

Maquoketa Valley Electric Cooperative

# WATTS

## *Current*

**For Our Customers • August 2005**

## ANNUAL MEETING ALMOST HERE

Thursday, September 8th - - Palace Ballroom, Farley

Plans are in place for the 69th Annual Meeting of the members. This year's meeting continues at our new location and we are looking forward to seeing many previous meeting attendees as well as visiting with some new ones. The place is the Palace Ballroom adjacent to the Farley Speedway on the south side of U.S. Hwy 20 at Farley.

Registration	10:00 a.m. – 12:30 p.m.
Lunch Served	11:00 a.m. – 12:45 p.m.
Business Meeting	1:00 p.m.

- Cast your ballot in the election for the Board of Directors
- Meet this year's Youth Tour contest winners, Kayla Demmer, Matt Gibbs, and Kathryn Heiar
- Visit booths featuring fellow members and learn about the many products and services available through your Cooperative
- Collect door prizes and be eligible for cash prizes



Youth Tour Contest Winners  
L-R, Kathryn Heiar, Matt Gibbs, Kayla Demmer

**The September issue of Watts Current will arrive a week early to highlight details of the Annual Meeting.**

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## ELECTRIC COOPERATIVE'S YOUTH VISIT NATION'S CAPITAL

### *See Government in Action*

Kayla Demmer, Peosta, Matt Gibbs, Zwingle and Kathryn Heiar, Manchester were among the more than 1,400 high school students from across the country who participated in the Rural Electric Youth Tour held June 17-24, 2005, in Washington, D.C. The students were selected on the basis of an essay contest sponsored by Maquoketa Valley Electric Cooperative.

Each year in June, an activity-filled week affords these high school youths opportunities to learn first-hand what it is like to be involved in politics, community development and today's social issues.

"Cooperatives support the Youth Tour because they realize that beyond textbooks and lectures; today's teenagers also need an opportunity to experience government first-hand," says Ann Foster, director of communications and Youth Tour director for the Iowa Association of Electric Cooperatives. "Youth are our future. Educational opportunities such as the Youth Tour are extremely important to cooperatives and the communities we serve."

While in Washington, the Iowa Youth Tour delegation, made up of 44 students, met with congressional leaders, visited historic sites, explored the Smithsonian museums and took a cruise on the Potomac River. The theme of the 2005 Youth

Tour was "Commitment to Community." Highlights included meeting with their elected representatives in the U.S. House of Representatives and Senators Harkin and Grassley to discuss the process of government and issues of the day, including the national energy bill, and to help increase their knowledge of cooperative electric utilities and American history.

Kayla, Matt and Kathryn said they had the experience of a lifetime working with peers from other states and the NRECA staff during the Washington stay. "While in Washington, D.C., we met people from all corners of the country and visited historical monuments, museums and Capitol Hill," they said. "We learned so much about the role of electric cooperatives in the energy industry."

"What we learned on the Youth Tour makes us proud to be an American and to show that America's young people are involved and care about this country and our communities," they said.

In addition to taking in the sights and sounds of the nation's capital, all the state groups convened for Rural Electric Youth Day on June 20 to learn from public figures and other inspirational speakers. This year's Youth Day agenda included Mike Schlappi, a four-time Paralympic Medalist and two-time world Champion Wheelchair Basketball

champion. Mike Schlappi has an inspiring message for every American, young or old: "Just because you can't stand up, doesn't mean you can't stand out." As president of Mike Schlappi Communications and confined to a wheelchair, he is spreading that word to audiences ranging from students to chief executive officers, from rookies to Olympic champions, and from small gatherings to major conventions. The students were also treated to an amazing portrayal of a very influential United States Senator who authored the laws creating the Tennessee Valley Authority (TVA) and Rural Electrification Act (REA) in the early 1930s. Nebraska State Senator, David M. Landis told the story of U.S. Senator George W. Norris (R-NE), in character

Since 1964, the nation's cooperative electric utilities have sponsored approximately 42,000 high school juniors and seniors for visits to their U.S. congressional delegations, energy and grassroots government education sessions, and sightseeing in Washington, D.C. The Rural Electric Youth Tour is a joint effort of local electric co-ops, such as MVEC, statewide co-op associations, including the Iowa Association of Electric Cooperatives and the National Rural Electric Cooperative Association, Arlington, Virginia.



