

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • March 2006

JOIN US FOR MEMBER APPRECIATION NIGHTS!

Bring the Whole Family!



Attend the location nearest you:

Thursday, March 30
5:00 p.m. – 7:00 p.m., Open House
Swiss Valley Nature Center
13768 Swiss Valley Road, Peosta

OR

Tuesday, April 4
5:00 p.m. – 7:00 p.m., Open House
Hurstville Interpretive Center
18670-63rd. Street, Maquoketa
(1 mile north of Maquoketa on Hwy 61 North)

- Free hot dogs, chips and pop
- New this year – Kids games and prizes!
- RSVP by completing the form on page 7 and your name will go into a drawing to win an electric grill valued at \$90. Must be present to win.

Also:

- Tips on how to cut your energy bill
- We're in your community
- Safety demonstrations for the kids
- Technology tour of our system
- Learn about our products and services
- Meet our Board and Management and ask questions

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THIRD PARTY NOTIFICATION

Maquoketa Valley Electric Cooperative's third party notification plan allows our members to designate a third party to receive copies of any notices that might be received for discontinuation of electric service.

The purpose of this program is to limit the risk of a member having the electric service discontinued because of a breakdown in communication. Example, a member missed receiving the notice or received it but did not understand the implications.

Copies of the notifications may be sent to any third party; a relative, friend, clergyman, physician, landlord, agent or agency, etc., designated by the member. Even though the third party serves as an additional communication link with the member, the third party is not placed under any obligation to pay the electric bills. Third party notification does not defer or prevent discontinuing the electric service if payment is not made.

Although we will make every effort to provide third party notification, the member 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 third party notification, contact our Member Support department at 800-927-6068 or email billing@mvec.com and the necessary form will be sent to you.

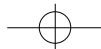
COMPLAINT PROCEDURE

The Iowa Utilities Board issued an order adopting a rule requiring electric cooperatives to inform members of an address and telephone number where a cooperative representative, qualified to assist in resolving a complaint, can be reached. If you have a complaint you can reach a representative by writing to:

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.



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OUTSTANDING PATRONAGE DIVIDEND CHECKS

Maquoketa Valley Electric Cooperative, 109 N. Huber Street, Anamosa, Iowa 52205 has abandoned property that results from patronage dividend checks issued in 2003 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.

2003 Patronage Dividend Outstanding Checks:

Jeffrey F. Bellows	Mount Vernon, IA	John Kleinhans	Tipton, IA
Robin C. Bourgeois	St. Joseph, MO	Florabelle Kluesner	Dyersville, IA
Bruce A. Carrothers	Rowley, IA	Clyde E. Maddux	Huntersville, NC
James H. Chipps	Cincinnati, OH	McAndrews Livestock	Platteville, CO
Eldon T. Coates	Zwingle, IA	John O'Neal	Crystal Lake, IL
Carol Corey	Dubuque, IA	Dennis R Petersen for Ag	Paullina, IA
Steven C. Dopita	Shawnee Mission, KS	Dimensions International	Ryan, IA
Thomas J. Harkin	West Grove, PA	Kent J. Ridenour	Hopkinton, IA
Doug Kallsen	Franklin, TN	Jerry W. Swanson	



YOUTH TOUR CONTEST DEADLINE 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, 2006.

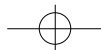
For more information, or to request entry materials, call Terri at 800-927-6068 or email her at tleger@mvec.com.

YOU HAVE THE POWER TO MAKE A DIFFERENCE

Fuels used to generate electricity are getting more expensive. That's driving prices up. Maquoketa Valley Electric Cooperative is working hard to make a difference.

And you can do your part, too.

Install a programmable thermostat or turn your thermostat down at night and when you're away to make your home more energy efficient. About half of your electric bill is spent heating and cooling your home.





GREYHOUNDS ON THE RUN

Grace Zimmerman, Anamosa

Greyhounds, greyhounds everywhere
What a sight, I do declare.
Greyhounds with hair so sleek.
Raised from pup to racing peak!



I don't know what I expected when I entered the Haynes Kennels but what I saw and what I learned (to use the kids' lingo) was awesome! The Haynes are involved in greyhounds from the starting line to the finish line, from the breeding, birthing, training, to the marketing. The mature dogs, male and female, separated, are released from crates, muzzled and then regularly turned out for exercise and fresh air. This caused me to question as to why they were muzzled and separated. Lynell Hanes responded, "The breeding stock is separated because of the National Greyhound Association, keeping track of records of dogs which have been previously raced. They're kept in crates because that's how they lived in racing situations. The muzzles are on the adult breeding stock so that they don't fight. Adults are different than the puppies, which are docile

and used to people and have innocence."

