

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

VOL. 47 – NO. 11

RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

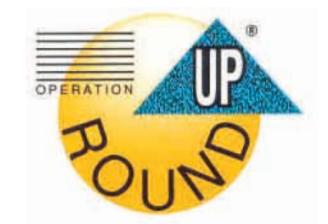
AUGUST 2012

Operation Round Up® grant applications due Sept. 7

Organizations involved in community projects and charities are encouraged to apply for funds from Operation Round Up at this time. Completed grant applications are due in the Red Lake Electric Cooperative (RLEC) office by Sept. 7.

Operation Round Up is a program adopted by RLEC, headquartered in Red Lake Falls. Members choosing to "round up" their monthly electric bill payment provide funds for this effort. Today, 91 percent of RLEC members now choose to contribute pennies each month to enhance their communities.

Funds will be donated primarily to nonprofit organizations to help fund (2918002.04 Kenneth J. Grundhaus) specific projects or programs. Since the program began in 1993, \$386 thousand has been granted to community organizations and charities.



Money is donated for the betterment of the community within the outside service area boundaries of RLEC.

The Red Lake Electric Trust Board of Directors determines grants. Board members are Van Swanson, Thief River Falls; Patty Mickelson, Oklee; Randy Knutson, Newfolden; and Roger Johanneck and Bonnie Christians, Crookston.

To apply for Operation Round Up grants, organizations should contact the RLEC office in Red Lake Falls at 218-253-2168 or 800-245-6068. A short application must be completed and submitted along with a financial statement from the organization. The grant application form is available on the Cooperative's Web site www.redlakeelectric.com.

For more information contact Johanneck, general manager of RLEC, at 218-253-2168 or 800-245-6068.

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\$100 Drawing

Local 4-Hers receive awards from Red Lake Electric

(1207006.03 Terry G. Nelson) sponsors awards for 4-H livestock exhibitors at area county fairs.

Pictured are 4-Hers who received awards at

Each year, Red Lake Electric Cooperative the 2012 Pennington County Fair held July 18 through 22 and the Marshall County Fair held July 25 through 29.

Additional pictures appear on page 5.



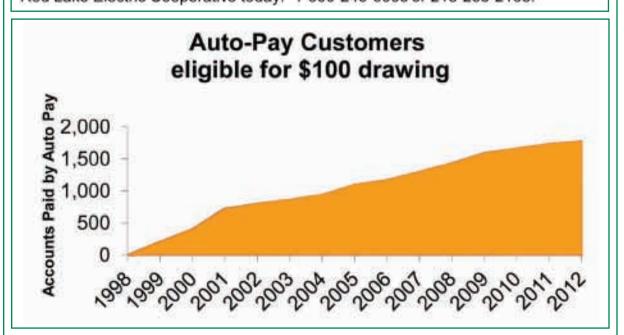
Hanson wins rate-of-production award

Matthew Hanson from the Highlanding 4-H Club won the top rate-of-production award at the Pennington County Fair. His registered Ayrshire cow produced over 25,000 pounds in a 365-day period. The rate-of-production award was sponsored by Red Lake Electric Cooperative. Matthew is the son of Michael and Linda Hanson of Goodridge.

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

As the chart below shows, more and more Red Lake Electric Cooperative customers are enjoying the convenience and secure method of paying their monthly energy bill with Auto-Pay. To show our appreciation, customers who use Auto-pay to pay their monthly bill will automatically be entered into a \$100 drawing on October 6th. For your convenience, an Auto-pay sign up sheet is included with the bill you receive this month. Have a question about Auto-pay? Give us a call at Red Lake Electric Cooperative today. 1-800-245-6068 or 218-253-2168.





Nelson receives trophy

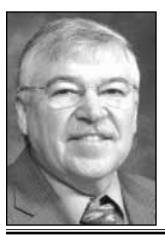
Thief River Falls Times photo

Caden Nelson from the Sanders 4-H Club received a trophy for the top rate-of-gain in market lamb at the Pennington County Fair. His lamb had an average daily gain of .85 pounds. The rate-of-gain award was sponsored by Red Lake Electric Cooperative. Caden is the son of Dacian and Christine Wolff of Red Lake Falls.



Rupprecht receives beef award

Noah Rupprecht from the Silverton 4-H Club received the beef rate-of-gain award at the Pennington County Fair. His beef heifer had an average daily gain of 2.67 pounds. The award was sponsored by Red Lake Electric Cooperative. Noah is the son of Daryl and Terese Rupprecht of Thief River Falls.



Manager's **Comments**

by Roger Johanneck



What is causing the blinks?

Our Red Lake Electric distribution system (poles, power lines and electrical equipment) has had a gentle year so far in 2012. Electric utilities just to the east of us experienced severe weather that left many folks without power for days in early July. While we are grateful that we have been able to avoid lengthy major storm service interruptions this year, we have had some thunderstorm interruptions, sometimes which, are very short in

These short interruptions in power, or "blinks" as we often refer to them, have been an irritant of late in parts of our service area. While we have heard about the blinks from some of you, we know that there are more that have noticed the blinks and not bothered to call and tell us.

The recent calls that have been prompted by the blinks have come from customers served by our Hazel, Terrebonne and Huot substations. Our energy supplier, Minnkota Power Cooperative, is also working on the blink problem that has affected your service. Both transmission (Minnkota's lines) and distribution (Red Lake Electric's lines) have been patrolled to look for the obvious problems, like trees on the line, in the areas that serve and are served by these substations. So far these line patrols have not revealed any likely culprits.