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## TOUCHSTONE ENERGY COOPERATIVES SPONSER DIRECTORIES AT IOWA STATE FAIR

The million-plus visitors to the Iowa State Fair will be able to navigate the fairgrounds and quickly check event time and locations thanks to a project sponsored by Maquoketa Valley Electric Cooperative and the other Touchstone Energy Cooperatives in Iowa.

The signs are in six locations, including three entry gates and three additional internal sites, and display a full-color map of the fairgrounds, six interchangeable sections with the Iowa State Fair’s schedule of events and a sponsor logo area announcing the support of the service by the Touchstone Energy Cooperatives of Iowa. The eight-foot wide signs are permanent fixtures at the fairgrounds and also display information during the 200-plus interim events held year round.

Boy Scout Andy Hill, a student at Valley High School, West Des Moines, saw the need for the signs and decided to pursue the project to complete his Eagle Scout designation in 2004. Andy created a blueprint for the signs and enlisted the help of his father, Denny, a skill sign-maker, to complete the project.

Andy explains his motivation for the project, “I saw the large maps at Adventureland Park and went to the fair the same week, where I got lost. When looking for an Eagle Project the next spring, I remembered those maps and put two and two together and that’s what sparked my idea for the project. I really enjoy knowing I’m part of something of such a large scale like the Iowa State Fair.”

Dates for the 2005 Iowa State Fair are Aug. 11-21. The theme is “America’s Favorite Fair.”

Check out the Iowa State Fair August 11-21. New signs sponsored by Iowa's Touchstone Energy® Cooperatives make finding YOUR favorites easier than ever!

IOWA STATE FAIRGROUNDS  
2005 FAIR, AUGUST 11 - 21

Look to your local electric co-op for innovation, accountability, integrity and commitment to community. We'll be looking for YOU at the fair!

Touchstone Energy®  
Cooperatives of Iowa





# TIMBER, GINSENG, OR WHITETAIL BUCKS

*Grace Zimmerman*

Wanna'Increase Timber Potential?  
Or is Ginseng in your Future? Or  
Maybe Monster Whitetail Bucks?

Are you a grandma or grandpa? Don't you wonder what the grandchildren learn from you? If you have the opportunity to meet Darcy Keil, you're going to discover that Gramma Fern really influenced his life. (By the way, Darcy tells me he really lived the experience of a "boy named Sue").

"When we were kids Gramma Fern got all of us, brothers and sisters, interested in hunting ginseng. She took care of the same patches, for 50 years, careful not to over harvest, which can wipe out a good patch. She taught us to harvest only the mature plants every 3 to 5 years. You do not hunt sang like mushrooms. The oldest plant we ever found was when Sam True and I were in one of our honey holes and sat down to eat our lunch. Sam looked down between the crack of an ancient rock outcrop and there it was, a giant four pronger. It took us one half hour to extract this 76 year old root! What a prize. Most of the good singing days are over, due to over harvest by greedy individuals.

Thus, started the search for the Keil family for timber ground. It was a natural when they discovered their dream and

purchased 240 acres of timber ten years ago. "I was told it's part of the largest upland tract left in Jackson County. Owing timber is a lot of enjoyment along with hard work. We consider ourselves guardians of the wild. We do harvest timber that is of economic maturity. If a tree is growing well, we let them grow as logs are sold by the board feet", says Darcy.

Darcy continues, "We are also in the lumber business. We have erected a wood drying shack to air-dry boards down to 15-17% moisture, which is fine for construction grade lumber. To make fine furniture you really need to dry lumber in a wood drying kiln, which takes the moisture level down to 6-8%"

It was Gramma Fern's influence, which led the Keil's to planting patches of ginseng, which is ready to harvest at 10-12 years of age. "We plant seeds because rootlets are too expensive. We also plant goldenseal, which grows like a weed. We dry the roots of each of these plants on screens for 6-10 weeks in the fall. Markets vary greatly from year to year.

Gramma Fern always said it was used for antibiotics and a cold preventative and to take a pinch with your coffee in the mornings, says Darcy". Years ago it was stated that it warded off evil spirits. Ginseng is grown in upland timber ground and will not grow in a plain. It is planted in the fall.

Sue adds, "Here's where our sons are heavily involved. We couldn't do it without them, Jeremy, who lives in Maquoketa and Jake who lives here with us".

They also manage for wildlife with the boys' assistance who are also becoming avid outdoorsmen. Sometimes it's difficult to find the time for their timber projects due to Darcy, Sue and Jeremy working full time jobs. I guess that leaves Jake to hold down the fort during the week.



