

Wolts 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. 2

RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

DECEMBER 2011



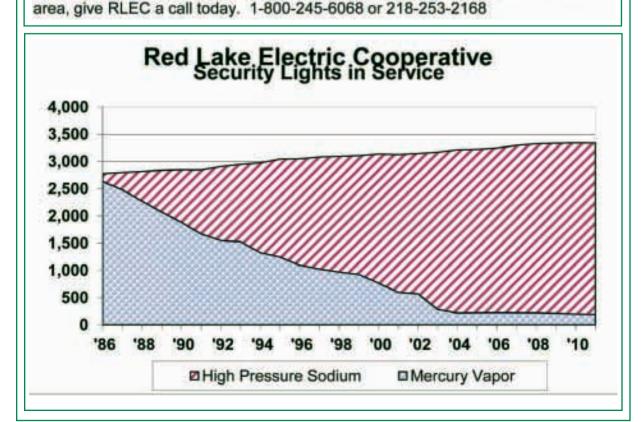
Rural church beauty

Many small rural churches sport hand-crafted altars that were made by true craftsmen many years ago. The altar in Ebenezer Lutheran Church, rural Oklee, was crafted by Oscar Nesland in 1914. Today it is adorned with white and blue cloths and white poinsettias, during the season of Advent, in preparation for Christmas.

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

The shorter daylight hours that come with this time of year doesn't mean you have to be in the dark. Red Lake Electric Cooperative has outdoor Security Lighting available for just pennies a night. The monthly \$8 charge inloudes all costs to operate and maintain the light. If you want to add lighting to your yard or work



Peace and Joy Friends and Family **Health and Prosperity Success and Contentment**

Merry Christmas and Happy New Year to you and your loved ones from the employees and directors of Red Lake Electric Cooperative!



Let's keep a good thing going

Red Lake Electric urges customers not to plug in electric space heaters during load control times

As customers of Red Lake Electric Cooperative know, the load management program is a good thing to have around. The program helps keep electric rates among the lowest in the country.

The program could lose much of its value, however, if electric space heaters - including those being advertised regionally – were to be substituted on a large-scale basis for the backup heating systems that are used during high demand times.

Based on Honor System

In the load management program, Red Lake Electric customers maintain adequate and reliable dual heating systems. This, in turn qualifies them for off-peak rates that are nearly 50 percent less than regular retail rates. These systems include electric floor heat, electric furnaces and other loads than can be interrupted during peak-use times.

When the backup systems are in operation, electric load on the regional (4530001.01 Lyle Bjorge) power system is reduced. This, in turn, allows our power supplier, Minnkota Power Cooperative, to avoid buying higher cost supplemental power from the wholesale market.

While there are requirements that have to be met to qualify for participation in the off-peak program, there is a certain amount of honor involved, too. Customers need to allow their backup systems to take over, rather than plugging in one or more electric space heaters.

"If customers of the associated distribution systems violate the spirit of the program, there will be consequences," explained Al Tschepen, Minnkota vice president of Planning and Systems Operations. "Those consequences would include higher rates for all customers and extended control times for those customers who are playing by the rules of the load management program.'

Major Concerns Recently, ads have been appear-

ing in regional newspapers and on



the radio, promoting certain types of electric space heaters. Red Lake Electric Cooperative is concerned that customers might (2122001.09 Danny and Jaylene Larson) be paying more money for products that aren't going to result in the savings they anticipated.

"No matter how they promote it, a 1,500-watt heater is a 1,500-watt heater," explained Kevin Reich, member services manager at Red Lake Electric Cooperative. "You can get a space heater at the local hardware store for less than \$50. If someone is buying one of these because of the advertising, they could be spending a lot more money – up to \$400 – for something that might have a fancy cover on it, but in the end, all they are really getting is a 1,500-watt heater.'

Customers who plug in space heaters during periods of load control create another concern. The benefits of the load management program are greatly diminished when this occurs.

"Electric space heaters create additional demand during times when Red Lake Electric is trying to demonstrate our ability to control heating loads, which reduces our wholesale power costs from Minnkota," said Reich.

Safety is also a huge concern with portable space heaters. Using a number of these heaters inside a home can overload circuits that were not wired for that kind of load. The Consumer Products Safety Commission reports that each year about 28,000 house fires are attributed to space heaters, resulting in 300 related deaths. Space heaters are not inherently dangerous, but they need to be used wisely.

Continued on page 5

Cookies and Calendars

As a small token of appreciation to our members, an open house will be held at Red Lake Electric Cooperative's headquarters December 27-30.

Stop by for refreshments and Christmas cookies and pick up a 2012 calendar.



Manager's **Comments**

by Roger Johanneck



The gift of time and things learned

I've got two calendars hanging on my office wall. The current year hangs on top and a fresh one sharing the same nail, hangs underneath ready and waiting for the New Year to (4829003.01 James R. Johnsrud) roll in. The obvious reminders are that December is here and that Christmas and the end of another year are close at hand.

The approaching end of another year and the coming holidays have a way of stirring up our reflective moods and making us pause to reflect on "time", as in "Where did the time go? Another year is soon to pass."

I know the topic of time will surface at some point when I visit with friends and family as part of our Christmas and New Year's celebration. Other familiar questions that I hear when we reconnect with family and friends over the holidays are, "What do you know for sure?" or "What have you learned?"

Instead of talking about electricity this month, I felt like sharing some answers, provided by an anonymous donor, to the last question – "What have we learned?" It is good to divert from our routines occasionally, especially at the close of another year as we think about the gift of time, not (3607003.01 Gary M. Reed) only in how quickly it passes, but our use of it. What have we learned this past year (or years) that we can share with others? That is one of the joys of holidays; getting together and sharing stories or lessons we have learned, even at the risk of repeating or hearing familiar ones from year to year.

