

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • March 2004

SPRING MEMBER NIGHT

Join Us For Pizza and Pop

The Board of Directors and Staff of Maquoketa Valley Electric Cooperative are once again hosting Spring Member Nights. Your family is invited to join us for a short presentation on current Cooperative issues, meet your Board members and staff, and ask questions on matters relating to your Cooperative or the service we provide you.

This is an evening just for you. Enjoy pizza with your friends and neighbors and get a quick update on the company you own.

We always look forward to this opportunity to visit with you and hear feedback on how we are doing.

Attend the location nearest you!

Thursday, March 25
6:00 p.m. - 7:00 p.m.
New Vienna Community Hall
Columbus Street
New Vienna

Tuesday, March 30
6:00 p.m. - 7:00 p.m.
Horizon Hall
910 N. Riverview
Bellevue

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COMPLAINT PROCEDURE

If you have a complaint you may reach a representative of the Cooperative, qualified to assist you, by writing or calling:

Member Advocate
Maquoketa Valley Electric
Cooperative
109 North Huber Street
P.O. Box 370
Anamosa, Iowa 52205-0370

Or telephone toll free
800-927-6068

If your complaint is related to Maquoketa Valley Electric Cooperative service rather than its rates and Maquoketa Valley Electric Cooperative does not resolve your complaint, you may request assistance from the Iowa Utilities Board, 350 Maple Street, Des Moines IA 50319-0069, Toll Free 877-565-4450 or E-mail: iubcustomer@max.state.ia.us.

REAL NUMBERS FROM A REAL HOME

One of MVEC's 2002 all-electric model homes boasts some impressive numbers for their efforts in energy efficient construction methods, including a geothermal system. Two people live in the 3600 square foot home and have programmed their electronic thermostat control for a comfortable temperature of 71° around the clock. Their total costs for home heat and electric hot water heat from August 11, 2003 through February 11, 2004 was \$174.36.

If you would like more information on energy efficient construction practices, call Gary at 800-927-6068 or email gweber@mvec.com.

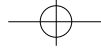
YOUTH TOUR CONTEST DEADLINES NEARS

High School Juniors wishing to enter our Youth Tour essay contest for a chance to win an all-expense paid trip to Washington, D.C. are reminded the entry deadline is March 15, 2004. For more information or to request a packet of materials visit our website at www.mvec.coop or call Patty at 800-927-6068.



REMINDER

Mark your calendars for MVEC's Annual Meeting!
September 9, 2004
Palace Ballroom, Farley



Energy Working For You!

Your Touchstone Energy® Cooperative



2003 HAS THE LOWEST OUTAGE RATE ON RECORD

One of the items we track as a report card on how well we are doing is the number of members experiencing an outage, and the length of time they are without service. This is measured in "member-hours". We are pleased to report that 2003 had the lowest average member-hours outage rate in the 33 years for which we maintain this statistic.

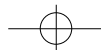
In 2003, Maquoketa Valley Electric Cooperative reduced its average consumer outage time by 59% compared to the previous year. We averaged 0.802 hours per member in 2003 compared to 1.958 in 2002. Although weather was certainly a contributing factor, we believe our maintenance efforts played a major role in this reduction.

In 2002 we completed a reliability study that analyzed our historic outage records and determined what areas had the most outages and their causes. Based on the results of that study, we implemented new programs that focused on areas having the highest outage rates. Thousands of new lightning arresters were installed in selected areas, extra effort was put into tree trimming and additional dollars were budgeted to replace aging underground cable.

Although expensive, these programs did pay off. Tree related outages were reduced by 57%, lightning outages by 65%, and cable outages by 80%. While we are certain the weather helped, we are confident that these added programs will help us to serve you better in the future.

Our system has over 3,100 miles of distribution line, with much of it off road. This line is exposed to the harshness of Iowa weather, to the beauty of Iowa's trees, and to the professional hands of our dedicated linemen. These individuals work hard each day to keep our system operating flawlessly. Their efforts are appreciated, and we thank them for their dedication.

In 2004, we are installing new software that will continue to track outages by their cause, but will also provide more information to our staff during an outage, so that crews can be dispatched more efficiently during major events. We will continue to review historic outage information and focus on reducing outages to our members. All of our staff will continue their efforts to keep the lights on for our membership. "Our Energy Working For You" is not just our slogan, it is our promise.





