

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • January 2005

2005 MARKETING PROGRAM

In addition to community activities and educational opportunities within our schools, our ongoing marketing ventures include a strong Rebate/Incentive program (see Page 7) where we have seen continued growth especially in the area of geothermal and Heat Plus requests as well as ENERGY STAR® appliances.

We are pleased to see the surge in members wanting to build or remodel using the most energy efficient products on the market. For example, are you aware that a refrigerator 20 years old or more can use up to three times as much energy as a new ENERGY STAR® model? To get the most from that new refrigerator, you should also be aware that moving the old refrigerator to the garage will not end up saving you money.

While slightly higher priced, the new ENERGY STAR® front load washing machines will greatly reduce your need for hot water and can save as much as 50% of your clothes washing costs. Higher spin rates will also reduce your drying time.

Fluorescent lighting has seen dramatic changes in the last few years as is evident by the number of styles and choices now readily available. The lighting display in the miniature energy home at the Swiss Valley Nature Center demonstrates the higher kWh usage of just one incandescent bulb in comparison to a fluorescent bulb; imagine how much you could save with a houseful of fluorescents.

Today's energy saving options are designed to bring you added comfort and safety as well as saving you money both on your electric bills and through our incentive program. For more energy saving ideas, or to take advantage of our 2005 Rebate/Incentive program, please call our Member Support Department at 800-927-6068 or visit our Web site at www.mvec.coop.



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SAFETY WITH SPACE HEATERS

When the cold winds of winter start to blow, many people turn to space heaters as a way of adding extra heat to a room. While they are a source of supplemental heat, if not used safely, they can present a safety hazard.

When purchasing a space heater, always choose a model with a guard in front of the heating device. This is an important safety feature as it keeps people from touching the hot surface. Always check that the space heater has been tested at an accredited laboratory to ensure it meets proper safety standards. Also consider the size of the space you want to heat when selecting a space heater. If the wrong size is purchased it can waste energy.

Carefully read the manufacturer's safety and operating information. Make sure everyone that will be using the space heater has read the directions as well. And, make sure the safety instructions are kept in a handy place where they can be referred to later.

It is important to remember to always turn off the space heater when not in use. When deciding where to place the space heater, make sure it is at least three feet from any flammable objects or chemicals. Also make sure nothing nearby can fall into the space heater and catch on fire. In case the space heater should tip over, it is important to choose a model with a switch that will shut off the heater until it is turned upright again.

Pay attention when plugging in the heater as well. Make sure you are not plugging it in near places that may accumulate moisture. If a space heater gets wet it can become a shock hazard. Avoid using extension cords if possible with space heaters. Check that the plug fits into the outlet securely; a loose plug may overheat. If the plug feels warm, disconnect it immediately.

Space heaters are a way of driving the chill out of drafty rooms on cold winter days. However, like other electric appliances, they must be kept in good condition and used carefully to keep your family and home safe.

CALENDARS

New 2005-2006 calendars were mailed to all members in December. As a cost-saving measure it is our intent the calendars will be inserted into the magnetic strip supplied with your 2003-2004 calendar. If, however, you do not have a magnet, please contact us.

ELECTRONIC BILL PAYMENT

Did you know MVEC offers the option for your electric bill to be automatically paid through your checking account? Contact the Billing Department at billing@mvec.com or 800-927-6068 to request a sign up form. Once you are signed up you can call, or email, your monthly meter reading 24 hours a day. No more check writing, no more stamps, fast and easy.



Energy Working For You!

Your Touchstone Energy® Cooperative



FREE CREDIT REPORTS COMING SOON

For years, experts have told consumers they need to check their credit report every year. But for the past few years, unless you were denied credit, you had to pay up to \$35 to see your credit report from the three credit reporting agencies. Only those who were denied credit could get a free report.

Starting late this year officials now say consumers will be able to get a free credit report from each agency each year. The initiative is part of an effort to cut down on identity fraud by making it easier to spot.

As of December 1, free credit reports were available on the west coast. Over a nine-month period, the availability will roll out eastward, with the last of the eastern states becoming eligible on September 1, 2005. Iowans' will be able to get their credit reports starting March 1, 2005.

