



# 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. 50 – NO. 8

RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

JUNE 2015

## 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 10 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!



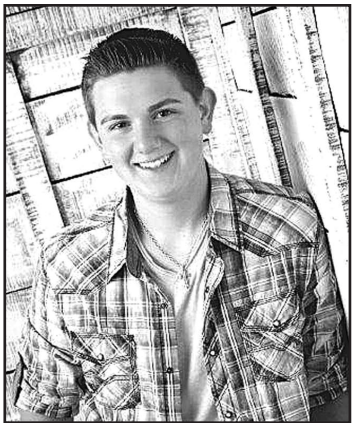
**Devin McGlynn**  
Lafayette High School  
Dennis & Lynn McGlynn  
Red Lake Falls



**Makayla Peterson**  
Lincoln High School  
David & Betty Peterson  
Thief River Falls



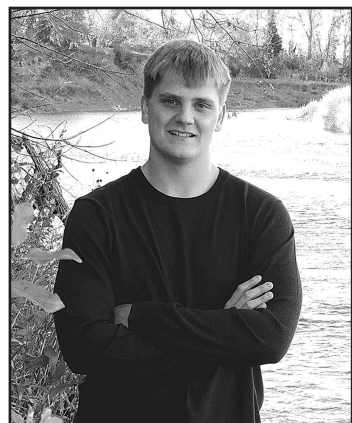
**Bailey Pittmann**  
Lincoln High School  
Loren & Lisa Pittmann  
Thief River Falls



**Noah Peters**  
Marshall County Central  
Scott & Charmaine Peters  
Viking



**Samantha Sjulestad**  
Goodridge High School  
Rick & Sue Ann Sjulestad  
Goodridge



**Nicholai Broekemeier**  
Crookston High School  
Jim & Karen Broekemeier  
Crookston



**Chelsey Peters**  
Grygla-Gatzke High School  
Galen & Jodi Peters  
Goodridge



**Wyatt Kormick**  
Lincoln High School  
Dan & Stephanie Kormick  
Thief River Falls



**Mikayla Paradis**  
Red Lake County Central  
Bill & Danielle Paradis  
Oklee



**Jenna Wiersma**  
Win-E-Mac High School  
Lisa Wiersma &  
Randy Sondrol  
Erskine



Red Lake Electric line crews use a track digger to set a new pole northwest of Red Lake Falls. The old pole was broke as a result of strong winds on May 28.

## Storm on May 28 causes damage and outage

High winds and heavy rain swept through the Red Lake Electric Service area in the early evening hours of May 28, causing structural damage to both personal property and to Red Lake Electric's power lines. The storm was part of a larger system that covered eastern North Dakota and Northwestern Minnesota.

As a result of this quick developing storm, Red Lake Electric experienced electric

service interruption to 150 accounts, most of which were located just north of Red Lake Falls. While the majority of members affected were served by the north circuit out of the Huot substation, there were several other outages scattered in Red Lake Electric's service territory.

Red Lake Electric crews began service restoration shortly after the storm hit and had power restored to all

members by 11:30 P.M. All toll, there were nine poles broken from the high winds; four of them were three-phase structures and five were single phase.

Red Lake Electric employees extend their sincere thanks to the members who patiently waited and worked around the inconveniences caused by this storm until service could be restored.

## June dairy month history



June Dairy Month, an annual tradition developed to celebrate the dairy industry and its many contributions to our society, originated in 1937. During its first two years, 1937 and 1938, it was called National Milk Month and ran from June 10 to July 10.

The 1937 event, sponsored by chain stores, was given the theme "Keep Youthful – Drink Milk." Originally supported by the National Dairy Council (NDC), June Dairy Month was established to help stabilize dairy demand during periods of peak production. To assist in that effort, NDC provided promotional materials to the 6,300 stores participating.

"June Dairy Month" became the official title of the promotion in 1939 and focused on greater use of dairy products. Campaign material, prepared by NDC, was offered to producers, processors and dairy product distributors. June Dairy Month was initially funded by a one cent per pound butterfat assessment in June.

During the war years, less emphasis was placed on promotion, more on surviving the war. The retailers helped customers receive an adequate supply of dairy products and provided information to help use them properly.

After the war, efforts focused on resuming dairy product usage and regaining 'lost' butter sales. In 1947, the slogan was "30 Days for ADA (American Dairy Association) in June." The goal was "Sales, not Surplus." By 1950, retailers, producers and processors

all worked together to promote June Dairy Month.

In 1955, ADA became the national leader for June Dairy Month campaigns. The emphasis changed to sales promotion programs for dairy products, and advertising and merchandising programs were added to an already-effective public relations program. The June promotion became a month-by-month merchandising event in which one or more foods made from milk were highlighted nationwide on a monthly basis. This advertising was visible evidence of dairy farmers' dollars at work.

June Dairy Month continued to evolve over the years and entire communities across the country, both rural and urban, have embraced it and have become involved in many ways. Some celebrate with dairy food demonstrations. In others, dairy princesses have distributed product samples at creameries, grocery stores, and local banks.

Some rural communities sponsor cattle shows and princess contests with coronation ceremonies. One of the traditional highlights is a parade, featuring county and regional dairy princesses, town officials, floats and marching bands. Other activities include cow milking contests, cow visits at zoos, or banks offering free milk and ice cream cones.

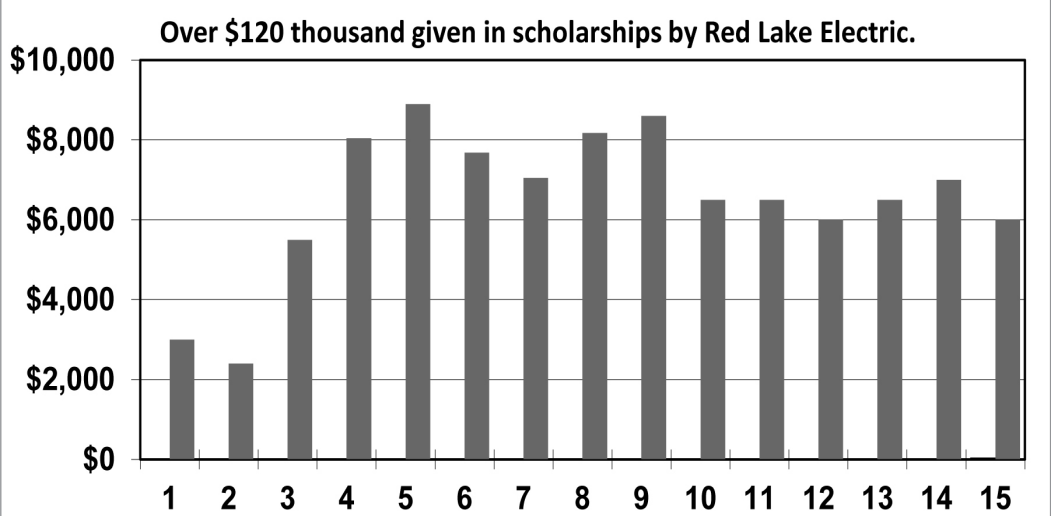
The cooperation between farmers and other community members is really the basis of what June Dairy Month is all about – celebrating and using a wonderful product.