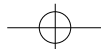
PLEASE HELP US FIND YOUR FORMER NEIGHBORS

Maquoketa Valley Electric Cooperative, 109 N. Huber Street, Anamosa, Iowa 52205, has abandoned property that results from patronage dividend checks issued in 2001 and prior years for the following individuals. If this property is not claimed within six months from the date of this newsletter, it will be forfeited to Maquoketa Valley Electric Cooperative according to Iowa law.

Adams, Jerry L. Jr., Chatsworth, GA
 Atkins, Lana M., Clinton, IA
 Aggrecon, Inc., Marietta, GA
 (Jerry Kinkead)
 Amore, Wesley D., Shawnee Mission, KS
 Arnold, Richard C., Palatine, IL
 Autobahn, Inc., New Berlin, WI
 Bailey, Jim, Cedar Rapids, IA
 Barone, Ronald Dr., St Paul, MN
 Bauer, Gary M., House Springs, MO
 Beck, Lina, Columbus, MS
 Bellows, Jeffrey F., Mount Vernon, IA
 Berg, Rojean, Maquoketa, IA
 Berger, Becky, Dubuque, IA
 Birdenstine, John W. Clive, IA
 (For Answer Iowa, Inc)
 Blake, Donn K., Atlanta, GA
 Bosworth, Brad T., Morrisville, NC
 Boyer, Lawrence, Dubuque, IA
 Bradley, Gordon Jr., Zwingle, IA
 Bradley, Thelma L., Baldwin, IA
 Bray, Robert C., Gowand, NY
 Brehm, Leonard, Zwingle, IA
 Bromley, James L., Osage, IA
 Brown, Michael, Oxford Jct., IA
 Brown, Robert A., Ames, IA
 Bunce, Douglas P., Center Jct., IA
 Burkart, Michael G., Northglenn, CO
 Burns, Marquerite, Cedar Rapids, IA
 Carlsen, Lavonne M., Fremont, CA
 Carradus, Nellie, Manchester, IA
 Carrothers, Bruce A., Rowley, IA
 Chester, Doug/Rebecca J., Colesburg, IA
 Chipps, James, H., Cincinnati, OH
 Chockley, Kathleen J., Iowa City, IA
 Clark, Alice, Coggon, IA
 Clark, Theron N., La Crosse, WI
 Coblentz, Linda, Manchester, IA
 Corey, Carole I., Dubuque, IA
 Cowell, Russell D., New Hampton, IA
 Coyne, Jeffrey B., Rock Island, IL
 Davis, Wesley J., Mesa, AZ

Dempster, Ernest, Marion, IA
 Donovan, Leo J. Mrs., Hazel Green, WI
 Dunlap, Kevin, Manchester, IA
 Dvorak, T. R., Dubuque, IA
 Dyas, Sarah, Maquoketa, IA
 Edwards, Rick A., Eules, TX
 Emary, Pamela R., Dubuque, IA
 Entringer, Irene, Dubuque, IA
 Erps, Ralph, Charlotte, IA
 Evans, Jerry K., Northport, FL
 Felderman, Luella H., Bellevue, IA
 Fischer, Helen C., Lisbon, IA
 Fisher, Francis, Jasper, AZ
 Foster, John C. Jr., Davenport, IA
 Frommelt, Chris, Dubuque, IA
 Fryburger, Don E. Dubuque, IA
 Gentz, Russel, Cedar Rapids, IA
 Gleason, Jane M., Cuba City, WI
 Graham, Jon E., Mount Vernon, IL
 Hamm, Linda, Dubuque, IA
 Hand, Cathy J., APO New York
 Hansel Builders, Inc. Dubuque, IA
 Harkin, Thomas J. West Grove, PA
 Healy, Joan, Ankeny, IA
 Heldt, Ed, Bloomington, IL
 Henry, Richard L., Carroll, IA
 Hicks, Steven D., Dubuque, IA
 Himes, Raymond W., Cedar Rapids, IA
 Hoffman, Nancy K., Marion, IA
 Hogan, Elroy, Holy Cross, IA
 Holliday, Gary, Mesquite, TX
 Howell, R. G., Wooddale, IL
 (For Motorola C & E Inc)
 Howie, Robert L./Cathy R.,
 Manchester, IA
 Huber, Ralph J., Dubuque, IA
 Huff, Steve Sherrard, IL
 Humke, Robert T., Dubuque, IA
 Ivarson, Elwin B., Dubuque, IA
 Jacobs, Jennifer E., Sperry, IA
 Jacobson, Orville,
 Mammoth Spring, AR

