

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • May 2005

THE SWITCH IS ON

Switch from incandescent bulbs to fluorescent bulbs—Free

In response to growing interest in fluorescent light bulbs, Maquoketa Valley Electric Cooperative is offering each Cooperative member one free package of fluorescent bulbs. Each package contains four bulbs, two 15 watt bulbs that are equivalent to 60 watt incandescent bulbs and two 20 watt bulbs equivalent to 75 watt incandescent bulbs.

Consider using these new bulbs to replace those in your high use areas to see how effective they are in reducing your energy costs while still providing you with adequate lighting. A hidden benefit is the frequency in replacing bulbs. Fluorescent bulbs will last significantly longer than incandescent bulbs. Turn to the article on Page 2 for further information on the value of fluorescent lighting. Once you experience the benefits we hope you will continue to make the gradual switch to replacing all of your bulbs.

Retail stores are also recognizing the needs of their energy conscious customers by stocking a growing variety of fluorescent bulbs. And today's bulbs are different than earlier versions because they respond much more quickly and fit a broader range of home lighting needs, including can lights and outdoor lights.

So make the switch, stop by our office in Anamosa at 109 North Huber Street (behind the National Motorcycle Museum) and pick up your free package today. One 4-pack per member household will be distributed on a first-come, first-serve basis. Our office is open Monday through Friday from 7:30 a.m. to 4:00 p.m. Because this is a special promotion, only one package per member will be allowed. Members will be asked to sign a form upon receipt of their package.



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A NEW LOOK AT ENERGY EFFICIENT LIGHT BULBS

During the past two years, energy efficient light bulbs have seen a complete revolution. Not only are manufacturers designing stylish covers for the twisted tubes that pack up to 10,000 hours of light and need changing only after five to seven years, but they've made the bulbs smaller and closer in color to the familiar-yet-inefficient incandescent light without the pesky flickering that characterized prior generations of fluorescent lighting.

The fluorescent lights burn about 75 percent less energy than

standard bulbs, and when used to completely displace incandescent throughout a home, can save the homeowner up to \$2000 in utility bills over the long life of the bulbs

Fluorescents pack more lumens per watt than your ordinary bulb. They are more energy-efficient than incandescents partly because they emit far more light lumens than heat energy watts. And they do not create as much heat as they burn. Because incandescents waste up to 85% of their energy producing heat, they burn themselves out in short order. So users are paying for heat they don't need, and that can

force air conditioners to work harder during warmer months.

Earlier versions of fluorescents came in awkward colors and were notorious for hesitating and blinking. The newer versions have been manipulated so they can screw into the same table lamps and overhead sockets as their energy-wasting competitors. Plus they are available in a wide variety of colors and styles that can easily mimic and replace the incandescents wherever the homeowner or business has lighting.

<u>Comparison Chart</u>	<u>Incandescent</u>	<u>Fluorescent</u>	<u>Compact Savings</u>
Wattage	60	15	45
Hours on (6hrs/day for one year)	2,190	2,190	
Kilowatt Hours (kWh) used	131.4	32.8	98.6
Cost to operate	\$11.88	\$2.97	\$8.83
Average Rated Life in Hours	800	6,000	7.5 times
Cost to purchase	\$0.50	\$2.00	
Annual cost to purchase	4 times \$0.50	1 every two years \$2.00	\$1.00

For more energy efficient ideas visit these websites





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YOUTH TOUR WINNERS ANNOUNCED

Maquoketa Valley Electric Cooperative recently sponsored our annual Youth Tour Essay Contest for high school juniors attending schools in the Cooperative's service area. Each contestant wrote an essay on the topic: "Cooperative's—Why We Should Care". Entries were judged from the pool of essays received and five finalists were determined. Final judging took place at the Cooperative office in Anamosa on Tuesday, April 5, 2005. The winners paid trip to Washington, D.C. June 18-23, 2005 are: Kayla Demmer, Western Dubuque High School, daughter of Rick and Kathy Demmer, Peosta and Kathryn Heiar, West Delaware High School, daughter of Dave and Jane Heiar, Manchester. After the contest was held, we were notified of a seat vacancy for the trip and pursued the opportunity to offer that seat to the alternate winner as selected by the judges. This allows Matt Gibbs, Cascade High School, son of Tim Gibbs and Joan Gibbs to participate in the trip. Kayla, Kathryn and Matt will join over 1,000 Youth Tour participants from across the nation as they tour Washington, D.C., learn about electric cooperatives, visit with members of Congress and attend plays, dances and many other activities.