You may have seen this list before, it has been around for some time, but I thought it was good and worth sharing with you. I hope you enjoy reading through it and that the past year has provided the opportunity to experience something worth adding to your own list of things learned.

Merry Christmas, Happy Holidays and the best to you in 2012 from all of us here at Red Lake Electric Cooperative.

I've Learned **Author Unknown**

I've learned that I like my teacher because she cries when we sing "Silent Night" – Age 6

I've learned that our dog doesn't want to eat my broccoli either -

I've learned that when I wave to people in the country, they stop what they are doing and wave back

- Age 9 I've learned that just when I get my room the way I like it, Mom makes me clean it up again - Age

I've learned that if you want to cheer yourself up, you should try cheering someone else up – Age 14

I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me – Age

I've learned that silent company is often more healing than words of advice – Age 24

I've learned that brushing my child's hair is one of life's great pleasures – Age 26

I've learned that wherever I go, the world's worst drivers have followed me there – Age 29

I've learned that if someone says something unkind about me, I must live so that no one will believe it – Age 39

I've learned that there are people who love you dearly but just don't know how to show it – Age 42

I've learned that you can make some one's day by simply sending

them a little note – Age 44 I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on oth-

ers – Age 46 I've learned that children and grandparents are natural allies -

Age 47 I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow – Age 48

I've learned that singing "Amazing Grace" can lift my spirits for hours – Age 49

I've learned that motel mattresses are better on the side away from the phone – Age 50

I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights – Age 52

I've learned that keeping a vegetable garden is worth a medicine cabinet full of pills – Age 52

I've learned that regardless of your relationship with your parents, you miss them terribly after they die – Age 53

I've learned that kindness is something you can't give away, it always comes back to you - Age 55

I've learned that making a living is not the same thing as making a life – Age 58

I've learned that if you want to do something positive for your children, work to improve your marriage – Age 61

I've learned that life sometimes gives you a second chance – Age 62 I've learned that you shouldn't

go through life with a catchers mitt on both hands. You need to be able to throw something back – Age 64

I've learned that if you pursue happiness, it will elude you. But if vou focus on your family, the needs of others, your work, meeting new people and doing the very best you can, happiness will find you – Age

I've learned that whenever I decide something with kindness, I usually make the right decision -

I've learned that my teeth are worth more than diamonds - Age

I've learned that everyone can use a prayer – Age 72

I've learned that it pays to believe in miracles. And to tell the truth, I've seen several – Age 75

I've learned that even when I have pains, I don't have to be one -

I've learned that every day you should reach out and touch someone. People love that human touch holding hands, a warm hug or just a friendly pat on the back – Age 85 I've learned that I still have a lot

to learn – Age 92 I've learned that you should pass this on to someone you care about.

Sometimes they just need a little something to make them smile.

Member Service Department

by Kevin Reich

Giving thanks at Christmas time

From the time the previous issue of the Volts and Jolts was sent to you in November, to the time this issue is sent to you in December, we have transitioned from the Thanksgiving season to the Christmas season. Due to the schedule we maintain as Red Lake Electric Cooperative (RLEC) staff, in supplying articles for the Volts and Jolts, I do not get to offer thanks in the November issue. I am going to step back to the season of Thanksgiving and relay my thanks; which I think is still appropriate in this season of Christmas.

First and foremost I am very thankful for the opportunity to work for you, the members of RLEC. I find great satisfaction whenever I can assist any one of

Sometimes one of the downfalls in the position I have at RLEC is the fact I "wear so many hats". But for the most part it is an enjoyable aspect of my position. If I were to spend the bulk of each work day on only one or two repeated tasks I do not think my work would be as enjoyable. Maybe I would become better at what I do but the days would not be as diverse.

The members of RLEC are much like my daily tasks in that you are also diverse. Sometimes this can make my work challenging but generally it makes my work interesting and enjoyable. On a typical day I entertain several questions from you members and generally these (5711007.01 Donald M. Doda) questions are as diverse as you the people. Occasionally the question or request can pertain to something I am not familiar with. If this happens and if I am aware of a possible resource for you or me, to get an answer, I will contact that resource. But for the most part, the questions and requests I receive are about things I deal with on a daily basis. Sometimes the question can be relatively simple and when I provide a simple answer you are very thankful. For me, providing a simple answer to a simple question is very rewarding – I please you and you please me.

The economic down-turn of the last three plus years has had a devastating effect on many parts of this country and the world. We are very blessed to live and work in an area that has not been greatly affected by the economy. We have some large, successful employers in the area. We have benefited from a strong agriculture economy the last three years. We have experienced two successive falls of bountiful crops and great harvest weather. Temperatures and good weather conditions continue to be better than normal

goes on. In summary, I am thankful to be employed and working for a great cooperative membership in a thriving area. If there is anything I can assist you with please contact me. There are also 20 other employees at RLEC that are willing to assist you with your concerns.

throughout this fall – and the list

On behalf of all the Cooperative employees I wish you an enjoyable season and a Merry Christmas.

From the Mail Bag

Dear RLEC:

Thank you so much for the feature story of our century farm in the September issue of the Volts and Jolts. Thank you to Mr. Johanneck for a great job on the interview. Thanks also to Kevin for all the extra copies.

Thanks again, **Norman and Lorraine Stenvik and Family** Goodridge

Dear RLE Trust:

Thank you from the Thief River Falls Area Food Shelf. The success of the Area Food Shelf is the result of the work of many hands, heads, and hearts. We could not have accomplished this without the help and support of a lot of great people. Thank you for your help in providing a much needed service in our community. Sincerely,

Gloria Reierson, director Thief River Falls **Area Food Shelf** **Dear RLE Trust:**

Thank you for the \$500 grant from Operation RoundUp. This will be used to buy food as we are now serving 75 to 80 families a month. Hopefully we can get some extra nice things to put in boxes for Christmas.