James, Deane E., Onslow, IA
 Johnson, Diane, Mechanicsville, IA
 Johnson, Thomas L., Cuba City, WI
 Johnson, Wesley, Clinton, IA
 Jones, Donald W., Wichita, KS
 Jones, Gloria E., Des Moines, IA
 Jones, Russell R., Swisher, IA
 Juilfs, Edwin, Maquoketa, IA
 Justice, Mike, Dubuque, IA
 Kallesen, Doug Rev., Franklin, TN
 Kemp, Gerald A., Seattle, WA
 Knockel, Frank, Dubuque, IA
 Knoll, Paul W., Monticello, IA
 Knox, Jay F., Dubuque, IA
 Kolb, Vincent J., Dubuque, IA
 Kolodziej, Robert W., Dubuque, IA
 Kortemeyer, Garnetta A., Waterloo, IA
 Krambeck, David, Holy Cross, IA
 Kucharik, Jan, Bellevue, IA
 Kunde, Loretta, Maquoketa, IA
 Kurth, Howard, Anamosa, IA
 Lahey, John, Durango, IA
 Lasher, Thomas E., Circleville, OH
 (Pickway Grain)
 Layton, Wm A., Safford, AZ
 Lee, Ronald D., Cedar Rapids, IA
 Lee, Shauna, Des Moines, IA
 Leggett, Kathleen, Auburn, IN
 Leytem, Connie, Dubuque, IA
 Lightfoot, Pamela G., Dubuque, IA
 Lucas, Daniel L., Manchester, IA
 Lunnon, John D., Loves Park, IL
 Maddux, Clyde E., Huntersville, NC
 Manning, Richard S., Maquoketa, IA
 Martin, Jeffery A., Dubuque, IA
 Maury, Linda L., Dubuque, IA
 McDowell, Lavonda, Manchester, IA
 McLain, Michael G., Kouts, IN
 McLeod, James C., Denver, CO
 McPherson, Larry D., Bernard, IA
 McCaw, W. Frank, Harlan, IA
 McIntire, Glen M., Milan, IL



Energy Working For You!

Your Touchstone Energy® Cooperative



McKinsey, Fay, Maquoketa, IA
 McMahon, Robert E., Dubuque, IA
 Miller, Susan, Dubuque, IA
 Mish, Leroy E., Dubuque, IA
 Mittelstadt, Keith A., Rochester, WA
 Mohr, Charles M., Maquoketa, IA
 Mohr, Virgil, Monticello, IA
 Moore, Eric L., Leavenworth, KS
 Mootz, Mary Ann, Dubuque, IA
 Mootz, Robert G., Dubuque, IA
 Morales, Stephen, Port Saint Lucie, FL
 Morris, Marc A., Lisbon, IA
 Morrissey-Duffy, Kerry K.,
 Mount Vernon, IA
 Nauman, Jackie, Richardsville, IA
 Neill, Lenora M., Seattle, WA
 Niday, Mark, Dubuque, IA
 Nieland, Jennifer L., Guttenburg, IA
 Nielsen, Delores E., Bellevue, IA
 Notz, C. W., Garber, IA
 Oberbroeckling, Anne,
 Minneapolis, MN
 Ochampaugh, D. E., Manchester, IA
 Odonnell, William F., Dubuque, IA
 Oldham, Jim D., Fullerton, CA
 Olson, Beulah, Ottumwa, IA
 Oneill, John, Crystal Lake, IL
 Oneill, Ray, De Witt, IA
 Osterhaus, Gene L., Guttenburg, IA
 Owens, Donald R., Palo, IA
 Packard, Glenn, Denver, CO
 Parks, Lynn, Sherrill, IA
 Perkins, David A., Winthrop, IA
 Peterson, Dennis M., Marion, IA
 Pfeiler, Stephen M., Dubuque, IA
 Pillard, Richard K., Hugo, MN
 Pleasant, Robert W., Deep River, IA
 Polfer, Dale N., Galena, IL
 Ralston, Paul J., Maquoketa, IA
 Randolph, Alvin, Holden, MO
 Robey, Pam, Dubuque, IA
 Root, John R., Muscatine, IA
 Roth, Pamela, Grand Saline, TX
 Sass, Albert J., Bettendorf, IA
 Saunders, Wayne H., Farmington, IA
 Scheid, Anne, Dubuque, IA
 Schiffer, Alvin, Zwingle, IA
 Schlosser, Jack, Sabula, IA
 Schmitt, August, Dubuque, IA
 Schmitz, Douglas, St Paul, MN
 Schroeder, Robert J., LeClaire, IA
 Schulte, Leo, Guttenburg, IA
 Schwartz, Toni J., East Dubuque, IL
 Schwendinger, Leo R., Dubuque, IA