L-R: Kathryn Heiar, Manchester; Benjamin Olberding, Dyersville; Matt Gibbs, Zwingle; Alyssa Neiers, Cascade; Kayla Demmer, Peosta

Two winners of \$300.00 each are: Alyssa Neiers, Cascade High School, daughter of Mark and Barb Neiers, Cascade and Benjamin Olberding, Beckman High School, son of Randy and Julie Olberding, Dyersville.

MVEC first sponsored this contest to area students in 1959. Today the program has grown to include over 1000 students from all corners of the United States.

SPRING MEMBER NIGHTS HELD

Members from across the service area joined us in Manchester on March 24 and in Cascade on April 7 for pizza, pop, door prizes and conversation. CEO Jim Lauzon gave a short presentation reflecting on MVEC's 70 years of service from 1935 to 2005. The changes and growth your cooperative has seen during that time is astounding. It truly demonstrates what can be accomplished by working together in a cooperative atmosphere.

We appreciate the support our members provide us and always welcome these opportunities to visit with you. If you were unable to attend, please feel free to pick up the phone or stop by our office, we are always available to visit with you.





PDF heat pump article here.

ATTENTION HEAT PLUS CUSTOMERS

The meter reading submitted with your April bill payment (reflecting April energy use) will be the last Heat Plus billing of this season. Effective with the meter reading you send in May you will be billed on the regular rate. The Heat Plus rate resumes again with your September energy use.

You will continue to receive two statements (mailed in one envelope), one for your main electric meter and one for your Heat Plus meter. Even though your Heat Plus account will be billed at the regular rate we must continue to receive monthly readings from that meter. If we do not receive a meter reading from the Heat Plus meter or the main meter, you will be charged our normal \$20.00 meter reading charge (per meter). Without your Heat Plus meter reading we are unable to bill your main meter correctly. Paying the \$20.00 per meter reading charge, especially if it becomes frequent, can quickly offset the energy savings you intended to get when you enrolled in the program.

Please call Energy Advisor, Gary Weber at 800-927-6068 if you have questions about the Heat Plus program and the required meter readings.



MODEL HOME STATISTICS

One of our 2002 all electric model home participants has maintained detailed energy use and cost figures for their 1850 square foot energy efficient home (3600 square feet of heated space). The home features a hydro-heat geothermal unit with an on-demand desuperheater. The desuperheater captures excess heat energy from the heat pump and uses it to heat water. Additional features include ENERGY STAR® appliances, wet-blown cellulose insulation, low E windows and a central vacuum.



The following chart reflects the total electric costs (less taxes and basic customer charge) and the total heating and hot water costs for the 2004-05 winter months beginning September 12, 2004 through April 12, 2005. To fully understand the chart, you should note the heating and hot water costs are not included in the electric costs. The homeowners use a digital thermostat which is set at 71° around the clock.

True Costs from 2002 Model Home

Usage Month	Electric KWh's	Electric Costs	Heating/Hot Water kWh's	Heating/Hot Water Costs
September 2004	465	\$42.04	400	\$13.80
October	392	\$35.44	300	\$10.35
November	410	\$37.06	580	\$20.01
December	683	\$61.74	1020	\$35.19
January 2005	617	\$55.78	1400	\$48.30
February	570	\$51.53	1040	\$35.88
March	192	\$17.35	1300	\$37.95
April	357	\$32.27	860	\$29.67
Total 8 month usage:	3686	\$333.21	6900	\$231.15

Compare this total heating/hot water cost of \$231.15 with your own heating costs for this past season and you can see how quickly an energy efficient geothermal system can pay for itself. The low electric costs are the result of many energy efficient features incorporated into the construction of the home.

For more details about this home, or geothermal heat pumps in general, please call Gary at 800-927-6068.





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Be Cool - Chill Out – Refrigerate Promptly

With less home-cooking than in the past, the refrigerator is the center for food safety in many homes. To keep harmful bacteria from growing and multiplying, refrigerate foods quickly, and keep the refrigerator set at 40°F and the freezer unit at 0°F. Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at these recommended temperatures.

Cover foods to retain moisture and prevent them from picking up odors from other foods. Refrigerate perishable foods so the TOTAL time they are at room temperature is less than 2 hours. You can refrigerate foods while they are still warm. Just leave the container cover slightly cracked until the food has cooled. Refrigerate foods in shallow containers to speed cooling. A large pot of food like soup or stew should be divided into small portions and put in shallow containers before being refrigerated. A large cut of meat or whole poultry should be divided into smaller pieces and wrapped separately or placed in shallow containers before refrigerating. It is a good idea to get in the habit of labeling and dating leftovers when you put them in the refrigerator.

