



# 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

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RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

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## The message is clear

### State, energy leaders provide testimony at Regional Haze hearing

Energy leaders and state officials sent a clear message to the Environmental Protection Agency (EPA) on its proposed Regional Haze plan: It's not proven. It's not cost-effective. It's not right for co-op members in the region.

A public hearing on the Regional Haze issue was held Oct. 13 and 14, drawing standing-room-only crowds at the North Dakota Department of Health (NDDH) Environmental Training Center in Bismarck. More than 60 people, ranging from cooperative managers and CEOs to federal and state leaders to farmers and teachers, testified to the EPA at the hearing. The overwhelming majority supported the state's position.

Many attendees wore StopEPAND.com buttons to encourage the public to learn more about the issue and submit formal comments to the EPA. The agency is accepting public comments on its proposal until Nov. 21.

The dispute between the state and the EPA centers on how the state plans to improve visibility in Class I areas like Theodore Roosevelt National Park and the wilderness area of the Lostwood National Wildlife Refuge. The Regional Haze program addresses visibility; it is not a health-based program.

The EPA officially announced its proposal to take over North Dakota's Regional Haze program in September — a move that would result in huge rate increases of 20-30 percent for the Minnkota Power Cooperative/NMPA Joint System, including Red Lake Electric Cooperative members.

On the heels of a double-digit rate increase earlier this year, Minnkota President and CEO Mac McLennan told the EPA during his testimony that co-op members in the area cannot afford another steep increase for questionable environmental benefits. Minnkota's recent \$425 million investment in emission controls, along with other marketplace conditions, required the increase.

"I've had the pleasure in the last nine months spending time on the road trying to talk to hundreds of individuals about why that happened," McLennan said. "In the course of those discussions, I heard from numerous business interests, schools, elderly, fixed income people and any number of others who have indicated that if rates continue to go up, they are going to be faced with making difficult decisions."

The major difference between the (2103004.02 Gary L. Tanner) two plans is the cost on the region's utility industry and ratepayers. If the EPA is successful in its attempt to take over the state's plan dealing with nitrogen oxides (NOx) emissions, Minnkota would be required to invest about \$500 million in new technology.

"If EPA adopts what it's talking about today in its plan, there is no doubt that those rates will continue to go up and there is no doubt that I'll be on the road again trying to explain to those consumers what's happening," McLennan said. "The worst part is I won't be able to rationally give them an answer for why it's happening. I can't even guarantee them that what's being



proposed from a technological perspective will even work."

EPA's plan would require Minnkota and other utilities in the region to install Selective Catalytic Reduction (SCR), a technology that the agency says would reduce about 90 percent of NOx emissions. However, SCR hasn't been proven to work on cyclone-fired boilers fueled with North Dakota lignite coal.

North Dakota's plan would require Over-Fire Air (OFA) and Selective Non-Catalytic Reduction (SNCR) technology that is proven to work on North Dakota lignite, and will reduce 55 to 60 percent of NOx emissions. Minnkota installed the system at a cost of \$40 million.

N.D. Gov. Jack Dalrymple supported the state's determination in the hearing's opening testimony, saying that EPA's proposal would harm the region's economy.

"The cost to install SCR is so great, it will have significant

adverse economic consequences to consumers in North Dakota and in other states," Dalrymple said.

In addition to technical issues, EPA's plan, even if it did work, would not provide a perceptible improvement in visibility. In fact, modeling done by the NDDH indicates that even if all of the power plants in North Dakota were shut down, the state still wouldn't be able to meet EPA's haze-reduction goal.

"Not only is EPA's proposal the wrong plan for North Dakota, EPA's proposal charts a path to unlawfully take over the state's regulatory authority," Dalrymple said. "EPA's plan would unnecessarily require the installation of technologies that are extremely expensive and, more importantly, not known to be technically feasible."

Sen. John Hoeven called on EPA to approve the state plan, rather than take a "one-size-fits-all" approach.

"Here in North Dakota, we believe in a commonsense approach, particularly when we've invested years and years and industry has invested hundreds of millions of dollars to meet this standard," Hoeven said.

Hoeven (3815001.01 Rodney D. Taggart) also emphasized the state's strong record in developing, implementing and administering Clean Air Act rules. North Dakota is one of 12 states to meet all Federal Ambient Air Quality Standards. Additionally, eight North Dakota counties, including Mercer and Oliver counties (home to several coal-based power plants), received "A" grades in 2010 for clean air.

"We want to see that we continue to have wonderful, beautiful national parks for our children and their children," Hoeven said.

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## What you can do to help stop EPA from severely impacting your rates

- Go to [www.stopEPAnd.com](http://www.stopEPAnd.com). On the website, learn more about the proposed Federal Implementation Plan (FIP) and follow a "Take Action Now!" link to submit formal comments to the EPA.

- Contact your Congressional delegation and ask them to keep fighting for the North Dakota state plan for Regional Haze in areas such as North Dakota's Theodore Roosevelt National Park and the Lostwood National Wildlife Refuge's wilderness area.

- Contact the EPA with a letter, if you do not have access to the internet, expressing your concerns about the FIP.

#### Rep. Collin Peterson

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#### The Honorable Lisa Jackson

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1200 Pennsylvania Ave NW  
Washington, DC 20004



## Goodridge school district receives Conservation Improvement rebate

The Goodridge school district recently upgraded or changed out every light fixture in the Goodridge School. This amounted to 39 fixture upgrades and 358 fixture replacements.

For this work, the school district received a Conservation Improve-

ment rebate in the amount of \$7,054.