### 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 ut by Red Lake Electric Cooperative. Tha ability of Red Lake Electric Cooperative to use these unclaimed Capitol 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 good one and are happy Red Lake Electric Cooperative can use this money to provide scholarships for our service area high school graduates.



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*Drink your milk.*

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What is the difference between GFCI and AFCI?





## Member Service Department

by Kelli Brateng

### Is an air source heat pump a better investment than a central air conditioner?

A Central Air Conditioner (CAC) will cool and dehumidify your home, but that is the extent. It is a piece of equipment that will be utilized off and on over a three month period if we experience hot, humid weather.

An Air Source Heat Pump (ASHP) will cool and dehumidify your home and will also provide you approximately 50% of your home's heating needs. It's a piece of equipment that will be used nine to ten months per year.

The initial investment for an ASHP is greater than a CAC,

but the payback on the additional investment will be just a few years. This is possible because of the efficiency of the heat pump; an ASHP will operate at 200% efficiency.

By adding a warm-flo plenum heater, the heat pump will provide a much greater percentage of your home's heating needs. Couple this with a fossil fuel furnace to take advantage of Red Lake Electric's off-peak electric heat rates and you'll have a very economical heating system.

Remember, Red Lake Electric is offering rebates on

qualified HVAC systems.

- ASHP qualifies for \$400 energy credit
- Warm-flo plenum heater qualifies for \$500 energy credit

Let's not forget about our homes that don't have duct work installed. A Mini-Split Heat Pump (MSHP) might be just the thing for you. The rebate on a qualified MSHP is a \$500 energy credit.

If you have any questions on HVAC equipment or rebates, call us at 218-253-2168 or 1-800-245-6068.

### Taking a vacation this summer? Give your energy bill one too!

- Unplug some of your household appliances. Your house has many items that use electricity while plugged in, even when turned off. This is known as phantom power draw. Unplugging these items not only saves energy, but in some cases, can prevent fires in your absence. (2108006.01 Virgil D. Erickson) Appliances guilty of phantom power draw include: television sets, DVD players, VCRs, cable TV boxes, microwave ovens and toasters.
- If you choose to leave household lights on for security reasons, Safe Electricity suggests putting them on programmable timers so they do not run constantly. Not only

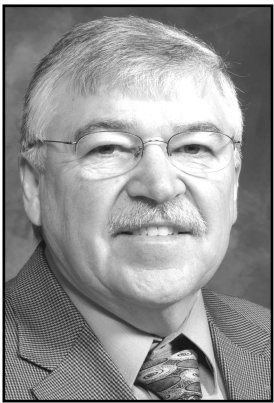
does this save energy, but it also prevents lights from overheating and gives the appearance people are still home to ward against intruders.

- Adjust the refrigerator control to a warmer setting—the fridge can be as high as 40 degrees without spoiling food; the freezer can reach 5 degrees. On these settings, refrigerators use up to 40 percent less electricity. If you are going on an extended trip, consider emptying the fridge and turning it off (remember to leave the door open to prevent mildew).
- Set the thermostat higher than is typically comfortable, by doing this, you can cut heating costs by 10 to 30 percent..

You can shut the air conditioner off during your absence, or at least consider setting it to a higher than normal temperature, such as 85 degrees. A programmable thermostat does these adjustments automatically.

- Turn down the water heater. A large percent of the cost of running a water heater comes from keeping the water warm. If you are going on a lengthy trip, turn down the water heater's temperature to the coolest setting. This can save you up to \$10 a month.

Safe Electricity hopes enjoy summer vacation, and keep your homes safe while you are away.



## Manager's Comments

by Roger Johanneck



### City of Goodridge, congratulations on your Centennial!

I want to pass on my congratulations to the city of Goodridge on their upcoming 100th anniversary that will be celebrated over the July 4th holiday weekend. Community-wide celebrations don't happen without volunteers, planning and plenty of elbow grease; I commend the folks from Goodridge who have come together and have been busy preparing the town for this milestone occasion.

Red Lake Electric Cooperative serves power to the city of Goodridge. It is the only city within Red Lake Electric's service territory where the Cooperative serves power to the whole community. I wasn't around when that association was formed but was curious to find out how it all began. After some digging, I was able to learn how the arrangement between Goodridge and Red Lake Electric came about. I thought you might find it of interest too so I will reprint the documentation found in Red Lake Electric's annual report marking the Cooperative's first decade of service.

In the year 1935 the village of Goodridge sought to have the Thief River Power and

Light Company run a line from Thief River Falls to Goodridge to serve the people in that community, but such a project was not found to be expedient. The group initiating such effort next organized into a co-operative which was designated as Minnesota 26, Pennington County. This organization of about 115 signers was established chiefly for the purpose of investigating the source of wholesale power for the co-operative. It had been their hope to ally themselves with the Northern States Power Company of Grand Forks, North Dakota, which maintained a sub-station out of Thief River Falls, but after the group had been formed and before a decision had been reached the sub-station was removed, so the question of power remained unsettled. In the meantime, meetings were held and the organization was finally founded as the Pennington County Co-operative Power Association, and the following constituted its first Board of Directors: Ed Korstad, J. G. Newlan, Lloyd A. Nelson, Palmer Wold, Mons Engelstad, Frank Hardisty, R.H. McDonald and Carl

Swanson.

In 1936 at the first regular meeting of the organization, seventeen members were present and the following were elected officers: Lloyd A. Nelson of Goodridge, President; Ed Korstad of High-land, Vice-President; R. H. McDonald of Goodridge, Secretary-Treasurer.

After the failure to obtain wholesale power from various sources, a merger was effected with the Red Lake County Co-operative Association, and the two co-operatives evolved into what is now known as the Red Lake Electric Co-operative, Inc., as previously specified.

I am sure the brief recap written above doesn't translate the efforts by the leaders listed here and the work of many others to get power connected to Goodridge. I commend them for getting the lights on in Goodridge and am grateful for the many years of association Red Lake Electric Cooperative and the city of Goodridge have had. Thanks Goodridge for the constant business and enjoy your time together as a community celebrating your 100th birthday.