Thank you, **Gula Stromgren** Strandquist Food Shelf

Dear RLE Trust:

Thank you so much for the grant of \$1,000 for the Early Childhood Family Advocate Program. The funds will help our program to continue to help strengthen families in our community. I would also like to thank all the Red Lake Electric members who participate in the Operation RoundUp program. Your extra cents each month truly have a positive impact.

April Ballard Early Childhood **Family Advocate Thief River Falls** **Dear RLEC:**

Our 29th annual Harvest of Knowledge has wrapped up for another year and we as a committee consider it very successful.

We would like to thank you for your continued support of our efforts to bring a conference that enhances the well-being of women throughout the valley. With the variety of topics we feel the women went away from their day with renewed enthusiasm. We laughed, shared and learned about ourselves and how to develop our lives to their fullest potential.

The 130 women that attended the conference this year are aware of the support the conference receives from their area businesses as you were listed in our program for the day.

We have already started to plan for our 30th annual conference and will try to bring an informative array of subjects for all to enjoy.

Sincerely, Donna Ulseth, chair Harvest of Knowledge **Agri-Women's Conference**

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

After-Hours Outage Phone 218-253-2200

WE PROUDLY PRESENT TO YOU

The Red Lake Electric Cooperative





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.



Red Lake Electric Cooperative, Inc.

ROGER JOHANNECK General Manager

One of the Minnkota Power Systems

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 (9999999.99 Roger P. Member). If you find your name and account number, clip it out and send it with your next payment. You will be credited with \$5 on your electric bill.

Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

Things you should know about your electric service

BILLINGS AND COLLECTION

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

Payment of your monthly energy bill is due on the 20th of the month. You may pay your bill in person at RLEC during office hours, use the 24-hour 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 \$50 collection fee will be charged to your account, even if you pay the col-

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

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

Carrot Cake with Cream Cheese Frosting

- 2 c. all-purpose flour
- 2 tsp. ground cinnamon 1 tsp. baking powder
- 1/4 tsp. salt
- 1/2 c. butter, softened
- 1 c. granulated sugar
- 3 large eggs
- 2/3 c. milk 3 medium carrots, grated
- 1/2 c. coarsely chopped walnuts (about 2 oz.)
- 1/2 c. (1 stick) butter, softened
- 4 oz. cream cheese, softened
- 1 tsp. vanilla extract
- 2-1/2 c. confectioners' sugar
- 1/4 c. finely chopped walnuts (about 1 oz.)
- 2 Tbsp. firmly packed light brown sugar

Preheat oven to 350 degrees. Grease a 9-inch round cake pan. Dust with flour; tap out excess. Mix together flour, cinnamon, baking powder, and salt. Beat together butter and sugar at medium speed until light and fluffy. Add eggs, one at a time, beating well after each addition. At low speed, alternately beat flour mixture and milk into butter mixture. Stir in carrots and nuts. Pour batter into prepared pan.

Bake cake until top springs back when lightly touched and a toothpick inserted in center comes out clean, 40 minutes. Transfer pan to a wire rack

to cool for 10 minutes. Turn cake out onto rack to cool completely. To prepare icing, beat together butter and cream cheese at medium speed until completely smooth. Beat in vanilla. Beat in confectioners' sugar until well blended. To prepare topping, mix together nuts and brown sugar.

Place cake on a serving plate. Spread icing over top and sides. Sprinkle with nut mixture.

Yield: 10 servings.

Red Lake Electric Cooperative, Inc.

Operating Report

MONTHLY COMPARISON

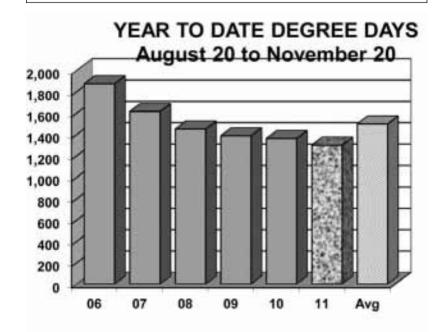
	OCTOBER	OCTOBER
	2010	2011
Total Revenue	752,697	\$ 925,812
Total Margins\$	(50,009)	\$ (4,088)
Cost of Power	541,258	\$ 730,882
KWH's Purchased	8,479,994	8,738,240
Capital Credits Paid to Estates $\!\!\!\!$	6,901	\$ 0

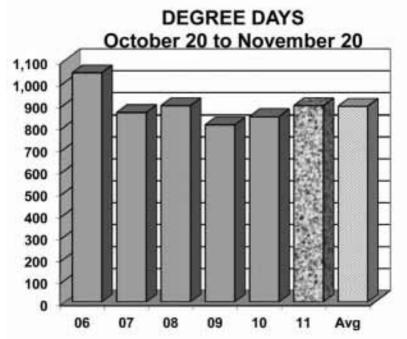
YEAR TO DATE COMPARISON

	OCTOBER 2010		OCTOBER 2011
Total Revenue	9,045,533	\$	10,406,521
Total Margins\$	389,863	\$	138,609
Cost of Power	6,134,080	\$	7,769,392
KWH's Purchased	109,321,763	•	113,549,671
New Service Connections	41		49
Customers Served	5,207		5,211
Capital Credits Paid to Estates\$	73,401	\$	70,730
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.





Crumbly Apple Pie

- Crust:
- 1 c. all-purpose flour
- 1/2 tsp. salt 1/3 c. chilled solid vegetable shortening
- 1/4 c. ice water Filling:
- 7 medium Granny Smith, Golden Delicious, or Gravenstein apples, peeled, cored, and very thinly sliced
 - 1/2 c. granulated sugar
 - 1 tsp. ground cinnamon 1/4 tsp. ground nutmeg
 - 1/4 tsp. salt
- Topping: 3/4 c. firmly packed dark brown sugar
- 3/4 c. all-purpose flour 1/2 tsp. ground nutmeg
- 1/3 c. chilled butter," cut into small pieces

Place oven rack in lowest position. Preheat oven to 400 degrees. To prepare crust, in a medium bowl, mix together flour and salt. Using a pastry blender or two knives, cut shortening into flour mixture until coarse crumbs form. Add water, one tablespoon at a time, tossing with a fork, until a dough forms. Shape into a disk, wrap in plastic wrap, and chill for 30 minutes.

