

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • June 2004

ARE YOU IN THE DARK?

Tired of finishing up an outside project in the dark, or finding your way to the house and fumbling with keys in the dark? Then call our Maintenance Department and sign up for our outdoor (dusk to dawn) lighting program.

We can install a 100 or 250 watt high pressure sodium security or flood light, and maintain it for you, for a low monthly fee. We will install the light on an existing, qualified pole on your property, or you may purchase a new pole. If you wish to have the line to your light installed underground, or extended to an area more than 140 feet away, additional costs may be incurred.

Generally lights are installed as metered, meaning the kWh's used by the new light will register on your electric meter and be billed as part of the total kWh's used at your location. For metered installations, the installation and maintenance cost for your light will be as follows:

100 or 250 Watt High-Pressure Sodium Security	\$6.40/month
100 or 250 Watt High-Pressure Flood Light	\$8.90/month

This charge will automatically be added to your monthly electric bill. Then, if your light ever needs maintenance, all you need to do is call to have us repair it for you.

An outdoor dusk to dawn light is a great convenience, however our first concern is your safety. Maquoketa Valley Electric Cooperative has the staff, the equipment and the knowledge to properly install and maintain your light. Remember, our energy is always working for you...give us a call at 800-927-6068.

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Maquoketa Valley Electric Cooperative

Our Energy Working Fo

NOMINATIONS SOUGHT FOR BOARD OF DIRECTORS

Maquoketa Valley Electric Cooperative's Annual Meeting will be held on Thursday, September 9, 2004 at the Palace Ballroom in Farley, Iowa.

The three positions for the Board of Directors listed below are up for election. Each position is for a three year term. The Board of Directors has appointed a Nominating Committee to review and develop a list of candidates for the available positions. Two incumbents have indicated they intend to run for re-election.

If you are interested in learning more about the requirements for serving on the Board of Directors, please contact Jim Lauzon, CEO at Maquoketa Valley Electric Cooperative's office in Anamosa, 800-927-6068. A packet of information will be mailed to you.

If after reviewing the qualifications, you wish to be considered for one of these positions, please submit a brief biography stating your qualifications to: Nominating Committee, %Maquoketa Valley Electric Cooperative, PO Box 370, Anamosa, Iowa 52205, prior to June 30, 2004.

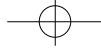
The following director positions are up for election:

Serving Delaware and Buchanan Counties:	Richard (Dick) Bishop, Manchester (incumbent)
Serving Dubuque and Clayton Counties:	Alan R. Manternach, Cascade (incumbent)
Serving Jackson and Clinton Counties:	D. Burton Romer, Maquoketa (incumbent-not seeking re-election)

STATEMENT OF NON-DISCRIMINATION

Maquoketa Valley Electric Cooperative is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, age or physical disability shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is James M. Lauzon, P.E., CEO. Any individual, or specific class of individuals, who feel this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization; or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Rural Utilities Service, Washington, D.C. 20250. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.



Energy Working For You!

Your Touchstone Energy® Cooperative



MVEC WELCOMES NEW CUSTOMERS IN WORTHINGTON COMMERCIAL PARK

Maquoketa Valley Electric Cooperative's economic development efforts can make a real difference in a community's ability to attract new business. Last summer MVEC worked with the City of Worthington to extend three-phase electric service approximately 1.75 miles to the new Worthington Commercial Park. This major line extension project allowed Worthington to attract three new businesses to the park including Brunkan Equipment, Century Building Products and Heritage Wood Products.



MVEC is proud to welcome these new businesses to our Cooperative family and glad to be a part of Worthington's development efforts.



Clockwise from the top right: Brunkan Equipment, Century Building Products, and Heritage Wood Products.

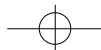
POWERFUL PARTNERSHIPS FOR ECONOMIC DEVELOPMENT

Your Cooperative was founded upon strong partnerships. Our commitment to rural Iowa has never been stronger and at the same time more crucial. MVEC's involvement with local development efforts throughout the region is part of our strategy for growth and a demonstration of our commitment to community.

Assisting us in this important arena are long-standing partners with a depth of resources, knowledge and experience. Our power supplier, Central Iowa Power Cooperative (CIPCO) and the Iowa Area Development Group (IADG) are helpful and innovative when working with us on local projects. IADG's experience in securing state and federal financial assistance, value added agriculture, community development and marketing keep us ahead of the competition. They provide us with additional resources when we are working to secure new electric load, job creation and investment in our communities.

Click on www.iadg.com for a better understanding of IADG and their services. Or, visit www.mvec.coop, click on Beyond the Wires and then Economic Development to see the resources available to your community. If you have a business or know of someone looking to grow their business in Iowa, give us a call. We can go to work with our powerful partnerships to explore opportunities for success.