Keil Family, Darcy, Sue, Jake & Jeremy



Summertime will find the Keil family maintaining their extensive trail system. They really need those trails due to getting equipment where they need it.

In answer to the question, readers knew I would ask about mushrooming, "Yes, we do manage for mushrooms and had an off year this past spring, only finding around 35 gallons. There are a few tricks to the trade, adds Darcy." (Wanna'bet who is gonna' volunteer to help hunt next year?)

Darcy informs me, "We implemented a quality deer management program along with a number of our neighbors. We try and harvest only mature bucks and does. You accomplish two things this way. More trophy bucks and decrease the herd at the same time. We are starting to see the results".

By the way, back to the ginseng topic, if you look in a health/herb magazine, you'll read of ginseng helping to maintain physical performance and it's gaining a reputation as an immune support herb. This results in a supplement designed for today's hectic, high stress lifestyles.

Growing ginseng isn't for everyone, but an excellent way to fill in the gaps between timber harvests.

The industrious Keil family is expanding their business to provide Recreational Land Consulting Services. Their goals are as follows:

1. To increase your income from every acre
2. To provide you with a straight forward simple plan to follow
3. Help develop your land for Monster Whitetail Bucks and Trophy Toms, along with any other wildlife species
4. Help teach you the importance of timber on the environment
5. Ease the growing pains in the transition of city dwellers to country folk

Utilizing the Keil family timberland system will assist timberland owners in becoming the best land stewards possible. Their motto is "We practice what we preach".

Darcy is a lifetime conservationist and outdoorsman, with a BS degree in Environmental Science from the University of Dubuque. You can contact the Keils at 563-673-4403 (evenings only) at rural route Baldwin, Iowa.

Of course, I conclude with my advice: Don't delay. Utilize your timber's potential!

### WATTS THE ANSWER?

1. It is important to keep your body \_\_\_\_\_ during hot weather.
2. What plant does the Keil family raise? \_\_\_\_\_
3. On what date is our Annual meeting going to be held? \_\_\_\_\_

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

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

June Winners:

John/Roselind Mousel, Dubuque  
Constance Whitman, Manchester



Mature ginseng plant





## WATTS HEALTHY

*Susan Uthoff, ISU Extension Nutrition & Health Specialist*

### Outdoor Vacations and Food

Health and camping are a natural combination. Outdoor vacations are naturally active. Whether you are backpacking, car camping or traveling in an RV, you can incorporate nutrition and fitness into your family's outdoor fun. When some people think camping food, they imagine four food groups: hot dogs, chips, pop and candy bars. If you'd like to improve your family's outdoor meals, it's easy to add in delicious nutrition – without eliminating the foods they love to eat.

Eating well while camping does not have to be complicated or expensive. Pre-mix as many ingredients as possible at home to save time and reduce messy camp clean ups, (reducing hungry animal visitors!). For example, mix all dry ingredients for cornbread or pancakes in a plastic bag and store. Add water, milk or eggs when it's time to cook – and throw the used bag away. Prepare extra potatoes, pasta, rice or beans, and freeze in leak-proof containers to take along.

Whole foods are a simple, healthful alternative to fancy freeze-dried meals and processed convenience foods. Hot dogs are high in sodium – and low in protein. For real Z.I.P. (zinc, iron and protein), grill lean beef, fresh fish or even wild game. Quesadillas are also easy to create in a heavy pan, especially tasty with grilled veggies and sliced chicken or pork. It's easy to mix extra marinade for meat or chicken and freeze enough to grill on a campfire.

Cook it correctly to enjoy healthy grilling. Nothing beats the flavor of outdoor meals – cooked over a fire or stove for hungry campers. Check food frequently as it cooks. Grilled items can brown very quickly on the outside, without reaching a safe temperature on the inside. Reduce fat to reduce flare-ups. Careful cooking can reduce excessive smoke and charring that may be unhealthy. Choose lean meats; trim fat (and skin from poultry). Keep oil in marinades or basting sauces to a minimum. Cover food items and/or grill with foil (punch small holes so juices can drip out).

With a little care, your family's outdoor meals can be just as safe and healthy as those prepared in your own home kitchen. Washing hands, utensils and eating surfaces is always the right place to start. Keep foods (especially meat, fish and poultry) cold until time to cook. After every outdoor meal, immediately put leftovers into a cooler.

Remember to snack smart with fruits and veggies. Whole produce – fresh, dried, or canned – makes the perfect campground snacks (with no refrigeration needed). Fill small baggies with your family's favorite flavors – and make sure that they always have one handy – in a pocket, in a pack or in a fishing box.