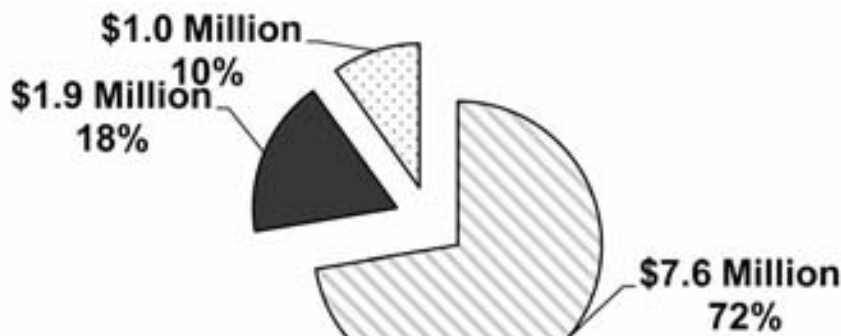
The school district should realize a (6318005.02 Einar Kvasager) payback of five to six years for the lighting project with the electric energy that will be saved.

**Red Lake Electric Cooperative Member Services Manager Kevin Reich, right, presented a Conservation Improvement rebate in the amount of \$7,054 to Alan Swenson, Goodridge school district board chairperson.**

### QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

Did you ever think about how trees impact the cost of doing business at your Red Lake Electric Cooperative? Last year, RLEC's cost to provide electric service to it's members totaled \$10.5 million. About One-fifth (\$1.9 million) of that total cost represents Operating expenses. Operating expenses include, among other things, the cost to cut trees from the powerlines as part of regular maintenance, the cost to clear them from the power lines during outages and the cost to repair the power lines & other electrical equipment damaged by trees that fall into the line. Where you plant trees, and allowing the Cooperative to maintain adequate clearance, does make a difference in the cost of providing you reliable electric service.



□ Cost of Power   ■ Operating Expenses   □ Depreciation and Interest

## Cooperative celebration 2012 designated International Year of Cooperatives

Electric cooperatives and other members of the co-op family take center stage globally in 2012, designated the International Year of Cooperatives.

The celebration begins in October when U.S. cooperatives traditionally celebrate National Cooperative Month. The International Year of Cooperatives' theme, "Cooperative Enterprises Build a Better World," resonates with co-ops in the electric, banking, food, retail, housing, and marketing arenas.

"We're surrounded by a diverse mix of cooperatives," states Glenn English, CEO of the National Rural Electric Cooperative Association (NRECA), the national service organization for more than 900 not-for-profit electric cooperatives and public power districts. "No matter what kind of co-op you belong to, two things are clear: we put people first, and we are innovators. By getting neighbors and communities to work together, co-op members build a better world."

#### What are Co-ops?

Cooperatives are a global network of independent, local businesses owned by those they serve.

"We share a common set of business principles and values like self-help and democracy," explains English. "Each co-op exists to meet the needs of its members."

According to the Washington, D.C.-based National Cooperative

**LOCAL.  
TRUSTED.  
SERVING  
YOU.™**

Business Association (NCBA), more than 29,200 cooperatives nationally employ 2 million Americans. One in every four Americans is a co-op member, but the scope of the cooperative network doesn't stop at the border.

"Co-ops are a major economic force in industrialized countries and provide a powerful business model for developing nations," notes Paul Hazen, NCBA president and CEO.

More than 1 billion co-op members exist worldwide, and co-ops generate 100 million jobs globally. Cooperatives strive for sustainable development of communities through member-driven policies, with co-op leaders elected by members.

"As a member, you have a voice in how your co-op operates. That keeps the co-op's focus on you and how best to meet your needs,"

notes English.

The innovative practices of co-ops provide consumer-focused solutions that can adapt quickly to change. Unlike competitive, profit-driven businesses, co-ops cooperate with each other to fashion programs that improve service. For example, food co-ops introduced food nutrition (4713002.06 Cole R. Halvorsen) labels long before they were federally required in 1994. Credit unions fought the predatory practices of payday lenders by introducing salary advance loans that double as savings accounts.

Electric cooperatives are leading the way nationally in deploying technologies that enhance service reliability.

"You can find co-ops for all walks of life," says English. "When people unite with a common goal, the co-op business model comes into play."

#### Lighting the World

Electric cooperatives like Red Lake Electric Cooperative are leaders, delivering power and light to 42 million consumers in 47 states covering more than 75 percent of the nation's landmass. Red Lake Electric, founded by members of our community in 1938, serves 4,275 members in portions of Marshall, Pennington, Red Lake, Polk and Clearwater counties.

*Continued on page 2*





## Manager's Comments

by Roger Johanneck

### Service interruption update

Strong winds swept through our service area earlier this month and interrupted the beautiful fall weather our part of the country had been enjoying. Those same strong winds also interrupted electric service to 2,000 Red Lake Electric Cooperative members over the course of the few days the heavy winds persisted. Our beautiful landscape of colorful autumn leaves took a beating and a number of trees ended up in our power lines due to the force of the winds.

So far this year, our service area has been spared any widespread damage or extended weather related service interruptions. We, as a Cooperative, are grateful for that. At this point, our service interruption time this year is less than three out of the last four years, so we are on track to have a good year from a reliability standpoint if this trend continues.

Not all of the problems that cause power outages are as easy to detect as a tree that has fallen into the power line. Mixed in with the wind related outages earlier this month was a hawk that had shorted out a regulator during the night. Finding the bird hidden between the bushings was a difficult task in the dark.

Underground cable failures are also more complicated to detect and perhaps a bit more frustrating when they happen, because they

often occur when the weather appears to be quite nice. People tend to expect or are more understanding of a service interruption when the weather is nasty. The power going out in the middle of a storm (an ice day) is generally forgivable. A power outage when winds are calm and the sun is shining (a nice day) however, understandably rotates the dial a little farther around the frustration scale.