On a floured surface, using a floured rolling pin, roll dough into a 12inch circle. Fit into a 9-inch pie pan. Trim excess dough, leaving a 1-inch overhang; make a decorative edge.

To prepare filling, mix together all ingredients. Spoon into crust.

To prepare topping, in a small bowl, mix together brown sugar, flour, and nutmeg. Using a pastry blender or two knives, cut butter into brown sugar mixture until coarse crumbs form. Sprinkle apples evenly with top-

Bake pie until topping is lightly browned and filling is bubbly, 35 minutes. If pie is overbrowning, cover loosely with aluminum foil. Transfer to a wire rack to cool.

Yield: 8 servings.

Macaroon Apple Cobbler

- 4 c. thinly sliced peeled tart apples
- 1/3 c. sugar
- 1/2 tsp. ground cinnamon
- 1/2 c. flaked coconut 1/4 c. chopped pecans
- TOPPING: 1/2 c. butter or margarine, softened
- 1/2 c. sugar
- 1/2 tsp. vanilla extract
- 3/4 c. all-purpose flour
- 1/4 tsp. baking powder

Place the apples in an ungreased 9-inch pie plate. Combine sugar and cinnamon; sprinkle over apples. Top with coconut and pecans; set aside. In a mixing bowl, cream butter and sugar. Add egg and vanilla; mix well. Combine flour and baking powder; add to the creamed mixture until blended. Carefully spread over apples. Bake at 350 degrees for 25 to 30 minutes or until top is golden brown and fruit is tender. Serve warm.

Yield: 6 to 8 servings.

The holiday season always puts us in the mood to let you know just how much we appreciate having you as our customers. Wishing you an amazing holiday season and a fabulous new year. Thanks! Plummer Co-op Creamery 218-465-4215 or 1-800-224-4547



After-Hours Outage Phone 218-253-2200

Cherry Strudel

- 1-1/4 c. granulated sugar
- 1/2 c. firmly packed light brown sugar
- 1-1/2 Tbsp. cornstarch 4 c. pitted, tart, fresh or frozen, thawed cherries
- 1/3 c. water
- 2 tsp. grated lemon or orange zest 1/2 tsp. vanilla or almond extract
- 1/4 tsp. ground allspice 1/8 tsp. ground cinnamon
- Pastry:
- 8 sheets phyllo pastry, thawed if frozen 3 Tbsp. butter, melted
- Topping: 1 Tbsp. confectioners' sugar
- To prepare filling, in a medium saucepan, mix together granulated sugar, brown sugar, and cornstarch. Stir in cherries, water, lemon zest, and vanilla. Cook over medium heat until bubbling and thickened. Reduce heat to low, add allspice and cinnamon, and cook, stirring occasionally, for 15 minutes. Remove pan from heat. Cool completely.

Preheat oven to 400 degrees. Grease a baking sheet.

To prepare pastry, unfold sheets of phyllo so they lie flat. Stack 4 sheets on plastic wrap. Brush top sheet with 1 Tbsp. melted butter. Keep remaining sheets covered with plastic wrap and a damp cloth to prevent them drying out. Spread half filling along a short side of top pastry sheet. Starting with short side and using plastic wrap as a guide, roll up pastry, jelly-roll style. Fold ends under. Place strudel, seam-side down, on prepared baking sheet. Brush with 1 Tbsp. melted butter. Repeat with remaining phyllo, melted butter, and filling to make second strudel.

Bake until golden, 15 to 20 minutes. Transfer baking sheet to a wire rack to cool for 15 minutes. Transfer strudels to a cutting board to cool completely. Sprinkle with confectioners' sugar.

Yield: 10 servings.

Chocolate Cheesecake

- 2 c. chocolate wafer crumbs
- 5 Tbsp. melted butter
- Filling:
- 3 pkg. (8 oz. each) cream cheese, at room temperature
- 1 c. granulated sugar 5 large eggs
- 2 oz. (2 squares) semisweet chocolate, melted
- Frosting:
- 6 oz. (6 squares) semisweet chocolate, melted 1/2 c. sour cream

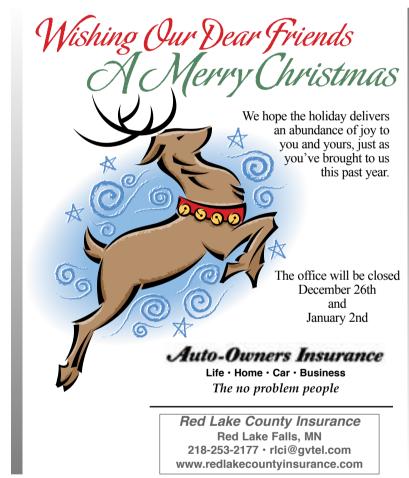
Yield: one 9-inch cheesecake.

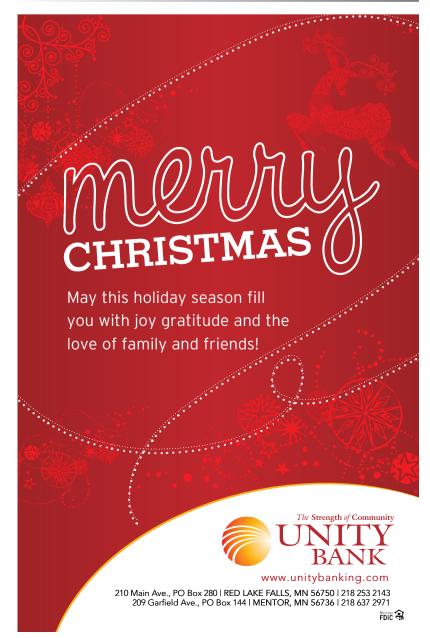
To prepare crust, in a medium bowl, mix together chocolate crumbs and melted butter until well blended. Press into a 9-inch springform pan. Preheat oven to 300 degrees.

