



Volts and Jolts

Published monthly for the members of
RED LAKE ELECTRIC COOPERATIVE, Inc.

One of the Minnkota Power Systems

SERVING THE FOUR-COUNTY AREA OF MARSHALL, PENNINGTON, RED LAKE AND POLK
and a portion of the lands of the Red Lake Band of Chippewa

VOL. 49 – NO. 9

RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

JUNE 2014

EPA announces proposed rules for existing power plants

Red Lake Electric Cooperative (RLEC) is concerned about possible impact on electric rates.

In what could lead to higher electricity rates for you, the consumer, and job cuts for many across the country, the Obama administration has announced the United States' first proposed rules to cut carbon dioxide emissions from existing power plants.

The U.S. Environmental Protection Agency (EPA) has proposed that existing plants reduce carbon dioxide by an average of 30 percent - compared to 2005 levels - by 2030. RLEC and Minnkota Power, our wholesale energy provider, are deeply concerned about the proposed rule.

"This is obviously an important issue for Minnkota and other electric cooperatives in this country," said Mac McLennan, Minnkota president & CEO. "We are reviewing the EPA's GOO-plus-page proposed rule. We believe coal should remain a key part of the energy

mix in the United States."

EPA Administrator Gina McCarthy announced the proposed rule June 2 in Washington, D.C. The EPA will accept comment on the proposal for 120 days after it is published in the Federal Register. Please go to www.action.coop and make your voice heard.

Public hearings will be held in Denver, Atlanta, Washington, D.C., and Pittsburgh the week of July 28.

Though the document will take time to review, several leaders in the coal and electric industries are concerned with what they have learned so far.

"Americans count on affordable and reliable energy to power our communities, promote job and economic growth and keep costs in line for the basic necessities in our family budgets," said National Rural Electric Cooperative Association CEO Jo Ann Emerson. "New EPA regulations that add to the price of electricity have serious consequences for our communities, jobs and

families."

Minnkota has invested more than \$425 million into environmental upgrades at the Milton R. Young Station. Total investment in the clean coal technology at the state's eight-coal-based power plants is more than \$2 billion.

"This rule puts another mandate on us to spend billions more chasing down this perhaps unachievable target," Jason Bohrer, president of the Lignite Energy Council.

Under the proposed rule, North Dakota must cut carbon emissions from existing coal plants to an average of 1,817 pounds per megawatt-hour (MWh) by 2020 and 1,783 pounds per MWh by 2030. The EPA's plan gives states an interim goal to reach by 2020 and a final goal to hit by 2030.

Most states will have until 2016 to submit a plan to cut power plant emissions, and 2017 if they join with other states to tackle the problem, according to the EPA's proposal.

The U.S. Chamber of

Commerce argues that the rule will kill jobs and close power plants across the country. The group released a study that finds the rule will result in the loss of 224,000 jobs every (2811003.03 Harold Steinhauer) year through 2030 and impose \$50 billion in annual costs. In the meantime, the EPA is projecting that the annual cost of complying with its rule could be as high as \$8.8 billion in 2030.

"The lignite industry has been a stable component of the state's economy, accounting for about one in every 20 jobs in the state," Bohrer said. "The industry also provides about \$100 million in taxes every year for the state and about \$3 billion in total economic activity. Today, North Dakota is one of only seven states that meet the EPA's clean air standards."

The Obama administration released the proposed rule just months before the midterm elections.

Hanson working as seasonal construction worker



Austen Hanson, Red Lake Falls, will work throughout the construction season at Red Lake Electric Cooperative as a seasonal construction worker. He is a recent graduate of the electrical line-worker training program at Minnesota State Community and Technical College, Baudette. The Lafayette High School graduate is the son of Wayne and Sheila Hanson of Red Lake Falls.

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RLEC announces scholarship recipients

Each year, Red Lake Electric Cooperative provides scholarships for graduating seniors at each of the high schools operating throughout the Cooperative's service area. The recipients are selected by the scholarship selection committee of the recipients high school. There were 12 recipients this year with each student receiving \$500.

The funds for these scholarships come from unclaimed capital credits. Congratulations and best wishes to these scholarship recipients.



TAYLOR MYERS
Marshall County Central
Dorene Myers and the late
Dwayne Myers
Viking



CARLI THOMPSON
Greenbush/Middle River
David & Karleen Thompson
Middle River



ALEX FINSETH
Lincoln High School
Michael & Roxanne Finseth
Thief River Falls



JACOB LEIER
Lincoln High School
Darren & Brenda Leier
Thief River Falls



SHELBY NORLIN
Lincoln High School
George & Karlyn Norlin
Thief River Falls

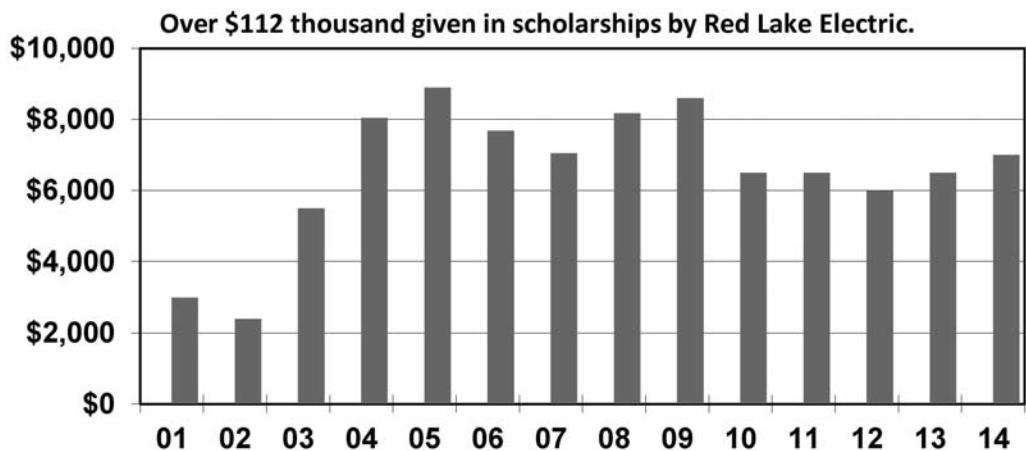


BREA NAESETH
Goodridge High School
Denise Naeseth & David Naeseth
Goodridge

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

The graph below shows the amount of money Red Lake Electric Cooperative has given in scholarships to our service area high school graduates for the past fourteen years. The majority of this scholarship money is funded by unclaimed Capital Credits paid out by Red Lake Electric Cooperative. The ability of Red Lake Electric Cooperative to use these unclaimed Capital Credits this way was a privilege given to all Minnesota Cooperatives in 1987. Prior to that time, these monies were handed over to the state. We think this law change was a good one and are happy Red Lake Electric Cooperative can use this money to provide scholarships for our service area high school graduates.



CARTER BURKS III
Grygla-Gatzke High School
Sara Madison
Goodridge



RACHEL KANTAN
Crookston High School
Erik & Judy Kantan
Crookston



JOSHUA MILLER
Lafayette High School
David & Peggy Miller
Red Lake Falls



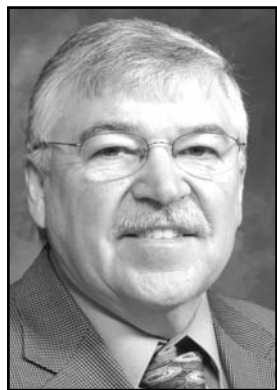
ALEXIS BERBERICH
Red Lake County Central
Kari McIntosh & Corey Berberich
Thief River Falls



ASHLEY GLASS
Win-E-Mac High School
Darrin & Michelle Glass
Mentor



MATTHEW VOXLAND
Fosston High School
Michael & Teresa Voxland
McIntosh



Manager's Comments

by Roger Johanneck



Scammer chooses Red Lake Electric Members

Red Lake Electric made the area news recently as a result of a scamming operation. The caller claiming to be from Red Lake Electric contacted our members (and some who were not customers of Red Lake Electric) with a threat to disconnect the power if you didn't pay up.