These recent weather related service interruptions are another reminder of how the forces of nature can impact the service we provide our members. The recent power outages bring to mind a couple of (7723003.07 Tiffanie Lewis) additional things to consider: First, the forethought that should be given to planting trees a safe distance from the power-line and second, the importance of notifying us now if you have a tree(s) that should be trimmed to avoid a potential hazard or service interruption. It is a great deal safer, and much more convenient to trim trees before they cause an interruption of electric service. The saying, "an ounce of prevention is worth more than a pound of cure" applies here.

We appreciate the calls from members alerting us to problem areas when service is interrupted and your patience with us while crews are working to restore your power.

### Prevent Halloween accidents

With witches, goblins and superheroes descending on neighborhoods, here are some safety tips for parents to help prepare their children for a safe and enjoyable trick-or-treat holiday.

- Wear light-colored or reflective-type clothing so you are more visible.
- Don't hide or cross the street between parked cars.
- Cross the street only at corners and look both ways before crossing the street to check for cars.
- Walk on the sidewalk and not the street.
- Plan your route and carry a flashlight to light your way.

- Use face paint rather than masks for better visibility.
- Visit homes that have a porch light on.
- Never go into a stranger's home. It's OK to receive candy from outside the door.
- Inspect all treats before your child eats them.
- Make sure an adult goes with young children.
- Use glow sticks or flashlights in pumpkins instead of candles, which are a fire risk.
- Be sure that the path and stairs are well lit and free of obstacles.

## 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*

### WE PROUDLY PRESENT TO YOU

## The Red Lake Electric Cooperative Customer Service Guarantee



It's short and simple! Red Lake Electric Cooperative employees will meet or exceed your expectations of friendly, courteous service and will meet any commitments they make to you. If your expectations of the service provided by our employees is not met, please contact me at the Red Lake Electric Cooperative office, 253-2168. You will receive \$5.00 for your inconvenience and our promise to serve you better in the future. Our employees' commitment to quality customer service makes this guarantee possible.



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ROGER JOHANNECK  
General Manager

## RED LAKE ELECTRIC COOPERATIVE, Inc. VOLTS & JOLTS

(USPS 663-400)

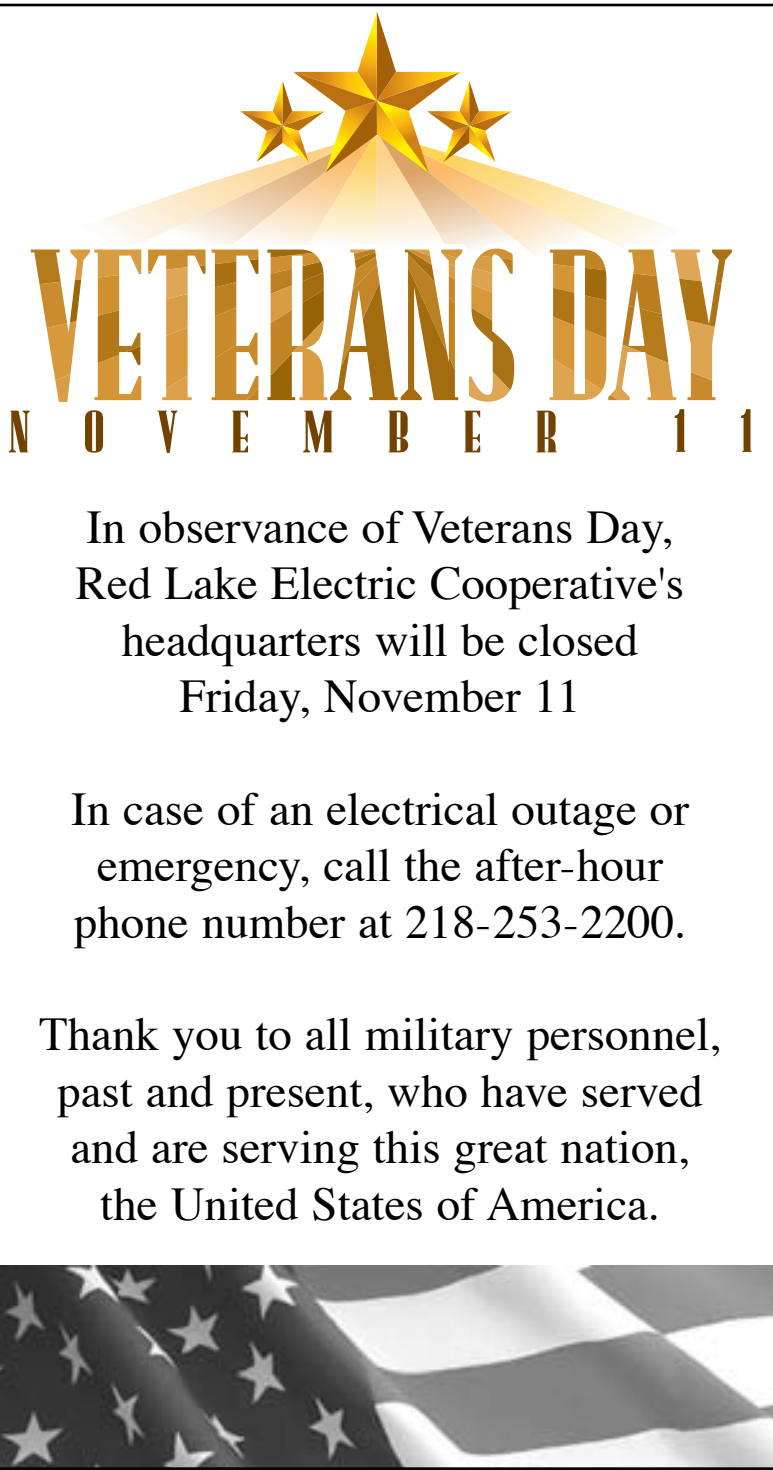
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## NOTICE

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 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.



In observance of Veterans Day,  
Red Lake Electric Cooperative's  
headquarters will be closed  
Friday, November 11

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

Thank you to all military personnel,  
past and present, who have served  
and are serving this great nation,  
the United States of America.