To prepare filling, in a large bowl, beat together cream cheese, sugar, and eggs at medium speed until smooth and fluffy. Spoon half of cream cheese mixture into crust. Stir chocolate into remaining cream cheese mixture until well blended. Drizzle over batter in crust to make swirls.

Bake cheesecake for 50 minutes. Transfer pan to a wire rack. Cool completely. Transfer cheesecake to a serving plate, cover with plastic wrap, and chill for 2 hours.

Uncover cheesecake; carefully remove the side of pan. To prepare frosting, in a small bowl, mix together chocolate and sour cream. Spread over cheesecake. Chill briefly until frosting is set.







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

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All-Risk Crop Insurance Crop/Hail Coverage

218-523-5861

VOLTS AND JOLTS FEATURE OF THE MONTH

Red Lake Electric customers show Christmas spirit



Louis and Dionne Ulrich Farm of Rural Red Lake Falls



Bruce and Delrae Skalsky Residence of Rural St. Hilaire

Bray-Gentilly Mutual Insurance Co.

Locally Owned and Operated Serving Policyholders Since 1900

218-683-3200

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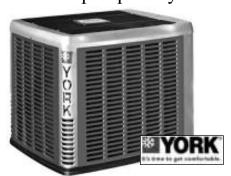
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Cougars are rare but confirmed visitors to Minnesota

Confirmed cougar sightings are becoming more frequent in Minnesota, but evidence suggests the large cats are most likely rare visitors to the state, according to the Minnesota Department of Natural Resources (DNR).

Since 2007, the DNR has confirmed 14 cougar sightings. Eleven have been from trail cameras or video. One was road killed, one was found dead and one was shot. Dozens of other, unconfirmed sightings have also been reported.

Prior to European settlement, cougars, also known as mountain lions or pumas, ranged across all lower 48 states. Their present-day range is significantly smaller. Confirmed breeding populations are recognized by state game departments in 14 western states. The closest populations are in the western Dakotas, and the only population east of the Mississippi River is

in Florida. Cougars are solitary, roaming animals, and as young males reach maturity, they begin to look for new territory and will travel considerable distances. The timing of many of Minnesota's verified cougar sightings (mid-2000s and forward) is not unexpected given the somewhat rapid increase in the cougar population in the western Dakotas that began in the mid-1990s.

DNA analysis from cougars in Minnesota and other Midwestern states, along with cougar scat and hair found here, indicates most of the animals are male likely coming from the Black Hills population in South Dakota and western North Dakota. However, given their long dispersal capabilities, animals could show up from numerous other locations in the western U.S.

Although some cougar sightings in Minnesota are accurately identified, many observations from trail cameras and tracks turn out to be cases of mistaken identity. Bobcats, house cats, coyotes, wolves, fishers and light colored dogs have all been mistaken as cougars.

A cougar will range in length from four to six feet, with a head that appears small in relation to the body. The body is tan except for dark face markings and tail tip. The tail will be nearly as long as the

Human encounters with cougars are extremely rare. Even in California, which has a population of more than 5,000 of the big cats, a person is 1,000 times more likely to be struck by lightning than attacked by a cougar. If an encounter does take place, stay calm, face the animal, make yourself appear large by opening your coat or putting your hands above your head, and speak in a loud voice. Most cougars will avoid confrontation.

Cougars are protected animals in Minnesota. State statute makes it illegal for a citizen to kill a cougar in most circumstances. Public safety officials are authorized to kill a cougar to protect public safety. If a cougar poses an immediate threat to public safety, contact a DNR conservation office or local law enforcement person as soon as pos-

Winter driving

The weather has been especially nice this season. However, we all know that sooner or later winter will come. Along with winter comes snow, ice, wind, and slippery roads. Winter driv-ing can be tricky and downright dangerous. Better roads, better cars, and better tires won't take the place of careful driving. To keep vour experiences with winter driving from becoming a crash-course, here are a few

• Use caution and common sense when driving in the winter. Vehicles cannot stop as fast on icy and snowy roads.

• Watch for scattered slippery spots, especially on overpasses, bridges and

underpasses.

• Keep a shovel, warm blankets, bags of sand or cat litter in the trunk which can be used in case of emer-

• If your vehicle does become stuck and you are unable to free it, run the engine and heat for only short periods of time with the window partially rolled down. Make sure the end of the exhaust pipe is unobstructed.

• Stay in your vehicle in case of emergency.

• Keep the gas tank and windshield washer reservoir

• Make sure wiper blades and snow tires are in good condition prior to the start of the winter season.

 Clear snow and ice from windows, mirrors, hood, roof, headlights, taillights, and trunk. Use low-beam headlights in snow and fog.

• When applying the brakes on either snow or ice, avoid locking the brakes. This allows you to maintain steering control of the vehicle while obtaining maximum braking efficiency. On vehicles equipped with antilock brakes, do not pump the brake pedal-apply steady

pressure. Motorists who change lanes or merge on icy or snowy roads should proceed with caution. Watch out for the other drivers.

• Always wear your safety belt.

• If you see a large plume of snow or yellow flashing lights, stay back-it is probably a snowplow clearing the road.

• Keep telephone numbers for local tow service and/or roadside assistance in case your vehicle becomes disabled or stuck in snow.

Let's keep a good thing going

Continued from front page

Dual Heating Systems – A Better Solution

"It's not hard to underheater," said Reich. "But their electricity, and the what they may not understand is that over time it will increase their overall costs."