The caller asked for member account information and credit card/payment information. Those two requests should have raised a red flag for our members: 1) Red Lake Electric would know your account information and 2) we do not accept credit cards, nor would we ask for payment information over the phone.

I am grateful to the Polk County Sheriff's office who quickly got the word to area radio, newspaper and TV stations so the public was made aware of the scam. I don't know if scams are more prevalent today than in times past but it seems that way. If scams are not more common, cell phones, email and other communication we have in place make it seem that way. Word spreads quickly with the use of these devices and in this case, that is a good thing. Knowing that someone is on the prowl with a scam helps all of us

to be prepared should it happen to us.

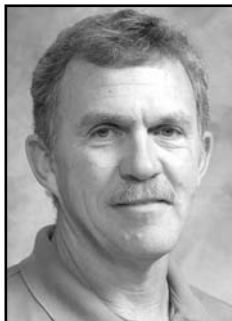
And it has. I lost count of how many times I have received emails from someone living in a foreign land with a rare disease and not much time left to live. They are looking for an honest and trust worthy individual to help them donate money to charity because they do not have any family members to help them, and would like my bank account so they can wire me the funds. These people could be a little more convincing if they would only use spell check to clean up the spelling errors in their letters.

Red Lake Electric has received letters on our fax machine too. Someone has struck it rich but there is a catch; they need a bank account in the United States so the money can be deposited and if we give them our bank account information, they will share the proceeds. Just think of the possibilities; energy rebates for all members. I like to think we are sheltered from this dumb stuff here in our part of the world but these examples show that is not the case.

To a lesser degree than the scams requesting us to hand over credit card or bank account

information or the power will be shut off is the misleading ads we have seen from vendors with products claiming to save us hundreds of dollars on our electric bill if we buy (2820004.01 Dean A & Deanna Forst) their energy saving device. Ads that sound too good to be true, usually are. We have stories from members who called and told us so. Honest folks, mislead by the ads, thinking they were going to save money on their monthly energy bill only to learn that their electric bill is now more and not less than it used to be because they didn't see the fine print.

I think these examples lead to a simple and similar response. If you have any doubt or suspicion about calls you receive from someone claiming to be from Red Lake Electric; hang up and give us a call. If you ever have a question about energy efficiency claims that sound too good to be true; give us a call and let us help you do an evaluation. Red Lake Electric has been providing energy and services for over 75 years and I'd like to think some of that longevity is due to the trust we have built from being honest with our members.



Member Service Department

by Kevin Reich

May we meet again....

July 31 of next month will mark 40 years that I have worked for the members of Red Lake Electric Cooperative (RLEC). That date will also be my last day of employment with the Cooperative.

In May of 1974 my family and I traveled to Red Lake Falls for my interview with Charles Kleven, RLEC manager, and Lester Keifenheim, member services director. They offered me a position with the Cooperative and the rest is history. My thanks to them, post-humously, for that offer.

The first farmstead I visited on the first day of my employment was that of Lloyd and Elizabeth Howick west of Thief River Falls. My co-worker and mentor, Ronnie Kees and I delivered an electric furnace to the Howicks. My thanks to Ronnie for sharing his knowledge and insight with me throughout the years we worked together.

My entire career at RLEC has been in the member services department entertaining member inquiries and assisting members with the services offered at the Cooperative. In my opinion this is what cooperatives are about – people (the relationships) and services.

There has been change in my career at the Cooperative and there have been many changes at the Cooperative during my career. The biggest change for me was the transition from appliance service technician to member services manager, a position I have served in for the past 31 years.

One of my favorite projects I had the privilege of working on, while employed at RLEC, was the 75th Anniversary material for 2013. As I worked on the booklet and video I came to the realization of all the changes

that have occurred at the Cooperative over the years.

Some of the changes/developments associated with the Cooperative throughout the past 40 years include:

Minnkota Power Cooperatives (MPC) coal fired plants came on-line in the 1970s.

The first primary underground cable was installed in 1975.

The purchase of the first central office computer in 1978 which was a large Burroughs.

The inception of off-peak electric heat took place in the early 1980s.

The Cooperative provided DIRECTV services from 1994 through 1999.

The installation of automatic read meters (AMR) beginning in 1996.

The sale of household appliances was discontinued in 2000.

MPC became involved with renewable wind generation in the mid 2000s.

The implementation of the Power Savers Conservation Improvement Program (CIP) in the late 2000s.

Farm and residential services have gone from 35 and 60 amps to 200, 400 and some to 600 amps.

The addition of three distribution substations within the Cooperative's service territory which now number 10.

Many construction and remodeling projects at the Cooperative's headquarters.

The Cooperative's fleet of vehicles has gone from one bucket truck and two 4-wheel drive vehicles to several bucket trucks and all 4-wheel drive vehicles, many with automatic transmissions.

We have gone full-circle twice now promoting electric heat for the third time in my

career.

I have worked with more than 50 different co-workers. I worked for four different managers, and the list goes on.

Other memorable times includes working storm jobs following the after-math of Mother Nature. These included: battling frosted lines in January of 1980, not getting home for several days; an ice storm in April of 1999, which led to a six day outage for some members; a wind storm in August of 2001, which led to the cutting of numerous trees in order to raise downed power lines.

Some of my most rewarding experiences have been being able to assist members with their inquiries and provide answers to their questions. I am humbled by the trust many members have instilled in me.

I have always appreciated those who have appreciation for "when the lights came on". I enjoy listening to their stories. The numerous power plant tours have been fun and appreciated by the participating members.

I have thoroughly enjoyed working alongside my co-workers being thankful for their support and confidence. The association with my peers in the industry has been enjoyable also. And I appreciate the relationships that (2805002.01 Eldon Ness) have developed with area electricians and contractors.

You, the people, are what I will miss the most. My heartfelt thanks to all of you.

"In everything give thanks: for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5:18 KJV)

May God Bless you and your loved ones in the days ahead! ...until we meet again.

Happy Fourth of July

In observance of Independence Day, Red Lake Electric Cooperative's headquarters will be closed

Friday, July 4.

In case of an electrical emergency or outage, call the after-hour phone number 218-253-2200.

As you celebrate Independence Day, remember to play and celebrate safely and responsibly.



ELECTRIC HEAT EXEMPTION

This is to certify that the primary source of heat for my residence is electricity and I am eligible for the electric heating sales tax exemption as provided by Minnesota State Law. The primary source is the source that supplies more heat than any other source for the largest period of time during the heating season.

Date _____ Account number _____

Social Security Number _____

Signature _____

Mission Statement

It is the mission of Red Lake Electric Cooperative to enhance the quality of life for people of our service area by consistently providing quality electric service and other valued services while holding our employees, our community and our environment in high regard.



Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

RED LAKE ELECTRIC COOPERATIVE, Inc. VOLTS & JOLTS

(USPS 663-400)

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Subscription Rate \$2.50 per year

**AFTER-HOURS
OUTAGE PHONE
218-253-2200**

NOTICE

Hidden within the text of the articles of this issue of the Volts & Jolts are the names and account numbers of some RLEC members. They will appear within the articles in parenthesis as such (9999999.99 Roger P. Member). If you find your name and account number, clip it out and send it with your next payment. You will be credited with \$5 on your electric bill.



Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

Things you should know about your electric service

BILLINGS AND COLLECTION

You will receive your energy bill on or near the 20th of each month.

Payment of your monthly energy bill is due on the 20th of the month. You may pay your bill in person at RLEC during office hours, use the 24-hour drive-up drop box located next to the RLEC office, by Auto Pay, or by mail. Payment must be in the office, drop box, Auto Pay, or in the mail, as evidenced by the postmark, by the 5th day of the following month to avoid a late payment charge. A 1 1/2% monthly late payment charge will be computed on delinquent energy bills, the minimum late payment charge will be \$1.00.

If your payment is not received by the 15th of the month, a final notice of disconnection statement will be included on your following bill. The final notice statement will notify you when your electric service will be disconnected if the delinquent amount remains unpaid. If an employee is sent to disconnect your electric service, a \$60 collection fee will be charged to your account, even if you pay the collector.

To have a disconnected service reconnect, all amounts owing, a \$60 reconnection fee, and a security deposit must be paid. If the service must be reconnected after normal working hours, a \$120 reconnection fee must be paid.

BAD CHECKS

A \$15 charge will be levied each time a check is returned because of nonsufficient funds, account being closed or payment stopped.

OUTAGES

In case your electricity goes out, please do the following:

1. Check your fuses or breakers at the yard pole or meter pedestal.
2. Call your neighbor to see if they are out of electricity also.
3. Call the RLEC office (218-253-2168 or 1-800-245-6068) during working hours or 218-253-2200 after hours. We will accept collect calls for outages only.

METER TESTS

RLEC has a schedule in place to have its meters periodically tested for accuracy. Results from these tests show that meters generally slow down with age; however, if you think that your meter is recording too much usage, RLEC will test it for accuracy. You must pay a test fee in advance of the test. If the meter test shows that the meter was inaccurate, the test fee will be refunded to you.

STOPPED METERS

If you find your meter has stopped and you are using electricity, please contact the office immediately so we can replace it. Average consumption will be billed to the member for the time the meter was stopped so there is no advantage in not reporting a stopped meter.

METER READINGS

An automated meter reading system is utilized to obtain monthly meter readings. Although the system is normally reliable, there is always a chance that the correct reading has not been transmitted to the office for billing. Customers should periodically read their meter and compare it to the reading on the billing statement. If the actual reading is not close to the billing statement reading, please call the office.

GENERAL SERVICE RATES

Facilities charge variable \$27 to \$35 month
April-December 9.5¢ Kwh
January-March 9.9¢ Kwh
Multiphase users add \$22/month cost of service charge.

Standby, \$12/month (meter disconnected but the power line retained; standby is not available on services larger than 15 KVA transformer capacity).

Security light: high pressure sodium, \$8/month; mercury vapor, \$9/month; water heater flat credit, \$7/month (January-April billing); off-peak equipment charge, \$5.50/month per heat meter; off-peak energy rate: 5.5¢/kWh long-term control, 7.5¢/kWh short-term control.

Recipe Corner



From the Mail Bag

Berry Goodness

- 2 bags frozen mixed berries
- 1 tub cool whip
- 1 large container of vanilla yogurt
- 1 small package of cheesecake pudding mix

Pour berries into a large bowl. Add Cool Whip and yogurt. Sprinkle on pudding mix. Stir together really well until it's all combined and looks pretty. Chill before serving.

BLT Salad

- 6 cups torn lettuce
- 14 halved cherry tomatoes
- 1/2 lb. fried and crumbled bacon
- 1/2 cup plain croutons
- Dressing:**
- 1/4 cup salad dressing (Miracle Whip type)
- 1 Tbsp. chili sauce
- Dash of pepper

Mix first four ingredients. Cover and chill 1-1/2 hours. Toss with dressing (which has been chilled). Serve.

Orange Salad

- 1 box vanilla pudding (not instant)
- 1 box tapioca pudding
- 1 box orange jello
- 1-8 oz. container Cool Whip
- 1 can mandarin oranges, drained

Place puddings and jello in heavy pan. Add 3 cups cold water. Cook until thick. Cool. Add Cool Whip and oranges. Refrigerate several hours.

My Rhubarb Buttermilk Cake

- 1 1/2 cups chopped rhubarb (small, bite-sized)
- 3 Tbsp. sugar
- 2/3 cup butter at room temperature, salted or unsalted
- 2/3 cup sugar
- 2 large eggs at room temperature
- 1 tsp. pure vanilla extract
- 1 1/2 cups unbleached all-purpose flour
- 1/2 tsp. salt
- 1 tsp. baking powder
- 1/8 tsp. baking soda
- 1/2 cup buttermilk
- Topping:**
- 1/3 cup butter, at room temperature
- 1/2 cup unbleached all-purpose flour
- 1/2 cup sugar (white)
- 1 tsp. ground cinnamon

Spray 8-inch square pan with non-stick spray and preheat oven to 350°. Place chopped rhubarb in a small bowl and toss with 3 Tbsp. sugar; set aside.

In large mixing bowl, cream butter and (second amount of) sugar. Beat in eggs one at a time. Add vanilla (you could do this part with an electric mixer, but do the rest by hand so the batter does not get over-mixed).

In another bowl, mix all remaining dry ingredients together and add to the butter/sugar/egg mixture alternately with the buttermilk, mixing just until combined. Fold in sugared rhubarb and scrape the batter into prepared pan, smoothing top somewhat.

Mix topping ingredients together by hand until big crumbles form. Scatter evenly over the batter. Bake at 350° for 45 minutes or until done in center.

Rhubarb Crumble Pie

- 1/2 cup butter, melted
- 1 1/2 cups rolled oats
- 1/2 cup sifted flour
- 1 1/2 Tbsp. flour
- 2/3 cup brown sugar
- 3 cups raw rhubarb
- 1/2 cup granulated sugar

Combine butter, oats, and 1/2 cup flour and brown sugar. Blend together and spread 3/4 of mixture in pie pan. Cover with rhubarb.

Combine the granulated sugar, 1 1/2 Tbsp. flour and sprinkle over pie. Place remaining oat mixture on top. Bake at 375° for 45 minutes.

Teriyaki Marinating Sauce

- 5 oz. bottle soy sauce
- 1-1/2 tsp. real lemon juice
- 1/2 cup ketchup
- 1 Tbsp. Worcestershire sauce
- 3 drops Tabasco sauce
- 1 can beef consommé' soup
- Adolph's Tenderizer

Marinate meat at least two hours.

Dear RLEC,

Thank you for awarding me with your scholarship. It will be helpful in attaining my Animal Science major prior to attending Vet School.

Sincerely,
Josh Miller
Red Lake Falls

Dear RLEC,

Thank you for giving me the scholarship! I will use it next year at UND.

Sincerely,
Rachel Kanten
Crookston High School

Dear RLEC,

Thanks for your support in the Marshall County Central (MCC) after prom celebration. You made this night possible.

MCC After Prom
Committee

Dear RLEC,

Thank you for the scholarship I received. I am a senior at Lincoln High School. This scholarship will go toward my expenses at Concordia in Moorhead where I will be majoring in Nursing. Thanks again.

Shelby Norlin
Thief River Falls

Dear RLEC,

Thanks for covering the admission costs for kids and parents who went to the ECFE field trip to Bemidji Science Center. We had alot of fun!