## Agassiz NWR Lost Bay Habitat Drive closes

The Lost Bay Habitat Drive and Maakstad Hiking Trail at Agassiz National Wildlife Refuge will close Oct. 28 and will remain closed until spring 2012. Refuge staff hope you were able to enjoy this drive and trail where you can see and hear a variety of wildlife that live in the diverse habitats along this route.

Visitors may continue to view wildlife during the winter months along Marshall County Road 7 (290th Street NE), which bisects the southern portion of the Refuge, and along other roads bordering the Refuge. Some resident wildlife species that can be observed, heard, or leave signs of their presence during the winter months, are moose, deer, otter, fisher, gray wolves, mink, common ravens, black-billed magpies, downy, hairy and pileated woodpeckers, white-breasted nuthatches, and ruffed grouse. All of these species remain active during the winter months.

To find out what bird species have been sighted weekly in northwest Minnesota you can continue to listen to the weekly Northwest Minnesota Birding Report by calling the Detroit Lakes Regional

Chamber of Commerce at 1-800-433-1888.

If you have observed birds that you would like to report for the week, call the Detroit Lakes Chamber of Commerce toll-free number 1-800-542-3992 by Thursday afternoon. Include the county where the birds were observed and your name and phone number in case report administrators need to call about the sightings and their locations.

## Cooperative celebration

*continued from front page*

Not only does 2012 mark a global celebration of the cooperative business model, it also marks the 50th anniversary of NRECA International Programs, a division of NRECA. The theme, "Cooperative Enterprises Build a Better World," shines in the work NRECA International Programs does every day.

Working together, more than 300 U.S. electric cooperatives like Red Lake Electric have delivered the benefits of safe and reliable electric service to more than 100 million people in 40-plus countries since November 1962.

"Building a better world takes experience, and no group has more

experience in bringing low-cost power to remote areas than electric co-ops," explains Mark Glass, Minnesota Rural Electric Association general manager.

In the United States, co-ops helped electricity evolve from a luxury to an essential part daily life. Yet more than 2 billion people around the globe still live without power—64 million in Latin America, 500 million in Africa, and more than 1 billion in Asia.

Learn more about how you can help electric co-ops build a better world at [www.NRECAFoundation.coop](http://www.NRECAFoundation.coop). For more information about co-ops, visit [www.go.coop](http://www.go.coop).

## Minnesotans urged to get vaccinated to prevent influenza

Influenza season in Minnesota occurs from October through April.

Widespread influenza activity in Minnesota usually peaks in February, but cases can occur as late as May. Flu season is off to a somewhat early start this year having already been identified; the first flu case historically has been confirmed most often in late November or early December.

Influenza vaccination is now recommended for everyone six months and older unless they cannot be vaccinated for medical reasons. It is especially important that those at high risk for serious complications from influenza be vaccinated. These include pregnant women, seniors, young children and those with chronic medical conditions.

Children under six months of age cannot receive influenza vaccine, so household contacts and caretakers should be vaccinated to protect the very young.

For those who don't like shots, a nasal spray is available for healthy people ages 2 through 49.

There is an ample supply of vaccine available this year, the Minnesota Department of Health (MDH) noted.

It's important to get influenza vaccine every year, health officials said. The vaccine often changes from year to year because the strains of virus circulating around the world can change every year. Although the strains included in the vaccine this year are the same as last year, people still need to be vaccinated since the vaccine's protection doesn't last beyond a year.

More information on influenza and vaccination can be found on the MDH website at [www.health.state.mn.us](http://www.health.state.mn.us). This site also has a listing of public flu vaccination clinics. To find the influenza vaccination clinic nearest you, go to [www.mdhflu.com](http://www.mdhflu.com) and click on "Find a flu shot clinic."

The symptoms of influenza, which tend to come on suddenly, can include a sore throat, coughing, fever, headache, muscle aches and fatigue. People who become severely ill with influenza-like symptoms should see a physician. Influenza is caused by a virus and antibiotics are not effective against it.

During flu season, besides getting vaccinated, there are other steps people can take to avoid spreading or catching influenza:

- Do your best to stay healthy. Get plenty of rest, physical activity and healthy eating.
- Stay home from school or work if you have a respiratory infection. Avoid exposing yourself to others who are sick with flu-like illness.
- Cover your nose and mouth with a tissue whenever you cough or sneeze, then throw the tissue away. If you don't have a tissue, cough or sneeze into your sleeve.
- Clean surfaces you touch frequently, such as doorknobs, water faucets, refrigerator handles and telephones.
- Wash your hands often with soap and water or with an alcohol-based hand sanitizer when soap and water are not available.



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## Things you should know about your electric service

#### BILLINGS AND COLLECTION

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

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

If your payment is not received by the 15th of the month, a final notice of disconnection statement will be included on your following bill. The final notice statement will notify you when your electric service will be disconnected if the delinquent amount remains unpaid. If an employee is sent to disconnect your electric service, a \$50 collection fee will be charged to your account, even if you pay the collector.

To have a disconnected service reconnected, all amounts owing, a \$50 reconnection fee, and a security deposit must be paid. If the service must be reconnected after normal working hours, a \$100 reconnection fee must be paid.