When the puppies are born, each litter is kept separately with the mother greyhound until they reach 3 months of age. The puppies, cute as a button, playing around in their shredded paper bedding are vaccinated after 10 days and wormed every 21 days. At three months of age, they get tattooed to keep an accurate record of parenting, etc. Tattooing

in the ears provides litter number, birth date register, markings on body, coloring, even toenails. "There is no margin for error because it's all necessary to be registered with the National Greyhound Association", states Lynell. Two workers, Randy Brehm and Curt Portz, accomplish the feeding and care. Lyn comments, "The place couldn't run without them! They do all the physical work. I do lots of paper work. I also have a sideline business, as a distributor, selling pet food, a beef product to greyhound owners. I also have a kennel in Alabama to raise dogs and assist in training dogs. The greyhounds we raise are placed at dog tracks. The better end dogs go to

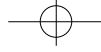
Wheeling, West Virginia and Council Bluffs. Some of the dogs go to middle rate tracks. Greyhound owners deal with Haynes Kennels, Inc.

At three months of age, the puppies go out to small sheds, by litters, with each having a separately fenced-in area with a 250-foot dog run. I was amazed at the difference in coloring, even in the same litter. The greyhounds are such beautiful sleek active dogs. As I remark about the unusual colorings, Lynell informs me, "There's no such thing as a pure white greyhound. The dogs are like athletes. Most action is in the early morning, dawn or dusk. When I drive my "buggy" (four-wheeler), the fun part, it encourages the dogs to run. In the summertime I hire 10 junior high boys as walkers. They use a lead and a collar as part of the handling and training of the greyhounds.

After seeing all those puppies running, the obvious query was as



Lynell in front of dog runs.



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to how many greyhounds there were. “There are 200 dogs on the farm at all times. After the dogs leave the 250-foot run, they go to a 500-foot run. Then they go to an 1800-foot run where their housing consists of the big underground gas barrels, cut in half. Nearby there’s a “whirly-gig” for dogs which need to be freshened - dogs which have difficulty turning the corners where we use a lure to teach them and excite them,” adds Lynell. Again, my obvious question is to how they got started. “The Iowa legislature wrote laws to bring families to raise dogs to diversify agriculture to give Iowa status. I wanted to stay at home and raise my family. So, we purchased this 320-acre farm, which we rent out, but keep 20-acres for raising greyhounds. Jason and I have been married eleven years and he previously worked in pet sales. He got hooked when he got a greyhound. After the racetrack experience, greyhounds are wonderful dogs to adopt. Now, Jason is a free agent in insurance sales. I’ve been in the pet food business and breeding dogs for nine years. We have three children, Wesley, age 10; Kathryn, age 8 and Harrison, age 5. I basically decided to stay home with the kids,” replied Lynell.

Are you thinking of making energy efficient home improvements?

3% Buy-Down

Maquoketa Valley Electric Cooperative and F & M Bank are ready to make those improvements a reality. Check into our Energy Efficiency Improvement Interest Buy-Down Program. Stop in our Asamosa office or call to get your application and informational brochure.

Phone: 800-927-6068
www.mves.coop



I was awed by the organization that it took to raise the greyhounds, the cleanliness of all the birthing rooms, the runs, and the record keeping, etc. Lynell had such a rapport with greyhounds and showed such a love for her work – even to naming the dogs. “We don’t name the dogs until they’re one year of age. For example, if the mother’s name is JNJ good licking’, maybe I’ll do something with ice cream in the name. If it’s a good fast dog, I’ll give ‘em a really good name expressing that,” adds Lynell.

“I love giving tours, such as women’s groups, school, youth, 4-H groups, Cattlemen and agriculture tours. I’ll welcome it!” concludes this proud greyhound owner. She does ask that you contact her in advance. Contact Lynell by phone at 563-773-8217 or write to Haynes Kennels, Inc. at 27257 - 258th Street, Bellevue, Iowa 52031.

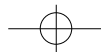
P.S. I had extra-added enjoyment as I drove away, honked my horn, and raced my little Saturn with the greyhounds running, running, running. What a sight!

I’m Older Than You Think!



Call today to have your new 50 Gallon Rheem Electric Water Heater installed in your home for \$75.00

800-927-6068



WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

Spring into Fun and Fitness!

It's not news that physical activity is good for what ails you. Hippocrates, the father of medicine who lived from 460 to 377 B.C., wrote: "Walking is man's best medicine."