Vinny
RLF preschooler

Dear RLEC,

Thank you from the bottom of our hearts for the quick response you provided concerning the tractor accident with the line.

Willard and JoAnn
Brunelle
Crookston

Dear RLE Operation Round Up,

Thank you for the generous grant you gave us to provide the entry fee for 3 1/2 to 5-year-olds and their parents to Headwaters Science Center in Bemidji.

We had a total of 50 participants from Red Lake County this year. There were alot of hands-on learning experiences enjoyed by both young and old.

Margaret Hamrum and
JoyAnn Dahl-
RLCC Plummer Site
Wanda Nelson-
Red Lake Falls
Susan Lee-
RLCC Oklee Site
Joni Bjerklie-
RLCC Oklee Site and
Head Start
Heather Altendorf-
Head Start

Dear RLEC,

Thank you so much for the donation of \$120 that you have given to the 4-H Youth Development Program in Red Lake County. This means so much to the 4-H members. It is a great incentive for them to work hard on their fair exhibits.

Thanks again for your donation!

Sincerely,
Sharon Weiss
4-H Program Coordinator
Red Lake County

Red Lake Electric Cooperative, Inc.
Operating Report
MONTHLY COMPARISON

	APRIL 2013	APRIL 2014
Total Revenue	\$1,296,482	\$ 1,310,024
Total Margins	\$ 179,482	\$ 202,499
Cost of Power	\$ 847,892	\$ 850,637
KWH's Purchased.....	\$12,364,436	11,429,096
Capital Credits Paid to Estates ..\$	7,808	\$ 5,408

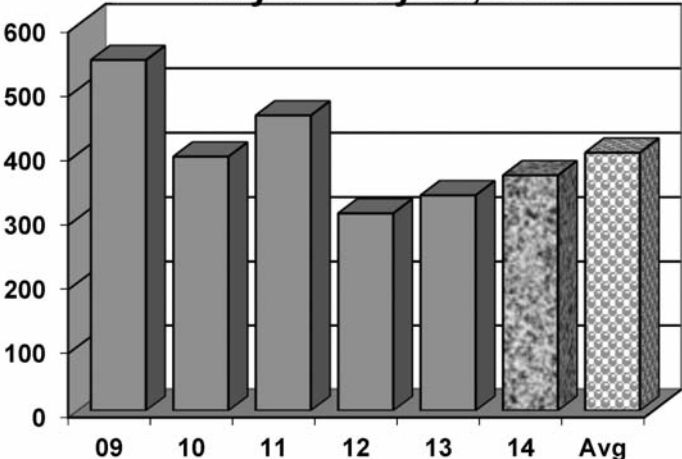
YEAR TO DATE COMPARISON

	APRIL 2013	APRIL 2014
Total Revenue	\$5,662,452	\$ 6,203,988
Total Margins	\$1,008,285	\$ 1,283,606
Cost of Power	\$3,739,634	\$ 3,905,093
KWH's Purchased	58,219,404	61,094,730
New Service Connections	8	2
Customers Served.....	5,237	5,281
Capital Credits Paid to Estates..\$	47,474	\$ 18,644
Miles of Line		
Overhead.....	2,324	2,323
Underground.....	256	2,587

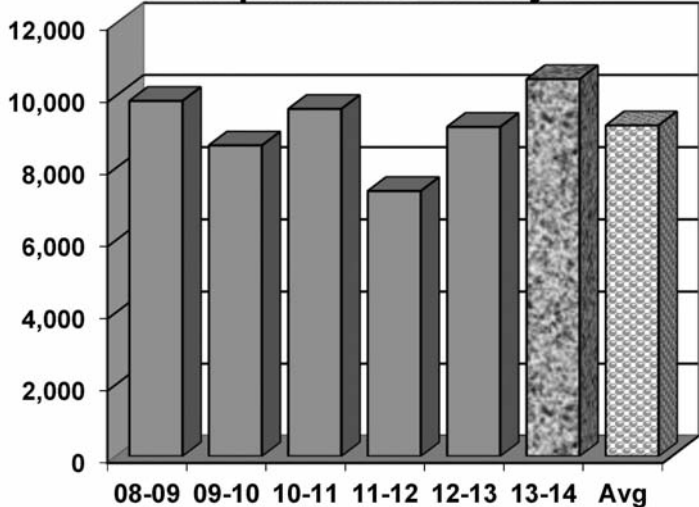
DEGREE DAYS

To determine degree days, you must calculate the daily mean temperature for the time period you are measuring. Degree day computation is based on the assumption that a building does not require any heat if the outside temperature averages 65 degrees during a 24-hour period. To obtain a degree day figure, the high temperature and the low temperature for the day are added and the total divided by two. That figure is then subtracted from 65. For example, if the high temperature was 30 degrees and the low temperature 10 degrees, the figure would be 30+10=40; 40/2=20; 65-20=45. This would be a 45-degree day. The higher the degree day figure, the more heat required to warm your home.

DEGREE DAYS
May 1 - May 31, 2014



Year To Date
September 1 to May 31



Dear RLEC,

Thank you for supporting our drug-free/alcohol-free Post Prom Party! Your generous donation is greatly appreciated. We had a great time!

Win-E-Mac After Prom
Committee

Dear RLEC,

Thank you for your donation to help make our post-prom party a safe and memorable event.

Juniors at Lafayette High
School, Red Lake Falls

Can you help us locate any of the following?

The following people have capital credit refunds due them. Checks mailed to their last-known address have been returned by the Postal Service. If you can provide a current address for someone who is listed or the name and address of an heir if they are deceased, call or write Red Lake Electric Cooperative, PO Box 430, Red Lake Falls, MN 56750; 218-253-2168 or 800-245-6068.

Abrahamson, John W.
Akset, Brian
Anderson, Jason A.
Anderson, Odessa
Anderson, W.S.
Arnold, Ron
Aubol, Lisa & Jason
Barnett, Garry A.
Bauer, Darrel A.
Beito, Paul E.
Bellanger, Del & Tammy
Bellanger, Delallen
Benedict Properties Inves
Billington, Jim R.
Buckley, Phil E.
Carter, Robert G. M.D.
Chavoya, Gary M.
Christianson Peterson, Connie
Clauthier, Cheryl L.
Condor-Moser, Fred & Linda
Cote, Duane W.
Coulson, Curtis
D & J Farms
Delage, Barbara
Dudley, Patrick A.
Durheim, Mona R.
Eide, Diane
Elliott, Marvin & Elsie
Elness, Luther
First Federal Savings & Loan
Forsberg, Carol J.
Fruetel, Karl
G.M.A.C. Mortgage
Gaber, Denise
Gerhartz, Gregg W.
Gitz, Rick
Grace Baptist Church
Gunderson, Arnold
Gustafson, Audrey

Hammond, Michael R.
Hanson, David A.
Hanson, Odin
Harron, Brian G.
Harstad Nelson, Florence
Hermanson, Ervin
Hillton Hog Farm
Hogan, Jack L.
Holtten, Inga
Honer, Ronald
Hoodie, Fred E.
Hoopman, Tina Olson
Horgeshimer, Cynthia
Hornbeak, Walter
Hurford, Thomas
Interstate Brands
Isaak, Ralph A.
Iverson, Jerald
Jacobson, Gary S.
Johaneson, Harry
Johnson, John L.
Johnson, Susie
Jones, Charles A.
Kelly, Ryan P.
Kertsonville Community Hall
Kesterke, Kenneth D.
Kreuter, Phil
Lake, Dennis E.
Landsem, Steven
Larson, Robert L.
Laude, Gary
Leeper, Jack (Ed)
Lichtsinn, Norman W.
Marquis, Paul
Martinson, Edwood
Miller, Dan
Moede, Rena (Wallace)
Monroe, Jeffrey
Morris, Matthew P.
Nelson, Amy
Nelson, Bruce N.
Nelson, Darrel W.
Nickelson, Conrad O.
Nine-Klein Farms
Nordin, Erick, Dan & Jeff C.
Norwest Mortgage Inc.
Odegard, Larry
Oehler, Toby

Olson, Donovan
Olson, Floyd
Olson, Greg P.
Olson, Kenneth H.
Olson, Kim
Olson, Rodney
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VOLTS AND JOLTS FEATURE OF THE MONTH

Dairying is a way of life for the Brinkman family

As June is National Dairy Month, it's fitting to highlight the dairy farm of Orville and Shirley Brinkman.

