Winners of the \$300 cash honorarium are:

Brian Deutmeyer, Beckman Senior High School, Son of Robert and BeFong Deutmeyer, Dyersville; Kimberly Wahl, Maquoketa Community High School, Daughter of Myron and June Wahl, Maquoketa; Kelsey Worcester, Anamosa High School, Daughter of Rick and Jan Worcester, Anamosa



From YOUR Electric Cooperative.

Now you can sign up for simple, inexpensive Long Distance service from Maquoketa Valley Electric Cooperative.

WITH OUR LONG DISTANCE PROGRAM YOU WILL RECEIVE:

- * No monthly service charges or minimum fees. No cost to join.
- * **6.9¢** per minute for all calls state to state within the US.
- * **8.9¢** per minute for all calls within the state of Iowa.
- * Personal, no fee Toll Free number for **8.9¢** per minute.
- * Calling card benefits for just 12¢ per minute!
- * You don't have to be a current cooperative member to sign up!

Call to sign up and start saving today!



*Does not include regulatory charges or state and local US calling charges. Outside of Iowa, consult your local utility for rates. Call for details. © 2003 Maquoketa Valley Electric Cooperative

Call **1-877-671-4004** to sign up





GOLF COURSE EXTRAORDINAIRE ON A FAULT LINE

Would you believe discovering an astounding myriad of wide paved "cow paths" winding around on a picturesque 80 acres? As I drove over the hilltop on 45th Street just 1 1/2 miles north of Preston, Iowa, it was an eye-catching sight to behold. Nestled there in the countryside was the Plum River Fault Line Golf Course. It's a prime example of "if you build it, they will come".



Actually, it is the culmination of the dream and foresight of a group of volunteers of the Miles-Preston area who started it as an economic development project. The initial problem facing them was that there was no land available. When this 80 acres became available, their motto became "We'd better go or you'll never know when land will be available". Bringing the dream to fruition occurred when the group decided to apply for a USDA loan of \$250,000 sponsored by

Maquoketa Valley Electric Cooperative.

The project started in 1997 when the dirt moving began. Gerald Petersen started as general manager in 1998, prior to the Labor Day seeding of the golf course. In the latter part of June of '99, the nine-hole golf course opened to the public.

The large house located on the farm was built in the early 1960's and was a natural for the clubhouse. The two-story home was the vision of the urban couple retiring to the farm who were interested in antiques. The wide paneled stairway and wainscoting was salvaged from the

Curtis Mansion in Clinton. The rooms are large which made it work out well as a clubhouse. For example, the upstairs

contains only two bedrooms and a bath. Thus, the farm home was readily adaptable for an attractive clubhouse. In the rear of the clubhouse, thirty shiny golf carts await the avid golfer.

Gerald Petersen informs me of the following outstanding features of the Plum River Fault Line Golf Course:

"In the last years, the cement golf cart paths winding over two miles of travels have been added. Now, even in rainy weather, golfing is available so the course is open all the time.

We have a very nice, active junior program in the summertime. It's the home course for the East-Central (Miles-Sabula) as well as the Preston Schools. We're proud to be community oriented. We have couples leagues, as well as women and men's leagues. Lots of organizations have tournaments, fund-raisers, etc. There's a small banquet room for golf outings.



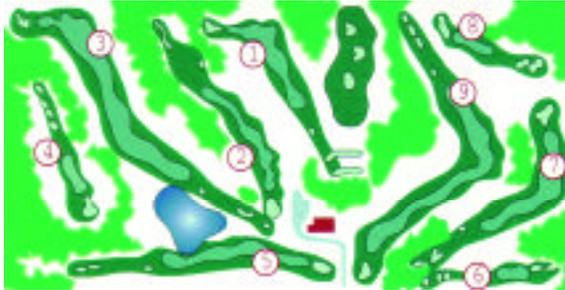


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Besides the astounding view, there are many holes where you can't see the other golfers. Original timber ground and bluffs have been retained. The signature hole is #8, located on top of a bluff.



Summer discount specials are offered in mid-week. Retired couples from surrounding areas such as Cedar Rapids, Clinton and Dubuque come out and make it a day. Even in August, the course is really, really green to behold because we irrigate the whole course, fareways and everything."

The usual golf club beverages, sandwiches and a pro shop add to the recreational surroundings. "There's a pro for lessons, too", the manager adds. His words indicate a genuine love for golf and for the golf course and the recreation offered to the public.