Serpliss, Ronald, Galena, IL
 Shaffer, Gail, Dubuque, IA
 Sharp, M. Kent, Atlanta, GA
 Sieh, Alfred M., Cedar Rapids, IA
 (Mai Agra)
 Simon, Jay U., Dubuque, IA
 Smith, Jerry W., Cedar Rapids, IA
 Snyder, Lawrence E., Monticello, IA
 Soper, Charles H., Cedar Rapids, IA
 Spear, Rick, Peosta, IA
 Stafford, Jeffrey T./Deidre M.,
 Galesburg, IL
 Starr, Ross L., Maquoketa, IA
 Steinmetz, Larry L., Pensacola, FL
 Stephens, D. E., Bennett, IA
 Sterner, Dean, Reeds Spring, MO
 Stillwell, Howard E., Davenport, IA
 Strub, Timothy J., Dubuque, IA
 Sullivan, Gene F., Muskogee, OK
 Swank, Timothy, Muscatine, IA
 Taylor, Helen M., Spring Lake, MI
 Tiedemann, Jeff, Martelle, IA
 Tindell, Beverly, Dubuque, IA
 Toy Box (Robert Walters), Story City, IA
 Tracey, Karen S., Monmouth, IA
 Turner, Steve, Dubuque, IA
 Vanderstreek, Carla, Rock Rapids, IA
 Wakefield, John D., Davenport, IA
 Wall, Raymond, Sabula, IA
 Walton, Robert F., York, PA
 Wandin, Eric, Dubuque, IA
 Warner, Greg S., Bellevue, IA
 Weaver, Jerry L., Dubuque, IA
 Webb, Terry L., Cascade, IA
 Weishaar, Amy, Darlington, SC
 (All American Homes)
 White, Edward E., Monticello, IA
 White, Henry A., Minneapolis, MN
 White, Terry V. Sr., Clarence, IA
 Whitmarsh, Mary L., Wyoming, IA
 Wiegert, Fred H. Jr., Bellevue, IA
 Wilfred, Jack D., New Brighton, MN
 Winch, Merle, Jr., Hopkinton, IA
 Winders, Wesley J., Cedar Rapids, IA
 Winkler, Donald J., Lehigh Acres, FL
 Wisniewski, Craig E. Sr.,
 Mechanicsville, IA
 Wood, James R., Earlville, IA
 Young, Lynn, Dubuque, IA
 Zichterman, Rick, Kalamazoo, MI
 Zobel, Eugene C., Delmar, IA

EMPLOYEE SPOTLIGHT

Al Strother



Al began his employment with MVEC in August, 1974 and is currently a Construction Foreman working out of the Anamosa headquarters. You will find Al and his crew building new electric line, or making repairs, often to energized lines.

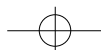
Al has four children and lives in Anamosa with his wife, Kay. When not at MVEC, you can find Al on the golf course, or doing lawn care service for Gehl's Lawn Care, Cascade.

Dan Schulte



Another Lead Construction Lineman for the Cooperative began his career 15 years ago in September, 1988. Dan Schulte completed the Power Line program at Sheldon before joining MVEC. Along with Al, you will see Dan and his crew building the lines that provide you the power.

Dan and his wife, Lori, also live just outside Anamosa with their 3 sons. Dan spends his free time attending his children's sporting events or working in his yard.





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Think Green During March Meals

March is National Nutrition Month®. National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. With this year's theme Healthy Eating, Healthy You - we are continuing to encourage everyone to eat at least 2 servings of fruit a day and 3 servings of vegetables a day.

March is also the month that St. Patrick's Day is celebrated. Many foods long traditional in the Irish diet - cabbage, carrots, parsnips, kale, potatoes rank among the most nutritious. But many traditional dishes tend to have increased fat, by being doused with cream and butter, adding unneeded fat and cholesterol to otherwise healthy foods.

If you celebrate St. Patrick's Day you can celebrate by adding more green fruits and vegetables to your meals. Here are some of the green vegetables you could eat: lettuce, spinach, kale, collards, Chinese cabbage, chard, broccoli, brussel sprouts, and of course, cabbage.