The Brinkman farm, located in rural Trail, Minn., was started by Orville's great-grandfather, Peter Agnes. He farmed the land but lived in a home west of the farm. The land passed to Orville's grandfather, Joe Agnes, who farmed as well and lived on the homestead located right on the farm. Orville spent time in the summers with his grandparents on the farm as a child.

Joe's daughter, Louise, married Arne Brinkman and the couple had a dairy farm several miles away. When this farm passed from Joe to Louise, the couple added that land to their farming operation but continued to live at the other farm. Orville began farming the original farm in the late 1980s and brought dairy cattle to that site. He married Shirley in 1986 and soon after, the couple moved into the home on the land.

Through the years the couple has renovated every structure on the property. "We've remodeled the whole works," says Shirley. Renovation projects include lowering the barn, residing all of the original buildings and

adding five new buildings. They even gutted and completely remodeled the house.

While the main focus of the farm is producing milk from dairy cattle, soybeans, wheat, alfalfa and corn are grown on the land. "My father was a dairy farmer, so I did that growing up" Orville explains of his childhood on the farm milking cows, "I always liked cattle." Orville also likes that he can be his own boss, often spending most of the day outside. "He's never in the house," says Shirley, "He likes being outside and working on the farm. Living on the farm, there's always something to do."

Chores start at 5:00 a.m. every morning by preparing for the morning milking session, which wraps up around 7:30 a.m., followed by another hour or two of other work. Chores, which include feeding ground feed and hay silage, filling water tanks and bedding in the sheds for the cattle, starts again in the mid-afternoon, followed by the evening milking at 5:00pm, which lasts over an hour. Once the milking process has started, Shirley feeds fresh milk to the calves by bottle or in buckets, which are a presence all year as new calves are born on the farm every month. "I like the quiet,"

says Shirley of the farm work, "You work in the morning, get a few hours in the afternoon, and then do chores again in the late afternoon."

The dairy farm life has kept the family of five busy, as the couple has three children, Katie, Joe and Jake. Shirley remembers that they started the children in the farm life at an early age, even helping to fill water tanks and other chores when they were age five or six. While everyone works to feed and milk the cows, during the summer months most of the milking is done by Shirley and Katie as Orville, Joe and Jake take to the fields to tend the crops.

Jake is a student at Fosston High School and milks every day before and after school. Joe, who lives in Moorhead, Minn., works as a surgical tech and attends Minnesota State Community and Technical College in Fergus Falls, but comes home on the weekends and during school breaks to help with the chores. Katie, who lives on the farm, works a full-time job at Digi-Key in Thief River Falls and still helps with the milking and farm chores every day. "Katie likes the cows," says Shirley, "She



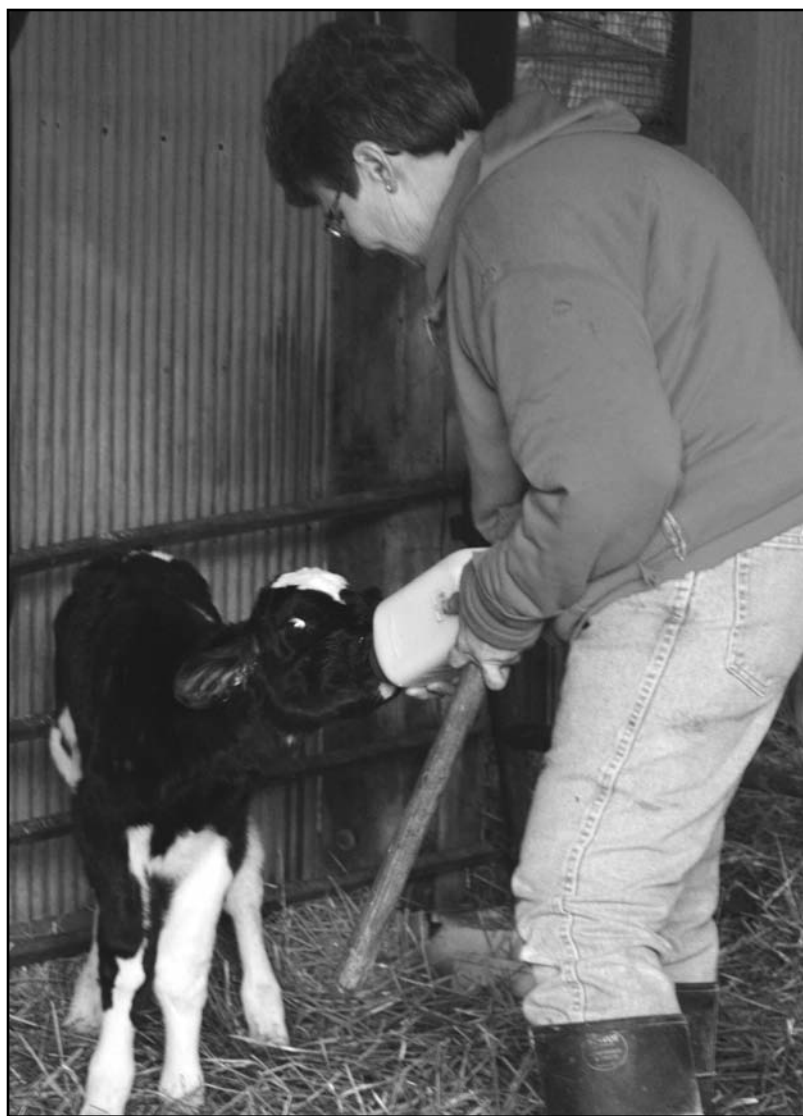
Joe, Jake, Orville, Shirley and Katie Brinkman work together as a family on their dairy farm to provide milk for Land 'O' Lakes.

has always been the one that likes it." Katie explains that she enjoys it because, "Everybody is together," and they always get to