Modern science has confirmed this ancient wisdom. Health experts know that physical activity is good for every part of the human body, from our brains to our bones. Being active can give you energy today and help prevent deadly diseases tomorrow.

The problem in Iowa and across the United States is that people aren't active enough. Our 24/7 lifestyles and the Information Age have us firmly planted on our couches, at our computers and in our cars. According to the Centers for Disease Control and Prevention (CDC), about 60 percent of American adults, and about half their kids, do not meet even the most basic recommendations for physical activity. The good news is that it's easier than most people think to get the activity they need. Research shows that even short bouts of physical activity can make a big difference in overall health.

You don't have to join a gym and start running marathons unless you want to. The main thing is to get at least 30 minutes of moderate activity a day most days of the

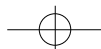
week. You don't even have to do the full 30 minutes at one time. Something as simple as three 10-minute brisk walks can help you control your weight and fight heart disease at the same time. To avoid weight gain with age or to lose weight you need to increase your physical activity to 60 minutes a day. To maintain weight loss, you need 60 to 90 minutes of physical activity per day.

When you look at MyPyramid online (www.MyPyramid.gov), you will need to enter your physical activity level to help determine how much of each of the food groups you will need. Examples of Moderate Exercise are: Walking briskly (about 3 and one-half mph), hiking, gardening/yard work, dancing, golf (walking and carrying clubs), bicycling (less than 10 mph) or weight training (general light workout). Examples of Vigorous Exercise are: running/jogging (5 mph), bicycling (more than 10 mph), swimming (freestyle laps), aerobics, walking very fast (4 and one-half mph), heavy yard work, such as chopping wood, weight lifting (vigorous effort) and basketball (competitive).

Iowa State University Extension and USDA urge all Iowans to keep a balance between food intake and physical activity every day. March is the ideal time to spring into a regular fitness plan. Temperatures

are thawing and days are growing longer, making it even easier to be active and have some outdoor fun in the Heartland.

A healthy recipe that is a great source of Vitamins A & C, protein, and fiber follows. It has 162 calories per serving. Serve it with Ramen® noodles, melon slices and milk.



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Pork and Broccoli Stir Fry

Serves 4

- 1-lb. Loin or chops, sliced into thin strips
- 1 (16 ounce pkg.) frozen broccoli
- 2 tablespoons soy sauce
- 1-teaspoon cornstarch
- 1/8 teaspoon ground ginger
- 1-tablespoon water
- 2 tablespoons corn oil
- 1 clove garlic

Teriyaki Marinade:

- 1/4 cup soy sauce
- 2 cloves garlic, minced
- 1-teaspoon ground ginger
- 1/4 teaspoon sugar
- Several drops of hot sauce

Combine marinade ingredients. Cover thin strips of pork with marinade and let sit for 30 minutes.

Put broccoli in a colander. Run hot water over the vegetables until thawed. Stir together soy sauce, cornstarch, 1/8 teaspoon ginger and 1-tablespoon water. Set aside. Preheat the wok or frying pan over high heat. Add 1-tablespoon oil and the marinated pork. Throw away any leftover marinade. Stir-fry pork slices for 3 to 4 minutes until pork is no longer pink. Cook in batches if necessary. Remove pork and set aside. Add the remaining tablespoon of oil and 1 clove garlic to the wok or frying pan. Stir-fry for 10 seconds or until you can smell the garlic. Add the broccoli and stir-fry 3 to 4 minutes. Remove from pan. Stir the set aside soy sauce, cornstarch, ginger and water mixture. Add mixture to the center of the wok or frying pan. Cook and stir until thickened. Add pork and broccoli back to the pan and toss together, coating with sauce. Heat through. Serve immediately.

WATTS THE ANSWER?

“Walking is man’s best _____.”

The entry deadline for High School Juniors wishing to enter our Youth Tour essay contest is _____.

How many dogs are at Haynes Kennels at all times? _____

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: _____

January winners:
Marvin Kieffer, Bellevue
Bruce Heims, Coggon

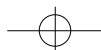
Yes, I will attend!

- Thursday, March 30 Swiss Valley Nature Center
- Tuesday, April 4 Hurstville Interpretive Center

Name _____

Address _____

Number Attending _____





CHECK OUT OUR ON-LINE BILL PAY!

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 |
| Dividend Questions | patronage@mvec.com |
| New Service Questions | engineering@mvec.com |
| Management | management@mvec.com |

Watts Current...

...is published monthly for the members of
Maquoketa Valley Electric Cooperative.

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

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, Brett Cox.....563-773-8614
- Manchester, Dan Petersen.....563-927-6491
- Maquoketa, Jerry Streeper.....563-652-5014



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