## NOTICE TO MEMBERS

The Red Lake Electric Cooperative, Inc., of Red Lake Falls, as an operating electric utility in the state of Minnesota, is obligated to interconnect with and purchase electricity from co-generators and small power producers.

The cooperative will provide information relating to the said interconnections to all interested member-consumers of the cooperative free of charge upon request.

Any disputes between the cooperative and its member-consumers over interconnection, sales and purchases are subject to resolution by the Minnesota Public Utilities Commission.



## 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 10th of each month. Payment of your monthly energy bill is due on the 10th 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, by mail or by Bill4U on [www.redlakeelectric.com](http://www.redlakeelectric.com).

Payment must be in our office or in the mail as evidenced by the postmark on or by the 25th day of the 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 end of the month a notice of disconnection statement will be included in the message area on your following energy bill. The disconnection statement will give a final notice of 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 reconnected, all amounts owing including the \$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 along with any applicable bank charges.

### 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.

### 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, that 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. Keep in mind that the reading on your bill is from the end of the month.

### GENERAL SERVICE RATES

Facilities charge variable \$27 to \$35 month  
April-December. . . . . 9.5¢ Kwh  
January-March . . . . . 9.9¢ Kwh  
Long term off peak . . . . . 5.5¢  
Short term off peak . . . . . 7.5¢  
Off-peak equipment charge, \$5.50/month per heat meter.  
Multiphase users add \$22/month cost of service charge.  
Standby, \$12/month (meter disconnected but the power line remains; standby is not available on services larger than 15 KVA transformer capacity).  
Security light: LED, \$8/month; High pressure sodium, \$8/month; mercury vapor, \$9/month; water heater flat credit, \$7/month (January-April billing).

## 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.



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*One of the Minnkota Power Systems*

**RED LAKE ELECTRIC COOPERATIVE, Inc.**

## VOLTS & JOLTS

(USPS 663-400)

Published monthly by the Red Lake Electric Cooperative, Inc., 412 International Drive SW, Red Lake Falls, Minnesota 56750-0430, in the interest of its members and others. Periodical Postage Paid at the U. S. Post Office in Red Lake Falls, Minnesota 56750. POSTMASTER, SEND ADDRESS CHANGES to Volts & Jolts, c/o Red Lake Electric Cooperative, Inc., P. O. Box 430, Red Lake Falls, Minnesota 56750-0430. E-mail: [redlake@minnkota.com](mailto:redlake@minnkota.com)

### OFFICERS AND DIRECTORS

PRESIDENT . . . . . Bonnie Christians  
VICE PRESIDENT . . . . . Randy Versdahl  
SECRETARY-TREASURER . . . . . Mark Hanson  
DIRECTORS . . . . . Robert Finstad,  
Steven Linder, Peter Mosbeck,  
Colette Kujava, Stacy Blawat,  
Aaron Chervestad

**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.



## From the Mail Bag

Dear RLEC,

Thank you so much for the contribution to my education! I really appreciate it! I will be attending North Dakota State University in the fall to study business. I am very grateful to have been chosen to receive your scholarship and it will be put to good use.

**Thanks again,  
Makayla Peterson  
Thief River Falls**

Dear RLEC,

Thank you for choosing me as the recipient of the Red Lake Cooperative Scholarship. It will be used towards my nursing degree at Northland. Eventually I want to get my nurse practitioners degree. your gift is greatly appreciated.

**Bailey Pittman  
Thief River Falls**

Dear RLEC,

I would like to express my sincere gratitude for the generous scholarship you awarded me during our senior banquet. I am much honored to be the recipient of this award. I will be attending NCTC in Thief River Falls pursuing my Liberal Arts Degree. Thanks again for investing in my future. I will make sure to do

my best in achieving my academic and career goals.

**Sincerely,  
Devin McGlynn  
Red Lake Falls**

Dear RLEC,

Thank you for this scholarship. It will help me so much at the University of Minnesota, Twin Cities.

**Wyatt Kormick  
Thief River Falls**

Dear RLEC,

I would like to thank you so much for the donation of \$300 that you have given to the 4-H Youth Development Program here 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**

Dear RLEC,

Thank you for the Genesis multi-purpose oscillating tool I won at the co-op's annual meeting.

**Gary Weiss  
Red Lake Falls**

Dear RLEC,

I am the proud recipient of the Red Lake Electric scholarship award. Thank you for being so supportive when it comes to helping further my education.

I am attending school at Itasca Community College next fall to earn my Associate in Arts Degree and will be part of the Class Act Program. This program is designed to help students figure out what field and age level of education we would like to do into teach. It was one of the many reasons why I chose to start my college education at ICC.

I am incredibly thankful for receiving this scholarship, since I have already registered for classes I got to see first hand how much this money will truly help me when it comes making payments for my education. For example, costs of tuition, books, supplies and dorm costs. This scholarship also gives me incentive to continue having good grades throughout college. One day I will give back, just as you have given me.

**Thank you again,  
Chelsey Peters  
Goodridge**

## Recipe Corner



### Cabbage Salad

1/2 head coarsely shredded cabbage  
3/4 C. chopped green onion  
1 Pkg. Ramen Oriental chicken flavored noodle soup  
2 Tbsp. toasted sesame seed (375 degrees)  
1/2 C. toasted slivered almond (375 degrees)

### Dressing

3 Tbsp. sugar  
3 Tbsp. vinegar  
1/4 tsp. pepper  
1/2 C. oil  
1 tsp. salt

Mix the cabbage, onion and soup package. Add sesame seeds, almonds and dressing before serving.

### Corned Beef Van Reuben Casserole

6 Oz. pkg Brownberry seasoned croutons  
12 Oz. can crumbled corn beef  
16 Oz. can drained sauerkraut  
8 Oz. swiss cheese slices  
3 eggs  
2 C. milk  
pan size: 9x13  
Oven temp (325 degrees)

In buttered pan, layer 1/2 croutons, corned beef and sauerkraut. Top with remaining croutons and sliced cheese. Beat eggs and milk together; pour over croutons. Bake until browned and set in center.

### Rhubarb Dessert

Rhubarb (enough to cover pan)  
1-8 Oz. Pkg, cherry jello  
1 Pkg. miniature marshmallows  
1 Pkg. white cake mix  
Pan size: 9x13  
Oven temp: (350 degrees)

Time: 45 min

Cover bottom of pan with cut-up rhubarb. sprinkle with jello and cover marshmallows. mix cake according to direction on box and pour over mixture. Bake until cake is done. Wait for 10 minutes before lifting pan. delicious served hot or cold with whipped topping.