#### BAD CHECKS

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

#### OUTAGES

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

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

#### METER TESTS

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

#### STOPPED METERS

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

#### METER READINGS

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

#### GENERAL SERVICE RATES

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

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

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



# Recipe corner

### Broccoli Tomato Salad

1 large bunch broccoli, separated into florets  
2 large tomatoes, cut into wedges  
3/4 c. sliced fresh mushrooms  
2 green onions, sliced  
Dressing:  
3/4 c. olive or vegetable oil  
1/3 c. tarragon or cider vinegar  
2 Tbsp. water  
1 tsp. lemon juice  
1 tsp. sugar  
1 tsp. salt, optional  
3/4 tsp. dried thyme  
1 garlic clove, minced  
1/2 tsp. celery seed  
1/4 tsp. Italian seasoning  
1/4 tsp. lemon-pepper seasoning  
1/4 tsp. paprika  
1/4 tsp. ground mustard  
Cook broccoli in a small amount of water for 5 minutes or until crisp-tender. Rinse with cold water and drain. Place in a large bowl; add tomatoes, mushrooms and onions. Combine dressing ingredients in a jar with a tight-fitting lid; shake well. Pour over salad; toss gently. Cover and chill for 1 hour. Serve with a slotted spoon. Yield: 6 to 8 servings.  
Diabetic exchanges: One 1-c. serving (prepared without salt) equals 2 fat, 1-1/2 vegetable; also, 130 calories, 32 mg. sodium, 0 cholesterol, 8 gm. carbohydrate, 3 gm. protein, 11 gm. fat.

### Mom's Special Chicken Soup

1 broiler-fryer chicken (3-1/2 to 4 lbs.)  
3 qt. water  
1 medium onion, quartered  
4 celery ribs  
2 chicken bouillon cubes  
2 parsley sprigs  
1 garlic clove  
2-1/2 tsp. salt, optional  
1/2 c. thinly sliced carrots  
1/2 c. chopped fresh parsley  
3 c. cooked rice  
Place chicken and water in a large kettle or Dutch oven; bring to a boil. Reduce heat; add onion, celery, bouillon, parsley sprigs, garlic and salt if desired. Cover and simmer until the chicken is tender, about 1 hour. Remove chicken; allow to cool. Strain and reserve broth; discard vegetables. Add carrots to broth and simmer until tender, about 15 minutes. Debone chicken; cut into cubes. Add chicken and chopped parsley to broth; heat through. Ladle into bowls; add rice to each bowl. Yield: 14 servings (3-1/2 quarts).  
Diabetic exchanges: One 1-c. serving (prepared with low-sodium bouillon and without salt) equals 1-1/2 meat, 1 starch; also, 184 calories, 41 mg. sodium, 44 mg. cholesterol, 13 gm. carbohydrate, 15 gm. protein, 7 gm. fat.

### Curried Beef-Stuffed Squash

3 medium acorn squash (about 1 lb. each), halved and seeded  
1 lb. ground beef  
1/2 c. chopped onion  
2 garlic cloves, minced  
1 tsp. beef bouillon granules  
1/2 c. hot water  
1/2 c. cooked rice  
2 Tbsp. chopped fresh parsley  
1 Tbsp. orange juice concentrate  
1 tsp. brown sugar  
1 tsp. curry powder  
1/2 tsp. ground ginger  
1/4 tsp. salt  
Invert squash in a greased 15-inch by 10-inch by 1-inch baking pan. Bake, uncovered, at 350 degrees for 35 to 45 minutes or until almost tender. Meanwhile, in a skillet, cook beef, onion and garlic until meat is browned and onion is tender; drain. Dissolve bouillon in water; add to skillet. Stir in remaining ingredients; mix well. Turn squash cut side up in pan and fill with meat mixture. Fill pan with hot water to depth of 1/4 inch; cover loosely with foil. Bake at 350 degrees for 20 to 30 minutes or until heated through. Yield: 6 servings.

### Ribs with Plum Sauce

5 to 6 lbs. pork spareribs  
3/4 c. soy sauce  
3/4 c. plum jam or apricot preserves  
3/4 c. honey  
2 to 3 garlic cloves, minced  
Cut ribs into serving-size pieces; place with bone side down on a rack in a shallow roasting pan. Cover and bake at 350 degrees for 1 hour or until ribs are tender; drain. Combine remaning ingredients; brush some of the sauce over ribs. Bake at 350 degrees or grill over medium heat, uncovered for 30 minutes, brushing occasionally with sauce. Yield: 6 servings.

### When the Gang's All Here.....

#### Hash Brown Bake

7 c. water  
2 pkg. (32 oz. each) frozen Southern-style hash brown potatoes  
2 pkg. (8 oz. each) cream cheese, softened  
4 eggs  
2 tsp. minced chives  
1-1/4 tsp. salt  
1/2 tsp. pepper  
1/4 c. bread crumbs  
1/4 c. grated Parmesan cheese  
3 Tbsp. butter, melted  
In a Dutch oven, bring water and potatoes to a boil. Reduce heat; cover and simmer until potatoes are tender, about 12 minutes. Drain. Place potatoes in a mixing bowl; beat on low until mashed. Add cream cheese, eggs, chives, salt and pepper; mix well. Divide potato mixture between two greased 2-quart baking dishes. Combine bread crumbs, Parmesan cheese and butter; sprinkle over potatoes. Cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees for 50 to 60 minutes or until top is browned and potatoes are heated through. Yield: 24 servings.

#### Frosted Brownies

1 c. plus 2 Tbsp. butter, softened  
4 c. sugar  
8 eggs  
2 c. all-purpose flour  
1-1/4 c. baking cocoa  
1 tsp. salt  
2 tsp. vanilla extract  
2 c. chopped nuts  
Frosting:  
1/4 c. butter, softened  
2-1/2 c. confectioners' sugar  
2 Tbsp. baking cocoa  
1/4 c. milk  
2 tsp. vanilla extract  
In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each. Combine flour, cocoa and salt; add to creamed mixture. Stir in vanilla and nuts. Spread batter into two greased 13-inch by 9-inch by 2-inch baking pans. Bake at 325 degrees for 25 to 30 minutes. Cool.  
In a mixing bowl, cream butter. Combine sugar and cocoa; add to butter. Add milk and vanilla; beat until fluffy. Frost brownies. Yield: 5 dozen.

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## Free Halloween Fun!