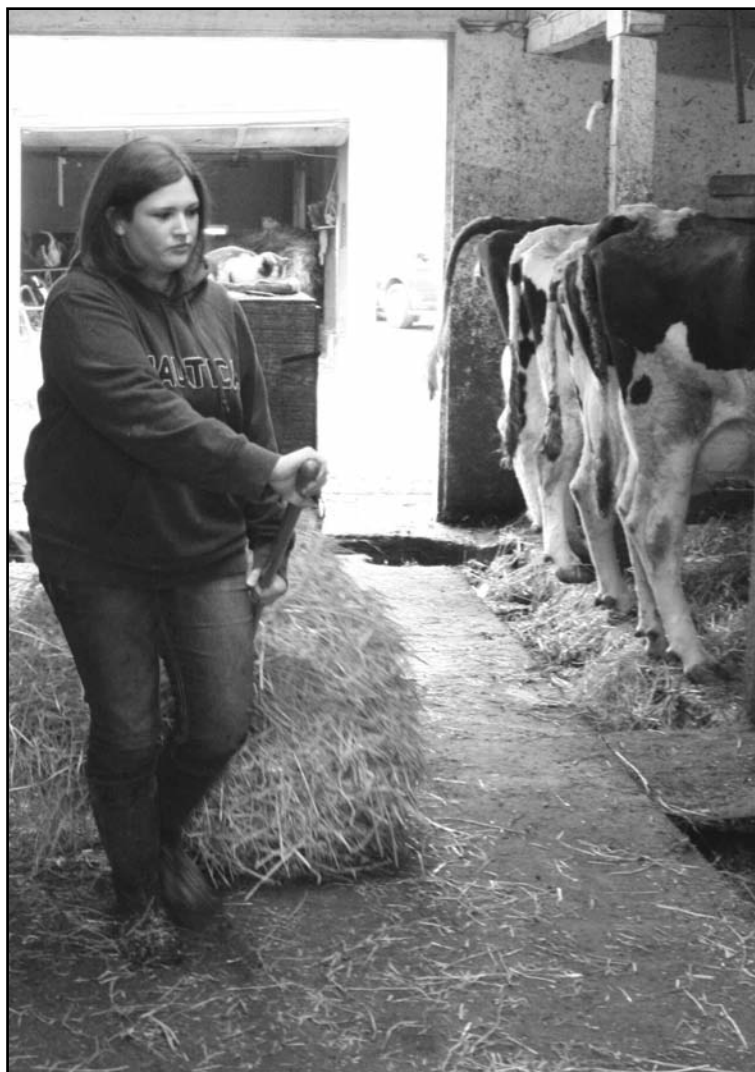
spend that time as a family.

The farm keeps approximately 35 to 40 milk cows, each producing about 17,000 pounds of

milk per year. Milk from the Brinkman dairy farm is sold to Land 'O' Lakes in Thief River Falls.



Shirley feeds the calves fresh milk by bottle daily.



Katie prepares the milking stalls as the cows are moved in and out of the barn.



Orville attaches a milking machine to the cow in the barn during the evening milking.

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Farm Bureau: Proposed EPA water regulations won't exempt farmers

RICHMOND-The U.S. Environmental Protection Agency's proposed modifications to the Clean Water Act definitely will expand the federal government's regulation of agriculture land uses, according to Donald Parrish, senior director of regulatory (2714005.07 Nathan Jorgenson) relations for the American Farm Bureau Federation. That's despite EPA statements that existing exemption for agriculture operations will remain intact.

"The EPA is sticking to their talking points. They're saying they're not expanding jurisdiction," Parrish said. "But for the first time ever, EPA is defining ditches as tributaries. This really does blur the distinction between land and water. And Congress didn't intend that."

"Congress explicitly tried to protect agriculture from EPA permitting programs because farmers need flexibility" to efficiently raise crops.

AFBF has launched a cam-

paign encouraging the EPA to "Ditch the Rule." Background information on the proposed EPA "Waters of the U.S." rule can be found at ditchtherule.fb.org.

The problem with the EPA's statements about farm exemptions is that past actions under Section 404 of the Clean Water Act show the agency keeps trying to expand its regulatory power, Parrish said. "EPA has narrowed those 404 practices significantly, in some cases so that they're actually meaningless to farmers. What they have not done, though, under Section 402, another technical term in the Clean Water Act, relates to using things like pesticides," he said.

"So all of a sudden, this could really expand EPA's opportunity to regulate not only where and how we use crop protection tools to control weeds, insects and diseases in our crops, but they could also further regulate how we are using

nutrients on the landscape. It could have a significant impact. And there's nothing-nothing-in the exemptions that would protect a farmer from that."

The EPA is expected to promote its proposed changes at press briefings in rural America this summer, and Parrish said farmers need to make sure their voices are heard by Congress and the public. At the very least, he fears the regulations would force farmers to remove many of their fields from production, creating an inefficient patchwork of farmland and a regulatory nightmare.

"I think it's in our best interest for farmers to help EPA and the federal government understand why that is a bridge too far. It's not a good thing for the environment. It's not a good thing to control farmers and land in this way. It's important-it's very important-that farmers have their voices heard. We need to ditch this rule."

Beware of sales people pitching energy savings from radiant barriers

The Minnesota Department of Commerce issued a consumer alert, encouraging Minnesota homeowners to think twice before installing radiant barriers in their attics. The Department's Division of Energy Resources (DER) has received reports of salespeople pitching radiant barrier products in flyers and at free dinners throughout Minnesota. The Commerce Department wants all local consumers to know that radiant barriers are not effective means to reduce heating or cooling loads in Minnesota homes.

"Many Minnesota consumers have been duped into installing radiant barriers based on false promises of substantial energy savings," said Commerce Commissioner Mike Rothman. "We strongly urge all consumers to be cautious, ask questions and explore other reputable means to make their homes and businesses more energy efficient."

Radiant barriers consist of a reflective film, usually aluminum, installed over the top of

attic insulation in existing homes. They are sold as an energy-saving product, with claims of significant reductions in both heating and cooling costs. However, their potential benefit is primarily in reducing air-conditioning cooling loads in warm or hot climates - particularly in southern states.

A report compiled by the Oak Ridge National Laboratory for the U.S. Department of Energy, shows that the benefits of radiant barriers decrease significantly in northern climates. In southern cities like Miami, Florida or Texas, radiant barriers could reduce a household's utility bill by as much as \$150 per year using average residential electricity prices. But in colder climate states such as Minnesota, where annual air-conditioning loads are considerably less, savings drop to only \$10 to \$40 a year.

"The price to install a radiant barrier can be as much as \$2,000 or more," Commissioner

Rothman said. "But if the average household saves only \$20 per year, it would take 100 years to pay back your investment."

It's also important to note that radiant barrier products have negligible benefit in reducing heating costs. It is unlikely that most Minnesota consumers would realize any measureable energy savings from radiant barriers in attics.

The U.S. Department of Energy and the Minnesota Department of Commerce agree that, in Minnesota, implementing air sealing and adding conventional attic insulation is a cheaper and more effective means for saving energy than installing a radiant barrier. In fact, as attic insulation levels increase, the potential benefits from a radiant barrier decrease.

Source: Minnesota Department of Commerce.

Keep food cool as temperatures heat up

By April Lollar, APR Coast Electric Power Association

Summer months are great for grilling. And that means you don't have to use electricity to operate the oven or stove - or cool a hot kitchen. It's a great way to be energy efficient and save, but don't stop with energy efficient cooking methods. Consider how you can conserve and save money while cooling those leftovers after the barbecue. Use these simple tips to keep your food - and your bill - cool this summer:

- Fill the fridge. Full refrigerators and freezers don't have

to work as hard to cool the warm air that enters when you open the door. If you are busy freezing fresh vegetables from the garden for winter use, this should be easy. If not, use jugs of water or ice bags in the freezer to keep your fridge full and cool.

- Do some maintenance. When was the last time you moved your refrigerator away from the wall? Last month? Last year? When the deliveryman put it there? Pull the unit away from the wall and spend a few minutes cleaning the coils. When the coils are clean, the

refrigerator cycles on and off less, saving you money.

- Wait to put the leftovers away. If those burgers are still hot from the grill, let them cool off a little before you put them in the fridge. Of course, health and safety come first, and you should never consume food that has been sitting out too long, but waiting just a few minutes to put hot food away will mean your fridge isn't working as hard to cool it down.