In answer to my logical question, "How did the name Plum River Fault Line Golf Course originate?", it was explained that the golf course lies on the Plum River Fault Line which is an earthquake line running east and west. This is an offshoot of the New Madrid Fault which runs parallel to the Mississippi River. The ancient earthquake led to the beauty of the course with its big imposing bluffs and nature in its original state.

Advice to a golfing enthusiast or a golfing novice looking for a golfing experience to remember, or just to have a good time, you're encouraged to phone 563-689-GOLF for a tee time. You'll be welcomed by all. It's easy to locate (because I drove right to the front door without a problem). Driving on Highway 64, turn north on Z-34 at Preston, making a left at the first four corners onto 45th Street. As you drive over the hill, you'll be amazed at the scenic course awaiting you. Who knows, I may become a golfer, just for the experience of driving those golf carts on the winding transformed cow paths!

WATTS THE ANSWER?

What hole is the 'Signature Hole' at Plum River Fault Line Golf?

How many people won all expense paid trips to Washington, D.C.?

Can our surge protection devices stop 'back door' surges?

Mail your answers in with your energy bill or email them to pmanuel@mvec.com

Two winners will each receive a \$10.00 credit on their energy bill.

Name: _____

Address: _____

March Winners:
Kay Keil, Sabula
Carol Maas, Dubuque





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Choose a Rainbow of Produce for Your Health

In the food world, fruits and vegetables have it all, a huge range of flavors, a wide variety of textures, a rainbow of colors, and a list of health benefits that's hard to beat. It's nearly impossible to overstate the health benefits of eating fruits and vegetables. Name a health problem in the U.S. and produce has probably been shown to help in its prevention and/or treatment. The incredible array of phytonutrients in plant foods has been shown to reduce the risk of heart disease, high blood pressure, diabetes, macular (eye) degeneration, prostate problems, osteoporosis and many types of cancer.

Unfortunately, we are not taking full advantage of these health benefits. Studies by the Produce for Better Health Foundation show that Americans are eating only about 3 1/2 servings of produce per day, far short of the recommended minimum of five servings per day. Even worse, half of our intake (52 percent) comes from just three items: lettuce, canned tomato products and potatoes (as fries and chips).

The best way to get the power of produce is to enjoy as many different kinds, and colors, of fruits and vegetables as possible. Fortunately, all types of produce

provide great taste and promote good health. Fresh, frozen, canned and dried, they all count toward our good health. Green and white vegetables like broccoli, cauliflower, cabbage and brussel sprouts have been shown to reduce cancer risk. Red tomatoes contain lycopene, which is associated with reduced cancer risk of the prostate, breast, digestive tract, cervix, bladder, and skin. Purple grape juice can reduce the risk of cardiovascular disease. Yellow and orange citrus fruits are rich in vitamin C, folate and fiber. They also contain limonoids, which have been identified as a protective against a variety of spontaneous and chemically-induced tumors in rats and mice.

It's important to remember that five servings of fruits and vegetables is a healthy start, but 8 to 10 servings may be needed to get the full power of produce. The good news is that a serving is smaller than most people think. One serving can be a medium piece of fruit; 1/2 cup of cooked, canned, or cut-up vegetables or fruit; a cup of chopped lettuce and other raw leafy vegetables; 3/4 cup (6 oz.) of 100-percent fruit or vegetable juice; 1/2 cup of canned legumes (beans and peas); or 1/4 cup dried fruit. So, start counting your servings and start feeling healthier!

Here is a delicious way to get more vegetables into your diet:

Ten Layered Salad

Serves: 8

2 cups thinly sliced romaine lettuce
 1 cup thinly sliced red cabbage
 1 medium red, or green, bell pepper, sliced
 1 cup broccoli, or cauliflower, florets
 1 cup sliced fresh mushrooms
 1 cup sliced carrots
 1 cup halved cherry tomatoes
 1/2 cup sliced cucumber
 1/2 cup sliced red onion
 Herbed Sour Cream Dressing (recipe to follow)
 Finely chopped parsley leaves, as garnish

1. Wash all produce.
2. Arrange lettuce in bottom of 1 1/2 quart glass bowl; arrange remaining vegetables in layers over lettuce.
3. Spread Herbed Sour Cream Dressing over top of salad and sprinkle with parsley.
4. Refrigerate, loosely covered, 8 hours or overnight. Toss before serving.