While blinks can be annoying, they often are an indication that our electrical system protection equipment is working the way it is designed to work. Blinks occur when (6030002.02 Alan R. Walker) a fault is present on the line. The fault condition could be caused by a tree touching the line, livestock rubbing on guy wires causing the lines to make contact with each other, lightning, or an animal or a bird shorting the line. History has shown that these blinks often increase this time of year and in the spring which coincide with migratory bird activity.

The blink occurs when protective equipment called an oil circuit recloser (OCR) detects a fault on the line. The OCR will automatically open the line for a second and then re-closes it. The automatic reclosure has some obvious advantages over the circuit breaker that is used to protect the wiring and electrical equipment in your home and business. When a fault occurs at home and a breaker in your service panel trips, or a fuse is blown, you need to manually reset the breaker or replace the fuse.

With an OCR, if the fault no longer remains on the power line after the OCR re-closes, just one blink occurs. If the fault is still present after the first recloser, the OCR will automatically open again for a second. If after opening and reclosing three times in rapid succession the fault is still present, the OCR will stay open and a line outage occurs. Our crews then need to find the problem that has caused the fault, repair it and then reclose the OCR manually to restore power.

In addition to the nearly 2,600 miles of distribution power line delivering energy throughout Red Lake Electric Cooperative's service area, (6211001.04 Ronald Hegge) Minnkota also has hundreds of miles of transmission line that are exposed to the elements of mother nature and human activity can deliver. These many miles of exposure make our electric system vulnerable to outages and short interrupting blinks.

There is a considerable amount of time and money spent on system design and maintenance to reduce the frequency of line outages and momentary blinks, but we can't make the system totally immune to our elements. We appreciate your understanding and patience of this as we work to solve our line quality issues. We're working to be a source of reliable energy for you; you have our continued pledge for

From the Mail Bag

Dear RLEC:

Thank you for sponsoring the beef herdsmanship award at the Pennington County Fair. It was greatly appreciated.

Highlanding 4-H Club

Dear RLEC:

Thank you for sponsoring the swine herdsmanship award at the Pennington County Fair. It was greatly appreciated.

Highlanding 4-H Club

Thank you for sponsoring the sheep herdsmanship award at the Pennington County Fair. It was

Highlanding 4-H Club

Dear RLEC:

Thank you for sponsoring the poultry herdsmanship award at the Pennington County Fair. It was greatly appreciated.

Highlanding 4-H Club

Dear RLEC:

Thank you very much for sponsoring the herdsmanship award for dairy at the Pennington County Fair this year. It is greatly appreciated and will go great in my records this fall. Once again, thank you very much.

Donovan Rupprecht Independent 4-Her **Dear RLEC:**

Thank you for sponsoring the 2012 Pennington County goat herdsmanship award. I really appre-

> Erin Wayne **Happy Acres 4-H Club**

Dear RLEC:

Thank you for sponsoring the beef rate-of-gain trophy at the Pennington County Fair. I won it with me heifer named Earthquake. It is my first time winning it. Thanks

Noah Rupprecht Silverton 4-H Club

Dear RLEC:

Thank you very much for donating money to the RLC 4-H. I received \$25 for a dairy project. I plan on saving the money for later on this year so that I have a little extra cash. I will be attending the Model College of Hair Design to obtain a license in cosmetology. Thank you for your continuous support over the years.

Natalie Beyer Huot Hustlers 4-H Club Red Lake County

Dear RLEC:

Thank you for your prompt response to our service call. Pederson Bros.

Thank you for sponsoring the beef and horse project areas. I exhibited two of my horses and a beef heifer at the Red Lake County Fair and received grand champion ribbons with them. Thanks for supporting 4-H; it is a great youth organization.

Mikayla Miller **Huot Hustlers 4-H Club Red Lake County**

Dear RLEC:

Thank you so much. I received \$25 for my rabbit project. So I'd like to thank you for sponsoring 4-H members.

Alexxis Rosnow **Garnes Go-Getters 4-H Club Red Lake County**

Closed **Labor Day**

In observance of Labor Day, Red Lake Electric Cooperative's headquarters will be closed Monday, September 3.

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

Have a safe, enjoyable Labor Day weekend. If your weekend activities take you outdoors, remember to look up for overhead power lines if these activities are overhead.

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**

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OFFICERS AND DIRECTORS

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SECRETARY-TREASURER	Mark Hanson
VICE PRESIDENT	Robert Finstad
PRESIDENT	Bonnie Christians

NOTICE

Hidden within the text of the articles of this issue of the Volts & Jolts are the names and account numbers of five RLEC members. They will appear within the articles in parenthesis as (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.



Report from the Office

by Shirley Bregier

Win \$100

Red Lake Electric Cooperative is promoting our Auto Pay service with a drawing for a \$100 credit on vour electric bill. This drawing is held to thank our customers who already enjoy the convenience of Auto Pay, as well as any new Auto Pay customers who are willing to give the service a try. All you have to do to become eligible for the drawing is to be signed up for Auto Pay by Oct. 5, 2012.

RLEC currently has about one third of our customers using this service. Using Auto Pay to pay your monthly (4312004.02 Jerome L. Engen) electric bill is quick and easy. You continue to receive your bill each month in the mail and know that we will automatically take the payment from your checking or savings account on the 5th of each month. This process is simple, secure and saves you the time of writing out a check and cost of the postage to mail it back to us. It assures you that your electric bill is paid no matter where you are or how busy your life is.