### Rhubarb Strawberry Crumble

4 C. diced rhubarb, 1/4 inch pieces  
1 C. fresh whole strawberries  
1/2 C. sugar  
1 C. all- purpose flour  
1 C. sugar  
1 tsp baking powder  
3/4 tsp. salt  
1 egg  
3/4 C butter or margarine, melted

Vanilla ice crea or whipped cream, if desired  
Pan size: 9 -inch square  
Oven temp: (350 degrees)  
Time: 45 min

Heat oven. Combine rhubarb, strawberries and 1/2 C. sugar. Pour mixture into pan. Combine flour, 1 C. sugar, baking powder, salt and egg in medium bowl and pour over fruit mixture. Bake until browned. serve with vanilla ice

cream or whipped cream.

**Yield: 9-10**

### Strawberry Pie Crust:

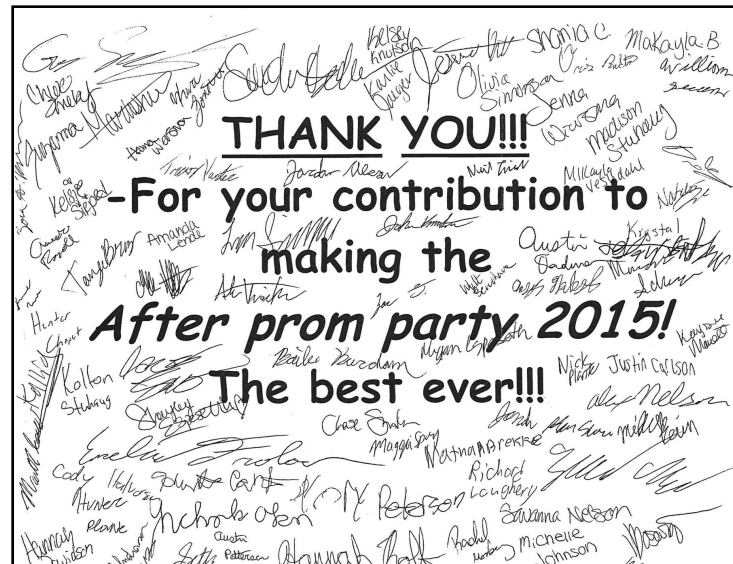
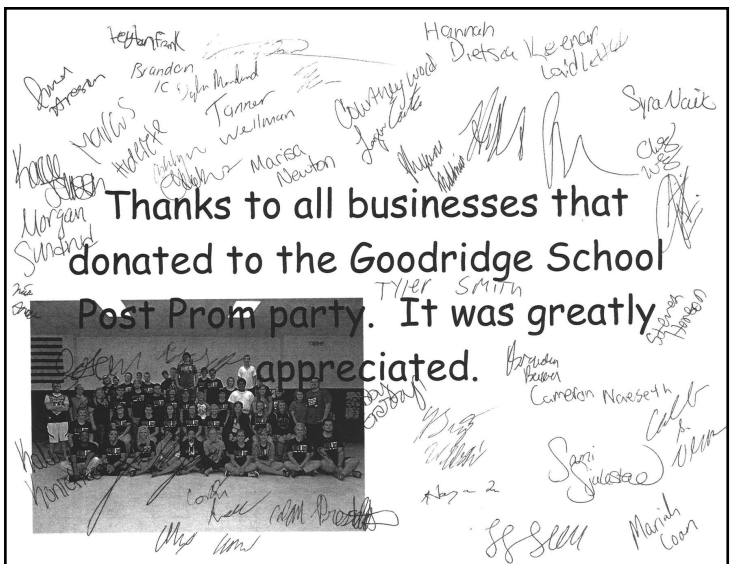
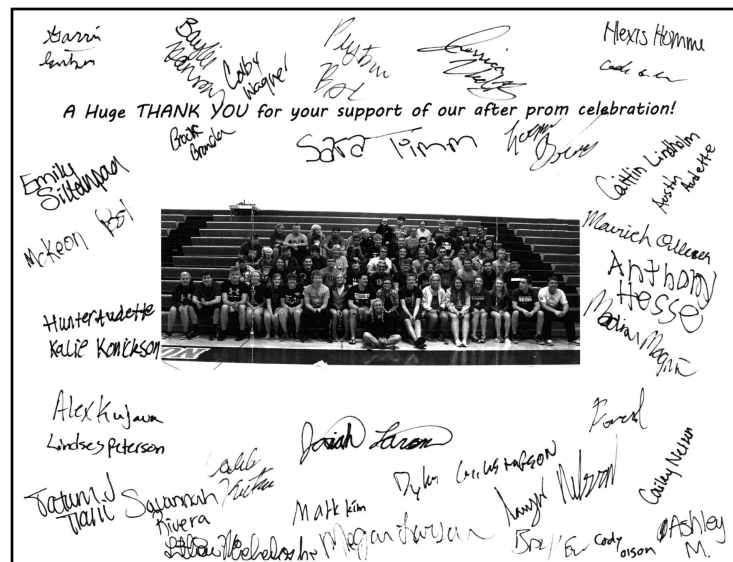
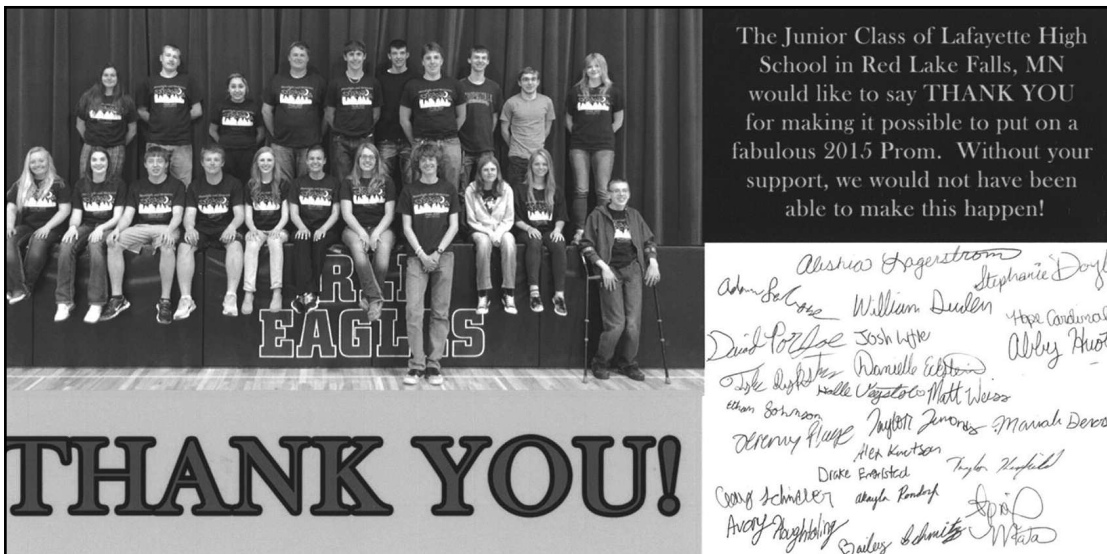
1 C. flour  
1 stick margarine, melted  
1 Tbsp sugar  
dash of salt  
**Filling:**  
1-1/4 C. water, or juice from frozen berries  
2 Tbsp cornstarch  
1 C. sugar  
2 Tbsp. white syrup  
1 Box strawberry jello  
2-10 Oz boxes drained berries or 3 C. cups fresh sliced berries.