Physical fitness is also easy when you are camping. Children naturally love to run, jump, climb and explore their environment. Spending family time in Iowa's great outdoors is one of the best ways to help your kids grow strong and stay strong.

With naturally healthy choices, families can feel better – and have fun at the same time. Staying fit and healthy is straightforward and simple. It's about making a commitment to consistently healthy choices – at home, at work and at the campground.

Here is an excellent soup to make while camping:

### Cannellini and Cabbage Soup

Makes: 8 Servings (about 1 cup each)

Vegetable cooking spray  
3 cups thinly sliced or chopped cabbage  
1 small onion, coarsely chopped  
3 cloves garlic, minced  
1 teaspoon crushed caraway seeds  
2 cans (15 ounces each) reduced-sodium chicken broth  
1 cup water  
1 can (15oz) cannellini or Great Northern beans, rinsed, drained  
1/2 cup (4 ounces) mostaccioli (penne), uncooked  
Salt and pepper, to taste

Spray large saucepan with cooking spray; heat over medium heat until hot. Sauté cabbage, onion, garlic, and caraway seeds until cabbage begins to wilt, 8 to 10 minutes. Add chicken broth, water, and beans to saucepan; heat to boiling. Stir in pasta; reduce heat and simmer, uncovered, until pasta is al dente, about 15 minutes. Season to taste with salt and pepper.

Nutritional Information Per Serving:  
Calories: 107, Fat: 1 g, Cholesterol: 0 mg,  
Sodium: 175 mg.



## WATTS SAFE – BODY HYDRATION

1. You **ABSOLUTELY** must hydrate yourself **BEFORE** you are exposed to heat and activities; even in cold weather. You must continue to hydrate yourself during and after any activity, even if it is just walking in the heat.
2. If your mouth is pasty, you are already dehydrated; it is a sure sign so don't miss this one.
3. If your muscles cramp up it is likely you are severely dehydrated. Don't ignore what you think is a simple "Charlie horse".
4. Many medications enhance the body's internal temperatures. Hypotensives (drugs causing low blood pressure), diuretics, antispasmodics, sedatives, tranquilizers, antidepressants and amphetamines decrease the body's ability to cope with heat. If you are on these types of medications, stay out of the heat and sun. Check with your doctor or pharmacist.
5. Quit trying to show off! No one is impressed with someone who is stupid enough to go out on very hot days and tax their bodies just to prove they are still young enough or in shape to "keep up". There are other things you can do inside or in a cool environment that will keep you in shape and protect your health. Think about what you say to yourself when you are driving down the street and you see someone running or jogging in 90-100 degree temperatures. Sometimes it is someone who is not in shape and has no business stressing the body this much anyway. Most of us say to ourselves: "What an idiot". Don't be that idiot.
6. Focus on both the temperatures and humidity levels. Humidity levels add to the body's radiant temperature and even though it may only be in the 70's or low 80's, added humidity levels will stress the body and increase internal body temperatures as if you were out in 90-100 degree temperatures. Temperature, humidity, air movement and radiant heat from surfaces must all be considered.
7. Eat smaller meals when it is hot out. The body uses a lot of energy to digest food; energy that you need in the heat. Avoid the bad carbs that drain your body of energy and increase body temperatures such as white breads, pastas, white flour items and sugar items. Eat good carbs.

Good Carbs: Fruits, vegetables, bean and other legumes, and whole grains that are rich in fiber and nutrients and more slowly absorbed.

Not all heat stress victims recover. Some experience long term effects or even die. It is worth it to take the needed precautions.

## PLANS UNDER WAY

### *For Next Open House*

Dan and Nancy Lansing are putting the finishing touches on their new all electric home at 18138 Kaune Lane, Dubuque. The home features a 5-ton Hydro-Heat Geothermal heating and cooling system and desuperheater hot water system installed by All Seasons Heating and Cooling, Dubuque. Amenities include three electric fireplaces, Energy Star appliances and much more. Don't miss your opportunity to see this beautiful home overlooking the scenic hills of Dubuque County with Sundown Mountain ski resort in the background. Watch upcoming Watts Current issues for the date and times.



# AUTOMATED BILL PAYMENT PLAN AVAILABLE

Save time, checks and stamps with automatic payment of your electric bill. Call the Member Support Department to request a sign-up form or email your request to [billing@mvec.com](mailto:billing@mvec.com). Once you are signed up, you can call in your meter reading 24 hours a day at 800-927-6068 or email it to the above address.

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