To sign up for Auto Pay, you can either call our office to get a form, fill the form out located in the Volts and Jolts, or go to our website at www.redlakeelectric.com, print the form and mail it into our office along with a voided check or the payment for your current electric

Not only will you begin enjoying the ease of Auto Pay, but your name will be included in the drawing for \$100 on Oct. 5. If Auto Pay doesn't work out for you, you can stop it by giving our office a call at least 48 hours before the due date. If you have any questions about Auto Pay, give our office a call at 800-245-6068 or email us at redlake@minnkota.com. **Meter Reading**

Once again we ask those with off-peak heating systems to read your meter and compare the readings with the one on your electric bill. When the automated reading device (Turtle) sit idle over the summer, they occasionally continue on its summer slumber even though your meter is recording your kWh

The reading on your billing is taken on or as close to the 10th as we can. If you notice a difference in the reading on your meter compared to the reading on your electric bill, please notify our office and we will get this repaired. Remember, if the turtle on your off-peak meter isn't working properly, you will be paying full price for the electricity that you use to heat your home.

Retirements

Red Lake Electric will be going through some transformation this fall as three long-term employees retire. Steve Barbot, service technician, Kathy LaPlante, customer service representative, and Bev Schmitz, administrative assistant, will retire in August and September. Combined, they have 117 career years here at RLEC. A lot of history and experience will go with them. As they begin a new chapter in their lives, we here at Red Lake Electric wish them all a very long, happy, healthy retirement.

Have a safe fall!

Bone up on bone health for a healthier future

By Holly Israel

Poor bone health has become a widespread health problem. Instead of enjoying their "golden years," many seniors face curtailed activities and bouts with fractures.

"More than half of Americans over the age of 50 develop osteoporosis, and it's four times more common in women than men," stresses Dr. J. Edward Puzas, Ph.D., a professor of orthopedics at the University of Rochester Medical Center in New York. "Once your bones become thinner and more fragile, you're more apt to suffer fractures. If you're elderly, this can be fatal."

Osteoporosis is linked to a lack of dietary calcium, which is critical to bone health. The average American consumes far less calcium than needed. Exercise is also essential to possessing strong bones.

Calcium is used by our body to form and maintain healthy bone tissue, and because 90 percent of our adult bone mass is already formed by the age of 17, healthy diets and

active lifestyles are important from an early age. Kids need about 1,500 mg of calcium per day. From around age 17, the process of maintaining healthy bones begins, and calcium intake should be a minimum of 1,000 mg per day through age 50. Calcium needs return to 1,500 mg per day for ages 50 and older, especially for postmenopausal women.

Various foods are high in calcium, such as dairy products-skim and 2 percent milk are just as rich in calcium as regular milk—deep green, leafy vegetables, soy, tofu, and almonds. Careful attention to food labels shows that certain items, such as some orange juices, cereal, and bread, are now fortified with calcium.

To determine how many milligrams per serving is in an item, find calcium listed on the food label, and add a zero to the Daily Value percentage. Many people turn to supplements to ensure enough calcium consumption, but a balanced diet is really better for

overall health. Supplements must have added vitamin D, as this aids your body in getting the calcium to your bones.

Exercise is the second key to bone health because it causes new bone tissue to grow and makes bones stronger. During weightbearing exercise, muscles push and pull against the attached bones, strengthening them. Walking or running and weight training are great for bone health. Adults need 30 minutes of exercise per day, while children need 60 minutes each day. No matter what age, taking steps

to achieve a well-balanced diet and active lifestyle are essential to healthy bones and an all-around healthy body. Sources: U.S. Department of

Health and Human Services; National Institute of Child Health and Human Development; Health.com. Holly Israel writes on general

health topics for the National Rural Electric Cooperative Association.



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 driveup 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 col-

To have a disconnected service reconnected, 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

following:

In case your electricity goes out, please do the

- 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-December9.5¢ Kwh Multiphase users add \$22/month cost of service

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

Caramel Apricot Grunt

- 2 cans (15-1/4 oz. each) apricot halves, undrained
- 2 tsp. quick-cooking tapioca
- 1/3 c. packed brown sugar
- 1 Tbsp. butter or margarine
- 1 Tbsp. lemon juice
- Dumplings:
- 1-1/2 c. all-purpose flour
- 1/2 c. sugar 2 tsp. baking powder
- 2 Tbsp. cold butter or margarine
- 1/2 c. milk
- Topping: 1/4 c. packed brown sugar

- 2 Tbsp. water Half-and-half cream, optional

In a saucepan, combine apricots and tapioca; let stand for 15 minutes. Add brown sugar, butter and lemon juice. Cook and stir until mixture comes to a full boil. Reduce heat to low; keep warm. For dumplings, combine flour, sugar and baking powder in a bowl; cut in butter until crumbly. Add milk; mix just until combined. Pour warm fruit mixture into an ungreased 2-quart baking dish (mixture will be very thick). Drop the batter into six mounds onto fruit mixture. Cover and bake at 425 degrees for 15 minutes or until a toothpick inserted into a dumpling comes out clean (do not lift the cover while baking). In a saucepan, bring brown sugar and water to a boil; cook until sugar is dissolved. Spoon over dumplings; bake, uncovered, 5 minutes longer. Serve with cream if desired. Yield: 6 servings.