Combine sugar and cornstarch in saucepan. add water and syrup. Boil until clear. Add one box strawberry jello to mixture. Cool slightly. Add berries. Refrigerate until set.

### Rhubarb Jam

5 C. cut up rhubarb  
4 C. sugar  
1 Pkg. frozen strawberries or frozen raspberries  
1 Pkg. strawberry jello or 1 Pkg raspberry jello

Cut up rhubarb and put sugar over it. Let it stand until juicy. Add frozen berries and cook for 5 minutes. Add jello. Stir until dissolved. Put into 8 scalded jars and seal.



## Don't want to write a check? Want to save on postage?

Red Lake Electric has a new payment option to make paying your bill easy.

This service is free. Sign up is simple. Go to [www.redlakeelectric.com](http://www.redlakeelectric.com) and click on the Bill4U icon. There is now an app for your smartphone. Just go to your app store and download the free app.

Bill4U allows you to make your payments 24 hours a day directly from your checking or savings account eliminating the cost of the check and postage.

Bill4U allows you access to your billing statements at any time.

Bill4U allows you to view and compare your kilowatt-hour usage.

If you have any questions or need more information, visit our web site or call Red Lake Electric 800-245-6068.



## Red Lake Electric Cooperative, Inc. Operating Report

### MONTHLY COMPARISON

	APRIL 2014	APRIL 2015
Total Revenue .....	\$1,310,190	\$ 1,081,749
Total Margins .....	\$ 202,499	\$ 65,491
Cost of Power .....	\$ 850,637	\$ 749,723
KWH's Purchased.....	\$11,429,096	\$ 9,822,354
Capital Credits Paid to Estates ..\$	5,962	\$ 8,829
Average outage time in minutes per member	12	5.1

### YEAR TO DATE COMPARISON

	APRIL 2014	APRIL 2015
Total Revenue .....	\$6,203,988	\$ 5,429,387
Total Margins.....	\$1,283,606	\$ 594,630
Cost of Power .....	\$3,905,093	\$ 3,770,982
KWH's Purchased .....	61,094,730	54,897,626
New Service Connections.....	2	1
Customers Served.....	5,281	5,314
Capital Credits Paid to Estates ..\$	21,533	\$ 18,630
Average outage time in minutes per member	25	11.4
Miles of Line		
Overhead.....	2,323	2,327
Underground .....	264	270

**THANK GOODNESS FOR GOODMAN!**

Don't choose between high-quality or affordable colling. Get both with any Goodman® brand air conditioner.

**WILCOX PLUMBING & HEATING**

Red Lake Falls 218-253-4347

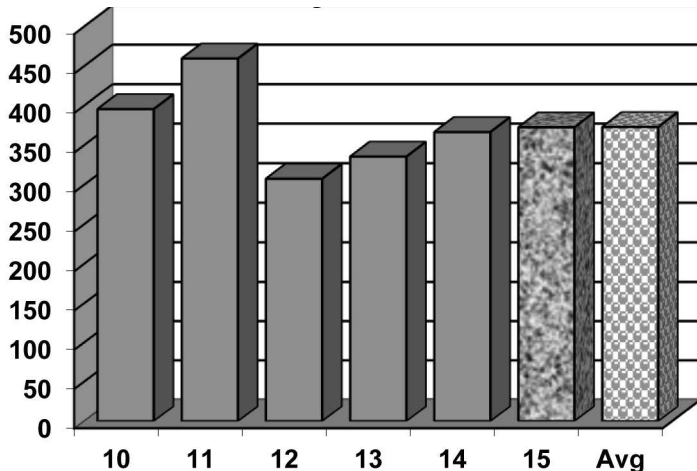
**BILL J. MOSER MASTER PLUMBER**  
CFR 089400285 061208PM

Thank goodness for Goodman®

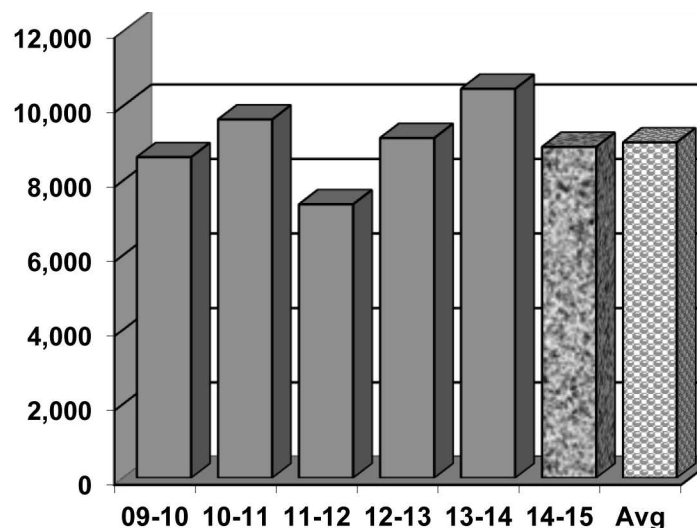
## DEGREE DAYS

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 (3732002.03 Evergreen Implement Co.) 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, 2015



### Year To Date September 1 to May 31





## Farmers Union Oil Company

Thief River Falls 218-681-3512



- Fertilizer
- Petroleum products
- Town and country deliveries
- Tires, batteries, accessories
- Farm supplies

## WILCOX PLUMBING AND HEATING, Inc.

RED LAKE FALLS

**Plumbing/Heating/Air conditioning**

BILL H. MOSER, Master Plumber  
License No. 1770PM

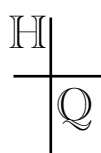
BILL J. MOSER, Master Plumber  
License No. 6039PM



- In-floor heating • Oil furnaces
- Pressure systems • Gas furnaces
- Electric heat pumps

FREE ESTIMATES  
COMPLETE SALES  
AND SERVICE

**218-253-4347**



## The Head-Quarters Hair and Tanning Salon

## HAIRSTYLING FOR MEN AND WOMEN

PARK PLACE MALL  
RED LAKE FALLS, MINNESOTA

**218 253-4223**



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## VOLTS AND JOLTS FEATURE OF THE MONTH

# Drink your milk

**By Evelyn Glass**

As children growing up we often would hear our parents admonish us to drink our milk. Milk was considered essential to our growth and well-being. Besides most of us really liked the taste of milk. Our mothers also prepared several dishes we enjoyed, using milk as the main ingredient.