Powerful
PARTNERSHIPS





MEMORIES AND MORE OFFERED AT ANTIQUE CELLAR

Grace Zimmerman, Anamosa

Maybe you're looking for a trip down memory lane to see if you can locate that old 1920's sewing machine that great grandma used to create your mother's wedding dress. Maybe you just want to re-live the days you used the old sad iron. (Not me-I hated that hot job. I'll take permanent press any time!) Or are you in the market for a stocking stretcher? If you're a devout antique collector, and want to add another unique piece to your collection, this is the place.

Whatever you want to make your dreams come true, likely can be found at Joan and Stu Wagner's Antique Cellar at 36419 333rd Avenue, which is located about one mile off Hwy 52, about three miles south of St. Donatus, with a Bellevue address.



When I walked into the huge antique building housing the Antique Cellar, I exclaimed, "Wow! How big is this?"

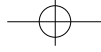
Joan replied, "BIG!" A little later I asked Stu and his answer was 5000 square feet. To say that I was amazed at the variety of antiques, doesn't begin to do it justice.

Joan explained, "It all started 31 years ago in May when we moved out to the country on this rock road, seemingly cut off from the rest of the world. Stu was on the road as a sales manager. All winter my daughter and I kept busy fixing up the house. When spring came, we had a garage sale. People came. After much discussion, this evolved into this business. Stu enjoyed woodworking, first in the basement of our home. When we added a building on our property, this was the new location for his shop. Advertising for consignors

brought in a big variety of items, crafts, clothing and antiques. Thus, the Craft-Tique Cellar was born.

In 1978, we started a full-scale furniture stripping operation which fit right into our family business, now renamed the Antique Cellar", adds Joan.

In 1983, when Stu retired, he became involved full time so another building was added and gradually they got out of the furniture stripping business. They made the decision to enter the flea market circuit once or twice a month. "Returning home after the weekend, we were too exhausted to unpack the trailer on Monday so we'd unpack and restock for the next two days. This resulted in flea market trips to warmer locations in the fall and then for 19 years we closed the Antique Cellar during the winter months to do shows in



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the West. We added a third extension to our showroom but now as we're growing older, we're home year 'round. We do lease space in malls", adds Joan. "I also work at Banowetz Antiques in Maquoketa a few days a month where we have three booths, mostly showing dark woods. We also have two booths at Pulford Mart in Savanna, IL", continues Joan.

When I was there, on a Tuesday, Stu was busy unloading the trailer, which is pulled behind their pick-up. They had just returned from a buying trip the previous day. Packed from floor to ceiling, it contained everything from antique furniture to dishes.

While I was there, a young couple from Wisconsin browsed in the shop. Joan explained which items were tagged at a sale price, discovering their interests. The couple informed me that while driving on Highway 52, they saw the signs and decided it was a way

of adding enjoyment to their brief vacation.

It doesn't take long to arrive at the conclusion that Joan and Stu are two busy people, who really enjoy antiques and meeting people. But, not too busy to urge you to stop by to browse and visit. "Just ring the bell. Whether we're lying out by the swimming pool, taking an afternoon nap after lunch, or unloading antiques, we welcome you to stop by", concludes Joan.

The Antique Cellar is open 9-5 most days year 'round or by appointment at any time. The phone number is 563-872-4930 and their email is auntyq@iowatelecom.net. It's easy to find by watching for the flags about 6 miles north of the Bellevue city limits and State markers on Highway 52. Even if you're not an antique lover, it's an outing you'll enjoy. Let me know if you buy the stocking stretcher!

WATTS THE ANSWER?

How many director positions are up for election at the Annual Meeting? _____

The Antique Cellar has booths at malls in Maquoketa and _____.

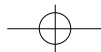
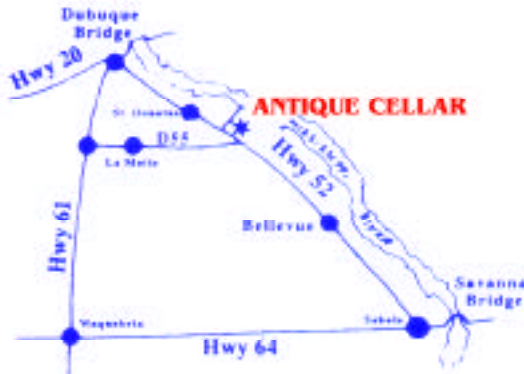
Dr. Zemel recommends _____ milligrams of dairy products per day.