Once you have the report, you need to look for things that you don't recognize. If you're looking at your report and see the name of a company that you've never shopped at, then it's a pretty sure bet that something is wrong.

Credit counselors estimate that 80 percent of all credit reports contain at least one mistake.

The free credit reports come as a result of the Fair and Accurate Credit Transactions Act. Under this Act, the three major credit reporting agencies, Equifax, TransUnion and Experian are required to provide consumers, upon request, a free copy of their credit report once every 12 months and to create a centralized source to process the requests.

This centralized source will include a Web site, a toll-free telephone number and a postal address.

The FTC is working with the credit reporting agencies to figure out how consumers will register their requests for a free report. The plan is to design a sign-up system and then launch a public awareness campaign.

MODEL HOME COMING IN FEBRUARY

Watch next month's Watts Current for details on another opportunity to view an all-electric home near Bernard in February. Gerald and Trish Driscoll's home will give prospective home-builders many energy efficient ideas.

ATTENTION HIGH SCHOOL JUNIORS

Watch next month's Watts Current for details of our annual Youth Tour Contest for your chance to win an all expense paid trip to Washington, D.C. or \$300 cash. Visit <http://youthtour.iowarec.org/> for trip highlights.





POTTERY ON WHEELS

Grace Zimmerman, Anamesa

Are you looking for an opportunity for your family to get together in a different kind of fun situation with creative results? Maybe Mom needs a birthday party. Maybe your organization is searching for something unique to make a connection among the members. No matter what the age, young or old, male or female, pottery on wheels offers a chance to achieve results which you make yourself.

Sue Naderman of rural LaMotte, Iowa, has devised a method of getting people together in a setting whereby each person creates his or her own masterpiece. She has aptly called her business "POTTERY ON WHEELS". By simply placing a call to her home at 563-672-3659, and stating what occasion you're celebrating, will result in Sue arriving at your home, party place or family gathering etc. with everything needed for a party. There'll be bisque ware of your choice, whether it might be a platter, vase, plate, mug, bowl, etc. of various designs. Included will be various patterns from which to choose, the concept paints, paint palettes, brushes of all sizes, everything you need to paint bisque ware and transforming it into an attractive ceramic product. She also has special pens to use to write on plates for a message. "There's all kind of things you can do with ceramics. I only ask clients to provide newspapers to protect

the working surface and water for the brushes. I do ask that there be a minimum of eight people per party adds Sue.

Clients can provide their own patterns. For example, Sue notes that coloring books are dynamite pattern books and Christmas cards make wonderful patterns. "Once you figure out your pattern, you trace it on tissue paper. Next you place your pattern on the object you're going to paint and trace over top of the pencil drawing with a Sharpie. Then you're ready to paint with Concept paints. (I couldn't help but make the observation of the investment involved in the vast array of paints, brights and pastels.) I do have a hair dryer to help dry the paints because a couple of coats are necessary and the first coat must be dry first. When you paint it, the result does look dull. The parties do last about 1 to 2 hours. I take their finished product home with me and glaze it before putting it in the kiln. This makes the ceramic product safe to eat on and dishwasher safe. I will get the finished product back to them in 7 or 10 days," concludes Sue.

Examples of parties held, include the time

that one woman called and wanted a family tree relates Sue. "Thirty some people gathered in her home. It was so cool. Some bisques were even sent to Hawaii for grandchildren to paint their own designs. They were a creative family. It was the largest party I've ever done. An SCA group, Society Creative Acronyms, met and made tankards. It was composed of 50% men and 50% women. Men enjoy it, too. In case you're wondering, the society has to do with medieval organizations. I've done Girl Scout troops, too and they really enjoy making the little jewelry boxes. The projects for parties range in price from \$10, \$15 or \$20 each. I encourage people to invite me to their homes. It's the same concept as Pampered Chef or Tupperware, only you're making your own," concludes Sue.



Sue with sample of finished products.