Once a week, make it a habit to throw out perishable foods that

should no longer be eaten. A general rule of thumb for refrigerator storage for cooked leftovers is 4 days; raw poultry and ground meats, 1 to 2 days. You can't always see or taste bacteria that cause food-borne illness. When in doubt, toss it out! It takes from 1/2 hour to 6 weeks before you get sick from contaminated food.

Don't store perishable foods in the refrigerator door. Keep eggs in the original carton on a shelf in the fridge (most refrigerator doors don't keep eggs cold enough). The temperature of the storage bins on the door fluctuate more than the temperature in the cabinet. Keep the door closed as much as possible. Remember to thaw frozen foods in the refrigerator, not on the counter at room temperature.

To keep the refrigerator smelling fresh and help eliminate odors, place an opened box of baking soda on a shelf. Avoid using solvent cleaning agents, abrasives, and all cleansers that may impart taste to food or ice cubes, or cause damage to the interior finish of your refrigerator. Follow the manufacturer's instructions.

Another concern of food safety is, has the freezer been off? Here is an easy way to tell if the power has been off to your freezer for an extended period of time. Store an ice cube or two in a sealed plastic bag or small container in the

freezer. A sealed bag or container is important so the ice cube doesn't evaporate and disappear. If the ice cube has melted down from its original shape, you know the power was off for an extended period of time. If this happens be suspect of the food. Call ISU Answerline 1-800-262-3804 for additional information.

Try this healthy salad and be sure to refrigerate leftovers.

Practically Perfect Spring Salad and Dressing

(Makes 4 servings)

Ingredients:

- 1/2 cup celery, diced
- 1 cup seedless grapes
- 1 (15 oz) can small white beans, drained
- Lemon Mustard dressing (below)
- Lettuce leaves

Combine all ingredients with dressing except lettuce; mix well. Serve on lettuce leaves.

Lemon Mustard Dressing

Makes one-fourth cup

Ingredients:

- 2 tablespoons canola oil
- 2 tablespoons lemon juice
- 1 tablespoon Dijon-style mustard
- 1/4 teaspoon pepper

Combine ingredients and mix well.

Nutritional Information (per 1/2 cup serving): 163 calories, 6 g protein, 24 g carbohydrate, 5.7 g dietary fiber, 7.8 g fat (0.5 g saturated fat), 468.5 mg sodium, 0 mg cholesterol, 8.8 g Vitamin C



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WATTS SAFE

Lawnmowers

1. Buy a mower that has a "kill switch" built into the handle, so that when you release the handle, the engine stops and the mower stops moving.
2. There are sensible age limits for mowers. To use a riding mower, you ought to be at least 16 years old. For regular, walking mowers, 12 years old.
3. Wear strong shoes or boots, not flip-flops or sneakers.
4. Pick up rocks, sticks, pinecones, and toys before mowing, even if you are using a mower that collects the clippings automatically.
5. Wear goggles or safety glasses, and wear hearing protection. Once you get used to protecting your hearing, you'll be amazed at how annoyingly noisy a mower is when you aren't wearing anything.
6. Don't mow when other people are nearby.
7. Put gas in your edger and mower outside, and do it before you start, not during.
8. If you are going to remove or replace the blade, disconnect the spark plug first.
9. Turn off the mower and wait for the blade to stop spinning before you empty the grass catcher, unclog something from the blade or under the mower, or push the mower across rocks or gravel.
10. Riding mowers aren't meant to carry passengers.



TSE PDF ad here? - double check with Patty at MVEC.

WATTS THE ANSWER?

1) What were the total winter heating costs for the 2002 model home? _____

2) How many hours of use can one energy efficient light bulb have in it? _____

3) In what year did Maquoketa Valley Electric Cooperative start the "Youth Tour" program? _____

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: _____

March winners:

Barb Miller, Dubuque
Russel Streeper, Onslow



NOTICE



Maquoketa Valley Electric Cooperative's office will be closed Monday, May 30, 2005 for Memorial 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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Monday thru Friday
7:30 a.m. to 4:00 p.m.

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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, Brett Cox.....	563-773-8614
Manchester, Dan Petersen.....	563-927-6491
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