If a number of off-peak customers began using one, two or even three space heaters, this would directly affect their cooperative. This could result in a rate increase for all customers, or even worse – the program could be eliminated all together.

"Instead of the possibility of paying the full rate for electricity for space heaters, customers should consider adding to their off-peak systems," Reich said. "These at Red Lake Electric Coopsystems allow Red Lake erative. Call 1-800-245-Electric Cooperative to con- 6068 or 253-2168 for more trol heating loads during details. times when supplemental

power from the open market is most expensive."

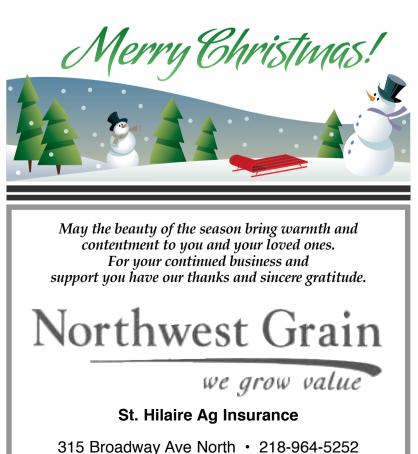
By either expanding a stand why someone who is dual heating system or paying \$3.50 a gallon for developing a new one, cusfuel oil would think it is a tomers will receive the most great option to plug in a economical rate available for integrity of the load management system will be maintained long into the future.

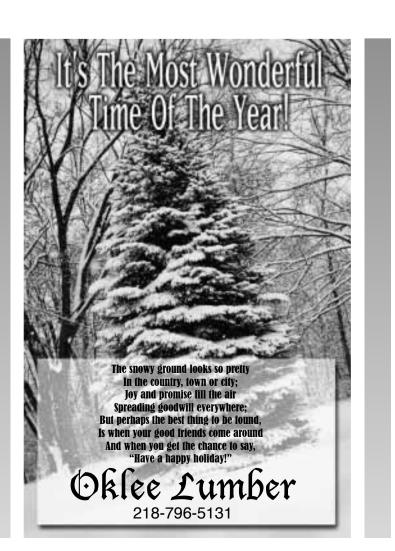
A blend of primary offpeak electric heat with a fuel oil, propane or natural gas backup heating system is less expensive than heating with fossil fuels alone.

"Off-peak electric heating continues to be the most economical heating choice this winter season," Reich said.

Information about developing a dual heat system is available by contacting the member services department







Straight from the horses mouth Efficient use of livestock waterers

Livestock waterers are essential to productive farm operations and hobby farms, because almost all farm animals are healthier and more productive with a readily available fresh water

By providing a fresh water supply yearround, electric livestock waterers have helped increase farm production. But like all farm equipment, waterers require attention to ensure their safe and efficient use.

Livestock heaters can dramatically increase electric usage. A heated waterer in Minnesota uses 300 to 1,200 kWh per month (\$30 to \$120 based on 10¢ per kWh electricity).

Helpful hint: A 750-watt heater will use one-half the energy per hour of a 1,500-watt model. However, the 1,500-watt will do twice the work. When purchasing a livestock tank heater, buy the size that is needed to accomplish the task.

Steps to reduce energy needed to operate livestock water



heaters:

 Check wiring and insulation for damage, including insulation between the unit and the concrete pad or ground it sits on.

• Check electrical connections to heating elements and at grounding points. Be sure all are

• Maintain a suitable water level by keeping floats properly adjusted. Too much water increases energy consumption through surface losses; too little can lead to freezing.

• Set the thermostat at 38 degrees to 44 degrees Fahrenheit and check the calibration by measuring the temperature of the water. Every degree above what is needed increases energy consumption.

 Make certain covers operate freely and close completely to minimize heat loss in winter.

 Provide ventilation of the enclosed compartment in summer to help reduce deterioration of insulation, wiring and related equipment.

• Protect the waterer from winter winds by using a wind barrier.

 Caulk or otherwise fill openings in the water enclosure and between the enclosure and the foundation to prevent drafts and energy waste.

• Replace old waterers with new ones that have thicker insulation and better heat retaining mechanisms.

Know the facts about your retirement account inheritance

By Doreen Friel

If you've inherited a retirement account, there are some important things you need to know before doing anything with the money you're entitled to. The most important thing is to consult a financial or tax adviser right away.

Why? It is easy to make a mistake in handling your inherited retirement funds, and mistakes can cost you plenty. Here are some things you need to know about inherited retirement funds:

Learn what kind of account you've inherited. Common accounts include 401(k) plan accounts, Individual Retirement Accounts (IRAs), or Roth IRAs? Be sure to know the type of account you've inherited because that determines the rules you'll need to follow in how you move your money, how quickly you need to withdraw your funds, and the amount of taxes, if any, that apply.

Find out whether you were designated as a beneficiary. You may have inherited the account without being named as a beneficiary. And the naming of a beneficiary does play an important role in how the account gets distributed and over what period of time (without incurring unnecessary penalties). Another thing: If you are a spouse beneficiary, different rules may apply than if you are a non-spouse beneficiary.

Be careful how you move the money. Depending on the type of account you've inherited there may be penalties or fees associated with the type of distribution you initiate—for example, if you move your money to more than one bank. Learning about the type of account you've inherited can help you make the appropriate decision.

Find out about taxes. The money in most retirement plan

accounts, such as 401(k) accounts and IRAs, is ordinarily taxable. However, there are exceptions. For example, the money in a 401(k) Roth investment option or a Roth IRA may be tax exempt.

Rules that apply to inherited retirement accounts are complex. Be sure to consult your financial or tax expert right away once you've learned that you've inherited any type of account. Doing so can help you determine the distribution strategy that works best for you, while complying with the rules that apply to your type of retirement

Doreen Friel is a marketing communications consultant who produces employee benefitsrelated materials for the Insurance & Financial Services Department of the National Rural Electric Cooperative Association.