Celebrating June as Dairy month reminds us of the commitment dairy farmers have made to provide customers with an ample supply of sanitary milk.

Roger and Janelle Walters along with his brother Ray and his wife Reinette have carried on the family business of dairy farming. Continuing the work their parents, Herb and Esther Walters, began many years ago they have built a thriving dairy farm.

Roger and Janelle have four children, all married, Eric and Michelle, Kyle and Helena, Kristine and Craig and Marc and Alyssa. Roger, the proud grandpa, announced they have two grandchild and are expecting three more who will be here later this year. Janelle works as a bookkeeper for Townsend and Pricing in Thief River Falls.

Ray has had some health challenges and plans to retire. Marc has returned with plans to become a partner in the enterprise. He and his wife Allyssa and their daughter Isla live on the farm. Alyssa teaches second grade at Challenger Elementary in Thief River Falls.

The number of dairy farms is diminishing. In 1989 there were 92 dairies who delivered their product to the Plummer

creamery and now there are 4 or 5. As with all farming enterprises, the trend is towards bigger operations. With the attention to providing better feed and more specialized care it is possible for cows to become better producers and for the farmer to work with more cows.

With 340 to 380 cows to milk each day the days are filled with managing the herd. Every day around 27,000 pounds of milk are sold to Land O'Lakes in Thief River Falls. That equals 3,000 gallons of milk. Although the cows average 82 pounds of milk per cow per day there are some who give 100 to 150 pounds per day.

Milking time begins at 4 a.m. and takes four and a half to five hours. In the afternoon milking time begins again at 4 p.m. and takes another four and a half to five hours.

The milking parlor is a double 6 parlor handling 12 cows at a time. Ten employees, nine men and one woman, have worked for the Walters for many years. Together the employees and the Walters have a combined experience of 250 years working with the cattle.

Each person strives to take good care of the cattle and see to their health. The health of the cattle is not left to chance. The team of professionals who are responsible for the well-being of the animals include: Dr. Larry Johnson, veterinarian, Dr. Russ Fisher, nutritionist, Tom Willett, AIS and herd health, Ted's Dairy and of course the service provided by Red Lake Electric.

The cows are monitored

around the clock with a heat monitoring system so it is possible to tell when they are in heat. When the cows are artificially inseminated they undergo a pregnancy check with Dr. Johnson every two weeks until they are certified pregnant.

The bull calves are sold while young and the heifer calves are kept and raised for replacement cows. At 23 months of age they are producing cows.

One third of the herd is culled each year. The culled cows are sold for meat. Currently they have 42 heifer calves which are being fed and raised for replacements.

Along with straw for bedding special mattresses are utilized. The mattresses are rubber matting. Sand is also used for bedding. Bacteria doesn't grow in the sand bedding. All bedding eventually ends up in the manure pits or what are more commonly called lagoons.

The manure pit holds 1.5 million gallons. A company from Southern Minnesota is hired to pump the manure lagoons and return it to the land where it fertilizes the ground for other crops.

The farm consists of 850 acres of which 350 are planted to corn, 200 to soybeans and 270 to alfalfa and other grasses. The remainder acreage is summer fallowed. All corn is chopped and stored in bunker silos and so is most of the hay, but some of the hay is still baled.

Dairy farming is constantly changing. Robotics are one of the newer technologies being utilized. Europe has been the pioneer in using robotics for

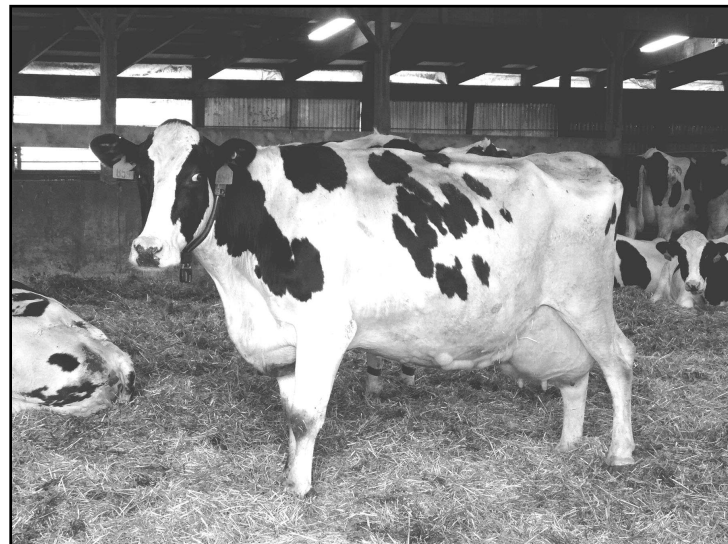


Roger Walter (right) and Marc Walter (left) continue to carry the family business of dairying. Ray Walter (not pictured) is still part of the (4415005.04 Even Gerszewski) enterprise but is planning to retire.

dairying. An interesting web site to peruse is [www.lely.com](http://www.lely.com).

The Walters will continue to update their dairy operation as the technology becomes available and when it is financially feasible. Of course electricity plays an important role in their business as it is used to run the computers and the many electrically powered machines used every day.

Electricity has made dairying much easier since the days when Herb and Esther milked the cows by hand with kerosene fueled lanterns providing the needed light. The amount of milk produced and the methods of processing it all have become less labor intensive because of electricity.



Every day around 27,000 pounds of milk are sold to Land O' Lakes in Thief River Falls. That equals 3,000 gallons of milk.



Walter Brothers Dairy currently has 42 heifer calves which are being fed and raised for replacement cows.



This sweet baby calf was only two days old at the time of this picture. The baby calves are housed in what Walter's call the greenhouse until they are around one to one and a half months old.

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Minnesota

- In the state of Minnesota, there are 3,495 licensed dairy herds.
- Minnesota dairy farms produced approximately 1,061 million gallons of milk in 2014.
- Minnesota farms generate approximately\$1.87 billion in milk sales annually.
- Dairy products are the 4th largest agricultural commodity in Minnesota.
- Minnesota is the 8th largest milk-producing state in the U.S.
- Minnesota has 36 plants that process one or more dairy products.
- It takes about 48 hours for milk to travel from the farm to the dairy case.

Dropping One Sugary Soda a Day Could Cut Diabetes Risk: Study

Drinking water, unsweetened tea or coffee instead lowered chances of blood sugar disease by 25 percent

People who love sugary sodas and flavored milk may have a heightened risk of type 2 diabetes, regardless of their body weight, a large new study finds.