Herbed Sour Cream Dressing

Makes about 1 1/2 cups

3/4 cup fat-free mayonnaise
 3/4 cup fat-free sour cream
 2 to 3 cloves garlic, minced
 1/2 teaspoon dried basil leaves
 1/2 teaspoon dried tarragon leaves
 1/4 teaspoon salt
 1/8 teaspoon pepper

Mix all ingredients in small bowl.

Nutritional Information Per Serving:
 Calories: 68, Protein: 3.3 g, Carbohydrate:
 14.8 g, Fat: 0.4 g, Cholesterol: 0 mg,
 Sodium: 380 mg Diabetic Exchanges: 1
 1/2 Vegetable

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MVEC 2003 REBATE PROGRAM

EQUIPMENT/INSTALLATION	REBATE	SPECIFICATIONS/REGULATIONS
Residential Geothermal Heat Pump (New)	Closed Loop \$400/Ton Open Loop \$250/Ton \$150/Ton	Maximum \$6000; Must be ARI Listed; Sized to allow compressor to supply at least 85% of heating requirements at design heat loss conditions without exceeding 200% of cooling load. Preapproval required
Geothermal Replacement Units Only		
Air Source Heat Pump	\$150/Ton	Energy Star Only; Minimum 13 SEER Rating; ARI Listed; Subject to control agreement.
Compressor Change-Out Geothermal/Air-Source (Replacement)	\$100/Ton	
Heat Plus Program	Metering Equipment - Special Heat Rate	Electric Resistance or Geothermal
All Star Home Program	\$250	Electric water heater and electric Energy Star Rated appliances
Indoor Air Quality	\$75	Air Filtration/Radon/Heat Recovery/Ultra-Violet Air Purifiers
Central Air Conditioner	\$200	Minimum efficiency rating of 13 SEER; Subject to control agreement; Limit 2 per household
Electric Water Heaters:		
Electric Water Heater (Premium Quality; 50 Gallon)	\$250	Energy factor of .90 or above; Subject to control agreement
Electric Water Heater (Premium Quality; 80 Gallon)	\$300	
Electric Heat Pump Water Heater (50 Gallon)	\$250	Must be Energy Star rated
Energy Star Appliances:		Home must have electric water heater to qualify for Dishwasher or Washing Machine rebate
Refrigerator	\$50	
Dishwasher	\$25	
Washing Machine	\$75	
Room Air Conditioner	\$25	
Energy Efficient Lighting (Compact Fluorescent)	\$2/Compact Fluorescent \$2/Bulb for 4 ft. T-8 Fixture	Energy Star rated; Limit 4/home/year
Commercial Indoor/Outdoor Lighting (Dusk to Dawn)	Variable	Contact office for complete details
Dairy -Milk Pre-Cooler	\$3/Cow	
Energy Efficient Premium Motors	Variable	Up to 200 hp; contact office for complete details; Pre-approval over \$1,000 or 20 units.
Variable Speed Drive (VSD)	\$40/Horsepower	Contact office for complete details

• Request rebate application form from office and return with copy of sales receipt. (Forms may also be downloaded from www.mvec.coop. Click on "Info Center")
 • Maquoketa Valley Electric Cooperative reserves the right to discontinue the Rebate Program at any time. No rebates will be paid for a temporary or seasonal application.



Maquoketa Valley Electric Cooperative will be closed Monday, May 26, 2003 for Memorial Day.



Visit our Web Site

at www.mvec.coop or
Email direct to the following departments:

- Billing questions: billing@mvec.com
- Product or service questions: memberservice@mvec.com
- Maintenance issues: maintenance@mvec.com



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Anamosa, Iowa 52205
319-462-3541 or 800-927-6068

OFFICE HOURS
Monday thru Friday
7:30 a.m. to 4:00 p.m.

Web Site: www.mvec.coop
e-mail: mvec@mvec.com

After Hours Call Center

800-582-8998

After hours you may also call the service person in your area to report outages or trouble on the line.

Anamosa, Dallas Paustian.....	319-462-4848
Cascade, Pete Boffeli	563-852-3180
Dubuque, Rick Olsem.....	563-582-3668
Farley, Jim Lehman.....	563-744-3005
LaMotte, Vernon Konrardy.....	563-773-2309
Manchester, Dan Petersen.....	563-927-6491
Maquoketa, Jerry Streeper.....	563-652-5014

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