New nationwide effort raises awareness about coin lithium button battery risks to young children

Today, cars start with the push of a button, books record our voices, candles flicker without a flame and thousands of electronics operate by remote control. To keep our gadgets small, slim and sleek, an everincreasing number are powered by coin lithium batteries. However, because many of these devices are not designed for use by children, the battery compartments can be very easy to open. This creates a hidden danger — even in homes where safety is top of mind.

As use of coin-sized button batteries has become more widespread, so has the risk that a small child will swallow one. The number of cases where children have been seriously hurt or have died has more than quadrupled in the past five years (2006-2010) compared to the five years prior (2001-2005). In 2010 alone, there were more than 3,500 swallowing cases of all sizes and types of button batteries reported to U.S. poison control centers, resulting in 19 serious injuries and some deaths. The most serious cases

are associated with 20 mm diameter batteries, about the size of a nickel, because they can easily get stuck in a small child's throat. Most often, the batteries children swallow have come out of remote control

Basically, when a battery gets stuck in a child's throat, the saliva triggers an electrical current. This causes a chemical reaction that can severely burn the esophagus in as little as two hours. Once the burning reaction begins, it can continue even after the battery is removed. Repairing the damage is painful and can require feeding tubes, breathing tubes and multiple surgeries. In some cases, children who swallowed button batteries have died.

Because of a growing severity of swallowing incidents, Safe Kids Minnesota and the Minnesota Safety Council have joined in a new nationwide effort to raise awareness about this growing threat to children. The campaign, "The Battery Controlled", is coordinated by Safe Kids Worldwide with support from Energizer. The message is simple:

• Keep button batteries and devices that use them out of reach if the battery compartments aren't secure. Some parents have secured devices with strong tape.

• If a child swallows a battery, go to the emergency room right away.

• Tell others about this hidden danger.

The threat is real, but often invisible, as these batteries are often inside compartments within electronic devices. In a recent study by The Battery Controlled, 66 percent of parents indicated they have not read, seen or heard anything about the risks of coin-sized button batteries, and 56 percent of parents said their children seem to like electronic devices more than their own toys.

Coin-sized button batteries are found in everyday devices such as:

 Mini remote control devices that unlock car doors and control portable DVD players and MP3 speakers

- Calculators
- Bathroom scales Reading lights
- Flameless candles
- Talking and singing books and greeting cards

To learn more about this important effort, visit TheBatteryControlled.com or contact Erin Petersen, coordinator of Safe Kids Minnesota and the family safety/off-the-job safety programs, 651-228-7314, 800-444-9150; erin.petersen@minnesotasafetycouncil.org.

Be careful when withdrawing retirement funds

By Doreen Friel

You've spent a lot of time planning your financial future by contributing to a retirement plan. But what do you do when the future arrives? It's important to know the rules around your savings when it comes to with-

Age isn't just a number! When it comes to pulling money from your retirement plan, it can cost you dearly if you don't play by the rules. The federal government requires you to begin withdrawing money from your plan account* by April 1 after you've turned age 70 and a half.

And you must withdraw the minimum amount required (called the required minimum distribution or RMD) at that time and once a year thereafter—or you'll have to pay a fee equal to 50 percent of the amount you should have withdrawn, but didn't.

Your withdrawals will be taxable.* You'll owe income tax on the money you withdraw. So keep that in mind when deciding how much to withdraw. Gener-

ally speaking, the less you withdraw each year-keeping your RMD in mind—the less you'll owe in income taxes each year, and the longer your money will

Be sure to designate a beneficiary. Your will does not determine who will receive the money in your retirement account when you die; your beneficiary designation does. Federal law requires that your beneficiary be your spouse if you are married, unless your spouse consents to a different designation. If you do not name a beneficiary, the individual who does inherit your retirement plan assets may receive less favorable tax treatment on the money in your account.

Your beneficiary must pay income tax on any money received from your account. Knowing this can help you decide how quickly you want to withdraw your money. For example, you may wish to consider the tax effects of withdrawing the money (and paying taxes at your income tax rate) or

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potentially leaving more money in your account, which means your beneficiary would have to pay taxes at their income tax rate on any money they receive after your death.

Clearly, rules surrounding withdrawing money from your retirement plan account—both while you are living and after you've passed away-are complex. That's why it's important to consult your financial or tax adviser now. Doing so would enable you to create a distribution strategy that's tailored to your personal situation.

* Does not apply to money you may have in a Roth IRA or money you've contributed to a Roth investment option of your employer-sponsored retirement plan.

Doreen Friel is a marketing communications consultant who produces employee benefitsrelated materials for the Insurance and Financial Services Department of the National Rural Electric Cooperative Association.



Wishing you a happy & healthy holiday season. Thank you for the privilege of serving you this year.



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Informational Web Sites

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
- Safe Electricity: www.safeelectricity.org
- US Consumer Product Safety Commission: www.cpsc.gov

The following is a list of Web sites that can provide information and

• Minnesota Safety Council: www.minnesotasafetycouncil.org

• Lighting Controls Association: www.aboutlightingcontrols.org

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

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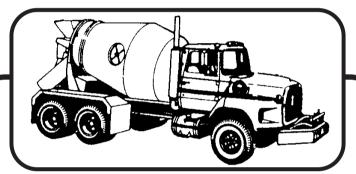
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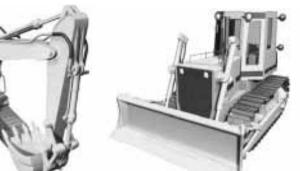
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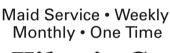
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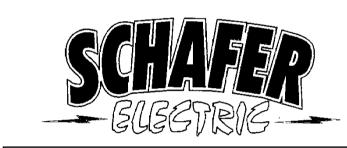


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Holiday Office Hours

Red Lake Electric Cooperative's headquarters will be closed Monday, December 26 and Monday, January 2.

