

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • February 2004

ATTENTION HIGH SCHOOL JUNIORS

Win an Expense Paid Trip to Washington, D.C.!

Maquoketa Valley Electric Cooperative is sponsoring two expense paid trips to Washington, D.C. this year and awarding each of three runner-up winners a \$300.00 honorarium.

Eligibility

Any student who is a junior in a high school located in Jones, Jackson, Dubuque or Delaware counties is eligible to enter the contest. A student who attends school outside these four counties may enter the contest if their parents or legal guardian is a member-consumer of Maquoketa Valley Electric Cooperative. Students participating in a similar contest sponsored by another electric cooperative are not eligible to participate in this contest. Children of MVEC directors or employees are not eligible.

How To Enter

Submit a paper of 200 words or less on the exact title "Cooperatives – Who Cares?" The essay objective is to research the Cooperative way of doing business and its impact on consumers. For

more information, or to request entry materials, call Maquoketa Valley Electric Cooperative, or email pmanuel@mvec.com. All entries must be received by March 15, 2004.

After preliminary judging, five finalists will be asked to come to the Anamosa office on April 6, 2004 for final judging with a team of judges not associated with the Cooperative.

Washington, D.C. Tour

Two winners will travel to Washington, D.C. June 12-17, 2004 where they will meet approximately 1,000 Youth Tour participants from across the nation. They will learn about electric cooperatives, American history and government, attend educational seminars and visit with their national legislators.

Spending time together as a group of 1,000 they will visit historical sights, learn about cooperation, attend dances

and plays together, visit the White House and cruise down the Potomac.

Returning home these young people take with them a new appreciation and fondness for their country and electric cooperatives...and for each other.

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RECENT GEOTHERMAL INSTALLATIONS

*Customers Realize Additional Savings
With the Heat Plus Rate*

Kevin & Nancy Conlon, 18710 Homestead Lane, Durango, are heating their new home with two hydro heat water-to-air geothermal units plus an additional hydro heat water-to-water geothermal unit for in-floor heat in the lower level of the home. All Season's Heating & Cooling in Dubuque installed the system.



Mark Dolphin, 27740 Olde Farley Road, Farley, is heating his new truck shop with a three ton Climate Master water-to-water geothermal unit.



Mark's new shop has in-floor heat which will keep his fuel truck ready to go on those cold winter nights. Hefel Geothermal, Dubuque, installed Mark's system.

For more information on how geothermal can work for you, contact Gary at 800-927-6068 or email gweber@mvec.com

MVEC PROVIDES EQUAL OPPORTUNITY

Maquoketa Valley Electric Cooperative is an equal opportunity affirmative action employer. It shall be the policy of the Cooperative that all applicants for employment shall be considered and hired on the basis of merit, without regard to race, color, religion, sex, age, national origin, or mental or physical disability.

The employment practices shall insure equal treatment of all employees without discrimination in rate of pay or other opportunities for advancement because of the employee's race, color, religion, sex, age, national origin, or mental or physical disability.

UNCASHED CHECKS

Our patronage dividend bank statement shows a large number of uncashed dividend checks. These checks were mailed last October and become automatically void on February 29, 2004. If you are still holding on to your check, please cash it soon. If you no longer have the check or perhaps never received it, please call Cleo at 800-927-6068 or email her at crogers@mvec.com.



Energy Working For You!