Faith Lutheran Youth Group & Royal Neighbors of America are sponsoring a Halloween Party at the Maple Lake Pavillion

**Sunday, Oct. 30 from 1 to 4 p.m.**

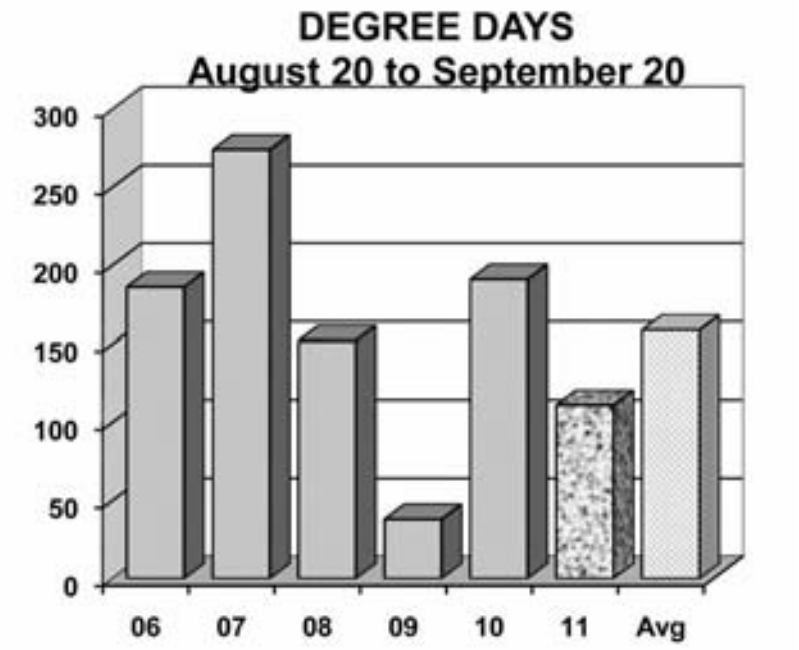
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**Costume Contest at 2:30 p.m.**  
Bring the kids for some fun!

Red Lake Electric Cooperative, Inc.			
Operating Report			
MONTHLY COMPARISON			
	AUGUST 2010	AUGUST 2011	
Total Revenue . . . . .	\$ 797,470	\$ 859,678	
Total Margins . . . . .	\$ (24,274)	\$ (97,594)	
Cost of Power . . . . .	\$ 563,135	\$ 710,935	
KWH's Purchased . . . . .	9,137,544	8,280,003	
Capital Credits Paid to Estates . . .	\$ 6,012	\$ 4,464	

YEAR TO DATE COMPARISON			
	AUGUST 2010	AUGUST 2011	
Total Revenue . . . . .	\$ 7,453,684	\$ 8,565,400	
Total Margins . . . . .	\$ 491,014	\$ 245,361	
Cost of Power . . . . .	\$ 5,025,836	\$ 6,285,128	
KWH's Purchased . . . . .	91,588,493	95,556,307	
New Service Connections . . . . .	30	37	
Customers Served . . . . .	5,206	5,201	
Capital Credits Paid to Estates . . .	\$ 58,115	\$ 65,778	
Miles of Line			
Overhead . . . . .	2,325	2,324	
Underground . . . . .	235	239	

## 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.



Red Lake Falls

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VOLTS AND JOLTS FEATURE OF THE MONTH

The Haunted Woods opens its gates for fifth Halloween season

Other than during the hunting seasons, when might 20 to 30 people be found stealthily lurking in the woods and underbrush awaiting the chance to pounce on unsuspecting prey?

Near Red Lake Falls during Halloween season. This is where one family has transformed their property for the enjoyment of Halloween enthusiasts for the past five years.

Shortly after purchasing the property, owner Jesse Adelman ventured into the nearby woods, looked around and suddenly realized what he wanted to do with this portion of his property.

He called his father and asked him to come over and "take a look at something." When his father, Duane Adelman, arrived, Jesse sprung the idea of a haunted woods on Duane who remarked that it would be a good idea for next year. With Halloween only three weeks away, an undeterred Jesse insisted that it happen "this year."

Five years later, Jesse and his family spend a considerable amount of time, effort, and electricity putting together all the elements that comprise "The Haunted Woods", an enterprise that involves many of the structures and the wooded trails located on their rural homestead on County Road 109 just east of Red Lake Falls.

Each year, abundant decorations and a large amount of season appropriate props emerge from storage and are carefully placed into position among the natural setting of the woods and inside the outbuildings that make up the Haunted Woods experience. There is a "haunted trailer house of doom", a "castle from hell", the "haunted trail" and the "cave of terror."

To keep customers occupied, a concession stand where tickets are sold and warm beverages may be purchased to stave off the traditionally cold weather fills the bill.

One aspect of the experience that sets the endeavor apart from other haunted venues during the season, is the majority of activity takes place outside in a real forest. While some other activities such as corn mazes are outside as well, the Adelmans have studied their competition and strive every year to improve upon what they have seen.

According to Duane, satisfaction lies in hearing the screams and excitement of the customers as they reluctantly enter and pass through the enchanted displays.

"It is good to hear them say they will be back next year," explained the elder Adelman.

The Adelmans have ample manpower to run the displays, torment customers and help with the preparations. These volunteers and employees include family members and loyal friends, some of whom have been involved every year. Some workers help with the static decorations while others engineer the moving pieces and set up the special lighting and other

A foreboding entrance marks the start of the trail into the Haunted Woods, a Halloween season based business owned and operated by Jesse Adelman and family near Red Lake Falls.

Above: A drawbridge leads Haunted Woods attendees into the "castle of hell" where scares and screams await them.

Below: A variety of Halloween-inspired amusements are offered at the Adelmans' Haunted Woods near Red Lake Falls. This is the grand entrance.