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: _____





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Dairy for Calcium and Weight Loss

For years we knew we should drink milk for health benefits like strong bones and teeth. We knew dairy foods provided calcium and protein plus other nutrients essential to health such as phosphorus, potassium, vitamins D, A and B12, riboflavin and niacin. And many Americans are overweight. So can dairy foods help with weight loss? Milk, cheese and yogurt may not be the first foods that come to mind when dieting, but new research published in leading medical journals suggests a link between dairy consumption and reduced body weight. Today we know that we should drink milk for weight loss, too. Michael B. Zemel, Ph.D., director of the Nutrition Institute at the University of Tennessee, (funded by the National Dairy Council) found that after reducing all participants' daily calories by 500, those on a dairy-rich diet lost 24 pounds. Participants following a low-calcium diet lost an average of 14 and a half pounds, while those taking calcium supplements lost 19 pounds.

If you are not getting your "recommended" servings of dairy products, this could be one of several factors influencing your weight. Zemel recommends an intake of about 1000 milligrams per day (roughly three 8-ounce glasses of milk). It is better if the calcium comes from dairy foods rather than supplements. The most important point, however, is that you can't simply add dairy products to your diet. You will gain weight if you do. Instead, you need to replace "empty" calories in your diet with dairy products in order to get the "weight loss" effect. That means if you're drinking a few cans of soda each day, you should replace them with milk.

Yet even with this benefit, according to USDA, 75 percent of Americans are not meeting calcium recommendations. Knowing that dairy foods are good for us nutritionally and now with this added health benefit of helping us to lose weight, how can people easily increase their dairy consumption? It is easy to get your 3 servings of dairy foods a day with all the

milk and cheese options in the grocery store.

Don't forget non-fat yogurt. It contains protein and almost half your daily calcium needs at only 90 calories per six-ounce serving. But remember that yogurt still has some calories, so don't eat too much. Use yogurt to replace other empty calories in your current diet. For instance, if you normally eat a snack cake as a mid-afternoon snack, yogurt would be a great replacement. However, if you decide to combine it with your cake, you'll gain weight.

Read the label because some of the yogurt-covered snacks are really candies in disguise! For example:

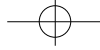
- 1 cup yogurt peanuts: 921 calories, 63g fat
- 1 cup yogurt covered raisins: 750 calories, 22g fat,
- 1 cup yogurt covered pretzels: 391 calories, 14g fat

Remember we said you can't simply add dairy products to your diet. You will gain weight if you do. You need to reduce the total number of calories in your diet and increase your consumption of dairy products in order to get the "weight loss" effect. Here are several more ideas:

- * Switch to "lite" or reduced-fat cheese.
- * Order your pizza with half the cheese (and add vegetables for more flavor).
- * Don't be fooled by "Part Skim" mozzarella which only saves you one gram of saturated fat per ounce. Instead, look for "reduced fat" or "light" mozzarella, which has half the fat of regular.

Science suggests that if fifteen percent of the United States population would increase its daily intake of milk, cheese or yogurt our health care system would begin realizing savings immediately.

Try the salad on page 7 during June, Dairy Month.



MVEC RECEIVES SAFETY AWARD

Maquoketa Valley Electric Cooperative was presented a safety award from the Iowa-Illinois Safety Council during their 51st Professional Development Conference held in Davenport April 21-22, 2004. The award was presented for outstanding achievement in accident prevention during the 2003 calendar year.

National Safety Council's Vice President of Safety and Health Programs, Scott Kappmeyer, presented the awards this year.

MVEC was one of 201 businesses, industries and government agencies in Iowa and Illinois to receive an award for promoting active safety programs and reducing OSHA recordable injuries among their employees.



Kappmeyer, left, presents award to MVEC Safety Director, Chuck Neuhaus.

Iowa-Illinois Safety Council is a Chapter of the National Safety Council and is a nonprofit membership organization dedicated to protecting life and promoting health. The mission of the Council is to educate society to adopt safety, health and environmental practices and to provide high quality, value-added training and services.



Layered Broccoli Salad

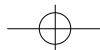
Makes 6 servings

Calories per servings 280, 25% Daily Value of Calcium, 29 grams carbohydrates

- 6 cups chopped broccoli flowerets
- 1 small red onion, very thinly sliced
- 1 1/2 cups (6 ounces) shredded reduced fat Cheddar Cheese
- 2/3 cup dried, sweetened cranberries or raisins
- 1/2 cup plain fat-free yogurt
- 3 tablespoons honey
- 2 tablespoons mayonnaise
- 2 tablespoons vinegar
- 1/4 cup unsalted, dry roasted, hulled sunflower seeds or chopped walnuts
- 1 ounce (2 tablespoons) 50% less fat bacon pieces

In a large, glass serving bowl, layer broccoli, onion and cranberries. In a separate small bowl, whisk together yogurt, honey, mayonnaise and vinegar. Drizzle the yogurt dressing over the layered salad. Layer cheese on top. Cover and refrigerate until ready to serve. Sprinkle with sunflower seeds and bacon pieces just before serving.

Recipe © 2004 American Dairy Association



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