Red Lake Electric Cooperative, Inc. **Operating Report**

MONTHLY COMPARISON

	JUNE	JUNE
	2011	2012
Total Revenue	823,701	\$ 850,627
Total Margins\$	(94,327)	\$ (50,464)
Cost of Power	686,500	\$ 662,734
KWH's Purchased	7,718,667	7,793,921
Capital Credits Paid to Estates\$	2,876	\$ 9,440

YEAR TO DATE COMPARISON

Tangy Pork Barbeque

- 2 Tbsp. butter or margarine
- 3 Tbsp. all-purpose flour
- 1 bottle (28 oz.) ketchup 2 c. boiling water
- 1/4 c. Worcestershire sauce

1/4 c. vinegar

- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 tsp. chili powder
- 1 tsp. salt, optional
- 1 tsp. ground mustard
- 1/8 tsp. cayenne pepper
- 1 boneless pork loin roast (3-1/2 to 4 lbs.)
- 12 sandwich buns, split

In a Dutch oven over medium heat, melt butter. Stir in flour until smooth. Add the next 10 ingredients; bring to a boil. Add roast. Reduce heat; cover and simmer for 3 hours or until meat is very tender. Remove meat; shred with two forks or a pastry blender. Skim fat from cooking juices; return meat to juices and heat through. Serve with a slotted spoon on buns. Yield: 12 servings.

Barbequed Turkey Sandwiches

- 2 celery ribs, chopped
- 1/2 c. chopped onion 1/4 c. chopped green pepper
- 1/3 c. butter or margarine
- 1/2 c. ketchup
- 1/4 c. packed brown sugar
- 3 Tbsp. Worcestershire sauce
- 1-1/2 tsp. chili powder
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. hot pepper sauce
- 4 c. shredded cooked turkey
- 8 hamburger buns, split, toasted and buttered

In a saucepan, saute the celery, onion and green pepper in butter until tender. add the next seven ingredients. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Add turkey; heat through. Serve on buns. Yield: 8 servings.

Ginger Apricot-Apple Crumble

- 1 c. orange juice or apricot nectar 3/4 c. finely chopped dried apricots
- 1/3 c. honey
- 1/4 c. maple syrup
- 2 Tbsp. lemon juice
- 8 c. sliced peeled tart apples (about 8 large)
- 3 Tsbp. all-purpose flour 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger or 1 tsp. minced fresh gingerroot
- 1/2 tsp. ground cardamom Topping:
- 3/4 c. all-purpose flour 1/2 c. quick-cooking oats
- 1/2 c. chopped pecans, optional
- 1/4 c. vegetable oil
- 1/4 c. maple syrup

In a bowl, combine orange juice, apricots, honey, maple syrup and lemon juice; set aside. Arrange apples in an ungreased 13-inch by 9inch by 2-inch baking dish. Combine flour, cinnamon, ginger and cardamom; stir into the apricot mixture. Spoon over apples. Combine topping ingredients; sprinkle over fruit. Bake at 350 degrees for 50 to 60 minutes or until topping is golden brown and fruit is tender. Yield: 12 servings.

Sirloin with Bernaise Sauce

- 1/2 tsp. garlic salt
- 1/2 tsp. pepper
- 1 boneless sirloin roast (5 to 6 lbs.)
- Bernaise Sauce: 1/4 c. cider or white win vinegar
- 1/2 c. chopped green onions 1 Tbsp. minced fresh tarragon or 1 tsp. dried tarragon
- 1/4 tsp. pepper
- 4 egg yolks, lightly beaten
- 1 Tbsp. cold water
- 1/4 tsp. salt 1/8 tsp. cayenne pepper
- 3/4 c. cold butter (no substitutes)
- 1 Tbsp. minced fresh parsley

Combine garlic salt and pepper; rub over roast. Place on a rack in a shallow roasting pan. Bake, uncovered, at 350 degrees for 2-1/2 to 3 hours or until meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees; medium, 160; well-done, 170). Let stand for 10 to 15 minutes before slicing. Meanwhile, in a saucepan, combine the vinegar, onions, tarragon and pepper; bring to a boil. Strain, reserving liquid; discard onions and tarragon. Place egg yolks in a heavy saucepan. Gradually whisk in water, vinegar mixture, salt and cayenne. Cook until the mixture begins to thicken, stirring constantly. Add butter, 1 tablespoon at a time, until the mixture has thickened and reaches 160 degrees, stirring constantly. Remove from heat; stir in parsley. Serve warm with sliced beef. Yield: 12 servings.

Pumpkin Pound Cake

- 2-1/2 c. sugar
- 1 c. vegetable oil
- 3 eggs 3 c. all-purpose flour
- 2 tsp. baking soda 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1/2 tsp. salt
- 1/4 tsp. ground cloves
- 1 can (15 oz.) solid-pack pumpkin
- Confectioners' sugar

In a mixing bowl, blend sugar and oil. Add eggs, one at a time, beating well after each addition. Combine flour, baking soda, cinnamon, nutmeg, salt and cloves; add to egg mixture alternately with pumpkin. Transfer to a greased 12-cup fluted tube pan. Bake at 350 degrees for 60 to 65 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before inverting onto a wire rack. Remove pan and cool completely. Dust with confectioners' sugar. Yield: 12 to 16 servings.

Informational Web Sites

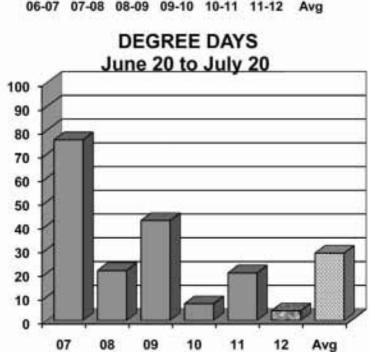
The following is a list of Web sites that can provide information and education in reference to electrical safety and energy conservation. These Web sites are listed as links on Red Lake Electric Cooperative's Web site at www.redlakeelectric.com.

- 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

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.