Halloween enthusiasts visiting the Haunted Woods near Red Lake Falls are given the option to explore the "haunted trail" that is complete with a mysterious cemetery, spelunk in the "cave of terror", enter the "haunted trailer house of doom" or visit several other amusements offered by the Adelman family during the month of October.

effects.

The Haunted Woods have pulled in customers from all over the local area and Northwestern Minnesota and have seen some from as far way as the Twin Cities.

Last Friday, Oct. 14, the Adelmans opened the 2011 Haunted Woods for business and will continue each weekend until Oct. 31. They have come to expect about 60 to 70 people per night on average during the opening weekend which has been the case so far again this year. Each weekend sees an increase in customers up to Halloween night.

The complete list of dates include Oct. 14 and 15, Oct. 21 and 22 and Oct. 27 through 31. Each day will include a "soft scare" starting at 6 p.m. with "hard" scares starting at 8 p.m. and continuing until 1 a.m.

Those visiting the Haunted Woods will experience many macabre sights as they travel through the wooded trails, dark caves, castles and the other structures that make up the season amusements at the Adelman homestead. The list of remaining dates includes Oct. 22 and 27 through 31. Each day will include a "soft scare" starting at 6 p.m. with "hard" scares starting at 8 p.m. and continuing until 1 a.m.

The "cave of terror" is a recent addition to the list of Halloween amusements at the Adelman family Haunted Woods event held each year on their property near Red Lake Falls.

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Requests for new services and service upgrades for grain handling and storage systems continue

This fall, Red Lake Electric Cooperative has received several requests for new or larger services for grain handling and storage facilities. These services may range from a

single phase 100 amp to a three phase 400 amp or larger. This is the third consecutive year to have several requests for grain services.



Roger Valley, operating the cable plow, Brett Knott and Jordan Gervais are installing underground wire for a three phase grain handling setup. Knott and Gervais guide the three underground wires through the plow shoe as the wire is buried. The three wires were strung out prior to the plowing.



The line construction crew work to bring the underground wire up the three phase riser pole. Any pole that has underground wire run up the pole and terminated is considered a riser pole.



Casey Thronson, left, and Brett Knott work to attach a three phase terminator bracket to a three phase pole. The bracket will be used to hold the wire and other attachments for the new three phase service.



Brett Knott, in the lower bucket, and Casey Thronson work to prepare the ends of the underground wires prior to being attached to the terminator bracket. This new grain handling system required a 600 amp service.



Casey Thronson installs lightning arrestors and fuse cutouts to the terminator bracket for the three underground wires. Lightning arrestors help protect the cable from lightning surges by bleeding off potential damaging charges to ground. Fuse cutouts are installed so the underground service can be disconnected or opened without interruption to the overhead feeder line.

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](http://www.redlakeelectric.com).

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

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2. Complete this coupon and submit it to Red Lake Electric Cooperative by Dec. 31, 2011, with your original sales receipt and the LED packaging showing the LED logo and number of lights per string.

3. Strings must be 100 or fewer lights.

4. \$3/string of lights, maximum of 5 strings per customer. Rebate cannot exceed price of LED string per package.

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Address \_\_\_\_\_

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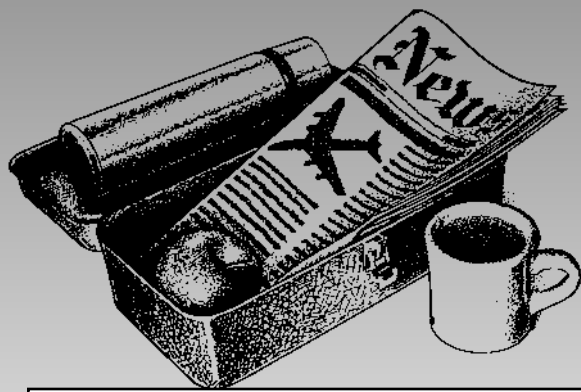
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		2009 700 4x4 EFI.....\$6,199	
		2010 650 4x4 MudPro.....\$6,499	
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2011 Honda CBR 250 (Now In) ..\$3,999		2010 550 EFI 4x4, Pwr. .... <del>SOLD</del> \$6,499	
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**The members are invited to use this FREE WANT AD service.**

If you have anything to trade or sell, just drop a card to Red Lake Electric Cooperative, Box 430, Red Lake Falls, MN 56750.

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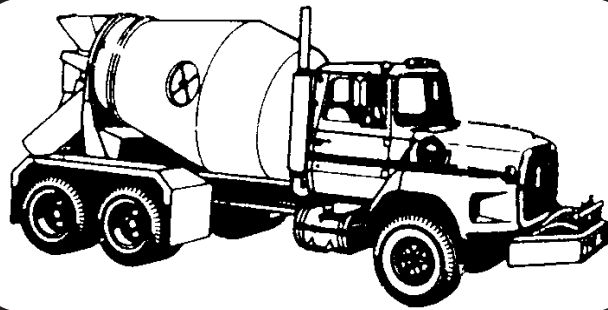
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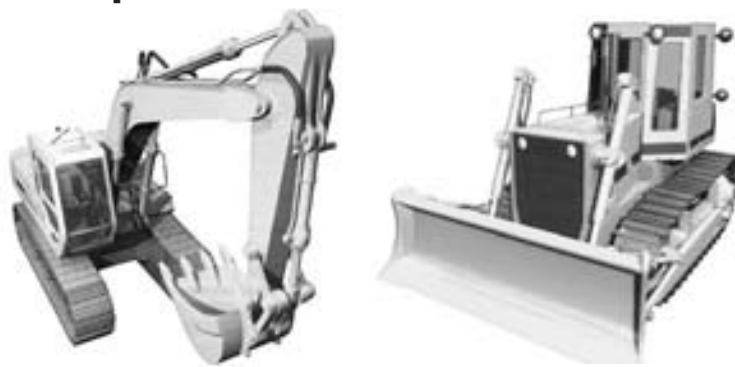
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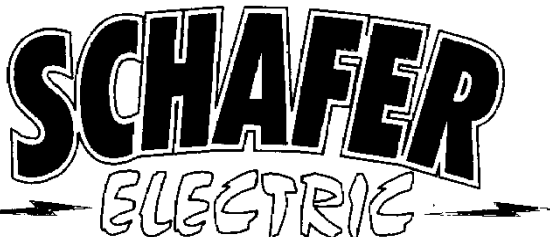
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Pruhommes win auto-pay drawing