Grace tries her hand at painting

Of course, my obvious question was, "How did this all come about?" Sue responded. "My mom, Nancy Furuseth, now living in Bernard by Leisure Lake, has always done ceramics. My daughter, Becky, wanted a different kind of shower party. The result was everybody getting together to paint bisque. Mom was always for it. We had about 22 people. After Becky's shower, I felt that it really went well. I went researching on the web and a woman from Nebraska helped. I sent her an e-mail and that's how it got going."

Sue and her husband, Don of 25 years, reside in a lovely 150 year old brick home. They're the parents of 3 daughters. There's a lot of pride in Sue's voice when she speaks of her helpmate and their daughters. She's also proud of the results of those who meet and paint the bisque. You know that she really enjoys the one-on-one approach.

Sue is also starting into painting on glassware. She hopes to offer it next year. She's experimenting and

attending seminars now. "What's nice about glass, it's easy. You place the glass on paper and paint the glass. You can use a flat piece of window glass. Then you put it on a draper, which Sue tells me is the term for a glass mold. My husband, Don, cuts it for me as he did for this plate. I have a tendency to have the glass break.

There's also a sagger, opposite of a draper. The glass goes on top and the pattern melts down into it," explains Sue. She had a really beautifully done poinsettia Christmas plate and a small glass dish with an inlaid pattern.

If you're in doubt about your ability to paint the bisque, forget it! While I was at Sue's home, I painted a scene on a pie plate. The purpose was to give me a better understanding of the process. The scene I painted on the pie plate was of strawberries. It'll be great for making strawberry pie for the grandchildren. (Yes, I know if I'd been planning this fun event, it would have been gooseberries) Conclusion: if I can do it, anyone can do it!

Give Sue Naderman a call at 563-672-3659 to get a party planned. It may just be the answer to the doldrums of winter or just plain FUN! Her e-mail is snaderma@netins.net.

WATTS THE ANSWER?

Eating more fruits and vegetables will help lower your _____.

An old refrigerator can use up to ____ times as much energy as a new ENERGY STAR® model.

When placing a space heater make sure it is at least _____ away from flammable objects or chemicals.

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: _____

November Winners:

Ronald Heinrich, Maquoketa
Ambrose Pins, Farley





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Healthy Eating Can Make a Difference for Men

It is true you are what you eat. According to Dr. Michael McGinnis, director of the office of Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services – next to cigarettes, diet is the #1 killer of Americans.

Many men think the more red meat they eat the better. Rice should be served with butter and meat drippings. Iceberg lettuce is only good with a thick dressing. Without moderation this type of diet will promote obesity and may have a serious consequence with aging.

It is true that men consume more saturated fat and cholesterol than women. It is true men are less likely to limit total fat intake. It is true that men eat fewer fruits and vegetables than women. Men consume less dietary fiber. Men often skip breakfast and men drink more coffee than women. The risk of death from a heart attack for the average man is 50%. The risk of prostate cancer for men who do not practice moderation in food selection is 360% higher than for men who do.

What happens as we age? The body between ages 20-30 starts a gradual decline. The metabolic rate starts to slow. The digestive tract starts to be sluggish. There is a start of glucose tolerance. Blood pressure starts to increase. Lean body and muscle mass start to decrease and fat tissue starts to increase in our body.

As we age we need greater amounts of antioxidants to sweep up and deactivate free radicals that cause

damage at cellular level. Research has found antioxidants in fruits and vegetables, whole grains, fat free milk and yogurt, dried beans and peas and soy.

How can we eat in a healthier manner? Everyone needs to avoid foods that don't provide nutrients but only energy. Increase your fruit and vegetable consumption to reduce the risk of cancer, as well as heart disease and diabetes. Eating more fruits and vegetables will help lower your blood pressure. Try eating 2 servings of fruits and vegetables at each meal and 2 more servings for snacks. The darker the color the better the fruit or vegetable is for you.

As we select our carbohydrates try to select carbohydrates that offer nutrients also with calories for energy such as vegetables and fruits, whole grains, beans and peas. Complex carbohydrate foods will also be good sources of fiber. Men need 38 grams per day of fiber. Good sources of fiber include: wheat bran, lentils, wheat germ, oat bran, chick peas, raspberries, cracked wheat/bulgur, barley, apples, brown rice, whole wheat bread and carrots.