The good news, the researchers said, is that swapping just one of those drinks each day -- for water or unsweetened coffee or tea -- could lower diabetes risk by up to 25 percent.

The findings, reported online April 30 in the journal Diabetologia, add to a large body of evidence linking sugary drinks and type 2 diabetes. Type 2 is the most common form of diabetes, (3521006.08 Wade Hruby) and often affects people who are obese.

But a number of studies, including this latest one, have found that heavier body weight does not completely explain the connection between sugary drinks and diabetes risk.

This study can't answer the question of why, said lead

researcher Dr. Nita Forouhi, of the University of Cambridge, in the United Kingdom. But other research has offered some theories, she added.

"The metabolic effects of sweetened drinks include rapid spikes in blood glucose [sugar] and insulin levels," Forouhi said.

Insulin is a hormone that controls blood sugar levels. Over time, spikes in blood sugar and insulin can cause people to lose their sensitivity to the hormone -- and that insulin resistance is the precursor to type 2 diabetes.

These new findings cannot prove that a daily soft drink directly causes diabetes, Forouhi said. But coupled with existing research, they make a strong case for cause-and-effect, she added.

"Our findings provide strong support to the recent guidance from the World Health Organization to limit the consumption of free sugars in our diet," Forouhi said. "Limiting the intake of sweetened beverages provides an easy way to achieve such a goal."

The findings are based on detailed food diaries from over 25,000 middle-aged and older British adults, who were diabetes-free when they entered the study. Over the next decade, 847 were diagnosed with the disease.

Overall, the study found, the more sugary soda or sweetened milk that people consumed, the higher their risk of developing diabetes. For every extra daily serving, the risk of diabetes rose by about 22 percent.

Of course, people who love sweet drinks might have other habits that raise the odds of diabetes. But, Forouhi said, her team accounted for many of those factors -- including body weight, exercise habits

and people's education levels.

The good news, according to Forouhi, is that the study also pointed to a simple solution: The researchers estimate that replacing just one sugary drink every day, with water or unsweetened coffee or tea, could lower people's diabetes risk by 14 percent to 25 percent.

There was no evidence that artificially sweetened drinks would have the same benefit. In fact, people who favored those drinks had a higher diabetes risk. But Forouhi's team found an apparent explanation: Fans of diet drinks were often obese or had a family history of diabetes -- suggesting that people at high risk of diabetes were opting for artificially sweetened drinks.

To Toby Smithson, a dietitian who specializes in meal planning to control or prevent diabetes, the message is straightforward: "This is a reminder to be careful about the calories you drink," she said.

For the typical adult, one cup of chocolate milk provides about 9 percent of calorie needs for the day, according to Smithson, who is also a spokesperson for the Academy of Nutrition and Dietetics.

Milk does offer protein, calcium and other nutrients, but the added sugar in sweetened milk adds up to empty calories, Smithson pointed out.

A 12-ounce sugar-sweetened soda, meanwhile, is all empty calories -- and adds up to about 7 percent of a person's daily calorie needs, Smithson said.

Responding to the study, the American Beverage

Association (ABA) objected to pointing the finger at sweetened drinks.

"Leading health organizations -- including the Academy of Nutrition and Dietetics and the Mayo Clinic -- agree that the known risk factors for type 2 diabetes include being overweight or obese, race or ethnicity, increasing age, lack of physical activity and family history of diabetes, not beverage consumption," the ABA said in a statement.

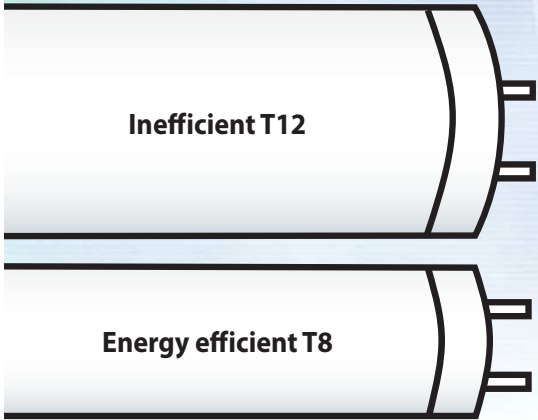
But both Forouhi and Smithson said that replacing sugary drinks with water or unsweetened tea or coffee is a simple step people can take to cut sugar from their diets.

If you find water too bland, Smithson suggested adding a slice of lemon, lime or orange. Another trick she often recommends: Put a cinnamon stick in boiling water, to make a sweet-tasting tea without sugar.

Source: Health Finders

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Low-watt T8, 2 bulb	\$43	\$13	More Efficient
T8 LED, 2 bulb	\$35	\$10	More Efficient

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ENERGY STAR LED Screw-In Bulb	In place of 40-60W incandescent.	\$4/bulb
ENERGY STAR LED Screw-In Bulb	In place of 65W or greater incandescent.	\$8/bulb
Maximum of 12 per customer for LED screw-in bulbs.		
ENERGY STAR LED Recessed Downlights	Complete fixtures or replacements kits.	\$8/unit
LED Outdoor Fixtures	LED fixture Wattage of <40 Watts. Must operate on a photocell and be DesignLights Consortium approved.	\$40/fixture
LED Outdoor Fixtures	LED fixture Wattage of >40 Watts. Must operate on a photocell and be DesignLights Consortium approved.	\$80/fixture
Appliances (Must be ENERGY STAR approved.)		
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ENERGY STAR Refrigerator (with recycling of old refrigerator)		\$50/unit
ENERGY STAR Freezer		\$25/unit
ENERGY STAR Freezer (with recycling of old freezer)		\$50/unit
ENERGY STAR Clothes Washer		\$50/unit
ENERGY STAR Clothes Dryer		\$50/unit
Electric Water Heater	Minimum 80-gallon total capacity, EF ≥0.91. Must be controlled under the utility's load management program.	\$150/unit
Engine Block Heater Timer		\$10/unit
Heating, Ventilation Air Conditioning (HVAC) Measures		
Tune-Up for Residential Central A/C	Not valid on window units	\$25/unit
Tune-Up for Residential Air-Source Heat Pumps (ASHP)	Excludes mini-split ductless ASHPs	\$25/unit
ASHP	ENERGY STAR or 14.0 SEER / 8.2 HSPF	\$400/unit
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Mini-Split/Ductless ASHP	15 SEER	\$500/unit
Programmable Thermostat		\$25/unit
Geothermal Measures		
Ground-Source Heat Pump Open Loop <135,000 BTUH @ 59°F	16.2 EER /3.6 COP	\$200/ton Max. incentive \$2,500/home
Ground-Source Heat Pump Closed Loop <135,000 BTUH @ 77°F	14.1 EER /3.3 COP	\$400/ton Max. incentive \$5,000/home
New installations only. Must be installed by a qualified, insured contractor. Must be the primary heating source for the home and be on a list of prequalified units. Water-to-water systems need the manufacturer's specifications indicating the equipment meets incentive requirements.		
Replacement Geothermal		
Ground-Source Heat Pump Open Loop <135,000 BTUH @ 59°F	16.2 EER /3.6 COP	\$100/ton Max. incentive \$1,250/home
Ground-Source Heat Pump Closed Loop <135,000 BTUH @ 77°F	14.1 EER /3.3 COP	\$200/ton Max. incentive \$2,500/home
Incentive available for failed geothermal equipment only. Entire indoor unit replacement is required to receive incentive. Replacing only the compressor will not qualify for the incentive. Equipment being replaced must fall outside of any warranty period to receive incentive. Invoice showing proof of purchase must be attached.		