YEAR TO DATE DEGREE DAYS August 20 to July 20 11,000 10,000 9,000 8,000 7,000 6,000 5,000 4,000 3,000 2,000 1,000 0



Saturday, Sept. 1, 2012 9:00 AM SHARP LOCATED at the DAVID MAST RESIDENCE: From Clearbrook: 1 ml. So. on #92, then right (W) on Cty. Rd. #6 for 51/2 mi. (right side of road). From Gonvick: 5 mi. So. on Cty. Rd. #7, then right (W) on Cty. Rd. #6 for 1½ mi. (right side of road). WATCH FOR SIGNS OUTDOOR SALE ORDER Garden hoses Extension cords 9:00 Misc 9:15 2rd ring starting under the tent The quits consigned MANY Poly leaf rakes TOP OF THE are hand-stitched 3 chain saws Ladders and BEAUTIFUL! with jams, jellies, pickled beets. Stihi chain saw 210c, runs good pickles, produce, fresh raw honey We are expecting 150 to 200 quits by sale date Polaris 4 wheeler, plow Case YT114 lawnmower with snowblower & more, followed by crafts, quits & new furniture Among the top quality guilts are: attachment, leaf blower, bagger, runs 1:00 3" ring setting horses, equip-Log cabins in various colors ment, lawnmowers, used furniture firewood, lumber, all larger items New 6 cu. ft. wheelbarrow Kentucky Star 'burgundy and rose Outdoor thermometers with scenes Charbrail gas grill with side burner Mariners compass New Dolmar leaf blower P8251.4. 4 Cathedral window

HORSES & EQUIP.

- 10 yr. old Shetland pony mare, broke to ride and drive (pictured) HOUSEHOLD 6 yr. old black Morgan mare tine garden cultivator, 'nice' (pictured)
 - Pony cart (pictured) Bio-plastic 'breast style' pony harness with pads, like new (pictured) McCormick 1 row 2 horse com cultiva of fresh

tor, field ready (pictured) Lead ropes Harness hocks, 12" & 8" Grooming sets

Head lamps

MISCELLANEOUS Bantam baby chicks 85 gal. tank Ball bats.

Lots

produce

Bantam family rooster hen & chicks Approx. 4 cont stab wood (mixed hardwood), cut Pine lumber, various sizes 9 pc. white used steel, approx. 14 ft. Approx. 16'-18' new portable clothes line with steel frame, 'nice

Country Bride 'applique

Refrigerated water dispense

Gas range

Oak table and chairs

New E-panel oak door

Living room fumiture

portable heater Seiko quartz decorative clocks (pictured)

Eden Pure Quartz infrared

B' couch

Several wire cattle panels Nooden knee-hale desk with chair Leather boot oil Leather dye Typewriter Encyclopedia Men's socks Pannie Misc. Christmas decorations insulated winter gloves Lots of snaps, including bull snaps

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VOLTS AND JOLTS FEATURE OF THE MONTH

McKeevers play host to family from Norway

By Heather Blodgett

Jack and Emma McKeever of Red Lake Falls hosted a family from Norway this past June. Leif Langen, who hails from Fjellhamer, Norway, near Oslo, his brother, Kare, and Kare's wife, Edel, who live in Feragen, Norway, traveled to the region to visit family and follow their ancestry.

Kare and Leif are second cousins to Emma McKeever, Erwin Wetenkamp, Richard Klipping, Harvey Klipping and Art Klipping, all of Red Lake Falls. Emma's grandfather, Andrew Feragen, immigrated from Norway in 1902 to Thief River Falls because other family had already settled in the area. He was a farmer in Norway and continued farming in Goodridge after immigrating to the area.

That farm, now a century farm, is still operated today by George Feragen, Jr, Andrew's grandson. Leif, Kare and Edel made sure that was one of the places they visited during their trip. Jack explains that all three were very excited that the farm had stayed in the family. They explained to Jack that in Norway it is very important to pass farms down within the family.

They continued to visit other farms in the region to compare farming in Minnesota to that of Norway, as Kare and Edel are retired dairy farmers. A visit to the Jean Beyer farm near Dorothy was interesting for the group due to their milking operation. Kare and Edel commented on how modern the equipment was and how large the operation was, as they have around 69 head of cattle, where Kare and Edel's dairy farm had just fifteen. The Norwegians remarked they were very impressed by the work ethic exhibited by the younger generation, Jean's granddaughter, Natalie Beyer, and great-grandson, Thane Forness, as they fed and milked the cattle.

Dan and Lana Callier welcomed the visitors to their farm near Gentilly. Dan and his son, Tim, showed the travelers the different types of equipment that is used on the farm, even giving Leif and Kare a ride in one of the larger tractors to demon-

strate the GPS guidance system. According to Jack, Leif, who owns an information technology business in Norway, was very interested in this use of technology. Jack also explains that the trio were awed by the size of the farms and the size and condition of the equipment. "They just couldn't believe how clean and shiny the tractors were and the care the families gave to their equipment," said Jack. They explained that in Norway the land and climate are not as conducive to farming, so they have very small farms where they only grow feed for their animals, so the equipment is much smaller.

They also toured the Richard and Ernestine Klipping Farm. Richard showed them his collection of tractors, including a 1937 John Deere Model BR that is being restored. Leif, Kare, and Edel greatly appreciated that all of the farmers were so open to showing them around their

They continued to travel around the region, visiting the headwaters of the Mississippi River near Bemidji and spending an evening at Erwin and Marilyn Wetenkamp's lake home on Wolf Lake. They also spent an afternoon in Moorhead at the Hjemkmost center to see the replica Viking ship built by Robert Asp. The ship sailed from Duluth to Bergan, Norway in 1982 and the center is a museum dedi-



Jack and Emma McKeever of Red Lake Falls hosted members of the Langen family from Norway. From left, Kare, Edel and Leif Langen.

cated to honoring the ship. "They enjoyed the Hjemkomst very much," said Emma. "It was pleasing for them to see that an American connected so much with their Norwegian decent," said Jack as he explains that family and heritage is very important to Leif, Kare and Edel.