To show appreciation to members who use Red Lake Electric Cooperative's automatic payment service and to encourage additional members to use auto-pay, a drawing of autp-pay participants was held Oct. 16. The winners of the \$100 energy credit were Herman and Margaret Prudhomme of Crookston. They have taken advantage of the auto-pay service for over 10 years and have been members of the Cooperative for nearly 62 years.

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 milligrams 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 milligrams per day through age 50. Calcium needs return to 1,500 milligrams per day for ages 50 and older, especially for post-menopausal 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 weight-bearing 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, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Guns and power lines don't mix

Hunting is a Minnesota favorite, ranking right up there with the fishing opener. Before you head out to the tree stand, review these hunting safety tips:  
• Treat every firearm as if it was a loaded firearm.  
• Be sure of your target before you pull the trigger. When you look through the sight, look beyond your target. Make sure there isn't another hunter in your sight or a building or

electric structure, such as a power line or transformer.  
• Never point a firearm at anything you don't intend to shoot.  
• Never shoot at electric power lines or electric facilities such as substations or transformers. Not only is it extremely dangerous, it's against the law.  
• Always carry a firearm so that the muzzle is under control.  
• Firearms must always be

unloaded when carried into camp or not in use.  
• Make sure the barrel and action are clear of obstructions.  
• Unattended firearms must be unloaded.  
• Never climb a fence or ditch with a firearm. Never climb into a tree stand with a loaded firearm. Remove the ammunition first.  
• Never shoot at flat, hard surfaces or the surface of water. The

bullet can hit the surface and travel parallel to it for a long distance.  
• If you see a power line on the ground, don't touch it! Touching an energized power line could kill you. Notify the local utility of a downed line as soon as possible.  
• Always avoid alcohol and drugs while hunting.

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From September 12 through November 30, Red Lake Electric Cooperative members can get special pricing on ENERGY STAR® qualified bulbs at participating retailers. For a retailer in your area, call 888-476-9548, or your cooperative at 218-253-2168 or 800-245-6068.

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 week-

end 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 218-253-2168.

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COLLECTIBLE TRACTORS & PARTS FARM EQUIPMENT AUCTION

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**Lyle & Corine Bjorge, Owner ~ 218-686-2539**

Saturday, October 29 ~ 10 am

Directions from Thief River Falls: Go SE on Hwy 59 for 2 miles to Cty Rd 20, turn south for 3 miles to Cty Rd 57, go 3/4 mile East. Lunch will be served.

COLLECTIBLE LAWN MOWERS

Most all of the lawn mowers have been restored and reconditioned.

JD Model #55/SN:006408M  
JD Model #56/SN:034174M  
JD Model #57/SN:034192M  
JD Model #70/SN:09886M  
JD Model #110/SN:1031058881M with Kohler Engine  
W/Mower Deck and Model #36 Snow Blower: Rounded Fenders and Steel Seat  
Arctic Grass Cat: 36" Deck, 8 HP BS motor with 2817 Front Snow Blower

COLLECTIBLE TRACTORS

Most of the collectible tractors have been restored & reconditioned with new rubber.

JD Model BR-Unstyled-Wide Front-540 PTO-Front Spoked Wheels-13/28 Tires-Jordie Decals  
1937 JD Model BR-Wide Front-Spoked Wheels-14.9/24 Tires-540 PTO-Jordie Decals/SN:325718  
1937 JD Model B-Unstyled-Narrow Front-Steel Wheels w/Lugs-540 PTO/SN:21664  
JD Model D Styled-Electric Start-16.9/14-30 Tires/SN:66546  
JD Model D-Unstyled-14.9/28-New Tires Front & Rear-Spoked Wheels-Jordie Decals  
JD Model A-Unstyled-Narrow Front-540 PTO-13.6/12-36 New Tires Front & Rear/SN:468695  
JD Model A-Unstyled-Narrow Front-540 PTO-13.6/12-36 New Rear Tires/SN:452489  
JD Model 70-Wide Front-Live Hydraulic-540 PTO-14.9/38 Tires/SN:7011009  
JD Model 620 WF-Power Steering-540 PTO-Live Remote Equipped w/Du-Ai Loader w/Rocker Arms  
McCormick-Deering Stationary Engine on Cart/3-5 HP/SN-LAB12983

JD PARTS AND MISC. PARTS

JD Model 110 for Parts-Steel Seat-Rounded Fenders-Mower Deck 36 in x 9 Round Spoked Rims 10 Spline Hub  
IH 1020 Parts Tractor  
IH Model H Parts Tractor  
JD Upright-2 Cyl Gas Engine/Out of 12A Combine  
8 HP Briggs Motor-Redone  
8 HP Kohler-Runs  
8 HP Tecumseh-Redone  
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JD Radiator for Unstyled B-Rebuilt  
JD B Unstyled Fan Shaft  
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AUTO PAY  
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.

RLEC ELECTRIC ACCOUNT # \_\_\_\_\_

NAME (PRINT) \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE # \_\_\_\_\_

NAME OF FINANCIAL INSTITUTION \_\_\_\_\_

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SAVINGS ACCOUNT # \_\_\_\_\_

SIGN HERE TO AUTHORIZE \_\_\_\_\_

Please return this authorization form with a blank, voided check to:  
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