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Please visit [www.electricity.state.mn.us](http://www.electricity.state.mn.us) for more information.

The inspectors can be reached weekday mornings between 7:00 a.m. and 8:30 a.m.

The Goodridge Centennial Committee is looking for the following entries for July 3 ~ 5, 2015:

Kiddie Parade ~ July 4 at noon & Big Parade ~ July 5 at 1 pm  
Contact Deanna Coan (218) 378-4270 or Jennifer Kotrba (218) 689-6971

Talent Show ~ July 4 at 2 pm  
Contact Jennifer Kotrba (218) 689-6971

Sand Volleyball Tournament ~ July 4 at 11 am  
Contact Jennifer Jacobson (218) 689-0098

Horse Shoe Tournament ~ July 4 at 11 am  
Contact Adam Sjulestad (218) 280-5787

Car n' Tractor Show ~ July 4 at noon  
Contact Jon Wilson (218) 681-5738

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## Routine dryer maintenance can save money...and your life

### Dryer vent safety

When it comes to clothing, the focus tends to be on functionality, comfort, or fashion. Yet, washing and drying our clothes has become part of our regular routines. Other than dreading the task, most of us don't give much of a second-thought to the machines that help us get the job done—even though giving them some occasional maintenance could save us money...or possibly even our lives.

Here are some suggestions on how to make the most efficient use of your clothes dryer:

- Clean the lint filter after every load. A dirty lint screen can lead to 30 percent more energy usage and can be a fire hazard.
- Occasionally use the attachments on your vacuum cleaner to remove lint that falls off of the lint filter and in the filter enclosure.
- Occasionally clean the duct work that vents your

dryer. The filter does not catch all of the lint, and it can build up in the duct work. This build-up decreases the efficiency of your dryer and can become a fire hazard.

- Make sure your dryer is vented properly. If you vent the exhaust outside, use the straightest and shortest metal duct available. Flexible vinyl duct is not recommended because it restricts the airflow, can be crushed, and may not withstand high temperatures from the dryer.

- If your dryer has a moisture sensor that shuts off the dryer when the clothes are dry—use it.

Additional ways to save money include filling your dryer—but not packing it too full and placing your dryer in a heated space. Also periodically check the outside dryer exhaust vent. If it does not close tightly, replace it with one that does to keep the out-

side air from leaking in.

Lint and other debris can build up in your dryer and not only decrease the efficiency of your unit, but also cause fire hazards. The build-up can also cause carbon monoxide to be forced back into your home creating a potentially fatal situation for you and your family. In addition to the cleaning of your vent system, the Chimney Safety Institute of America passes along these other safety tips:

- Dryer vents should be completely separate from all other systems and terminate outside, not into a chimney, crawl space, or attic.

- Your outside dryer exhaust vent's termination hood should have a back draft damper so that the exhaust does not come back in your home.

*If you want more information on electrical safety, visit [SafeElectricity.org](http://SafeElectricity.org)*

## What is the difference between GFCI and AFCI?

The world of electricity is filled with acronyms - CFL (compact fluorescent light), kW (kilowatt) and AC (alternating current). It's confusing! Compare GFCI (ground fault circuit interrupter) and AFCI (arc fault circuit interrupter). Both contain the words fault, circuit and interrupter in the same order - so what is the difference? They do different things, but basically they keep you and your home safe from the dangers of electricity.

GFCIs (like the one pictured at right) help prevent burns, electric shocks and electrocution. A GFCI has sensors that measure the current going out and the current coming back.

Normally, the current is balanced as it goes out and comes back in. However, if the current is out of balance, something is wrong; the electric current has made contact with a human or somewhere else it should not be.

The GFCI senses this and instantly shuts down the circuit, stopping the flow of electricity. Since water is an excellent electric conductor, GFCIs are important in areas where water and electricity could meet, such as bathrooms, kitchens, laundry

rooms and garages.

AFCIs help prevent electric fires. Electricity can leak out of damaged or decaying wires and start a fire. These fires spread quickly in the wiring behind walls. Electric fires cause more damage than other types of fire and are twice as deadly. AFCIs sense that electricity is leaking from the electric system and shut the electricity off before overheating happens.

Basically, GFCIs prevent shocks and AFCIs prevent fires. Both can be installed by a qualified electrician to make your home safer.

*-Information courtesy of [safeelectricity.org](http://safeelectricity.org)*



(Above) Red Lake Electric line crews set a new pole northwest of Red Lake Falls. The old pole was broke as a result of strong winds on May 28.



Red Lake Electric linemen Jordon Gervais (left), Brandon Narlock (center) and Brett Knott (right) work together as they frame a new three-phase pole. Crew foreman Troy Schmitz (back) operates the track digger as he drills a hole to set the new pole.



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falls on a weekend or holiday, the payment will be made on the next business day. You will continue to receive your monthly energy bill as you have in the past, indicating the amount that will be withdrawn from your bank account. The proof of your payment will appear on your bank statement and your next month's energy bill statement.

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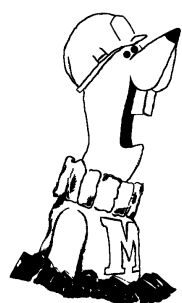
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## Happy Fourth of July

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

**Friday, July 3.**

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# 253-2091



## NEW AND USED FARM EQUIPMENT PARTS

**218-253-4007**

**B & B Auto Recycling, Inc.**

**We Buy  
Scrap  
Iron  
and  
Metals**

**Winter Hours:**  
7:30 - 4:30  
Monday-Friday

**Allen Remick - Cell: (218) 689-0313**

Mail or bring your ads to the RLEC office by the tenth of the month. Commercial ads are 10¢ per word with a minimum charge of \$4 per insertion.

Member want ads are FREE. One want ad per member per month.

Please **PRINT** . . .

Your Name, Address and Phone Number. Mail with your power bill payment, if you prefer, or fax to 218-253-2630.

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