Emma explained that a driving force behind their visit was to meet more of their family and learn more about the family history. Visiting the Feragen farm was just one piece to the puzzle. "Many of the family is buried in Thief River Falls," explains Emma, "We spent a morning at the cemetery tracing the lineage and looking at headstones." Kare and Leif visited several cemeteries and were able to fill in their family tree from the information they gathered. "They are very proud of their Norwegian heritage, explains jack, "They like to meet and get to know the people of their own

"Their main focus was to see the area that their family settled in and become acquainted with their own generation," explained Emma of the journey, "It was to renew and reestablish the friendships from earlier visits." Leif had visited the area in 1982 with his father to see Emma's parents and that trip was focused more on that generation. Erwin and Marilyn had recently visited them in Norway.

Lief, Kare and Edel spent their evenings at the McKeever home talking and looking at photo albums with Jack and Emma over popcorn and wine. "They looked at all of the family pictures. They were interested in all the family history they could get," said Jack. "The evenings talking were my favorite. They learned about us and we learned about them. We just had so much fun visiting!" she exclaimed.

Leif recorded part of the trip on video and took pictures that he plans to send back to Minnesota. The McKeevers have purchased a video camera to send footage of the harvest to their Norwegian relatives. They have already filmed the wheat harvest and plan to film the soybean, sugar beet

and corn harvest as well. About 30 relatives, mostly second and third cousins, gathered at the McKeever home on June 23rd to enjoy a meal catered from Memories Café and spend time together as an extended family before the travelers left for home. "Everyone seemed to be visiting, there was a lot of talking," said Emma.

The McKeevers have been invited to visit in Norway and are contemplating the trip because they had so much fun spending time with Leif, Kare, and Edel. "We had a very enjoyable time with them with lots of laughs," said Jack. "We never ran out of conversation," said Emma of their visit, "Oh it just went by so fast!" Leif, Kare and Edel wish to thank everyone for their hospitality and for making their visit a memorable experience.

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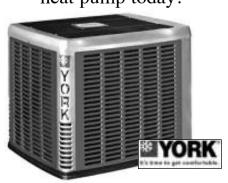
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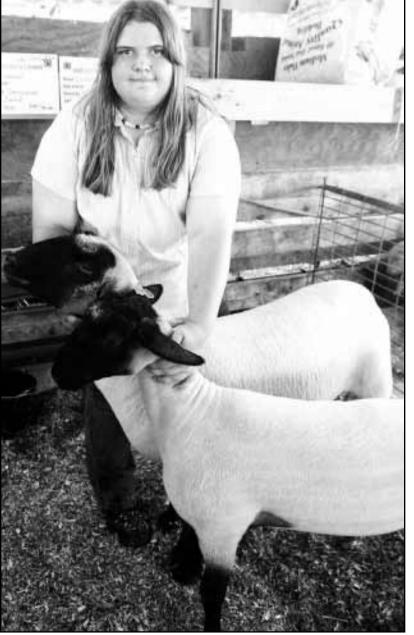
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Larson receives award

Thief River Falls Times photo

Samantha Larson from the Steiner 4-H Club exhibited the grand champion ewe at the Pennington County Fair. For her accomplishment, she received an award sponsored by Red Lake Electric Cooperative. Samantha is the daughter of Spencer and Nancy Larson of Euclid.



Photo courtesy of Marshall County Extension Service

Klopp receives award

Morgan Klopp from the Riverside 4-H Club was the senior showmanship champion in the sheep division at the Marshall County Fair which was held July 25 through 29. She received an award sponsored by Red Lake Electric Cooperative. Morgan's parents are Phil and Amy Klopp of



Photo courtesy of Marshall County Extension Service

Trophy goes to Erickson

Michael Erickson, an independent 4-Her, was the junior showmanship champion in the sheep division at the Marshall County Fair. He received an award sponsored by Red Lake Electric Cooperative. The fair was held July 25 through 29 in Warren. Michael is the son of Chad and Jennifer Erickson of Grand Forks, N.D.

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If you aren't replacing all the incandescent bulbs in your home at once, and few people do, be selective with CFL replacements. Install CFLs in fixtures that are "on" the most. They will save you the most electricity and will give you the best return on your CFL bulb dollars spent. For best efficiency. CFLs should be "on" for at least 15 minutes at a time.

When CFL bulbs came on the market a few years ago, only a few standard sizes were available. Some lamps or fixtures would not

CFL bulbs at that time. Today, many sizes and shapes of CFL bulbs can be purchased, accommodating almost any fixture or lamp.

CFLs perform best in open fixtures that allow airflow, such as table or

floor lamps, wall sconces and outdoor fixtures. For recessed fixtures, it is better to use a reflector CFL than a spiral CFL since the design of the reflector evenly distributes light down to your task area.

Choose a qualified CFL that offers a shade of white light that works best for you. For example, while most CFLs provide warm or soft white light for your home, you could choose a cooler color for task lighting.

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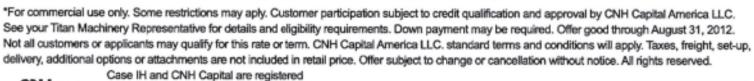
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Red Lake Electric lineman Troy Schmitz uses a shotgun (insulated fiberglass) stick to open the cutout taking the regulator out of service.