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

Have a merry Christmas and a happy New Year!



This poinsettia adds beauty to Black River Lutheran Church in rural Red Lake Falls.

The Christmas poinsettia

Euphorbia pulcherrima is a species of flowering plant common to Mexico and Central America. It is commonly known as poinsettia after Joel Robert Poinsett, the first U.S. minister to Mexico who introduced the plant to the U.S. in 1825. In Mexico and Guatemala, it is known as "noche buena", meaning Christmas Eve or Holy Night.

So what does a poinsettia have to do with Christ-

One interpretation of the plant is a symbol of the

Star of Bethlehem, the heavenly body that led the three

wise men to the place Jesus Christ was born.

A Mexican legend tells of a girl who could only offer weeds as a gift to Jesus on Christmas Eve. When she brought the weeds into a church, they blossomed into beautiful red plants we know as poinsettias.

Regardless of their connection to Christmas, poinsettias of various colors adorn many churches, homes and offices during the Christmas season.

Joy **Peace Happiness** Harmony Health **Prosperity** Here's hoping your holiday delivers it all. Merry Christmas! **Red Lake County** Cooperative, Inc. **MCINTOSH RED LAKE FALLS BROOKS OKLEE** 253-2149 698-4271 796-5184 563-3625 **BROOKS TOLL-FREE 1-800-253-6269**

One Crazy Cool Yule

"Twas the Night before Christmas" has lots of nice

But I fear that the tale doesn't fit modern times. What is a kerchief? My dad wears no cap. He snores the whole night, no way it's a nap. They tell me that Santa is coming tonight. He'll be flying in here on a sleigh. Yeah, RIGHT! When I was much younger I believed all that stuff, I know since I'm older that it's all a bluff.

As this Christmas eve is going so slow I sneak down the stairs to watch HBO. I listen for sounds throughout our big house. My mom would go crazy if we had a mouse.

All of a sudden I hear the floor squeak Someone is coming, sneakety, sneak. And then as my heart leaps up to my throat I see a fat man in a funny red coat.

He stands by the table and looks through the house And from his pocket takes a tiny gray mouse. He says, "Ho, Ho, Ho, I truly believe, There must be a mouse in each Christmas eve."

His belt buckle shakes as he laughs, look at that. My gosh this jolly old guy sure is fat. He looks up. He sees me and gives a big smile. Says, "I came to see you. Let's talk for a while. "You're one grown up girl that doesn't believe That Santa Claus comes on each Christmas eve. You're a big girl. Your mind's filled with doubt. It's simple, without me the joy is left out.

"I remember the time you sat on my knee A smile on your face, eyes sparkling with glee. Don't you remember the thrill you felt then? With a little belief you can feel it again.

"Santa Claus comes for each child at the start. The rest of their lives I live in their heart. If you are a youngster or wrinkled old guy You still can hear sleigh bells ring cross the sky."





Then he says, "Dear, will you please come out here?"

And there on the driveway stand eight cool reindeer. They all nod to me and then snort in chorus, "Who's this pretty girl now standing before us?"

I wave as I tell them, "I'm Anna May."
As the big burley guy crawls into his sleigh.
He says, "It's my new team, a real with-it crew.
I'll let Captain Cosmos give their names to you."

"Here's E-mail and Hat Rack, Cool Dude and Charley,

I'm Cosmos, there's Awesome, Brucie and Narley. Head Cat is Santa, the North Pole's his home, We see him all year cause we hang out in Nome."

Then they take off and fly to the roof
Tap a short rap and give a "high hoof."
All turn and shout, "Tonight reindeers rule.
The eight of us wish you a crazy cool Yule."

Then Santa shouts, "It's true some things change. But believe in the basics." As he speeds out of range. Then I hear repeated, as my willing ears strain, The words I now love, my favorite refrain.

"Twas the Night before Christmas" has some things outdated

But The Story, dear folks, is not overrated. Throw open the window, and rejoice in the sight! "Happy Christmas to all and to all a good night."

Healthy holiday eating: Tips for remaking your favorite recipes

By Jennifer Nelson, M.S., R.D. and Katherine Zeratsky, R.D.

Are dreams of sugarplums dancing in your head? What about other decadent holiday favorites? You know the ones that are loaded with sugar, salt and fat — cheese plat-

Greetings

of the

ters, bacon-wrapped appetizers, creamy eggnogs, spiked punches, cookies and rich desserts.

It can be a challenging time of year to make healthy choices. But healthy holiday eating is possible. Here are some tips for making favorite recipes healthier:

Cut the sweetness. When making pumpkin pie or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit more vanilla, nutmeg or cinnamon. If recipes call for sugary toppings like frosting, jams and syrup, use fresh fruit instead.

Shake the salt out. You can reduce salt by half in most recipes too. Also go easy on salty condiments, such as pickles, catsup, mustard and soy sauce. Instead offer cucumber slices and fresh tomato or fruit salsas. Or try lower-sodium versions of mustard and soy sauce. In recipes, substitute fresh herbs and flavored vinegars for salt.

Trim the fat. In baked goods you can cut the fat by about half and replace it with unsweetened applesauce, prune puree or mashed banana. Instead of full-fat condensed milk, use condensed skim in pumpkin pie and eggnog. For gravy, heat fat-free, low-sodium broth (or drippings with the fat removed); mix flour into cold skim milk and pour slowly into broth, stir until thickened and season to your liking

liking.

Do you have tips for healthy holiday eating? How about suggestions for healthy hors d'oeuvres, sides and entrees? Share your ideas for transforming traditional holiday

recipes into fresher, healthier ones. Copyright: 2011 Mayo Foundation for Medical Education and Research. All rights reserved.





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