Men also need to protect their prostate. Think about using saturated fat and animal foods in moderation. Eat more soy based foods. Eat plenty of fruits and vegetables especially cooked tomato products. Eating more whole grains, nuts and seeds can help too.

But, healthy eating is only part of the formula for good health. Activity and exercise is also very important in fighting disease and maintaining lean body tissue for weight control. The

recommendation for activity level is at least 30 minutes of moderate activity (like brisk walking) on most days of the week. Physical activity can be in small doses throughout the day rather all at once. You can work it in a little here or there. And it doesn't have to be strenuous.

This month's recipe is a cook once for several meals recipe. It makes 12 servings but you can use some of the leftover beef for BBQ sandwiches. If you still have more roast left, wrap it carefully in foil or put it in a freezer bag, label it and freeze it.

Slow Cooker Pot Roast Makes 12 servings

- 1 10.75 ounce can condensed Cream of Mushroom soup
- 1 1 ounce package dry onion soup mix
- 1 1/4 cups water
- 2 1/2 pounds pot roast, cut in chunks
- Carrots, potatoes, onions (enough for a meal for your family)

Remove all the fat you can see from the roast. Cut the roast in chunks. In a slow cooker, mix Cream of Mushroom soup, dry onion soup mix, and water. (The soup and soup mix add sodium so you may want to use low-sodium versions)
Scrub potatoes and carrots and cut in chunks. Peel onions and cut into quarters. Place pot roast and vegetables in the slow cooker and coat with soup mixture.
Cook on "low" setting for 7-9 hours.

(continued on page 8)



MVEC 2005 INCENTIVE/REBATE PROGRAM

EQUIPMENT/INSTALLATION	INCENTIVE	SPECIFICATIONS/REGULATIONS
Residential Geothermal Heat Pump (New)	\$400/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. Pre-approval required.
Geothermal Replacement Units Only	\$250/Ton \$150/Ton	
Air Source Heat Pump	\$150/Ton	• Energy Star rated; ARI Listed; Subject to control agreement; Minimum 13 SEER cooling and 8.0 HSPF heating.
Compressor Change-Out Geothermal/Air-Source (Replacement)	\$100/Ton	
Heat Plus Program	Special Heat Rate \$.0345/kWh	
All Star Home Program	\$250	• Electric Resistance or Geothermal; Requires premium electric water heater, no domestic water heating; \$250 equipment charge. Contact office for details & approval.
Indoor Air Quality (Portable units do not qualify)	\$75	• Electric water heater and electric Energy Star Rated appliances • 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 .92 or above; Subject to control agreement
Electric Water Heater (Premium Quality; 80 Gallon)	\$300	All Electric water heater must be energized
Electric Heat Pump Water Heater (50 Gallon)	\$250	
Energy Star Appliances*:		
Refrigerator	\$50	• Must be Energy Star rated
Dishwasher (Electric water heater required)	\$25	Home must have electric water heater to qualify for Dishwasher or Washing Machine rebate
Washing Machine (Electric water heater required)	\$75 front load; \$50 top load	
Room Air Conditioner	\$25	
Energy Efficient Lighting (Compact Fluorescent)	\$2/Compact Fluorescent \$2/Bulb for 4 ft. T-8 Fixture	• Energy Star rated; 1 rebate per household/year Pre-approval over \$2,000 or 500 units
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

* Limit to one of each appliance/household. • Request rebate application form from office and return with copy of sales receipt. (Forms may also be downloaded from www.mvec.coop.)
 • 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.



(continued from page 6)

BBQ Sandwiches from Leftover Roast
Makes 6 sandwiches

2 cups leftover beef, diced or shredded into small pieces
1/2 cup bottled barbeque sauce
2 tablespoons water

Combine all ingredients and simmer over low heat 15-20 minutes. Serve on buns, bread or English muffins.



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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800-582-8998

After hours you may also call the service person
in your area to report outages or trouble on the
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Dubuque, Rick Olsem.....	563-582-3668
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