As all the wires have been disconnected from the old pole, Pahlen, in the foreground, begins to attach them to the insulators on the new regulator pole.



Lineworkers work to raise the regulator to be attached to the new three-phase pole. The connection process will begin as the regulator is cut-in-line to be placed back into service.

Line move requires regulator to be moved

A recent line move for road work required taking a regulator out of service, removing it from an old pole, remounting it on a new pole and putting it back into serv-

Regulators monitor the voltage on the power line. As load electric use down-line increases or decreases, the regulator has the capability of raising or lowering the voltage on the line. This keeps the line voltage more constant, helping to prevent noticeable voltage fluctuations. It also helps members' electric equipment operate more efficiently and hopefully more trouble-



Red Lake Electric lineworker Sam Pahlen, left, and Troy Schmitz use shotgun sticks to simultaneously disconnect and remove the hot taps and leads that were connected to the regulator cutout.



The regulator is lowered from the pole, which is to be removed, and will be remounted on the new pole.



Once the regulator is reconnected, Alan Cota, crew foreman, checks the regulator control panel to make sure the regulator is operating properly. Another process completed in hopes of providing years of

Take a 'pop' quiz about electricity

Much has been made of the rising cost of electricity, now and in the future. That's why it's important to understand that electricity remains a great bargain and convenience, especially when com-

pared to other consumer goods. Consider the cost of a gallon of gas 30 years ago compared to today. How about a pound of coffee or a loaf of bread? The cost of electricity is only slightly higher than it was 30 years ago. While this doesn't take the sting out of rising costs, it does show that the cost of electricity has remained relatively fl at, despite its increased use and value to our daily lives.

Whether you consider yourself a bargain hunter or not, you are taking advantage of one of the best deals around every time you plug in an electrical device. Sure, you pay your power bill each month, but do you realize what you're really getting? The following quiz can help you recognize the value of electricity. (Note: the time in some of the answers is not "all-day" time, but rather "average-use-per-day" time.

For example, one doesn't run a light bulb 24 hours a day; it typically runs about three hours per day). Answers are based on a 10¢/kilowatt-hour rate.

1. Open your refrigerator. See that bottle of pop? It probably cost about \$1. How long can you run the Energy Star refrigerator that keeps that pop cool for \$1 worth of electricity? Approximately one week!

2. You may need to sit down after the answer to that question. Take that bottle of pop and have a seat in your favorite chair. See that ceiling fan above your head circulating the air conditioned comfort? How long can you run that ceiling fan for what you spent on that bottle of pop? Approximately one month!

3. Speaking of air conditioners...you probably enjoy sitting in a cool house when it is hot outside. That \$1 bottle of pop might cool you off for a few minutes, but how long can your Energy Star air conditioner cool you for the same price? Approximately 12 hours!

4. While enjoying your pop, perhaps you decide to read a book and switch on the CFL lamp beside you. How long can that lamp provide light for what you spent on that bottle of pop? Approximately six

5. While enjoying your book and refreshment, maybe your cellphone rings. How long can you run that cell phone for that \$1 bottle of pop? Approximately 1.5 years!

6. Finally, maybe you get tired of your book and turn on that 40inch LCD TV. How long can you watch TV for \$1? Approximately three weeks!

As you can see, when compared to other things, it is easy to see the value you get for your dollar with electricity!

Sources: Energy Star, U.S. Department of Energy, Natural Resource Defense Council, Manufacturers information and Great River Energy.

Reprinted from Connections of Federated Rural Electric.

Tackle home projects safely

Do-it-yourself (DIY) offers a great way to save money and learn new skills. But before you tackle that home improvement project you saw online or on cable TV, practice these safety measures to avoid injury while getting game-winning results.

Score points with safety equipment

Just like a helmet and pads are required on a football field, safety items are essential for DIY tasks. Read and follow directions on every power tool you use. Wearing eye and ear protection and gloves,

securing loose clothing, are all important to keeping you safe. If renting a tool, ask the store for safe-

Look up, down,

and all around For outside projects, first check the area where you will be working. Identify potential hazards and take time to avoid or correct any problems. Don't forget to look up for power lines, and avoid using long poles or ladders within 10 ft. of

overhead wires. Will your project involve any digging? Call 811 before you dig underground lines may be. The 811 service will mark all underground lines in your area for free before you start work.

Avoid the blitz

Water and electricity don't mix, so avoid running cords through wet areas. Inspect cords for fraying or damage before use, and be sure outlets can handle any extra load from power tools. Overloading outlets can lead to more than a shock: Fire hazards may result from demanding too much from an electrical sys-

Be honest with yourself

If a job seems like it might be too much to handle, leave it to a professional. Take into consideration heavy lifting, expensive tools that will only be used once, and whether you really have the time. That way, you won't be temped to

skip safety measures. For more safety advice around the home, visit www.safetyath-

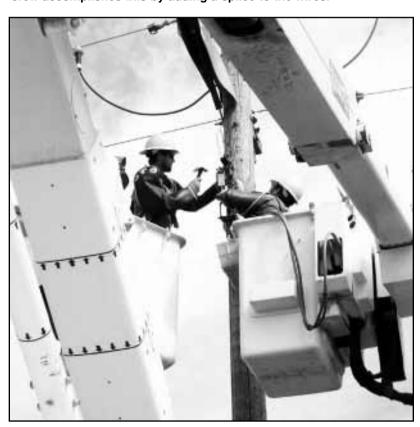
Kelly Trapnell writes on safety and energy efficiency issues for the National Rural Electric Cooperative Association.