Cabbage not only tastes great as part of St. Patrick's Day fare, it is also very economical, usually

with special pricing around the 17th of March. Cabbage scores high nutritionally for these reasons:

- naturally low in calories only 8 calories for 1/2 cup (raw shredded)
- fat-free like most vegetables
- a good source of vitamin C and also contains folic acid and vitamin A
- a cruciferous vegetable, in the same family as broccoli, cauliflower and brussel sprouts. Eating foods from this family has been shown to reduce cancer risk in both epidemiological and case-control studies. This effect is attributed to glucosinolates that are present in all cruciferous vegetables. A host of mechanisms may be involved, including changed estrogen metabolism and detoxification reactions.

When you select your head of cabbage look for firm, heavy cabbages that are free of yellowing leaves, splits or soft spots. You can store cabbage in the refrigerator for two weeks. When you use the cabbage wash it well and remove the wilted leaves.

There are over four hundred varieties of cabbage. They vary from round to conical in shape, with flat or curly, tight or loose leaves in green, white, red and purple colors. The most common is the round, light green head variety. The standard green cabbage is better for slaw. Savoy cabbage has

crinkly leaves and is considered the most tender and sweet and best for stuffed cabbage since the leaves are more pliable.

For those of you who plant cabbage in your garden you can get a list of suggested cabbage varieties for the home garden from your local extension office. Ask for PM 607 "Suggest Vegetable Varieties for the Home Garden."

So keep those Irish eyes smiling by selecting low fat dishes made with cabbage. Any lass or lad can easily eat healthy, even on this day of traditionally unhealthy fare. Here is a cabbage slaw with fruit added so you will be getting both fruits and vegetables when eating this recipe.

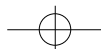
Fruited Slaw

Serves 4-6

2 firm ripe pears, diced
1 apple, diced
1 Tbsp. orange juice
1 1/2 cups cabbage, shredded
1/4 cup raisins
Dressing:
1/2 cup low fat lemon yogurt
1 1/2 tsp. sugar

In a large bowl, toss the pears and apple with the orange juice. Add the cabbage and raisins and mix well. In a separate small bowl, mix sugar and yogurt together and then add the dressing to the salad. Toss the salad and refrigerate for 1 hour before serving.

Hints: If dressing is too thick add 1/2 to 1 teaspoon orange juice. You can use artificial sweetener instead of sugar.



Energy Working For You!

Your Touchstone Energy® Cooperative



BUILDING A NEW HOME?

Don't Forget the Line Extension Costs!

Are you building a new house or planning other new construction this year? As you are estimating your construction costs, don't forget to include the costs to build the electric line to your project.

In 2003 MVEC changed our line extension policy. The Cooperative has experienced significant growth in new service requests over the past few years. Many of the new homes are being built in rural areas to enjoy the benefits of seclusion and the natural beauty of our area. This typically means a long line extension is required that can add several thousand dollars to a construction project. The Cooperative has had requests to build over a mile of line to some locations!

The Cooperative urges anyone considering building a new house or other new facility to call the office. An engineer can meet with you at your new location and explain the various options and what the associated costs are likely to be.

The electric utility industry is very capital intensive to provide reliable electric service to every member. On average, it costs the Cooperative \$16,000 to build a mile of new single-phase overhead line and \$25,000 to build a mile of new single-phase underground line.

Our line extension policy is designed to recover our investment in a reasonable period of time. For a new house with single-phase service the cost is \$3.50 per foot for overhead lines and \$4.50 per foot for underground lines. These prices are only for the primary (high voltage, 7200 volts) line. There are additional costs for a meter box and secondary wire that runs from the transformer to the meter location.

The point we want to make is to communicate with the Cooperative as soon as possible to avoid any surprises later in your construction process. New construction typically involves unexpected costs and/or cost overruns. Your electric service doesn't have to be one of those surprises with early communication and planning.

WATTS THE ANSWER?

MVEC reduced its average outage time by _____%.

There are over _____ varieties of cabbage.

What city is hosting our Spring Member Night on March 30?

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

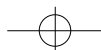
Two winners will each receive a \$10.00 credit on their energy bill.

Name: _____

Address: _____

January Winners

Charles/Brenda Kramer,
Manchester
Mary Decker, LaMotte





Do you know someone who lives alone? Introduce them to peace of mind with First Callsm personal emergency response. Call 800-927-6068 for more information or visit www.mvec.coop.

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



Maquoketa Valley
Electric Cooperative
109 North Huber St.
Anamosa, Iowa 52205-0370

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109 North Huber Street
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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