- Check your settings. You probably don't need to keep your refrigerator and freezer on the coldest settings. Your refrigerator can be set between 36 and 38 degrees, while your freezer can be set anywhere from 0 to five degrees.

- Shut the door. The more you open the door of your refrigerator and freezer, the more cold air escapes and warm air gets in. Of course you have to open the door to get food in and out, but an organized fridge means less time spent staring at containers of mystery and moving pizza boxes around to dig for that much-coveted piece of lemon icebox pie.

Other tips to help you save

- Consider getting rid of that

extra fridge or freezer in the garage. If you aren't really using it, that old fridge is costing you a few dollars a month to cool a few cans of soda. That adds up throughout the year. Is it worth it?

- If you do decide to get rid of the refrigerator in your garage, or if it's time to replace the one in your home, don't just leave it at the dump. There are recycling programs that help you get rid of your old refrigerator responsibly. Some retailers will take your old appliance and make sure the materials in it will be reused or properly disposed of, and many cities will pick up large appliances as well.

- Visit energystar.gov before making a purchase. Their refrigerator retirement savings calculator

(<http://www.energystar.gov/index.cfm?fuseaction=refrig.calculator&>) can be a big help, and their advice can help you determine the best, most efficient appliance for you.

Informational Web Sites

The following is a list of Web sites that can provide information and education in reference to electrical safety and energy conservation. These Web sites are listed as links on Red Lake Electric Cooperative's Web site at www.redlakeelectric.com.

- Electrical Safety Foundation International: www.esfi.org
- Alliance to Save Energy: www.ase.org
- US Environmental Protection Agency: www.epa.gov/greenhomes
- Energy Star: www.energystar.gov
- Minnesota Safety Council: www.minnesotasafetycouncil.org
- Safe Electricity: www.safeelectricity.org
- Lighting Controls Association: www.aboutlightingcontrols.org
- US Consumer Product Safety Commission: www.cpsc.gov



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9:00 "Plum Crazy Entertainment"
Karaoke Contest & DJ Dance
cash prizes Oklee Hall

Saturday 9:00 9-2 Vendor Craft event~ softball field
5K Run/Walk 10:30 Autism Information Seminar
For Autism Awareness 11:00 Basketball Tournament ages 10-20, diff categories
Contact Jessie Hamrum 12-3 Mustang Dunking Tank
At 280-2985 to enter 1:00 Cup cake decorating contest 3:00 Fudge contest
1-6 Games Galore 6:30 4H Awards at the Oklee Hall
MECHANICAL MAYHEM DEMO DERBY 9-1 TJ's Tavern Main Street Oklee
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Sunday 10:00 Bingo-Oklee Hall
10:30 Key Hunt
11:00 Farmers Market (in front of Oklee School)
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Planning and Saving for “The Rest of Your Life”

By Lisa Hughes-Daniel
Life expectancy in the U.S. today is, at birth, age 76 for men and 81 for women. But there’s a twist: If you’re in average health by the time you reach age 65, your odds of a longer life go up. At that point, your chances of living to at least 85 are 40 percent for men and 50 percent for women. The odds of living to the age of 90 or beyond are one in five for men and one in three for women. Being married or being in better-than-average health increases your life expectancy.
The bottom line: You may have more golden years ahead of you than you expected. In fact, in a survey by the Society of Actuaries, 4 in 10 respondents underestimated their own life expectancy by five years or more.
While living longer is great, it also means funding a longer retirement. Think about 10 unexpected years of living. If your annual cost of living in retirement is a hypothetical \$50,000, that’s an extra \$500,000 you would need access to during your lifetime. That’s why taking a realistic look at your own likely lifespan is an important part of your retirement planning process.
What you can do
No matter what your age, here are a few steps you can take today to put yourself on the path

to greater financial security:
Guesstimate your own life expectancy. Instead of relying on statistical tables, try out calculators like livingto100.com, which factors in your family medical history, lifestyle, and current health. While genetics plays a role in (2722003.01 Kelly R. Dahl) longevity, basic habits like diet and exercise can affect it even more.
If you’re young, peek into the future and set goals. Experiment with retirement planning calculators like the one on Bankrate.com. They can help you forecast how long your retirement savings would last based on the assumptions you provide, such as your projected savings rate over the years and how long you think you will be retired. It’s a good way to begin visualizing how the money you save today can make a big difference later in life.
In mid to late career, take stock. As you get a clearer idea of what your expenses in retirement might look like—as well as any retirement benefits you’re earning—you can better estimate how much savings you’ll need to cover those costs for the rest of your life. Is your savings rate on track, or do you need to adjust it? Will it make financial sense to delay retirement so you can turn some spending years into saving years? As you begin to navigate

these decisions, it may help to consult a trusted, objective financial advisor and/or tax advisor for guidance.
Take care of your health. One great way to reduce your expenses throughout life is to eat right, exercise regularly, stop smoking, and take steps to manage stress. Not only can you improve your quality of life, you can reduce the likelihood of developing chronic illnesses that require you to shell out large sums of money toward medical expenses later in life.
By planning ahead and taking care of ourselves, more of us than ever may be able to follow Mr. Spock’s advice to, “live long and prosper.”
Lisa Hughes-Daniel is a marketing communications consultant who writes and edits employee benefits-related materials for the Insurance & Financial Services Department of the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation’s 900-plus consumer-owned, not-for-profit electric cooperatives.

Prevent mosquito and tick bites

The Basics
Spending time together outdoors is good for the whole family. Don’t let bug bites ruin your fun. Most bug bites are harmless, but some mosquitoes and ticks carry diseases.
You can get serious diseases from mosquitoes, like West Nile virus, Eastern equine encephalitis (EEE), and dengue (“Dengue”) fever.
Lyme disease and Rocky Mountain spotted fever are just 2 of the serious diseases you can get from ticks.
The good news is that you can take easy steps to protect yourself and your family from mosquito and tick bites.
Take steps to avoid bites from mosquitoes and ticks.
Get rid of standing (still) water around your home to keep mosquitoes from laying eggs nearby.
Cut back brush and tall grasses around your home and rake up fallen leaves to keep ticks away.
Wear long-sleeved shirts, long pants, and socks.
Use bug repellent (also called bug spray or insect repellent) on your skin and clothing.
Check everyone for ticks after spending time outside.
Take a shower after going back inside to help wash away ticks.
Use a veterinarian-approved tick collar or spot-on repellent on your pets. And remember to check your pets for ticks.
Take Action!
Follow these tips to avoid bites from mosquitoes and ticks.
Keep mosquitoes away from your home.
Many mosquitoes lay their eggs in standing (still) water. To help keep mosquitoes away:
Empty water from unused or forgotten items (like old tires, buckets, or toys) in your yard. Turn them upside down so water can’t collect in them.
Don’t let water sit in the bases of flower pots.
Change the water in your kids’ wading pool at least once a