Sources: Safe Electricity and

Underwriters Laboratory.



Schmitz and Pahlen work to remove the wires from the old three-phase regulator pole. With the wires now disconnected from the regulator, the wires leading to and from the regulator need to be connected; the crew accomplishes this by adding a splice to the wires.



Pahlen, left, and Red Lake Electric lineworker Aaron Derosier work to mount the cutout for the regulator on the new pole.

Fluorescent bulb recycling – good for the environment and it's the law

Used fluorescent light bulbs require special care because they contain a very small amount of mercury sealed within the glass tubing. Because mercury is harmful to our environment and poses a health risk, Minnesota law prohibits the disposal of fluorescent light bulbs in household garbage.

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- · Man Cave and Lower Basement 10 p.m. to Midnight

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Calling Gopher State One Call does not get private facilities located

When a homeowner, excavator or utility representative calls Gopher State One Call (GSOC) for a locale, in most circumstances it will not include the locale of any private facilities. It will only include the locale of utility facilities. For a definition of private facilities, read the following:

What Are Private Electric Underground Facilities?

Private underground facilities, or customer-owned facilities, are those facilities that were installed behind or after the meter. Also, if overhead distribution lines serve the property and the power is then distributed on the property by underground service facilities, those service facilities may be considered private. If the homeowner's electric meter is located on the property line, then that electric line from the meter to the house is considered privately owned and will not be located.

Where Are Private **Facilities Found?**

Private facilities are found everywhere, including single family homes, multi-family housing units, industrial areas, trailer parks, shopping centers and sometimes in the road right of way. Other private facilities can include: natural gas farm taps, natural gas or propane gas underground piping to buildings, gas grills and pool heaters, private water systems, data communication lines, underground sprinkler systems, invisible fences and many others. Unless the property owner participates as a member of Gopher State One Call, private or customer-owned facilities will not be marked or notified. If you have a question on whether a facility in your excavation area is considered private or not, please contact that local utility office.

Whose Responsibility is it to Locate Private Facilities?

When a property owner or tenant has any type of private underground facility, they are responsible to locate those facilities, or hire someone to locate them. Please visit Gopher State One Call's Industry Directory for a list of private locators in your area. Remember that these locators will locate the lines for a fee. This list is by no means an exhaustive list or a list of locators recommended by GSOC. For additional locators, consult the Yellow Pages under "Utilities Underground - Locating.

If I am an Excavator, How Do I Educate the **Homeowner About Private Facilities?**

The homeowner may not be aware that these facilities will go un-located if they just phone in a locate request to GSOC. As the excavator, it is necessary to be aware of the work site: Where is the meter box? Is there a propane storage tank? This can be aboveground or underground with underground supply piping to the building. Is there a detached garage or outbuilding with lighting? Is there a pool heater or gas grill? How about underground sprinkling system or underground wires to keep the family pet within the property?

Also remember that previous property owners may have installed lines. Take a few minutes and review these items with the homeowner prior to beginning excava-

Watch your dollar grow your future

By Doreen Friel

If you're saving for retirement through a vehicle like a 401(k) plan, you've made a smart decision—one that will help you gain greater financial security after you call it a career. But if you're like many retirement investors, watching your account balance move in any direction other than "up" causes you to second guess.

Whether retirement is many years away or just around the corner, fluctuations in the stock and bond markets often stir up a great deal of anxiety. But it doesn't have to be that way—once you understand how those markets work.

Keep this in mind: Market drops often create headlines, but market gains don't always make the front

page. When it comes to investing, the historic record speaks for itself-market performance is cyclical (though past performance doesn't guarantee future results). This is part of the reason why many financial advisers caution investors to avoid making knee-jerk investment decisions based on day-to-day market activity.

Let's say you invested \$1 in April 1982 in investments that track indices of each of the three major asset classes-stocks, bonds, and cash. You kept that dollar in those investments for the next 30 years.

Over that time, your investment experienced gains and losses. But at the end of the day, your \$1 investment made money. Generally, during periods when one asset class

experiences a dip or gain, another asset class trends in the opposite direction. Despite the ups and downs of the market, all asset classes exceed the pace of inflation over the same span.

What does all this mean to your 401(k) account? Despite what the stock market may do in the short term, keep your eyes focused on the future. Remember that the market goes through cycles, so developing a diverse portfolio—one with stock, bond, and cash investments—will cushion you from down cycles. By being patient when market downturns occur and by staying invested, you can generally recover what was

"lost" when prices dropped. To learn more be sure to consult a financial professional.

AUTO PAY OFFERED BY RLEC

Red Lake Electric Cooperative is pleased to offer you Auto Pay. Now you can have your monthly energy bill paid automatically from your checking or savings account. You can receive the Auto Pay service by completing the Auto Pay sign-up sheet and returning it to Red Lake Electric Cooperative.

The Auto Pay service is free of charge. Not only is this service free, you will eliminate the expense of writing a check, postage to mail your payment and no more late payment penalties because your bill will be paid on time, every month, for you.

Your payment will be automatically made for you on the 5th of each month. If the 5th 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.

Continue to pay your monthly bill until you are notified on your bill that the Auto Pay has been set up for you.

If you have any questions about the Auto Pay please call RLEC at 800-245-6068 or 218-253-



SIGN-UP SHEET

I authorize Red Lake Electric Cooperative (RLEC) and the bank listed below to initiate variable entries

to my checking or savings account. This authorization remains in effect until I notify RLEC in writing to cancel it in such time as to allow RLEC to act on it.
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