Your Touchstone Energy® Cooperative



EASTERN IOWA DAIRY CONFERENCE DRAWS CROWD

Attendees at the 2004 Eastern Iowa Dairy Conference were impressed with the caliber of speakers they heard from January 13 and 14 in Dubuque. Evaluations received at the time of this writing rated the speakers, vendors and food as excellent. Producers from Hudson to Wisconsin and back to Oskaloosa listened to cutting-edge topics from expert presenters and took home new, useful ideas. Always popular, Monte Hemenover's presentation touched on adapting to change, dairy business management, profitability per cow, the Australian free-trade and BSE. Dr. Bill Mahanna with Pioneer Global stressed understanding and analyzing the results from your feed samples and the importance of knowing your labs. Another session with Dr. Mahanna focused on Sub-acute Rumen Acidosis (SARA) further solidifying his expert knowledge of the dairy industry. Organizers learned to allow more time for future presentations by Dr. Leo Timms, ISU Extension Dairy Specialist, as his demonstration on the use of teat seal and discussion on pre-treating heifers drew numerous questions from the attentive audience. Panel discussions with area producers were also well-received as attendees told us they enjoyed hearing from their peers and appreciated the variety of operations featured. Ending up the conference on Wednesday afternoon, Dr. Cropp from the University of Wisconsin-Madison presented opportunities and challenges within the dairy industry, while Tom Pittman, Senior Supply Manager, Dairy Procurement with Unilever outlined the difference in large and small procurement systems and the costs associated with them. Pat Paustian, Executive Director of the newly formed Iowa Ag Innovation Center, was recognized as the top conference sponsor and shared what her Center's plans are for value-added ag businesses. Thanks to the numerous conference sponsors, producers and media representatives for helping us make the 2004 conference another success.



Plans will soon be underway for the next Eastern Iowa Dairy Conference and we would appreciate your input:

What topics are of interest to you?
 What dates, times or locations are good for you?

If you have never attended, why not? Please call, drop a note in with your energy payment or email Patty Manuel at pmanuel@mvec.com with your comments.

*Above (top to bottom):
 Tom Pittman, Unilever*

Dr. Leo Timms, ISUE Dairy Specialist

Gary Wergin, WMT Radio and Monte Hemenover





TRANSITION FROM REAL FARM TO TROUT FARM

Grace Zimmerman, Anamosa

I picked exactly the right time of day to drive to the home of Bill Bevan at 35542 Mill Creek Road, Bellevue. Bill was having lunch with his sister and mother. His mother treated me to a piece of tasty custard pie, made in the blender. (Thanks again!) Bill and Kim Bevan's venture is located in the middle of an agricultural area. Theirs is a century farm. Some of the farm is rented to others but they still farm enough themselves to feed 30 stock cows. So, my obvious query was, "How did you make the transition from regular farming to trout farming?"

Bill's response was, "My friend, Troy Jacobsen, decided to get out of the trout business four years ago. My wife, Kim, and I did the math and we made the decision. He had a small customer base, which we quadrupled. We're still using much of his operation. The ponds are his, which are 80% spring fed. Mill Creek runs through our pond. We buy trout eggs from the Trout Lodge in Washington State, a big company that sells trout and salmon eggs. They ship eggs all over the world, air freight over night, in a big box on ice. When we get the eggs, we use an incubator with trays in which the eggs will sit in 1 1/2 inches of water, bobbing up and down like in fresh water. Those fertilized eggs will have a three week incubation period. Pretty soon you see little eyes. Then they go into a 4'x 4'x 28' stainless steel tank which was once a cheese vat. Others may use concrete raceways but we find that the stainless steel vat stays cleaner. This is all done in cold spring water. If the temperature reaches anywhere near 70 degrees, they're dead! After about 2 1/2 months, from the time we get the eggs and they reach 4 to 6 inches, then, they're ready to go to the pond.

We have an aqua culture license which means we can sell in Iowa. Then the buyer has a receipt for those fish. We have a 450 gallon bulk tank, on bottled oxygen, just like is used by a person in a hospital. We put that tank on a tandem-axle trailer to haul the fish to



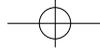
Above: Bill Bevan and Jill Jacobsen

the buyer. We have a load of trout going to Independence and there will be about 400 to 450 fish in that tank. We also have a 200 gallon tank which slides into the back of the pick-up. We sell fish to several local fee fishing campgrounds, including Paradise Valley at Guttenberg and D & D Campground in Colesburg."

Bill continues, "One of the reasons that people come to us to buy fish is because the fish come from right here. They want to know where the fish come from."