week. Be sure to store the pool on its side.
Keep ticks away from your home.
Many types of ticks live in areas with woods, brush, or high grass. Animals, like dogs and deer, may also carry ticks in their fur. To help keep ticks away from your home:
Clear brush, tall grasses, and fallen leaves from around your home. Mow the lawn often.
Use wood chips or gravel to separate your patio or play equipment from wooded or brushy areas.
Remove plants that attract deer, and put up a fence to keep deer out of your yard.
Consider applying tick control products to your yard. You can do this yourself or hire a pest control company.
Ask a vet for tick control medicine or tick collars for your pets. Dogs and cats need different tick control (2729005.03 Craig Dunrud) medicines, so make sure to get the right one.
Use bug (insect) repellent.
Bug repellent makes it harder for mosquitoes and ticks to find you.
What type of repellent do I need?
To avoid tick and mosquito bites, use a spray or lotion with 20 to 30% DEET. Check the label.
You can also look for repellents with 20 to 30% picaridin, oil of lemon eucalyptus, or IR3535 to avoid mosquito bites.
It’s a good idea to use sunscreen when you are outside, but get a separate sunscreen lotion. Don’t use bug repellent that has sunscreen already mixed in.
Use a spray with permethrin on your clothes, shoes, and camping gear to repel and kill ticks. Never use permethrin directly on your skin.
How do I use bug (insect) repellent?
Spray it on your clothes or on exposed skin.
Don’t spray repellent directly on your face. Instead, use your hands to carefully rub it on your

face.
You can also use wipes that contain bug repellent to protect your face.
Don’t use repellent on babies under 2 months old.
Wash repellent off skin with soap and water when you go inside.
Wear long pants, shirts with long sleeves, and socks.
Cover up your skin so that it’s harder for mosquitoes and ticks to bite you. This is especially helpful in the morning and evening when many mosquitoes often bite.
Check for ticks after spending time outside – even in your yard.
Check everybody in the family, including pets. Check the entire body, especially:
Under the arms
In and around the ears
Behind the knees and in the groin (crotch)
Around the waist and inside the belly button
In and around hair
Take a shower after being outside in an area that might have ticks.
A shower can help get ticks off of you and lower your risk of Lyme disease. Try to shower within 2 hours of going back inside.
Use tweezers to remove a tick as soon as you see it.
Get the tick near its head or mouth (the part closest to your skin).
Gently pull the whole tick straight out. Be careful not to crush or twist the tick.
Wash your hands and the bite with soap and water.
Put rubbing alcohol on the bite.
Don’t use a hot match to kill and remove a tick.
Tell the doctor if you get sick after a tick bite.
If you or your kids get a rash or fever after getting bitten by a tick, call the doctor. Tell the doctor about the tick bite, when it happened, and where you think you were when you got the bite.
Credit to: Health Finder

The history of cheese

International Dairy Foods Association--
According to ancient records passed down through the centuries, the making of cheese dates back more than 4,000 years.
No one really knows who made the first cheese. According to an ancient legend, it was made accidentally by an Arabian merchant who put his supply of milk into a pouch made from a sheep’s stomach, as he set out on a day’s journey across the desert. The rennet in the lining of the pouch, combined with the heat of the sun, caused the milk to separate into curd and whey. That night he found that the whey satisfied his thirst, and the cheese (curd) had a delightful flavor which satisfied his hunger.
Travelers from Asia are believed to have brought the art of cheesemaking to Europe. In fact, cheese was made in many parts of the Roman Empire when it was at its height. The Romans, in turn, introduced cheesemaking to England. During the Middle Ages—from the decline of the Roman Empire until the discovery of America—cheese was made and improved by the monks. In the monasteries of Europe. For example, Gorgonzola was made in the Po Valley in Italy in 879 A.D., and Italy became the cheesemaking center of Europe

during the 10th Century. Roquefort was also mentioned in the allicient records of the monastery at Conques, France as early as 1070.
Cheesemaking continued to flourish in Europe and became an established food. In fact, the Pilgrims included cheese in the Mayflower’s supplies when they made their voyage to America in 1620. The making of cheese quickly spread in the New World, but until the 19th century it remained a local farm industry. It wasn’t until 1851 that the first cheese factory in the United States was built by Jesse Williams in Oneida County, New York.
As population across the United States continued to grow dramatically, the demand for cheese increased and the industry gradually moved westward, centering on the rich farm lands of Wisconsin. In 1845, a band of Swiss immigratltts settled in Green County, Wisconsin and started the manufacturing of foreign cheese in America. Most Wisconsin farmers began to believe that their future survival was tied to cheese and their first factory was a Limburger plant which opened in 1868.
The wholesale cheese industry was thus born and showed phenomenal growth during the latter half of the 1800s. By 1880 there were 3,923 dairy factories nationwide which were reported

to have made 216 million pounds of cheese that year valued at \$17 million. This represented almost 90 percent of total cheese production that year. By the turn of the century, farm production of cheese had become insignificant. The 1904 census reported only factory output, which totaled over 317 million pounds. As cheese demand continued to grow and spread rapidly, manufactured and processed cheese production increased dramatically. Total natural cheese production grew from 418 million pounds in 1920 to 2.2 billion pounds by 1970. Rising demand for - cheese throughout the 1970s and 1980s brought total natural cheese production to more than 6 billion pounds by the beginning of the 1990s. Processed cheese also experienced a surge in consumer demand with annual production exceeding 2 billion pounds a year by the beginning of the 1990s.
Currently, more than one-third of all milk produced each year in the U.S. is used to manufacture cheese. Recent increases in the overall demand for farm milk have in large part been due to the continued growth of the cheese industry. As consumer appetites for all types of cheese continue to expand, so will the industry.

Dairy Month Trivia... Do you know your dairy?

Q: Milk is America’s number one food source for which three key nutrients?
A: Milk is America’s number one food source for calcium, potassium and vitamin D.
Q: On average, how many servings of dairy are Americans consuming per day?
A: On average, Americans are currently consumer about two dairy servings per
Q: What percentage of dairy farms in the United States are family-owned?
A: 99 percent of U.S. dairy farms are family-owned.
Q: What is the average size of a dairy cow herd in the United States?
A: The average dairy cow herd is 135 cows. Cows must be healthy and well cared-for to produce wholesome, nutritious milk.
Q: Trying to get back into your summer workout routine? Which dairy product is proven to refuel tired muscles after physical activity?
A: Chocolate milk contains an optimal ratio of carbohydrate-to-protein that helps refuel tired muscles. It is almost twice

as effective as commercial sports drinks.
Q: How many states in the U.S. are home to dairy farms?
A: All 50 states in the U.S. have dairy farms. In those 50 states, there are more than 53,000 dairy farms!
Q: What percentage of U.S. greenhouse gas emission is contributed to dairy?
A: The contribution from dairy to the total U.S. greenhouse gas emission is only 2 percent.
Q: Which two key nutrients found in milk help build stronger bones and teeth?
A: Stronger bones and teeth start with the calcium and vitamin D in milk.
Q: How many major breeds of dairy cattle are there?
A: Black and white Holsteins are the most popular breed of dairy cattle. Some Holsteins are called Red and White. Other recognized dairy breeds in the U.S. include Jersey, Brown Swiss, Guernsey, Ayrshire, Milking Shorthorn and Holstein.
Q: How much milk does an average dairy cow produce per day?
A: The average dairy cow produces anywhere from six to

eight gallons of milk per day. This means the average dairy cow produces more than 2,000 gallons of milk every year!
Q: How many nutrients are in milk?
A: There are nine key nutrients in milk, including calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin and niacin.
Q: How far away does a cow’s sense of smell reach?
A: Cows have an acute sense of smell, and can smell something up to six miles away.
Q: What is the approximate cost of milk per glass?
A: Milk is a nutritional bargain costing about 25 cents a glass. Few foods deliver dairy’s powerhouse of nutrients in such an affordable, appealing and readily available way.
Q: How many hours a day do most costs spend chewing their cud?
A: Most cows chew at least 50 times per minute, and spend 10 hours a day chewing their cud in order to aid in digestion.
Q: When did most cows arrive in America?
A: Cow arrived in America with the Jamestown settlers in 1611.

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