That led to my question, "What are your trout fed?" To which he replied, "We feed a trout food from Nelson & Sons of Murray, Utah. It's 38% protein trout food. These are rainbow trout, not brook trout. The rainbow trout are more domesticated, easier to catch, not as spooky as brook trout. Some people will stock their ponds now and do ice fishing in winter." Call Bill if you would like to have your own pond stocked.

Driving along Mill Creek Road, following Bill, I must have seemed really pokey to him because I kept gawking at the scenery. I couldn't believe the number of old, unusual looking homes. I also kept thinking about the beauty of the bluffs and fall foliage as well as about the abundance of morel mushrooms that must be here in the springtime.



Above: The stone basement with the curved ceiling is used for incubation.

Then our drive continued on to the ponds. The one pond was dry as Bill explained the process was to let one pond dry up, dredge it out to clean it up before putting the trout in it again. Some people are glad to get the fish manure and as Bill Bevan stated, "for some reason, some people who raise grapevines want fish manure."

The highlight of my day was watching Bill scatter the fish food from his five gallon pail out into the trout filled pond. They all congregated to where he scattered the food and the water seemed to come alive with a rapid rippling of water with the trout bursting up out of the water. Then, he took a large rectangular net, hooked it onto a special lifting bar, threw food into the net and raised up lots and lots of fish, flouncing and bouncing around in the net. I could easily understand when Bill told me that his mother really enjoyed this part. What a sight to behold! And, I'm

not a fisherwoman. The colors of the rainbow trout were magnificent! A perfect ending to a perfect day!



This is a venture of which the Bevan family can be very proud. It takes lots of work and planning. It's no wonder, as he speaks of his rainbow trout, that the pride in his voice is very evident. You'll want the phone number to contact Bill about obtaining the home-grown rainbow trout, 563-872-5487 and the

address if you still use the U.S. mail: Mill Creek Trout Farm, 35542 Mill Creek Road, Bellevue, Iowa 52031. The computer literate can email him at millcreektrout@msn.com.

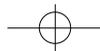
P.S. In about a year you're going to hear this name and address again. In visiting with Bill's mother, I learned the background of the large unusual three story house which belonged to the Potter

family, of which they are descendants, and how it was connected to Potter's Mill. Mr. Potter was like the owner of a commune, as his millworkers and farmers all lived in his houses, forming a small community with their own school, etc. What a history lesson to be told!

This area is also home to a Natural Resource Conservation Service (NRCS) project. Bill is a NRCS Commissioner. Watch for another article on how this project relates to Bill's trout farm.

CORRECTION

The article on 'Bee Boards' in the January issue included some wrong information. John's folks are named as Phil and Marilyn Wolfe, but their names are actually Dan and Louise Wolfe. We sincerely apologize for that, Dan and Louise! Also, the wrong phone number for the Wolfe family was printed. The correct number is 563-872-4972. We are sorry for any inconveniences in reaching them and for the confusion to those people who know the Wolfe's.





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Think Fish Eat Fish

Health professionals are telling us we should eat more fish, at least twice a week. Fish is a natural source of potassium that is essential for muscles and nerves and for controlling blood pressure. Seafood also supplies vitamin B and phosphorus. Phosphorus is needed for strong bones and teeth and as an aid in the absorption of many of the B-group vitamins. A single serving of fish or other seafood provides 50-60 percent of an adult's daily protein needs and 85 calories. All seafood is low in fat and nearly all seafood is low in cholesterol. Seafood is an excellent source of iodine which is essential for the thyroid gland functioning. Seafood also contains zinc which helps the body heal wounds.

Research studies also show another benefit of eating fish is that fish help reduce the risk of cancer and heart disease. America has one of the highest incidences of heart disease due to our diets. Heart disease now kills more women than men each year and more than the next seven leading causes of death combined. According to the American Heart Association, most women don't recognize their risk for coronary artery disease and the benefits of including fish in their diet to reduce the risk. Research shows that fish is virtually a miracle food

given its ability to protect against heart disease. That is because the fat found in seafood is rich in polyunsaturated fat and omega-3 fatty acids.

A 16 year study of almost 85,000 women found that those women who ate fish two to four times weekly cut their risk of heart disease by 30 percent compared with women who rarely ate fish. Women who ate fish five or more times weekly reduced their risk 34 percent. Omega-3 fatty acids work by making blood clotting more difficult, thus helping to prevent a heart attack itself. They relax arteries, that helps keep them from becoming clogged with plaque and improves blood circulation in the heart. Omega-3 fatty acids also can improve the heartbeat and blood flow. Lowering the blood fats and blood pressure makes heart attacks less likely.

A report published in the New England Journal of Medicine examined the relationship between fish-eating and deaths from heart attacks over a 30 year period in a group of 1822 middle-aged men. The researchers found that men who ate an ounce or more of fish daily had a 42 percent lower rate of death from heart attacks than nonfish-eaters.

The amount of omega-3 fatty acid needed each day depends on a person's levels of physical activity, stress, nutritional and disease state

and body weight. Eating fish is a very inexpensive and low risk way to lower your risk of heart disease. If you know you want to eat more fish but are having trouble incorporating it into your diet, here are some tips to help you get started:

- Add seafood gradually. Try substituting fish for one meat meal per week.
- Cook fish properly. For best results, use high temperature and a short cooking time. A good basic rule is 10 minutes per inch of thickness at 450 degrees.
- Cook fish to an internal temperature of 145 degrees F, or until it flakes easily with a fork.
- Water-packed canned fish and frozen fish are just as healthy as fresh and provide a convenient and often less-expensive option.
- Add fish or seafood to recipes that normally require beef or chicken.
- Don't limit consumption to only one type of fish. Try a variety to gain as much nutritional benefit as possible.

It's never too late to adopt healthy fish-eating habits. Try the delicious recipe on page 7.



Farm-Raised Catfish with Tangy Orange Sauce
Serves 8

- 1/4 cup orange juice
- 2 tablespoons corn oil
- 2 tablespoons light soy sauce
- 1/8 teaspoon pepper
- 1 tablespoon lemon juice
- 1 tablespoon chopped green onion
- 2 pounds farm-raised catfish fillets

To make the sauce, combine the first six ingredients in a bowl. Brush farm-raised catfish fillets with sauce mixture. Place fish on lightly oiled grill (four inches above hot coals). Grill for five minutes; brush frequently with sauce. Turn and grill for five minutes longer or until fish flakes easily when tested with a fork (also excellent when broiled).

Nutritional Analysis Per Serving, 160 calories, 8.5 gms fat, 19 gms protein, 168 mg sodium and 60 mg cholesterol

Editor's Note: Susan and I think this would be just as delicious with Trout.

THIRD PARTY NOTIFICATION

The third party notification is a plan which allows our customers to designate a third party to receive copies of any notices that might be received for discontinuing the electric service.

The purpose of this program is to limit the risk of a customer having the electric service discontinued because of a breakdown in communication. This may happen because a customer missed receiving the notice or received it but didn't understand the implications.

Copies of the notifications may be sent to any third party; a relative, friend, clergyman, physician, landlord, agent or agency, etc. This does not, however, place any obligation on this party to pay the electric bills, nor will it defer or prevent discontinuing the electric service if payment is not made. The third party does serve as an additional communication link with the customer.

Although we will make every effort to provide third party notification, the person making this request agrees that Maquoketa Valley Electric Cooperative incurs no liability whatsoever for failure to do so for any reason.

If you are interested in the third party notification, contact our Member Support department at 800-927-6068 or email billing@mvec.com and they will send you the necessary form.

WATTS THE ANSWER?

Fish is a miracle food given its abilities to protect against heart disease. True or False?

What kind of trout are raised on Bevan's Trout Farm?

Are electric cooperative customers and owners one and the same?

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: _____

December Winners

Milton Connolly, Cascade
John Richey, Dubuque





Maquoketa Valley Electric Cooperative will be closed on February 16, 2004 in honor of President's 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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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 Boffeli563-852-3180
- 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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